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# Welcome

# Welcome to CK Living Well, Winter 2011/Spring 2012

Once again through the continued support of our local advertisers it is our pleasure to be bringing you our "Seventh Edition" of *CK Living Well* magazine. We are very fortunate in Chatham-Kent to have so many wonderful businesses right in our own backyard that provide us with various products and services that allow us to feel, look, and live our best.

It's been said that "a change is as good as a rest," and as we enter into a new season and into a new year we may find ourselves making resolutions to change direction in our health, our style, and our surroundings. We hope this issue of **CK Living Well** inspires some of your choices for the year ahead to help you to reach your goals.

We thank you all for your continued support and we wish you and your families all the best for a healthy, happy, and prosperous 2012!

Sincerely,

Andrew Thiel, President
Mark Requena, VP Website Development
Nancy Schlereth, VP Sales
Jill Gale, Sales Rep - Dresden/Wallaceburg
Lisa Taylor, Graphic Designer

A. Thiel Marketing & Graphic Design Inc.





A. Thiel Marketing and Graphic Design Inc.

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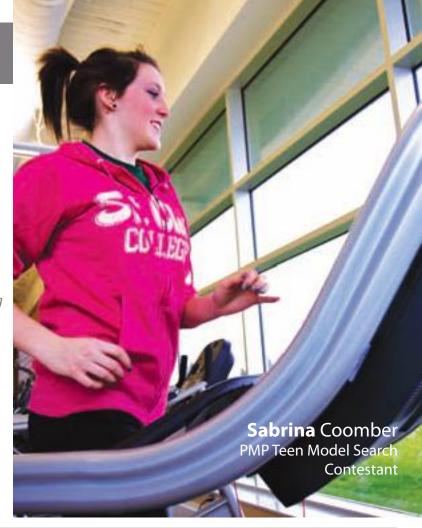
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# Patricia M. Production's Teen Model Search

### Photoshoot at the NEW St. Clair College HEALTHPLEX



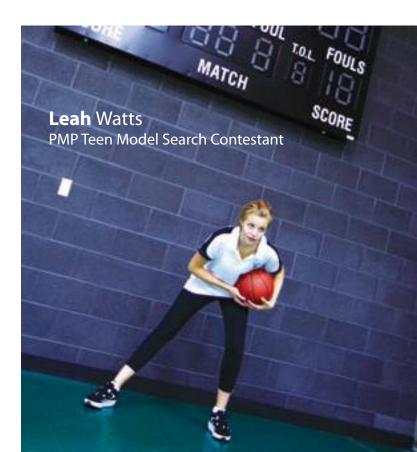
### About the CK Living Well Cover:

This issue of CK Living Well's cover features Lauren VanDeVeire who is one of the nine participants in "PMP's Teen Model of the Year - Cycle 2" www.pmpteenmodel. weebly.com competition that is run by Patricia Robbins Clark, the company's director. This event is a 14 week program that gives young women of various shapes, sizes, and backgrounds the opportunity to experience the exciting world of modelling. Currently there are nine contestants who will be eliminated to one overall winner. The winner will then hold the title for twelve months with the opportunity to participate in many local events. The competition ends with a grand finale fashion show and closing ceremonies on February 5, 2012. Giving back to the community has always been the core of Patricia M. Productions and its group of volunteers; we chose the CK Safety Village because of its commitment to the safety of children within our community.

The cover photo was taken at the new 54,000 sq. ft. St. Clair College (Thames Campus) HEALTHPLEX www.stclaircollege. ca. This new facility offers a 5,000 sq. ft. Fitness Facility, Cardiovascular & Weight Training Equipment, a Double Gymnasium featuring the New Green Play Floor (first for Canada), Suspended 2-Lane Track, Aerobics Performance Centre, Fitness Appraisals & Personal Programs. Also available is a Fitness Team whom provides Assessments, Customized Exercise Programs, Education for Lifestyle

Improvement, Encouragement, Motivation, Sport Specific Training, and MORE!! The facility is accepting early sign ups now and will open to the public on January 2, 2012. Inside the HEALTHPLEX you will also find an on-site café, I Luv Juicy *www.iluvjuicy.ca*, which offers "Nutritious fast food you can feel good about!"

\*Cover photo by Mark Requena Photography (Find him on facebook!)



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### Meet the Team:

Trish Trudell - Owner/Operator, Hair Stylist, Aesthetics

Beth Peltier - Aesthetics

April Schenk - Aesthetics, Lipomassage, Laser Tech.

Billie Jo Tremblay - Hair Stylist, Lipomassage, Laser Tech.

Sharon Cartier - Hair Stylist

Lisa Maynard - Hair Stylist

Melanie Packam - Hair Stylist

Sue Riddell - Hair Stylist

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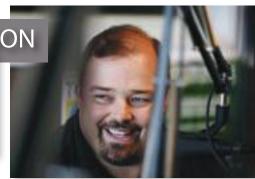
## GREG HETHERINGTON

## gm/ morning show host

Greg is from Thamesville and has worked in radio for 20 years. Starting at CFCO, and after spending several years at CKSY in Chatham, Greg was given the opportunity to branch out and open up a new station in Wallaceburg. "It was a great fit, to live and work in a tight-knit community like Wallaceburg, and we look forward to doing great things for this community".

## gm/news director/sales mgr. GARY PATTERSON

Gary, a resident of Thamesville, attended his post secondary studies at Lambton College in Sarnia in the Radio/Television/Journalism Program and also attended the University of Windsor, studying English and History. Gary has worked in media his whole life including newspapers with the Chatham Daily News and Bothwell Times. His radio background includes 15 years as Sports Director with CKSY and CFCO in Chatham.



### DANA TRACY

### pm/morning show co-host

Dana, a Wallaceburg resident, grew up in Thamesville, graduating from John McGregor Secondary School and pursued a career in radio after graduating from Fanshawe's Radio Broadcasting Program. Dana is an active community volunteer and can be found at Wallaceburg Hometown Bingo on the nights Cystic Fibrosis is hosting.



Jay is another Thamesville bred XS employee. Jay is a young, community-driven, sports nut eager to help you end the work day and feel at home. Graduating from Conestoga College's Journalism & Broadcasting program on the Dean's Honour List with top broadcasting awards, Smith has spent the past eight years working in local radio. Smith can be found on local baseball diamonds assisting with Dresden Minor Baseball.



### CHRIS PRINCE

### news anchor/reporter

Chris grew up on a farm in North Buxton and graduated from York University with a BA in History. He worked as a technical producer and live reporter in community radio and can still be found get'n er done on the family farm.

### morning news anchor

## AARON HALL

Aaron is a resident of Wallaceburg and a father of two little girls. Aaron started out as a part-time news reporter, covering the weekend shifts and eventually was brought on full-time to cover the Morning News. "It feels great to be working in my hometown and working with such an awesome organization", says Aaron



# 2012's A Leap Year

### What will you do with your extra day?

When there is a Leap Year, like there will be in 2012, there are 366 days in a year instead of 365. The Leap Day is always February 29th, which this year turns out to be a Wednesday our normal "Hump Day." But what makes a Leap Year? Well it turns out that it actually takes the Earth a little longer than a year to travel around the sun, 365 days, 5 hours, 48 minutes, and 46 seconds to be exact? So over the years as the hours added up an extra day was added to our calendar.

Leap Year only comes every four years and according to astrologers those born on February 29 (we'll call them Leapers) have unusual talents and personalities. If born on February 29, you would only "officially" celebrate your birthday every four years, but typically Leapers choose to celebrate on either February 28 or March 1 in years that aren't Leap Years. However, in Scotland it's a different story. It is thought unlucky there to be born on February 29.

There is also a Greek superstition that claims couples have bad luck if they marry during a Leap Year. It is said that one in five engaged couples in Greece will avoid planning their wedding to take place during a Leap Year.

Nevertheless, it is also said that a Leap Year has been the traditional time that women can propose marriage. In many of today's cultures it's accepted for a woman to "pop the question," however not that long ago it was frowned upon. This tradition is believed to have been started in 5th century Ireland when St. Bridget complained to St. Patrick about a woman having to wait to be proposed to by a man. According to the legend, after time St. Patrick passed approval for women to be able to propose to a man, but only every February 29. If a man refused the proposal he was then faced with a fine, not in cash, but in the form of a kiss, a dress made of silk, or a pair of gloves that had to be given to the woman that he turned down.

So although there are a lot of different theories and superstitions about Leap Year, I look at it as giving us a free day. Think about it... if we live to be 100, Leap Years will tack on an extra 25 days to our life.

So what will you do with your extra day next year?

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Whether you are one of the many regular clientele of The Chef's Table or have never experienced their mouth-watering food, you will not be disappointed with the new menu. From the tender Brie and Berry Stuffed Chicken to the Maple Glazed Salmon to the AAA Dry Aged Ribeye, they will not let you down!

"We make changes to our menu frequently to keep our clientele wanting more", says Chef Mike Moccia. "We like to keep perfecting the menu based on our feedback. There is always room to grow" And perfection is what the people at the Chef's Table are all about. From the moment you walk in you can feel the passion of the industry in the air. There is always a warm smile to greet you and a knowledgeable server to make the experience complete.

They specialize in any kind of catering to suit your party's needs as well as take-out and a new feature, "Fax us at 519.436.0233 your order and we will deliver!"

It seems Chatham-Kent's best kept dining seeret may no longer be a seeret!!

### **Tender Beef Bourgignon**

Order at the restaurant - or try at home!

### You will need the following to get started:

- 4 7 oz. top sirloin steaks
- 8 pearl onions
- 8 cherry tomatoes, halved
- 1 clove garlic, minced
- 1/2 cup Bordeau region red wine
- 1 cup beef stock
- 2 tablespoons extra virgin olive oil

### To start your Beef Bourgignon:

Pre-heat pan with olive oil. Sear the beef 2 minutes on each side. Deglaze your pan with red wine and reduce by half. Add tomatoes, onions, and beef stock; simmer for 3 minutes. Flip beef and simmer for 3 more minutes.

Serve with your favorite style of potatoes and vegetables.

#### Serves 4.

### **Wine Suggestion:**

- McGuigan Black Label Shiraz
- Folonari Valpolicella Ripasso



# Getting The Right Amount Of ZZZ's

### How much is the right amount?

Although the average is 8 hours per night, when asked how much is the right amount of sleep needed, everyone's reply can be different depending on age, lifestyle, and what kind of sleep pattern we are accustomed to. But when asked what happens to us when we don't get the amount of sleep that we are used to, the consensus is pretty consistent. It affects our personalities; we may become irritable, less tolerant, and have less of a sense of humor about things that normally wouldn't bother us. Lack of sleep clearly affects our thinking and our perspective. A sleep-deprived brain is similar to a vehicle running on low fuel. We can function, just not at the same speed. Lack of sleep also affects us physically; our coordination is off, which effects our responsiveness as well. We're much more likely to make errors or have accidents. The bottom line is that we need to fill up on ZZZ's to feel replenished and ready for each day ahead.

One thing for sure is that you cannot bank sleep hours; there is no getting five hours tonight with plans to catch up by getting eleven hours tomorrow night that just doesn't work. We need to try to keep sleep and wake up times consistent every day of the week. If possible, establish a bedtime routine and, although we would love to see that late night show, try not to fall asleep watching TV, opt to PVR it instead, read a book or take a hot bath. Try to relax prior to heading to bed and keep your bedroom cool and dark with lots of comfortable pillows and blankets. Don't exercise right before bed; try to get into a routine of exercising earlier in the day. Avoid eating after 7:00 pm and drinking caffeine or alcohol at least an hour before bedtime.

**Invest in a good mattress** because on average we spend approximately 8 hours/day, 56 hours/week, 240 hours/month and 2,920 hours/year, that's roughly 30% of our lives..... SLEEPING!!

So the question then becomes what can we do to ensure a good night's sleep?

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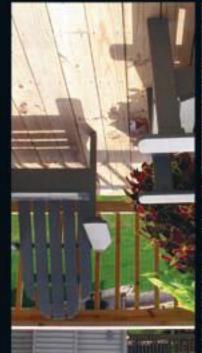
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Chatham Maroons

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Teams

Chatham @ St. Thomas

2012 Schedule

Leamington @ Chatham

Lambton Shores @ London

Chatham @ Lambton Shores

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# Pointstreak

of Baseball Operations, and has been instrumental, according to Secord, in the growth of Pointreak's portfolio from simply a hockey company to a broad-based sports business that now manages the statistics for numerous professional baseball leagues across North America.

Secord even went as far as saying Pointstreak's main offices in Toronto have a decided "Chatham-Kent feel" with seven full-time employees originating from Chatham-Kent.

From a small town hockey guy to the President and CEO of one of Canada's most widely known and successful sports technology companies, the rise to the top has been rapid, yet filled with hard work for Ridgetown's Scott Secord. For Chatham-Kent, Secord's Pointstreak serves as a shining example of the accomplishments, and technological advancements people from this region are capable of reaching and creating.



# A Chatham-Kent Success Story!

When your job is to keep track of other people's successes, you often forget your own success. For a community such as Chatham-Kent that is looking for a success story to cling to the rise of Pointstreak, a revolutionary technology company serving the sporting world, is a breath of fresh air.

Along with a few business partners from British Columbia, Ridgetown native and Pointstreak President and CEO Scott Secord has built one of the world's fastest growing sports companies. Pointstreak manages league and team statistics, among other things, for professional and amateur sports organizations from across the globe.

In Secord's opinion, the secret to his budding business' success was their initial investment in technology. "Having the most advanced technology has been the biggest part of our success. Initially, we created the best mousetrap by investing heavily in our technology. Advancing our technology and making sure we are on the cutting edge of the industry keeps us one step ahead of our competitors and at the forefront of our market."

Originally a hockey-only company, the Pointstreak platform has expanded to league and statistics management, as well as social networking for sports in areas from hockey to baseball, football, lacrosse, and basketball. "When I saw the concept and idea I thought that this was something that made a lot of sense for grassroots hockey and at the professional level," said Secord. "People want real time information and easy access to it. At any level of hockey and sport, it's great to have access to it. At any level of hockey and sport, it's great to have statistics and standings instantly accessible online."

Pointstreak provides instant access to statistics, and recently, video highlights for those in the sporting world. "It serves a large purpose for media, coaches, and players. We've also created video streaming to allow media to review highlights immediately. Most leagues are videotaping their games and we can automate and index the live videos for everyone to see."

Secord started his career in the sports world as the Director of Operations for the Chatham Maroons, before moving on to a role with the St. Michaels Majors of the Ontario Hockey League. Strangely enough, Secord isn't the only Chatham-Kent product contributing to the success of Pointstreak. Paul Pettipiece, another Chatham-Kent native is the Vice President



with well over 40,000 followers on Twitter. Jones, along with other athletes, however, isn't just joking around on the social network, or using it to connect with fans, he is using it for good. When Jones hit 20,000 followers on Twitter he donated \$5,000 to a local Edmonton hospital.

Twitter isn't all fun and games either, as many professional athletes have recently found out. With the open platform and thousands of eyes watching and reading your every "Tweet," athletes often go a little too far with what they say. Recently, a number of athletes have been fined for criticizing officials, coaches, and other players over Twitter. Although Jones has never been fined, he has felt the wrath of fans after a Tweet.

"I did get myself in a little trouble when I referred to Edmonton as "the Arctic," said Jones. "The voting for 'place you would least like to play' (in the NHL) had just came out and fans were a little sensitive at the time. I mean it gets to and fans were a little sensitive at the time. I mean it gets to

Professional sporting leagues are working to regulate when and what athletes do and don't say online, but in the meantime, social networks like Twitter are providing fans and athletes, such as Ryan Jones, with a unique way to reach out to each other, connect, and converse, that wasn't available only a few short years ago.

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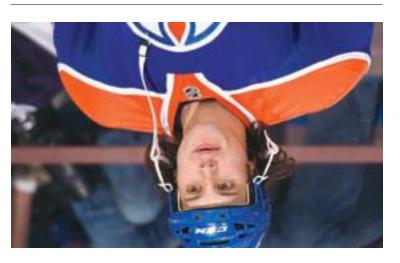
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# Twitter & Ryan Jones

Introducing Ryan Jones... 140 Characters at a time.



Did you know that Ryan Jones enjoys hunting? That he has an ongoing joke about not getting a Head and Shoulders contract for his long hair? Or that he has an indestructible dog named Bailey? No? Well, you must not be following the Chatham product, and Edmonton Oilers forward, on Twitter.

Twitter is one of the world's largest and most popular social networks, and recently it's been flooded by professional athletes, including Ryan Jones (@jonesry28) and fellow Chatham pro athlete Andy Fantuz (@andyfantuz). For athletes, Twitter is a way to voice their opinion, connect with fans, and joke around with other NHL players; for the fans, it's an opportunity to learn more about their favourite athletes, albeit 140 characters at a time, and sometimes, even exchange a few messages with them.

"It's been fun (using Twitter). I think it's important for fans to realize that we are just average dudes who have been blessed with the opportunity to play hockey for a living," said Jones. "It has been pretty cool to show the fans a side of me that they might not otherwise see."

Fans truly can get an opportunity to see a player's personality away from the cliche quotes of postgame interviews. Jones regularly converses with fans, shares what's going on in his off-ice life, and jokes with other players in the NHL.

It's Jones' sense of humour, and his down to earth approach with fans, that has the former Chatham Maroons star sitting



# Ringette

### dreams big Chatham Thunder Ringette Association

featuring the Richmond Hill Lightning and Cambridge Turbos. past fall when they brought a National Ringette League (NRL) game to Chatham didn't stop the local Chatham Thunder Ringette Association from dreaming big this Ringette doesn't get the national or local coverage that many sports see, but that

Chatham-Kent, which have also included the TekSavvy Kent Cup international rugby The NRL game was another example of recent world class sporting events held in

Chatham Thunder ringette players to some of the best ringette on the globe. an opportunity to showcase professional ringette to a new market and expose local The game, which went into a shootout with Richmond Hill eventually winning 4-3, was

something to strive for. like this in communities such as Chatham will give young girls new role models and Keith Jasper, head coach of the Richmond Hill Lightning, hopes that hosting games

places like this, in Chatham." to grow this league and the only way we're going to do it is to get people excited in "I think it's a fantastic sport for girls," said Jasper. "We want to attract young players

located next to the newly constructed St. Clair HealthPlex. quality facilities for local athletes after his team played at Thames Campus Arena, Jasper was also impressed by community support in Chatham-Kent, as well as the

It just shows that ringette is continuing to grow." "It's a great facility, great people, and it was great to see that many people in the stands.

Chatham. they hope will continue to grow, especially following events like the NRL game in Locally, the Chatham Thunder are experiencing success across the province, something

continuing to foster. grow as people and athletes through sport, a philosophy the Chatham Thunder are Ringette allows young female athletes to find success, learn about teamwork, and

you want to play, we have a place for you, and we'll be competitive." Stephens. "For 25 years we've fielded teams without tryouts; we don't cut players. If "We're an extremely small association," says Chatham Thunder executive member Joe

Kent can't be ignored. Once looked at as a sport for "thugs" or "barbarians," MMA is quickly becoming a well-respected fitness option and sport both locally and across the globe.

With the emergence of local stars including Chris Clements, Jesse Gross, and Chad Laprise, among others, who regularly fight in front of thousands of fans both live and on televisions across Canada, MMA gymnasiums are now popping up throughout Chatham-Kent and more youth are registering for amateur events.

For many of these young athletes, including Wallaceburg's Jesse Gross, MMA has become more than a hobby, or even a profession, it's a passion.

"I am a fighter," stated Gross before a recent bout. "There's a reason I haven't been to a concert, or pro sporting event, or things of that nature. I'm not a spectator. I love being in that cage. The sound of the crowd, the feeling I get when my music hits, the look in the eyes of the man across from me, these things wake me up in the morning."

With competitors like Gross, Clements, and Laprise already in the spotlight, and opportunities for participation improving at locally-run gyms, it's easy to see why MMA is becoming one of the fastest growing sports in Chatham-Kent.

# sth laitam bəxiM

Chatham-Kent's fastest growing sport



While soccer and hockey might be the first choices for most parents looking to sign their children up for organized sports, the growth of mixed martial arts (MMA) in Chatham-



# Training at Warriner's Hockey Station

for the Ohio State Buckeyes women's hockey team, and Wallaceburg's Seth Griffith, who currently plays for the OHL's

Both of these young athletes have represented Team Canada at international competitions in recent years, and both are considered elite prospects. According to Griffith, attending Hockey Station, and working with Warriner has helped take his game to the next level.

"Everyone talked about how my skating wasn't good enough, so I went there to work on it. His (Warriner's) Hockey Station helps kids, including me, improve their skating and skills a lot."

This improvement has put Griffith near the top of the OHL scoring race this season, garnered a selection to represent the OHL at the Subway Super Series against Team Russia, and has his own coaches raving about Griffith's improvements from his offseason training at Warriner's Hockey Station.

"He's gained that half step that he needed," said London Knights assistant coach Dylan Hunter about Griffith's skating. "Now he's a force to contend with. The defensemen, you can tell that they're worried about him coming down, because he always had the hands and now he has the speed."

Whether it is at an open skate, or the skills camps Hockey Station holds throughout the year, you'll find Warriner on the artificial ice teaching, encouraging, and sharing his passion for the game of hockey with Chatham-Kent youth.

From beginners who struggle to skate, to professionals and those approaching the pinnacle of the game, Todd Warriner's Hockey Station offers specialized training tools, a family friendly environment, and a unique health and fitness opportunity for hockey players in Chatham-Kent.

Warriner knows what it takes to make it to the NHL, because he's been there, and now, he's hoping his Hockey Station will open doors for other local hockey players who are working toward their own dreams.

"Playing games isn't enough anymore. Here, you can work on skills in a different way, and see real improvements on the ice. It's great seeing the kids in here learning and having fun. Hopefully the Hockey Station can help more local players make the jump to the next level."

### Helping kids reach their goals!



He lived his NHL dreams, now Todd Warriner is helping a new generation of budding hockey stars reach for their own goals.

Each week, Todd Warriner's Hockey Station, located on Currie Street in Chatham, is filled with young boys' and girls' hockey teams from across Chatham-Kent that are looking to develop their skills and fulfill their hockey dreams.

Warriner, who spent a decade in the MHL with five teams, including the Toronto Maple Leafs and Tampa Bay Lightning, and recently starred on CBC's Battle of the Blades, says the Hockey Station is a place where hockey players of all levels can improve their game, and have a little fun.

"Once kids visit Hockey Station, they love it," explained Warriner. "Parents and coaches appreciate what we do because they can see the benefits for their kids and teams."

Including an artificial indoor rink, an inclined skating ramp, target shooting area, dryland training station, dressing rooms, and several other skill development tools, the facility is designed to strengthen athletes' fundamental skating, shooting, passing, and stickhandling skills.

Training at Warriner's Hockey Station is a unique opportunity for young hockey players, as it isn't everyday they have the opportunity to be mentored by a coach with NHL playing experience. This environment is what has lured many of Chatham-Kent's top hockey players to train at the Hockey Chatham-Kent's top hockey players to train at the Hockey

# **Bussl sidT**

On the cover

Training at Warriner's Hockey Pg. 5

Station

Helping kids reach their goals

Featuring

9.pg **Mixed Martial Arts** 

Chatham Thunder Ringette Association Pg. 7 Ringette

8.<sub>P</sub>9. Twitter & Ryan Jones

Introducing Ryan Jones... 140 characters at a time

Chatham-Kent's fastest growing sport

A Chatham-Kent Success Story

Pg. 9 Pointstreak

2012 Schedule Pg. 10 Chatham Maroons

Todd Warriner



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other. both publications together truly is a complement to each through the pages of CK Sports you will see how bringing to have the support of our local advertisers. As you browse CK Living Well magazine, and once again we are very fortunate excited to incorporate this new publication into our existing Welcome to our premier issue of CK Sports! We are extremely

Dresden, Ridgetown, Tilbury, and everywhere in between. sports news source serving Chatham, Wallaceburg, Blenheim, by providing editorial. CKSN is Chatham-Kent's newest all-Kent Sports Metwork (www.CKSN.ca) as part of this publication We are also very excited to welcome lan Kennedy of Chatham-

Living Well. in turn, can create new friendships. Sports are a big part of us involved in something outside of our normal routine and, lesson of being a good loser and/or gracious winner. It gets it teaches us the importance of teamwork as well as the of excitement. It gives us something to look forward to and supporting their child, or as a fan, provides us with a sense Involvement in sports either as part of a team, as a parent

healthy, happy, and prosperous 2012. support, we wish you and your families all the best for a magazines and we thank you all again for your continued We hope that you enjoy this new addition to our family of



### Go Chatham-Kent Go!

Sincerely,

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Chatham-Kent's inside look at local talent and sporting events



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