

THE Local Guide for Active Urban Families April 2009

West Coast

westcoastfamilies.com

Families

Family Gardening

A Return to the Garden of Eatin'

Are You Eco-Fit?

Get out, get moving
and get green!

Green Finds for Everyone!

yummy
mummy

Eco-Chic Living Inside and Out!

the **green** issue!



West Coast Families

April 2009

Top Story Family Gardening

A Return to the Garden of Eatin'

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On our cover

Our cover model, 4 year old Trey Purcell, is set for spring, rain or shine! Read more about Trey and how you can make a difference to kids with Hunter Syndrome (MPS) on page 22.

Shot on location at VanDusen Botanical Garden.

www.vancouver.ca/parks

Photographed by Gina Spanos / AG Photography

604.298.3611 | www.ginaspanos.com

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Next month in our MAY issue:

Announcing Our "Best of the West" Readers' Choice Awards!: Over 50 categories for you to vote in...let us know your top picks for services, products and more!

It's All About Pets!

Frugal Fido

Mothers Helping Mothers:
The Banqueting Table

Here for Kids 4th Annual Kids Expo & Pet Fair The Agriplex @ Cloverdale Rodeo Fairgrounds

April 25 & 26, 2009

The 4th Annual Here for Kids Expo & Pet Fair is a TON O' FUN! Don't miss over 100 exhibitors showcasing the very best products and services for today's families, plus oddles of entertainment, games, animals and the BC Junior Talent Search for kids aged seven to 18 years old. Entry deadline for the talent search is Friday, April 17, 2009.

604.576.6431 | www.hereforkids.ca

Early Years Festival North Surrey Recreation Centre

April 26, 2009

This FREE event is perfect for the whole family! This year's theme is Science and Nature. Join in the fun and explore with your little ones. The first 500 families receive a goody bag! Parents and childcare providers can browse a variety of community resources and family/child oriented businesses. And for the little ones? There will be plenty of activities, bouncy castles, bubbles and more. Entertainment, door prizes and much more. Event is indoors, rain or shine!

604.502.6343 | www.surrey.ca

On Saturday May 2, 2009 it's
Trey Purcell's
**TIME
FOR A
CURE**

A unique celebration of family and a fundraiser for the Canadian MPS Society.
Any Time. Any Place. Any Play.

On May 2nd, it's time to play with your family in honour of families across Canada fighting for a cure for MPS II.

We've got a long way to go.
The kids in need of cure know this.
So do their parents.
When your child has a progressive disease,
every moment together is a blessing.
When your child is well, that blessing remains.

Be a part of the celebration and hope.
Take some special time with your family
on May 2nd.
Tell us about it and pledge a donation to the
MPS II Fund.
Your stories and pictures will be posted to our
Time for a Cure page and you will be eligible
for one of the fabulous prizes.

See www.timeforcure.ca for submission and
donation information.
For more information on Trey, MPS II and our
other fundraisers, go to www.treypurcell.com.

The MPS II Fund supports research projects in
the area of MPS II, with the goal of finding a
cure.

Tacos for Trey will be back in 2010.

Bike. Play. Read. Wrestle. Kick. Climb. Slide. Draw. Paint. Sing. Dance. Cook. Bake. Stir. Hug. Kiss. Cuddle. Bask. Be. Together.

On May 2, 2009, it's Trey Purcell's TIME FOR A CURE! Canada-wide!

A unique celebration of family and a fundraiser for the Canadian MPS Society. On May 2, it's time to play with your family in honour of families across Canada fighting for a cure for MPS II.

We've got a long way to go. The kids in need of a cure know this. So do their parents.

When your child has a progressive disease, every moment together is a blessing. When your child is well, that blessing remains. Be a part of the celebration and hope. Take some special time with your family on May 2. Tell us about it and pledge a donation to the MPS II Fund. Your stories and pictures will be posted to our Time for a Cure page and you will be eligible for one of the fabulous prizes. See www.timeforcure.ca for submission and donation information. For more information on Trey, MPS II and our other fundraisers, go to www.treypurcell.com. The MPS II Fund supports research projects in the area of MPS II, with the goal of finding a cure.

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Healthy Families Conference UBC Student Union Building, Vancouver

April 18 & 19, 2009

Creating Community at Home and in School! Educators and parents from across the Pacific Northwest will gather to participate in an event designed to inspire, support, and connect the amazing individuals who contribute to building community for our children at home and in school. This two-day conference is packed with great presentations, breakout sessions, workshops, discussion groups, and meals that will create a collaborative and participatory setting giving each participant a toolkit of resources and contacts to take home. Attend the Healthy Families Conference to learn skills and strategies to nurture strong relationships within your family and create strong ties for children within your community. 604.569.6544 | www.healthyfamiliescanada.org

Kidsworld: Your Passport to Summer! All over the Lower Mainland!

July-August, plus September weekends

Wondering what to do with your kids this summer? Wonder no more! Kidsworld is the ideal program for children aged 5 – 15 years (children 4 years of age can be registered with an older sibling). A \$40 membership per child gets you into a different activity every day of the summer! Almost 70 days of free entry for you and your child to great attractions like Playland, Greater Vancouver Zoo, Maplewood Farm and much more, for one low price. 604.983.9799 | www.kidsworldprogram.com