

# VILLAGE VOICES

*It takes a village to raise a child*

Healthy Child Coalition – Central May-June 2019

## Upcoming Events in Central Region

**May 30** – A Celebrating of Parent-Child Programming in Central Region. Join us as we acknowledge the work that has been done by individuals, organizations and communities over the past decade and a half. The event is being held at the Carman Active Living Centre. Doors open 5:30 and supper will be served at 6 p.m. A short program will begin at 7 p.m. Some special entertainment has been scheduled and there will be a rainbow auction table. Come and celebrate with us.

**June 4 & 5** – Growing Up Green training. This Bookmates training is back by popular demand. It will be held at Carman United Church. Registration forms will be sent out soon so watch your in-boxes

**Grant applications** – Grant applications for 2019-2020 will be reviewed by the grant sub-committee at a special meeting June 6, with recommendations brought to the steering committee at its June 11 meeting. Organizations will be notified soon afterwards, with the caveat that funding is subject to Healthy Child Manitoba approval.

**New coordinator** – Coordinator Sharron Arksey is retiring at the end of June and her successor will be in place in late May. Watch for news about the new hiring.

Healthy Child Coalition  
Central Region



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Next issue to be determined

Check us out on  
Facebook!

Follow our blog

“Living in the Village”

<http://hcccentralregion.wordpress.com/>

Want something  
included in this  
newsletter?

Contact Sharron Arksey,  
coordinator



## A COOL IDEA FOR MOTHER'S DAY

All you need are popsicle sticks, paint and glue to make this earring holder for mom or Grandma.



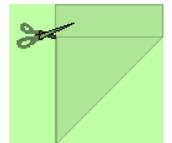
## A DELIGHTFUL DOG CARD FOR DADS... AND MOMS, TOO...

### What you'll need:

- Card stock or construction paper
- Scissors
- Markers or crayons
- Googly eyes and glue (optional)

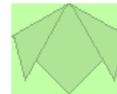


You'll need a square piece of paper. To make a square from a rectangle, first fold the corner of a rectangular piece of paper over.



To finish making the square, cut off the small rectangle, forming a square (which is already folded into a triangle).

Fold over two triangles (to make the dog's ears).



Put a face on your dog. Gluing on googly eyes gives the dog a cute look. You can write messages under the ears and on the inside of your new card.

### May is Here

to the tune of "Frere Jacques"

I see flowers, I see flowers  
 Bloom each day, bloom each day.  
 May's the month for flowers,  
 No more April showers.  
 May is here, May is here.

### I'm a Little Flower Seed

I'm a little flower seed.  
 I'm planted in the earth.  
 I feel the sun come down on me to warm this big old earth. (children sit and tuck in their heads and knees to look like a ball)  
 The rain begins to come and gets rid of my big thirst. (wiggle fingers in the air in a downward motion)  
 I then became a big and pretty flower so you can pick me first. (children stand up)

### *In our Springtime Garden*

What a lovely time of year, time of year, time of year  
 What a lovely time of year, in our springtime garden  
 See the flowers swing and sway, swing and sway, swing and sway  
 See the flowers swing and sway, in our springtime garden.

### Dandelions

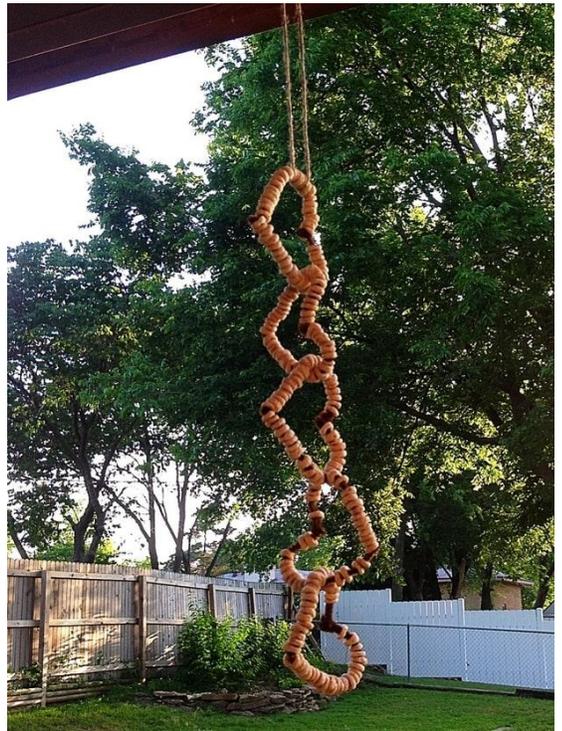
Sung to: "Mary Had A Little Lamb"

Once there was a dandy lady, Dandy lady, dandy lady,  
 Once there was a dandy lady, Who loved to dance, they say.  
 She had beautiful hair of gold,.....  
 ..... And loved to dance all day.  
 As time passed by and she grew old,.....  
 ..... Her hair all turned to grey.

May

## How about a bird feeder for dad?

You need pipe cleaners, Cheerios and rope/string.



### The Little Cricket

(Point to one finger at a time.)  
The first little cricket played a violin.  
The second little cricket joined right in.  
The third little cricket made a crackly song.  
The fourth little cricket helped him along.  
The fifth little cricket cried, "Crick-crick-cree."  
The orchestra is over and it's time for tea?

### Flutter, flutter, Butterfly



Sung to: "Twinkle, Twinkle, Little Star"

Flutter, flutter, butterfly.  
Floating in the summer sky.  
Floating by for all to see,  
Floating by so merrily.  
Flutter, flutter, butterfly,  
Floating in the summer sky.

### Insect Song



Sung to: "The Wheels on the Bus"

The firefly at night goes blink blink blink  
Blink blink blink blink blink blink  
The firefly at night goes blink blink blink  
All around the town

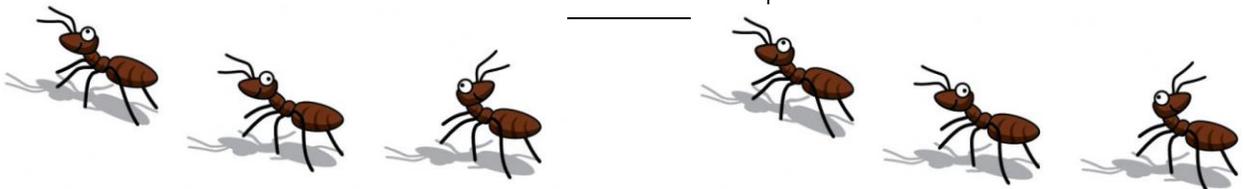
The bees in the flowers go buzz buzz buzz....  
The ants in the grass go march march march...  
The crickets in the leaves go chirp chirp chirp...  
The caterpillar in the field goes creep creep creep....

## Can you move with me?

Sung to: "Do Your Ears Hang Low"

Can you wiggle like a worm?  
Can you squiggle? Can you squirm?  
Can you flutter? Can you fly like a gentle butterfly?  
Can you crawl upon the ground  
Like a beetle that is round?  
Can you move with me?

Can you flip? Can you flop?  
Can you give a little hop?  
Can you slither like a snake?  
Can you give a little shake?  
Can you dance like bee  
Who is buzzing round a tree?  
Can you move with me?



## Caterpillar Crawled

A caterpillar crawled (extend left arm and crawl right index finger up it like a caterpillar)

To the top of a tree.

"I think I'll take a nap," said he (wiggle right index finger)

So under the leaf he began to creep. (move under left hand)

He spun a cocoon and he fell asleep. (make fist around index finger)

For two long weeks he slept in that cocoon bed,

Till spring came along and said,

"Wake up! Wake up! You sleepy head." (shake arms)

Out of the leaf he did cry. (hook thumbs and spread fingers to make a butterfly)

"Lo, I am a butterfly."



## Caterpillar

+Sung to: "Addams family"

### Refrain:

My tummy is fat (snap, snap)

I like it like that (snap, snap)

I wiggle around

I jiggle around

I wiggle around

My tummy is fat (snap, snap)

I'm a striped caterpillar

I'm such a chubby feller

I love to eat and eat,

Those leaves are such a treat

Back to refrain



### YELLOW YELLOW DAFFODIL

*Tune: Jolly Old St Nick*

Yellow, yellow daffodil,

dancing in the sun,

Oh yellow, yellow daffodil,

you tell me spring has come.

I can hear a blue bird sing,

and hear a robin call.

But yellow yellow daffodil

I love you most of all.



Best Wishes from Healthy Child Coalition – Central Region for a safe and happy summer, with rain when we need it and sunshine when we don't.

**And Best Wishes, too, from retiring coordinator Sharron Arksey, who has enjoyed her time with the coalition very much. It has been a pleasure to meet and work with all of you.**



## THOUGHT FOR THE SEASON

“Summer should get a speeding ticket.”

— **Unknown**

