



July 28, 2010

To Whom It May Concern:

Re: M & M National Family Dinner Night

As Mayor of the City of Cambridge, I am very pleased to support M&M Meat Shops in asking families to participate in the 6th Annual National Family Dinner Night on Thursday, September 16th 2010.

For me, family dinners were always a time, mostly of laughter and exchange of events that happened every day. We always started off with asking our two sons how their day at school went. Of course, we only heard the tales from a guarded perspective of things they wanted us to hear and never the challenges and miscues that we eventually heard on parent interview nights. Regardless, the family gatherings, especially during the holiday season were of memorable note. We never had enough room around the dining room table for our extended family and there was always a fight to see who wouldn't have to sit at the make shift, wobbly, card table positioned at the end of the table. The lighting of the brandy on the Christmas pudding, the thanksgiving turkey always richly browned sitting as a centre piece and the arguments over at what age our young sons could join us in a glass of wine was the glue that held us all together in fond memories.

Family experts and researchers confirm that one of the most valuable gifts parents can give their children is time spent together as a family. Taking this advice, M&M Meat Shops successfully launched National Family Dinner Night four years ago and have encouraged thousands of families to sit down and have dinner together. Through these five efforts, M&M Meat Shops strengthened communities and raised more than \$100,000 for the Crohn's and Colitis Foundation of Canada (CCFC). This year, M&M Meat Shops is hoping to bring even more families across the country together at mealtime.

Therefore, it is without hesitation that I support the M&M Meat Shops in asking families to participate in this Annual National Family Dinner Night event.

Yours truly,

Doug Craig
Mayor
City of Cambridge