



M.O.M.S. the word
APRIL NEWSLETTER




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MEETINGS

Tuesday mornings
 9:00am-11:00am
 100 Old Orchard
 2nd floor parlour
Babysitting available.

MAILBAG: 
 If you have an opinion,
 question
 or suggestion, please write to
 us at
info@northtorontomoms.com

A Note from the Co-Chair

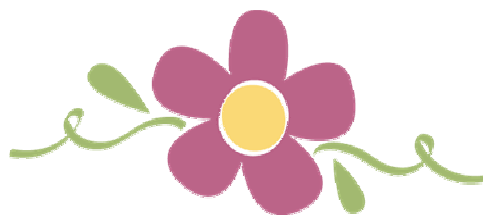
Spring is in the Air!

April is definitely shaping up to be a busy month! Hopefully with the Holidays everyone will be able to enjoy some "family time". I must say with the warmer weather coming I'm looking forward to walks and playtime in the parks! But don't forget it's also time to start registering for summer camps and programs.

I'm very excited about our upcoming speakers, curling and the annual Great Kids Stuff Sale. The GKSS is such an amazing fundraiser. It truly is a fantastic event. Make sure you volunteer, it's such a wonderful day, its fun, exciting and helps not only us, but tons of people and charities too. It's always full of surprises...I wonder if anyone will top a woman's water breaking while in line!!! Yes, that really happened.

We are really fortunate to have such a great group and environment to share being mom's with....don't be afraid to embrace it and have some fun!!

Carin



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April 6

Kelly Buchanan, Educator

Our own Kelly Buchanan is an amazing teacher who has touched the lives of many children. Kelly has taught kindergarten for years and is passionate about elementary education; especially these foundation years. Kelly will present an overview of what to expect from kindergarten, how to prepare yourself and your child and perhaps she will even share some of her kindergarten secrets too. Even if your little one is still nursing and waking up every three hours, this is one session you don't want to miss because those school years sure sneak up quickly.

April 13

Hank de Jong, Sheridan Nurseries

Winter's over so it's time to "dig up" the gardening tools. Whether you're a regular Mark Cullen or green thumb challenged, Hank will be sure to shed some light on how to make your spring/summer garden its best. Come prepared with questions and photos if you have specific concerns.

April 20

Dr. Alyson Shafer, Parenting Expert

Alyson Schafer is a psychotherapist and one of Canada's leading parenting experts. She's the author of the best-selling "Breaking the Good Mom Myth" (Wiley, 2006) and the new "Honey I Wrecked The Kids" (Wiley, 2009). Her popular TV call-in show The Parenting Show is now in its fourth season. Every year that Alyson comes to speak to the MOMS group we leave feeling empowered and ready to take on the tantrums and schedule the family meetings. Come early - the room sure gets crowded when this parenting expert is in the house.



April 27

Cate Design

Designer's Luana Cazan and Nelia Teves of CaTe design Inc. have a combined 15 years in Interior Design and Architecture. They are experts when it comes to the interior workings of structures, spaces and materials. Together they will share some of their design secrets with the North Toronto moms.

May 4

Urban Alliance

Recent research suggests that in order to prevent race based stereotypes from developing in our kids, we should be talking to them about race, early and often (check out this fascinating article on the topic: <http://www.newsweek.com/id/214989>) A representative from the Urban Alliance on Race Relations will be speaking to us about how to discuss race with our kids.

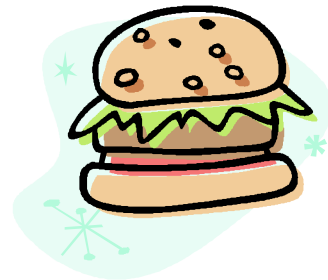
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A Note From...



Nutty Lentil Burgers

- 2 cup (125 mL) low-fat plain yogourt
- 1/4 cup (60 mL) fresh mint leaves, chopped
- 1 tsp (5 mL) white wine vinegar
- 1 clove garlic, minced
- Pinch salt and pepper
- 3/4 cup (180 mL) walnuts, chopped and toasted
- 1/3 cup (80 mL) bread crumbs
- 2 garlic cloves, minced
- 2 tsp (10 mL) cumin powder
- 2 tsp (10 mL) coriander powder
- Pinch red pepper flakes
- 3/4 cup (180 mL) lentils, cooked, drained, and cooled
- 1 Tbsp (15 mL) extra-virgin olive oil
- 1 large egg
- 4 small whole grain pitas



Please note: Pitas only to be eaten at dinner if on maintenance plan!

In a bowl stir together yogurt, mint, vinegar, and garlic. Season with salt and pepper and set aside.

In a food processor or blender combine walnuts, bread crumbs, garlic, cumin, coriander, pepper flakes, salt, and pepper; process until finely ground. Add lentils and 1 Tbsp (15 mL) oil; pulse until coarsely chopped but not overly blended.

In a large bowl whisk egg. Add lentil mixture to egg; mix well and form into patties. Grill lentil burgers over medium heat for 3 to 4 minutes per side.

Cut tops off pita pockets and stuff with lentil burgers; drizzle with yogourt sauce and any other desired toppings. Makes 4 patties.

Nutrition facts per burger, pita, and sauce: 319 calories; 13 g protein 16 g total fat (2 g sat. fat, 0 g trans fat)); 34 g carbohydrates; 7 g fibre; 255 mg sodium

Recipes Courtesy of Dr. Joey Shulman

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A Note From...



Spinach Turkey Patties

20 Minutes to Prepare and Cook

Ingredients

- 1 pound ground turkey or chicken breast
- 2 cups fresh spinach (chop in food processor)
- 2 Tbs of sweet hot sandwich pepper relish
- 1/2 cup crumbled feta cheese

Directions

Mix above ingredients together in large bowl. Divide in 4 equal parts and form patties.

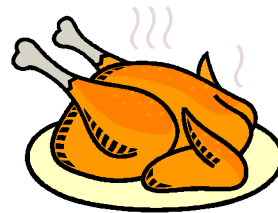
Grill patties on outdoor grill over medium heat for 5-8 minutes a side.

Double the recipe and freeze the extras.

Number of Servings: 4

Nutritional Information per serving:

- Calories: 175.4
- Total Fat: 5.5 g
- Cholesterol: 61.7 mg
- Sodium: 361.1 mg
- Total Carbs: 1.8 g
- Dietary Fiber: 0.3 g
- Protein: 29.1 g



Recipes Courtesy of Dr. Joey Shulman

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A Note From...

Salmon Spa Cakes

These salmon spa cakes are the perfect option as an appetizer for your guests looking to keep their thin, trim waistline. Loaded with protein and omega 3 from the salmon and low glycemic index carbohydrates from whole grains – the health benefits and taste cannot be beat!

Makes: 12 servings

Preparation time: 5 minutes

Cooking Time: 6-8 minutes

Total time: 10-15 minutes

4	slices of whole grain bread (see product resource guide)	4
2	cans of salmon	2
1	egg white, beaten lightly	1
2	green onions, minced	2
1 tbsp	finely chopped fresh mint	15ml
1 tbsp	finely chopped fresh dill	15ml
1 tsp	lemon zest	5ml
1 tbsp	lemon juice	15ml
¾ tsp	black pepper	1ml

Break bread into rough pieces and put into food processor; pulse until mixture resembles coarse crumbs.

In bowl, mix together salmon, egg white, green onions, mint, dill, lemon zest, lemon juice, pepper and 1/2 cup (125 mL) of the bread crumbs until well combined.

Place remaining crumbs in a shallow dish or pie plate. Form the salmon mixture into 12 patties. Lightly press the patties into the crumb mixture, turning to coat evenly.

Arrange salmon cakes in a large non-stick skillet lightly sprayed with non hydrogenated olive oil cooking spray. Cook over medium high heat, just until browned, about 3 minutes per side. Repeat with remaining patties. Serve warm, room temperature or cold with low fat plain yogurt.

Makes 12 servings

This can be an appetizer or dinner. Although made with whole grain bread crumbs, the protein is so high it is okay for dinner – Makes 12 as an appetizer or 6 as a main course. Serving size is 2 per person if making 6 – enjoy with side salad.

Recipes Courtesy of Dr. Joey Shulman

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GREEN MATTERS



Celebrate Earth Day on April 22- Fun Things to do for the Whole Family

After a long winter, the warmer weather has begun, the birds are singing, the tulips are popping and leaves on trees have started to spring their buds. April is a great time of year to watch nature at its best and I wonder if it's any coincidence that Earth Day is celebrated during this month. This year, **April 22nd** marks the 40th anniversary of Earth Day and it is a day that focuses on many aspects of the environment – from turning off electricity to learning about recycling.

It's a great time to participate with and teach our young children about the planet and how to care for it. With a little guidance and some fun and interesting Earth Day activities, they are sure to develop creative ideas of their own for dealing with the burdens being placed on the environment and having a very important, positive impact.

I've compiled a list that will help you and your families celebrate Earth Day and facilitate discussions about our environment. Remember to make it fun & have a great Earth Day!

Things to do in and around the city:

Royal Ontario Museum – April is “Nature Month”

- A variety of environment-related events; lectures, family programs & special galleries.

The Toronto Zoo – Fourth Annual Earth Day Celebration, Party for the Planet 2010

April 17 to April 18, 2010

- Children's activities and environmental trivia, as well as an appearance by the zoo's recycling duo, Henry and Douale, talks by the polar bear keepers and much more.

Green Living Show (Direct Energy Centre)

April 23 to April 25

- Advice, tools and resources to help you live in a more environmentally friendly way.

Trees Across Toronto – Plant a Tree

Sat. April 24th, 10:00AM – 12:00PM

- Volunteer to plant trees and help Toronto reach its goal to double the city's tree canopy by 2050. This year's planting locations include, Earl Bales Park, Broad Acres Park, Milliken Park, McCowan District Park. For more info: www.toronto.ca/parks/tat/.

Downsview Park – Earth Day at Downsview Park

April 25, 11:00AM – 4:00PM.

- Features environmentally-friendly exhibits, activities and entertainment.

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Television Programming

Nickelodeon and The Disney Channel aired Earth Day specials last year, so check your local listing for the show line-up. This year, PBS KIDS! is presenting an entire new line of eco-friendly episodes with its “Share the Earth Day” celebration where families can learn about earth science. Some of the programs are listed below:

PBS KIDS! Programs for Preschool Children

- *Curious George: Something new Under the Sun* - When the power goes off during a heat wave, the Man with the Yellow Hat and George take a trip to the museum, which has powered tanks to its new solar energy panel.
- *Barney & Friends: Home Sweet Home: The Rainforest* - The gang heads to the rainforest to learn about taking care of our Earth for people we love.
- *Clifford: Doffie Garden* - What exactly grows in a garden? Dog toys? The dog community learns that working together is rewarding for everyone.
- *Sesame Street: Wild Nature Survivor Guy* - Nature Survival Guy learns what it takes to survive on Sesame Street as he finds fruits, vegetables and water.

PBS GO! Programs for Elementary School Children

- *Sid the Science kid*: - Learn about the importance of dirt in making things grow.
- *WordGirl: Earth Day Girl* - WordGirl must find a way to save Earth Day.
- *Arthur: The Cherry Tree* - Muffy learns about the negative effect of cutting down trees and learns how she can help save the earth.
- *Maya & Miguel: Every day is Earth day* - The kids learn that it's not always easy planting a garden, especially in rainy weather.

DVD's

- *Schoolhouse Rock! Earth*: The creators of the original Schoolhouse Rock! TV series have created new songs for today's kids about the environment and being green.
- *Sesame Street: Being Green*: Elmo and Abby get excited about helping the earth as they learn how to reduce, reuse, and recycle.
- *Barbie Presents Thumbelina*: Barbie tells the story of Thumbelina and the Twillerbees to a group of children who are planting trees to help the environment.
- *Earth*: The first film in the DisneyNature series, Earth, narrated by James Earl Jones, tells the story of three animal families and their amazing journeys across the planet.

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Books to Read:

- *The Berenstain Bears Don't Pollute (Anymore)* by Berenstain Bears Books
 - *It's Earth Day!*, Little Critter Books by Mercer Mayer
 - * *We Are Extremely Very Good Recyclers*, Charlie and Lola Books by Lauren Child
 - * *Curious George Plants a Tree*, Curious George Books
 - * *Clifford's Spring Clean-Up*, Clifford the Big Red Dog Books
 - *Biscuit's Earth Day Celebration*, Alyssa Satin Capucilli
 - * *Big Bear Hug*, Nichols Oldland
 - * *50 Simple Things Kids Can Do to Save the Earth*, by Earth Works Group
 - * *Earth Day Birthday*, by Pattie Schnetzler
 - * *Earth Day – Hooray*, by Stuart J. Murphy
 - *Let's Celebrate Earth Day*, by Peter Roop
 - *Our Earth*, by Anne Rockell
 - * *Recycle!: Handbook for Kids*, by Gail Gibbons
 - *The Garbage Monster*, by Joni Sensel
 - * *365 ways to live green for kids*, by Sheri Amsel
 - * *The Three R's: Reuse, Reduce, Recycle*, Nuria Roca
 - * *The Earth and I*, Frank Asch
 - * *The Lorax*, by Dr. Seuss, Theodor Seuss Geisel
- * Available at the Toronto Public Library

Happy Earth Day,

Audrey
Green Matters Co-ordinator

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Things to do...

great kids stuff sale

The Great Kids Stuff Sale has been hosted by the [North Toronto MOMS Group](#) since 1995 as a fundraiser and service to the community. Now in its 14th year, this semiannual event is larger and more popular than ever.

~ 24th Semi-Annual Great Kids Stuff Sale ~

17 April 2010

9:00am - 1:00pm

(new extended hours!!)

St. Leonard's Anglican Church

25 Wanless Ave (just north of Lawrence, east of Yonge)

~CASH ONLY~

High quality items for newborns up to 6 years old

Clothes, Cribs, Strollers, Toys and More!! Thousands of brand name, gently used baby and kids' items at great prices!

Help reduce waste by **bringing your own**, very large, reusable **shopping bag** - you will need it!

Interested in selling your kids stuff?

Please go to www.northtorontomoms.com for more information.

Clear out the stuff you no longer need, turn it into cash!

If you wish to be added to our email list, please send an email to: info@greatkidsstuffsale.com

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Things to do...

Upcoming Fun Nights Out

Curling Night

Date: Tuesday, April 13th

Time: 7:00pm

Location: [The Cricket Club](#), 141 Wilson Ave

Cost: \$20 - \$25 depending on numbers.

Email info@northtorontomoms.com if you are interested

