



Meeting Other Mothers Socially

M.O.M.S. the word DECEMBER 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

Hard to believe it's December and the "Holiday Season". I can only imagine with the organizer and fashion stylist you are all ready for the holidays with an organized home and the best outfits for the season ☺ Honestly, I hope you were all inspired or intrigued by the information presented. Regardless, the Holidays are always packed with many emotions, with so much potential for stress and pressure. Whether you are hosting or navigating the plethora of invitations it's an awful lot to contend with. Regardless of your commitments I hope you are able to enjoy the magic of the season with your family. Take some time and relish the gift of one another. Rekindle traditions or create new ones, but ultimately celebrate the beauty of your family, whatever that looks like.

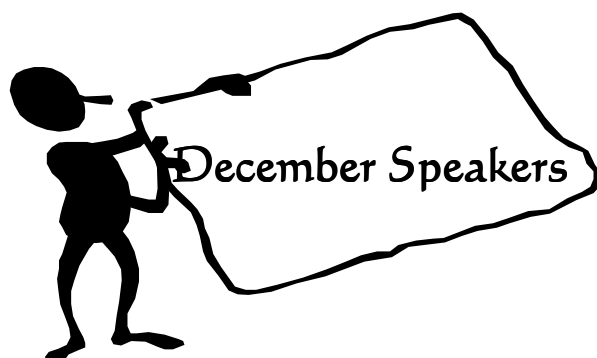
Have a wonderful Holiday Season full of Love, Laughter and JOY!

Happy Holidays!!!!!!!

Carin



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December 1

Speaker: *Deborah Meek, [Workharmony](#)*

Deborah Meek from Workharmony will speak about how to balance career/baby and the possibility of staying at home for a few years while working. She will talk about making sure you balance options (empowerment) and consider solutions outside-the-box to manage both.

December 8

Speaker: *Kim Tanzer, Yoga Studio at [The Yorkville Club](#)*

Kim Tanzer is a Yoga instructor from "The Yoga Studio at the Yorkville Club". She will guide us through an easy yoga practice so please wear comfy clothes and bring a yoga mat if you have one or a towel.

December 15

Speaker: *[Secrets From Your Sister Bra Fitting Boutique](#)*

Jennifer or Erin will come in to talk to us about proper bra fitting as well as nursing bra options, lingerie care and holiday surprises. This will be the last Tuesday meeting for the 'fall'.

We will resume regular Tuesday meetings on January 5th 2010.

Of Note...

Hello Moms,

We will be collecting food donations for the Jane & Finch Community Centre Tuesday December 1 & 8th. They will happily pick up whatever we can scrape together but have identified the following items as being high need:

Canned meat (tuna, chicken, corn-beef), canned-fruits, diapers/all sizes, formula, powdered milk, wipes, pasta, pasta sauce, canned soup, vanilla pudding, macaroni and cheese, rice, nutela, jam, body care items.

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HALLOWEEN CONTEST



Thanks to those who sent in fantastic photos of their little ones decked out in their Halloween finery!

Imogen, 5 Months, submitted by Zita



Sydney - Fairy Princess, submitted by Halley



Nathan, 11 months – submitted by Amy



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GREEN MATTERS



Greening Your Holidays

It's that time of the year again – the holiday parties are starting, we're getting our lists ready – for presents, menus, family scheduling – and thinking about what we're going to do over the holidays. This year, I'm attempting to “green things up” and to me this means decorating more creatively using nature as my guide, consuming less, and hopefully giving more meaningful and thoughtful gifts. I'm hoping that by thinking about things with a “green” twist, that I can get more in touch with “the spirit of the holidays” and *truly* enjoy spending time with family and friends, and stressing less about what needs to get done. With this in mind, I hope you find the information below useful and that it helps you de-stress, “green things up” and enjoy the holidays!

Before I begin, an interesting piece of information about the holidays:

25 percent: The increase in trash generated during the holiday season (from Thanksgiving to Christmas). This equates to 5 million extra tons of garbage.

So with that in mind, here's some tips for a greener, less wasteful, holiday season:

1. **Chop a Christmas tree.** Make it a holiday tradition and visit a tree farm to get your Christmas tree (it's greener than having a plastic tree).
2. **Decorate naturally.** Instead of spending money on decorations, try making some of your own – use fabric scraps, paper, pine cones, fruit or strings of popcorn and cranberries instead of tinsel to decorate your tree. When the tree is taken down place popcorn and cranberry strings outside to feed the birds.
3. **Less lighting.** Try decorations that don't require lights / batteries, but if you are going to hang Christmas lights, use energy-efficient outdoor LED lights – they use much less power and are brighter than traditional lights.
4. **Secret Santa.** Convince your family to draw names so everyone gets just one gift. Less shopping!!
5. **Give a consumable gift.** Bake your way through your holiday gift list - who doesn't love shortbread or chocolate chip cookies, chutneys, jams? Can't bake? Give the gift of food – teas, coffees, wine, nuts, a gift certificate to a restaurant, cooking class, subscription to weekly organic food-box delivery etc. This way you know that the gift will get used – literally eaten – instead of sitting in the corner collecting dust.
6. **Make sure your material gift will get used.** Don't buy a gift for the sake of buying a gift. A gift that the receiver does not use is simply wasted. Give material possessions only if you know the recipient well enough to pick out something they will use and enjoy.
7. **Make a donation.** Instead of gifts, why not make donations to your favorite charities.
8. **Give an experience.** Gifts like theatre, sporting event and musical tickets, a spa treatment or dinner out, instead of buying products that contain excess packaging.

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9. **Share a piece of yourself.** Avoid buying a gift and offer your time / services instead. For example, offer to baby-sit while your friend enjoys a date night, give a gift certificate for a relaxing massage etc.
10. **Make a gift of a green service.** Consider a gift of carbon offsets for a commuting colleague or a Zipcar membership for a friend who doesn't have a car or must frequently use taxis to supplement their public transport lifestyle.
11. **Buy a local gift.** A gift made or grown locally can tell a story or share a unique product you have discovered on your own stomping grounds. Your locally-sourced gift will save the environment from the emissions involved in shipping.
12. **E-mail your Christmas cards.** Not as personal, but they cost less and don't waste tons of trees and fossil fuels for their production and delivery.
13. **Think about your packaging.** Use packaging that will not go to waste. Your packaging may be part of the gift itself, such as wrapping the gift in a scarf or enclosing it in a box that can be reused for collecting life's odds and ends. Reusable wrapping, such as a gift bag, will pass on the fun. For family and close friends, consider Sunday comics instead of commercial gift wrap.

Happy Holidays Everyone!

Audrey
Green Matters Co-ordinator

Source: TreeHugger

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A Note from...

Letter to Group:

Thank you so much for having me at your meeting November 10th. It was a delightful experience. I hope everyone got their fill of inspiring organizing tips and techniques. I was so excited when I got home I made a list and researched the ideas that came up during our discussion today.

What a wonderful sense of community and openness present at your meeting. Thank you so much for including me and giving me the opportunity to share my knowledge with you.

Please find attached my research list. Feel free to pass it on.

Take Care
Jeremy Greer
Professional Organizing
www.jeremygreeronline.com
416.898.8248

[CREATIVE WAYS TO ORGANIZE AND STAY ON BUDGET](#)

North York Moms Group Talk – Recap

Junk Mail

Red Dot Campaign www.reddotcampaign.ca
Weed out junk mail into recycle when you come in the door.

My Old Wedding Dress

The Bridge's Project www.thebridesproject.com
Fighting cancer, one dress at a time.
Alterations done to your dress to make it into a casual dress to use again and again.

Missing Mittens

Two mittens attached to each other by string.
A basket for misfits to find their mate again.
Open faced bins or baskets with like minded items (colour or pictures) to keep them sorted.

Stuffed Animals

Stuffed Animal Chair (Found different designs believe it or not)
<http://somethingjusttostart.blogspot.com/2009/09/these-are-stuffed-animal-chair-from.html>
<http://booninc.com/products/OvalAnimalBag/801>

Photographs

Get your photos put on DVD. This is the cheapest and most convenient website I found.
www.photoscanning.ca

Memories

Take a picture of your cherished items instead of keeping the physical mementos in storage.
Example: your child's artwork and clothing.
Use a digital frame to display them.
Hire a service to put your photos and memories to music on a DVD slide show.
(Like this idea let me know I have a friend that is starting a business around the idea).

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A Note from...



Blow your hair out like a Pro!

November/December 2009

Welcome to our Fall eNewsletter!

We have several exciting events happening at Calia to tell you about - one is a session on learning how to dry your hair like a pro, the other is a Tuesday-only special. Please scroll down for details.

We look forward to seeing you soon!

Regards,
Peter and Luisa

Get Glam for the Holidays!

For this winter season, trends are showcasing solid over all colours. Hair styles are layered bobs and hair that has length past the shoulders. There is lots of unstructured movement within the hair.

Updo's are HOT!!!

This year we're going to see side ponytails with curls and loose, sexy buns. Glam up for the holiday season - book your appointment today! 416 440-2696

Tuesday Special

Bring in a friend and get 25% off the second client on any hair or aesthetics service. Or book in 2 services and get 25% off the second service, including cut, colour, waxing and facials.

Click [here](#) for a full list of services.

This special will expire on November 30, 2009.

BYOB Night at Calia!

Learn to blowdry your hair like the pros. Our team will be having a night out for our clients who have difficulties blow drying their hair. We will give you simple techniques on how to glam your hair up. Home care aesthetics will also be part of our night.

Bring your home equipment so we can give you advice on how to use them.

Give us a call at 416 440-2696 to book your spot - space is limited!

Date - Wednesday January 20th 2010

Time 6pm - 8pm

Cost \$25.00

Refreshments - wine and cheese

www.northtorontomoms.com

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A Note from...



Con't

December Special - receive an extra 10% on Gift Certificates

Gift certificates are a terrific way of saying 'Thank you'.

Do you know someone who takes care of everybody but themselves?

With a gift certificate from Calia, they can treat themselves to a new 'do, a facial, or just a relaxing mani/pedi.

With each \$50 gift certificate you purchase before the end of the year, you'll receive an additional \$5.

Please call us at 416 440 2696 or visit us to purchase your gift certificates and make someone's day!

Introducing our new Stylist: Tracy

Tracy is the newest addition to our team at Calia Hair Design. With the expansion of our salon, we welcome Tracy as our Senior hair stylist. Tracy has been in our industry for almost a decade. She has worked and developed some of her work experience amongst some of the leading salons in the Toronto area. She is a 'breath of fresh air,' as Peter, Owner of Calia Hair Design, says.

We are excited to have someone who takes great pride in her work and wants to grow with our team at Calia Hair Design.

Tracy is offering 20% off all her services until December 3rd. We welcome you to take advantage of this special offer.

Welcome Back, Fatima!

We would like to welcome Fatima back to Calia Hair Design. She's been with us for eight years, but has been busy over the past year with her two little ones.

Her work schedule will be reduced to Friday and Saturday starting in December. She looks forward to seeing you soon.

Give us a call at 416 440-2696 to book your appointment.

Contact Us

Calia Hair Design
3338 Yonge Street
Toronto, Ontario.
M4N 2M4
TEL: (416) 440-2696

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A Note from...



Sometimes it can be tough 'having it all'

The universal quest for work/life balance unites even the most diverse women with one common thread – how can I have it all?

What are the options?

Well, as we like to say (particularly this season) – gray is the new black.

Today, women are carving better deals to maintain their careers via part-time or contract roles within organizations and those who have opted to stay at home are finding their way through entrepreneurial, out-of-the-box ideas or reinventing themselves as they jump back into the professional workforce.

So how are they doing it?

By managing expectations and marketing themselves smarter.

We have two types of conversations with women – those who are looking to 'ramp up' and those who are looking to 'scale back'.

Both sets of women need to give something up to get the balance they are looking for. Which presents a challenge for many women who have been walking around thinking they could and should - **have it all**.

But trust us, having it all is exhausting.

The key to solving this puzzle is to decide what you really want. Not what you thought you wanted, not what you think you should want but what you really want.

What do you want? Write it down.

Once you've landed on a 'single minded' – one thing. You need to align your professional activity and conversations to position yourself to achieve it and you'll need to accept that there will be trade offs.

If you want to layer in more balance and take a five day week to a four day you may need to face the fact that when the next promotion comes around you might not be the one to get it. And if that is the sort of thing that is going to eat at you and play with your ego you need to think it through.

Likewise if your desire is to layer in more of a 'professional you' into your stay-at-home status you need to realize that you won't be at every basketball game or soccer practice. And if that is the sort of thing that is top priority - this is going to be a rough transition.

Simply put – **you will need to give something up to get something more.**

Now we know this isn't rocket science but you might be surprised how many people reach out for opportunities and when the interview gets booked we're told that it conflicts with their personal trainer or a lunch date.

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A Note from...



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Likewise, when the perfect flexible opportunity presents itself without benefits (because it is part-time and flexible) professionals slip back to their old – 9 to 5, full-time corporate status and start looking for compensation and packages more in-line with the life they say they want to leave behind.

So as you stare at that 'single-minded' one thing that you say that you want - make sure it has 'legs' to stretch across the personal and professional you, that it does reflect the sacrifices or trade offs that will be associated with it and that it is in fact what you want.

Now, if you are reading this and you work in an environment that is perceived to be inflexible you are probably thinking that this would be a major 'kiss of death' to your career – but I guess the point is if you want something different than what you have been leading everyone else professionally to believe that you want – how will they know unless you ask for it, or open a dialogue to discuss it. In other words you may learn that there is an opportunity to customize your role, change your role or re-direct your role if you are willing to give something up to achieve it.

You need to take **ownership** for your flexible work options.

And let's face it, these decisions can be tough. Admitting that you don't want to 'do that anymore' can feel like you are failing when in fact you have never been closer to your **holistic ambitions**.

And I suppose that is why Lawyers are becoming real estate agents, Bay Street executives are opening customized cookie stores, flower shops and advertising executives are interior designers.

It is what they wanted to do. And the decision allows them to manage their holistic ambitions (which is personal and professional if you are still wondering what we are getting at with that term).

Reinvention is important and easy to do if you are focused and realistic.

The truth is change is all around us – so if you've spent some time on what you want and written down a list of ways to go and get it - start opening up the dialogue with people that can help you achieve it. Start taking the steps to make it happen vs. just thinking about.

In the words of Winston Churchill – **there is nothing to fear but fear itself.**

Deborah Meek and Kristina Pearce are co-founders of workharmony.ca – a niche recruiting firm that specializes in contract employment for mid to senior level professionals.

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Things to do...



MOMS Holiday Party

Get your babysitter set, about your outfit don't fret, every year we have a do, come out, meet friends old and new, those who've been in the past are usually there until the last. Join us for our annual Holiday Party

When: Wednesday, December 16th

Where: [Sorrento](#), 3265 Yonge St - Upstairs

Time: 7:00pm - Cocktails and appetizers, 8:00pm Buffet dinner

Cost: \$25 for members, \$50 for alumnae (incl tax & gratuity)

Details: Payment is due by Thursday, Dec 10th on order to confirm the menu. Cash Bar. Fountain non-alcoholic drinks are free.

Your ideas

We would like to reiterate that as a committee, we really welcome all ideas and suggestions for social events and will do our best to comply. We would like to ask for feedback on ideas, fun themes and available locations. If you have attended other functions that you think we would great for us, we would love to hear from you and get some details.

The Social Committee



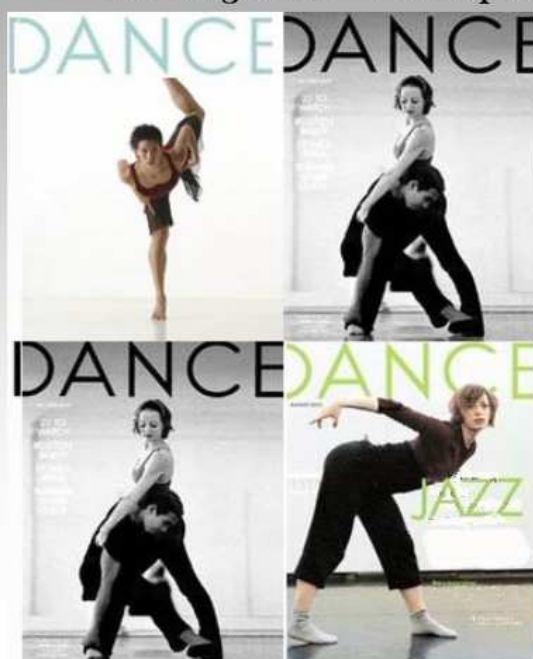
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Things to do...

DanceDynamics presents...

Contemporary Jazz Dance 4 Class Introductory Workshop

For Beginners - No Experience required



REGULARLY
\$18/class

AVAILABLE NOW
* \$11/class for Pure
Fitness Members Only

**Member's Friends and
Family**
* pay only \$13/class

* pre-pay for 4 classes
before Nov 13

Stretch * Strengthen * Sculpt
your body through dance

Try a different type of workout...learn to dance!!!
~It's never too late~

Contact: Pure Fitness 416-429-7873
Location: Pure Fitness: 939 Eglinton Ave. East (at Brentcliff)
Date: Sunday's Nov 15, Nov 29, Dec 6 & Dec 13
Time: 11:35 AM - 12:45 PM

Babysitting Available (inquire with Pure Fitness)