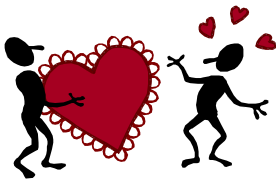




Meeting Other Mothers Socially



M.O.M.S. the word FEBRUARY 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

Happy February!!!

I can't believe we've hit February already!!!! Time seems to be flying. February is always a short but busy month especially with Valentines Day and the Civic Family Holiday in the mix. I find it's a great opportunity to connect and create some great memories for yourself and your family.

Let Valentines Day inspire you to reconnect romantically with your partner, whether you go out for dinner, have a quiet night with wine and snacks (once the kids are in bed), or just snuggle and watch a movie. Have some fun with your Hubby. And to keep that warm fuzzy feeling why not have a fun outing with your family for the Holiday. There is a lot to do and I've listed a couple of possibilities below.

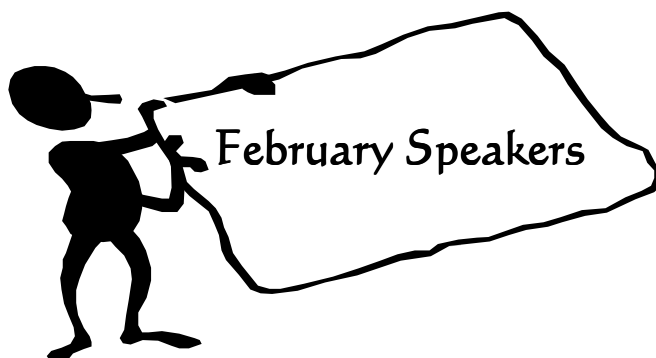
- * Love Bug Exhibit at the Zoo (Feb 12-15)
- * Skating at Harbourfront – Family day on Ice (Feb 13-14)
- * Explore and play at the AGO or ROM (on going)
- * Party at the Beaches (Feb 15th)
- * Tea Time for Teddy Bears at Casa Loma (Feb 15)

Take advantage of all the great indoor and outdoor programs our city has to offer, and don't forget a good ole day of tobogganing and hot chocolate is always a winner.

Whatever you do I hope February is full of fun and happiness for each of you.

Carin

M.O.M.S. the word



February 9

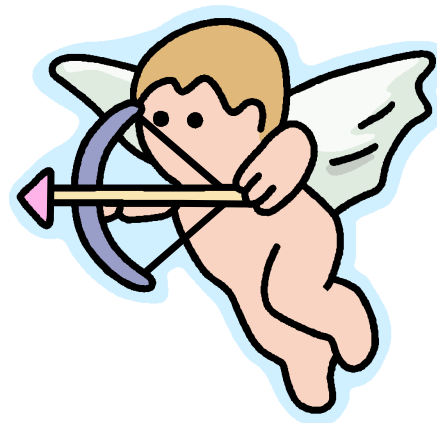
Lauro Ono, Childhood Music Educator

Like reading, writing and arithmetic, the once forgotten cousin, the arts, are garnering more attention for the essential role these skills play in the developmental foundation of our children. Laura Ono (ARCT), the creator of My Musical Upbringing, is passionate and enthusiastic about the role that music plays in our children's lives from an early age. Laura will provide us with the theoretical knowledge about the importance of music and early childhood and then engage us with our children in a musical workshop.

February 16

Debbie McGrath, Do My Make-up

Let's face it, busy moms need pampering too. Whether you work outside the home and come home to full-time mommy duties or spend all day on the front lines, at the heart of it, we are still women. Do My Hair is a New York inspired blow-dry bar that specializes in making you look fabulous from blow-outs to knock-out faces. Debbie McGrath will be speaking with our group about how to do fabulous make-up for everyday or those special occasions.



February 23

The Olive Oil Boutique

The Olive Oil Boutique is a newly opened shop on Yonge Street. Alex from the OOB will speak to us about how to choose olive oils, vinegars and will give us some entertaining tips! P.S. Word on the street is that they make a killer sandwich . . .

March 2

Jennifer Kolari, Connected Parenting

Jennifer Kolari is a therapist who has been helping children, teens and families get connected for 20 years. Jennifer published her first book in 2009 with Penguin Group USA and Penguin Canada. She has appeared in magazines such as Today's Parent and Canadian Family, and on Canada AM, Breakfast Television, and CBC's Steven and Chris. Her insightful strategies, shared with warmth and humour make her a highly sought-after speaker with schools, organizations and agencies throughout North America. Jennifer spent several years counseling children, teens and parents for the Toronto District School Board and serving as a field supervisor for the University of Toronto faculty of Social Work. Before that she was a family therapist at Integra, a children's mental health centre in Toronto. Jennifer lives in Toronto with her husband and their three children.

M.O.M.S. the word

A Note from...

Mothers on Fire

Inspiring, Transforming and Celebrating Mothers!

[Preview the book.](#)

Available Winter 2010 on Amazon.com

"A personal coach for mothers... I loved it!"
Jennifer Garner



Happy New Year!

We hope 2010 is filled with love, health, peace and happiness.

We would like to take this opportunity to sincerely thank each and every one of you for letting us be part of your lives.

**Take time this year to connect with your own passions and dreams. You deserve it.
"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." - Howard Thurman**

It's time to come alive!

**Wishing you love and best wishes,
Sandra De Tina, Lisa Garber & Renee Walker**

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Mothers on Fire

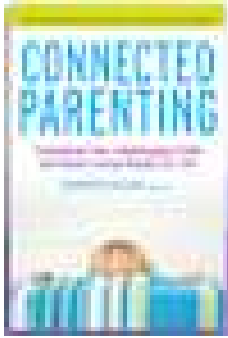
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M.O.M.S. the word

A Note from...



Get a chance to work with [Connected Parenting founder Jennifer Kolari](#) this February at a 4-week Parenting Workshop in Toronto. This workshop will build your skills with material from the Connected Parenting workshop, the Connected Parenting Advanced Strategies workshop, and the Parenting with Brains workshop.

Here are the details:

Dates: Wednesday evenings, February 3, 10, 17 and March 3, 2010

Times: 7:30-9:00 p.m.

Where: [Armour Heights Community Centre](#), 2140 Avenue Rd., Toronto

Cost: \$250 for an individual or \$300 for a couple

To register, please contact me at this email address or at 416-781-4700

All the best to you and your families!

Rebecca Lindsay
Parent Coach and Intake Coordinator
Connected Parenting

info@connectedparenting.ca

416-781-4700 (Toronto)

619-206-1522 (San Diego)

www.connectedparenting.com

Connected Parenting Transform Your Challenging Child and Build Loving Bonds for Life - A must-have on everyone's shelf

M.O.M.S. the word

A Note from...

Breaking and Sharing Bread

Beth-Anne

There is something special about sharing food. Whether it be hosting a birthday dinner, a Christmas feast or simply sharing a plate of pasta while dodging the flying peas from your 9 month old; breaking bread with your loved ones is a treasured experience. In my family dinnertime is the catalyst for all discussions. Growing up it was when we shared the details of our day, argued over politics and curfews and tried in vain to convince our parents to cave and support our latest request. My husband and I continue the sanctity of these dinners whenever we can. Albeit my husband's work schedule and our boys' bedtime routine regularly clash but when we do have the opportunity to eat together, I am reminded of how lucky we are to be able to provide our kids with nutritious meals and special time together, strengthening our family bond.

About a year ago, a friend turned me on to the greatest concept: a food share. Simply put each month I order basket of fruits and vegetables along with other families in the community. The food baskets are luscious! The colours are as varied as any farmer's market and the freshness just as equal. Each month I am like a child returning from a birthday party wondering what my loot bag holds. Every time the contents are a surprise but quality is consistent. Don't know what to do with a rutabaga? Me neither. It's a good thing that the coordinators of this non-profit organization have included several recipes and interesting facts about this often ignored root vegetable. Here's your latest cocktail trivia: A rutabaga is a cross between a cabbage and a turnip.

What is most satisfying about participating in this program is not that my family is being exposed to new veggies and fruits nor is it the excitement that the boys experience while transferring our haul from the neatly stacked green boxes to our reusable totes. What really makes my heart swell is knowing that the more participants in this program equal the more fresh food that is donated to needy families in Toronto. When I pick up my good food box each month I think of the families that are receiving their boxes overflowing with vegetables and fruits, and the conversations that they will have while spooning out the mashed potatoes.

To participate in the Good Food Box program check out:
<http://www.foodshare.net/goodfoodbox01.htm>



M.O.M.S. the word

Things to eat...

Warm Black Bean & Chipotle Dip

This is a great party dip that can be fully assembled up to two days ahead. Keep covered and refrigerated until ready to bake. *Serves ten to twelve.*

2 Tbs. extra-virgin olive oil; more for the baking dish
2 medium tomatoes, cored and cut into medium dice
2 tsp. kosher salt; more as needed
1 large yellow onion, finely diced
3 large cloves garlic, minced
1 Tbs. chili powder
2 15-1/2 oz. cans black beans, rinsed and drained well
2 canned [chipotles en adobo](#), minced (about 1 Tbs.), plus 3 Tbs. adobo sauce
3 Tbs. cider vinegar
1-1/2 cups fresh or frozen corn kernels (if frozen, thaw first)
1-1/2 cups (6 oz.) grated sharp cheddar cheese
1-1/2 cups (6 oz.) grated Monterey Jack cheese
3/4 cup chopped fresh cilantro
Freshly ground black pepper
Tortilla chips for serving

Heat the oven to 425°F. Grease a 1-1/2 qt. baking dish with oil and line a baking sheet with foil. Set the tomatoes in a colander over the sink and sprinkle with 1 tsp. of the salt.

Heat the oil in a large (12-inch) skillet over medium-high heat until shimmering hot. Reduce the heat to medium, add the onion, sprinkle with 1 tsp. salt, and cook, stirring, until softened and translucent, 4 to 6 minutes. Add the garlic and chili powder and cook, stirring, for 1 minute. Add half of the black beans, the chipotles and adobo sauce, and 3/4 cup water and bring to a boil. Cook until the liquid reduces by about half, 2 to 3 minutes.

Heat until shimmering hot. Reduce the heat to medium, add the onion, sprinkle with 1 tsp. salt, and cook, stirring, until softened and translucent, 4 to 6 minutes. Add the garlic and chili powder and cook, stirring, for 1 minute. Add half of the black beans, the chipotles and adobo sauce, and 3/4 cup water and bring to a boil. Cook until the liquid reduces by about half, 2 to 3 minutes.

Transfer the bean mixture to a food processor, add the vinegar, and process until smooth. Let cool for a couple of minutes and then transfer to a large bowl. Add the rest of the beans, the tomatoes, corn, half of each of the cheeses, and 1/2 cup of the cilantro. Mix well and season to taste with salt and pepper.

Transfer to the baking dish and sprinkle with the remaining cheese. Bake on the foil-lined baking sheet (to catch drips) until the cheese melts and browns around the edges, about 15 minutes (longer if refrigerated). Sprinkle with the remaining cilantro and serve with the tortilla chips for dipping.



M.O.M.S. the word

Things to do...

Beginners Jazz Class


Why not try something new in 2010. Everybody seems to have a little dancer inside them. Jazz dance is a fun way to get a great workout, dance and learn something new. The class is geared toward the absolute beginner, so you don't need to feel intimidated or worry that you have two left feet. Give it a try!!

Note: If you can't make all 4 classes, you could pay for them individually at the higher rate.

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

* when pre-paid for 4
classes before Jan 26

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)
Dates: Friday's Jan 29, Feb 5, 12, 26th
OR Sunday's Jan 31, Feb 7, 14, 28th
Time: 11:35 AM - 12:45 PM
Babysitting Available (inquire with Pure Fitness)

M.O.M.S. the word

Things to do...



THE 2010 VANCOUVER OLYMPICS

Watch and cheer loudly as our Canadian athletes compete for GOLD!!

February 12 – 28

Keep up-to-date at
<http://www.vancouver2010.com>