

M.O.M.S. the word JANUARY 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 New Year!!

A huge welcome to returning members that are now making a comeback to the group and to new members who have just found us. I'm excited about the great programming that's lined up for this season and for up and coming socials. Check out the website for all of the details - NorthTorontoMoms.com.

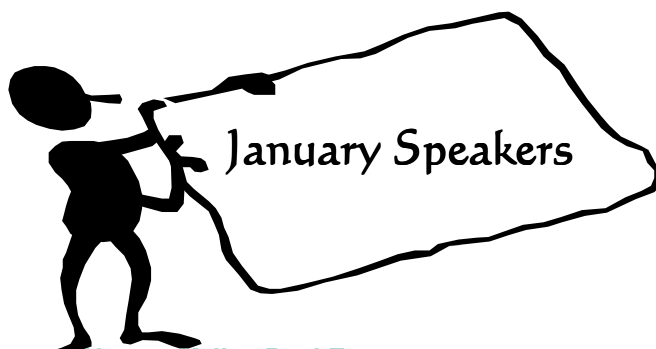
Reflecting on the "holidays"...

It's better to give than receive certainly comes true with young kids. What could be more magical than the face of a 3 year old celebrating the holidays. I have 5 nieces and nephews who are 9 years or older and their parents were noting how much fun it was to watch the my three year old on Christmas -- I guess when they get older, it just isn't the same. He was excited about everything -- the presents, the story of Santa Clause, the family outings --(movies, plays, skating and the museum). We'd say "we are going to XXX today" and he'd respond "That's awesome, I LOVE XXX". My daughter Cameron -- 17 months - loved the social stuff, but doesn't quite get the presents yet. I have to remember that these moments won't last forever -- forget the stress and cherish their passion. I visited my girlfriend in New York just before the holidays and took a chapter from her book to use support to help me have individual time with each child -- it's so nice to spend time with the 3 year old without chasing the 1 year old -- it meant a lot to him to have dedicated time.

I know that holidays can be stressful too, so I hope that you found some time for relaxation and/or fun -- whatever the doctor ordered.

Nicole
Co-chair

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January 5

Carol-Anne Warrington, [Harvey Kalles Real Estate](#)

Carol-Anne Warrington is a Sales Representative for Harvey Kalles Real Estate Ltd., Brokerage. Carol-Anne will provide us with an overview of the real estate market, specifically north Toronto. She will also speak about home values, how to get your home "sell-ready", what to look for when buying a new home and common mistakes the average buyer/seller makes. She is a very personable agent who would be happy to answer any questions you might have.

January 12

[Good For Her](#)

Carlyle from Good For Her will be talking to us about finding time, energy, and desire for sex - and how to have more pleasure once you get there.

January 19

Catherine Wakelin, [How To Talk To Your Kids About Anything](#)

Catherine Wakelin is a professional facilitator and consultant (CW Facilitated Solutions) well known for her ability to help organization think through and resolve complex business issues. Catherine is also a mother to a set of active twins and her passion for strong and effective communication skills has been the basis of success - whether in the boardroom or in the home. Catherine is the author of *How To Talk To Your Kids About Anything* and she will be speaking with the group about how to do just that.

January 26

Kristina Laukkanen, [SugarTree Photography](#)

Kristina is the creative force behind SugarTree Photography. She artfully captures life's most precious moments for her clients to treasure. Kristina will be sharing some of her secrets of how we can take better snapshots of our little ones so those random moments of fun and wonderment can be forever remembered and shared.

February 2

Loretta, [Mabel's Fables](#)

Everyone can remember at least one story that they begged their parents to read over and over again as a child. Many of us have passed those same favourite books onto our children. Loretta from Mabel's Fables children's bookstore will be sharing some of her favourites, reminding us of some of the classic stories and introducing us to an entirely new world of characters and verse.

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A Note from...

Making New Years' Resolutions? How About A Family Report Card for 2010.

Happy Holidays! I imagine a lot of you will be making New Year's Resolutions tonight. I was thinking how ambitious and yet ambiguous "have a better family life" is as an actual goal to set. How would you know if you did "better" in 2010 as a family? That's when I remembered some interesting research on healthy families by Curran and Dolores. They discovered that healthy families have 15 similar attributes. Here they are:

15 Traits Shared by Healthy Families

1. Communicates and listens
2. Validates and supports each other
3. Teaches respect for others
4. Develops trust
5. Has a healthy sense of humour and has fun
6. Shares responsibilities
7. Teaches a sense of right and wrong
8. Has a strong sense of family with rituals and traditions
9. Balances the interactions among members
10. Has a shared religious core (I'll have to write more on my thoughts about this later)
11. Respects the privacy of each other
12. Values service to others
13. Promotes family meal time with conversation
14. Shares leisure time
15. Admits to and seeks help with problems

(Curran, Dolores Traits of a Healthy Family, Winston Press, 1983)

If these traits were subjects on a report card, how did you do for each in 2009? If you wanted to improve your grade in each subject area for 2010 what would you need to do? Can you turn those thoughts into concrete, measurable, action steps? What will it look like when you reach your goal?

Hopefully with some imagination and using these 15 traits as starting place, you'll be able to set some really concrete and attainable goals for your family life in the year ahead.

Happy New Year and may you have a joyous year ahead!

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.

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GREEN MATTERS



Green Resolutions for 2010

It's that time of year again, making New Year Resolutions. Now that we've all become better energy users, with the Time-of-Use roll-out by Toronto Hydro, it's time to tackle some other environmental issues and why not make at least one of your New Year Resolutions, a green one!! Below are some ideas for green resolutions for 2010:

1. **Refuse.** Just say no.....The less we consume, the less we need the other R's.
2. **Reduce.** This means cut the amount of stuff you use in the first place so that you have less to throw away. Some ideas to help:
 - **Buy products that use little or no packaging.** Even better if the packaging can be reused or recycled.
 - **Buy products in bulk and with refillable containers.** This reduces unnecessary packaging.
 - **Buy products in large size** "economy" or "family" size rather than single use sizes.
 - **Buy concentrates rather than diluted products.** The result is less waste for disposal when it is empty.
 - Bring your own shopping bag to the store.
 - Bring your own dishware to work.
 - **Buy durable things that will last a long time.** You can save money and reduce waste by keeping these items longer and repairing them when they break.
 - **Durable vs. disposable.** Use durable items rather than disposable items whenever possible. For example, select reusable razors rather than the disposable one that you can only use a few times and then have to throw away.
 - **Say NO to junk mail.** Call toll-free numbers in unwanted catalogs and ask to be removed from mailing lists. Whenever possible, use the Internet to obtain (and pay) bills, news, catalogs, stock reports and other information that usually comes to your house in a paper format.
 - **Start a garden.** Food that you grow yourself does not have to be "processed" or "packaged", and no fossil fuels are needed to get it to the store and then to your house.
 - Drive less, walk more.
 - **Eat less meat.** Meat production is a very carbon-intensive commodity, a fact established by UN research showing that livestock production creates more greenhouse gases than all forms of transport combined. Just setting aside one day a week as a meat-free day would avoid emitting about 720 pounds of carbon emissions over the year.

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3. **Re-Use.** This means using things again (and again and again). How you choose to re-use is best left to you individual style. The green point here is view disposal as the very last resort. Some other ideas:
 - An old towel becomes a dish rag.
 - An old jar can be used to store food or used to store pens.
 - Take along washable cups or travel mugs instead of disposables.
 - Wash and reuse plastic cups, utensils and bags.
 - Use washable table napkins instead of paper napkins.
4. **Repair.** We all know that nothing is built to last and that keeps the consumer cycle chugging along. Learn basic do-it-yourself skills and you keep things longer, create less waste and save money in the process.
5. **Recycle.** This way our natural resources are used again and again. Buy goods with recycled materials
6. **Rot.** Children love to sort things and can be taught at an early age to place food waste in a recycling bin. Better yet, start a composting bin in your backyard.....Natures' way of recycling organic material.
7. **Re-think.** Try to re-think about your waste creation and garbage disposal habits. Look for items with reduced packaging. Buy products made from recycled materials. Don't throw away what can be reused or recycled.
8. **Resolve.** Keeping resolutions simple and look at small changes you can make to reach your green goals. And don't make too many—choose one, maybe two, goals and focus on those.

If you'd like to see any specific topics covered in future Green Matters commentary or would like to receive the green tips e-mail, please provide me with your e-mail address: mygreennews@yahoo.ca.

Happy New Year Everyone!

Audrey
Green Matter Co-ordinator

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Things to eat...

Fort Union Ranch Pumpkin Cookies From Jen EEE☺

1 c butter
1 c sugar
1 c canned unsweetened pumpkin
1 egg
1 tsp vanilla
2 c flour
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
.5 tsp salt
½ cup chopped pecans
½ cup raisins
Combine ingredients. Bake at 375.

If making cookies: drop from teaspoonful onto ungreased baking sheet, bake 10 min.

If making squares: spread into 9 x 13 pan (may make a little more than that too), bake 20-25 min.

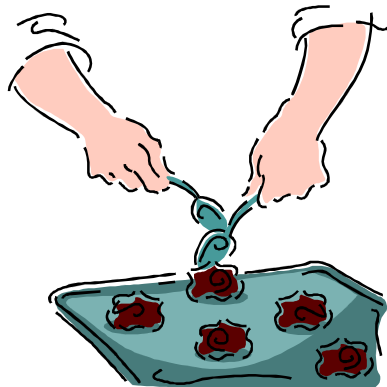
Icing:

½ cup brown sugar
¼ cup milk
1 T butter
¾ tsp vanilla

1 or more c. powdered sugar

Cook to melt brown sugar and butter. Add milk and stiff. Add vanilla then powdered sugar. Ice cooled cookies with knife, or drizzle over cooled and uncut squares.

Enjoy!



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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)