



M.O.M.S. the word JULY NEWSLETTER

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MEETINGS

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

NEXT MEETING SEPT 15th

EDITOR: Halley Malone
halley.malone@td.com

FINAL ISSUE

A Note from the Chairs

Nicole & Carin

The 2008-2009 North Toronto Moms group season has come to an end. There have been many amazing speakers and great socials. It's my third year in the group and I always reflect upon how lucky I am to have found it. A few things that the group has made me thankful for is a book club that's two years strong, two play groups, a break each week, an interesting executive position, many friends and a lot of education from our speakers.

With 78 members this year, the group is stronger than ever. I would like to say a special thank you to the executive who make the group possible. These 22 people work really hard to make Tuesday meetings, and all of the extra things, special.

So Thank You to ...

- Alison Akkerman.....Secretary
- Vanessa Reeve, Mireille Landry & Nancy Wagner.....Coffee & Tea
- Tine Jensen, Celeste Smith & Sarah Burchell.....Socials
- BethAnne Jones, Katherine O'Neil, Alison Nakashima & Marg Cathers.....
-Programming
- Victoria Spencer.....Treasurer
- Lana Rayman & Rebecca Durcan.....Babysitting
- Kimberley Aman & Marina Chernyak.....GKSS
- Megan Dickinson & Jennifer Johnston.....Helping Hands
- Halley MaloneNewsletter
- Suzanne SewellPlay & Interest Groups
- Julie McDaniel.....Website
- Suzanne Sewell.....Green-Matters
- Nicole Cairns & Carin Moffat.....Chairpersons

Over the Summer:

There are a two things happening over the summer that will allow you to stay in touch with people from the group.



Continued

M.O.M.S. the word

A Note from the Chairs (Continued from Page 1)

1. Summer Play Dates

Last year we had Tuesdays in the park over the summer. Back by popular demand, we've arranged 4 play dates that are open to all moms and their kids. No notification required, just show up and enjoy some chit chat while your kids are at play.

Sherwood - Wed. July 8 (9:30 – 11:30)
Wanless - Wed. July 22 (9:30 – 11:30)
Ledbury - Tues. August. 11 (11:30 – 1:00)
Woburn - Tues. August. 25 (9:30 – 11:30)

2. Summer Socials

There will be two social events over the summer, so come on out and enjoy a drink and some chit chat at. Details in this newsletter.

Have a great summer and we hope to see you in September. For those of you going back to work or other ventures, please stay in touch.

Mark it in your book, our first meeting back is Tuesday, Sept. 15/09.

Nicole and Carin
Your Co-Chairs

THE BABYSITTERS ARE AVAILABLE THIS SUMMER!!!

We spoke to the babysitters and they are all (**save for the Pre-School babysitters and Marci in the Infant Room**) available for babysitting in the summer.

ROOM	NAME	PHONE #
Infant	Marci Slawson	416-654-0214
	Augusta Reid	647-346-6478
	Marie	416-932-3109
	Wanda McGee	416-221-0422
	Eleni	416-305-0957
Toddler	Fortuata Tenaglia	416-789-4262
	Kerassia Paschalis	416-482-0936
	Katyma	416-482-8415
	Lela Mutic	416-782-2333
Pre-School	Jenny Campanile	416-932-1282
	Joe Campanile	416-932-1282
	Katie Raisi	416-755-1211
Spare	Maria Pefanis	416-467-9550

M.O.M.S. the word

Moms Get Fit

THE THREE COMPONENTS TO A TRIMMER, HEALTHIER YOU!

Summer is here and you have decided to finally make the changes required for your summer wardrobe. Where to start? Let's go over the three components that you'll need to get it all zipped up.

It requires all 3 components:

1. Cardio
2. Strength training
3. Diet

If your diet consists of chips, chocolate and wine there is no amount of cardio or weights that can save you. So what is the ideal way to eat?

Start by trying to eat 5 or 6 small meals per day. Shoot for each meal 2 to 3 hours apart. With each meal consisting of a protein source, whole grain carbs, and veggies. If you feel the urge to order and eat the family pizza deal, you have probably gone more than 3 hours since your last meal. So eat more often, smaller meals, and balanced (protein, whole grain carbs, veggies). Keep this rule in and voila you keep your metabolism burning constantly. The beauty is our kids can eat this way too. They benefit from this in health, brain development and also attitude! I agree it does take a bit of organization and packing of healthy snacks for meals away from home but practice soon gets you to the point where it seems you always did it this way. It will keep you satisfied, healthy and best of all trim.

After working with the change in your meals, you have the fitness components, cardio and strength training. There are many avenues that your fitness road can take as there are no real right or wrong ways. The main thing I can suggest is keep it fresh and keep mixing it up. If you partake in a boot-camp program try the next month with a run, bike, rollerblade or straight cardio program with weights. This can be as simple as push-ups and walking lunges and some dips off a bench for your arms. Then switch it up again and try to challenge yourself further. Try a personal trainer for a tougher workout and to have someone help you so you are doing it correctly. Ideally no workout is exactly the same as the last one. This is one of the secrets to getting great results. Your body keeps guessing and your friends as well will wonder how you got those nice chiselled curves so fast.

I will be releasing some exercise videos on the Today's Parent website in the fall so be sure to add your email to my mailing list so you are info'ed on all the latest news. Visit my website to add yourself to the email list.

Continued.....

M.O.M.S. the word

Moms Get Fit

THE THREE COMPONENTS TO A TRIMMER, HEALTHIER YOU! (Continued)

I also have a special Mommy Fitness class running this July on Tuesday mornings 9:00am at the Lululemon Briarhill (Yonge and Eglinton) location. This class is free so drop in! You can bring yourself or your baby and also toddlers will be supervised during the hour of the workout.

Happy summer and see you in the fall!

Yours in health,

Nicole Thorne

Pre/Post Natal Fitness Expert

Reshaping women for 15 years.

www.todaysparent.com

www.nicolethorne.com

Feel free to contact me for more advanced exercises as you get better. Pre / Post Natal Fitness Specialist and Personal Trainer nicolethorne@rogers.com

Nicole is a certified fitness specialist with over 15 years experience. She has been seen on Breakfast Television, and over 50 gym floors in and around Canada. She holds certification in Group Fitness, Personal Training, Resist a Ball, Boxing, Spinning, Mind Body Fitness Specialist and Pre/Post Natal Fitness Specialist. She is also a mother of two girls- Kate-2yrs and Ali-5 months.

Post-Natal Bootcamp with Nicole Thorne!

Every Tuesday morning in July from 9-10am

lululemon athletica Briar Hill store location



Had a Baby? Don't leave your fitness to just anyone. Try Pre- & Post Natal Fitness expert, Nicole Thorne's complimentary drop-in class. It's important to know that carrying and delivering a child takes its toll on us physically and getting back in shape takes specialized attention to ensure results without injury and setbacks. This is where Nicole soars above the rest. As a mom of two young girls and 15 years experience training women, she understands that with each child born a mom's life changes immeasurably and she will train you to get the results you crave without putting your body at compromise. For more info about Nicole, visit her website www.nicolethorne.com

M.O.M.S. the word

Moms \$avings Tips by Halley Malone

There are a few spaces left for the “investing for women” evenings. Take control and learn more about your finances in a friendly & fun environment. This evening is free, so join us for some appetizers and wine on a summers evening. The available sessions are: July 14th or July 28th at 7:30pm. Email: halley.malone@td.com

Topics to be Covered:

- Investing Basics (Goals, Asset Classes, Compounding, Indices, Diversification, Risk vs. Return, Market Volatility)
- Interest Rates, Inflation, Currency, Tax
- How to plan, for retirement, for specific purchases, children’s education
- Tax-Saving strategies
- Resources for women

Have a happy & healthy summer!

"Financial planning is a high priority for many Canadians. Just like any important decision, it's wise to seek advice from more than one source to ensure that decisions are well informed and provide comfort."



M.O.M.S. the word

A note from our June speakers:

Getting Over Guilt

by Brenda Jasmin

Being a mom and feeling guilt seem to go hand in hand – it's difficult to have one without the other. How many times do you hear a mother explaining her actions by saying that she'd feel "too guilty" if she didn't do it? Somewhere along the line, an impossible image of a "perfect mother" has been created and we find ourselves trying to achieve this standard all in the name of being a "good mom". Think about how many "shoulds" you have going around in your mind on a daily basis about what you must do in order to be a good mother. In our workshops, we hear mothers who feel guilty about everything from not feeding their kids enough organic veggies to not spending enough time with their husband, kids, dog, and even their fish!

In her book, *Becoming a Mother on Fire: A Guide to Being a Mom Without Losing Yourself* (available Fall 2009), Alisa Garber discusses the difference between healthy guilt and unhealthy guilt. She refers to unhealthy guilt as a false idea of wrong. Unhealthy guilt occurs when mothers feel guilty for not living up to an unrealistically high standard of what it means to be a good mother. Healthy guilt is the guilt you feel when you actually do something wrong, or do something that goes against your values and morals. Garber suggests that if you have done something that goes against your values, then make amends. If your feelings of guilt come from having unrealistic expectations that are impossible to live up to, you should find compassion for yourself and remember that "useless" guilt only serves to make you unhappy and keep you down.

As mothers we look around the playground and grocery store and convince ourselves that the other mothers we see are doing everything perfectly. When mothers come together in our workshops, they are so relieved to hear other mothers voicing the same concerns that they have. So, how do we get over guilt? Here are a few tips to get you started:

1. Connect your activity to your deeper values and dreams.
2. Remember that when you take care of your own needs and do things that make *you* happy, your loved ones benefit.
3. Let go of the opinions of others and listen to your own inner guidance.
4. Be willing to let some things go. You may need to create more realistic standards.
5. Take time to acknowledge what you *have* accomplished on a daily basis. Let go of the "shoulds".
6. Take some time to be present with your kids – be in the moment.
7. Try to find the "middle ground", or moderation, instead of extremes.
8. Connect with other mothers who have a healthy attitude towards guilt.

Once we start to let go of the guilt, we free up energy that can be used to design and live a life that is truly in alignment with our values, goals and dreams.

Brenda Jasmin delivers *Mothers on Fire* Workshops. She spoke at the North Toronto MOMS Group in June. She can be reached at brenda@mothersonfire.com. Mothers on Fire is a company that provides personal development programs and materials for mothers. Visit us at www.mothersonfire.com and subscribe to our ezine!

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A note from our June speakers:

CALIA HAIR DESIGN

How lucky are we to get tips from the local experts at CALIA. A few of our moms experienced a make-over! If you missed it, take a look at the before and after shots. **Fabulous!!**



MARK YOUR CALENDARS

SUMMER SOCIALS

Please stay in touch over the summer and join us for our summer socials. Reservations will be under "North Toronto Moms Group". See you there!

Sorrento

3265 Yonge Street

Thursday, July 23rd - "live music"

7pm - If you want to come for dinner

8pm - If you want to come for drinks

Safari

1749 Avenue Rd.

Wednesday, August 12th

7:30pm

we'll be on the patio if it's nice weather OR 2nd floor

M.O.M.S. the word

MOMS Marketplace



IF YOU WOULD LIKE TO ADVERTIZE IN THE MARKETPLACE, PLEASE SEND YOUR SUBMISSION TO: halley.malone@td.com



Do you need a dog walker or house sitter? Leave your pets in the best care with Cheryl Georgas. Ten years experience in Lawrence Park. Competitive rates. 416-937-5349 or cherylgeorgas@rogers.com (Halley's sister)

Part-time Nanny Available My nanny is available for three days per week Tues, Wed, Thurs. or Fri. She's dependable, sweet, cleans and my 2 year old son and 4 month old love her. If you are interested, call Azenith at 416-823-2949. Nicole Cairns

Cleaning Lady Available My nanny is also a cleaning lady. If you are looking for a reasonably priced cleaning lady -\$12 / hour call Azenith at 416-823-2949. Nicole Cairns

Home Painting Services Available - Our nanny's husband, Raul Vital, runs his own painting company. We know him quite well and have found him to be detail oriented and reliable. His company is available at reasonable rates to do interior or exterior painting. You can contact him directly at 416-356-7220.

Coffee during our Tuesday meetings generously provided by:



Starbucks Coffee Company
1740 Avenue Road
Toronto M5M 3Y6
416-780-1380