



M.O.M.S. the word JUNE NEWSLETTER



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MEETINGS

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

EDITOR: Halley Malone
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A Note from the Chairs

Nicole & Carin

I can't believe we are at the end of our year! It's been great seeing our returning members; as well as, meeting and getting to know new women in the area. We had some wonderful, insightful and sometimes inspiring speakers, and not to forget some very memorable and delicious socials. As well, two of the most successful G.K.S.S fundraisers for M.O.M.S ever!!!!

I want to send special thanks out to all the women who so generously donated their time to the Executive. We really had an awesome team this year. I know we had a great time planning and organizing and I hope as members you were able to enjoy and take advantage of the diverse, dynamic and interesting events we were able to create.

I know we have already come up with some new and exciting things for the M.O.M.S next year. If you haven't already, seriously consider getting involved with the Executive or Great Kids Stuff committee. You won't regret it. It is a wonderful way to connect with phenomenal women and basically have a really good time ☺.

Before I sign off, I just want to say thanks to each and everyone for making this such an amazing year for the group. I wish you and your families a safe and wonderful summer!

All the best,

Carin and Nicole

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Just for Moms

Summer 2009

It's that time once again! We may slather sunscreen on our skin, but most of us don't think about what the elements do to our hair. Read on for some ways to keep your hair healthy as well as some new services offered at **Calia** at Yonge & St. Germain.



One of our greatest compliments is referring friends and family. We have a great referral program to thank you for your ongoing support. Ask for details!

Warmest regards,
Peter and Luisa

Summer Tips For Saving Your Hair

Most of us go for a swim, whether it's at the lake or someone's pool. Our biggest complaint of the summer is chlorine mineral build up. We have even had some new clients come in with green hair!

We suggest using a detoxifying shampoo after every swim. The hair gets a build up from the minerals and chlorine then starts feeling gummy and slimy on the ends. Abba carries a Pure Detox which has molasses as one of their ingredients. A fabulous shampoo!

Buy a bottle of Pure Detox and receive 10% off.

Pamper Yourself with our Aesthetic Services

Treat yourself to some of our new services, including manicures and pedicures, facials using Dermalogica products, threading and waxing, Brazilian waxing and more.

We also offer laser hair removal, skin rejuvenation, and treatments for vascular and pigmented lesions. Achieve a better glow and texture to obtain a younger and fresher look by stimulating collagen in the face, neck, upper chest and hands.

We offer effective treatments sun spots, age spots, telangiectasia, rosacea and melasma.

To determine if Laser hair removal is right for you, call 416 440 2696 to schedule a private consultation with Zena!

CALIA will be in to visit us in mid-June. A few lucky MOMS will be chosen for Mommy Makeovers! Stay tuned for the before and after photos in the next newsletter!!!

North Toronto Community Center Farmers Market

Come visit **SIGG** at the new Farmers Market at the North Toronto Community center 3-7pm every Thursday.

Over 39 vendors will be there selling local produce, cheese and prepared foods. Make it a weekly event as there is a playground and splash pad there for kids.



Come by and see Jennifer for a **MOMS only discount!** Check out the Market's website www.dailyapple.ca

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This month's RECIPE from Suzanne

Food 4 Thought

Pizza Dough Recipe

From Grazie Restaurant's Recipe book. Fun to make with kids (and can be made 2-3 days in advance)

Ingredients:

4 cups all-purpose flour	1 package yeast
1 oz whole-wheat flour = 1/8 cup	1 tbsp sugar
½ teaspoon salt	¼ cup olive oil
1 ½ cups lukewarm water	

Directions

-In a small bowl, mix together lukewarm water, sugar, oil and yeast. Set mixture aside, allowing contents to come to room temperature.

-Using a food mixer with a dough hook (ok, I don't have one of those and my dough still turns out good), combine all-purpose flour, whole-wheat flour, rosemary and salt (I know it doesn't say rosemary and salt in the ingredients - I often skip the rosemary). When everything is combined evenly, add yeast/water mixture. The dough should be sticky enough that it begins to grab the hook of the mixer. (You may need to adjust the amount of water or flour).

-Remove dough from the mixer and place it on the countertop. Knead dough by hand briefly and then cover with a damp cloth for 20-30 minutes. Cut dough into 8-9 oz portions. Knead each portion into a ball, forcing out any remaining air. Oil a baking sheet or tray. Brush dough balls with olive oil, cover with plastic wrap and place on the baking sheet. Refrigerate immediately. (If you are using the dough the same day, allow the dough to remain at room temperature for another hour before refrigerating. This will give the dough a chance to rise). The dough is good for 3 days if refrigerated.

Tomato Sauce (from Grazie Restaurant's recipe book)

Ingredients:

3 tbsp extra-virgin olive oil	1 large can whole, peeled plum tomatoes, crushed by hand
1/2 large onion, diced	1 tbsp basil, chopped
2 garlic cloves, diced	5 sprigs fresh parsley, chopped
salt and pepper to taste	1 bay leaf

Directions:

Add oil, chopped onions and garlic to a large saucepot over medium-high heat and sauté until golden brown. Add tomatoes and juice from the can. Add a few pinches of salt and pepper to taste, then freshly chopped basil and parsley. Simmer for 45 minutes, taste and adjust for seasoning.

PLEASE SEND IN YOUR FAVOURITE RECIPES FOR A CHANCE TO BE FEATURED IN OUR UPCOMING NEWSLETTERS!

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Parenting 101

Alternatives to Punishment

We live in a culture where punishment (sadly) is still the mainstay of behaviour correction. Alfred Adler recognized that our children's misbehaviour stemmed from their feelings of discouragement. He pointed out that you can bring about immediate change in children's behaviour when we encourage them, when we help alleviate their feelings of discouragement.

Learning to be encouraging is a key parenting skill. Look at one culture's approach to correction through encouragement:

"In the Babemba tribe of South Africa, when a person acts irresponsibly or unjustly, he is placed in the center of the village, alone and unfettered. All work ceases, and every man, woman, and child in the village gathers in a large circle around the accused individual. Then each person in the tribe speaks to the accused, one at a time, each recalling the good things the person in the center of the circle has done in his lifetime. Every incident, every experience that can be recalled with any detail and accuracy, is recounted. All his positive attributes, good deeds, strengths, and kindnesses are recited carefully and at length. This tribal ceremony often lasts for several days. At the end, the tribal circle is broken, a joyous celebration takes place, and the person is symbolically and literally welcomed back into the tribe." Even if you cannot stage this extensive a ritual, you can reinforce and encourage forgiveness by reminding the person who has committed a wrong of their positive qualities and contributions."

Imagine if a child acting out in class was not banished to the hall or the principal's office, but rather was placed in the center of their classroom to receive this same experience? It would be amazingly curative.

The next time your child is misbehaving, remember their behaviours are manifesting symptoms of discouragement and encouragement is the cure !

Alyson has a wealth of articles and resources available on her website at:
www.alyson.ca

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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Create a Specific Time for Family

by: Dr. Jen Woods

Having more quality time together as a family is a priority for many people. With increasingly busy lives, it isn't always easy to make this a reality. More often than not, when we have a lot on our plate, effective prioritization suffers. The more work we have, the more time-trouble we get. The good news, is that it doesn't have to be that way.

One of the first steps to getting increased quality time together as a family, is to regularly set aside specific family time. It should even be recorded in your calendar as "family time" so it becomes a habit the whole family adheres to. By dedicating the time for ourselves in writing, we are more likely to stick to it, and less likely to feel as though something else more important needs to be done that day.

A good strategy is to claim one day a week (for most this will be a Saturday or Sunday) that is the family day. No matter what, this day is reserved for fun time together. Weekend chores can be done on the other weekend day or during the week, but most definitely NOT on family day. You can plan specific activities in advance, like a trip to the zoo in the summer or tobogganing, skating or a ski trip in the winter. The activity itself isn't as important as ensuring that one day, each and every week, is set aside for fun and being all together as a family. Engage your children in choosing the activities. It can be fun for them to come up with ideas for outings or even activities at home on that day.

The family day will become the tradition that everyone looks forward to, each and every week. Setting aside the time in writing will effectively allow you to prioritize to ensure your time as a family is maximized.

Check out Dr. Jen's website at: www.timedoctor.ca for practical tips you can use to help you manage your time effectively.



Dr. Jen Woods knows first hand the struggles and challenges that parents can face while trying to balance the everyday chores and responsibilities of parenthood. In an effort to help other busy working parents like herself, Jen started the Time Doctor business in the spring of 2008.

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Moms Get Fit

The importance of Core strength during pregnancy

by: Samantha Montpetit-Huynh

After having my second daughter 4 years ago, I started working part-time teaching classes when she was about 6 months old. It's funny how after the first baby you can't possibly imagine being away from your perfect beautiful child and then you have the second one and you can't wait to get back to grown up life! Don't get me wrong, I love my children, but two is definitely waaaaaay more than one.

So after I went back to work, I began teaching abs classes. Now I am no "fitness instructor" and prefer teaching one-on-one but it was a good opportunity to get back in shape, socialize with other mothers and focus on what I really needed; core strength. You see, both of my children were delivered via cesarean section so I had a little more catching up to do. And what a lesson it was!

I knew the importance of core strength beforehand but quite honestly, I didn't realize how much work I had to put into it to get back to where I was, especially after the second pregnancy. After my abdominal muscles had been strained for the second time, skin stretched beyond imagination and everything much more "relaxed" (I love that word so much more than *sag*), age certainly wasn't working in my favour so I really had to focus on stabilizing my core with every exercise I did. With my second pregnancy I had also developed diastasis recti where the rectus abdominals tear and separate more than two finger widths. My separation was five fingers! This condition is very common for a lot of women and varies with the degree of separation but often goes un-diagnosed and untreated. This can lead to other physical and health related problems.

So the most recommended "treatment" for diastasis recti and weak abdominal muscles is strengthening, but more so, strengthening the core. Having a weak core often leads to back problems and injuries and if a large diastasis goes un-treated, in extreme cases, it can develop a hernia.

So with this knowledge in mind, I slowly increased my abs classes to 3-4 times weekly on top of my regular workout sessions on my own. My exercises consisted of isometric abdominals like v-sits, tons of planks and using stability equipment like balls, BOSU's and anything that would engage my core while doing another exercise that was totally unrelated. It was hard work but I can proudly say that now my separation is down to 1 finger width which is within normal and safe limits as there is no other way to completely close a separation other than surgery.

So my advice? Whether you have a separation or not, please focus on core strengthening before, during and after baby especially if you plan on having another child. And don't believe anyone who tells you you can't get your abs back after having a c-section. I am proof that you can - it's just a lot of hard work; just like motherhood!

About the author: Samantha Montpetit-Huynh is the mother of two beautiful girls and a certified personal trainer, a pre & postnatal exercise specialist, a nutrition and wellness specialist and a stability ball specialist. She is also the owner and founder of Core Expectations - Toronto's only full service wellness team providing safe and effective personal training, nutritional counselling, massage therapy and chiropractic care exclusively to pregnant women and new moms with little time. You can reach her at www.coreexpectations.com.

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The Grass is always greener...

Make the world a better place for your kids

The Story of Stuff

My apologies to those of you who receive the weekly tip and have already seen this. Normally I expand on a tip for the newsletter, but this tip was long to start with, so I am leaving it as is. I felt it was a great one to share with everyone.

A few weeks ago, Nicole Cairns shared the following website with me: www.thestoryofstuff.com

The Story of Stuff is now starting to make its way around the social networking sites (and was on the front page of the New York Times this month). If you haven't watched the video...it really is a must watch. So Nicole, thanks for being a step ahead!

If you're having trouble viewing the video on that website (like I was), the Huffington Post posted a lower res. video at this link: http://www.huffingtonpost.com/2009/05/11/the-story-of-stuff-video_n_201427.html

I don't think that you are reading the green tips I share for my words, so here is Wikipedia's description of the video:

"The Story of Stuff" is a web-based documentary about the life-cycle of goods and services. The 20-minute documentary presents a critical vision of the consumerist society. It "exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world." The documentary is divided into 7 chapters: Introduction, Extraction, Production, Distribution, Consumption, Disposal, and Another Way.

I really think that the way it is presented makes me rethink the consumerism lifestyle that we have been living and that I was already questioning. I was questioning it more on a personal level of money and clutter. I wasn't even really thinking about the world impact that consumerism has.

I plan on sharing this video with my children. It's so difficult to say no to our children when they want the latest gadget or game. By sharing with them the impact that consumerism has on our planet, they may think twice before wanting to buy the next new thing. We can not keep running a linear system on a finite planet. Those who believe that we are unrealistic to want to change the system are unrealistic themselves to believe that we can continue consuming the way we have been. Reduce! Reuse! Recycle!

Here are a few of the facts mentioned in the video:

- In the past three decades, one-third of the planet's natural resources base have been consumed.
- In the United States, less than 4% of the original forests left.
- The U.S. has 5% of the world's population but consumes 30% of the world's resources and creates 30% of the world's waste.
- 99% of the stuff we buy is no longer in use 6 months later.
- In the U.S., industry admits to releasing over 4 billion pounds of toxic chemicals a year
- In the U.S. our national happiness peaked sometime in the 1950s.
- For every one garbage can of waste you put out on the curb, 70 garbage cans of waste were made upstream to make the junk in that one garbage can you put out on the curb.

If you would like to sign up for email green tips, email momsgreen@hotmail.com

Suzanne

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Moms \$avings Tips by Halley Malone

Have you and your spouse looked at your accounts recently? Are you wondering about some of the investments you have and not quite sure why you still have them?



Does this picture *really* strike home?

Though investments are only a small piece of your financial picture, many of us don't spend enough time understanding them before we buy. Canadian typically spend more time buying their next pair of shoes than they do on their investments!

After Patricia Lovett-Reid and I visited the group in April, many of you approached me about your finances and were very eager to take control and learn more. The idea was raised of having an "investing for women" evening with some appetizers and wine on a summers evening. If you are interested in learning the basics in a comfortable environment this summer, sign up for one of our two sessions on either: 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
- Tax-Saving strategies
- Resources for women

"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."



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This Month's Speakers

June 2

Speaker: - Randi Myers

Writer/Editor Randi Myers, known for her columns in Today's Parent and The Globe and Mail, runs workshops to teach mothers how to write about their personal stories and publish them. A fantastic skill to learn and a great way to share memories with your children!

June 9

Speaker: Calia Hair Design www.caliahair.com

Three of our own will receive a hair and make up transformation from the team at Calia. Come and see the incredible before and afters! Calia's hair styling team takes great pride in servicing their community and is very involved in local community groups and charity events.

June 16

Speaker: Brenda Jasmin www.mothersonfire.com

"Do you love being a mom? Do you ever feel like you are watching everyone grow around you: your kids, your husband, your friends and wonder what happened to all of your passions? Has it ever crossed your mind, how'd I get so boring? If you answered yes to any of these questions then you must not miss this session. Mothers on Fire is a unique organization that helps mothers re-connect with their dynamic, individual selves. You will be inspired by how women just like you found their inner fire and radically changed their lives, creating a happier and more balanced family life."

June 23

End-of Year Social -- Yup, this will be the last Tuesday meeting for the 'season'. Relax and chat with other moms over coffee and treats. We will be having a few socials and playdates over the summer so look for email notifications.

Regular Tuesday meetings will resume again on September 8th, 2009.

Playgroups

If you're interested in joining a playgroup, where moms meet with their babies or toddlers at each other's houses on an alternating basis, please contact [Suzanne](#)

Interest Groups

If you're interested in joining an interest group, we have numerous groups including book clubs, running group, pot luck, games night, French group and more. Contact [Suzanne](#)

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Notes from our May Speakers

Officer Wayne Peirce, Toronto Police Department

The Toronto Police has an excellent website that you can view with your children. It is

divided into



and



Take a look: www.torontopolice.on.ca/safetyzone

Here is a summary of the Green Tips that have been posted and/or emailed this year. If you would like to be added to the email list (or would like to receive details for the ones you missed), email Suzanne at momsgreen@hotmail.com

- Green Tip #1 Go Veggie 1 Day a Week
- Green Tip #2 Hang Your Clothes To Dry
- Green Tip #3 Use CFL Bulbs (and dispose safely)
- Green Tip #4 Purify The Air With Houseplants
- Green Tip #5 Get a Low Flow Showerhead
- Green Tip #6 Sign Up for the Peak Saver Program
- Green Tip #7 Celebrate Earth Hour
- Green Tip #8 Reduce Packaging - Make a Conscious Choice
- Green Tip #9 Travel Less By Plane
- Green Tip #10 Celebrate Earth Day
- Green Tip #11 Upcoming Environment Day
- Green Tip #12 The Story of Stuff
- Green Tip #13 Reduce or Reuse Disposable Products
- Green Tip #14 Shopping Green

Reminder: Pedimani Night

When: Wednesday, June 3rd

Where: Pedimani -- 3149 Yonge St, one block North of Lawrence

Time: 6:30, 7:00 or 7:30

Note: This event is full.

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MARK YOUR CALENDARS

Tuesday, June 23rd at 7:00pm

END OF YEAR PARTY!!!!

REMINDER: You need to sign up and pay by June 9th if you are attending in order for us to book the caterer.

There is also a pool if you would like to bring your swimsuit & towel.

MOMMY BOOTCAMP WITH NICOLE

Wednesdays at 9:15am starting June 3rd for 4 weeks

Join other MOMS in your neighbourhood for the best workout in town!

Special introductory offer for North Toronto MOMS \$50 for 4 classes.

Meeting Place: at the Picnic Tables in Sherwood Park