

M.O.M.S. the word
SEPTEMBER NEWSLETTER

IN THIS ISSUE

A Note from the Chair p.1
Upcoming Speakers p.2
A Note From p.3
Things to do... p. 4
Marketplace p. 7

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@northtorantomoms.com

A Note from the Co-Chair

September is a time of new beginnings. And with new beginnings comes my extensive "to do" list. Like a pregnant woman in her last trimester, I begin an intense "nesting" ritual. Clean the BBQ, organize the garage, put away sand toys, pump air into stroller tires, wrap outdoor furniture, replace kids' summer clothes with fall clothes, buy new rain and winter boots, check if I can squeeze another year out of last years' hats and mittens, print out the Fall gym schedule, recycle dated magazines, make haircut appointments, arrange play-dates, look for new soup recipes, fill out school forms, update immunization records, look for community programs, and on and on.

Despite the self-inflicted chaos, there is so much to look forward to. Children off to school (yes!!), improved television programming (Weeds or Dexter anyone?), stylish knee-high boots (bye-bye Flinestone sandals) and of course, the MOMS group. And what a tremendous start we had! Over 55 women showed up on registration day, many with their precious sleepy newborns and toddlers in tow. The Executive provided an exciting Fall agenda and the room was buzzing with new introductions. Thanks to the generosity of Bam Boche, Patisserie Sebastien, Robyn's Cookies and Tandem Dance and Fitness Studios, there were enough scrumptious cookies to host a Bar Mitvah!

And I would be remiss if I didn't thank the Executive team who worked behind the scenes to make Tuesday the success that it was. And of course, thanks to my Co-Chair Nancy for her energy, optimism and ideas over the summer months. I look forward to this opportunity to work with such a strong and creative team of women and to hosting our first Executive meeting at my home on Wednesday, September 22, 2008. There are still a few positions left, so if you are interested in becoming part of our team, let us know.

Really good to see everyone!
Shelly

M.O.M.S. the word



September 14

Registration

Come join us at the 1st meeting of the 2010-2011 school year. Register, learn about the group and have some fun socializing with other moms!

September 21

Toronto Public Library

Learn about starting and running a Book Club and the great and free resources available at the Toronto Public Library

September 28

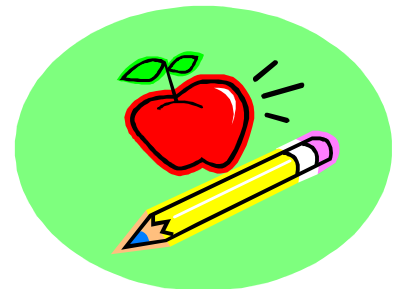
Julie Cole

Mother of 6, Blogger and founder of the Fabulous Mable's Labels! She will let us in on some of her secrets about work life balance and how she juggles it all!

October 5

Theresa Albert DHN, RNCP.

Theresa hosts Food Network Canada's popular show Just One Bite: a daily television show where she teaches parents to feed their kids better while not giving up on their own plate. She also wrote and published her best selling cookbook: Cook Once a Week, Eat Well Every Day.



October 12

Robin Hellendoorn, Toronto Therapy Center

Toronto Couples Therapy is always one of our most popular speakers. Robin Hellendoorn will talk to us about communicating with our partners and tackle some of our relationship questions.

October 19

Starbucks Barista: Tanis

Learn about all things coffee and how to make an award winning Cup 'a Joe at home

October 26

Lesley Belows R.N. BSc.N, Public Health Nurse & Sexual Health Educator

Sexuality and your Family. We will be joined by a Toronto Public Health nurse who specializes in all issues dealing with sexuality in your family; healthy relationships, raising sexually healthy children and promoting a healthy and safe attitude to sex. Lesley will be sharing techniques about how and when to speak to our children about sexuality. Be sure to ask tons of questions.

M.O.M.S. the word

A Note From...

Mother's Day Wisdom by Anna Quindlen

"All my babies are gone now. I say this not in sorrow but in disbelief. I take great satisfaction in what I have today: three almost-adults, two taller than I am, one closing in fast. Three people who read the same books I do and have learned not to be afraid of disagreeing with me in their opinion of them, who sometimes tell vulgar jokes that make me laugh until I choke and cry, who need razor blades and shower gel and privacy, who want to keep their doors closed more than I like. Who, miraculously, go to the bathroom, zip up their jackets and move food from plate to mouth all by themselves. Like the trick soap I bought for the bathroom with a rubber ducky at its center, the baby is buried deep within each, barely discernible except through the unreliable haze of the past.

Everything in all the books I once pored over is finished for me now. Penelope Leach, T. Berry Brazelton, Dr. Spock. The ones on sibling rivalry and sleeping through the night and early-childhood education, have all grown obsolete. Along with *Goodnight Moon* and *Where the Wild Things Are*, they are battered, spotted, well-used. But I suspect that if you flipped the pages dust would rise like memories. What those books taught me, finally, and what the women on the playground taught me, and the well-meaning relations -- what they taught me, was that they couldn't really teach me very much at all.

Raising children is presented at first as a true-false test, then becomes multiple choice, until finally, far along, you realize that it is an endless essay. No one knows anything. One child responds well to positive reinforcement, another can be managed only with a stern voice and a timeout. One child is toilet trained at 3, his sibling at 2.

When my first child was born, parents were told to put baby to bed on his belly so he wouldn't choke on his own spit-up. By the time my last arrived, babies were put down on their backs because of research on sudden infant death syndrome. To a new parent this ever-shifting certainty is terrifying, and then soothing. Eventually you must learn to trust yourself. Eventually the research will follow. I remember 15 years ago poring over one of Dr. Brazelton's wonderful books on child development, in which he describes three different sorts of infants: average, quiet, and active. I was looking for a sub-quiet codicil for an 18-month old who did not walk. Was there something wrong with his fat little legs? Was there something wrong with his tiny little mind? Was he developmentally delayed, physically challenged? Was I insane? Last year he went to China. Next year he goes to college. He can talk just fine. He can walk, too.

Every part of raising children is humbling, too. Believe me, mistakes were made. They have all been enshrined in the, 'Remember-When-Mom-Did Hall of Fame.' The outbursts, the temper tantrums, the bad language (mine, not theirs). The times the baby fell off the bed. The times I arrived late for preschool pick-up. The nightmare sleepover. The horrible summer camp. The day when the youngest came barreling out of the classroom with a 98 on her geography test, and I responded, 'What did you get wrong?'. (She insisted I include that.) The time I ordered food at the drive-through speaker and then drove away without picking it up from the window. (They all insisted I include that.) I did not allow them to watch the *Simpsons* for the first two seasons. What was I thinking?

But the biggest mistake I made is the one that most of us make while doing this. I did not live in the moment enough. This is particularly clear now that the moment is gone, captured only in photographs. There is one picture of the three of them, sitting in the grass on a quilt in the shadow of the swing set on a summer day, ages 6, 4 and 1. And I wish I could remember what we ate, and what we talked about, and how they sounded, and how they looked when they slept that night. I wish I had not been in such a hurry to get onto the next thing: dinner, bath, book, bed. I wish I had treasured the doing a little more and the getting it done a little less.

Even today I'm not sure what worked and what didn't, what was me and what was simply life. When they were very small, I suppose I thought someday they would become who they were because of what I'd done. Now I suspect they simply grew into their true selves because they demanded in a thousand ways that I back off and let them be. The books said to be relaxed and I was often tense, matter-of-fact; and I was sometimes over the top. And look how it all turned out. I wound up with the three people I like best in the world, who have done more than anyone to excavate my essential humanity. That's what the books never told me. I was bound and determined to learn from the experts. It just took me awhile to figure out who the experts were."

M.O.M.S. the word

Things to do...

great kids stuff sale

The Great Kids Stuff Sale has been hosted by the [North Toronto MOMS Group](#) since 1995 as a fundraiser and service to the community. Now in its 14th year, this semiannual event is larger and more popular than ever.

~ **25th Semi-Annual Great Kids Stuff Sale** ~

23 October 2010

9:00am - 12:00pm

St. Leonard's Anglican Church

25 Wanless Ave (just north of Lawrence, east of Yonge)

~**CASH ONLY**~

[MAP](#)

High quality items for newborns up to 6 years old

Clothes, Cribs, Strollers, Toys and More!! Thousands of brand name, gently used baby and kids' items at great prices!

Help reduce waste by **bringing your own**, very large, reusable **shopping bag** - you will need it!

Interested in selling your kids stuff?

[Click Here](#)

Clear out the stuff you no longer need, turn it into cash!

If you wish to be added to our email list, please send an email to: info@greatkidsstuffsale.com

M.O.M.S. the word

Things to do...

Upcoming Fun Nights Out

Leave the kids at home and come on out with the girls. We've got a great list of social events planned for this year including cooking classes, curling, pubs, wine and cheese parties etc. It's a great way to meet new people and reconnect with old friends. We'll keep you posted here and via email. Mark your calendar. Hope to see you out!

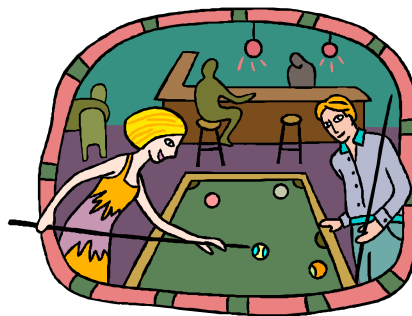
Pub Night

Date: Wednesday, September 29th

Time: 7:30 pm (come by anytime after 7:30)

Location: Safari Bar and Grill Toronto (1749 Avenue Rd. at St. Germain Ave)

Details: Come on our for some drinks and nibblies. Don't worry about whether you know anyone yet - this is a great place to start. At the least, us social convenors will be keeping three seats warm:).
If the weather is good meet us on the patio otherwise we'll be upstairs.



M.O.M.S. the word

Things to do...



Children's Trunk Show

SINCE 2003
PRESENTED BY JULIE RITCHIE & TORI NEWALL

The most fresh, fun and quality-conscious products assembled under one roof! We take the legwork out of shopping for you discerning parents, indulgent grandmas, and savvy gift-givers. Our emphasis is on apparel, art, and accessories for kids, but you'll also find housewares, treats for mom, and lots of other family fare. With onsite daycare and a host of grown-up indulgences, it's more than a sale—it's an event! So bring your kids, meet friends, and make a day of it.

FRI., OCT. 1ST & SAT., OCT., 2ND, 2010
9:30 AM to 4:00 PM

Holcim Gallery, Evergreen Brick Works, 550 Bayview Avenue, Toronto
ebw.evergreen.ca

\$10 at door, a portion of which will be donated to SickKids Foundation.
Grandmas get in free, so bring your mom! Payment by cash or cheque only please.

Shop. Mingle. Indulge.

Join best selling author **Dr. Joey Shulman** (*The Last 15, Healthy Sin Foods, The Natural Makeover Diet, and Winning the Food Fight*) and discover how to boost your metabolism and balance hormones for optimal weight loss results. Whatever age, stage or weight you are, this seminar promises to be entertaining and informative!
drjoey.com

While you're shopping, leave your children in the capable hands of **Kids and Company**, Canada's only national child care provider, Kids and Company provided care for the children of Canadian Athletes at the Vancouver Olympics.
Kidsandcompany.ca

Meet and pose your parenting questions to **Alyson Schafer**, psychotherapist and one of Canada's leading parenting experts. She's the author of the best-selling *Breaking the Good Mom Myth* and the new *Honey I Wrecked The Kids*. Her popular TV call-in show, *The Parenting Show*, is now in its sixth season. www.alyson.ca

...and more!

Don't miss out! Consult our website for an up-to-date schedule of events, including our special guest speakers and details of the Evergreen Brick Works Saturday Farmer's Market.

Come support local mom entrepreneurs!

SPONSORS & PARTNERS:



CHILDRENSTRUNKSHOW.COM

M.O.M.S. the word

MOMS MARKETPLACE

A great place to list your items for sale, items to buy, help being sought, help being given, and the list goes on! Items will remain in two consecutive issues.



Coffee during our Tuesday meetings generously provided by:

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

www.northtorontomoms.com