



M.O.M.S. the word OCT/ NOV NEWSLETTER

IN THIS ISSUE

A Note from the Chair p.1
Upcoming Speakers p.3
A Note From p.4
Things to do... p. 11
Green Matters...p.12
Marketplace p. 13

MEETINGS

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

EDITOR: Amy 7 "



MAILBAG:

**If you have an opinion,
question
or suggestion, please write to
us at**
info@northtorantomoms.com

A Note from the Co-Chair

October brought many considerations to the forefront: giving thanks, the Great Kid Stuff Sale (GKSS), municipal elections, and costume choices for my little goblins. So when my 4 year old daughter asked me why there were ghosts everywhere, I starting thinking about the genesis of some of these October traditions.

Unlike the American tradition of remembering Pilgrims and settling in the New World, Canadians give thanks for a successful harvest. In 1957, our Parliament proclaimed a day of general thanksgiving for the bountiful harvest with which Canada has been blessed. I hope everyone had the fortune of family, friends and good food over thanksgiving weekend.

In the continued spirit of giving, please read the article that follows about our upcoming Moms Group Diaper Drive and also, please sign up for Helping Hands. Many members have asked for our help this month and we need volunteers to be able to meet their needs. After all, supporting one another and strengthening our community is at the core of who we are.

Likewise, the October GKSS is fundamental to the MOMS Group. It's our only fundraiser, and also gives families an economical and green opportunity to recycle children's clothing and toys. The GKSS started 16 years ago, originally taking place at St. Timothy's church. However, due to its growing popularity over the years, the event had to be moved to a larger venue - St. Leonard's Church, where it continues to be held today. This year, a record number of vendors registered and we had an amazing number of people attend the sale – a sure sign we are doing something right!

The GKSS was also a great place to shop for a Halloween costume and fill my daughter's dress-up collection. The tradition of dressing up on October 31st has Celtic origins and was brought to Canada by Scottish and Irish immigrants. In earlier times, people believed that spirits and ghosts would visit the world of the living. To avoid being harmed, people started dressing up as ghosts and spirits hoping that this would confuse the real ghosts and spirits as to their true identity! So to answer my daughter's question, I said simply, "the ghosts are there to trick the other ghosts!" "I guess that's why they say *trick or treat*" she replied. Wishing you had a safe and tricky Halloween!

A Note from the Co-Chair – con't

As a final note, November is right around the corner, so here's a list of upcoming events. Get out and enjoy some of the wonderful things this great City has to offer!

Friday November 5th - Sunday November 14th, 2010

[The 87th Royal Agricultural Winter Fair](#)

Visit the Direct Energy Centre in Exhibition Place to take in the agricultural displays, family activities, wine and apple competition and of course the equestrian show.

Friday November 12th - Sunday November 14th, 2010

[The BabyTime Show](#)

Parents of babies and toddler or prenatal parents can check out products and services, listen to speakers, and even take their little ones to enjoy kid-friendly entertainment and activities at the Metro Toronto Convention Centre.

Thursday October 28th - Monday November 1st, 2010

[Toronto International Art Fair](#)

A serious fair for serious collectors, the TIAF has a growing reputation not only as a show and sale but as an event exploring the present and future of the art world. Admission fees apply, at the Metro Toronto Convention Centre.

Friday November 5 - Sunday November 7, 2010

[The National Women's Show](#)

Head to the Metro Toronto Convention Centre to check out vendors, exhibits and presentations centered around home decorating, fashion, beauty, fitness, careers and more.

Friday November 5th - Sunday November 14th, 2010

[The 87th Royal Agricultural Winter Fair](#)

Visit the Direct Energy Centre in Exhibition Place to take in the agricultural displays, family activities, wine and apple competition and of course the equestrian show.

Friday November 12th – Sunday November 14th, 2010

[The BabyTime Show](#)

Parents of babies and toddler or prenatal parents can check out products and services, listen to speakers, and even take their little ones to enjoy kid-friendly entertainment and activities at the Metro Toronto Convention Centre.

Thursday November 18th to Sunday November 21st, 2010

[The Gourmet Food and Wine Expo](#)

Visit the Metro Toronto Convention Centre to taste, buy and learn about wine, cheese and other gourmet foods.

Sunday November 21st, 2010

[The Santa Claus Parade](#)

Santa Claus returns to the streets of Toronto, bringing a bit of early Christmas cheer with him.

Thursday November 25 - Sunday December 5th, 2010

[One of a Kind Christmas Show and Sale](#)

Visit the Direct Energy Centre to browse a huge selection of unique gift and decorating ideas created by Canadian artists and craftspeople.

Friday November 26th - Sunday November 28th, 2010

[Whole Life Expo](#)

At the Metro Toronto Convention Centre exhibitors and speakers will be focusing on "natural health & green living". In the past zones have included organic foods, healthy pet resources, health services, personal growth, gifts and more.

Saturday November 27th, 2010

[Cavalcade of Lights at Nathan Phillips Square](#)

In 2010 the annual Cavalcade of Lights in Nathan Phillips Square will be for one night only as the square undergoes revitalization. Enjoy the official tree-lighting, musical entertainment and a fireworks display.

M.O.M.S. the word



November 16

[Andrea Gilbert Clark](#)

Andrea will guide us through the confusing and often misleading Nutritional Label. She will help us understand the Canadian guidelines for labeling and highlight some of the widely misunderstood terms on food packaging.

November 23

[Amy Stoddart, Say-She-Ate](#)

Amy trained as a chef at George Brown College and has ten years experience in the industry. Amy now owns and operates her own company, Say-She-Ate, which specializes in nutritious, gourmet meals prepared and delivered to her clients' homes. Amy will talk to us about preparing for the holiday entertaining season and will share a few secrets of party planning, creating simple but sensational food and presentation that will wow your guests.

November 30

Speaker: [Alyson Shafer](#)

NOTE: members only day (sorry, no guests)

Alison Schafer is a psychotherapist and one of Canada's leading parenting experts. Need a sounding board to know that you're on the right track? Alyson will impart her knowledge and insight into modern-day parenting solutions with her usual candor and wit. NOTE, due to Alyson's popularity, and space limitations, this is a MEMBERS ONLY EVENT.



December 7

[Becoming Maternity - Ariana Birnbaum](#)

Ariana is one of the Founders of Becoming Maternity & Parenting Centres where she helps new parents with a variety of issues and offers sleep consulting services. Her advice has been quoted in Today's Parent Magazine and the Toronto Star. Ariana's interactive talk will help you and your little one (newborn to 1 year) get a better night sleep. She will also share secrets to improve day time naps.

M.O.M.S. the word

A Note From...

Calling all moms!!

We need YOU to volunteer this year for Helping Hands. Helping Hands offers support to our fellow moms in the way of meals, play dates, walking kids to and from school/programs, offering to lend an ear or show a newcomer around the neighbourhood.

The commitment to help another mom is minimal compared to the benefits for the receiving family. If you choose to volunteer, you will be called upon 2-3 times per year.

If you are a mom who has just had a baby, has a traveling husband, or are experiencing a stressful time and need help, please contact us.

© 2010 M.O.M.S. All rights reserved. For more information, please visit www.northtorontomoms.com

Together we can create an inclusive and supportive community of moms.

Helping Hands Coordinators 2010/2011
Julie and Beth-Anne



M.O.M.S. the word

A Note From...

We would like to thank the following for proving us with complementary delicious pastries and cookies for this season's first meeting;



La Bamboche
1712 Avenue Rd.
416-224-5595
www.labamboche.ca

Patisserie Sebastien
3306 Yonge Street
416-544-0333

Robyn's Cookies
3215 Yonge Street (behind Melonheads)
416-489-8497
www.robynscookies.com



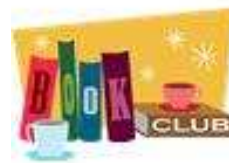
Tandem Studios
4th floor of 3300 Yonge Street
647-348-4953
www.tandemstudios.com

M.O.M.S. the word

A Note From...

Ellen Lewkowicz and Jane Litherland

North York Central – Toronto Public Library



USEFUL WEBSITE/LINKS - for finding good books to discuss with your Book Club, Reviews of the book and author information:

Toronto Public Library: <http://www.torontopubliclibrary.ca/>

Go to **FIND YOUR WAY To your next great read** where you can find links to:

Award Winners, Recommended Reads, Best Seller Lists, Author Readings at a library near you, and much more.

Click on **Research Tools for Readers** [left panel] – here you will find several great databases that can help you find books, reviews and author information. Our favourites are: *Novelist Plus* and *Literature Resource Center*.

Our **Blog: the Buzz about Books** [Left Panel] is also a great place to read about upcoming author events, award winners and get librarian recommendations.

Other sites we find useful:

Publishers & Authors websites – for Readers' Guides, links to reviews, and author information and videos (e.g. <http://www.penguin.ca>)

Readers' Guides – useful while reading the book and during discussion [provided along with the Book Club set]

www.readinggroupguides.com – also has a lists of most requested guides so you can see what groups are reading

Author Events – <http://www.randomhouse.ca> Sign up for a list of author events in the city under "Newsletter Sign-up".

Book Reviews: - newspapers are one of our favourite review sources and many are still free off the web. However, if you can not get to a free review via the newspaper site you can use the Literature Resource Center (see above).

IDEAS FOR CHOOSING THE BOOK:

If you choose Fiction, consider books on a theme:

➤ *Bloodletting and Miraculous Cures* by Vincent Lam

Through 12 short stories that form this novel, four medical students are profiled as they launch their careers in a busy Toronto hospital.

➤ *The Glenwood Treasure* by Kim Moritsugu

The Rosedale ravine is the setting for a mystery that moves between the past and present.

➤ *More* by Austin Clarke

On one particular Thursday, Idora, a Black immigrant, tries to make sense of her life as she thinks about the hardships and struggles she faces each day working and living in Toronto.

➤ *Old City Hall* by Robert Rotenberg

A talk show host is accused of killing his wife, and the police, defence and prosecuting lawyers work to solve the case.

M.O.M.S. the word

con't...

Ellen Lewkowicz and Jane Iitherland

North York Central – Toronto Public Library

Historical Fiction:

➤ *The Lost Garden and Coventry* by Helen Humphreys

Both novels are set in England during World War II – *Lost Garden* tells the story of a horticulturalist who supervises a group of young women in the countryside to raise food for the war effort, while one of the most infamous bombing raids on England is captured in *Coventry*.

➤ *March* by Geraldine Brooks

March, the father of Alcott's *Little Women*, leaves his home to act as chaplain for the Union cause in the Civil War.

➤ *The Outlander* by Gil Adamson

This literary western has a grief stricken 19 year old as an "outlaw" on the run through the Canadian Rockies in the early 20th century.

➤ *Pope Joan* by Donna Woolfolk Cross

When her older brother dies in a Viking attack, the brilliant young Joan assumes his identity, enters a Benedictine monastery and eventually rises to be Pope.

➤ *Small Island* by Andrea Levy

Four characters - two Jamaicans and two Britons - struggle to find peace in postwar England. Major themes are of colonialism, racism, and war.

Award Winners, Oprah's Pick, etc.:

At the back of paperback editions there will often be interviews with the author and a set of discussion questions.

➤ *Curious Incident of the Dog in the Night-time* by Mark Haddon

An autistic teen tries to solve the murder of his neighbour's dog.

➤ *Little Stranger* by Sarah Waters

A ghost story set in post World War II England.

➤ *Middlesex* by Jeffery Eugenides

From Greece to Detroit, follow three generations of the Stephanides family, and Calliope, a girl unlike other girls.

➤ *Olive Kitteridge* by Elizabeth Strout

Retired schoolteacher Olive is the common thread in these thirteen short stories in novel form. The stories show Olive trying to adapt to the changes in her family and town.

➤ *Water for Elephants* by Sara Gruen

At the height of the Depression, an orphaned and penniless Jacob Jankowski leaves his veterinary studies and joins the circus

Read the book and watch the DVD:

➤ *The Kite Runner* by Khaled Hosseini

The setting is Kabul, Afghanistan in the mid -70's and the relationship of two boys that changes from fellowship to betrayal.

➤ *The Namesake* by Jhumpa Lahiri

As their marriage begins, the Ganguli's move from their tradition-bound life in Calcutta to a new life in America.

➤ *Revolutionary Road* by Richard Yates

In 1961, Frank and April's idyllic life in the suburbs becomes strained.

M.O.M.S. the word

con't...

Ellen Lewkowicz and Jane Iitherland

North York Central – Toronto Public Library

If you choose Non-Fiction

Memoirs are usually popular:

➤ *Eat, Pray Love* by Elizabeth Gilbert

The author divorces her husband, ends a short love affair and then takes a journey of self-discovery to Italy, India and Bali.

➤ *The Glass Castle* by Jeanette Walls

The author relates her nomadic upbringing by alcoholic parents in the U.S. southwest.

➤ *Three Cups of Tea* by Greg Mortenson

Mortenson is an adventurer who mounts a humanitarian campaign to use education to combat terrorism in the Taliban's backyard.

Book Club Sets

• Available at 6 locations (nearby are North York Central Library, Barbara Frum and Northern District {closed for renovation until October})

• 12-15 copies of a title for a 6 week loan with no renewals

• reading guides are provided

• over 100 titles to choose from

Inviting the Author to lead your discussion – having the author at your meeting is a wonderful way to gain insight into the book, the process of writing and getting published.

➤ Local authors work best (for obvious reasons!)

➤ Not all authors make good leaders - try to go and hear the author read before you choose

➤ First time authors are often keen to promote their book

➤ Contact the author directly via website or go through the publisher

Book Buzz – The Toronto Public Library's Online Book Club

For those with no time to join a club, or are a little shy, or just want to see what other people are reading, check out <http://bookbuzz.torontopubliclibrary.ca/>

Book-a-librarian

Call the **North York Central – Browserry** Department to arrange a one-on-one session with a librarian for tips on book selection for yourself or a book club. **416-395-5673**

Feel free to contact either of us at:

elawkowicz@torontopubliclibrary.ca

jlitherland@torontopubliclibrary.ca



M.O.M.S. the word

A Note From...

Robin Hellendoorn from Toronto Couple Therapy Centre

This is a list of books recommended by Robin:

Hold Me Tight by Dr Susan Johnson

The Seven Principles For Making Marriage Work by Dr John Gottman

And Baby Makes Three by Dr John Gottman

Getting the Love You Want by Dr Harville Hendrix

How Can I Get Through To You by Terrance Real

I Don't Want To Talk About It by Terrance Real



M.O.M.S. the word

A Note From...



Halley Malone

TD Waterhouse Private Investment Advice

TORONTO, ON, September 28, 2010 – Daughters learn many life lessons from their mothers but investing is not necessarily one of the lessons. In fact, three-quarters of Canadian women feel that they are savvier investors than their mothers were at the same age. This is according to the 10th annual TD Waterhouse Female Investor Poll which surveyed women aged 45 to 64 who share in the responsibility of their household's finances.

Financial advice from your mother...or lack thereof

When asked, "what was the best financial advice you received from your mother", the top answer was "no advice"(28%). The second most popular answer was "save as much as you can for the future"(20%), followed by "don't spend what you don't have"(9%) and "pay cash and avoid credit"(9%). Only 7% said that their mother told them to set a budget and only 4% told their daughters to invest.

"Financial know-how is an important life lesson and women can gain many valuable insights from their mothers," says Patricia Lovett-Reid, Senior Vice-President, TD Waterhouse. "The best financial advice that my mother gave me when I was young was to ensure that I had the information and knowledge to step in and take on the household's financial responsibilities at any time. The reality is, while no one wants to think about a future without their spouse, women tend to live longer than men, leaving them likely to find themselves in charge of their personal finances at some point."

Financial independence is essential for women today

Only 5% of mothers told their daughters to be independent and have their own investments and bank accounts. Contrast that to today, 69% of women have savings and investments in their own name. Of women who are married (or common-law), 30% have completely separate bank accounts from their partner and 43% have a joint account as well as separate accounts. The remaining 27% have only joint accounts with their partner.

Only three-in-ten women have a financial plan. Women who feel content with their investments (35%) are more likely to have a financial plan than those who feel worried (16%).

"It should come as no surprise that those with a financial plan feel more content with their investments," says Lovett-Reid. "Working with a trusted financial adviser will help you clearly articulate your personal financial goals. Together you can lay out an action plan of how you can build a financially secure tomorrow, while continuing to enjoy your today."

Mom's role in financial planning and investment decisions

Nearly half (47%) of women say that their mother shared some of the responsibility for investment decisions with their father while another 36% say their mother was not involved and 17% say that their mother was solely responsible. Those more likely to say that their mother was solely responsible include those that are solely responsible themselves more than those who share it jointly (20% versus 13%).

About the TD Waterhouse Female Investor Poll

The TD Waterhouse Female Investor Poll surveyed 1,010 adult women aged 45-64 who share in the responsibility of planning the finances for their households. Results for this study were collected through an online survey of Canadian women investors by Environics Research Group, conducted between August 20-27, 2010.

M.O.M.S. the word

Things to do...

North Toronto MOMS Diaper Drive



Babies are beautiful. There is nothing like holding your new baby in your arms and drinking in his sweet sent and rubbing your lips over her downy hair. The tender moments of infancy are short lived. The sleepless nights accumulate, their little lungs develop and the cat-like meowing turns to shrill wails. Usually these cries indicate one of three things: hunger, exhaustion or a dirty diaper. Moms can remedy all three with a ready breast or bottle, a rocking chair and a fresh diaper. Unfortunately, for one in five Canadian families, fresh diapers are not a necessity they are a luxury.

According to ***Huggies, Every Little Bottom Study***, many families do not have the financial means to purchase diapers on a regular basis and therefore are forced to re-use soiled diapers as often as possible and cut back on essential items like food and electricity.

The implications of keeping a baby in a dirty diaper for extended periods of time are both physical (rashes) and emotional (excessive crying due to discomfort). *Huggies* has teamed up with *Food Banks Canada* and *The Girl Guides of Canada* to promote diaper donations.

The North Toronto MOMS Group will be conducting our own **Diaper Drive** for the month of November and the beneficiary of our collection will be the *Jane/Finch Community Centre*.

Do have diapers in drawers that your child has outgrown? Do you have a brand of diapers that you have tried and were unsuccessful with – and now are sitting in the back of a closet? Perhaps you have some outgrown diapers in your car, purse or at the cottage? Maybe you are among the lucky few that have no need for diapers anymore and need to get rid of the few stragglers that clutter the bathroom cupboard?

Unleash the organization-freak in you and purge them! Bring to the North Toronto MOMS Group every Tuesday morning for the month of November OR bring them to the diaper drop houses and leave them on the front porch:

146 Roe Avenue or 75 Brookdale Avenue

If you no longer have diapers in your house consider purchasing a package the next time you are in the drugstore . . . you can always unload some of those Optimum points. Cash donations are also welcome – Julie and Beth-Anne will purchase diapers with the monies received.

M.O.M.S. the word



GREEN MATTERS



Organic vs. Non-Organic - which produce do I buy?

The lists below will help you determine which produce to buy. The Dirty Dozen have the highest amount of pesticides = buy organic. Clean 15 have the lowest amount of pesticides.

Dirty Dozen (buy organic)

- 1 Celery
- 2 Peaches
- 3 Strawberries
- 4 Apples
- 5 Blueberries
- 6 Nectarines
- 7 Bell Peppers
- 8 Spinach
- 9 Kale
- 10 Cherries
- 11 Potatoes
- 12 Imported Grapes

Clean 15 (Lowest in Pesticides)

- 1 Onions
- 2 Avacado
- 3 Sweet Corn *GM
- 4 Pineapple
- 5 Mangos
- 6 Sweet Peas
- 7 Asparagus
- 8 Kiwi
- 9 Cabbage
- 10 Eggplant
- 11 Cantaloupe
- 12 Watermelon
- 13 Grapefruit
- 14 Sweet Potato *GM
- 15 Honeydew Melon

Denise RÈ Green Matters Coordinator

www.northtorontomoms.com