



## M.O.M.S. the word

# NOVEMBER NEWSLETTER



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## MEETINGS

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

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**MAILBAG:**  
If you have an opinion, question or suggestion, please write to us at [halleynic@rogers.com](mailto:halleynic@rogers.com)

### *A Note from the Co-Chair*

Nicole Cairns

#### On having my second child:

The new addition to my family is now 9 weeks old and although I didn't believe it, it's getting a little easier now that the first 6 weeks are gone. What is so magical about that 6 week mark? I wouldn't say there's a pattern yet for eating and sleeping, but I certainly understand her a little better and we are getting closer to regularity. You think it would be "old hat", since it's my second, but I forget everything! People always say they are more relaxed with the second baby... NOT me. I was really laidback with my first (a boy) and I found the slower pace compared to my work, really nice. With the second (a girl), she's a much less independent baby (doesn't want to be left alone) and I'm trying to co-ordinate the demands of a 2 year old with a newborn. I can't seem to get anything done. My girlfriend, who makes having 3 look easy, says "Nicole, just BE the couch"... I'm not good at that, I need to get out and about. My worst moments are when I'm anxious because the baby is screaming her head off and my eldest is repeating a request over and over again in my ear... it's that "Calgon take me away" moment. My husband turned to me the other day and jokingly said "whose idea was it to have another baby". Seriously though, I'm glad we have two and when either of them smiles at me, it makes it all better.

This month's poll...

#### **Dining in the Neighbourhood and Elsewhere**

In our group poll this month, we asked people to recommend restaurants. Keep reading for the results...



#### THE BEST DEFENCE THIS COLD SEASON

You can't prevent every viral invader from getting an infectious toehold in your home, but, you can lessen the likelihood with some simple, tried-and-true tricks:

- ✓ Wash your child's hands with warm water and soap and rub for at least 20 seconds – about as long as it takes to sing "Happy Birthday"...twice
- ✓ Use hand sanitizers with at least 60% alcohol when soap and water are not available.
- ✓ Change sheets and towels weekly.
- ✓ Teach your child to wash her hands after wiping her nose or using the toilet, and before handling food.
- ✓ Keep your child's immunizations up to date.
- ✓ Have separate personal items around your home. Avoid sharing cutlery, glasses and plates.



# M.O.M.S. the word

*A Note from the Co-Chair (Continued from Page 1)*

## I recommend the following LOCAL restaurants:

Restaurant Name	Type of Food	Family (F) or Couples (C)	Reason	Location	Price Range	# of Recommendations
Cravings	Asian Fusion	F (older kids)	Food, Good Value	Yonge, N of Lawrence	\$	4
Sequel	Mixed	C	Food, Atmosphere	Yonge, N of Lawrence	\$\$\$	4
Grazie	Italian	F	Food & kid friendly	Yonge, N of Eglinton	\$	3
Coppi	Italian	C	Food	Yonge, N of Lawrence	\$\$\$	1
Cfood	Seafood & Brunch	C	Food	Yonge, N of Eglinton	\$\$	2
La Vecchia	Italian	FC	Food, friendly	Yonge, S of Lawrence	\$	1
Sorn Thai	Thai	F	Food, Casual	Yonge & Briarhill	\$	2
Piazzetta	Italian	F	Food	Yonge near Loblaws	\$\$	1
Amaya (Bread Bar)	Indian	C	Food	Yonge, N of Lawrence	\$\$	2
Granite Brewery	Pub Style	F	Food, kid friendly and free parking	Mt. Pleasant & Eglinton	\$	1

## I recommend the following DOWNTOWN or ELSEWHERE restaurants:

Tomi Kro	Tapas Fusion	C	Atmosphere & Food	Leslie & Pape	\$\$	2
George	International	C	Tasting menu, great patio & inside	Church & Jarvis	\$\$\$	1
Aquolina	Italian	C or F(older)	Food	Mt Pleasant, S of Eglinton	\$\$	1
Didier	French	C	Food, Atmosphere	Yonge & St. Clair	\$\$\$	1
Brassaii	Mixed	FC	Food, Atmosphere	King West	\$\$	1

Hope this inspires you to have a nice meal out.

Your co-chair

Nicole

## M.O.M.S. the word

# FUN THINGS TO DO WITH KIDS

### Kids Culinary Classes:

- 1) Toronto Parks & Recreation: for kids as young as 2½ (\$30, 9 weeks) [www.toronto.ca/parks](http://www.toronto.ca/parks)
- 2) Loblaws Community Rooms: Little Hands 3-5 \$8, Kitchen Kids 6-11 \$12, Teen Supper Club 12-16 \$18 check out [www.loblaws.ca](http://www.loblaws.ca)
- 3) Cookerydoo: at St. Clements Church [www.cookerydoo.com](http://www.cookerydoo.com)
- 4) Cooks Companion: private lessons in your home, ages 5-18 (\$60, 90 minutes) [www.thecookscompanion.ca](http://www.thecookscompanion.ca)

### The Royal Agricultural Winter Fair: NOVEMBER 7<sup>TH</sup> TO 16<sup>TH</sup> at the Exhibition Place

Featuring petting farm, horse and dog shows, giant vegetables, butter sculpting competitions and sheep shearing [www.royalfair.org](http://www.royalfair.org)

### Kidzfest at Yonge-Dundas Square: NOVEMBER 29<sup>TH</sup> TO 30<sup>TH</sup> for ages 2 - 12 (FREE)

Don't miss Max & Ruby, Dora the Explorer and Diego, Jungle Cat World, Care Bears, face painting, holiday crafts, a train ride and more! [www.downtownyonge.com/wintermagic](http://www.downtownyonge.com/wintermagic)



# HALLOWEEN CONTEST



## 2008 BEST HALLOWEEN COSTUME CONTEST

Prizes will be awarded in the following categories:

- 1) Best Baby
- 2) Best Toddler
- 3) Best Kid
- 4) Best Parent

EMAIL a photo of your entry to: [halley.malone@td.com](mailto:halley.malone@td.com)

The winners will be posted in the December Newsletter

Sponsored by TD Waterhouse

## M.O.M.S. the word

### Parenting **Pitfalls**

## Your most common discipline mistakes – and how to fix them

When you morph into Mommy-gone-mad, your child is even less inclined to please you. One of the biggest parenting myths of all time is that *our discipline tactics will instantly change our kids*. In reality, many of the tactics we use either escalate

the bad behaviour - the children feel you're unfair and rebel even more - or teach them to avoid getting caught by (gulp) lying and denying.

To make sure your discipline strategies are having a positive impact on your kids, here's how to avoid the most common pitfalls.

### **Error: Screaming your head off**

Each time you ask your child to hang up his backpack and he doesn't, your anger mounts. Until out of nowhere, you morph into Mommy-gone-mad and your poor kid bursts into tears. Anger is an emotion that surfaces when you feel helpless. It's not a discipline tool. You don't teach your children by frightening them. In fact, when your child is scared, he likes you less and is actually less inclined to please or impress you. On the contrary, he just may resent you and act out more, or even lie to escape your wrath.

### **Fix: Take a time out**

When you yell, your own inner child is having a temper tantrum. And you are teaching your kids to yell when they feel frustrated. So when your kids start shouting that they won't clean their room - never, ever! - don't unleash your fury. Experts say, tell your kids you don't want to lose your cool, so you'll be back in a few minutes. Then find a private place to control your temper - bedroom, bathroom, wherever. IF you need to vent, you can even turn on the vacuum to drown out sound. By disconnecting from the power struggle, you not only give yourself space to calm down and consider your next move, but you also leave your child with space to calm down and get to work.

### **Error: Escalating Punishments**

The first threat fell flat? Well, you'll teach those screaming banshees by upping the ante: "no dessert after supper!" And when that doesn't work: "Stop now or it's early to bed!" Before you know it, you've made a list of threats you can't possibly make good on, teaching your kids that your word means nothing. And, they're still screaming. When your kids don't listen, it's tempting to try to make them hear you by threatening one punishment after another, but all you're doing is setting yourself up for a battle of wills - one that you'll most likely lose.

### **Fix: Choose a consequence and stick to it**

You need only 1 carefully considered consequence to teach your kids their behaviour won't be tolerated. But you have to make it something you are ready, willing and able to follow through on - even if it's the last thing you want to do. (ie. Don't threaten to give your kids toys to charity because they don't clean up, unless that's exactly what you are prepared to do!)

Reprinted from: CANADIAN Today's Parent, article by: Randi Chapnik Myers

## M.O.M.S. the word

Parenting **Pit falls** Continued...

### **Error: Giving reactive punishments**

Bedtime means your boy flips his lid - every night. He's screaming that he's hungry or begging for a story. But you're beat. It's lights out *now*, or else it's no TV tomorrow a threat that only makes him wail harder. When you are at your wits' end, taking away privileges seems like the only way to snap your child to his sense. But when he's upset, that's not a teaching moment. In fact, punishing an out-of-control child typically intensifies the tantrum.

### **Fix: Head off the problem**

Instead of punishing your child for his behaviour, you may be able to avoid it by planning ahead. Since tantrums tend to spike around mealtime or bedtime, a full tummy and solid sleep schedule work wonders. And once you figure out the trigger, you may need to replan the bedtime schedule - give him that apple earlier or brush his teeth before reading the book.

### **Error: Playing good cop/bad copy**

When your child comes home with yet another D on his math test, you have had it. No PlayStation this weekend! Your child is still in their room sulking, when Dad comes home and asks what's wrong. Now, after commiserating for an hour, they both agree that you overreacted. Wait a minute...how did you end up in the doghouse when your child is the one who failed to study?

### **Fix: Stay onside with your spouse**

It's perfectly normal for parents to have different discipline styles and opinions. If your spouse had been home, maybe he would have simply reduced PlayStation time rather than banning it outright. But contradicting each other just teaches your child that he can get out of jail by hiring one of you as lawyer. Instead, talk to your child about the basic family rules, and let him know that you support each other when it comes to enforcing them. Otherwise, your child will try to negotiate on every issue from treats to curfew by pitting you against each other and watching the fireworks!

### **Error: Refereeing every fight**

The sobbing scream "Momm! He hit me!!" get you every time. You stop what you are doing and are racing to one child with arms wide, about to banish the other to his room. Chances are your kids were duking it out for 10 minutes and will figure it out in another 10 if you stay out of the fray. Involving yourself in sibling fights just perpetuates them and robs them of the valuable opportunity to learn to negotiate through conflict.

### **Fix: Teach tools to work it out**

Explain that when it comes to fighting, people have a choice. Teach your child that she can tell her sibling she does not choose to fight and would rather work out a solution. The next time your child tattles, ask what she's going to do about it, then encourage her to communicate her feelings and try to work it out. The fact is, without you, you can bet they'll find a solution themselves. And don't forget to notice when they do. There's nothing more rewarding than a little praise from Mom or Dad for a job well done.

Reprinted from: CANADIAN Today's Parent, article by: Randi Chapnik Myers

## M.O.M.S. the word

### This Month's Speakers:

#### November 4

Speaker: Rebecca Kohler

**Learn to laugh**-- this known Toronto comedian shares a giggle with the group



#### November 11

**SOCIAL** – relax and chat with other moms over coffee and treats

#### November 18

Speaker: Terry Carson, Certified Parenting Coach [www.theparentingcoach.ca](http://www.theparentingcoach.ca)

**Am I Raising a Praise Junkie?** -- Terry has been featured in the Globe & Mail, Canadian Living, The Toronto Star & more. She will help parents understand the difference between the language of praise versus the language of encouragement.

#### November 25

Speaker: John Levy, Mastermind Toys [www.mastermindtoys.ca](http://www.mastermindtoys.ca)

**Great Toys** -- Find out what's hot and new in toys and get some great gift ideas.

### **PLAYGROUPS/INTEREST GROUPS**

Play groups are starting for mothers and their children. There is a group of 6 moms with two children meeting on Wednesday afternoons. We are working on getting a few mothers with infants meeting as well as a toddler group in the morning or afternoon. If you signed up, you should have already received (multiple) emails.

If you signed up for an interest group, you should have received an email. We have a book club starting and an evening running group starting (looking for more daytime runners). We have many women signed up for scrapbooking and potluck/supperworks. These groups will hopefully be starting shortly. There was not enough interest for cards, games night or tennis. We may try these again in the winter/spring.

For more information or to sign up, contact  
Suzanne Sewell  
[suzannesewell@gmail.com](mailto:suzannesewell@gmail.com)  
(416) 486-3318



## M.O.M.S. the word

### Fantastic tips for a more beautiful Mom

Teryl Crombie, Freelance Makeup Artist, Esthetician and owner of Cosmetic Image was out to speak with our group last Tuesday, October 21, 2008. Here's a few of her favourite tips to keep in mind.

#### **Five Beauty Essentials:**

1. A good skin care regime is the first step to beautiful skin and beautiful makeup.
2. Use an exfoliate and mask 1-3 times per week.
3. Never underestimate the importance of an eye cream. The tissue around the eye is delicate.
4. Protect your face, chest and hands daily from the sun.
5. A proper makeup application, can keep your day to day look easy and fresh. (When did you last have your makeup done by a professional?!!)

#### **Five Beauty tips:**

1. Shaping and colouring your eyebrows can make an amazing difference.
2. Mascara, don't leave home without it!
3. Don't be afraid of colour. Brighten a grey day, with a brighter lip colour.
4. Add a light shimmer powder around the eye area to reflect the fine lines.
5. Let your makeup application enhance the person you are!

Keep makeup fun, fast and easy!

Cosmetic Image [www.cosmeticimage.ca](http://www.cosmeticimage.ca) 416-629-3005

ON BEHALF OF THE MOMS GROUP, I WOULD LIKE TO THANK **ALL** OF OUR **VOLUNTEERS** FOR THEIR HARD WORK AT THE FALL GKSS SALE. WE WERE VERY SHORT ON VOLUNTEERS THIS YEAR AND WE APPRECIATED YOUR EFFORTS TO MAKING THE SALE A SUCCESS!



## M.O.M.S. the word

### A note from our previous speakers:

Kevin Frank, *Artistic Director* at *Second City* came in to talk to us in September



*Second City* Improv classes are the best way to develop confidence, poise and become more comfortable in a spontaneous situation. Not only that...they're FUN!

December 5th is the first day of registration for the next available classes for teens and youth. Classes start in January '09. There are also 1 week and 2 week Improv Summer Camps for children 10-17. Registration begins January 5, 2009.

*Second City* is accepting registration for adult classes NOW! The final 7 week session of the year begins the week of Oct 18th (discounts will be offered for late registration). If you would like to put a group together and come down to see our new hilarious show "Barrack, to the Future" call Erin Peirce (416-343-0072) in group sales to get a group discount. It's a great night out!

Visit [www.secondcity.com/tc](http://www.secondcity.com/tc) for more information and to register online.

The Training centre is located at 70 Peter St (at King Street) 416-340-7270



**Robin Hellendoorn** [rhellendoorn@gmail.com](mailto:rhellendoorn@gmail.com)

Psychotherapist/Marriage Counselor

Toronto Couples Therapy Centre [www.torontotherapy.com](http://www.torontotherapy.com) 416-921-7115

#### Recommended Reading

- *And Baby Makes Three, John and Julie Gottman*
- *Seven Steps To Making Your Marriage Work, John Gottman*
- *Hold Me Tight, Susan Johnson*
- *How To Get The Love You Want, Harville Hendrix*
- *How Can I Get Through To You, Terence Real*



**Shawn Gallagher** BA, BCH (Hypnosis) [www.childbirthjoy.com](http://www.childbirthjoy.com)

416-255-8333 [info@midwiferyconsulting.com](mailto:info@midwiferyconsulting.com)

#### Recommended Reading

- *The Complete Idiot's Guide to Hypnosis, Roberta Temes, Ph.D*
- *Many Lives, Many Masters, Dr. Brian Weiss*
- *Hypnotize Yourself Out of Pain Now!, Bruce Elmer*
- *Ready...Set...R.E.L.A.X, Jeffery Allen & Roger Klein (relaxation scripts for kids)*
- *Ask And It Is Given, Esther & Jerry Hicks (laws of attraction)*
- *The Brain The Changes Itself, Dr. Norman Doidge*
- *The Biology of Belief, Bruce Lipton*

My colleague who provides hypnosis sessions for children is Barb Keshen. Her website is <http://www.barbkeshen.com>. The free script that has the *Sleepy Body Script* is: [www.childbirthjoy.com/hypnosis\\_for\\_kids.html](http://www.childbirthjoy.com/hypnosis_for_kids.html) More information can be found at: [www.childbirthjoy.com/free.html](http://www.childbirthjoy.com/free.html)

My favourite CDs are *Letting Go Of Stress* (good for busy minds) and either *Chakra Balancing* or *Healing the Body*. I provide private sessions at the Ontario Hypnosis Centre at Bay and Bloor [www.ontariohypnosiscentre.com](http://www.ontariohypnosiscentre.com) on Wednesdays.

## M.O.M.S. the word

### A note from our previous speakers (continued):



**Joanne Adair** [jadair@wwfcanada.org](mailto:jadair@wwfcanada.org) 416-489-4567 X7256  
Community Outreach & Education Coordinator

**World Wildlife Fund**  
[www.wwf.ca](http://www.wwf.ca)

The North Toronto Moms group and WWF are working together with WWF's new program The Good Life. The great thing about The Good Life is that it helps quantify the Greenhouse Gas savings associated with taking simple actions in our daily lives as individuals, and working together as a group. A lot of us are taking these simple actions already, like shopping with reusable bags, walking with the baby rather than driving, and washing those adorable clothes in cold water! Over the coming months, Suzanne Sewell, your green coordinator, along with the executive committee will be injecting 'green' into different areas of the group. Stay tuned to learn more! And go to [www.thegoodlife.wwf.ca/Home.cfm](http://www.thegoodlife.wwf.ca/Home.cfm) to learn more about The Good Life.

#### Recommended Reading

*(This is Joanne's personal recommendation, WWF Canada does not publicly endorse any books)*

- *Ecoholic, Adria Vasil*

### The Grass is always greener....

As the MOMS green co-ordinator, I will try to share some information about living The Good Life. Feel free to send me your tips for sharing and questions.

I just discovered a great new store on Yonge north of Eglinton called Pistachio ([www.epistachio.com](http://www.epistachio.com)). They sell stationery, gifts, books, apothecary, household and baby products taking our health and our environment into consideration.

I had the pleasure of meeting Renée Loux at the store who was there to autograph her book "Easy Green Living". This book is "the ultimate guide to simple, eco-friendly choices for you and your home". Some of the things she said really resonated with me.

She mentioned that the air in our homes is more polluted than the air outside (even in urban centers). One great way to filter the air in our homes is with houseplants!!

We may feel helpless when it comes to the pollution in the world but we have control over the pollution in our home and what we put in and on our body.

Most of all, I am taking away the idea to start with one small step and that making choices that make us feel good is contagious. We start with one and then another and then another. Otherwise, trying to live The Good Life can be overwhelming.

If you would like to read more about my meeting with Renée Loux, visit my blog at [www.mylifeislikeasong.blogspot.com](http://www.mylifeislikeasong.blogspot.com).

For more green information, you can check out Renée's book or the more local book *Ecoholic* by Adria Vasil which is "your guide to the most environmentally friendly information, products and services in Canada".

*Suzanne Sewell*

## M.O.M.S. the word

### October 23<sup>rd</sup> Social SAFARI BAR & GRILL

Check out the photos from our most recent **GIRLS NIGHT OUT** social:



## MARK YOUR CALENDARS

Thursday, November 13th at 8pm  
at Second City Comedy Club

Join us for an evening of laughs! You must book your ticket in advance so that we can sit together. Call Second City at (416) 343-0011 and ask for the groups department. Please say you are with NORTH TORONTO MOMS group, ORDER NUMBER 133372.

Cost is \$21 plus GST. They will bill your credit card directly. We will ride the Red Rocket! If you are interested in taking the subway we will meet at Lawrence subway station (**WEST SIDE - STREET LEVEL**) at 7pm sharp. We must be seated by 7:45pm. If you are running late, take subway to St. Andrew Station, it's a 5 min walk from there.

We hope to see you there!

## M.O.M.S. the word



### MOM\$ TAX TIP\$



Start preparing your taxes today! Meet with a financial planner and get advice from a tax accountant for your particular situation. December 31<sup>st</sup> is the cutoff date for individuals preparing their tax returns. Only expenses incurred during the tax year (January to December) can be used to reduce your taxes. **RSP payments are the only item that can be left until the first 60 days of the new year.** Here are some items that might apply to your tax return:

**Children's Fitness Tax Credit** – \$500 per child who was under 16 on January 1<sup>st</sup>, 2008. To be considered an eligible fitness expense the program must be ongoing (minimum 8 week course), supervised, suitable for children and include *physical activity*. (Ex: ballet, dancing/music, sports, horseback riding.) Specifically, the program must contribute to muscular strength, endurance, flexibility and balance. Make sure you get a receipt and save it with your taxes for 6 years. Note: This is a non-refundable tax credit, meaning it will reduce your taxes owing.



**Child Care Expenses** – The spouse with the lower income must claim the child care expenses you incurred while working or attending school. Advertising and placement agency fees paid to locate a child care provider *may* also qualify. The maximum deduction is the lesser of (1) \$7,000 per year for each child under 7 on December 31 and \$4,000 per year for each child from the ages of 7 to 16 and (2) two thirds of the earned income of the person claiming the deduction.

**TTC Federal Tax Credit** – You can claim a ~~non-refundable tax~~ credit for your TTC metropass and the tax credit has been expanded to include shorter duration ~~passes~~. ~~If your~~ monthly TTC travel does not warrant the purchase of a metropass, consider buying cost-per-trip ~~electronic payment cards~~. You can deduct the amount as you would a metropass if you use the card for at least **32 one way trips during a 31 day period**. Keep your receipts!

**RSP contributions** – We highly recommend calculating your tax owing as soon as possible. This will help you plan for and make additional RSP contributions before the deadline. For the average tax payer, RRSPs are the best tax credit available! To plan for the future: consider opening a Spousal RSP to help split income between you and your spouse. And stay tuned next month for information on the Tax Free Savings Account coming in 2009!

Are you still paying a lot of tax? Consider looking into insurance to shelter your savings from tax. If you have children, I can't stress enough how **important** it is to ensure you have at least a basic insurance plan in place to look after your family. Insurance can be tailored to meet *any* budget and family needs.

Get your money working for you! If you have any money questions that you would like answered in this newsletter, write to me at [halley.malone@td.com](mailto:halley.malone@td.com). If I don't know the answer, chances are I know an expert who does!

Halley

## M.O.M.S. the word



### MOMS Marketplace

SIGG bottles for sale  
New styles now available  
Email Jennifer for more info and pictures  
[Jennifer01@sympatico.ca](mailto:Jennifer01@sympatico.ca)



### Canada Trust Banking Solutions for busy parents

Are you paying too much in fees, interest or mortgage rates? Ask Halley for a referral to a banking specialist to check out your rates and start saving on your monthly fees! [halley.malone@td.com](mailto:halley.malone@td.com) or 416-308-3455



### Support Fairlawn Community Centre NapSak Sale

The NapSak is a replacement for all covers in your babies' bed. It is a unique cross between a baby blanket and a sleeping bag. NapSaks are "Kids' covers that stay on". Popular in Europe for decades, baby sleep sacks provide the perfect mix of comfort, safety & convenience for babies and toddlers. Available in 3 sizes for babies to 3 year olds, high quality and machine washable! Health Professionals recommend that the ideal room temperature be 17 to 21C and the NapSak is designed specifically for this temperature range.

**Special  
4 MOMS  
\$20**

Fairlawn Community Centre supported our **Great Kids Sale**, this is an excellent way to return the support. NapSaks make great gifts! Call **Fairlawn Neighbourhood Centre (416) 488-3446** today to order.



### Co-sleep with your baby comfortably:

The side of the crib moves up and out of the way so that the baby's bed and yours are side by side. The height of the baby's bed can be adjusted to exactly match yours. During the day, just bring the side down again and it functions as a normal crib. Features: drop side, locking castors, teething rails. Mattress has a zip-off washable layer, waterproof underneath. Fitted and flat sheets included. Everything is in very good condition. Asking for \$325 (originally paid \$975). Please call Jennifer at 416-484-4125.



### Coffee during our Tuesday meetings generously provided by:

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