

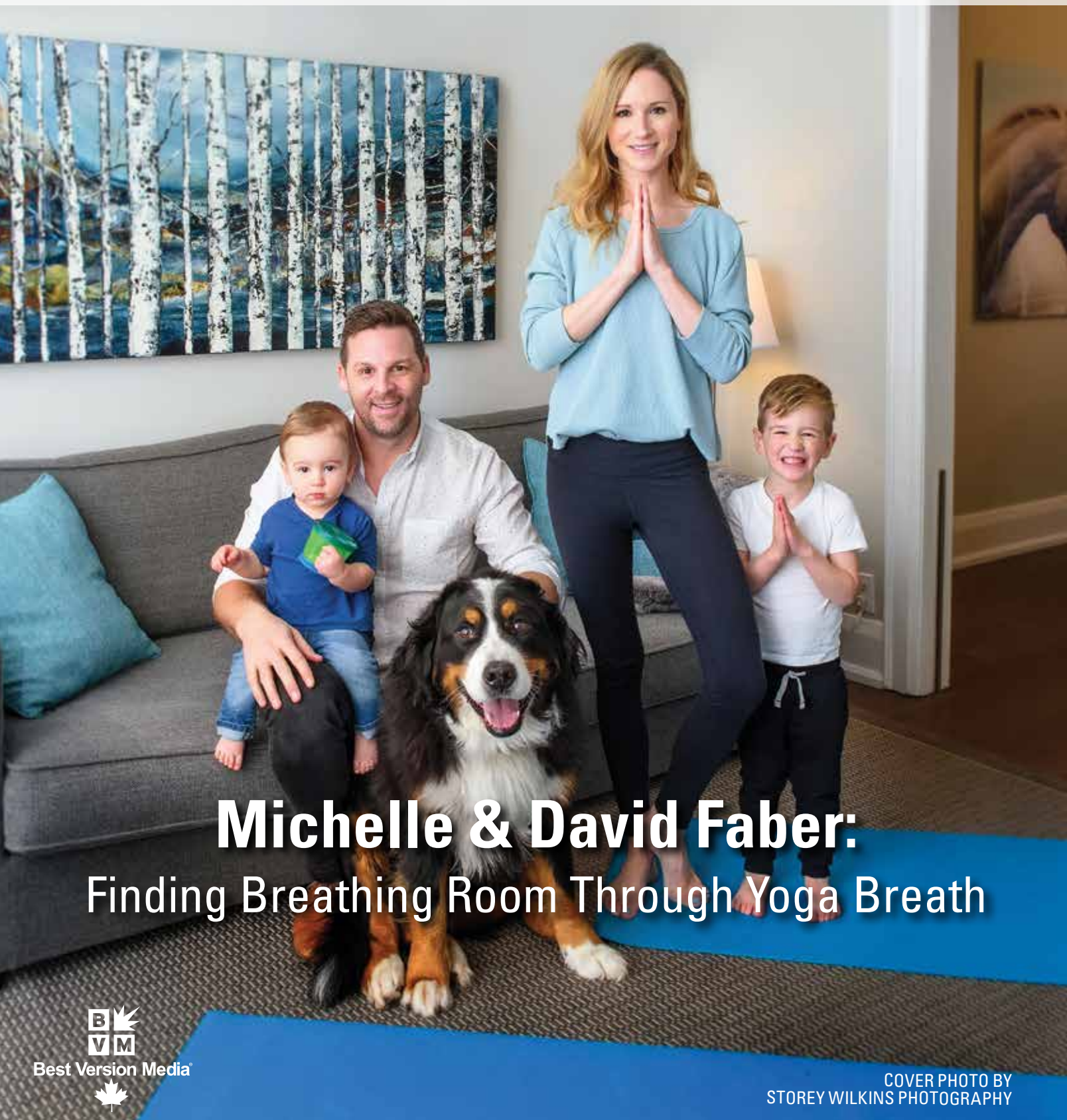
Neighbours Of

MARCH 2020 | VOLUME 4 ISSUE 3

LAWRENCE PARK

AN EXCLUSIVE VOICE FOR THE RESIDENTS OF BEDFORD PARK, WANLESS PARK AND TEDDINGTON PARK

North



Michelle & David Faber:

Finding Breathing Room Through Yoga Breath



Dear Neighbours,

Spring arrives later this month, which means our tulips and crocuses will be poking little green stems through the snow in our gardens. Pretty blooms aren't far behind!
It's also the start of maple syrup season; be sure to check out the listings for the Maple Sugarbush Festival and Sugar Shack TO in this month's Calendar of Events.
For those who prefer to keep warm and cozy at this time of year, the Calendar offers a range of fun and informative indoor exhibitions, many of them designed to usher in the new season.
I hope you have the opportunity to check out some of these great activities and events.



Heather Rosen. Content Coordinator
hrosen@bestversionmedia.com



Storey Wilkins has been photographing Lawrence Park families for years. Her portrait sessions are the best way to capture the spirit of your family through a series of natural, joyful, and timeless photographs. Please visit www.storeywilkins.com to view Storey's beautiful photo gallery and to book your 2020 session.
Storey Wilkins. Contributing Photographer



Brittany Buckle is an honours graduate of the graphic design program at Canadore College in North Bay. She has been designing our community magazines since 2015 and enjoys learning about the interesting families and people living within the Leaside/Bennington Heights and Lawrence Park communities.
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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of each month.
Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: ceby@bestversionmedia.com.

Content Submission Deadlines

Content Due:	Edition Date:
December 1st.....	January
January 1st.....	February
February 1st.....	March
March 1st.....	April
April 1st.....	May
May 1st.....	June
June 1st.....	July
July 1st.....	August
August 1st.....	September
September 1st.....	October
October 1st.....	November
November 1st.....	December

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CALENDAR OF EVENTS

SAT. MAR. 7 – SUN. MAR. 29
Toronto Storytelling Festival
Now in its 42nd year, Toronto's second-oldest arts festival features local and international performers with expertise in the art of storytelling at various venues across the city. The 2020 festival theme is *Conviviality* – gathering with hospitality and inclusivity to enrich our relationships with each other and the natural world. Some events are designed for children and families, while others are suitable for teens or adults only; check the website for details. Times: Various; visit website for details. Cost: Ticketed and free programs available. In 2019, most individual tickets ranged from \$10–25 + processing fee; HST is included in the base price. Visit website for current ticket pricing. torontostorytellingfestival.ca

SAT. MAR. 7 – SUN. MAR. 8
Celebrate Toronto – City's 186th Anniversary Festival
Celebrate Toronto's birthday in style at Nathan Phillips Square, right in the heart of downtown Toronto. The event features over 90 local shopping vendors; local food trucks serving up diverse cuisines; a Warming Lounge; live music and dance performances; skating; and more. Sunday features a DJ Skate, including Toronto Comicon's first-ever Cosplay Skate from 2 to 4pm, complete with photo ops, costumed character meet & greets, and more. Time: 12–8pm. Cost: FREE admission (food/skate rentals extra). CelebrateToronto.ca

FRI. MAR. 13 – SUN. MAR. 22
Canada Blooms
Founded in 1996 by the Garden Club of Toronto and Landscape Ontario, Canada Blooms is the largest flower and garden festival in Canada, and welcomes over 200,000 visitors each year. This event features the very best examples of gardening and flower design. Take advantage of an impressive roster of speakers, demonstrations, workshops, events and tours that will help you take your garden to the next level. Times: Mon. to Wed. 10am–8pm; Thurs. to Sat. 10am–9pm; Sun. March 15: 10am–6pm; Sun. March 22: 10am–5pm.

Cost: Early Bird online ticket pricing (expires March 12): General (18–64): \$17; Seniors (65+): \$14; Youth (13–17): \$13; Children 12 and under: FREE. Two-day passes: \$29. Tours and workshops extra. Visit website for full pricing details. canadablooms.com

SAT. MAR. 14 – SUN. APR. 12
Sugarbush Maple Syrup Festival
Several venues near Toronto, including Bruce's Mill and Kortright Conservation Area, offer maple-syrup tastings, maple treats for sale, tree-tapping and syrup-making demos, wagon rides, life-size games, a maze and other family-friendly activities. Times: Bruce's Mill: Weekends only, including Good Friday: 9:30am–5pm. Kortright Conservation Area: Open week-ends & March Break: 9:30am–5pm; Weekdays: 9:30am–4pm. Check website for full activity schedule. Cost: For Bruce's Mill: Adults (Ages 15–59): \$8.85 + HST; Seniors (Ages 60+) and Children (Ages 5–14): \$5.75 + HST; Children 4 years and under: FREE (with adult purchase). Parking: \$4 (HST included); *FREE parking upon presentation of advance ticket(s) purchased online. Visit website for full pricing details for all venues. maplesyrupfest.com

SAT. MAR. 14 – SUN. MAR. 15
Sugar Shack TO
Toronto gets its own cabane à sucre down at Sugar Beach, with maple-flavoured foods and activities for the whole family – sweet! Visit the sugar shacks for authentic, Quebec-style maple taffy; check out the Winter Marketplace, featuring maple-infused and traditional Québécois treats; watch Battle of the Chainsaws ice-carving competitions; enjoy live music and entertainment, and a specialty bar serving hot cider and spiked hot chocolate; and much more. Time: 11am–5pm. Cost: FREE admission; maple taffy costs \$2; other food and drink extra. sugarshackto.ca



Registration is NOW OPEN
DON'T MISS OUT!

The 3rd Annual Women's Community Network Event

Date: Wednesday, May 20th, 2020
Time: 6:30–11pm at The MET (formerly the Capitol Event Theatre)
Come and join other Leaside and Lawrence Park neighbours for an evening of amazing women sharing their unique stories, and an opportunity to meet familiar faces from your community.

For more information on how to register, please e-mail Carol Eby at carol.eby10@gmail.com



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Zoos: Responding to the Conservation Crisis
Where are we currently with the extinction crisis and what is being done to save these species. With special guest, Dr. Andrew Lentini, oversees Wildlife Care and Welfare, Veterinary Science, Nutrition Science, Reproductive Sciences, and Conservation and Species Recovery at Toronto Zoo.
Sunday, March 1 at 5 PM



I Will Rise
"I Will Rise" follows the story of Ms. Oaks, a devoted mother of two, who is being held on a minor infraction, which could easily be resolved if she could get a lawyer, if she could get a court date. This is a glimpse into a little-seen side of our justice system, where class, sexism and racism complicate the delivery of justice.
Tickets are \$15–\$30. Part of the proceeds from this show goes to the National Collaboration for Youth Mental Health.
Saturday, March 7 at 8 pm and Sunday, March 8 at 5 pm



What's Love Got to do with It?
There seems to be a big disconnect between our love lives and our spiritual side, but there doesn't have to be. Join Rev. Stephen Milton for a talk about how your love life may actually help you with your spiritual life, and vice versa. Stephen will be drawing on wisdom from Sufi, Christian and Jewish traditions to look at the role of love in our relationship with the sacred, and each other.
Sunday, March 15 at 5 PM



A World of Possibilities
When Emily Boycott was born with Down's Syndrome, her mother Adelle was grief stricken, never suspecting just how much her daughter would accomplish. Emily has grown up to become a rhythmic gymnast, who has competed in the Special Olympics. Join Emily and Adelle as they share their insights into how to overcome challenges and the power of unconditional love.
Sunday, March 22 at 5 PM



Helping Grief Make Sense, One story at a time
After a successful career as an advertising director, Rob Quartly turned his talents to chronicling how people deal with grief. His online video series Grief Stories invites people from all walks of life to share what grief has meant to them, and how they got through it. Join Rob for a touching and fascinating journey into an emotion that touches us all, but which we rarely talk about.
Sunday, March 29 at 5 PM

Doors open 5 PM · Free light dinner
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CALENDAR OF EVENTS

MON. MAR. 16 – FRI. MAR. 20

March Break Camp at Evergreen Brickworks

This full-day March Break camp offers children an active program filled with hands-on exploration and discovery. Each day, the adventure begins at Evergreen Brick Works and continues into the adjacent 16.5-hectare wetland park, which is rich in natural ravines, plants and wildlife. The program focuses on ecological literacy, and includes art-based activities. Evergreen is accredited by the Ontario Camps Association.
Times: Drop-off is from 8:30–9am; pick-up at 3:30pm. Extended Care hours: 3:30–5:30pm.
Program Fees: Program is ideal for Junior Group (Ages 6 & 7), Intermediate Group (Ages 8 & 9) and Senior Group (Ages 10 & 11). Cost is \$350 per child per week; extended care available for \$50 per child per week.
evergreen.ca/evergreen-brick-works/children-youth/day-camps/march-break-day-camp/

WED. MAR. 18 – SUN. MAR. 22

Toronto Sportmen’s Show

This annual exhibition attracts over 300 exhibitors of a diverse range of products and services all promoting the great outdoors. Highlights of the show include fishing, hunting, boating, camping, travel, outdoor adventure, seminars and much more.
Times: Wed.–Sat.: 10am–7pm; Sun.: 10am–5pm
Cost: Adults: \$20; Seniors (60+): \$15; Juniors (13–17 years): \$13; Kids (12 & under): FREE.
Two-day passes also available.
torontosportshow.ca

FRI. MAR. 20 – SUN. MAR. 22

Banff Mountain Film Festival World Tour – Toronto

Bloor Hot Docs Cinema hosts a selection of the best films from November’s Banff Mountain Film Festival. This annual travelling film festival now reaches over 330,000 people at over 725 screens in 40 countries worldwide, from Canada and the United States to New Zealand and Antarctica. The proceeds from many tour screenings benefit local outdoor programs, community causes or non-profit organizations, such as search and rescue

operations, climbing clubs, adaptive sport programs and conservation groups.
Times: Fri.: 8pm; Sat.: 3pm & 8pm; Sun.: 4pm. Visit website for full program/film details.
Cost: General Admission: \$25 (+ \$2.24 service fee) per program.
torontobanfffilmfest.org

FRI. MAR. 20 – SUN. MAR. 22

Toronto ComiCon

With a range of special guests and celebrities from the sci-fi & fantasy, comic books, anime, horror, gaming and comics worlds, ComiCon is 15,000 square feet of pop culture delight in downtown Toronto. The event features shopping; the chance to meet and get autographs from your favourite cosplayers; seminars and workshops; panels/Q&As; and more. Visit website for full details on exhibitors, special guests and unique events.
Times: Fri./Sat.: 10am–7pm; Sun.: 10am–5pm
Cost: Adult: \$25; Child (Ages 6–12) \$10; Youth (Ages 13–17): \$15; Family (2 Adults and up to 4 children): \$45. Some discounts available on advance tickets purchased by March 5. Visit website for multi-day admission and GO Combo Tickets.
comicontoronto.com

Want to make cycling better where you live?

Come out and join fellow cyclists from Wards 15 and 16 to advocate for safe and connected cycling routes in our neighbourhoods.
Next meeting: Wednesday, March 25 @ 7:00 pm
Where: Trinity Grace Church, 826 Eglinton Avenue East (north side, just west of Laird).
For more information or to RSVP, contact cycledonvalleymidtown@cycleto.ca.

WED. MAR. 25 – SUN. MAR. 29

One of a Kind Spring Show & Sale

Launched in 1975, the One of a Kind Show is now one of the largest and best-attended craft shows in North America. The show offers local artisans who are committed to “handmade excellence” the opportunity to showcase their creativity to thousands of buyers. It’s the perfect place to find unique gifts for friends and family.
Times: Weekdays & Saturday: 10am–9pm; Sunday 10am–6pm; Shop Late Thurs. March 26, 10am–11pm.
Cost: Adult (ages 18+) \$15; Senior (ages 65+) and Youth (13–17): \$8.50; University/College Student (with valid student ID): \$10.
oneofakindshow.com

THURS. MAR. 26

Mario “The Maker” Magician Family Magic Show

Mario “the Maker Magician” Marchese is a New York-based, touring performer known for his DIY robotic creations, up-cycled props, and new-school slapstick character. He has performed his magic on Sesame Street, Sprout, and live on tour with David Blaine, who called him “the best kids magician in the world!!” Mario brings his upbeat, hilarious, and interactive experience to Toronto for one night only, at Al Green Theatre. The event is family-friendly, and packed with fun.
Time: Doors open at 7:30pm; show begins at 8pm.
Cost: \$24.99–\$34.99 + HST + fees; V.I.P. tickets also available, at a higher price point.
torontomagiccompany.com

SAT. MAR. 28 – SUN. MAR. 29

Buy Good, Feel Good Expo 2020

Launched in 2014 at the Gladstone Hotel with just 15 vendors, this event has grown to over 150 vendors of fair trade, organic, sustainable and ethical exhibitors from across Canada and around the globe. It is now held at Evergreen Brick Works, one of the most sustainable places in Toronto. Hear from social-impact entrepreneurs and thought-leaders sharing their insights from the main stage.
Times: Visit website for admission hours and an updated list of speakers and exhibitors.
Cost: FREE admission on Sat. & Sun. VIP opening reception on Friday, March 27 from 5:30 to 9:30pm includes a VIP shopping experience (early access to exhibitors/vendors), complimentary beverage and more; VIP tickets are \$25.
buygoodfeelgood.com

FRI. APR. 3 – SUN. APR. 5

Toronto Yoga Show

Toronto’s Metro Convention Centre plays host to Canada’s premier yoga show, featuring 300 workshops, 80 master teachers and 300 exhibitors.
Times: Fri./Sat.: 10am–8pm; Sun. 10am–6pm
Cost: FREE Admission to Show Floor for all 3 days; conference, workshops, seminars and show/floor experiences extra. Class/workshop pricing starts at \$23.50/hr (Early Bird rate, until March 19). HST extra.
Register online at torontoyogashow.com.

Hope Behind Bars



By Rev. Stephen Milton, Lawrence Park Community Church and www.soultable.ca



Maxine Adwella didn’t set out to write a play that has toured across Canada. “I was asked to design curriculum for youth coming out of rehabilitation centres and detention centres. The objective was, ‘how can we help them graduate from high school, even though now they have a criminal record?’” That question led Adwella to design a radically different kind of curriculum, and to become the playwright of “I Will Rise,” which will be performed for two nights at Lawrence Park Community Church, on March 7th and 8th.

The genesis of the play started when Adwella decided to visit some detention centres and jails. She saw some disturbing common denominators. “Every single person in there had been abused in some way, shape or form. Every single person in there had come from a dysfunctional family.”

Many of the prisoners were people who had deeply troubled childhoods, where crime and substance abuse were just side effects of psychological problems that had started when they were young.

“I started by looking at the prisoners’ plight from a human perspective,” says Adwella. “I wanted their voices to matter, I wanted people to care about them.” “I Will Rise” is the story of women of colour who find themselves stuck in jail, often for weeks, even months at a time, unable to get proper court dates. The protagonist is Ms Oaks, a mother of two, who wrestles with the decision to plead guilty simply so she can get out of jail and get back to her children.

“Some of the play is based on real-life characters,” says Adwella. “I was deeply, deeply troubled by what I saw.”

The play reveals how the justice system processes prisoners, leading them to plead guilty, even when they are innocent. Written two years ago, the play is as relevant as ever. “Legal aid no longer pays for private lawyers at bail hearings,” Adwella observes, “so there are even more people in jail now who cannot be released.”

The play features a large cast, with the action taking place both in prison and in the courts. Ultimately, it is a story of hope. The characters find the inner strength and help to overcome a system that seems stacked against them. “The main protagonist and really all of the characters in the play find hope in each other,” says Adwella. “They find hope in realizing that a different future is possible for them.”

Tickets for “I Will Rise” are on sale at Eventbrite.ca, with proceeds supporting National Collaboration for Youth Mental Health. The play is appropriate for ages 13 and up. The March 7th performance starts at 8pm, and on March 8th, the show is part of the Soul Table gathering, which starts at 5pm.

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Happy St. Patrick's Day!
Tuesday March 17th



PHOTO PROVIDED BY MICHELLE FABER

Michelle & David Faber: Finding Breathing Room Through Yoga Breath

BY HEATHER ROSEN | PHOTOS BY STOREY WILKINS PHOTOGRAPHY

Michelle Faber, 35, and husband David, 39, share a home in Bedford Park with sons Jaden, 4, and Ryan, 18 months, and Bear, a six-year-old Bernese Mountain Dog. They moved to the area from neighbouring Lawrence Park six years ago.

Michelle grew up in Roncesvalles and attended Bishop Allen Academy school, while David was raised in Thornhill and completed secondary school at Thornlea.

David graduated from the University of Western Ontario in 2003, and is currently Director of Sales with Auxly Cannabis Group. Michelle graduated with a BA in Fine Arts from the University of Toronto in 2007, where she studied Art History and Visual Arts. As a visual artist/painter, she hoped to land a job with a museum or gallery upon graduation. During her university days, however, a summer job as a brand ambassador with Mosaic, a leading marketing agency, changed the course of her life: it led to a decade-long career in marketing. It was there that she met her future husband while working on the Diageo business, building award-winning marketing campaigns.

Through her work with Diageo, Michelle became interested in marketing and distribution of wine and spirits, and subsequently secured a position at Gallo, one of North America’s largest wine manufacturers. Encouraged by her employer, Michelle pursued an Advanced Level III Wine Certification in 2013 from WSET (Wine and Spirits Education Trust) and convinced her soon-to-be husband to take the course with her, as David was working for Heineken Canada and also had a passion for wine.

After becoming close friends, the pair started dating once Michelle had left Mosaic. They married in late 2014 in an intimate ceremony at Sassafras restaurant in Yorkville.

Michelle, a self-described “lifelong learner”, has been practising yoga for over 20 years. She says it enhances her ability to focus in both her personal and professional lives. In 2018, as the mother of two young children, she found herself tiring of the traditional corporate world, and decided to change course once again. With David’s support, during her second maternity leave from her corporate job she became a Certified Children’s Yoga Instructor and began building her yoga business. The



decision came in part after a stint volunteering to teach yoga at her son’s daycare, where she says she found her calling.

In 2019, she founded **Little Yogis**, a yoga and mindfulness education program for children. Although Little Yogis rents several spaces for yoga sessions, including one on Mount Pleasant, it is largely a mobile operation that offers classes from 12 instructors at some 40 Toronto District School Board (TDSB) schools, private preschools, and schools and daycare centres in the GTA. The participants range in age from toddlers to teens, but also include entire families.

What sets her yoga classes apart is her way of making the yoga sessions engaging, with a strong focus on enrichment, stories and games, in addition to lessons on breath, mindfulness and yoga (poses). Since many of her instructors are Ontario-certified teachers, they are able to incorporate Ontario-compliant curriculum into the classes offered at TDSB schools and beyond.

Little Yogis also offers individual workshops, birthday parties, and field trips that get the children out in nature through outdoor yoga sessions interspersed with lessons about mindfulness during the spring, summer and early fall.

While Michelle is still directly involved in yoga instruction, including at Alphabet Treehouse on Avenue Rd., she has largely pulled back from teaching to run the company. She has also now brought on a partner to help manage the growing business. With this new endeavour, including the addition of a business partner, she feels freed up to make her own schedule. She says it is the ideal setup for someone seeking work/life balance while raising a young family.

Michelle says that yoga is beneficial for all ages, particularly children, a group we may not necessarily picture when we think of participants in a yoga class.



“It encourages acceptance of oneself that comforts them during times of self-doubt,” she says. “It encourages a mindfulness – being present in the moment – that creates a positive outlook, and builds resilience tools that kids can use their entire lives.”

She adds that yoga becomes part of an overall healthy lifestyle for kids, from exercise and nutrition to overall well-being, as well as social and emotional learning. Children learn different aspects of this ancient practice, including balance, breath techniques and meditation as coping mechanisms, a range of poses, and gratitude for the good things in life – a theme that is often covered in her classes.

Michelle notes that today children are exposed to too much screen time, bullying and cyber-bullying, creating stress and a negative self-image, which can lead to emotional and behavioural issues.

“When I look at kids today, I see an incredible amount of stress and anxiety caused by the busy world around them,” states Michelle. “I believe that yoga holds the magic that will allow them to be healthy in mind and body, and give them the tools to manage life’s twists and turns.”

She also noticed that teaching yoga to her elder son, Jaden, helped him ‘self-regulate’ his strong emotions as he grew from toddler to young boy. He quickly showed an interest, and began practising poses, breath work and mindfulness on his own from a very early age. He still does it regularly, including some evenings or weekends.

Jaden is a lively child who enjoys hockey, soccer and swimming, and takes part in week-end hockey sessions at North Toronto Arena. “He never stops moving,” laughs Michelle. Ryan giggles at everything, and has a playful streak: he is known for walking around the house in his dinosaur costume. Bear, the dog, is the protector of the house and loves his younger human brothers. This big, furry “teddy bear” allows both boys to jump all over him.

Both David and Michelle grew up enjoying their families’ cottages, his just north of Huntsville, and hers in Wasaga Beach. They love to



spend summer week-ends up north, away from their busy urban existence. These week-ends enable David to enjoy water sports, including waterskiing, which he learned at the age of 4. Jaden is now learning how to waterski, just like his father!

The family also enjoys travelling to Florida, with Deerfield Beach being a favourite haunt, as the children's grandparents have a home there.

Back in Bedford Park, Michelle marvels at their wonderful neighbourhood. "It was an incredible experience moving here," she says. "There are five other young families on our street, and we have become close friends – Jaden is lucky to have his best friend living right next door!"

She says she is happy with Bedford Park, where there are great schools, parks and friendly neighbours.

"Living in Lawrence Park North, I am fortunate enough to have access to Toronto's best schools and programs, which is my number one priority as a parent," adds Michelle. "I also feel that I am a part of the city's most welcoming and supportive community, and that's all we can really wish for."

To learn more about Little Yogis, visit www.littleyogistoronto.com.



PHOTOS PROVIDED BY MICHELLE FABER

Do you know a neighbour who has a story to share? Nominate your neighbour to be featured in one of our upcoming issues! Contact us at ceby@bestversionmedia.com.

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A Major Focus for the TDSB: Developing and Expanding Productive Avenues for Parent Engagement



By Rachel Chernos Lin, TDSB School Trustee, Ward 11



A major goal of the TDSB's Multi-Year Strategic Plan is to build strong relationships and partnerships within school communities to support student learning and well-being. To this end, we have been working with schools, staff and parents to strengthen communications and to develop and expand productive avenues for parent engagement.

Parent Councils and Home and School Associations are two such avenues. In Ward 11, these parent groups have become active and vibrant organizations, contributing significantly to community building. They assist in providing direct links between home and school, raise funds, host guest speakers on topics relevant to parents, and organize events like Bedford Park's "Community Night" and Maurice Cody's skating party at the Hodgson Rink, all of which play a central role in fostering the sense of belonging and well-being among parents and students in both our schools and our communities.

As part of my work, I try to foster a sense of community through a variety of approaches. I hold approximately six Coffee Mornings a year at the Longo's in Leaside where parents, community members and superintendents from Ward 11 come together to discuss education-related issues in our schools. These are informal gatherings where conversations flow, based on whatever topics those present bring up.

All Wards have the option of sending representatives to two central committees at the Board, thereby tying the local to the central. In our Ward, we are lucky to have full complements of volunteers on both, with two parent reps on the Parent Involvement Advisory Committee (PIAC), and two on the French as a Second Language Committee (FSLAC). I sit on both of these committees, and that exposure has given me valuable insight into parents' views on the issues they deal with. The reps also provide updates at Ward forums and Coffee Mornings.

As important as these formal channels are, the Board also wants to ensure that we hear from as many parents and caregivers as possible. In that regard, you may recall the surveys and consultation evenings held by the TDSB last fall as part of the Secondary School Review and the Optional Attendance Policy Review.

Many more opportunities for feedback on other topics are coming up this year. This winter, we will be seeking input on a new policy regarding specialty schools and programs, as well as on another regarding community and parent engagement. For my part, I will be holding Ward forums that will focus on the reviews and policies being developed.

At the board-wide level, I urge you to join us for our free Parents as Partners Conference on March 28. Organized by parents for parents, this event is chock-full of valuable workshops and speakers.

Finally, I encourage everyone to check my webpage at www.tdsb.on.ca/Ward11/ for up-to-date details on dates, times and locations of Ward Forums, as well as my Coffee Morning schedule. Even better, while on my webpage, you can stay informed about local and board-wide events and updates by signing up for my newsletter.

Let's make 2020 a year of engagement!



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WORD SEARCH

By Felicia Romano

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DAYLIGHT SAVING
MELT

THAW

SPRING CLEANING

WARMING

ST. PATRICK'S DAY

OUT LIKE A LAMB

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What's On Your Travel Bucket List For 2020?

By Seb Canape, Travel Edge

There are some moments in life that are so exceedingly rare and transformative that you will never look at your world in quite the same way again. **On January 6, 2020, Oceania Cruises will embark on a voyage of epic proportions, a 180-day, around-the-world cruise.**

From the milieu of UNESCO World Heritage sites to optional overland tours, the already unforgettable journey will be punctuated with special celebratory events ranging from an exclusive overnight at one of Shanghai's most luxe and architecturally bold hotels to a regal feast and cultural festivities at the UNESCO-protected Royal Citadel in Hue.

Sailing around the globe offers a chance to sample some of the finest cuisine in the world at the very best shore-side restaurants. Known to have 'the finest cuisine at sea,' a world voyage with Oceania Cruises means you will certainly savour exquisite global cuisine while on board the ship. Inspired by the legendary Master Chef Jacques Pepin, Executive Culinary Director, the talented chefs on board create culinary masterpieces.

A global circling journey is the pinnacle of sought-after travel experiences, and this 2022 **Around the World** journey weaves together diverse and compelling destinations into a brilliant wayfaring masterpiece that will leave you changed forever. Commencing with an intriguing westward route, Insignia sails across the Pacific to gorgeous Hawaiian Islands, French Polynesia and faraway Fijian enclaves.

The ship continues south towards the dramatic fjords of New Zealand, followed by an extensive exploration Down Under, giving you ample time to discover the famed reefs, capital cities and Aboriginal cultures of Australia. While navigating the most fascinating corners of Asia, you'll have the chance to immerse yourself in everything from the sought-after spiritual haven of Bali to Kyoto's mystical bamboo forests.

More adventures await at African game reserves, the acclaimed vineyards dotting the Cape Winelands, the other-worldly volcanic landscapes of the Canary Islands, and the Golden Age canals of Amsterdam – the ultimate answer to your insatiable wanderlust.

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Hello Moon, Good Night Sun



By Dr. Christine Palmay

Canadians aren't getting enough sleep. Insufficient sleep (either duration or quality) has been linked to several chronic health conditions, including heart disease, diabetes, mood disorders, obesity, dementia, and an overall increase in mortality rates. Furthermore, being shackled to devices that beep, flash, notify and ding, we rarely have any respite from being connected to work or the proverbial FOMO (fear of missing out). These digital habits have changed sleeping patterns for the worse.

On average, adults require 7 to 9 hours of sleep per night. Children under 18 may require more, and adults over 65 often require less. Although these guidelines are helpful in making patients understand generalized ranges, it is essential to know that each person is different.

Understanding your sleep needs on a personal level is a journey of self-discovery. In a world that seems to be hustling 24/7, how do we protect our precious sleep time?

Medically, we classify insomnia as either acute or chronic. In the case of acute insomnia (in my experience, the type that is usually brought on by stressful situations), short-term prescription medications may be helpful and safe due to the temporary nature of their usage. Alas, the majority of cases of concern are classified as chronic insomnia (lack of proper initiation or maintenance of sleep, lasting more than 3 months and at least 3 nights per week). In many cases of chronic insomnia, a patient's ability to function either at work or at home becomes compromised. Patients often seek help after family conflict or poor work reviews. Regularly getting up for a 9am job or school morning drop-off becomes impossible if you have only fallen asleep at 4am.

While chronic insomnia is a complex syndrome, here are some suggestions for self-treatment and accessing the medical system to help you beyond the proverbial counting sheep.

Avoid nestling into your downy covers with your computer or mobile device. Turn off mobile phones, and limit TV and screen time.

- Make your environment sleep-friendly – Try earplugs/eye masks, aromatherapy devices, or calming music on a timer. Keep your room cool. Invest in a good mattress.
- Over-the-counter medications – I cannot emphasize how the use and, in many cases, misuse/abuse of over the counter sleeping aids have exacerbated patients' insomnia. Speak to your physician about pharmacotherapy options.

Medical Interventions

- Access your family doctor – Bloodwork is not diagnostic, but can be done to rule out underlying physiological causes of sleep disorders (such as thyroid disorders or anemia).
- Request a sleep consult – Sleep clinics are able to assess a wide variety of sleep disorders beyond the classic apnea, and offer targeted therapies.
- Counselling – Cognitive Behaviour therapy has also been shown to help with sleep and stress management. Research meditation (several online guides exist).
- Medications – A wide array of prescription medications exist to help in refractory cases. Ensure to ask about risks such as drowsiness, dizziness and how much sleep one should have to decrease these adverse events. Thankfully, newer and less sedating medications are on the horizon. Set goals with your primary care physician to ensure that long-term addiction does not become a problem.

Resources

- **Apps** that have been proven effective via evidence-based medical trials: SHUTi, Sleepio
- **The Canadian Sleep Society** - Evidence based medical body with advice, resource lists and support group suggestions: <https://css-scs.ca>

Understand that as insomnia is multi-faceted in nature, it likely requires a multi-pronged treatment approach. Just don't "sleep on it" – actively seek your personalized treatment plan.



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Shining Star Aiden Schwartz

By Melissa Lidsky and Ellen Schwartz, Project Give Back

Aiden Schwartz is a 12-year-old hockey player. He and his hockey team, The Avenue Road Ducks, recently had the privilege of participating in the **Team Chevrolet Good Deeds Cup**. This annual event inspires young hockey players to transform the positive values they learn from their sport into doing good deeds in their communities.

The Ducks were partnered with the Manitoulin Panthers, a team which was made up of predominantly Indigenous players from the island. The experience not only offered a unique and rewarding cultural exchange, it also served a higher purpose: raising money for both communities.

In December, the Ducks travelled to Manitoulin Island. After dropping off food, they went to watch a hockey game and take part in various team-building exercises. They were given a demonstration of beaver skinning, participated in a Wampum belt lesson, and toured a local trapping line.

In January, the Manitoulin team came to Toronto, where they enjoyed a traditional Shabbat dinner and a rewarding visit to Michael Garon Hospital. Needless to say, both teams were exposed to unique and fulfilling experiences far from their everyday lives.

Best of all, this special collaboration allowed Aiden's team to raise over \$1,500 and provide both food and supplies for the Manitoulin Family Resource, a local food bank and women's shelter. For their part, the Panthers raised over \$5,000 in support of the Michael Garon Hospital, here in Toronto.

Doing a good deed while sharing, as well as honouring different cultural traditions, was such a rewarding experience for all involved. Making friendships that bridge cultural divides was an added bonus that Aiden and his teammates will cherish for the rest of their lives. Everybody wins!



Cooking for Two: Dinner Recipes

By Chelsea Scott



Dinner, party of two? No problem! These delicious recipes are perfect for you and just one other person.

Roasted Chicken

- 2 boneless, skinless chicken thighs
- 1 cup broccoli florets
- 2 carrots, peeled and cut into 2-inch pieces
- 1 cup brussels sprouts, halved
- 2 Tbsp. extra virgin olive oil
- Salt and pepper
- 1/4 tsp. garlic powder
- 1/4 tsp. smoked paprika

Set the oven to 425°. Add vegetables to one side of a baking sheet. Drizzle with half of the oil, add salt and pepper and toss (to coat evenly).

Place chicken thighs on other side of tray. Drizzle with remaining oil. Season with salt, pepper, garlic and paprika.

Roast for 30-40 minutes or until vegetables are golden and chicken's internal temperature is 165°. Serve with warm bread.



Creamy, Garlicky Pasta

This recipe contains no meat but would be delicious with meatballs, steak or shrimp.

- 6 oz. linguini pasta
- 2 Tbsp. unsalted butter
- Salt and pepper
- 2 cloves garlic, minced
- 4 oz. cream cheese, softened
- 2 oz. parmesan cheese, grated
- 1 Tbsp. fresh parsley, chopped

Cook pasta according to package directions.

While pasta cooks, melt butter in a skillet over medium-low heat. Add garlic. Cook for 1-2 minutes, being careful to not let it burn. Stir in cream cheese and let it melt slowly.

Drain pasta, add it to the skillet and toss to coat. Stir in parmesan cheese. Add salt and pepper to taste. Serve immediately, sprinkled with parsley.



Mock Egg Salad Sandwiches

This versatile recipe can be served on bread or as a salad on a bed of greens. It's perfect for the summertime or a lighter dinner option.

- 1 can chickpeas, drained and rinsed
- 2 croissants
- 2-4 butter lettuce leaves
- 3 Tbsp. mayonnaise (or vegan mayonnaise)
- 1 tsp. whole grain mustard
- Salt and pepper
- 1 Tbsp. lemon juice
- 2 Tbsp. chopped sweet onion
- 1 heaping Tbsp. pickle relish
- Kettle chips

In a medium bowl, add chickpeas, mayonnaise, mustard, lemon juice, salt and pepper. Using the back of a fork, mash chickpeas until they resemble egg salad. Stir in relish and onion.

Serve salad on croissants with lettuce. Serve with kettle chips on the side.



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PET OF THE MONTH: MR. MANGO

By Sarah Kennedy-Hall

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