

# THE MÖM & CAREGIVER

JULY 2018  
VOLUME 20 NUMBER 7

[www.themomandthecaregiver.com](http://www.themomandthecaregiver.com)

LOOT BAGS-  
YAY OR NAY?

WHEN  
SELF  
CARE  
ISN'T  
ENOUGH

Summer  
Specs-tacular!

HEALTHY  
SUMMER  
SNACKING

WHEN  
SEASONAL  
ALLERGIES  
BECOME A  
POLLEN

Pregnancy - Baby - Toddler - Preschool - School Age - Family

A Free Magazine for Parents and Caregivers



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**LEXUS OF LONDON**

**EDITORIAL 04**  
Enjoy Every Sunshiny Bit!

**05 EVENTS CALENDAR**  
July

**NEW BEGINNINGS 06**  
Is Self Care Enough?

**08 AS THEY GROW**  
Your Child's Digestive Care: Fiber Away!

**THE NEXT STAGE 10**  
When Seasonal Allergies Become a Pollen

**11 KID ZONE**  
Sticking to Fair Play

**FRANKLY FATHERHOOD 12**  
Loot Bag Madness!

**13 BRUSHING UP**  
How To Keep Kids' Teeth Healthy

**20TH YEAR CELEBRATION 15**  
Where Are They Now?

**16 BIZ SHOWCASE**  
*Junction*

**ARE WE THERE YET 17**  
Apples & Dinosaurs: Iconic Roadside Stops

**18 LIFESTYLE**  
Doesn't Eating Fat Make you Fat?

**LIFE BALANCE 19**  
Soak Up The Sun, Boost Your Mood

**20 PET FRIENDLY**  
Smells Like Leptospirosis

**FOOD FOR THOUGHT 22**  
Summer Snacking- The Heathly Way

**23 BEAUTY AND WELLNESS**  
Summer Beauty Bag Must-Haves



11



15



19



20



12



08



22



10



06



**ON THE COVER**

We were so excited to join our photographer in Port Stanley for this shoot. Kai loved throwing stones in the lake, and did so great even when his bum got wet in Lake Erie.

Photographer  
Photostylists

One-12 Photography  
Sabina Manji  
Melissa Warkentin

If you have any comments or suggestions, please contact us at 519.652.9226 or at editor@themomandcaregiver.com.

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## ENJOY EVERY SUNSHINY BIT!

Now that school is over, I have to admit that watching the last day of school dismissal is one of the times that makes me smile most as a parent. I love the sight of kids running out the doors cheering, yelling and chanting "No more pencils, no more books..." They're finally free and ready for a summer full of adventure, exploration, and fun.

Now, don't get me wrong. I also worry when that last bell rings. What will Mikaeel do all summer? Will he be bored by the end of the first week? How will I balance my work schedule and having a 12 year old hanging around? I think we've struck a good balance this summer. Mikaeel is signed up for a variety of cool summer camps with a few weeks off just to chill at home without a schedule.

I think we all need that unscheduled time off in the summer. These lazy, hazy days allow us to slow down a bit, whether that means a long road trip to a favourite cottage, or strolling through one of London's many summer festivals.

With all that sunshine, comes another reminder to use sunblock on all your outings. Don't worry though, we've got you covered in this month's Health and Wellness column with a focus on SPF. And we'll keep you well fed with summer snacks that are healthy and portable in Food For Thought. We'll even be by your side if Fido gets sprayed by a skunk with tips and tricks from Neighbourhood Pet Clinic on page 20.

As much as Mikaeel and I are looking forward to enjoying a fantastic summer, we're finding this to be a very bad allergy season, and we're hearing the same from friends. Sometimes when the poplar tree "fluffs" are flying, and the pollen leaves a yellow coating on the deck, we have to turn to some Reactine. But it's great to know there are non-medication alternatives from Dr. Bhayana on page 10.

It's hard to believe that July's really here – it feels like just a few weeks ago we were complaining about snow! So if you, like me, were made for sunny days, we hope you enjoy every sunshiny bit of summer. ☀️

Sabina Manji,  
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*"Summertime is always the best  
of what might be."*  
- Charles Bowden

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Photostyling Sabina Manji and Melissa Warkentin

# JULY 07/2018 EVENTS

1<sup>st</sup>

## Happy Canada Day!

Canada Carnival  
Eldon House

3<sup>rd</sup>

Shania Twain  
Budweiser Gardens  
3<sup>rd</sup>-4<sup>th</sup>

7<sup>th</sup>

Wanna Bee Day  
Clovermead Adventure  
Farm

12<sup>th</sup>

Learning Garden  
London Children's Museum

18<sup>th</sup>

Loverboy with the Buffalo  
Brothers  
London Music Hall

23<sup>rd</sup>

The Co-Co Nuts  
Suncor Stage  
Sarnia

30<sup>th</sup>

Early Years Play Dates  
London Children's Museum

2<sup>nd</sup>

Stage Squad Theatre Camp  
with Take a Bow Productions  
The Cultural Centre  
Chatham-Kent

5<sup>th</sup>

Breakfast Meeting for Women  
London Convention Centre

9<sup>th</sup>

Indian Home Cooking Day  
Cooking Class  
Jill's Table

14<sup>th</sup>

Movie Nights in the Park  
The Jungle Book  
Victoria Park

20<sup>th</sup>

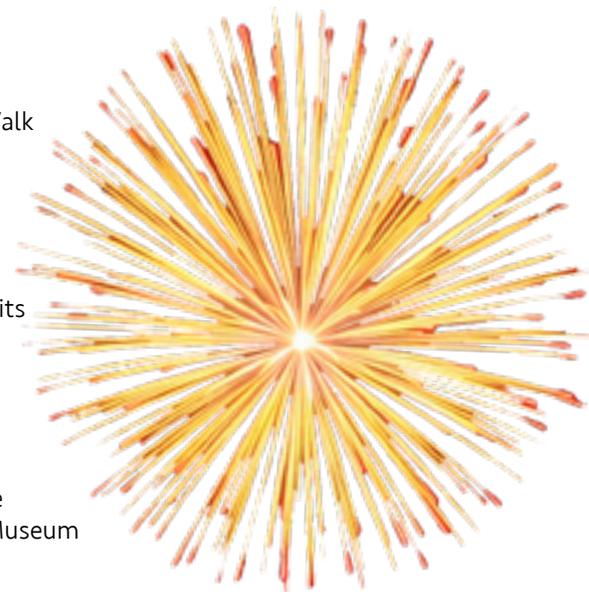
Summer Night 5K Run & Walk  
& Kiddie Trot  
Barking Frog

24<sup>th</sup>

Monarch Butterflies Exhibits  
LPL London

31<sup>st</sup>

Twilight Tuesday Campfire  
Ska-Nah-Doht Village & Museum



For More Details and Events Visit

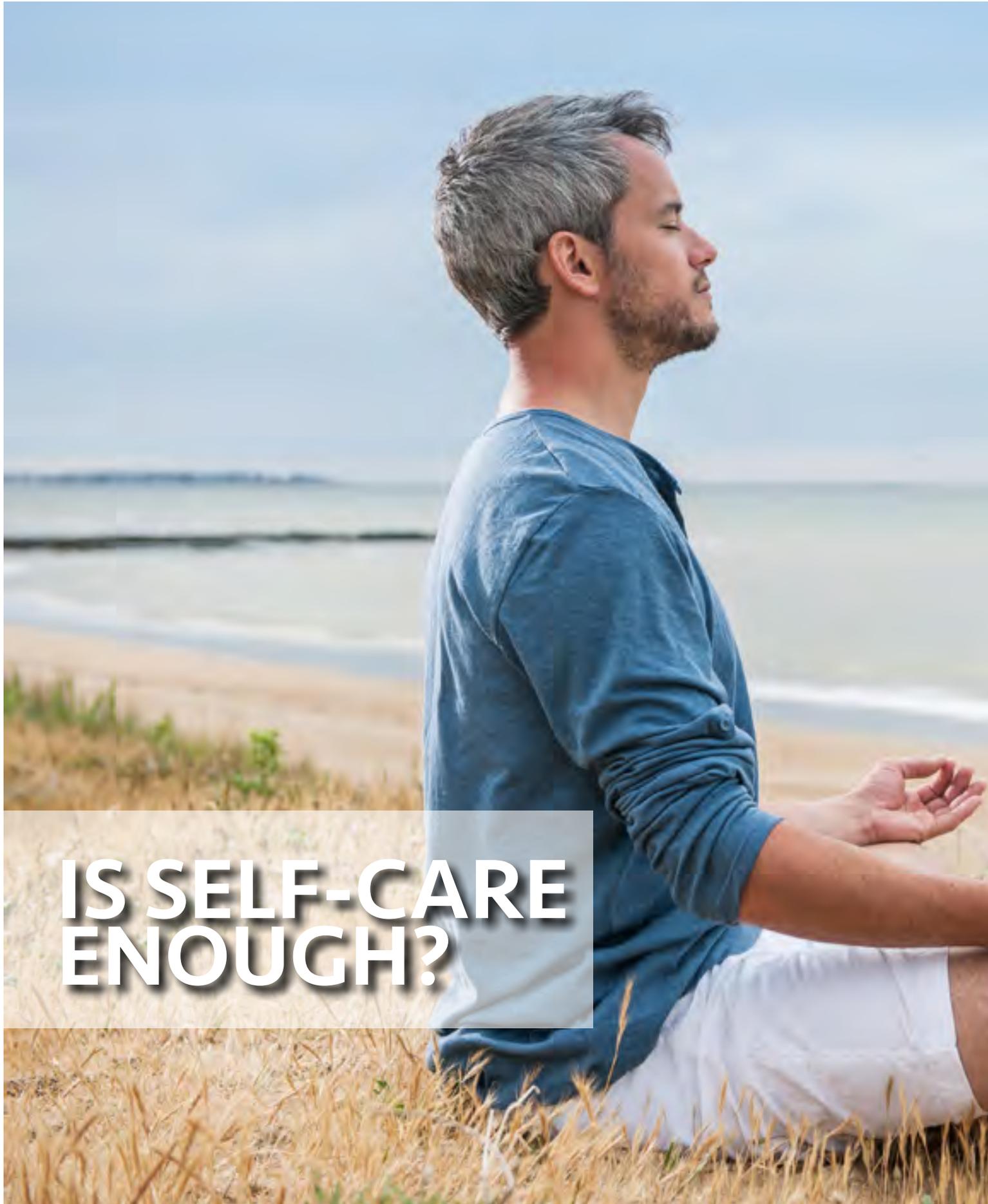
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# IS SELF-CARE ENOUGH?

## When Self-Care Isn't Enough, Try Self-Compassion Instead.

As parents and caregivers, we hear a lot about self-care. And to make matters worse, book stores, social media, spas, and advertisements all seem to have a different idea of what that means. While I certainly agree that we can benefit from relaxing and engaging in activities the we love, manicures, movie night, or a game of golf are not enough to address the struggles faced today. We may be the most self-aware (critical) of any generation of parents so far. We have greater worries and fears. We are often balancing multiple roles, and we have high expectations of ourselves and kids. The pace of our lives is so fast and so burdened with activities that as a result, our kids are more stressed, anxious, and emotional than ever before.

The most effective response to this is self-compassion- a true connection, empathy, and understanding of ourselves in our role as parents. Research has shown that parents who take even a few moments a day to connect with themselves, through mindfulness, stillness, prayer, or meditation are more available to their kids when needed. They are also better able to help their kids develop the skills they need to regulate their own emotions. Plus, it just feels good!

If you are like me or the parents I work with, you are constantly criticizing yourself. "What is wrong with me?" "Well that was a beautiful mom moment!" "I have no idea what I am doing!" "Well I really blew that one!". We say things to ourselves that we would never say to someone else. Self-compassion is a combination of mindfulness, kindness, and understanding common humanity.

Take a few minutes and breathe. Ask yourself, "What am I feeling and thinking. What is my body trying to tell me?" Keep breathing. Find postures, positions, words, sounds, smells, and tastes that comfort you. I like to sit with my hand on my heart, do the yoga child's pose, or simply hold a warm drink. Think of what you would say to a friend. "It is going to be okay." "This is really hard." "We all make mistakes." "You can make this right." "You did the best you could." Say it out loud to yourself.

You are not alone. We are all human and in this together. We make mistakes. We become aware, and we do better next time. Creating this pattern of self care and compassion will demonstrate for our kids how to manage stress and help calm ourselves. We can better meet our children's needs and all they really need is us. 🧘

*Dana Libby, Child and Family Therapist, Early Years  
Team Vanier Children's Services For the Middle-  
sex-London Community Early Years Partnership.*



## YOUR CHILD'S DIGESTIVE CARE: FIBER AWAY!

**F**iber is important for your child's health. It helps the digestive system eliminate waste and prevent constipation. Fiber also supports satiety and decreases the risk of heart disease and stroke.

There are 2 types of fiber, insoluble and soluble. Insoluble fiber comes from plant cell walls and does not dissolve in water. It's commonly found in wheat bran, whole grains, and some vegetables. Meanwhile, soluble fiber dissolves in water and examples include oats, barley, and dried beans. Did you know? Fluid intake must be enough for fiber to work and to prevent gas and bloating.

A way to ensure your child gets enough fiber is by eating at least 5 servings of fruits and vegetables each day, together with other foods rich in fiber. However, fiber needs vary depending on a child's age and weight. A simple way to calculate daily requirements is by adding 5 to your child's age, to a maximum of 25 grams, which is the recommended daily fiber

intake for adults. For example, a 10-year-old would need about 15 grams of fiber per day.

Fiber is easy to find if you choose your food smartly! Good sources of fiber are vegetables, fruits, nuts, beans, and fiber-rich whole-grain cereals and breads. Examples of whole grains are whole wheat, brown rice, buckwheat, oatmeal, and bulgur. If your child dislikes high-fiber foods, consider increasing fiber by adding unprocessed wheat bran into their food. Fiber supplements are also available such as psyllium (Metamucil) or wheat dextrin (Benefiber). To determine fiber content from a nutritional label, look for "Dietary fiber". Foods with 5 or more grams of fiber per serving are excellent sources of fiber.

If you have any questions about fiber, online resources are available through the Dietitians of Canada website. Your dietitian or healthcare provider can also provide more information. 🍌

*Becky Biqi Chen was a resident in general pediatrics for three years at the Children's Hospital at London Health Sciences Centre. She is currently specializing in pediatric gastroenterology during her fellowship at the British Columbia Children's Hospital.*

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## WHEN SEASONAL ALLERGIES BECOME A POLLEN

We bear harsh Canadian winters for the warmth spring and summer bring us. And yet, once we finally begin experiencing hotter weather, our cyclic exposure to trees, grasses, and pollens makes us more prone to seasonal allergies. Allergies to inhaled allergens can cause allergic rhinitis with runny nose, sneezing, and congestion, as well as allergic conjunctivitis with watery and itchy eyes.

To treat allergies, many medications are available including oral antihistamines or tablets, nasal sprays, and eye drops. While antihistamines can be sedating, there are non-sedating options available for children. For example, nasal sprays and eye drops can act locally and not cause further side effects.

In addition to medication, there are many changes that can be made in the environment to diminish allergies. The following changes can help allergies without the use of medication:

1. Pollen counts are highest at dusk and dawn. By avoiding be-

ing outdoors during these times can be helpful in diminishing symptoms.

2. The weather report often gives a pollen count. Listen to reports to know which days to avoid being outdoors on those days.

3. Wash clothes immediately when you return home from playing outdoors as pollen may stick to clothing.

4. Watch for the air quality index on the weather report. Poor air quality is associated with reactive airways or asthma in association with allergies.

As summer approaches, some simple changes might help to lessen the severity of response to the allergens in the environment. Enjoy the summer and keep safe in all aspects including the annoyance of allergies. ☹️

*Dr. Bhooma Bhayana is a family physician in London and the mother of two young men and grandmother of one lovely princess! She continues to find wonder and enjoyment in family practice despite more than 30 years on the job!*

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## STICKING TO FAIR PLAY

Join 12-year-olds Mikaeel and Ella every month as they share perspectives on life as a child sees it.

Have you noticed a time in professional sports when a team or player acted unfairly? How did it make you feel?

**Mikaeel:**

Once I did when Tom Brady deflated the balls to make them easier to catch. I thought it was unfair to the other team because the New England Patriots went to the Super Bowl because of it.

**Ella:**

Well, I didn't see this, but I heard about the time when Mike Tyson, the boxer, bit Evander Holyfield's ear off. I think that would definitely be considered unfair play. When I heard this, I was amazed that could ever happen.

Have you ever experienced unfair play yourself?

**Mikaeel:**

No, I have not.

**Ella:**

Yes, I have experienced unfair play before. While playing at recess, I feel like sometimes the people who play that sport on a team outside school, think they are the best players and don't pass to me and some of my friends. To me that is unfair play.

What can coaches/associations/players do to ensure sport is kept fair?

**Mikaeel:**

Coaches/associations/players can keep sports fair by making

sure kids and the referees know all the rules.

**Ella:**

I think coaches can make sure they have their players play by the rules even if it means that they lose. And I think players should familiarize themselves with the rules and use them.

Which sports are the easiest/most difficult to keep fair?

**Mikaeel:**

I think it would be easiest to cheat in golf and hardest to cheat in basketball because I don't think they do drug tests in golf and they do in basketball.

**Ella:**

I think hockey is a sport that is hard to keep fair because there are a lot of rules and sometimes a lot of people in one place, so it is hard for the referees to see. I think that swimming is an easy sport to keep fair because if you just stay in your lane, you won't bother anybody.

We're not keeping it all serious here - tell us a sports joke!

**Mikaeel:**

Why did the golfer wear 2 pairs of pants? In case he got a hole in one!

**Ella:**

What sport do waiters do so well at? Tennis, because they are such great servers! 🍷



## LOOT BAG MADNESS!

I can't stand birthday party loot bags! There, I said it, and I won't take it back.

I've embraced that being invited to kid's birthday parties comes along with the territory of raising a school-age child. Kids love asking one another to come to their party, they enjoy handing out invitations, and hanging out with their friends outside of school. It's fun and everyone gets to eat cake!

But what I'm struggling with is the need to give all attendees a goodie bag filled with... well, rubbish! Do my kids really need more sugary treats after an obscene amount of cake, good-ies, and juice? No thanks! I usually toss all the candy before my kid even sees the contents of the bag. Then there are the dollar store toys - many of which either break within the first few uses, get lost, become choking hazards for siblings, and lose their appeal in about 27 minutes. Again, these get pitched within a day or two of the party. And let's not forget the stickers that usually end up spreading joy on to my car's interior or my kitchen cabinet doors. The cheap stickers are always a real treat to remove!

**It's time to say goodbye to goodie bags!** I understand that you want to show your gratitude to the kids who came to the party and since you're willing to spend a few dollars per kid, here are some alternatives to consider.

- A frisbee, a dodge ball, skipping rope, hula hoop, or any other **inexpensive backyard toy** that we need to replace each year. Bonus: you're encouraging physical activity!
- Combine your parting gift with a **craft** to complete at the party. I've been to parties where my kids bring home a painted mini-canvas, a decorated treasure chest, or a beaded bracelet.
- **Bargain** or colouring books are always welcome. All book stores have reduced priced books made to fly off the shelf.
- Set up a **photobooth** - all you need is a digital camera and a printer OR an instant photo camera. Kids can take pics with their besties or solo shots that can also be decorated.
- Get dirty and **plant a flower** in a small pot as part of your party activities.
- Run a card game tournament (Go fish or Crazy 8s) and send home a **deck of cards**.
- Other **consumable toys** you can consider are play-doh, bubbles, sidewalk chalk, crayons or markers.

Putting a little thought into parting gifts would really help your fellow parents, party guests, and the environment! 🌱

*Frank Emanuele is a proud father of two sons, a special education teacher, and a director of Dad Club London.*

# HOW TO KEEP KIDS' TEETH HEALTHY

## FOR SUMMER & BEYOND!

Summer days are here! That means the end of rigid schedules, long summer days, and in some cases, a lapse in good habits like dental hygiene. With summer travel and an abundance of sugary, warm-weather treats around, it can be difficult to keep up good oral hygiene habits for your family during the summer months. Here are a few tips to help keep you on track.

### Buy new toothbrushes

Now is a great time to invest in new toothbrushes for every member of the family. If you plan to travel or be away from home frequently during the summer, it's a good idea to buy a few extras, too, so you can have them with you at all times. Throw some travel toothbrushes, flossers, and toothpaste into your bag and you'll always be prepared.

### Schedule checkups

Instead of waiting for the run-up to back-to-school time to schedule dental appointments- do it now as summer is kicking off. This will

help to catch any problems before they get worse over the summer and prevent dental issues from putting a damper on your summer vacation plans.

### Stock healthy foods

Finally, one of the best ways to ensure your kids' teeth stay healthy is to monitor what they are eating. Stock a healthy kitchen full of fresh fruit and other healthy snacks to minimize their exposure to sugary treats. There's nothing wrong with treats (and what would summer be without ice cream?) but it's important to offer healthy options more often, and to ensure that your kids brush their teeth after eating something sugary.

Remember, good dental hygiene sets the stage for good overall physical health. This summer choose to prioritize dental health to keep your kids' teeth in tip top shape for summer and beyond! 🦷

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# PERFECTLY FIT

By Ellen

Ellen Cannata is celebrating her 25th anniversary in the business of fitting children's feet! Her values have remained the same since her first day, July 2nd 1993. Ellen's standards are high, and she will only bring in the best fitting, quality footwear to ensure your children have the perfect shoes for their feet. Holding her own with the reputation of providing knowledge, excellence, customer service, and a perfect fit, Ellen would like to say a huge thank you to all of her loyal customers and is overjoyed that she has been able to fit the feet of many generations of the same families! She is also incredibly grateful to her parents, who have supported her from the beginning in making her dreams come true. Nothing makes her happier than being able to help children, families, and the community! Ellen's love of shoes and people has given her a reason to come in to work each day and made her job easy over the past 25 years. Over the years, she has hired and trained staff who continue to return again and again to support her and her business where everyone is treated like family.



*Celebrating  
25 Years!*

# Celebrating 20 YEARS!

## WHERE ARE THEY NOW?

To help celebrate our 20<sup>th</sup> anniversary, we're featuring a past cover kid in each issue this year.



Meet Sean and Nolan. Sean is 8 years old and appeared on the September 2014 cover, while Nolan is now 6 years old and appeared on the February 2016 cover.

A word from their mom, Pauline:

### What are their current interests?

Sean is an avid reader and enjoys a variety of graphic novels and chapter books. He finished reading Harry Potter before his uncle did! Sean collects hockey cards and enjoys watching the Leafs play with his dad. Sean is a great big brother to Nolan and they love playing Roblox together or building Lego.

### How does you feel when you look back at your cover?

Sean feels proud of his cover and likes the article that his mom wrote about him. Nolan thinks that it is cool that he was chosen to be on the cover.

### What does it mean that we've asked you to come back now?

Our whole family is thrilled and honoured to have been asked back! Our family and friends really rallied to get the votes for the boys to win a cover the first time around. At the time, we received many comments from friends and acquaintances when the magazines were received through school/daycare as well as seen at the children's hospital! The magazines were sent to family and friends all over the world.

### What has your experience with Sabina and *The Mom & Caregiver* magazine been like?

What can we say? Not only were our boys given an incredible opportunity to be on the cover of an informative and thoughtful local magazine but we now have lifelong memories in print! I was grateful and honoured to share our journey with Sean's diagnosis of being deaf/hard of hearing via my article in Sean's issue. We didn't know anyone who had gone through the same journey so I was happy to share our experience and perhaps help other families.

### What have you enjoyed about *The Mom & Caregiver* magazine, besides your child being on the cover?

The fact that the Mom and Caregiver offers incredible local news, advertising and informative articles at no cost to families is absolutely incredible! What an amazing asset to the London area!

### Anything else you'd like to add as we celebrate our 20<sup>th</sup>?

Looking forward to another 20! Amazing job Sabina. 🍷

Photo by One12 Photography



## TESTIMONIAL

"It is a pleasure working with Sabina and Mom & Caregiver Magazine. I look forward to the new issue each month because it's always interesting to see how my advertisement has been matched up with related, adjacent articles."

- Ben, Grocery Guy Inc.

# JUNCTION

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**DAY PASSES**  
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**Recommended for ages 4 and up.**  
**All abilities welcome!**

*Each month we introduce you to a business that offers families in London and the surrounding area, services or products you won't want to miss. 🍷*

Climbing is one of the most natural forms of play. It really only has one rule- get to the top. Children instinctively love climbing. It provides an immediate sense of accomplishment, unavailable in most sports. It is also remarkable because it is one of the few activities where all participants can have an equally good time at almost any age, ability, or experience. The Junction Climbing Centre has dozens of climbs set at levels from extreme beginner to absolute expert. Each person attending finds the climb that matches their ability, whatever their age or experience. Unlike many activities, parents are able to participate completely alongside their children. Everyone leaves equally tired.

The Junction Climbing Centre is London's only full climbing gym - it offers climbing in all of its major forms: bouldering, routes, and lead. Indoor climbing's major feature is that the routes are constantly being updated, new challenges are available every visit.

Getting started is as simple as coming down to the Junction. Once the safety waiver is signed, which you can now conveniently do online before you come, you can get climbing (visit [junctionclimbing.com](http://junctionclimbing.com))! After you arrive, our staff will do an orientation to the different kinds of climbing and the automatic belay systems. The automatic belay system does require a minimum weight of 35 lbs, which means children under 3 are not always able to participate, though they are welcome to hang out with us and watch.

Those looking to be more involved can learn rope belaying through our top rope class, advance their climbing abilities through our skills program, spend time with their child through our new Parents and Tot's class, or sign up their youth for our 10-week session. We also offer memberships and 10 passes to those who love climbing and want to do it as much as possible. Check out our website or give us a call to find out how to get started!



# APPLES & DINOSAURS: ICONIC ROADSIDE STOPS



School's out and that means one thing: a road trip with the kids. Getting there should be half the fun, and can be, if you know where to stop. Sure, ONroute food courts serve their purpose but why not aim for memorable?

If you're travelling between London and Ottawa, or Montreal and Quebec City (or both) this summer, I have two must stop stops for you – The Big Apple, along Highway 401 in Colborne and Le Madrid, along Highway 20 in Quebec.

If you haven't hit The Big Apple in a few years, you're in for a surprise. They've taken kitsch to a new level. The restaurant/gift store overflows with apple paraphernalia and apple treats – pies of course – and a full lunch menu. Inside the giant Mr. Applehead, you can still learn about apple facts, but outside you'll find barn animals, updated mini-putt, ping pong tables, train rides, shuffle board, and bocce ball.

While the Hillbilly-themed restroom is something to see, plan for more than a quick bathroom break here.

Then there are the life-sized dinosaurs at Madrid 2.0 (as they're now calling it) between Montreal and Quebec City, visible from #20. A highway stop with a history – once privately owned and home to monster trucks, 75 dinosaur statues and homemade fare – is now scaled back to a family-friendly fueling stop with recognizable fast food names (yes, that one).

A dozen colourful prehistoric beasts remain in the 'park' next to the gas station. Added are educational plaques, but let's face it: everyone's really stopping for the fries and photo ops. 📸

*Sherrri Telenko is a freelance writer and blogger living in Southern Ontario. Sign up for travel and trail riding ideas at [www.horsetrotting.net](http://www.horsetrotting.net) or follow her on twitter @SherrriTelenko.*



## DOESN'T EATING FAT MAKE YOU FAT?

In the previous issues, I've discussed my weight loss journey of losing 60 lbs by following the ketogenic diet. I explained that the ketogenic diet is a low carb, moderate protein, high fat way of eating. It's the high fat part that often makes people pretty uncomfortable.

You've been hearing for years that fat is bad for you and should be avoided, but that's just not the case! This is where we ditch the low fat or fat free items that are supposed to be helping us live a healthier lifestyle. The fear of fat in society is real but its unjustified when consumed as part of a low carbohydrate diet such as keto.

It takes a little time for you to get used to the idea of eating high fat, especially after years of buying low fat foods, skimping on dressings, and being light on the butter. Eating higher fat is one of the reasons the ketogenic diet is so enjoyable. Fat is fuel on this diet which is why you can eat foods like bacon, butter, heavy cream, cheese etc.

When you're eating extremely low levels of carbohydrates, your body needs fat for energy! When you're in a state of ketosis your body can tap into stored fat – yes, the fat on your tummy or your arms – for its energy needs, which is why many people on the ketogenic diet don't feel hungry often.

You'll frequently hear people say to eat fat until full, don't be misguided. Most keto dieters do not pour butter and cream sauces on everything that they eat. Majority eat healthy salads with high fat dressings and cheese. Other favourite meals include high fat cuts of meat like steak or skin-on chicken thighs with buttered roasted veggies like zucchini, peppers, cauliflowerer, and broccoli.

I recently celebrated my 60 lb weight loss with a photo session with my photographer friend Erwin Loewen from Aylmer, ON. It felt amazing to feel confident enough to take the photos and eating fat got me here! 😊



For more helpful info on the ketogenic diet, connect with Joanna Wilcox on Instagram: @ketoincanada, Youtube: ketoincanada, Facebook: IAmKetoInCanada or her web site where she offers a beginners guide and group support: [iamketoincanada.com](http://iamketoincanada.com).

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## SOAK UP THE SUN, BOOST YOUR MOOD

The summer season is here! This means long days, cold drinks, campfires, and tan lines. If you have been inside all winter, now is the time to get outside and enjoy the sunshine! Do you like to garden or go swimming? Do you like visiting your neighbourhood park or going to your local farmers market? Whatever you like doing, it's important to get outside and soak up the sun. With all the news about sun safety and skin cancer, we can easily forget the good benefits of sunlight, but there are lots.

Did you know that getting anywhere from 5 to 15 minutes of sunlight on your arms, hands, and face 2-3 times a week is enough to enjoy the vitamin D-boosting benefits of the sun? Vitamin D is a vitamin that helps develop strong bones, teeth, and can even improve your resistance against certain diseases. If you're feeling down, try spending some time outside. Expo-

sure to sunlight can also boost your mood and help you feel calm and focused.

Finding the time to spend outside doesn't have to be difficult. Try incorporating "outside time" in your daily routine by doing things like:

- Eating your lunch outside
- Parking further away from a store so you can walk
- Going for a walk after work twice a week
- Having a picnic for dinner instead of staying indoors

Just remember that if you're going to be outside for more than 15 minutes, use a sunscreen with a sun protection factor (SPF) of at least 15. ☺

*Emily Beeckmans is educated as a social worker and is a trauma specialist. As a private practitioner, she strives to educate clients and the public about the importance of emotional health and well-being. Emily offers you a safe place to dig into your thoughts, feelings and life choices.*

**Have a great summer!**



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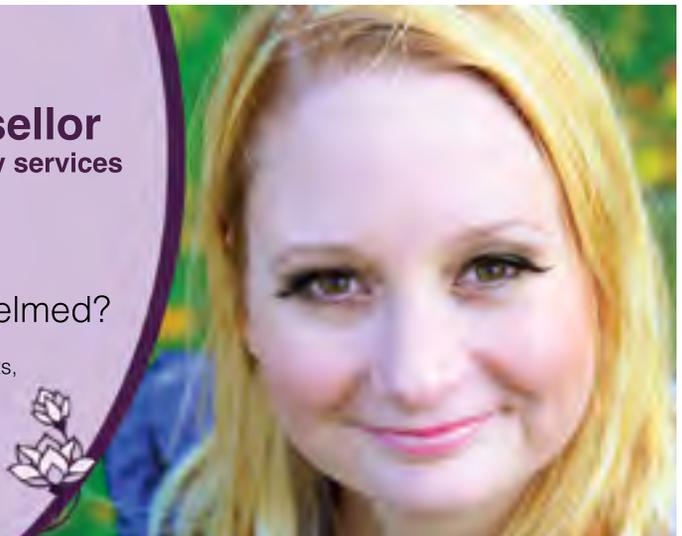
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# SMELLS LIKE LEPTOSPIROSIS

**W**e've noticed that many of our furry friends who visit us this time of year seem to wear the same "doggy perfume". Unfortunately for the pet parents, this is usually a sign that our patients have met their new neighbours: skunks.

As a result of urban sprawl, an increase of "woodland" animals, like skunks and raccoons, have moved into the city. Now, even city dogs find themselves sharing a backyard with these critters. This means that more pets are getting sprayed! However, it also means that more pets are getting sick with the illnesses these creatures transmit, and as a result we're especially seeing an increase of Leptospirosis in London and surrounding towns.

Even dogs who are rarely outside or are always carefully monitored are at risk. Affected animals transmit the Leptospirosis bacteria through their urine, which can linger on organic material or make its way into stagnant water, where it can live for months. On a hot summer day, it's easy for a thirsty dog to ingest contaminated water, even under supervision.

Because it is transmitted from animal-to-animal through urine, any place where pets or wildlife have been is potentially dangerous, including sidewalks, trails, puddles, and dog parks.

What starts as lethargy, vomiting, diarrhea, and frequent urination can quickly lead to kidney failure, liver damage, and whole body inflammation. Although it's rare, cats and humans can also contract (and spread) Leptospirosis. If caught early, it can be treated with supportive care and antibiotics, but it is extremely uncomfortable and can be fatal.

To prevent Leptospirosis, always be wary of any water which may contain urine and alert city officials of anywhere that is not draining properly. We're even seeing an increase in Leptospirosis in small lap dogs who spend most of their time in their parents' arms. Most importantly, all dog parents should have a conversation with their veterinarian about the Leptospirosis vaccine and should consider vaccination.

Leptospirosis is a threat that is quite literally "in our own backyard!" Fortunately, there are ways to prevent it. Although we might not be able to stop the backyard bandits and striped stinkers from sharing our neighbourhoods, we can protect our pets by knowing the risks that come with them.

Now, if only we could stop them from getting sprayed! 🐾

*Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at [brent@NeighbourhoodPetClinic.com](mailto:brent@NeighbourhoodPetClinic.com). Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your questions.*

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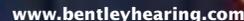
  
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## SUMMER SNACKING- THE HEALTHY WAY

For most of us, summer means spending time outdoors soaking up the warm, sunny weather with family and friend, or laying on a beach or by the pool with a margarita in hand (my vision of summer). Who enjoys cooking in a hot kitchen in the summer? NOBODY! Use the tips below to help you and your family plan healthy summer meals without breaking a sweat.

Hitting the road for summer holidays?...(don't forget to leave room for me in your suitcase)...Make healthy eating a breeze by planning healthy meals and snacks before leaving the house.

- For picnics and trips, pack foods like bite-sized veggies, whole grain crackers, cheese cubes, and nuts. Get the kids involved by asking them to help plan and pack the picnic.
- Heading to the lake or going camping? Plan your meals before you leave. You'll spend less time in the grocery store and more time having fun!
- Going hiking or on a road trip? Take healthy snacks to keep you

fuelled all day long. Try veggie sticks, fruit, homemade trail mix, homemade muffins, yogurt, and sandwiches. Use ice packs to keep cold food cold.

- Don't leave home without a bottle of water. Water is the perfect drink on a hot summer day.

Another popular summer tradition is barbecuing. Here are a few tips for healthy summer grilling.

- Grill extra veggies, fish, tofu, or lean meat for lunch tomorrow.
- Store-bought marinades and sauces are often high in sugar and sodium. Make your own delicious and healthy marinades using lemon, fresh herbs, garlic, onion, and spices.
- Barbecuing isn't just for meat and veggies. Grilled fruit is a healthy, delicious, and naturally-sweet dessert. Try grilling fresh peach slices or pineapple and serving with lower-fat yogurt. 🍑

*Jenn Giurgevich is a Registered Dietitian and contract Professor at Brescia University College with a wealth of nutrition knowledge. Over the last 10 years, Jenn has paired her love for nutrition and health with her undeniable love for fitness, working as both a personal trainer and a fitness instructor.*

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## SUMMER BEAUTY BAG MUST-HAVES *Get glowing girl!*

Summer is all about lightening your beauty routine. Below are some of my favorite products to help beat the heat and stay beautiful.

### Base

BB creams are available in light to full coverage formulas with a weightless feel on the skin. They are easy to apply and layer with other beauty products. Make sure to look for one with SPF to keep you protected and flawless all summer long.

### Brows

Our brows tend to lighten in the sun and lose strength as we become more tanned. Keep a brow pencil on hand to softly fill in brows where needed. Opt for a water-

proof formula for long-lasting results.

### Mascara

Beat the heat and avoid raccoon eyes with waterproof mascara. Look for voluminous formulas for maximum effect to keep eyes looking fresh all-day long.

### Powder

Dewy skin is in, but shine is not. Keep a translucent powder on hand to keep oil at bay.

### Bronzer

It's all about the glow. That soft, sun-kissed shimmer can keep you looking radiant from day to night. For a quick glam-boost, apply bronzer on the lids.

### Lip Balm

A pretty pout starts with hydrated lips, so, keeping lip balm on hand is essential in the heat. Tinted formulas are a great way to add a touch of colour while adding lots of moisture.

### Lip Gloss

A quick and easy way to complete your look is with a lush lip gloss. Stick with neutral and warm pink tones to enhance your glow and glisten in the sun.

### Sunscreen

An absolute must-have in your beauty bag! If you've already primed and protected at home, keep a travel size with you for touch up's or unexpected sun exposure. ☀️

*Lisa Aquilina is a beauty and wellness professional who strives to help women take care of themselves and support their well-being.*





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