

THE MOM AND CAREGIVER™

JULY 2020
VOLUME 22 ISSUE 7

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THE WORLD needs
more CANADA

RACISM IN CANADA

BBQ CHICKEN WITH MANGO SALSA

THE STING OF BULLYING

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

A Free Magazine for Parents and Caregivers



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ON THE COVER

Cassia is a kind, modest young lady who was very excited about her photo shoot. She didn't want to tell her classmates where she was going because she didn't want to brag. How sweet! Her beautiful yolk was beaded by mom's cousin, and was a surprise for Cassia that morning. The feather she is holding is used in special ceremonies.

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KEEP OUR LAND GLORIOUS AND FREE

Even though summer definitely looks different this year, I am still excited to dip my home-painted toes in cool water, to read a novel from the comfort of a lawn chair, to barbecue dinner (find BBQ Chicken with Mango Salsa on page 15 - yum!). And to celebrate Canada Day – I do believe, as our cover banner proclaims, that “the world needs more Canada”. Like many others in our country, I am so happy to be raising my son here.

My son Mikaeel, and his cohort Ella, share their views on What it Means to be Canadian on page 11. If you’re looking to celebrate July 1ST (virtually from Parliament Hill this year), find this and other great summer events on page 5.

We are also ecstatic to bring two new perspectives to the mix at The Mom & Caregiver. New authors Sarah Atiq (p. 13) and Angie Aristone (p. 9) talk home design and developing your own intuition. Even if these topics are new to you – check them out. You won’t want to miss what they have to say!

Unfortunately, we all have a far way to go to be sure that all Canadians are being treated equally. We were reminded of this when the horrific death of George Floyd by a police officer triggered needed protests across the United States and other countries around the world. Our very own, Jordan Thomas, reminds us that “we have some serious soul-searching and painful work to do. Us. Right here, in Canada.” She writes as a white woman raising a black daughter, and the statistics she shares in her article “Racism in Canada: White People, We Have Some Serious Work to Do” (p. 18) are shocking and make me tearful. But as Jordan states “tears aren’t going to fix this mess. Action is.” So let’s all educate ourselves to find out how we can make our world and this country a much better place.

I wish you all a wonderfully unique summer. Fill it with learning about those around you. Fill it with fighting for causes that matter. And fill it with family time by enjoying your children and the time we’ve been given to spend with them. Here’s to keeping the conversation going. 🌸



“ Forget not that the earth delights to feel your bare feet
and the winds long to play with your hair. ”

- Khalil Gibran

JULY 2020 EVENTS

1ST

Happy Canada Day!
Celebrate virtually.

www.canada.ca/en/canadian-heritage/campaigns/canada-day.html

7TH

Get support from "the street"
for the kids AND you.

www.sesamestreet.org/caring

11TH

Time for a healthy,
delicious dinner.

www.themomandcaregiver.com/cammies-salmon/

15TH

Beauty doesn't mean
perfection. Middle graders
will love this art project.

www.crayola.com/lesson-plans/cracked-cups-fractured-beauty-lesson-plan/

19TH

Got a space-loving kid at home?

www.nasa.gov/feature/langley/color-my-space-with-nasa-coloring-activities-for-young-students

22ND

Learn quick doodles with a
real storybook illustrator

www.youtube.com/watch?v=RmzjCPQv3y8

31ST

I scream, you scream,
we all scream for ice cream!

www.themomandcaregiver.com/caramel-pecan-ice-cream-dessert/

3RD

Take a Daily Dance Break
with Kidz Bop.

www.youtube.com/channel/UCKE0Xnj818lDaHvIcRiq0Bg

9TH

The best way to keep the kids quiet
is by bird-watching as a family!

www.audubon.org/get-outside/activities/audubon-for-kids

12TH

Did you leave room for dessert?

www.themomandcaregiver.com/tiramisu/

16TH

Time magazine for Kids is FREE
for K-8 this month

www.time.com/tfk-free/

21ST

Travel from Rome to Paris
to Athens to see art!

www.getyourguide.com/magazine/2020/03/best-virtual-museum-tours/

26TH

Time to learn where our food comes
from (it's not the grocery store!)

www.farmfood360.ca/

SPECIAL FEATURE:

Behind the Scenes of our Cover

We were so happy to meet our amazing cover kid, Cassia, and her beautiful family at our photo shoot for this month's cover. We were honoured to learn about their culture through the ceremonial items, dress and stories they brought that day, and asked Cassia's mom, Andrea Doxtator, to share more.

Cassia is a very proud Indigenous nine year old from Onyotaa:ka (Oneida Nation of the Thames), The People of the Standing Stone. Cassia is half Iroquois from her mother and half Ojibway from her father. She is very proud of her culture and eager to learn everything that she can from ceremonies, songs, language and roles and responsibilities that come with being a proud Indigenous woman. She enjoys attending traditional ceremonies and taking part in cultural events at school. With Cassia being only one of two Indigenous students at her school of 200+ students, she is always open to answering questions, educating or

helping her peers understand her culture. She looks forward to inviting guest speakers from her community to her school, and making traditional food to share with her classmates.



For More Details and Events

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WHEN HOME is not SAFE

The past few months have completely altered our society. The coronavirus pandemic has necessarily shut us in together. For some, this has provided an opportunity to cloister with loved ones and cherish family time that is often hard to come by in this frenzied world. For others, being quarantined with family is a nightmare.

The coronavirus has created a siege-like state, not unlike any other disaster might. This state, compounded by the fact that the lockdown has led to widespread job loss and insecurity, creates the perfect storm to escalate pre-existing intimate partner violence.

An increase in domestic violence has been documented during this pandemic. The isolation of couples has also led to difficulty for victims to be able to access and seek help, and escape the escalating abuse.

The Ontario Network of Sexual Assault/ Domestic Violence Treatment Centres has established a 24/7 nurse-staffed telephone navigation line to assist service providers and victims/survivors of sexual assault and intimate partner violence during COVID-19. Call 1-855-NAV-SADV (1-855-628-7238).

The World Health Organization has the following advice for people who are themselves facing intimate partner violence and those who see family, friends and neighbours who are facing this:

- **Identify a neighbour**, friend, relative, colleague, or shelter to go to in case you need to leave the house immediately for safety.
- **Have a plan** for how you will exit the house safely and how you will reach there (e.g. transport).
- **Keep a few essential items** (e.g. identification documents, phone, money, medicines, and clothes) available, and a list of telephone numbers in case of an emergency.
- **If possible, develop a code** with a trusted neighbour so they can come to your aid in case of an emergency.

Stay safe during this pandemic... both by staying home, and in spite of staying home. 🏠

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



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SIMPLIFYING INFANT SLEEP

Parents can feel overwhelmed with advice or tips from family, friends or the Internet when it comes to infant sleep. You may think you are doing something wrong if baby wakes in the middle of the night. If your baby likes to be cuddled to go to sleep you may think that's a bad habit you have created. You can start to question what you want to do versus what everyone says you should do.

As a Parent Educator, I want to help parents understand their babies and what are realistic expectations. It's not realistic to expect a baby to sleep long stretches without needing a diaper change or a feeding or a cuddle.

An infant's sleep cycle is completely different than an adult's. Infants are not yet able to sleep long stretches or even determine nighttime or daytime until the part of the brain that regulates the circadian rhythm is developed (between 3-6 months of age). Even then, we are led to believe that babies should be sleeping a full night at that point. This is a misconception.

Babies cry and wake up for many reasons. These reasons don't stop at a specific age. Teething, growth spurts, illness, learning new skills, bad dreams. Babies are designed to wake frequently to feed, to cuddle, to have needs met. If your best friend came up to you crying you wouldn't tell them to go cry alone or refuse to hug them in fear of them becoming dependent on you. We often think differently about our babies.

Adults can wake up for many reasons. The difference is that adults have the skills to fall back asleep or meet their needs (get a drink, go to the bathroom etc.). Babies can't do that. They are 100% dependent on us to help them.

The best thing you can do is create an environment that's dark and at a comfortable temperature. Have a bedtime routine in place and try to stick to it. Avoid electronics, have white noise or music playing softly. Massage, skin to skin, is also recommended. The rest is up to baby and whatever stage they are going through.

It's okay to rock your baby to sleep. It's okay to respond to their cries. It's okay to feel overwhelmed and frustrated. Put baby down in a safe place and walk away for a few minutes. Take deep breaths. Try again. 🧘

*Paula Dibbitts, RECE, CIMI
Parent Support Educator
Submitted on behalf of the Middle-
sex-London Community Early Years
Partnership*



SKIN CARE ESSENTIALS

Skin (also called integumentary system) is the largest organ of the human body which includes hair, nails, capillaries, various glands, and nerve receptors. It is the first defense of our body, and it performs many jobs, such as:

- Protects the body from chemical, biological, heat.
- Helps the body maintain a steady temperature.
- Holds water and prevents evaporation of water.
- Helps body convert UV rays into Vitamin D3.
- Nerve receptors help respond to cold, heat, pain, pressure and other sensations.
- Secretes sebum oil to lubricate skin to keep skin healthy.
- Capillaries carry oxygen and nutrients to your skin.

From the book "Milady's Standard Textbook for Professional Estheticians", the complex structures of skin contained within one square inch include the following:

- 65 hairs
- 9,500,000 cells
- 95 to 100 sebaceous glands (oil glands)
- 650 sweat glands
- 19 yards of blood vessels
- 78 sensory apparatuses for perceiving heat
- 78 yards of nerves
- 19,500 sensory cells at the end of nerve fibers
- 1,300 nerve endings to register pain
- 160 to 165 pressure apparatuses for perceiving touch
- 13 sensory apparatuses for perceiving cold

With all these functions, our skin constantly transmits and receives information. If something is amiss, it displays signs of distress. If our body condition is well, it displays radiance. Therefore, to keep skin healthy and vibrant for life, here are some tips:

- 1 Cleanse skin twice daily, even without makeup during the day.
- 2 Balance your diet in order to maximize your nutrition.
- 3 Drink plenty of water to keep your body hydrated and detox internally at the same time.
- 4 Keep moving 45 to 60 minutes daily by walking or physically exercising to boost blood and lymphatic flow.
- 5 Enjoy 20 minutes of sunlight every morning to start your day. It can keep you energized all day long.
- 6 Keep your cell phone and worries away. Give yourself at least seven hours of deep sleep so your body can repair and rejuvenation.

Real beauty is not layer after layer of thick foundation or concealer. Real beauty is vibrant, glowing skin. Please drop me an email to lseed@revitamedispa.com if you have any questions about skin care. I can book a FREE ZOOM CONSULTATION to help you with your concerns.

Remember...Relax, Regenerate, Revitalize 

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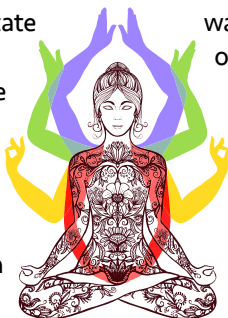


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MEET ANGIE ARISTONE

Twenty years ago, I had my first definable experience with mediumship. It was so intense that I sat to meditate every day after that. During those early meditations, images would show up in my mind, along with a sense of who the images belonged to. When I contacted the person afterwards, I was amazed to discover that the images I was seeing consistently contained accurate information about deceased people's lives they were connected to. The images also came with deeply personal and specific messages that turned out to be profoundly meaningful for them.



about them, which I did for over 12 years. Speaking in his classes was a huge gift to me. I developed a very clear understanding of how psychic abilities work, where they don't work, and how they can best be applied.

Mediumship is just one application of a natural human ability science is just beginning to understand. My passion over the years has shifted from offering mediumship sessions (which I still do) to teaching people how to access and apply their own intuition.

As a recent graduate of Western University, I was skeptical but curious. I kept detailed journals of every meditation and the information people validated. After filling two journals, I sat down with a professor at King's College who taught courses in Altered States of Consciousness in the Psychology department. Mediumship was on his syllabus, so I thought he would be the perfect person to run my experiences by. After four hours in his office, he concluded that my meditations were legitimate psychic experiences, assuring me I wasn't losing my mind, and that there was good scientific evidence for survival of consciousness and the validity of mediumship. He invited me to speak in his classes

Over the last 20 years, researchers have made tremendous strides in understanding the qualities and profound benefits of altered states, particularly in the science of flow states of consciousness, which now forms the foundation of the relatively new field of positive psychology. For those of you who are interested and ready to develop your own abilities, I offer a program with all the latest research on flow that takes you far deeper into the power and potential of flow than most researchers and trainers are willing to go, and provides personalized support through the transformations that living in flow inevitably brings. 🧘

Angie Aristone, co-author of *Consciousness Becomes You*
www.angiearistone.com



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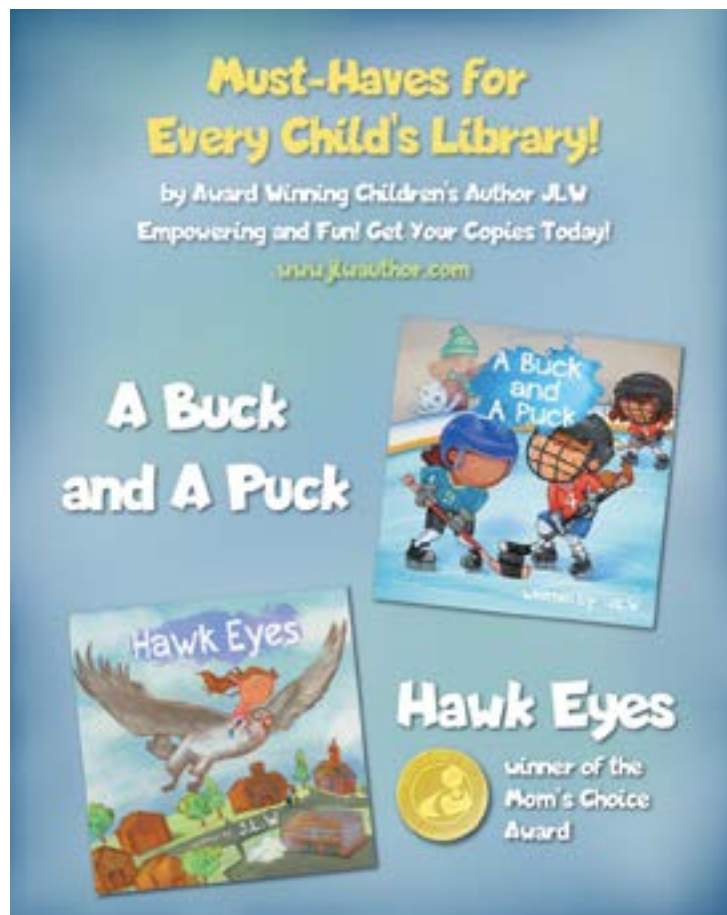
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THE STING of BULLYING

One of the most frustrating things about trauma, is when you've done the work to deal with it, at the drop of a hat, the paralyzing emotions attached to the trauma can reappear. And although nearly 30 years have passed since I was last bullied, the sting doesn't lessen, when something new triggers that trauma to arise from deep within my soul. I've spent unfathomable hours in therapy over the years, each time learning new techniques to manage my responses.

As a child, I was the perfect target for schoolyard bullying. Red hair, Coke-bottle glasses with a patch, freckles, overweight and a little bit socially awkward because of the lack of friends and genuine social interaction. I don't have many happy memories as a child. I was too absorbed with trying to secretly process the gaslighting, manipulation and alienation I was experiencing on a daily basis for six years to be happy. I was severely depressed, too ashamed to ask my parents for help, and felt truly alone.

Recently, I experienced the most alienating experience of my adult life. I will spare you the details, but it was sickening to my mind, body and soul. As a victim of bullying and a mother, I'm overly sensitive to my daughter's own social experiences. As an empath, I am acutely aware of her emotions. I often struggle with whether I'm guiding her correctly through these situations.

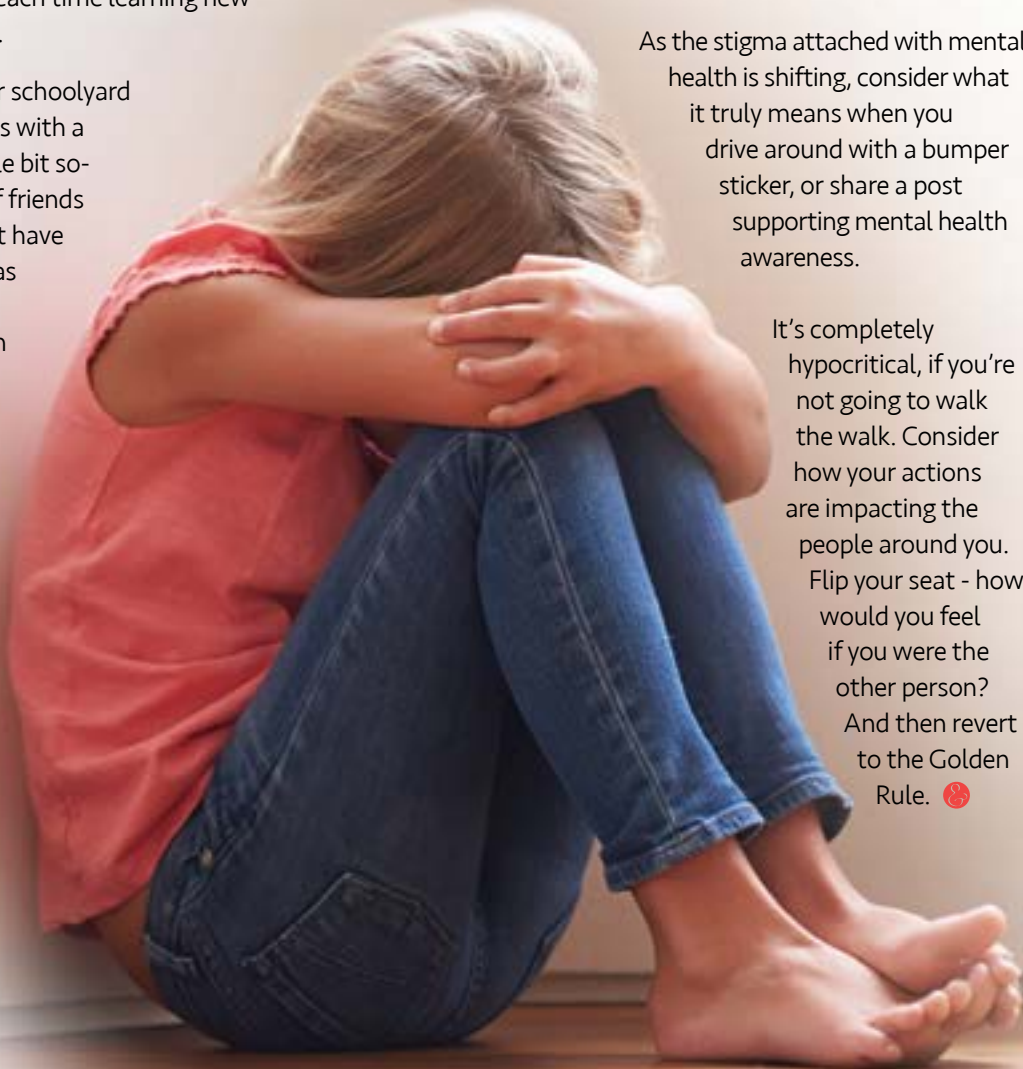
Janet Smith is a proud single-mom of one daughter and a marketing professional who is grateful for her rural roots in the London area. She is a big believer in connecting with people through laughter and honesty.

As a victim, I have to consciously check myself to ensure that I'm not over-reacting, raising unneeded alarms for her, or interfering with valuable life experiences. It's that balance which is the greatest struggle.

I relish the lessons I learn from these triggers. Here's one I would like to share.

As the stigma attached with mental health is shifting, consider what it truly means when you drive around with a bumper sticker, or share a post supporting mental health awareness.

It's completely hypocritical, if you're not going to walk the walk. Consider how your actions are impacting the people around you. Flip your seat - how would you feel if you were the other person? And then revert to the Golden Rule. 🙏



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Life as a Child Sees It

WHAT IT MEANS *to be* CANADIAN

What does it mean to you to be Canadian?

Mikaeel: I think it means living in one of the best countries in the world where all races and creeds are accepted.

Ella: To me, being Canadian means living in a free country, getting a good education and having free healthcare, plus knowing how to bundle up for the cold!

Why do you think Canada is one of the best places in the world to live?

Mikaeel: I think Canada is one of the best places in the world to live because it is a very peaceful country and it is filled with beautiful nature.

Ella: I think Canada is one of the best places to live because we have a stable government, and there aren't any wars or conflict, which makes it a very peaceful place to live.

If Canada could teach the rest of the world one thing, what would it be?

Mikaeel: I think the rest of the world could learn from Canada's diversity and equality, as well as the kindness of Canadians.

Ella: I know this is a big stereotype, but I do think Canadians are very polite, and we pass on our politeness wherever we go.

What is our government doing right and wrong for Canadians?

Mikaeel: I think our government has done a lot of good things like universal health care, but needs to improve on benefits for seniors such as universal Pharmacare.

Ella: I think the government is doing a good job with preserving nature through national and provincial parks, and making sure we don't take too much of the land to build on. I think they could work on paying the people who help other people, like teachers, nurses and childcare workers, a wage that everyone thinks is fair.

What is your favourite Canadian invention?

Mikaeel: My favourite Canadian invention is insulin as it was invented right here in London.

Ella: My favourite Canadian invention is the pacemaker. A pacemaker is a device that helps people with heart issues. It does this by sending electric signals to make it pump the right way. 📺



Join 14-year olds **Mikaeel** and **Ella** every month as they share perspectives on life as a child sees it.



Grand Avenue Children's Centre is a full-day, licensed, non-profit child care centre, located in London's Old South. An established centre, we have been providing quality programs for Infants, Toddlers and Preschoolers for over 30 years!

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CELEBRATING *the* DAD BOD

As summer comes into full bloom, many will begin to notice several sports-deprived men, donning their well-used cargo shorts, emerging from sheds and basements across the nation. We've been itching to immerse ourselves into lawn care, gardening, power-washing, BBQing, and many other gender-stereotypical outdoor projects. As the heat rises and our collective brows sweat, you may be fortunate enough to witness the unapologetic unveiling of the shirtless and proud Dad Bod.

For those new to the term, a Dad Bod is a male body type that is best described as soft and round. It is believed that once men have children, we worry less about maintaining our once sculpted and studly physiques. The Dad Bod is more marbled rib eye than filet mignon, more mudslide than mountain, more soft serve than sorbet, and more mashed potato than skinny fry. The Dad Bod is built for comfort. (Thank you Urban Dictionary for the superb visuals.)

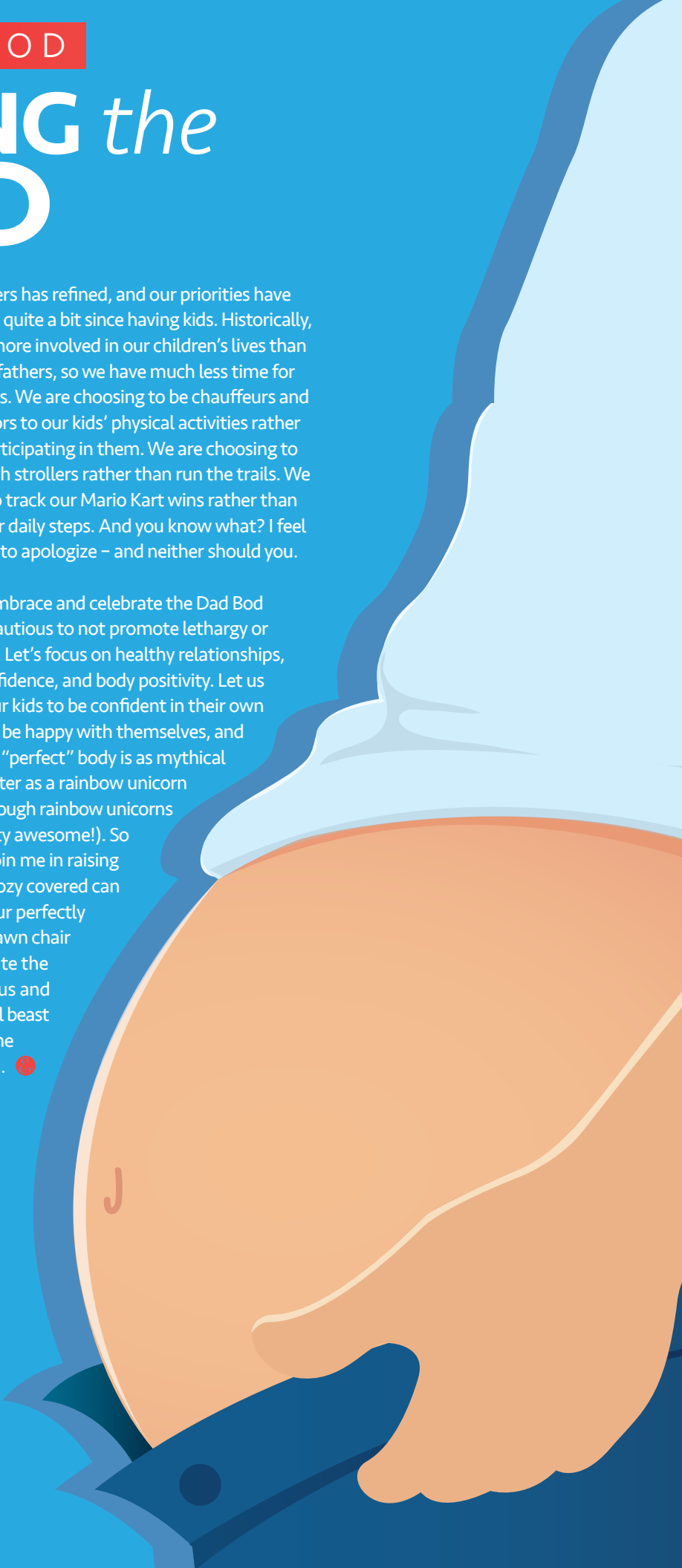
If you are the type of dad who has the discipline to eat healthier, limit your beer consumption, and find the time to work out, I have no quarrels with thee (mainly because I will never outrun you). I have the utmost admiration and envy for your mental fortitude and godly figures. But this message is not for you, so put down the magazine and get back to that colossal quota of crunches you've set for today.

This is a salute to my bulky brethren who put their workout routine on hold for a while (we'll get back to it someday, right?). To the doughy dads who don't think twice about eating that extra slice of pizza or having that second beer. Let's face it, many of us have caved to a few too many COVID quarantine snacks. Plus, our metabolisms have slowed down, our taste for

craft beers has refined, and our priorities have changed quite a bit since having kids. Historically, we are more involved in our children's lives than our forefathers, so we have much less time for ourselves. We are choosing to be chauffeurs and spectators to our kids' physical activities rather than participating in them. We are choosing to walk with strollers rather than run the trails. We prefer to track our Mario Kart wins rather than track our daily steps. And you know what? I feel no need to apologize – and neither should you.

Let us embrace and celebrate the Dad Bod (while cautious to not promote lethargy or obesity). Let's focus on healthy relationships, self-confidence, and body positivity. Let us teach our kids to be confident in their own skins, to be happy with themselves, and that the "perfect" body is as mythical a character as a rainbow unicorn (even though rainbow unicorns are pretty awesome!). So please join me in raising a beer-cozy covered can from your perfectly placed lawn chair and salute the bodacious and beautiful beast that is the Dad Bod. 🍺

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



YOUR VERSATILE HOME

Now is the perfect time to convert our homes into that comfortable yet functional space that we all need it to be. Our living spaces have been turned into home schools, offices, conference rooms, and gourmet kitchens. We must now divide our living spaces to serve many different functions.

Try these simple steps to create your ideal space at home:

STEP ONE: Your Home Is a Blank Canvas

Reimagining a space to serve your daily routine is the key to a functional home. For example, many of us have no need for a formal dining/living room at the front of the house. Using tastefully chosen furniture such as a desk, a beautiful chair and storage pieces instantly makes it into an office. Perhaps a playroom for the children? Adding in fun wall decals along with low table and chairs, and a bookcase for storage can make the space welcoming for little ones. Remember, your home is your space - imagine it the way it works for you.

STEP TWO: Mental Wellness Starts at Home

Create yourself a "wellness space". Does your home have a spot where you can really center yourself? An area where you can snuggle up and read, meditate, and feel at peace? During these stressful times, it is imperative to have a space where you can "unplug" and

"recharge." It does not have to be an entire room; it can simply be a corner with comfortable pillows along with a few objects that are close to your heart. Good design isn't just about appearance - it's about having a positive personal connection with the items around you. Having a happy place where you can relax and ground yourself can make a big difference in one's daily outlook.

STEP THREE: Bring the Outdoors In

Adding plants to your space can play double duty: they are great for the mood and are a natural accessory! Adding greenery has an impact on the general feel of the room making it feel fresh, clean, and ALIVE. Having a green thumb is not a requirement. Many plants such as aloe vera or snake plants look beautiful and require less care. A bouquet of flowers plays a similar role by adding a pretty freshness to the home. Use decorative planters to elevate the look of the plants. A Fiddle Leaf Fig Tree in a textured planter can add life to a forgotten corner or an Umbrella Tree in a basket that you already own can create a more relaxed design.

Remember you want your home to be able to feel as though it is giving you a HUG, it should be a space that you can enjoy surrounded by the atmosphere you love! 🌿

*Sarah Atiq
Principal Designer, Sarah Atiq Interiors*



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TO OUR FRIENDS *and* LOYAL CLIENTS

We are happy to inform you that we are re-open for business. But things are different!

Covid-19 has changed the world and the way we work and live. I strongly believe a lot of the changes are positive as time was going so fast. It's not a bad thing to slow down and breathe, enjoying the ride along the way!

As of June 2nd we moved to running the business, trying to embrace a slower pace of life, while giving our customers the time and space they need to be safe. Our new hours are Tuesday to Friday 9:30am to 5:30pm and Saturday from 9:30am to 4pm. We are closed on Sunday and Monday. This will allow a balance of work, family and lifestyle for everyone. We will analyze this through the summer and re-evaluate in the fall, potentially adding an evening open back into the week.

For the safety of our staff and clients, we will be implementing new protocols when you visit our store. These will include:

- Operating by appointment only – If you show up without an appointment, you will be required to call the store and possibly wait outside until we're ready for you, or possibly have to come back if we have too many appointments already booked.



- If you have symptoms of Covid-19, or have travelled outside of Ontario you will be asked to remain home.
- If you have a mask on, you will be asked to lower it while coming into the store for security reasons. We will offer you a mask if you do not have one (optional).
- We also have gloves that are optional for the repair center.
- Hand sanitizer will be used upon entering the store and before trying on jewellery.
- The floor is taped off with six foot quadrants that will keep people spaced out, and we are only allowing two sets of customers in at a time, set by appointments. Groups of people are asked to remain together, not spread out in the store. Maximum amount per family/group is three.
- Plexiglass stations are set up and are portable to move with the clients.
- Sanitizing of all touch areas will be done on a regular basis and immediately after working with a client, including the payment pin pad terminal.

You can call the store at **519-663-1110** or message us directly from our website in order to set up your appointments or ask any questions. We have missed you and are looking forward to seeing and working with you again. 🍷

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BBQ CHICKEN WITH MANGO SALSA

INGREDIENTS:

- 4 chicken thighs
- ½ tsp cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chipotle powder
- 1 tsp brown sugar
- 1 tsp cayenne
- 2 tbsp ketchup
- 1 tbsp apple cider vinegar
- 1 cup store bought or homemade BBQ sauce
- Cooking oil
- Kosher salt and fresh cracked black pepper to taste

MANGO SALSA:

- 1 mango, de-seeded & brunoise (1/8 inch dice)
- 1 stalk cilantro, finely minced
- 30 grams red onion, finely diced
- 1 clove of garlic, pureed
- 2 tsp fresh lime juice

METHOD:

Pre-heat one side of the BBQ to medium-high heat, the other side to low-medium. In a mixing bowl combine all chicken ingredients and marinate between one hour to overnight. Brush grill with oil to prevent chicken from sticking. Place on hot part of grill and sear both sides. When desired colour is achieved, move to cooler part of the grill to continue cooking. Cook to 165 F.

In a mixing bowl combine all ingredients for mango salsa; set aside until required. 🍷



Chef Devan Rajkumar's relentless passion and ambition to become one of the best in the food service industry are rooted in his time spent as a young boy in a tiny apartment with his Guyanese grandmother. Her dedication and enthusiasm were instilled in Chef Devan and began his quest for life changing food profiles.

MARLEY'S DREAM



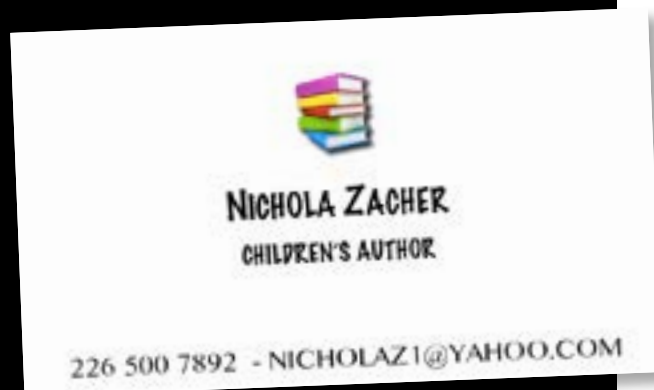
Each month we introduce you to a business that offers families in London and the surrounding area, services or products you won't want to miss. ☺

Nichola Zacher is an aspiring author who is trying to showcase a unique and powerful message with her darling puppy Marley's new book!

During a difficult time a few years ago, she was told by doctors that her father was diagnosed with dementia. She was medically advised to address this disability which would forever affect her father's mental wellbeing. The disease of dementia affected her and her family almost overnight. While they were in the midst of trying to plan for her father's future with his newly diagnosed condition, they crossed paths with their newest family member. "Marley is a cute little blond Shorkie with a heart of gold. Both my father and I fell in love right away." A beautiful new friendship was instantly born between Nichola's dad and the new puppy. She quickly identified the undeniable bond between her father and Marley. She was slightly surprised at how this playful, bright-eyed puppy was also so patient and compassionate towards her father. This bond and relationship is what led her to write her book, Marley's Dream!

"When I initially saw their loving relationship it gave me inspiration to spread Marley's message and ultimately I hoped it would help change the world in a positive manner. This book comes from my heart and is dedicated to my father, Bob", she explains. It is also meant to reach out to all people living with disabilities as well as their families. Nichola's message is simple: always speak from your soul and remember to be patient and empathetic in life. Sometimes the pace of the world seems too fast, and society seems to be in a hurry. We all need to slow down a little by trying to appreciate the simple things in life.

It is amazing the impact a dog can have when introduced into a unique family dynamic. A pet like Marley can be extremely helpful with aiding the bond during a difficult time. "Take it from me and Marley, the long lasting relationship and calming effect on my father is very precious", she says. To understand this story and other unique relationships, please check out the inspiring book, Marley's Dream!



READY, SET, APPOINTMENT

It sure doesn't take long for children, especially those with various medical conditions, to develop fears surrounding doctors, health care personnel and medical offices! Here are some tips to prepare for your little one's upcoming appointment:

- 1 SCHEDULE APPROPRIATE APPOINTMENT TIMES** You know when your child eats, sleeps and gets grumpy. Schedule when your child will have the best chance of being in a good mood.
- 2 GATHER THE INFORMATION** If this is your first appointment at Custom Orthotics of London, bring your child's health card and any relevant medical documents. This includes bringing a prescription, an Assistive Devices Program document (for more information on this program visit our website at www.customorthoticsoflondon.com) and any funding or health insurance information.
- 3 TALK THEM THROUGH THE DETAILS** Most kids don't enjoy surprises, especially if there are underlying fears from past experiences. Kids understand more than you think so manage their expectations; explain the process or show them a picture of the facility.

*The Team at Custom Orthotics of London
(519) 850-4721 | office@customorthoticsoflondon.com | @cool_bracing
For more information on how to prepare, what happens during each appointment and who the orthotists are, visit www.customorthoticsoflondon.com*

DAY OF THE APPOINTMENT:

- 4 STAY CALM** Our little ones watch us all the time so stay calm for your little one! They know when we are uncomfortable or upset.
- 5 KEEP THEM ENTERTAINED** We try to reduce fears by making our clinic a warm and inviting atmosphere. The moment you walk in the door, you will be greeted by Nemo & Dory! Get your little ones to find the fish while we check you in for your appointment. Once you are in a patient room, there are toys and books to keep them entertained.
- 6 BRING COMFORT ITEMS FROM HOME** We all know children have that one blanket or toy they never leave home without. So don't leave home without it, bring it!
- 7 FOLLOW UP WITH FUN!** Give your child a small reward after the visit, but avoid making it an incentive or a negotiating tool. After the visit, go out for ice cream or to a park! Don't tell them ahead of time or make the trip contingent on good behavior - just go.

Lastly, remember we are here to help you! We want both you and your child to feel comfortable and a part of the COOL community! So feel free to contact us ahead of time with any questions or concerns. 📞



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RACISM IN CANADA: **WHITE PEOPLE, WE HAVE SOME SERIOUS WORK TO DO**

Let me begin by saying this: I am going to get this article wrong. I just am, because I am a white person and I have immense privilege and zero understanding of what it feels like to be "not white", living in Canada. I am not going to say all of the right things and I will let you know right now, you might be offended. I ask you to reach further into yourself if you are. What I am about to write is for white people, because if I don't write something for us white folks, then my silence is violence.

Guys: we have some serious soul-searching and painful work to do. Us. Right here, in Canada.

It's been something of a nice comforting blanket for white Canadians to look with shock and horror at the racial injustice of the United States and feel that we "don't have that racism here". As a white, middle-class, educated woman, I see the police as symbols of safety and protection. I am mostly comforted by institutions like universities, hospitals and clinics. I am here today to tell you that the illusion that racism is a "them" problem needs to be shattered, and now. As Canadians, anyone who is white is racist. Like me. And, if you're white, like you. We have been born into a racist world.


Do you feel outraged right now? I know. I did too when I realized that I was racist. It was my professor, Delores Mullings, a brilliant Black woman and social work educator that helped me see that I was inherently racist because as a white Canadian woman, I was born into a society that was built upon the institution racism. This means that the white gaze was the foundation upon which our whole society was built. It means that the opportunities, privileges and beliefs I had were all born from an ideal that being white is somehow just better. My ancestors came over and conquered Native land. My daughter, who is Black, had her ancestors captured

and forced into slavery.
Racism is more than attitudes
- it is an institution and it is everywhere,
and right here.

Did you know that despite making up 5% of the population, Indigenous people are arrested at a rate that is 33 times higher than white people (making up 73% of the Canadian population)? Did you know that Black people make up almost 9% of our prison population, despite making up only 3% of our overall population? These numbers speak for themselves. The travesty of missing and murdered Indigenous women goes on and on with seemingly no end. I have heard from Black people about the experience of being wrongly stopped by the police. As I write this, I vividly remember one story of an account like this that still makes me weep.

But my white tears aren't going to fix this mess. Action is. The time has come, past due, for us white people to examine, re-assess and challenge the ideals that we have been born into. We are not responsible for society having been set up in this way before us, but we are 100% responsible for dismantling it now. I implore us all to listen to Black educators, donate to causes that champion Black racial justice, Indigenous rights and movements. I implore us to look around at our leadership tables and see who is in charge. To be aware of your own biases and then take direct steps (like enrolling in anti-racism courses of which there are many - Google it) against it. Break yourself down so we can rebuild this mess of a world we are living in.

There has been a virus much stronger than any COVID, and that is white privilege.

In solidarity, Jordan 

Jordan Thomas is a registered social worker and the owner of Nourish Counselling Services. Jordan works with women on improving their mental health and self-compassion. Follow along on IG @nourishcounselling.

the **SCAREDY-CAT'S** SECRET

Leo's mom had tried every trick in the book. Despite switching to a large litter box and different brand of litter, scooping the box twice daily, and using special cleaners, Leo would still occasionally urinate on the laundry room floor.

Frustrated and concerned for his health, she brought him to the veterinarian. She knew that in male cats especially, urinary symptoms should be quickly addressed.

He was a very handsome boy. With white-and-tan flamepoint colouring, big blue eyes, and a freckled nose, Leo was the type of cat you'd want to show off. However, his mom reported that he had always been anti-social. While he was occasionally affectionate with his family, he hated to be picked up and was terrified of visitors.

Leo's mom was surprised to learn that this behaviour may have been linked to his urinary issues. Like Leo, most cats deal with some level of stress. Sometimes it is caused by a large issue, such as underlying pain or sickness, a tense relationship with a furry family member, or a past trauma.

However, many cats are very sensitive to minute changes in their environment, too: the furnace turning on, a new car sound in the neighbour's driveway, even the truck coming by on garbage day. Often, stressors big and small can be manifested in changes in urinary health (which, in turn, causes more stress).

After a thorough examination, Leo went home with a therapeutic food formulated for urinary health and stress control, as well as some recommendations for supplements and pheromone sprays. His family also made some small changes around the house, such as moving the litter box out of the laundry room and changing the location of his food bowl.

Within a few months, Leo's mom reported that he was a different cat. He would hurry downstairs to greet guests, would enjoy being picked up, and the family even moved houses without any "accidents".

Leo's mom felt guilty that for so long, she had assumed Leo was simply a loner and a scaredy-cat. Once the causes of his anxiety were addressed and his urinary issues were resolved, his true friendly, snuggly personality was revealed.

Now, Leo is a healthier and happier kitty...and with one less floor to clean, his mom is happy too! 🐾

Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at danielle@NeighbourhoodPetClinic.com. Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.



SIMPLE HACKS to CURB your CRAVINGS [part 2]

Last month we talked about the tips, tricks and tools that I keep in my emotional eating toolbox, and I'm back with six more. Here's to happy and healthy eating!

1 DON'T IGNORE YOUR CRAVINGS – *find a healthier option*

If you have a sweet tooth after dinner, grab a square of dark chocolate (75% or more cacao). If you're craving something salty and fried, bake up some sweet potato fries by tossing sweet potato slivers with olive oil, salt, and pepper, and baking them in the oven. If heavy carbs are your medicine of choice, grab a thin-crust pizza with all your favorite veg toppings.

2 EAT REGULAR MEALS THROUGHOUT THE DAY

Sounds simple but it's often overlooked! Skipping or delaying meals can leave you feeling hangry, potentially resulting in binges on healthier options. Keep your cravings at bay and your blood sugar balanced by eating every three to four hours, and before you're feeling really hungry.

3 SPACE OUT YOUR PROTEIN

Every time you eat make sure you include a source of protein. It's a key player in helping you feel fuller longer, and helping you regulate your appetite. Proteins include beans, lentils, nuts, seeds, lean meats, poultry, fish, shellfish, eggs, lower fat milk and lower fat dairy products.

4 DON'T RESTRICT YOUR CARBS

Our bodies need carbs to function! Restricting carbs can result in our bodies craving sugar for fuel. Choose carbs higher in fibre (like whole grains), and eat more of your carbs around the times of day that you're most active.

5 ADD NATURAL SWEETNESS TO YOUR MEALS

Incorporate small amounts of natural sugars to add flavour to your meals, and your body and taste buds won't feel so deprived. Try fresh fruit slices in your salads, dried fruit in your morning oatmeal, or adding sweeter vegetables like squash or sweet potato to your dishes.

6 LEARN ABOUT YOUR FOOD

Everything I know about what sugar does to the body goes out the door when someone puts a piece of chocolate in front of me. BUT, the more we learn about the benefits of healthy foods, the more we consciously want to fill our plates with the good stuff. Knowledge is power, and in this case, it's also the secret to curbing your cravings.

Follow me on Instagram [@sparknutritionandhealth](#) and on Facebook [@mysparkdietitian](#) for more healthy eating tips and some of my favorite recipes. 🍷



Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business. Visit www.sparknutritionandhealth.ca for more info on how she can help you build a positive relationship with food and exercise... and ignite your best self!

SUMMERTIME SPEECH and LANGUAGE

Summertime has officially launched! Did you know that one of the best ways to encourage speech and language development is by immersing your child in rich language activities during play time? Speech-Language Pathologists Andrea and Elizabeth share some fantastic ideas for the development of your child's vocabulary, language for listening and talking, speech sounds, social communication skills, and imagination to blossom during summer play.



WATER PLAY

On a hot day you can create your own water play with a clear bin or a wading pool! See which toys will sink or float, race toy boats, catch some pretend fish, or add bubbles to the water. Stories like *Baby Loves Summer* by Karen Katz, or *Click, Click, Splish, Splash* by Doreen Cronin will inspire even more fun in the water. If you follow your child's lead, you can encourage them to share more language with you. Fun words for water play are: wet, swim, splash, boat, fish, pour, sink and float.

SAND PLAY

Whether you are at the beach or in your backyard sandbox, you can create imaginative play by going on a treasure hunt. Hide objects in the sand, and pretend to be explorers with your child! Before playing in the sand, you can read a book like *We're Going on a Treasure Hunt* by Kelly DiPucchio, to introduce the concept. Make the book fun for your child by adding sound effects and actions! You can also encourage your older child to predict what is going to happen next, or have them create their own version of the treasure hunt. Since children learn new words through repetition, see how many times you can talk about these words during sand play: sand, shovel, pail, dig, pour, look, find, search, treasure and surprise.

OUTDOOR PLAY

Create a scavenger hunt! You can draw pictures of objects that can be found in your neighbourhood or at the park. Grab a bag and head out for a fun-filled walk with your child. Boost your child's vocabulary by talking about the objects you see along your walk. How do the objects feel? What colours do you see? What noises do you hear? During outdoor play you can talk about words and concepts such as: tree, leaf, flowers, bugs and animals, going inside or outside, sunny or rainy weather, and actions like walking, marching, jumping and crawling. If you have any concerns about your child's speech and language development, we are happy to chat with you! ☎

Elizabeth Skirving, M.S., M.Ed., Reg. CASLPO Andrea Jennings, M.Cl.Sc., Reg. CASLPO Speech-Language Pathologists Fern Speech and Language Services



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THE BOLD *and* the BeYOUtiful



Turn up the heat and your glam-game this season with these bold and beautiful makeup trends.

NEON EYES - When it comes to creating sultry summer eyes, one rule comes into play: the brighter the better! Sweep your favourite shades all over the lid, blending upwards to the brow bone for a bold statement. Or add a splash of colour as eyeliner along upper and lower lashes.

LUSCIOUS LASHES - Not into bright and bold eyes? Play up your peepers with over-the-top lashes. Long, full, luscious lashes are all you need to glam-up your look for day or night. Choose a variety of fun falsies to create different looks that last from sunrise to sunset.

BLUSH CRUSH - The sunny season is all about that natural glow and there's nothing like a beautiful flush of colour. Layer your favourite shades on the apples of the cheeks, sweeping upwards in a C-motion towards the temples. Finish with a touch of shimmer along cheekbones for an irresistible glow.

PERFECTLY IMPERFECT - Ditch the liner this season as stained, glossy lips are all the rave! Get that just-bitten finish by applying colour in the center of the lips, blending outwards towards corners of the mouth. No fuss, no muss - just a beautiful, effortless-looking finish. 💋

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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MISCONCEPTIONS: TRUST THE EXPERTS

The word "truth" is currently undergoing a startling change. Everywhere we look we see contradictory information. So who do you believe? Local experts who live and work in your community are the best source of relevant information. You can rest assured that a local realtor has all the tools to understand the real estate market. It's both my job and my passion.

I would like to clear up four common misconceptions I've recently encountered around buying or selling real estate:

1 MY HOUSE WILL LOSE VALUE This past April, while most of the province was closed and the number of listings was cut in half, housing prices continued to rise. May saw a further increase and data shows the trend will continue.

2 I CAN ONLY SHOP FOR HOUSES ONLINE Buyers may view homes live but are required to sign an Authorization prior to entering most homes listed for sale. Wearing masks and gloves is strongly encouraged for everyone's safety. We also limit the number of visitors to two.

3 MY CURRENT MORTGAGE AUTOMATICALLY QUALIFIES ME FOR A NEW ONE If you are temporarily out of work and on EI or

CERB, you may not qualify for a new mortgage. You should always consult with a local mortgage specialist before deciding to buy or sell so you understand your specific situation.

4 NOW IS NOT THE TIME TO SELL

There is currently a shortage of inventory. If you are able to list now, having fewer properties to compete against might be the best way to get the most money for your home. Serious buyers are still out there, waiting for new listings each day. If you also need to buy, remember: you buy in the same market as you sell.

Keep in mind that real estate professionals do not set market prices - buyers do. We simply interpret the market and its data. When in doubt, be sure you call a local expert. My team of expert professionals and I work together to help you understand the facts. A conversation is free, however, the confidence you'll feel afterward is priceless. 🏡

Debbie Braun,
Realtor at Keller Williams



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