

# THE MOM & CAREGIVER™

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**CHEERS  
TO A  
NEW  
YEAR!**



# Ready, Set, Snow!

Canadian winters are notorious for harsh conditions that subject residents to extreme cold, heavy snowfall, and flash freezes. When winter hits, there are precautions that drivers should take, no matter how many blizzards they've driven through or how reliable their vehicle might be.

Keep yourself and others on the road safe this winter by following these tips:



Practicing safe winter driving habits will better protect you and those around you on the roads, whether it be other vehicles, pedestrians, or wildlife.

The personal injury team at Siskinds wishes you a safe winter and holiday season. However, if you are injured in a motor vehicle incident, our team of lawyers is here to help you.

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*Blake* loves to laugh, dance and run around. She also loves teddy bears, especially baby ones. She was very happy to be in the photo shoot with her mom, but by the end, had better things to do, yelling "Bye! Bye! Bye!" We hope your new year is full of fun, Blake!

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# GOODBYE TO 2020 AND HELLO TO 2021

Well, what can I say? I think we are all very happy to be starting a new year. *Happy 2021!*

2020 was a very emotional year for many of us. I personally never thought I would live through a pandemic – it seemed the stuff of history books and science fiction films. Yet here we are, 10 months in, making new normals and social distancing like bosses. We have felt sad, been frightened, felt loss and been unsure. But “every flower must grow through dirt” (Laurie Jean Sennott) and through these very tough times, some beautiful things have blossomed.

The Mom & Caregiver was honoured and blessed to help those in need through our Home Not Hungry initiative. With the help of local restaurants and the support of donations and volunteers, we were able to feed over 3000 local people struggling during the pandemic.

2020 also brought a much needed movement for freedom, liberation and justice - Black Lives Matter. It breaks my heart to think of those who are not accepted, who are not respected and who do not feel safe. We have a long way to go but the conversation has started. Keep it going with your children, your friends, your government representatives and beyond.

Here at The Mom & Caregiver, we built an even stronger online community during the pandemic. Because of our community of supporters who believe in us through it all, we were able to continue providing parenting advice, support and smiles on a wide variety of platforms. I felt worried about how our regular events would go during these very different times. But our photo contest and our 12+ Days of Christmas Giveaways were a welcome source of happiness for families who had been beaten down by COVID-19. We received an incredible 27 000 votes and over 500 entries in our 16th annual Captured Moments photo contest. And we gave away over \$3000 in prizes to spread some holiday cheer to our deserving readers.

2021 is a time to face our troubles (find articles on page 9 and 19 that can help) and celebrate the little things (read pages 6 and 11 to find inspiration). We wish you a year full of resilience, strength and much love. Our new year's resolution to you is that we'll continue to be a helping hand on your journey through parenthood.



*And now we welcome the new year,  
full of things that have never been.*

- RAINER MARIA RILKE



*Editorial photography  
by Flavia Zaidan  
Make-up by Sanah Zebian*



# January

Happy New Year! **01<sup>ST</sup>**

Make celebration play dough to ring in 2021!

[www.buggyandbuddy.com/celebration-playdough-recipe-kids/](http://www.buggyandbuddy.com/celebration-playdough-recipe-kids/)

Did you make a resolution to eat healthier this year? **05<sup>TH</sup>**

[www.themomandcaregiver.com/cammies-salmon/](http://www.themomandcaregiver.com/cammies-salmon/)

Western Music Livestream: Bach by violin and cello **08<sup>TH</sup>**

[www.music.uwo.ca/events/fridays.html](http://www.music.uwo.ca/events/fridays.html)

2021 is definitely a year for a body-positive attitude! **10<sup>TH</sup>**

[www.themomandcaregiver.com/food-for-thought-create-a-body-positive-home-this-new-year/](http://www.themomandcaregiver.com/food-for-thought-create-a-body-positive-home-this-new-year/)

Mmmm! Warm soup for a winter's day **12<sup>TH</sup>**

[www.themomandcaregiver.com/cream-of-cauliflower-soup/](http://www.themomandcaregiver.com/cream-of-cauliflower-soup/)

Skate outside at Victoria Park **14<sup>TH</sup>**

[www.london.ca/living-london/recreation/skating](http://www.london.ca/living-london/recreation/skating)

Do you wanna build a (unique) snowman? **16<sup>TH</sup>**

[www.freshpatio.com/real-snowman-ideas/](http://www.freshpatio.com/real-snowman-ideas/)

Need a dinner idea for tonight? **19<sup>TH</sup>**

[www.foodnetwork.com/recipes/photos/cold-weather-weeknight-dinners](http://www.foodnetwork.com/recipes/photos/cold-weather-weeknight-dinners)

Can't get out on a date night? Make a romantic dessert at home **23<sup>RD</sup>**

[www.themomandcaregiver.com/tiramisu/](http://www.themomandcaregiver.com/tiramisu/)

A classic craft made easily with paper snowflake templates **26<sup>TH</sup>**

[www.firstpalette.com/printable/snowflake.html](http://www.firstpalette.com/printable/snowflake.html)

Reimagine a fried classic by baking them **28<sup>TH</sup>**

[www.themomandcaregiver.com/crispy-baked-onion-rings-with-tangy-dipping-sauce/](http://www.themomandcaregiver.com/crispy-baked-onion-rings-with-tangy-dipping-sauce/)

Enjoy an outdoor rink at Covent Garden Market **30<sup>TH</sup>**

[www.london.ca/living-london/recreation/skating](http://www.london.ca/living-london/recreation/skating)

Only two weeks 'til Valentines Day - get crafting! **31<sup>ST</sup>**

[www.thebestideasforkids.com/fingerprint-valentine-cards/](http://www.thebestideasforkids.com/fingerprint-valentine-cards/)



FASHION FORWARD  
THINKING  
FOR  
TODAY'S WOMAN



Happy January! Believe it or not, in the world of fashion, spring is just around the corner. The cabi spring line starts this month, so here's a sneak peak at Spring Trends.

- Purple is the new black. Yes, purple will be everywhere, in all different shades!
- There will also be lovely corals, blues, silvery greys, neons, kelly greens and soft yellows.
- Bright florals and wallpaper patterning will also be very prevalent.
- COVID comfies will continue! Think next level joggers, uber soft fabrics, and oversized tees.

Book your private appointment to preview the spring line today.

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For More Details and Events Visit





# HOORAY for COLD WEATHER PLAY!

Many families have been spending more time playing outdoors over the past number of months due to the COVID-19 pandemic. Health experts have told us that outside is the safest place to play because the risk of transmitting the virus outdoors is extremely low. With colder weather, finding a variety of activities to do comfortably outside can become more challenging. But outdoor play has many benefits, especially for children!

## WHEN CHILDREN PLAY OUTDOORS, THEY:

- Move more, sit less and are active for longer periods
- Can test and understand their own limits and potential for growth
- Develop cooperation and communication skills
- Can still make friends when they are playing while physically distanced
- Have more opportunities to explore, create and experience imaginative play
- Can be their own leader, which boosts independence and confidence

## PLAYING IN NATURE HAS ALSO BEEN PROVEN TO:

- Improve mental health
- Enhance attention, cognitive development, self-regulation, working memory and executive functioning

## TIPS AND TRICKS FOR OUTDOOR PLAY

- Think outside the box! What inside toys and materials could you bring outside?
- Dress for the weather. Layering works well. Protect those ears from frostbite. Don't forget those little fingers – you may need more than one pair of mittens! Sunscreen is still needed in the winter as well as sunglasses when the sun glares off the snow!
- Vary the types of activities you do. Active play keeps you warm!

## SAFETY TIPS

- Wherever children play, they need supervision that is appropriate for their age and developmental stage. This is great news because parents and caregivers can also benefit from outdoor activities.
- Monitor the weather. Stay inside if the wind chill reaches -27C (-16F).

- Remove drawstrings from clothing, use a neck warmer (not scarves) and mitten clips instead of a string to prevent strangulation.
- Provide the safety equipment appropriate for the activity and use them yourself to model safe behaviour. Ski or hockey helmets should be used for sports and tobogganing.
- Choose your play location carefully – away from roads, water, machinery and fences. With a little imagination and planning, wintertime may become your favourite time to play outside! 🌨️

Check out these websites for other ideas about active, winter, outdoor play:

[www.activeforlife.com/?s=winter](http://www.activeforlife.com/?s=winter)  
[www.ontarioparks.com/parksblog/children-play-outside-winter/](http://www.ontarioparks.com/parksblog/children-play-outside-winter/)  
[www.outdoorplaycanada.ca/](http://www.outdoorplaycanada.ca/)  
[www.participaction.com/en-ca/blog/skip-the-winter-cabin-fever-with-these-25-activities](http://www.participaction.com/en-ca/blog/skip-the-winter-cabin-fever-with-these-25-activities)

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## REFERENCES:

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- Canadian Public Health Association (CPHA). Children's Unstructured Play Position Statement. March 2019. Retrieved from [www.cpha.ca/childrens-unstructured-play](http://www.cpha.ca/childrens-unstructured-play)
- Encyclopedia on Early Childhood Development. (2020). Outdoor play. Retrieved from [www.child-encyclopedia.com/outdoor-play](http://www.child-encyclopedia.com/outdoor-play)
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- Canadian Pediatric Society. (2017). Winter safety: Advice for parents and kids. Retrieved from [www.caringforkids.cps.ca/handouts/winter\\_safety](http://www.caringforkids.cps.ca/handouts/winter_safety)

Submitted by Heather Bywaters RN PHN on behalf of the Middlesex-London Community Early Years Partnership



# MEET YOUR VIRTUAL DOCTOR!



One of my clinical mentors in pediatrics taught me the value of “laying eyes” on a patient. So much can be learned from the first look, she stated.

Over the past few years there has been speculation that many areas of medical practice could be done virtually. Many of us scoffed at the idea of phone or video visits replacing that sacred laying of eyes. The current pandemic has made virtual visits a necessary reality and has forcibly pushed us a decade into the future. Ten months into the pandemic I am now convinced that we will be delivering some of our care in this fashion into the post pandemic future.

The following is a checklist that outlines how to make best use of your telemedicine visit:

- 1 Make sure that you can speak in a place that is private and without noise or distractions.
- 2 Have a checklist of the issues you wish to address. Give your practitioner an outline at the beginning of the visit so that the time spent can be budgeted appropriately.
- 3 Have important information available. Keep your health card, your current prescription list, your pharmacy information, the information regarding which lab, pharmacy or imaging place you would prefer available.
- 4 Keep notes of the treatment plan. In an in person visit, your practitioner may give you a pamphlet or plan. In a telemedicine visit, it is important to note all recommendations and resources so that you can refer to them after the visit.
- 5 Take photographs of any rashes or lesions and make arrangements with staff to email these or text them to your provider.
- 6 Make a plan for a follow up visit.

I am now a convert. Many aspects of health care can be delivered in this manner. Managing chronic diseases, mental health care and guidance for a number of conditions can be done this way. I do miss “seeing” many of my patients but know that we can provide good care safely through telemedicine. 

---

*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!*



# ARE EYELASH EXTENSIONS SAFE?

Every year, there are a few beauty industry trends, such as eyebrow and eyeliner tattoo, microblading, lip plumping, eyelash extensions, etc.

Thick eyelashes can help eyes to pop on both men and women. In the case of having long eyelashes, mascara use to be a staple in every woman's makeup bag. But the glamour looks only last for one day. The newer alternative, eyelash extensions, are a growing trend in recent years. But not everyone is attracted to such a trend.

The difference between false eyelashes and eyelash extensions is that in eyelash extensions, the individual fibers are glued, one by one or in small groups, onto the natural eyelashes to enhance the length and fullness. The material of eyelash extensions is made of synthetic fibers, such as nylon. Usually, anything so near the eye area can be risky. With eyelash extensions, problems are caused mostly by the glue used to bond the synthetic fibers. The chemicals can cause irritation and allergic reactions.

## THE COMMON DANGERS OF EYELASHES EXTENSION ARE:

- Infection of the cornea
- Temporary loss of eyelashes
- Swollen eyelids
- Bacteria

Some eye doctors and researchers believe eyelash extensions can increase the risk of dry eyes. An optimal eyelash length actually can protect eyes from wind, dust and other debris. The suggested optimal eyelash length should be one-third the width of the eyes. When the eyelashes are too full, it can create a fan-like effect every time you blink. The airflow on the surface of the eye can cause dry eye symptoms. Synthetic eyelashes seem very light, but they can add lots of weight to eyelid muscles when bonded together. That extra weight can weaken eyelid muscles to create the risk of droopy eyes.

We are all looking to have attractive eyes with fuller and longer looking eyelashes, but eye lash extensions are not the only way. I highly recommend medical lash enhancers such as



“Latisse” to encourage natural eyelashes to grow longer. Your eyelid muscles will be stronger, like tree roots grabbing soil to keep the bank sturdy from erosion. Eyelash enhancers also have some side effects. Make sure to talk with your eye doctor about the pros and cons of both eyelash extensions and eyelash enhancers before deciding which methods are suitable and safe for you.

Please feel free to contact me at [lseed@revitamedispa.com](mailto:lseed@revitamedispa.com) if you have any questions about anti-aging or skincare.

Remember... Relax, Regenerate, Revitalize ☺

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# The INTERNAL BAGGAGE of 2020

Let's be honest, unless you're a doomsday prepper, you weren't prepared for 2020. Some of us floated through our rapidly changing realities with grace and ease, and our lives have actually improved remarkably. Some of us have picked up new addictions, and are struggling with isolation and uncertainty, anxiously awaiting a rescue in one form or another. Many more of us are stuck somewhere in the middle. 2020 presented us with the opportunity to be with ourselves in a much more confronting way, and noticing that there's some internal work to do, but not knowing where to start.

Dealing with the nutty pile of internal baggage 2020 may have uncovered may feel daunting. Learning how to pick through our messy piles of triggers, anxieties, overthinking and negative self-talk and Marie Kondo the psyche is not an easy task. Taking on your inner work alone - especially if it's the first time you've noticed you've got an internal mess that

needs some tending - might not get you very far very fast.

*Let's do a quick check in.*

*Ask yourself the following questions:*

- Am I a healthier version of myself than before the lockdown?
- Have I spent my year numbing myself with distractions, alcohol and food?
- Have I learned how to prioritize my self-care?
- Am I kinder and more loving with myself?
- Is my inner chatter more loving?
- Am I a better version of myself now?

These questions might help you figure out if it's time to consider investing in actively putting a personal growth coach and support system in place for yourself. One on one coaching offers you time doing some intensive self reflection and reveals patterns and behaviours that keep you stuck.

Considering a coach to bring you awareness and assist you in your personal growth is a powerful way to bring change. If you need a helping hand to move through the clutter in your mind, give me a call. I'm here, and happy to powerfully hold space. Arming you with strategies, skills, and deepening your awareness of yourself might be the thing that organizes your mental junk drawer with military precision, and may just be the thing that makes 2021 your most resilient year yet.

Happy New Year! 🍷



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

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# A BIG FIRM WITH A SMALL TOWN CULTURE

AT SISKINDS LLP, WE UNDERSTAND YOUR SITUATION

In recent years, it has become increasingly apparent that the lives of our clients at Siskinds LLP are often fully loaded. They're loaded with activities and responsibilities, both at home and at work, and often include dependents on top of taking care of oneself. In addition to this full schedule, life seems to be more complicated than in previous times.

At Siskinds, we also know that when a person needs legal services, it is often at a moment's notice. Usually, the need is in response to an unforeseen event or a sudden decision. The situation is often new to the client, and the outcome is critical. Layers upon layers make the experience formidable for the strongest amongst us. We understand how our clients feel, and we work in this environment every day.

Our firm has a team of over 90 lawyers and 120 support staff who can support clients in almost every area of law. We are a big firm with a small-town culture. Our roots

are in London but after many decades, they spread across the province, the country, and at times the world. Our offices in London, Sarnia, Toronto and Quebec City speak almost daily, and the pandemic has made our remote interactions virtually seamless with clients in any location.

Over the coming months, lawyers from Siskinds LLP will offer guiding information and insight related to various areas of law in this column. Hopefully, these articles will prepare you for the times that you need legal support. We hope you don't need our services often or beyond the typical necessities of life, but, if you do, we will try to make your experience as comfortable as possible while driving as hard as any lawyer can in pursuit of your needs.

As we publish these articles, we'd truly enjoy opening a two-way communication channel. If you have any specific questions, comments,

or topics you'd like us to cover, please send an email to me at [linda.sanders@siskinds.com](mailto:linda.sanders@siskinds.com). In the meantime, best wishes to everyone who feels overwhelmed right now. We understand, and we're looking forward to helping you as best as we can. &

*Linda Sanders,  
Director of Marketing,  
Siskinds LLP*



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# THE BEST PODCASTS *for* KIDS

*We hear you love podcasts! What are your favourite podcasts you can recommend to us?*

**Charlie:** My favourite podcasts right now are: *Mars Patel* because it's an adventure and mystery story. It's so good!! 5 out of 5 stars!  
*Peace Out by Bedtime FM* because it's about meditation and teaching you how to relax and control your emotions through a story.

**Harrison:** One of my favourite podcasts is *Pants on Fire* - one person is an expert about a topic and another person is a liar. You listen to them talk about the subject and try and guess who is the liar. Another favourite is *Earth Rangers*. Earth Ranger Emma is a Nature Biologist who travels the world exploring nature and saving animals.

*What interesting topics would you cover in your podcast, and would you have any guests?*

**Charlie:** I would like to read and talk about people with red hair, and share stories for children about what it's like to have red hair because people always comment about it. I could share what I learn with other kids who might be teased about having red hair.

**Harrison** Charlie and my friends and I would talk about our forest adventures and about all of the things we do together every weekend. We have so much fun! It would be loud and hilarious. It would be great to share and make people laugh. 🎧



*Why would you want to have your own podcast in the future?*

**Charlie:** I would like to have my own podcast about being a ginger and about being a twin. Harrison would probably do it with me. I think my brother and I am lucky to have red hair because it's rare.

**Harrison:** I would love to have a podcast with Charlie and my neighbourhood friends. My friends are great and it would be fun to share what it's like to be a 10 year old boy right now with everything going on in the world.



*Meet 10 year-old twins, Charlie and Harrison, our new Kid Zone writers!  
Each month, they'll be sharing perspectives on life as a child sees it.*

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## BOYS *and their* BEST BUDS

We are very fortunate that both our sons are quite social and have a great circle of friends. They each have a “best friend” who coincidentally happen to be brothers! When I watch this flurry-some foursome playing together, there is so much laughter and joy that it is truly contagious. There is a genuine shared affection and they don't hold back when showing how much they care for each other. It's common for them to be sitting close together, to hug, and last month I even witnessed my five-year-old kiss his best friend on the arm.

And while I encourage and relish being witness to such sincere closeness, my mind can't help but fast-forward to a time where this connection will fizzle out as all male friendships do in

adolescence. There is this unspoken rule in boys growing up that they are to be stoic, autonomous, emotionally distant, and refrain from showing any type of affection to their male friends.

Sayings like “no homo” or “that's so gay” litter the lexicon of young men and create this physical – and emotional – distance between them. Our misconstrued version of masculinity doesn't include closeness or sensitivity between men and this is having a serious impact on our collective mental health. You don't have to dig deep to find studies that show a dramatic increase in depression, isolation and loneliness among men. You may also find that platonic displays of affection between men is quite normal in several other cultures.

It's time we talk to our sons and help them to define friendships in a healthier way. We need to remove the stigma that closeness is a feminine, gay, or childish trait. We should be encouraging our sons to spend time with their friends one at a time to truly get to know them – and to discourage the group mentality of harmful peer pressures. It's imperative that our kids have close friends, as we all need people in our lives who we can trust, can confide in, and can be ourselves with. These friends are essential to our well-being and they help us navigate this complex world we're all in. 🧑🏻‍🤝‍🧑🏻

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





# A STRONG MAMA COMMUNITY

Mamas go through so many changes throughout their life, from pregnancy to peri-menopause. It can be confusing to understand what's normal. I'm hoping this article will help guide you to the health-care professionals who are well-suited to address your concerns. As a pelvic health physiotherapist, one of the most common issues I see in mamas, postnatal or peri-menopausal, is an overactive and ticked-off nervous system. Research consistently shows us that elevated levels of stress can cause several hormonal changes that disrupt our nervous system. Now, like most mamas, you can't just "get rid of your stress." I like to take a different angle. Stress management is not about getting rid of stress, it's about listening to your body. Our body gives us so many clues about what it needs; we just tend to ignore it until it's throwing a tantrum.

So, when do we know there's an issue? Symptoms that we commonly see with hormone dysregulation are sleep disturbances,

anxiety, bladder leakage, IBS, headaches and migraines, and pain. Now, going from a ticked-off nervous system into a cool, calm and collected nervous system is no easy task. It takes a holistic approach that aims to address mind, body and soul. Our bodies are interconnected and until we treat at such, these symptoms will continue popping up.

So who should you be seeing? Well, that depends on your symptoms. Our pelvic health physiotherapists help mamas restore their bladder, bowel and sexual function through a holistic approach. Our naturopathic doctors help mamas restore their health by supporting their body's ability to heal itself through a natural, evidence-based approach. Our psychotherapists help mamas navigate and improve their mental and emotional health and well-being. Our dietitian helps mamas create nutritious, wholesome meals for the whole family. Our massage therapist helps mamas wind-down and reset

their nervous systems, leaving mamas feeling rejuvenated.

Our aim is to have mamas feel reconnected, supported and hopeful. When we are a part of a strong mama community, our nervous systems move away from a place of fear and into a space of safety. And that can be life-changing. 🌸



*Grecia Alaniz PT, MScPT  
Compass Rose Wellness Centre  
Director of Physiotherapy*

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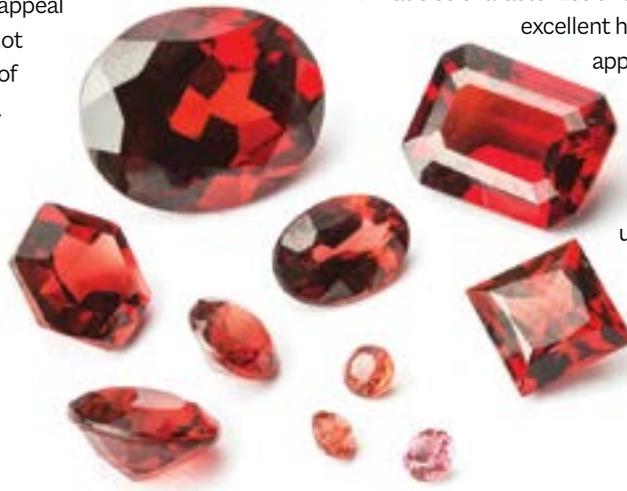
# START *the* YEAR OFF *with* GARNET

Garnet is the birthstone for January. And if you love the immaculate naturalness and sun-drenched warm colours of Indian summer, you will fall in love with Garnets. Today these stones come mainly from African countries, but also come from India, Russia, central and south America. The skilled hands of cutters all over the world shape them in many classical forms, and more and more are also shaping them in modern fancy designer's cuts. Garnets appeal generally because of their natural and not manipulated beauty, their wide variety of colours and their magnificent brilliance.

The name "Garnet" is believed to have derived from "pomegranate" with its red, garnet coloured seeds. However,

nowadays garnets are much more than just red, fruity-colored gems. Garnets contain slight variations in their compositions that produce the fabulous varieties we see today. Ranging from pyrope, to rhodolite, to demantoid and tsavorite, the enduringly popular Garnet family has just about something for everyone in almost every conceivable colour.

What else characterizes this gemstone family? First of all, there is the excellent hardness of 7 to 7.5 on the Mohs' scale. This applies, with minor variations, to all the members of the Garnet group. And this is also an explanation why these gemstones are so excellent to wear. Garnets are quite sturdy and resistant to everyday wear and tear, and uncomplicated to work into jewellery. 📍



Colin Nash,  
Certified  
Gemologist  
Appraiser,  
Nash Jewellers



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A DIAMOND IS FOREVER

# A COVID WINTER THAT'S OKAY, WE ARE CANADIAN!

**W**e are Canadian and we can do this! We can handle the cold, we can handle ice. We can play hockey, build snow forts, have snow ball fights, ski, and enjoy our great country.

This winter, being social will look different and that's okay. Here are 10 things parents can do to keep socializing safely. (This is respective of the date and numbers of course.)

- 1** Pick a friend you trust and stick with them. Find a friend for your child to play with whose family you trust.
- 2** Install control apps to manage tech usage and bedtimes. Children's frontal lobes are not developed enough for them to decide if they should turn off their phones. Remember, this is brain chemistry that is developing into unwanted psychological behaviour.
- 3** No phones or technology in their rooms. PERIOD. That includes you too parents. Your

sleep will be far more efficient for repairing the body and brain for the next day.

- 4** Plan meeting up with families that you trust to have a bonfire or tobogganing.
- 5** Kids are sleeping less and less. Sleep helps our bodies to protect itself from disease. If kids stay up late, they become moody, irritable, lazy, don't eat properly, and their immune system starts to weaken.
- 6** Spend time with your children, 30 minutes every day, without a phone. Teach them they are valued. If they see you on your phone, they feel insecure and neglected.
- 7** The psychological consequences of mental health and feelings of isolation derived from how we use technology have revealed more dire consequences than we thought.
- 8** Call a friend, FaceTime, stay in touch once a day with someone.

**9** Routines are vital to children's mental health. Stick to them every day.

**10** Teaching your children how to self talk and how to be at peace with themselves is crucial to their overall mental health. Learn how in these courses.

[www.iparentgen.com/product-category/online-video-courses/self-talk/](http://www.iparentgen.com/product-category/online-video-courses/self-talk/)

## WHY IS SOCIALIZATION IMPORTANT FOR EVERYONE THIS WINTER?

Adults and children need socialization now more than ever. Children and adults are on their phones four to six hours a day. That is approximately 960 hours a year families are not spending together. Children need play, exercise, outside play and creativity in their days to keep their emotional cups full. 



*Larissa Mills, B. A., M.Ed. is the founder of Iparentgen.com. She is a mother of three, a Parent Coach and a 4KIDS Sports & Educational Consultant.*

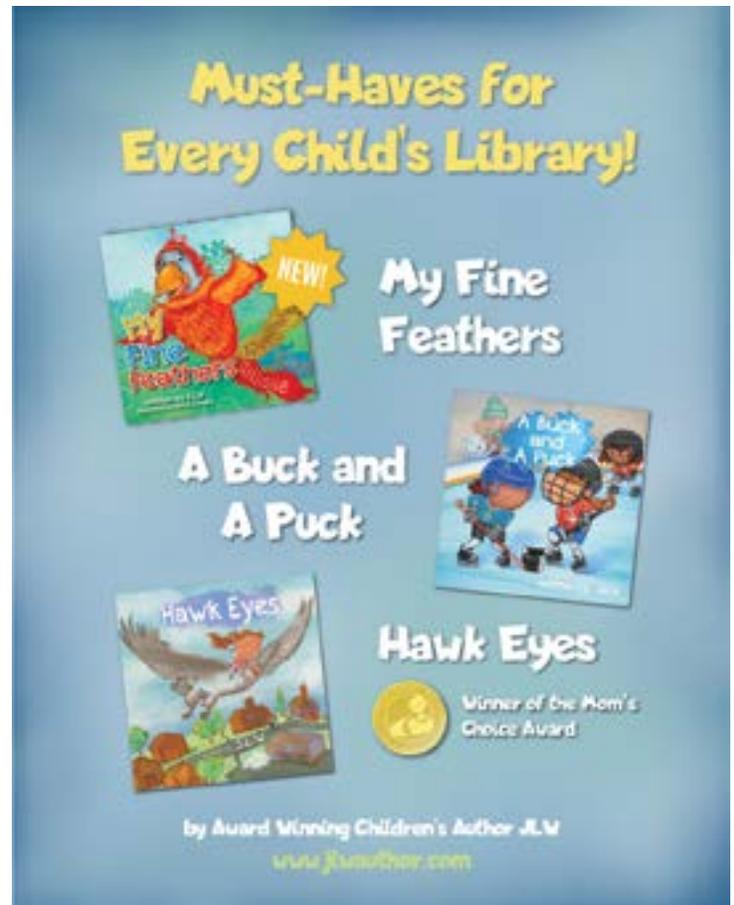


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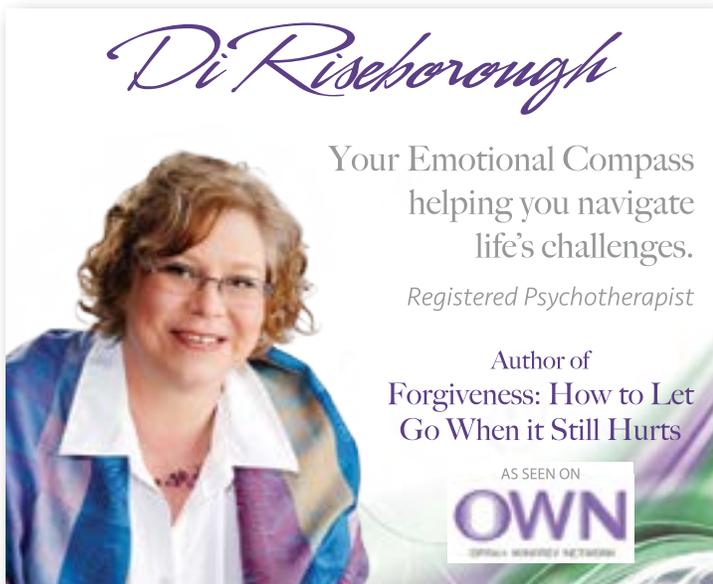
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# BEYOND TALK THERAPY WITH DI RISEBOROUGH



## Benefits of Integral Breath Therapy

- Reduced stress & tension
- Feelings of openness, love, peace, gratitude, clarity & connection
- Release of trauma, PTSD, mental, physical & emotional blocks
- Release of anxiety, depression, fear, grief & anger
- Increased self-compassion & forgiveness
- Access to unconscious memories relevant to your healing
- Deeper states of consciousness, spiritual connection & inspiration



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. 🌿

Di Riseborough is a Registered Psychotherapist, specializing in Spiritual Psychotherapy, Life Coaching, Energy Psychology and Integral Breath Therapy. Galvanized by her own journey, she opened her London area practice over 10 years ago and created a safe space to guide clients deeper into their therapeutic work.

Her approach is multi-faceted and experiential, which means she goes beyond talk therapy to more somatic practices that get people out of their heads and into their bodies.

“Your mind doesn't want you to heal. Over time it's learned ways to keep you safe...and stuck. Your body never lies. Trauma, pain and emotional triggers don't sit in the head, they are found in the body. And when we access these traumas and triggers through the body, we can begin the healing process which happens at a deep subconscious level. Listening to the body's wisdom allows for healing and releasing of old pain, bringing insight, clarity and confidence in life choices. “

One of the few practitioners to bring Integral Breath Therapy (IBT) to Canada, Di has seen profound healing in her clients. IBT is a profound tool for transformation, integration and healing on all levels of being: body, mind and spirit. It is a simple and safe practice, incorporating circular, connected breathing patterns that activate the subconscious mind and bring awareness not easily accessed through traditional talk therapy.

The awareness of our stories and belief systems and how they affect our lives is crucial to creating a future that is different from the past.

The varied tools that Di employs serve the same end: to help you gain deeper mastery of your own inborn power and wisdom and to help you re-connect to your life as fully as possible. By integrating the different aspects of your life and beginning to trust your own knowledge of Self, you once again create balance and harmony in your life that encourages positive healing.

Starting therapy takes courage, and can be a significant moment in one's life. Therapy is not limited to times of difficulty or stress; it can also be a valuable tool for personal growth and development.





# WHY IS MY CHILD WALKING ON THEIR TIPPY TOES?

Did you know that toe walking causes children to use 53% more energy to walk? Toe walking is characterized by walking on one's toes, with no contact between the heels and ground. It is very common in children who are learning to walk. Children should outgrow this pattern and begin to walk with a normal heel-toe pattern by age two.

In the majority of children, toe walking is idiopathic, meaning the exact cause is unknown. When these children are evaluated by a doctor, their tests are normal. Persistent toe walking can be a sign of an underlying condition, such as cerebral palsy, muscular dystrophy or spinal cord abnormalities. Or the heel may not be able to touch the ground due to tight muscles in the calf. If not managed properly, the muscles continue to tighten, progressing the deformity. This can lead to instabilities, abnormalities, problems wearing shoes, and participating in sports that require

flat feet for equipment (e.g. hockey skates, roller skates).

## TREATMENT:

If your child is toe walking out of habit, treatment is not necessary. They will outgrow the habit. Your doctor might monitor your child during visits. If a physical problem is contributing to toe walking, treatment options may include:

- **Serial casting:** a series of walking casts applied over a period of weeks to help progressively stretch and lengthen the muscles and tendons.
- **Botox therapy:** For certain patients - those with a neurologic abnormality leading to increased muscle tone - an injection may be given to temporarily weaken the calf muscles, allowing the muscles to stretch easier.
- **Surgery:** For severe presentations and older children, a surgical procedure to lengthen the Achilles tendon may be recommended

to improve range of motion and function of the foot and ankle.



The key is maintaining the lengthened muscles and joint range of motion via physical therapy and bracing. That is where your local rehabilitation team comes into play! Physical therapy provides stretching and strengthening exercises while ankle foot orthoses (AFOs) will provide a low grade stretch encouraging proper ankle alignment when walking.

It is important to understand that toe walking does not indicate an underlying problem for most children. If you are concerned with how your child is meeting developmental milestones or walking, please reach out to our office. We are happy to provide a consultation and answer your questions! 🧡

*The Team at Custom Orthotics of London (519) 850-4721  
office@customorthoticsoflondon.com | @cool\_bracing*



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# CONSEIL SCOLAIRE CATHOLIQUE PROVIDENCE

FRENCH CATHOLIC SCHOOL  
VIRTUAL VISITS

The Conseil scolaire catholique Providence serves 10,000 students in its 31 schools: 23 elementary and 7 secondary schools, as well as one adult and continuing education centre. Providence is known for its top academic performance and innovation. With a graduation rate of 93 %, the CSC Providence ranks first in Southwestern Ontario, according to the most recent data published by the Ministry of Education. To better understand this figure, the average graduation rate among all Ontario school boards (French, English, Catholic and Public) is 80 %.

Since Providence schools deliver high quality education in a 100% francophone environment, the graduates master Canada's two official languages, and can continue their post secondary studies in English or in French, as they choose. Their high-level bilingualism and sense of belonging to the francophone

community, in a world where English is everywhere, offers them a promising future with many career opportunities.

As a Catholic school board, the CSC Providence guides its students into becoming engaged citizens in their community, capable of proudly affirming their faith, their language and their culture. There is no tuition fee and transportation is provided within the catchment area.

While an in-person visit to the school is not possible this year, all of Providence schools will hold a Virtual Open House on January 14<sup>th</sup>, at 6pm. Reserve your spot online at [MyFrenchSchool.ca](http://MyFrenchSchool.ca), and join us for a live virtual visit of a Providence French Catholic school! 🇨🇦



## SPARK WONDER

Choose the Conseil scolaire catholique Providence as your everyday ally, empowering children to reach new heights.

**Join our virtual open houses!**

**Thursday, January 14 at 6 P.M.**

In the Catholic schools:

- Frère-André, London
- Sainte-Jeanne-d'Arc, London
- Saint-Jean-de-Brébeuf, London
- Sainte-Marguerite-Bourgeoys, Woodstock

**Book your visit:**  
[MyFrenchSchool.ca](http://MyFrenchSchool.ca)





# GRIEF: THE “THIRD WAVE” of COVID

A new year feels like a time for new beginnings, but it's hard to be hopeful. After a long nine months of fighting COVID fatigue, we're now also entering the dreariest part of the year.

We're seeing short tempers at our workplaces, road rage in the street, and conflicts between friends and family. Countless businesses are posting signs at reception saying “RUDE AND ABUSIVE BEHAVIOUR WILL NOT BE TOLERATED”.

It's unmistakable: we're burned out by unending grief. We're grieving the loss of travel plans and weddings. We're grieving for hugs, smiles, and normalcy. In many cases, we're feeling the very real grief of loved ones that we've lost. We're all hurting differently, but it's grief nonetheless.

I wish I could call this article, “Top five ways our pets can help us through the January

Blues”. I'd say to walk your dog during daylight hours to boost serotonin, or to cuddle with your cat to release feel-good chemicals. We're drowning in a global riptide, though, and no amount of tips-and-tricks will get us to dry land when we're just trying to catch a next breath between the waves.

Setting new year's resolutions seems impossible when the future feels so uncertain. How can I resolve to eat healthier myself when I'm already exhausted from worrying about my family's health? How can I set goals for the future when I can't see past the latest lockdown?

Let's take a lesson from our furry family members on this one; let's just focus one day at a time. Dogs and cats live in the moment and don't worry about tomorrow. This can be a great comfort when we don't know what tomorrow may hold.

Let's try to grant a dog-like forgiveness to each other, and most importantly, ourselves. Perhaps the laundry gets put away unfolded, or the dishwasher runs twice. May we be kind enough to ask for help for ourselves, and to offer a hand to others who are drowning.

The only comfort of knowing that everyone is grieving is just that - knowing everyone is grieving. As a society, we are currently so divided and isolated that it's easy to get lost in our own struggles. Grief has a way of pulling us under, and that's okay.

When the shore seems unreachable, let's stand on the next best thing: common ground. 🐾

*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](mailto:danielle@NeighbourhoodPetClinic.com). Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.*





# LIFE WITH BABY SERIES: BATCH COOKING

Happy new year! I hope this month finds you healthy and ready to take on a brand-new year. For me, this new year will bring a special new addition to our little family – a baby boy! I’m anxiously awaiting his arrival and am inspired to share with you what I’m doing to ensure healthy eating is the easy choice when he arrives. Over the next few months, I will share my favourite tips and recipes for healthy eats at home while bringing you along on my journey of motherhood!

To start off, I’d like to share how I’ll spend my last few weeks “nesting” and preparing meals to have when baby arrives. Cooking will be the last thing on our minds for the first few months – sleep anyone?!

**SLOW COOKER RECIPES** - Here are three recipes I plan on prepping in freezer bags, so they are ready to throw in the slow cooker to make easy, healthy and delicious dinners that require minimal effort!

**Slow-cooker butternut squash lentil curry** ([www.sweetpeasandsaffron.com/slow-cooker-butternut-squash-lentil-curry/](http://www.sweetpeasandsaffron.com/slow-cooker-butternut-squash-lentil-curry/)) - Leave out the stock and lime juice until ready to cook.

**Slow-cooker sweet potato chili** ([www.therealfoodrds.com/slow-cooker-sweet-potato-chili/](http://www.therealfoodrds.com/slow-cooker-sweet-potato-chili/)) - Follow step one, cool and then freeze with rest of ingredients. I will likely use ground chicken or turkey for this recipe instead of beef.

**Slow-cooker Mexican quinoa bake** ([www.julieseatsandtreats.com/slow-cooker-mexican-quinoa-bake/](http://www.julieseatsandtreats.com/slow-cooker-mexican-quinoa-bake/)) - Leave out the stock until ready to cook. Follow the recipe when cooking for adding cheese.

## PREPARE, COOK, AND FREEZE RECIPES

Here are two recipes I plan on preparing, cooking, cooling and then freezing for quick and easy meals.

**Sweet potato and black bean freezer burritos** ([www.mynamesyeh.com/mynamesyeh/2019/8/sweet-potato-and-black-bean-freezer-burritos](http://www.mynamesyeh.com/mynamesyeh/2019/8/sweet-potato-and-black-bean-freezer-burritos))

**The best plant based burgers** ([www.kim-scravings.com/best-plant-based-burgers/](http://www.kim-scravings.com/best-plant-based-burgers/))

**NOTE:** Another thing I plan to do is prepare a big batch of sauce to freeze for easy spaghetti nights. No two sauces of mine are ever the same. I like to experiment with different meats and seasonings.

## OTHER QUICK AND EASY DINNER IDEAS

**Pasta with sauce** - This is where my frozen spaghetti sauce will come in handy. Boil some water, cook pasta, heat sauce and voila - dinner is served! Don't forget a side of veggies or salad

**Breakfast for dinner** - Avocado and a fried egg on toast - This meal always satisfies, so why not have it for a relatively quick and easy dinner?

**Stir-fry** - No need to follow a recipe here. Stir-fry your favorite veggies, a protein with teriyaki sauce and serve on a bed of rice. Delicious!

Next month I'll share with you what I plan on preparing in advance for quick and easy breakfasts! 

*Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business. Visit [www.sparknutritionandhealth.ca](http://www.sparknutritionandhealth.ca) for more information*



# HIDDEN 4EST



Close your eyes and picture this. You've gathered with a group of friends and family around a lakeside fire pit on a warm summer evening. You are pleasantly exhausted after a day on the water. Your teenagers jumped in the lake off the main dock, you paddled a canoe with your closest friend, the guys reeled in some amazing pickerel, and the little ones caught frogs in the pond. This is life at Hidden 4est.

Hidden 4est is a waterfront lodge with a million dollar view which can house up to 20 people. It is situated near Port Loring, Ontario on a privately owned bay, so you can blow up a floaty toy and drift around, totally safe from boat traffic. Hidden 4est boasts five newly remodeled suites, which welcome children and pets. When you rent out the suites, you'll

have access to this big, beautiful two acre property and 3000 square foot lodge. The lodge contains a commercial kitchen, bar, pool table, propane fireplace, screened-in porch and a dining table which can seat 20! Because the suites are a short distance away from the lodge, each person can decide if they want to party the night away, or retreat off to a quiet room for reading or resting.

You'll also have access to owner Mike Weber. He lives on the property and prides himself on his hospitality. He'll welcome you upon arrival and make you feel comfortable during your stay. Do you need help lighting the BBQ, can't get the TV turned on, need wood for the fire pit? Mike is a mini-concierge who helps with anything you need. Guests will find him watering the property's plants daily, and are free to ask questions or just chat.

But summer is not the only time to visit. Imagine the fall colours, the snowmobile trails, the ice fishing, the holiday events spent around a cozy fireplace. Consider paddling the on-site canoe around the lake on a spring or autumn afternoon. Hidden 4est is a perfect middle ground for large groups, offering something for outdoor lovers or those new to nature alike.

Hidden 4est is a place where you can just chill and be yourself. It boasts 27 consecutive five-star reviews on vrbo.com where you can book the site. Mike wants you to be so happy that you'll want to come back again and again. "I'm working for people who are on holidays. If you can't make them happy, you should get out of the business." 🍷



# SOME CAUTIONARY ADVICE

Happy New Year! This past year has definitely been one for the books for most of us. To start the new season off on the right foot, I would love to provide you with some cautionary design advice. Before you take out that paint brush to freshen up your living space or go to hang up those beautiful art pieces you were gifted (or gifted yourself!) I would like you to pause and heed the following:

Let me paint you a picture. You see the most beautiful gray paint on a teeny-tiny sample at the paint store. You bring home several gallons of said gray paint. Once you have spent many

hours painting and finally stand back to admire your new space you realize... IT'S PURPLE!

Yes my friends, gray is not just gray. Like many colours it has many undertones.

This is why it is imperative to invest in a sample size of the paint you intend on using. I always recommend using at least three to

four coats of paint on a small area to see how it looks on your walls

BEFORE committing to painting your entire space!

Let's talk about hanging art in your home.

When placing art on the walls, have you thought about where the eye falls? People generally tend to hang their art too high - the average sight line for a human is 57 inches. (Unless you are vertically blessed like me!)

Aim to hang your artwork at about this height as it creates the most comfortable place for the eye to rest. When working with a gallery wall or a few stacked pieces, the midline of the entire collage should be at this height, creating an appropriate sightline.

With these small tips you can translate the vision that you have for your space into reality!



Sarah Atiq  
Principal Designer,  
Sarah Atiq Interiors

**Sarah Atiq**  
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# SNOW DAY PROJECTS

## MAKE YOUR HOME SHOW READY

It's a new year and time to make plans for your family and your home. If you are considering selling this year, take advantage of snow days to get your house in tip top shape before spring. Even if you aren't moving, you can always improve the look and function of your home for your own enjoyment. Get the kids involved, especially if they are complaining about being "bored".

**PAINT** - My favourite and least expensive way to change the look of a room instantly is to paint it. If your ceilings aren't bright white or your cabinets are old and worn, paint them. Choose warm colours that showcase your art and furniture, and stick with one colour if your main floor is open concept. When touching up high traffic areas such as up the stairs or an entranceway, you don't even need to cut in. Same with touching up chipped trim.

*Debbie Braun,  
Realtor at Keller Williams*

**DOOR AND CABINET HARDWARE** -

Replacing locksets, door handles, hinges and cabinetry hardware transforms the look of your home. You can do a few at a time and save money by purchasing in bulk.

**CLEAN** - Clean ceiling fans, lights, windows, and tops of cabinets. Whether you do it yourself or hire a professional cleaner, why wait until spring to clean those hard to reach or often forgotten about places?

**DECLUTTER** - Go through closets, medicine cabinets, junk drawers, under the sink, the garage, etc. When potential buyers come to look at your home, they will open drawers and closet doors. Besides, you can donate clothes you no longer wear or that your kids have outgrown to people who really need them.

**LED LIGHTING** - Residential LED bulbs use approximately 75% less energy and last 25 times longer than incandescent lighting, boosting your home's energy-efficient appeal.



Plus, the quality of LED lighting makes your home look cleaner and it shows much better in person.

If you are considering a more extensive renovation and need to hire a contractor, this may be the perfect time of year as they tend not to be as busy. When spring arrives, you can focus on the exterior of your home. 🏡



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# LEXUS IS

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2021



## THE ALL NEW 2021 LEXUS IS

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### CUTTING EDGE. NEVER CORNERS.

The new 2021 Lexus IS writes the next chapter of luxury sports sedans. Developed on the highly demanding Shimoyama Test Track, the IS features a more rigid chassis, sport-tuned suspension, wider stance and precision handling. Available in two naturally aspirated V6 AWD models, and a turbo RWD model, the IS inspires confidence by forging a closer bond between driver and machine. And with a new multimedia system with an available 10.3-inch touchscreen and next generation Lexus Safety System+ 2.5, the IS is as innovative as it is thrilling.

- Bold, refreshed exterior styling emphasizes the athletic nature of the Lexus IS with its newly designed spindle grille and wider lower stance
- New slender headlamps and straight-line type rear combination lamps sporting the Lexus "L" motif
- Increased body rigidity not only helps reduce unwanted noise and vibration, but it also helps improve ride comfort and driving performance
- Convenience and connectivity are at your fingertips. Compatible with standard Lexus Enform Remote, Apple CarPlay™ and Android Auto™
- Latest Lexus Safety System+ 2.5 driver assisted technology, with enhanced Pre-Collision and All-Speed Dynamic Radar Cruise Control, along with other standard safety features
- New Dynamic Handling Package on Lexus IS 350 with Adaptive Variable Suspension, carbon-fibre spoiler and 19" forged BBS wheels