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PRINTED
IN CANADA

june 2023

contents



FEATURE

Destinations:
Summer and shine –
Next-level summer family
vacations at Ontario resorts

14



FEATURE

Art attack
Mark Kistler
– Half Hour of Pencil Time

8

FEATURE

Lifestyle:
CYBEX LEMO 3-in-1 set

6



Columns

Editors Note	4
Book Shelf	10
Gift Guide	12
Cool Things	16



FEATURE

Health:
Nutrition Movement Tips

22



ON THE COVER

Preparing not just for
school, but for life
lakewoodmontessori.ca

FEATURE

Discover:
Paint your Blessings
reminds us there is beauty in
the world

20



FEATURED Stuff

Fashion:
RIONA Handbags



18

up front

SCHOOLS OUT, **NOW WHAT?** **SUMMER CAMP**, THAT'S WHAT!



Summer camps offer a great way to keep your kids active and entertained in the summer months.

Day camps and overnight camps are two popular summer activities for kids. Each type of camp offers unique experiences and benefits, so it is essential to consider which one would be best for your child.

Day camps provide more structure and less social pressure than an overnight camp would, but they don't offer the same experience as an overnight camp. Kids who attend day camps will still get to meet new friends and participate in exciting activities but won't get the whole overnight camp experience. Day camps are best suited for children who have never been to camp or are not quite old enough that Mom or Dad feel comfortable yet.

The overnight camps main benefits is the unique opportunity for kids to experience a new environment and gain a sense of independence and responsibility by living away from home.

These types of camps provide sleeping accommodations such as cabins, tents, and bunks that are

used for sleeping. These camps typically run for a week or longer and offer a wide range of activities, such as hiking, canoeing, and team sports.

When considering sending your child to an overnight camp, look for one that offers to teach the most important life skills, such as problem-solving, teamwork and communication. Overnight camps also allow kids to make new friends and develop social skills.

Explore options that pique their interests, such as particular sports camps, as they offer more advantages in terms of physical activity and team building. They also offer more flexibility, as you can choose how long your child stays there.

Whether you're looking to give your child a day camp or a sleepaway camp experience, there is a camp that can fit your requirements. It is essential to consider the individual needs and what you want for your child.

Both day and sleepaway camps offer different benefits. Day camp allows kids to develop essential life skills, make new friends and boost their self-esteem all in the same setting.

Mary Racioppo
Editor-In-Chief, City Parent



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lifestyle

CYBEX LEMO 3-IN-1 SET

It's the timeless ideal highchair to any growing family in Canada. From three years to 99 years, the LEMO adapts to your child's changing needs. Yes, you read that correctly – this chair can be used from infancy to adulthood! It boasts a contemporary minimalist design and provides support they need right when they need it and stability. Available in five chic beech wood muted colours, including Stone Blue, Pearl Pink, Suede Grey, Stunning Black, and Sand White. The award-winning LEMO furniture concept that grows with your child. This innovative design transforms into an everyday chair that can be used for many years to come.

Features include:

- An intuitive design with clean and minimalist lines, the LEMO is a long-lasting furniture concept meeting all your child's needs.
- Numerous depth positions ensure comfortable seating as your child grows.
- Multiple configurations allow each generation to enjoy the chair.
- No tools are required and only one hand is needed to make chair adjustments in height and depth adjust the chair's height and depth.

Technical specifications:

- Age range with bouncer nest: from birth up to six months.
- Age range with baby set: from six months to three years; approx. 15 kg
- Age range as a stand-alone chair: from three years up to 99 years
- Length 22.1 in
- Width 21.5 in
- Height 32.1 in
- Weight 18 lbs

What's included?

- LEMO chair
- LEMO baby set
- LEMO tray
- User guide



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art attack

MARK KISTLER – HALF HOUR OF PENCIL TIME

WORDS BY **MARYLENE VESTERGOM**

Imagine hosting daily live streams of half-hour drawing sessions for hundreds of thousands of kids worldwide, giving families a much-needed break from the chaos of the COVID-19 pandemic.

For native Houstonian and Emmy Award-winning artist Mark Kistler, call it a regular day at the office. For Kistler, who is well-known for the PBS children's shows *The Secret City* and *The Imagination Station* and his many online lessons on markkister.com, being able to share his knowledge and passion for drawing is a huge part of his initiative to spark the imagination of kids in the visual arts.

To say that Kistler is busy is an understatement. He's on a one-person mission to help kids of all ages find their inner artist – one whisper pencil line at a time. After all, "the visual arts help define a society's imagination, and our kids are a vital part of its potential."

"I've been teaching drawing since I was 15 years old. It's always been a battle to keep the visual arts in schools," he says. "Forty-five years later, it hasn't changed. Some school districts have absolutely no art teachers until high school. Teachers are expected to teach everything. In my experience, you need subject matter experts. That's why I love what I do and, most importantly, seeing how parents and teachers have witnessed first-hand how drawing has helped their kids flourish. So, whether you're using my books or my online



tools or signing up for my Summer Art Camps, kids can tap into their creative potential."

Each year Kistler and his team work tirelessly to schedule Kistler's Visual Arts events around the world, inspiring millions to expand their thinking from flat, lifeless drawings to the magic of 3D.

"Most people draw flat. It's not wrong, but I want to give the kids and parents and grandparents the choice to be able to draw in 3D. By understanding the 12 Renaissance words of drawing — overlapping, shading, perspective, horizon and contour lines, foreshortening, placement, sizes, shadowing, etc.,

— instead of drawing a stick house, that house comes to life by adding perspective and shadows. A puff of clouds now floats in the background by drawing random sizes."

All of these techniques are explained in Kistler's book *Half Hour of Pencil Time* and can be seen at Draw3D.com.

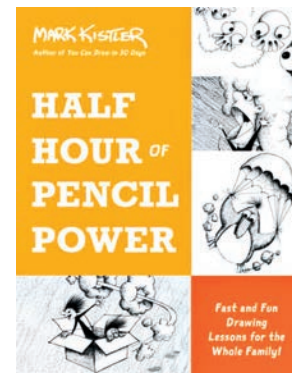
"I try to inspire everybody who draws with me to chase their dreams. Dream it. Draw it. Do it." And if you do so, you're in good company, as many of Kistler's alums have achieved their dreams while working on professional projects like *Shrek*, *Madagascar*, *Toy Story*, *Alvin and the Chipmunks*, *The Incredibles*, *The Simpsons*, *Frozen*, *X-Men*, *Despicable Me*, *Lion King*, *Little Mermaid*, and many more.

The *Half Hour of Pencil Time* is filled with fun, "how-to" drawing activities for all ages and skill levels. So, whether you're following Kistler on his YouTube channel or reading his books, he will be by your side every step of the way.

Drawing with Kistler is an adventure – you will laugh at his stories; he will encourage and challenge you.

"If you can write your name or draw a straight line, anyone can learn to draw in 3D," says Kistler.

And remember, a word to the wise. "Everyone has a license to flop and make mistakes, not only on a piece of paper but in life itself." You have to fail, as Kistler points out, to be able to succeed at anything. So, pick up a pencil and enter the magical world of Mark Kistler. You, too, can draw in 3D.



Social Media: markkister.com | Draw3D.com | markkistler.com/art-camps | youtube.com/user/MarkKistler

Bayview School of *Ballet*

As the owner and director of this esteemed institution for the past 23 years, I have been privileged to witness the transformation of countless young dancers into accomplished artists and to continue the legacy of my late mother, Bella Kovarsky.

My mother believed that dance was an art form and a way of life, and I am proud to carry that philosophy through the Bayview School Ballet. Our goal is to provide a safe and nurturing environment where dancers of all ages and backgrounds can express themselves through the beauty of dance.

At Bayview, we believe that anyone can dance, regardless of what anyone may say. We encourage everyone to follow their passion and pursue their dreams, no matter how big or small. We offer a platform for young and aspiring dancers to showcase their talent and hone their skills, and we are dedicated to helping them be the best that they can be.

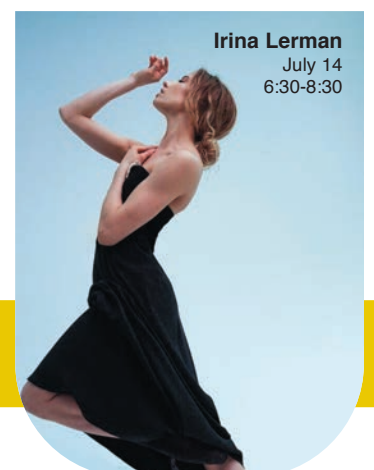
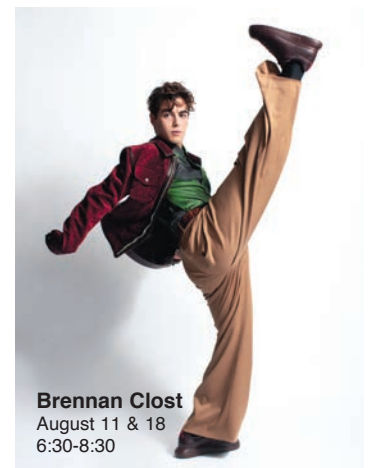
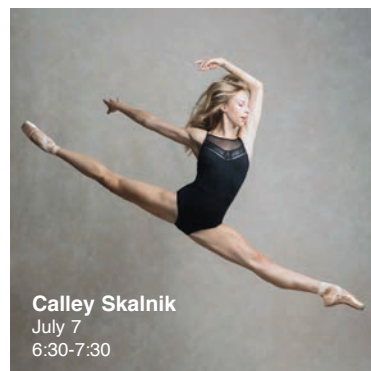
We are also a community, where people from all walks of life can come together and share their love of dance. Our annual performances and competitions provide an opportunity for our students to shine and inspire others.

In addition to our regular curriculum, I have created a master class program that brings together not only the best in dance, but also art, acting, and inspiration from master class professionals and speakers. We believe that dance is not just about movement, but also about the stories and emotions that we convey through movement.

I invite you to come and experience the magic of Bayview School Ballet for yourself. Whether you are a seasoned dancer or just starting out, we have a place for you. Please feel free to contact us at your convenience to learn more about our programs and how we can help you achieve your dance dreams.



Anna Kovarsky B.Sc.



bsbballet@gmail.com • 416-222-5111
www.bayviewballet.com

WHAT'S **UNDER THE COVERS** THIS MONTH**Camping Activity Book for Families****By Linda Hamilton**

For parents and children, *Camping Activity Book for Families* is filled with activities, games, crafts, songs, and good old-fashioned fun. Whether the whole family is building pinecone art, scavenger hunting, observing the night sky, or playing flashlight tag at the campground, this book has it all. Featuring age-specific recommendations, activities for parents, family conversation starters, and kid-only tips, this book provides activities for every minute.

Ages: All. Published by: Falcon Guides. Pages: 224. Price: \$31.95

**Hooray For Summer!****By Kazuo Iwamura**

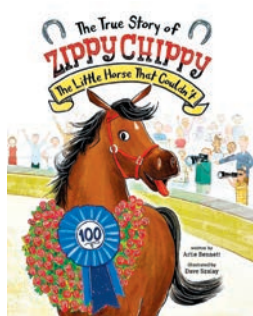
A summer afternoon finds Mick, Mack, and Molly enjoying the sunny day, when all of a sudden, things are very still. Thunder booms and rain pours down. Lightning cracks and flashes. . . Mick, Mack, and Molly find themselves caught in the middle of a sudden summer thunderstorm during one of summer's most exciting moments. Despite its scariness, the three squirrel children make new friends in their safe and dry cave.

Ages: 4-8. Published by: NorthSouth Books. Pages: 32. Price: \$26.95

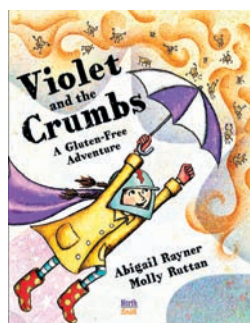
**Don't Be a Bully, Little Tiger!****By Carol Roth and illustrated by Rashin**

Although Little Tiger loves going to school, he isn't always able to behave properly. He can be quite bossy at times. The moment he wants something, he takes it. He intimidates everyone around him with his impulsive nature. After a simple tip from his teacher, Little Tiger realizes that even the smallest changes can make a big difference! The story tells the story of a bully who learns to be considerate and yet stays true to himself.

Ages: 4-8. Published by: NorthSouth Books. Pages: 32. Price: \$26.95

**The True Story of Zippy Chippy - The Little Horse That Couldn't****Written by Artie Bennett &****Illustrated by Dave Szalay**

Zippy Chippy comes from a line of legendary horse racers. There is no doubt that he is destined for greatness and glory. However, there is no way to predict how Zippy will perform when the starting bell rings. Sticking his tongue out at people and chewing on passersby's hats are some of his trademarks. Additionally, he constantly tries to break out of his stall. In such a situation, what can an owner do? Don't give up! Since Zippy has become a family member, he believes in him. However, something funny happens as Zippy's losses grow. He attracts attention when he eats a cupcake. Ages: 4-8 Publisher: North/South Books Inc. Pages: 40. Price: \$23.95

**Violet and the Crumbs: A Gluten-Free Adventure****By Abigail Rayner & Illustrated by Molly Ruttan**

This is a story about a little girl named Violet with celiac disease. Since she can't eat the same foods as her friends, she begins to feel excluded. Isolation becomes overwhelming and she starts to feel as though she isn't a part of the group. Her misery grows as she feels like an outsider. No pizza, no cookies, and no cake. What is she going to do? She quickly learns that by using her newfound power, she can help animals with their issues. This leads to her discovering how she can use it to her advantage. Through helping animals, she finds the strength and courage to help herself.

Ages: 4-8. Publisher: North/South Books Inc. Pages: 32. Price: \$23.95

**The Mother Load: Surviving the Daily Grind Without Losing Your Ever-Loving Mind****By Meredith Ethington**

Meredith shares tips and advice for every moment of motherhood in *The Mother Load*-the good, the bad, and the ugly. With raw, honest anecdotes, Ethington captures motherhood in all its glory-at times funny, at times heartbreaking. She never shy's away from discussing the more difficult topics of motherhood. Ethington helps mothers reflect upon their own journeys as mothers when motherhood feels like an uphill battle. As a mother, Ethington shares the lessons she has learned along the way, including the importance of self-care, balance, and grace.

Ages: Adult. Published by: Dextery. Pages: 256. Price: \$25.99



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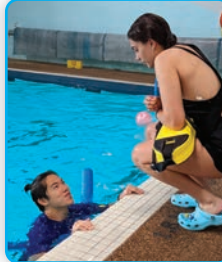
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gift guide

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By Jimmy Craig

\$22.95 published by Ulysses Press
available on amazon.ca & indigo.ca



The Wisdom Factor

By Alice Darnell Lattal and Carlos A. Zuluaga

\$35.95 published by KeyPress
Publishing; available on amazon.com.



The Abide Guide – Living Like Lebowski

By Oliver Benjamin & Dwayne Eutsey

\$21.95 published by Ulysses Press
available on amazon.ca



Lego Icons 2023 Land Rover Defender 90

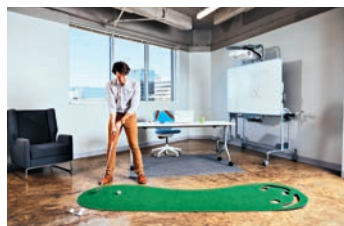
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We're excited to offer our half-day drop-in camp membership at five parks in Oakville this summer. Campers will enjoy supervised games, crafts, sports and making new friends without the commitment of a full-day, week-long camp! Offered weekdays from 9 a.m. to noon and 1 to 4 p.m. Age: 6-12

Parents/guardians must sign campers in and out. No before and after-care or supervised lunch breaks provided.

This outdoor program is subject to safe weather conditions. Additional fees for non-residents. Some exceptions apply.

Spaces are limited. Visit oakville.ca to register.



Severn Lodge



Bonnie View

destinations

SUMMER AND SHINE: NEXT-LEVEL SUMMER FAMILY VACATIONS AT ONTARIO RESORTS

WORDS BY **ANDREW HIND**

There are summer family vacations, and then there are next-level summer family vacations, the kind from which priceless memories are born. We all want the latter.

The good news is you don't have to venture far in search of them. There are numerous resorts across our province that pride themselves on delivering those special summer getaways.

Just in time for the summer season, we give you our pick of some of the best.

Bonnie View Inn

Overlooking tranquil Lake Kashagawigamog, the newly refurbished Bonnie View Inn is beautiful, historic (opened in 1924), and endlessly charming. In many ways, it's a throwback to the cottage resorts of yesteryear, the kind where the level of service was so intimate that the innkeeper knew you by name.

Bonnie View boasts 500 feet of spectacular shoreline home to countless water activities ranging from water trampoline and paddleboarding to the exhilaration of parasailing. A highlight is the licensed waterside patio - so close to the lake you can practically reach out and touch the surface, and the perfect vantage point from which to watch children play and enjoy a glass of wine as the sun sets over the horizon.

Severn Lodge

"Memories Are Made at Severn Lodge." So goes the tagline for this Port Severn resort. It's not hyperbole; Severn Lodge has been perfecting the art of fun-filled, relaxing summer resorts for a century.

There's so much to like about Severn Lodge. The tranquil lake and spectacular sunsets. The 2,000 feet of shoreline. The all-inclusive packages,

so your thoughts are on fun rather than funds. The live family-friendly evening entertainment The Kids Club so parents can unwind as adults. The fact that all accommodations are a stone's throw from the lakefront. Cruises about a historic 1922 Ditchburn motor launch.

Need I go on?



JW Marriott The Rosseau Muskoka Resort and Spa

JW Marriott The Rosseau Muskoka Resort is many things to many people. Sure, it boasts a level of elegance unique among Ontario's resorts, yet it also manages to be disarmingly personable (the staff are the warmest I've encountered) and family friendly with amenities to spare.

Water and summer vacations go together, and the Rosseau has

options in spades. There's the beach along Lake Rosseau, where adults recline in shaded cabanas while kids frolic in the shallows, or the nearby splashpad with The Deck dining venue so you don't have to leave to fuel up (the woodfired oven baked pizzas are delicious). And then there is the indoor-outdoor pool.

Take your pick.

Fern Resort

Fern Resort checks all the boxes for a great family vacation.

Fern Resort is all about helping families enjoy time together. To assist, there are oodles of family-oriented activities - from wall-climbing to mini-golf to tennis and knee-boarding, not to mention swimming in two large pools or the clear waters of Lake Couchiching, live evening entertainment. It's like a cruise ship on land, except with more freedom for kids to be kids. And, like Severn Lodge, it's all-inclusive.

Fern Resort has been in the same family for five generations. They must be doing something right. See for yourself.

JW Marriott The Rosseau Muskoka Resort and Spa



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PAINT YOUR BLESSINGS REMINDS US THAT THERE IS BEAUTY IN THIS WORLD

WORDS BY LORRAINE PELLEY

There's something magical about art. Not only does it give each person the opportunity to express themselves through whichever medium they use, it also has numerous physical and mental health benefits. Art is often used to develop or relearn motor skills through natural learning and therapy. It's also a proven way to help manage stress or cope with different traumas.

Along with the many benefits that it offers, art is a favourite activity for children and adults because it is fun and relaxing. Keisha – Kay – Sealey knows this firsthand. When she was a child, her dad first introduced her to art when he hosted paint events for the neighbourhood kids. It was at these events that Kay first learned to draw and discovered her love of art.

In 2019, Kay took a leap of faith when she and her late husband left their successful corporate careers to turn her passion into a thriving business. Paint Your Blessings, located in a spacious studio in Brooklyn, New York, offers a variety of community-based services and events including paint nights for children and adults, free monthly community paint nights, and a fan favourite, sing and paint events which combines painting with karaoke. She also hosts personalized in-studio events for different celebrations like weddings, and baby showers using a dynamic lighting system as the backdrop.

During the four years Paint Your Blessings has been open, Kay has and continues to focus her services on teaching others how to learn about themselves and enjoy the moment through art. One of her greatest



achievements since opening Paint Your Blessings is seeing firsthand how much her business is helping her community as well as herself. It has been instrumental in her own journey of inspiration and healing.

As her business continues to grow to grow in her community, Kay is now focused on expanding her services. Her latest venture is the creation of two colouring books. Her first book, which was launched on Amazon last December, is a scripture referenced 38-page colouring book made using her own original designs.

The second book is a universally themed colouring book designed for schools. It was launched on Amazon in January. Kay designed both colouring books to promote universally positive messages.

After developing the universal school colouring book, Kay registered Paint Your Blessings with the NYC Board of Education as licenced vendor qualified to bring programs into schools. She is currently working on launching a summer art program for students using the school colouring book. She is also working on incorporating the colouring book into a before and after school program for the next school year. Along with creating her own programs for students, teachers are using Kay's colouring book as a learning tool in their classes.

Kay designed and published her own colouring books as a way to

expand her company's global reach. Before creating her books, Kay's services were available only to her community. While she has savoured the achievements she's made and relationships she's built, Kay wants to expand her artistic services so people from any city or country can find inspiration and joy while painting her images.

She creates all the images for her paint sessions and colouring books. She finds inspiration for her universally positive messages in scripture and then transforms the verse to a beautiful easy-to-follow template.

Kay plans to continue to work with educators to get her colouring book in more classrooms and programs. She is also planning to develop more colouring books in the near future so anyone from anywhere can find inspiration and joy in her art.



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NUTRITION MOVEMENT TIPS

WORDS BY **MARYLENE VESTERGOM**

Even though we may not be elite athletes, that doesn't mean we can't apply some of their strategies and tactics to improve performance.

The two that are most overlooked? Nutrition and movement patterns. After all, fueling your body with good ingredients could help your immune system keep you healthy and improve your well-being. No matter what activities we perform, "our habitual movement patterns, if not corrected, can impact your structural integrity," says Toronto's personal trainer Mike

Mills. That's why Mills focuses on the basics with his clients, stressing the importance of proper movement patterns before starting a fitness program.

It's a bit of an education process knowing what muscles you're trying to use with which exercise and for which movement, says Mills. "Unfortunately, our bodies will always find a way to tap into the path of least resistance. Our goal is to break the cycle of your body adapting to misaligned

musculoskeletal movement patterns."

Let's face it, if you're going to put in the effort to work out, why not find ways to improve your performance in and out of the gym?

So, where do you start?

"Habits form slowly through deliberate practice and consistent one per cent changes," says Dr. Greg Wells, a performance physiologist and senior associate scientist at Sick Kids Hospital in Toronto. In his new book, *PowerHouse*, (harpercollins.com/

products/powerhouse-greg-wells) Wells focuses on our mitochondria, the cell's internal powerhouse. "Almost all our human cells (except for red blood cells), whether brain, muscle, bone or skin, have mitochondria powering their cells," says Wells. "Think of the mitochondria as the engine in your body, like the engine in your car. To keep them functioning, you must ensure you're fueling your body's furnace with the right fuel."

Wells recently researched nutritional strategies for high-

"THINK OF THE MITOCHONDRIA AS THE ENGINE IN YOUR BODY, LIKE THE ENGINE IN YOUR CAR. TO KEEP THEM FUNCTIONING, YOU MUST ENSURE YOU'RE FUELING YOUR BODY'S FURNACE WITH THE RIGHT FUEL."

performance athletes. It's a blueprint for anyone looking to make a few changes in their routine. "No person can revolutionize their eating overnight," says Wells. "It's about starting somewhere and then building on that momentum while committing to improving how you eat, sleep, exercise, and think."

Daily

- Eat whole foods, avoiding processed and packaged foods full of refined sugars.
- Include lots of vegetables of different varieties and colours.
- Spread out your nutrition throughout the day.

Remember, you need carbohydrates from grains, fruit, and legumes to build and maintain glycogen stores in your muscles, and you need healthy protein to build and repair muscle after your workout.

Pre-workout - timing is everything

- 2-3 hours before have a meal high in complex carbohydrates, including fibre, and ideally antioxidant rich foods.
- <1 hour before, consider a small snack high in simpler carbohydrates

such as an energy bar, banana, or a smoothie.

Mid-workout fuel

During your workout hydration is what your body craves. If you're exercising for longer than 90 minutes or working out in the heat you can try a sports drink to replenish lost fluid and electrolytes (sodium-potassium, chloride).

Post-workout - repair and rebuild

After your workout, restore those glycogen stores and repair your muscles with a mix of carbohydrate and protein. Think of it as thanking your body for working hard - a smoothie, banana, even a fresh bowl of fruit with yogurt.

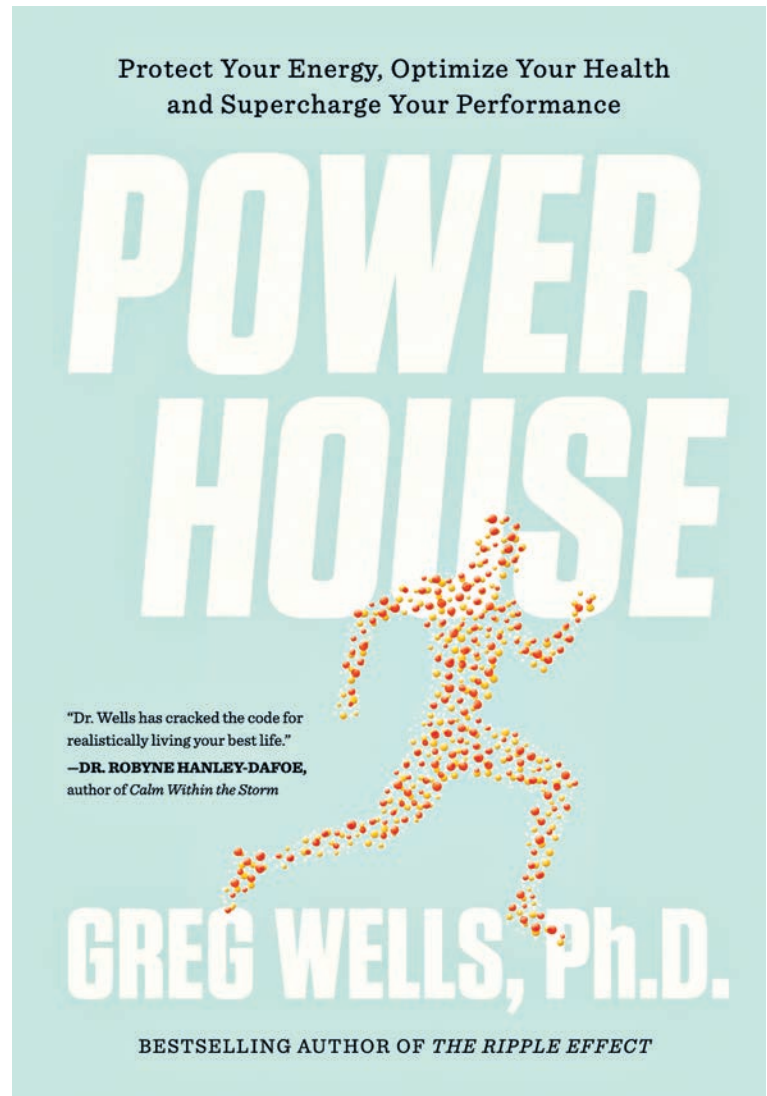
The nutrition plan isn't complete without a critical component - hydration.

"Make drinking water part of your daily routine," suggests Wells. "On a normal day, you should drink at least half your body weight in ounces of water daily (75 oz or 2 L for a 150lb person). Increase your intake when you're exercising, during extreme temperatures (hot summers and cold winters), and especially during times of stress."

Piggybacking on the 1 per cent change - whether you're already physically active or just starting out - Mills says it's important to understand that our muscles don't work in isolation in our day-to-day activities.

That's why assessing a client's movement pattern is essential. It can reveal muscle imbalances and weaknesses and can help prevent injuries. And remember, our movement patterns are with us 24/7 - not just in the gym.

"Focusing on a client's movement pattern and technique, including



specific moves to strengthen weaker muscles, helps them become more body aware by activating those underactive muscles and getting their body to work as a unit."

Mills says getting a movement assessment is part of the building blocks. "Over the years, our bodies have been creating patterns, compensating for that pulled muscle we experienced shovelling snow or diving for that tennis ball or a nagging hamstring injury.

Finding that connective path is key to unlocking the basic principles of functional movement in order to acquire functional strength," says Mills.

Wells says we all need to work on unlocking the champion within us. Wells' PowerHouse advice - elevate your energy, optimize your health, and supercharge your performance.

"A 1 per cent change isn't much, but small improvements each day will amplify your life."



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