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North



Yollanda Zhang:
Teaching the Languages of Home
and Self-Confidence

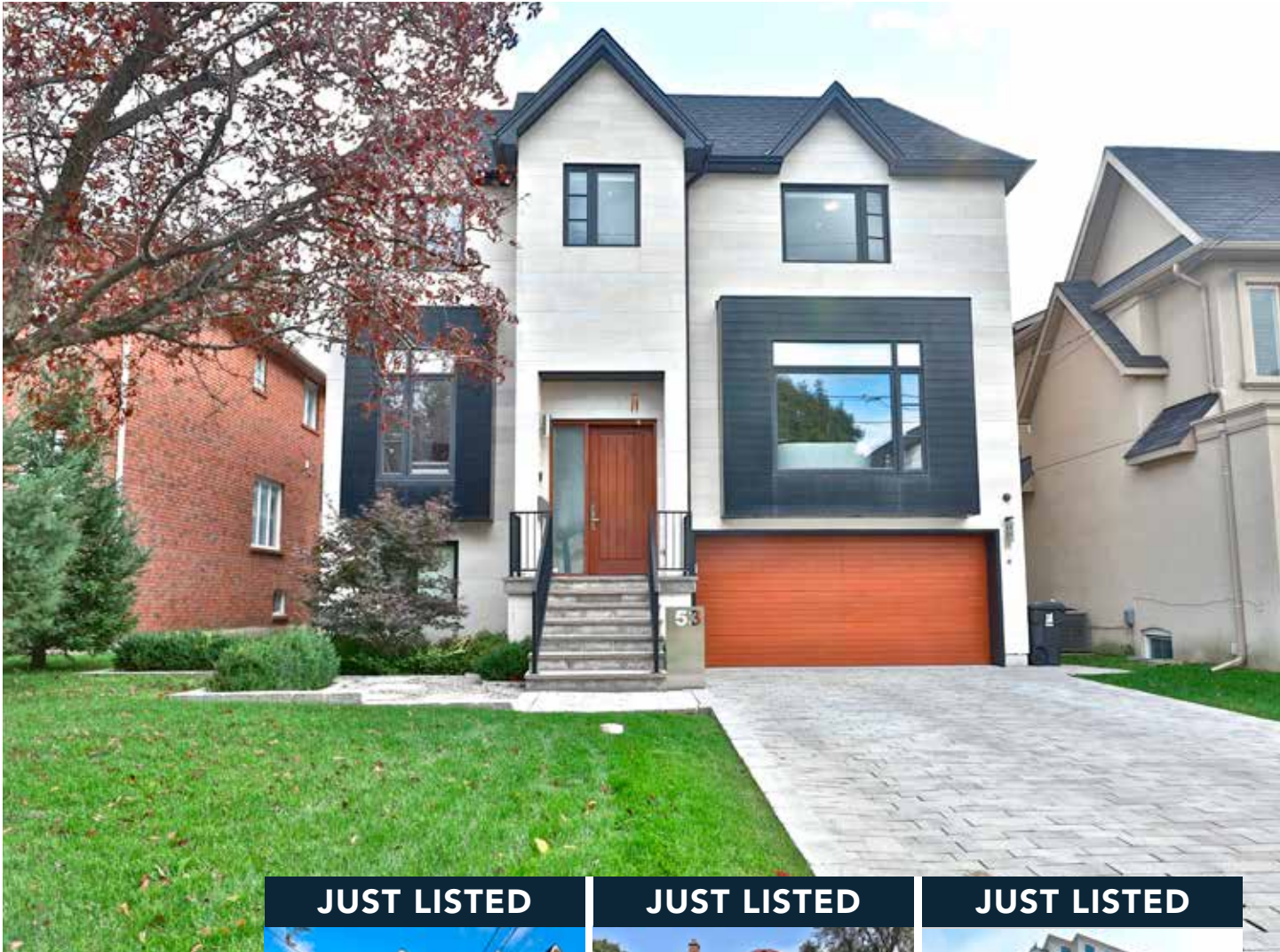


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Hello Neighbours,

The holiday season is upon us, with scents of pine and nutmeg swirling in the air, and the sounds of sleigh bells and carols on the airwaves. It's a special time for families, and most find this a busy month filled with shopping, gatherings and holiday preparations.
It's also an opportunity to consider helping those less fortunate, whether through charitable donations or volunteering. Giving back is a great way to show children and teens the true spirit of the season.

I hope you make the most of this special time with loved ones and friends. Season's Greetings to all!

Heather Rosen is a writer who has worked in corporate communications, direct marketing and advertising for over 20 years. Her interests include writing about environmental and green-energy issues, attending film festivals, bird-watching, and checking out what's happening in and around Toronto, her favourite city.

Heather Rosen, Content Coordinator
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Storey Wilkins Photography | Contributing Photographer

Storey Wilkins has been photographing Lawrence Park families for years. Her portrait sessions are the best way to capture the spirit of your family through a series of natural, joyful, and timeless photographs. Please visit www.storeywilkins.com to view Storey's beautiful photo gallery and to book your 2018 session.



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CALENDAR OF EVENTS



THURS. NOV. 29

Celebrate Light Up Wellspring

Help brighten the lives of people living with cancer this holiday season. Wellspring Cancer Support Foundation invites the community to attend a holiday open house at their local Wellspring centre on Thursday, November 29. The community event includes festive refreshments, a silent auction, bake sale and an official lighting ceremony when the house will be lit up in holiday lights, wreaths, menorahs and seasonal messages.

Time: 6–8 pm.

Official lighting ceremony at 6:15pm.

Cost: FREE

Neighbourhood Location: Wellspring Westerkirk House at Sunnybrook, 105 Wellness Way, Toronto, M4N 0B1
wellspring.ca/lightupwh

About Wellspring Cancer Support Foundation:

Wellspring is a network of community-based cancer support centres that provide professionally-led programs that meet the emotional, social, practical, informational and physical/functional needs of individuals living with cancer and those who care for them, all free of charge. Wellspring receives no core government funding and relies on donations provided by individuals, foundations and corporations to continue to allow Wellspring to provide programs entirely free of charge. www.wellspring.ca.

SAT. DEC. 1

Gingerbread House Workshop at Montgomery's Inn

Decorate a gingerbread dream house on your own or with a group. All the supplies to create a classic gingerbread house will be provided.

Times: 11am, 1pm, 3pm

Cost: \$30; reservations/advance tickets required.

Book at montgomerysinn.streamintickets.com.

SAT. DEC. 1 – SUN. DEC. 23

Holiday Fair in Nathan Phillips Square

This new event, a combination of Christmas market and winter carnival, has something for everyone, including shopping, food, skating, an ice bar and more. The Fair in the Square is guaranteed to become a Toronto holiday tradition.

Times: Tues.–Thurs. 4–9pm; Fri.–Sun. 12–10pm; closed Mondays

Cost: FREE

blogto.com/events/holiday-fair-nathan-phillips-square-2018-toronto/

SUN. DEC. 2

Light Up the Night – Public Menorah Lighting for Chanukah

Celebrate the first night of Chanukah, the Festival of Lights, at Mel Lastman Square. The event features a fireworks show, giant menorah lighting, special greetings from dignitaries, hot potato latkes, live music and more. Perfect for the entire family.

Time: Event begins at 6pm

Cost: FREE

jrcc.org/templates/articlecco_cdo/aid/334163/jewish/Public-Menorah-Lighting.html/lang/en

SUN. DEC. 2

Liberty Village Holiday Market

Shop from a variety of over 50 local artisans at this holiday market hosted by Toronto Urban Collective, which brings you an array of the city's finest local artists, craft-makers, photographers, designers, and foodies.

Time: 11am–5pm

Cost: FREE tickets available at universe.com/events/liberty-village-holiday-market-tickets-toronto-FBGY53

SAT. DEC. 8

Cheese Cave Event – Festive Wine & Cheese

TOCA Restaurant hosts the Tastemakers Series of events for culinary enthusiasts, including exclusive wine tastings, workshops, unique menus and special food experiences. On December 8, experience the Cheese Cave through curated wine and cheese pairings, and explore the possibilities for your own holiday gathering.

Time: 3pm

Cost: \$60 (Adults 19+ only); for reservations call (416) 572-8008

tocarestaurant.com/upcoming-events/index.php#schedule

CONTINUING THROUGH SUN. DEC. 30

The Best is Yet to Come Undone – The Second City Comedy Revue

The Second City, Canada's celebrated sketch and improvisational comedy troupe, returns to the stage with their latest biting comedy revue and an all-star cast.

Times: Shows Tues. – Sun. Shows start at either 7:30, 8 or 10pm; visit website for details.

Cost: General Admission tickets start at \$27. Add-on, pre-show dinner reservations for Wayne Gretzkys may be reserved separately; prices start at \$35.39. Additional fees + HST added to all tickets and dinner packages.

Visit secondcity.com/shows/toronto/venue/toronto-mainstage/ for full pricing details.

CONTINUING THROUGH SUN. JAN. 6, 2019

David R. Harper: Zodiac at the Gardiner Museum

Toronto-born artist David R. Harper presents a museum-wide installation inspired by the twelve signs of the zodiac. This original work was commissioned as part of New + Now, an annual celebration of emerging artists and contemporary ceramics, featured both nationally and internationally.

Times: Visit website for details.

Cost: Adults \$15; Seniors (65+): \$11; Students (with valid ID): \$9; Youth & Children 18 and under, FREE. Half-price admission Fridays, 4–9pm.

gardinermuseum.on.ca/event/david-r-harper-zodiac

THURS. NOV. 29 THROUGH SUN. DEC. 30

Aurora Winter Festival – Ontario Place

This Winter, escape to a hidden village by the North Pole filled with captivating light displays, magical characters, market huts, food gardens, amusement rides, live entertainment, and plenty of other seasonal activities.

Times: 4 to 10pm, Wednesday through Sunday. Closed Monday & Tuesday.

Timed tickets refer to arrival times only.

Cost: Weekday evening General Admission (adults, seniors 65+, and children 4 to 12): \$14.99; Weekend General Admission: \$19.99; Seniors and Children 4-12, \$14.99. Family pass (2 adults and up to 3 children,): \$59.99 every day.

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Yollanda Zhang:



Teaching the Languages of Home and Self-Confidence

BY HEATHER ROSEN PHOTOS BY STOREY WILKINS PHOTOGRAPHY | FAMILY PHOTOS SUBMITTED BY YOLLANDA ZHANG

With a population of over 1.3 billion and a burgeoning middle class, China is fast becoming one of the world's largest economies, and is now a popular destination for tourists. It's no surprise that a growing number of parents – including many who are not of Chinese heritage themselves – are eager for their children to learn Mandarin so that they can take advantage of the multitude of business, educational and cultural opportunities now available to them.



Panda Mandarin Language Programs, a Lawrence Park-based, four-year-old company that offers Mandarin language classes to children, is designed to meet that need. Started by Yollanda Zhang, who taught math and physics in the Toronto District School Board for a number of years, this language school focuses on teaching children ranging from babies to age 12.

Yollanda says that roughly 50 per cent of parents enroll their children in Mandarin classes as an after-school heritage language class, while the other half, who are not of Chinese descent, feel the language will give their kids a 'leg up' in the business world of tomorrow. The latter group, she states, is growing, with parents from diverse cultures choosing to register their children for lessons.

Mandarin classes are held at various locations throughout Toronto, including Armour Heights Community Centre, Fairlawn Avenue Church, John Wanless Junior Public School and Montcrest School (near The Danforth). This October, they recently expanded to the Frankland Community Centre, also along The Danforth. She also works with local schools seeking expertise in teaching Mandarin, recently forging a partnership with Paul Penna Downtown Jewish Day School.

The language courses are described as "fun, engaging, and authentic with a focus on practical applications of Mandarin". Classes are kept to no more than 10

students in an effort to maximize in-class practice and engagement. Instructors also provide additional content such as recordings of lessons for use between classes to complement and enhance lesson plans, and to provide support to non-native speakers worried about not being able to help their children with Mandarin. As of October, there were roughly 150 students studying the language at various levels and locations around Toronto.

Yollanda promotes the many benefits of language learning, believing, "the more languages we know, the more of the world we will have access to."

She adds: "Learning a new language is an important part of brain development in children. It also teaches them persistence and to be receptive to different people and cultures."

Although Panda Mandarin specializes in children's classes, the company also offers summer camps, private tutoring, adult Mandarin classes and corporate classes. Yollanda encourages anyone interested in exploring the possibilities Mandarin has to offer to sign up for a free trial class.

Born in Harbin, China, and raised by her grandmother for the first three-and-a-half years of her life, Yollanda came to Canada at age 10 with her parents, who were both highly educated professionals. She later attended the University of Waterloo, where she studied engineering, then went on to work for General Electric in the Commercial Leadership Programs.

Yollanda says her transition from engineer to teacher to entrepreneur was fuelled by both her life experience and an interest in teaching – as well as a strong desire to provide a strong cultural framework for her daughter.

"I wanted to help my child stay connected to her heritage while living in a community without many Chinese people," she states.

Another brainchild of this passionate entrepreneur is a new program called Girl. Strong. This unique, year-long program designed to empower girls was officially launched through Panda Mandarin in late September of this year. It was inspired by the life of Yollanda's grandmother, Kang Zhi-Min, who passed away in March 2018. Her grandmother had endured many challenges in China, including an early marriage, a lack of education and few opportunities for

advancement. Although she lacked confidence in her own abilities, she was determined to learn how to read and write. To fulfill this dream, she began attending night school after long workdays at a yarn factory.

Yollanda speaks of her grandmother with pride, and wants to make sure her own daughter and many others like her are better able to stand up to gender-based biases and stereotypes, gain self-confidence, and resist societal pressures to self-silence and self-censor, including in their career aspirations. She says that early in life, girls often start to form negative opinions of their own intelligence compared to boys, and particularly toward pursuing careers in math and science.

"Research shows that girls often lose faith in their academic abilities as early as age six," says Yollanda. "We want this program to confirm and support their self-confidence, and to encourage them to explore all the options available to them in their lives and careers. I did this for my daughter, Caitlyn, as well, who is now six years old."

The core components of Girl. Strong. focus on five key areas: public speaking and self-confidence; positive mindset and habits; entrepreneurship and global citizenship; STEAM (Science/Technology/Engineering/Art/Math); and fostering strong mother-daughter relationships, including a week-end retreat. Other components designed to give the girls more exposure include coding, self-defence, guest speakers, and workplace tours.

In an effort to commemorate both her grandmother's hardships and give back to the community, she has created a Girl. Strong. Scholarship Fund and is sponsoring two girls who hail from challenging communities so that they can benefit from the Girl.Strong. program. Two other female-owned companies – Continuum Wellness in Lawrence Park and Palettera in Markham – have also donated to the scholarship fund. The company's Mandarin and Girl. Strong. programs have been featured in stories on CBC, HuffPost (Canada) and *The Globe and Mail*.

Yollanda has lived in Lawrence Park North with her husband, Bryan, and daughter Caitlyn for nine years. The couple first met in university as engineering students and they married in 2006, before settling in Lawrence Park in 2009.



Bryan is a Director at Travelers Insurance and is a huge hockey fan who follows the Habs. Caitlyn enjoys Mandarin, drawing, swimming, Taekwondo, tennis, skating, and skiing, a more recent pursuit.

In addition to her work with Girl.Strong. and Panda Mandarin, Yollanda keeps busy with charity work. She is on the Board of Directors for the non-profit Yee Hong Foundation, an organization that supports geriatric care for Chinese seniors in the GTA. She recently raised funds to put her late grandmother's name on the "Unconditional Love Quilt" to honour her memory and have a place to visit her grandmother in Toronto.

She has also helped raised funds for the World Wildlife Fund through Girl. Strong.'s mandate to encourage girls to choose a charity and make a difference in the world. A recent fundraiser involved putting up a lemonade stand; the funds raised were matched by a Lawrence Park hair salon.

The family also enjoys travel; past trips have included Argentina, Punta Cana, a Disney Cruise and camping, and they often join friends on annual vacations.

Yollanda says she loves her life in Lawrence Park with its parks and amenities. The sense of community, though, is what she finds most extraordinary.

"It's like a village," she says. "They say it takes a village to raise a child, but it also takes a village to raise a business. This community has been highly supportive of us and Panda Mandarin, especially local schools where we have made inroads in offering Mandarin as a second language."

**To learn more about Panda Mandarin, or to sign up for a free introductory class, visit www.pandamandarin.ca.
To learn more about Girl. Strong., visit www.pandamandarin.ca/girlstrong.**



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

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THE 1ST ANNUAL LEASIDE BLOCK PARTY WAS A HUGE SUCCESS!

By Dayna Bleeman, Director, Corporate and Community Partnerships, Holland Bloorview Kids Rehabilitation Hospital

On Saturday, October 13, more than 1,500 people came out to support the 1st Annual Leaside Block Party at Trace Manes Park. The Leaside community came together to support the local children's hospital, Holland Bloorview Kids Rehabilitation Hospital; all activities were inspired by the kids at Holland Bloorview.

There was something for everyone: a festive pumpkin patch, wheelchair basketball and Volt Hockey games, pumpkin decorating, face painting, a lunch hosted by Grilltime and, of course, amazing vendors offering their products for sale. A 50/50 raffle was held and a lucky Leaside resident walked away with \$2,000.

Events like this cannot happen without amazing sponsors. A special thanks to the event sponsors, Toyota on the Park, Lexus on the Park, Access Storage, Spin Master, Patrick Rocca-Bosley Real Estate, Meridian, Impark, Lunkenhunt, Heaps Estrin Real Estate and Mucho Burrito.

For more information about Holland Bloorview, go to www.hollandbloorview.ca.



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May I Have Your Attention, Please? Adult ADHD Calling for Action!



By Dr. Christine Palmay, MD, CCFP

Attention Deficit Hyperactivity Disorder (ADHD) represents a black box for most primary care providers. ADHD is often untreated due to a combination of factors: an extreme lack of community resources, minimal physician training, and very few accessible supports.

Publicly funded resources are few and far between. Those that exist are either closed to new patients, or have long waiting lists. Several excellent private clinics are located across the GTA, but they are expensive and mostly inaccessible to patients without robust third-party insurance. Further, despite mounting evidence, many health care providers still question the validity of the diagnosis.

Sadly, these factors culminate in poor patient care, meaning no diagnosis, treatment or ongoing support. Since this condition is, in some ways, akin to many other health conditions that are sidelined by routine medical channels, patients who think they may have ADD or ADHD are required to advocate for themselves, and therefore have the opportunity to play a positive active role in their health care.

Until recently, it was presumed that ADHD was a childhood/adolescent issue that would eventually self-resolve by adulthood. We now understand that over 60 per cent of patients experience at least a subset of their symptoms as adults. Furthermore, it is becoming more evident that some adults never received a proper diagnosis and are even unaware that their current difficulties may be caused by ADHD.

Briefly, there are 3 sub-classifications of ADHD based on symptoms:

- Predominately Inattentive (previously referred to as ADD)
- Predominately Hyperactive (rarer)
- Combined (most common)

Regardless of the sub-classification, the most important step is for a patient to identify whether they in fact display any symptoms that would potentially lead them to a diagnosis and, most importantly, to proper support/treatment.

ADHD presents slightly differently in adulthood. *Totally ADD* (<https://totallyadd.com/>) is a wonderful resource that helps demystify ADD. It lists the following symptoms that adults should watch for:

- a lifelong history of attention problems
- disruptive or impulsive behaviors (e.g., poor money management, sudden decision-making without thought)
- organization problems such as time management or consistently unfinished projects
- inability to sustain long-term employment or a history of multiple jobs
- anger control problems
- marital conflict/parenting conflict
- speaking too loudly, over-talking, interrupting frequently
- a history of addiction or substance abuse (e.g., alcohol, drugs, smoking, gambling, overeating)
- driving problems (e.g., speeding, accidents)

Sadly, the incidence of ADHD is not isolated. It is estimated that approximately 70 per cent of ADHD adults suffer from a second mental health issue, and 40 per cent suffer from three or more mental issues.

If you or a family member feels that ADHD may be a concern,

rally the forces and be prepared to seek out resources. It may be a fight, but accessing proper treatment and support can change lives. My recommendations are as follows:

1. **Speak to your primary care provider and assess his or her understanding of ADHD.** You may need to provide some education! There are several checklist scales that can be downloaded online. One of the most common is the Adult ADHD Self-Report Scale Symptoms Checklist. Download and complete the form as a starting point for a discussion with your primary care doctor. Several pharmacological options exist – it may take time to find the right “fit”, but I have seen patients' lives change for the better when we find an appropriate drug together.
2. **Seek out local resources.** The Center for ADHD Awareness Canada (<https://caddac.ca/adhd/>) is a wonderful portal for both physicians and patients. It provides assessment tools, explanations, support links and resource links. Whether a patient is on pharmacological treatment or not, successful remission must include counselling focusing on skills to cope with symptoms, and possibly addressing other existing mental health conditions.
3. **Seek out support.** Many online resources exist that aim to address the ADHD care gap. *Totally ADD* (<https://totallyadd.com/>) is a wonderful grass roots homegrown resource that provides excellent summaries and support suggestions.
4. **If possible, find a suitable private clinic.** Several excellent clinics exist around the city and provide excellent comprehensive care.
5. **Most importantly, develop a support network.** Start a conversation with your family or friends. Help them understand your struggles and the difficulty of finding help.

The irony is that ADHD requires diligence and focus to find appropriate treatments – the very traits that those with ADHD lack! With a proper support network to help you, success in dealing with this disorder may be achievable.

Resources:

Totally ADD (<https://totallyadd.com/the-team/>)

CADDAC (<https://caddac.ca/adhd/>)



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Smart Technology for Seniors: Can It Replace the Human Touch?

By Pauline Lyons, Director of Community Relations, Living Assistance Services

As our senior population grows faster than ever, so do smart technologies geared at improving the lives of this demographic. Smart technology – or gerantechnology – devices include services such as telecare and telehealth, as well as robotics, and various information and communication devices from smartphones to health trackers. With all of these products available to do anything from controlling lighting and appliances with one swipe, to sensors that track movements and remind you that it's time to move or take a medication, the jury is still out on how many seniors will use these products.

Gerantechnology devices are available across the world and promise seniors healthier and more independent and active lives. While this appears to be the wave of the future for seniors, those who require extra help right now are less likely to use these devices, and many prefer good old-fashioned human care.

The Number of Seniors Using Smart Technology in Canada

While the number of seniors using the Internet has increased in recent years, this isn't the case for smartphones or other connected devices. More than 76 per cent of Canadians own a smartphone, according to Statistics Canada, but this number drops significantly in the senior population, primarily for those over 75. Only 18 per cent of Canadians over 75 own a connected device.

The trend continues when it comes to those who believe that smart technology has or can improve their lives. Only 38 per

cent of Canadians over 75 believe their lives are better or report improvement because of smart technology.

Smart Technologies vs In-Home Care

There's no doubt that some smart technology can help make life easier for seniors, especially those who live alone.

Technology that monitors the comfort, safety, and security of home or wearables that can alert emergency services to a fall or medical emergency, can provide peace of mind not only for the elderly, but also their loved ones.

Many of the other smart technology devices available are likely to be a hard sell for seniors who are not tech-savvy or are living on a limited income. Trusting a device to take the place of human care is also something that many seniors are not comfortable with.

The cost of some of these devices and the monitoring to use them can be expensive. And even with online tutorials and detailed manuals, there's always the worry that the user will have difficulty using the features properly or to their full potential. This is especially the case for those cognitive issues that accompany aging and illness.

In-home care services can help seniors age with dignity and independence in the comfort of home. Medication reminders, regular visits, errands, and transportation are just some of the in-home care services we offer.

This isn't to say that some of the available technology isn't worth considering, of course. Smartphones or tablets that allow seniors to stay connected with friends and loved ones who live far away or when mobility is an issue, are wonderful. Fitness trackers that remind you to get up and move around are great for those who are able to do so safely on their own.

As amazing as these technologies are, it's comforting to know that the human connection is still available for seniors who need or simply prefer assistance from a real, live human who has been trained to provide care and companionship.



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| ADDRESS | PRICE | BEDS | BATHS | ADDRESS | PRICE | BEDS | BATHS |
|--------------------------|-------------|------|-------|---------------------------|-------------|------|-------|
| 94 Douglas Avenue | \$1,200,000 | 3 | 1 | 185 Douglas Avenue | \$2,800,000 | 4+1 | 4 |
| 290 Glenforest Road | \$1,300,000 | 4 | 2 | 78 Golfdale Road | \$2,900,000 | 6+1 | 4 |
| 75 Glengarry Avenue | \$1,400,000 | 3 | 3 | 1571 Mount Pleasant Road | \$2,980,000 | 8+3 | 6 |
| 192 Lawrence Avenue East | \$1,600,000 | 3+1 | 2 | 191 Woburn Avenue | \$2,990,000 | 4+1 | 5 |
| 306 Old Orchard Grove | \$1,630,000 | 3+1 | 4 | 283 Snowdon Avenue East | \$3,000,000 | 3 | 4 |
| 179 Bowood Avenue | \$1,730,000 | 3+1 | 2 | 156 Golfdale Road | \$3,090,000 | 6 | 4 |
| 48 Braeside Road | \$1,800,000 | 3+1 | 2 | 112 Fairlawn Avenue | \$3,130,000 | 3+1 | 5 |
| 63 Fairlawn Avenue | \$1,890,000 | 3+1 | 2 | 91 Teddington Park Avenue | \$3,300,000 | 4 | 5 |
| 128 Bowood Avenue | \$2,480,000 | 3 | 4 | 36 Felbrigg Avenue | \$3,500,000 | 3+2 | 5 |
| 3 Rothmere Drive | \$2,500,000 | 0 | 0 | 108 Braeside Crescent | \$3,600,000 | 4+1 | 5 |
| 164 Bedford Park Avenue | \$2,500,000 | 4+1 | 5 | 27 Golfdale Road | \$4,200,000 | 4+1 | 7 |
| 24 Roe Avenue | \$2,750,000 | 4+1 | 5 | | | | |

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HAPPY HOLIDAYS

Wishing you and yours all the best this holiday season

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SHINING STAR



By Ellen Schwartz, Project Give Back

Ella was always concerned that she wasn't like all her friends and classmates. She didn't like camp. She didn't know what she was good at. Yet who knew that all it would take was a buffet Chinese dinner to make her realize her true talent? As it turned out, she was dynamic. She was artistic. She was creative. She was also a great reader and writer. And now to add to all these wonderful qualities, Ella can boast that she is an international best-selling novelist! How's that for an accomplishment? Oh, and by the way, Ella is only 9 years old!!

Recently Ella, along with her collaborator, her mother Merav Richter (an author in her own right), published their first novel together, *The Search for Maya*. The book has been well-received and celebrated, with proceeds of its sales going to support the charity, **Autism Speaks Canada**. The book tells the story of Maya and her imaginary friend, Charlie. While only Maya can see or hear Charlie, everyone else believes that he is her imaginary friend. Maya is sure Charlie is real, and sets off to find him. On her search for Charlie, Maya finds even more.

The book was truly a labour of love, a summer project in lieu of

summer camp. After their original 'tea'ing (a term they derived from their tea/meeting), Ella and Merav would brainstorm ideas and then storyboard these ideas as they set out to create the book, a story based in the genre of magical realism. They wanted to tell a story that shared another perspective or reality.

As Merav says, "We wanted to give readers a glimpse into what other people are experiencing and we don't see, and what it means to be a highly sensitive person. Ella has the perfect perspective to give better insights into the life and mind of a child on the spectrum. What we want is to create a movement of heart-centeredness for highly sensitive people."

So while Ella may not be like her other classmates, what makes her unique is what truly makes her shine. It is appropriate that she is now our new shining star. The mother-daughter duo plans to continue their newfound summer tradition by writing a series of books.

We look forward to reading more of your amazing stories and work in the future, Ella!



Make Popsicle Stick Reindeer Ornaments

Provided by Carrie Laureola, Visual Arts Teacher at CGS

Gather supplies:

- popsicle sticks
- burlap fabric or brown construction paper
- pipe cleaners
- googly eyes
- pom-poms
- scissors
- glue gun
- ribbon and string

Directions

1. Glue three popsicle sticks to form a triangle.
2. Cut out fabric or construction paper triangles to match. Wind 1 pipe cleaner to one side of triangle.
3. Glue fabric or construction paper to back of popsicle sticks. Cut second pipe cleaner into 4 pieces and use to form antlers.
4. Glue on googly eyes and pom-pom nose.
5. Tie on bow to one antler (optional) and glue on string to back of ornament. Hang up on tree and enjoy!



Pet Of The Month: Bella

By Carly Dougherty

Many of you have likely seen Bella out exploring the Yonge/Lawrence neighbourhood on her daily walks. This six-year-old, 6.2-pound Malipoo is full of love and affection. Named after her 11-year-old owner, Isabella, Bella has a sneaky way of worming her way into the hearts of everyone she meets.

When Bella is not out for a walk, she loves to cozy up with anyone who happens to be on the couch or perched on the front porch in the sunshine while watching the everyday happenings on her street.



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