



Summary

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NOW Club – Past, *NOW* and Future

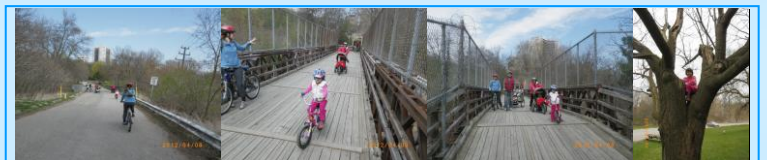
Recent Past Activities

Family Indoor Climbing, April 2012 – This was a fun adventure on the artificial rocks and on the slack



line. Adults and kids had lots of fun. (more pictures [here](#))

Family Biking on the Don Trail, April 2012 – This was more like an ad-hoc gathering to support Justin (5) in biking on only two wheels (no training wheels) and in preparation for the Niagara Bike ride. We started from Sunnybrook Park at Eglinton and Leslie and went south along the Don River for about 5 km and back. (more pictures [here](#))



Bike the Niagara Trail, May 2012 – We did it! To my surprise and Victor's "I told you so!" we did the entire bike trip from Niagara-on-the-Lake to Niagara Falls and back. Almost 50 km...wow! I have to admit that I was almost sure that somewhere along the way I will stop and head back or wait for the group to return and pick me up. The group was great, from 1.6 years old to 65 years old, we were 10 adults and 7 children. As a matter of fact 6 children and Clara, who legally is still a child, but not exactly a child anymore. Even though, when it came to the gummy bears.....:), she liked them as much as the kids did!

The weather was wonderful for a bike ride, I could even say perfect. Odette managed to bike the whole way to Niagara Falls, about 23 km. Quite a performance at 5 years of age! On the way back her tire exploded, so she had to go into the trailer.

We also had an intense event. We have to thank Danut for how extraordinary he was to tell Odette what to do when she was in danger. She had a lot of speed going downhill, and she was not able to break because her bike chain had fallen. Danut told her to go on the grass and amazingly enough she listened. There she could fall without hurting herself too bad. This is exactly what happened. They did

not lose their heads. BRAVO! We all had a scare, but all was fine thanks to Danut, Odette and all guardian angels around us.

We've arrived back in Niagara-on-the-Lake 'a little tired'...ok, ok very tired...but satisfied. Why? Some people might ask. Why so much effort? Well, because we all have to do something on Sundays. :) Plus, we were together, away from the city, not completely away from technology!! (we still love our smartphones!), we burned some calories, and most importantly we talked a lot and shared some laughs. Come on everybody, we have to admit that we also need to keep in contact face to face, not

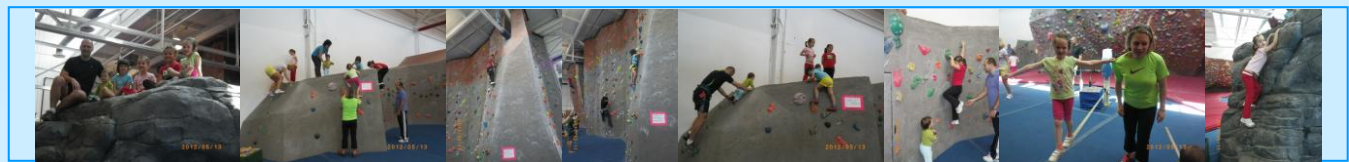


only by phone, Skype, and other awesome networking programs like Facebook and Tweeter.

We had a great time and I hope all of you felt the same. Odette told us when we got back home that we are the best parents in the world, because we took her in this trip. Well, that's enough for me :).

I am very proud of everybody who joined us! Well done girls and boys! (more pictures [here](#))

Family Indoor Climbing, May 2012 – This was another fun adventure on the artificial rocks and on the



slack line. Adults and kids had lots of fun. (more pictures [here](#))

Current Activities and Upcoming Events

Note: This is a tentative schedule. For further details or most updated info, check "[Activities](#)" and "[Calendar](#)" sections on our [website](#).

MEC Paddlefest

MEC Paddlefest, Sunnyside Beach, Toronto – MEC Paddlefest is an urban celebration of all things paddlesport related. Whether you're a beginner who's never been in a boat, or an expert paddler looking to fine-tune your skills, there are plenty of learning opportunities both on water, and on land. We will be there on Saturday the entire day. Come and join us.

Location: **Sunnyside Beach, Toronto**

Date: **June 9-10**

Time: **9:00-17:30 (both days)**

Check [here](#) for more details about this event.



Biking

Bike the Hamilton Rail Trail – This is actually two connecting trails, the West Hamilton - Jerseyville Trail maintained by the Hamilton Region Conservation Authority, and the Jerseyville - Brantford Trail of the Grand River Conservation Authority. They are both excellent and together make for a continuous ride of about 32 km. This activity is for adults and kids. We can turn around any time (let's aim for about 20 km) and do not need to go all the way to Brantford.

Location: **from Hamilton towards Brantford**

Date: **June 16** (to be confirmed)

Time: **9:00**

Register via email sent to info@nowclub.ca or on the [website](#)

Check [here](#) for more details about the trip and [here](#) for more details about the trail.

Bike and Canoe

Bike and Canoe on Grand River – This is a day of biking, paddling, swimming and picnicking on the Grand River (which is not really a white water river on this run). This activity is for kids and adults. We bike up the river and paddle down the river. It is either two persons in a canoe or one person in a kayak. The necessary paddling equipment is provided (including kayak/canoe, PFD, paddles, safety kit, dry bag). You need to bring your bike and bike lock.

Location: **Grand River (Paris to Cambridge)**

Date: **July 28** (to be confirmed)

Time: **9:00**

Register via email sent to info@nowclub.ca or on the [website](#)

Check [here](#) for more details.

Miscellaneous

(Other Events Going On in the City - that you may haven't heard about)

Ziua Copilului (a patra editie), Ancaster – Jun. 2-3, 2012 (more details [here](#))

Becel Heart&Stroke Ride for Heart - Jun. 3, 2012 (more details [here](#))

MEC Paddlefest, Sunnyside Beach, Toronto – Jun. 9-10, 2012 (more details [here](#))

MEC Bikefest, Distillery Historic District, Toronto – Jun. 23, 2012 (more details [here](#))

Thought of the Month

Lack of sleep may trigger fat genes

Here is some kind of interesting research on sleep and weight. The following article is taken entirely from CBC website (<http://www.cbc.ca/news/health/story/2012/05/02/sleep-genes-weight.html>).

Less shut-eye may turn on 'genetic drivers' of weight. Getting more sleep than average may help with maintaining a healthy body weight, a study of twins suggests.

The genes behind weight gain may work overtime with lack of shut-eye, according to the research in this issue of the [journal Sleep](#).

How much sleep we get is driven by both genetics and environmental factors.

In the study, neurologist Dr. Nathaniel Watson of the University of Washington Medicine Sleep Center in Seattle looked at the height, weight and sleep habits of 604 pairs of identical twins and 484 fraternal twins with an average age of 37.

Sleeping less than seven hours a night was associated with increased body mass index (BMI).

"What we see is that as sleep durations were reduced, the genetic risks of having a high body weight went up," Watson said in a YouTube slideshow.

"So it's suggesting that when you're sleeping less, you're turning on these genetic drivers to how much you weigh."

The heritability of BMI was twice as high among short sleepers than twins who slept longer than nine hours a night, the researchers estimated.

Three factors drive BMI among twins, Watson said:

- Genetics.
- Shared environment such as diet and parenting.
- Non-shared environment that makes twins different from each other.

The study's authors said genetic factors determined 33 per cent of how long twins slept.

Previous research showed genetic influences such as glucose metabolism, energy use and satiety influence BMI. The genetic pathways involved aren't known.

The findings don't mean that sleeping in will drive you to be thinner, but that sleep, in conjunction with diet and physical exercise, becomes more important to body weight than genetics alone.

Nutrition

Hopefully, Apple Does Not Fall Far From the Tree

I know that (only) mostly parents will relate to my story, but I will write it for everybody anyways. For me this started when Odette (my 5 year old) told me that she had a great idea. Of course I was very interested to find out what her great idea was, and guess what? To my greater surprise, the great idea was to have a party at McDonalds....a no reason party, just invite a few friends and have fun. Indeed a great and perfect idea for having fun with friends for absolutely no reason! I can relate and agree to that, no problem! This was what we've been preaching all the time....but McDonalds?!?! Where did this come from? I wasn't even sure that she knew that McDonalds exists (she never mentioned it before!), as we almost never go to McDonald. But at a second thought, the truth is.... my answer was hiding in the word 'almost'. A little shocked, I started probing trying to find out where this idea came from. We couldn't point the finger to a culprit, so, I assumed that she got familiar with it in the few times we've been there, and she also probably heard it in school. And we all have to admit that McDonalds has many ways to attract kids (toys, playgrounds and also parties). Once you are there most of us want to go back.

Now, the question is how I explain to a 5 year old that McDonalds it's not exactly a place where you want to eat. Why? The food tastes good, they give toys for children, and the kids can have a blast on the playground while the parents are eating. Perfect in kids opinion! So, I decided to introduce her to



the concept of 'nutritious food'. I assume for kids is hard to dived between how food tastes and what that food offers to the body. But nevertheless, I tried. And I will definitely keep trying.

So, I tried to explain to her that good food should not only be tasty, but also nutritious, meaning that it gives good 'fuel' to the body. We need to give the body as many good things as we can, because we are growing up in that body. And we want it to be healthy and in the best shape possible. 'WHY?' she asked. Many times she just takes me by surprise with such questions. We, adults, always forget that they are just kids and do not think like us. They question everything. "Because when your tummy hurts, you can't do everything you like, correct?" And then I touched a sensitive point for her. "Can you ride your bike when your tummy hurts?" "Oh!" she said, and her eyes grew bigger. I guess she got the idea. So I felt proud that she understood my point. I must have explained well, I congratulated myself :).

But....I was surprised again. It is easy to explain to a child why you need to eat well and good things. They are smart and they get it fast. The real challenge comes now. She immediately asked me. "Mama, how do I know that a food is good for my body, so it can be healthy? What if I don't like that food?" "Oops", I thought...and this is only the start of the matter.

So, how do we train kids to eat well? Because it is actually a training. First, we need to do what we preach, because it is also about us, not only about them.

We certainly have to account for the fact that many kids are picky eaters. Is this good or bad? Well, the real answer is that sometimes is good and sometimes is bad. It depends what the picky eaters pick. If they pick vegetables and fruits, it's not necessarily so bad. But if they pick only salami and pasta and ketchup it could be bad. Because the body craves what it needs, but it can also crave something that's not that good, like an addiction.

I believe that we need to encourage them to change what they eat little by little. We need to encourage them to try what we know it's good. We don't need to force it on them, as they will refuse to be forced. We should just not give up. But little change here and there is the key. Constant and consistent exposure to what we now it's good, like more natural foods, organic if possible especially the vegetables; foods that are local, bought from the farmers market if possible. If not directly from the farmers, you can find local foods and in-season fruits and vegetables in the supermarkets. The local produce has more chance of being non-irradiated, because it will get on the people's table faster. Common sense stuff!

Little by little we can change the way we eat. Little by little the kids will learn, and also change the way they eat. Maybe not immediately, maybe they'll realize more when they grow a little bigger. But is it important to keep telling them how to eat better. At some point we'll be surprise that it sinks in. This is valid for all of us. We all need to learn how to eat again (less processed food, more local, ripped in the garden not in a crate, organic if possible).

We all understand that life and health have many components and many "inside" and "outside" influences. So, I am not saying that going organic and watching what you eat will make you immortal or forever young, or even a better person (ok...maybe a better person!), but I can tell you that it definitely improves your life and potentially your health, and other people lives through example. Plus it is a good feeling that you are part of a movement that eventually will change the way people think and, in the end, the world!

They say “teach by example is the best” ... so, the first question that comes to my mind is “am I prepared to start changing myself”, so my kids, my friends, even the next generation will stand a chance to lead a healthier, more fulfilling life? Well ... I think I am, but I do not find this very easy to execute :). So, the more of us start looking for better food, the more chances we stand.

We started “hunting” for local and organic, if possible, farms.

The farm eggs are already on the list and we start collecting “orders”.

Some other items we are looking for are:

- Meat (chicken, beef, pork, turkey, etc.);
- Vegetables (tomatoes, peppers, potatoes, carrots, etc.);
- Fruits (strawberries, grapes, etc.).

Please contact us if you want to join us.

Need More Info / Want to Contact Us?

Website: www.nowclub.ca (the [Activities](#) and [Calendar](#) pages are updated on a regular basis)

Newsletter: in electronic format only, distributed monthly via email. You are welcome to share it with your family and friends. Now, the past issues are available on our [Newsletters](#) page.

Email: info@nowclub.ca

Phone: 416-528-7318 (Moni) or 416-528-6236 (Victor)

We do love spending time outdoors together with people, who share similar values, desires, hobbies and passions.

Enjoy an amazing summer!

Moni, Odette, Anita and Victor (MOAV)



Note: If you do not want to receive any information on subjects related to NOW Club, please let us know and we will respect your wish.