

# FFC Newsflash

DECEMBER 2008



**"The strongest principle of growth lies in human choice."**

--George Eliot

*From the desk of Sandra Viaes, registered massage therapist ...*

## **CHOOSING THE PERFECT CHRISTMAS TREE**

If you prefer the traditional choice of a real tree this Christmas then follow these tips when on your tree hunt this month.

**Measure Twice** - Before you go shopping or hunting for that perfect tree you'll need to decide where it will fit in your home. Once a spot is chosen be sure to measure both the ceiling height and the width of that space. Also, measure your tree stand to determine the maximum diameter of the tree trunk you can use in it as well. And don't forget to measure the height of your treetop decoration.

**Choosing a Tree** - Trees with shorter needles (such as Fraser or Noble Fir) are often easier to decorate than others, as they offer some space between branches for decorations as well as some stronger stems to hold heavier ornaments. Take time to learn about the many types of Christmas trees and find out the characteristics and uses of each type.

**Space Between Branches** - Many trees today are groomed to be lush and full, so be aware that ornaments may hang at an angle on these sheered trees. So look for a tree with some spaces between the branches so your ornaments hang straight. To test a tree, take an unbreakable ornament with you and hang it on several branches to see if there is room for it to hang straight.

**Select a Fresh Tree** - The needles should look shiny and green, not dry or brown. They should not fall off when you pull on a branch.

## **HOLIDAY FREEDOM**

What if you were truly free to spend the holiday season doing exactly as you liked? Here are some of our favourite things to do in our holiday freedom:

- ◆ Stay in our pajamas
- ◆ Go for a run on Christmas Day
- ◆ Drink Baileys in our coffee
- ◆ Bake cinnamon buns on Christmas morning
- ◆ Read and Read and Read
- ◆ Toboggan
- ◆ Go to Fairy Lake on Christmas Eve and have a party afterwards - which results in a lot of late night wrapping!
- ◆ Leave the car in the driveway.
- ◆ Linger at Starbucks with friends.

**The idea is that free time is precious. Knock off the "shoulds" during the holiday season and spend your time with your family doing the things that bring you JOY.**

*From the desk of Piper Martin, classical homeopath. ...*

## CHOOSE JOY


Last spring I signed up for a painting class through an art school in Richmond Hill called *Arscura*. *Arscura* is a Rudolf Steiner based art therapy program that is linked to the Waldorf School and philosophy. I LOVED the class which was called:

**The Breakfast Club.** It involved coming every Friday morning for three hours; we would have some fascinating conversation, paint for an hour, eat some beautiful, raw, organic food, drink cappuccinos and then paint or sculpt for another hour and a half. It was magical and I really felt like a little kid again.

I decided that I needed, craved and deserved more of that feeling in my life so I signed up for a three year program called **Art for Life**. One day a week I go to school. Just making the decision to spend one entire day in pursuit of joy has had a considerable ripple effect through my life.

It has already been life altering in many ways but one of the most significant things to have occurred is that I feel like I am being mentored not only by my teacher who is a powerful little goddess but by the entire group of twelve other students. Creating the art, discussing the art and understanding yourself through the art is an incredibly dynamic way to learn more about who you are.

I highly recommend this school and all of its programs. If you would like to investigate it for yourselves there is an open house held at the end of each term.



**Open House, Art Show**  
Works by Students  
Fall 2008

Join us for beautiful  
art and to meet old  
and new friends.

Saturday, December 6, 7 - 10  
Sunday December 7, 12:30 - 3

Arscura - School for Living Art  
901 Rutherford Rd in Thornhill 905-765-1003 www.arscura.com

## FFC COMMUNITY CHRISTMAS BOOK, FOOD & COAT DRIVE

FFC encourages everyone to give support to our community this holiday season. Here is what we are currently collecting:

**New or gently used coats for kids**

**Non-perishable food items**

**New or gently used books for young women  
and children**

**DEADLINE: DECEMBER 12, 2008**

Please ask any of our front desk staff members for more details.

*From the desk of Dr. Laura Foster, family  
chiropractor....*

I love the tradition of Christmas. I love the rituals, the reflection, the memories, and the food. I find it minimally stressful, typically. Over time I've definitely modified my holiday season. I've pared it down - a minimalist approach. How we celebrate any holiday is truly a choice. Hectic is a choice. Calm is a choice. Thoughts:

**1. Travel:** Do you really 'want' to travel right at Christmas? What would it be like if you made Christmas local and chose to travel to see loved ones at another time (especially if it involved airplane travel during peak time).

**2. Obligatory Functions.** Obligatory functions (the ones where you get that flash of tightness across the chest when you think about going to it) are best minimized. Consider scheduling the MUST do functions before the 10<sup>th</sup> of December or in the new year. The 10 days that surround Christmas Day is sacred space. I do my best to only schedule things that bring me a sense of peace.

**3. Practice saying 'no thanks'.** Sometimes it just won't work (or the 'cost' of making it work is just too high). Say 'no thanks' and spend the night in with your family.

**4. Go for a run or long walk on Christmas Day.** This is a family ritual. It has to be the most peaceful day of the year. Get outside. Visit one of our regional forests or find a friend and go for a 30 minute jog.

**5. Consider online shopping.** I'm probably behind the times, but this year I thought out all my gift giving choices for all the kids on our list. I perused mastermind, lego.ca and toyrus. In a couple evening hours I ordered everything and had free delivery within 3 days. I felt like I spent less and didn't make any unnecessary purchases.

**6. The Christmas Dinner Extravaganza.** If you are like me, making the Christmas turkey is lots of fun and kind of relaxing. I realize not everyone feels this way so modify it. Cook your turkey before and heat it up ... have lasagne instead ... make it potluck with friends or family members... or? Think outside the box.

Living a conscious life means taking responsibility for your choices. Experiencing a hectic Christmas is actually a choice that you fully participate in. OUCH. Its true - hold the mirror up and take a good look because it is really up to you to decide what kind of holiday season you're going to have. I feel fortunate. My mom was a great role model. We had Christmas' that involved staying put, playing with our toys, and tobogganing with our family/friends. She never put Christmas on credit and many of our gifts were things we just simply needed. Maybe it was a sign of the times ... who knows. I just know that running myself ragged through Christmas stresses me, not to mention the effect it has on my children. January signals a new year, new choices and new beginnings. Start out fresh and relaxed. Just a thought.

## COMMUNITY EVENTS

Dec. 12-31

### FESTIVAL OF LIGHTS

A beautiful celebration of lights at Fairy Lake Park in downtown Newmarket. Lights on nightly from 6-9 p.m. with the exception of the Opening Ceremonies Dec. 12, 7-9 p.m. Come ride the Tim Horton's Polar Express Train (weather permitting). Donations received are used for Fairy Lake Park improvements.

Dec 21-24

### LIVE NATIVITY PAGEANT

Presented to the Community by the Church of Jesus Christ of Latter-day Saints and The Town Of Newmarket. Fairy Lake Park, Water St., Dec, 21-23 performances at 7 & 8 p.m. Dec. 24 one performance at 7 p.m.

Wed. Dec. 31

### FIRST NIGHT NEWMARKET

Celebrate New Year's Eve, at the Magna Centre, 800 Mulock Drive. Live Outdoor Family Entertainment 6-9 p.m.

Enjoy Horse Drawn Wagon Rides and Free Skating. At the end of the evening be dazzled by the Grand Finale Countdown at 9 p.m.



From our friend Amanda McFadyen,

### BLISSKIDS FAMILY FESTIVE CLASS

A 1.5 hour workshop celebrating light, life & love in reverence of all holiday traditions. Bond, breathe and play with your family - priceless gifts of the heart.

Saturday, December 20th, 2 - 3:30pm

Yoga Source & Therapy Studio. Ages 4 and up.

\$30 per pair, Call 905-830-9700 (space is limited)

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*From the desk of Randy Ketterling, psychotherapist...*

### TECHNOLOGY AND THE CLOSING OF THE CANADIAN MIND?

Refer to the November 4 Special Issue of MACLEAN's Magazine's article entitled Dumbed Down: The Troubling Science of How Technology is Rewiring Kids' Brains for important information regarding the risks now perhaps inherent with increased exposure to digital and video stimulation.

Current news has also been rife with articles discussing "addiction" and video games as a result of the recent death of a young Barrie teenager who had run away from his home after being banned from access to his Xbox gaming system.

Parents have been increasingly concerned with their children's poor mood, behaviour problems, distraction from school work and other social activities as a result of spending too much time playing video games or in front of computers. The Center for Addiction and Mental Health in Toronto has now commenced specialized programming to study and attempt to treat the increasing number of

adolescents who are displaying addictive/obsessive behaviours related to Internet / gaming use that have led to severe impairment of day to day function and health.

Whether or not internet and game systems are to blame solely is up for debate, and as with any "addictive" or obsessive behaviour there can a number of reasons that have led to a repetitive, often negative behaviour patterns.

*From the desk of Jenn Pike, holistic nutritionist...*

## FESTIVE POPCORN

- 4 cups organic air-popped popping corn
- 2 tbs. butter or coconut butter
- 1 ½ tsp. vanilla extract
- 2-3 Tbs. honey
- 1 Tbsp molasses
- 1 Tbs. cinnamon

1. In a saucepan over low heat stir together butter, vanilla, honey, and molasses until completely melted. Add cinnamon.
2. Pour over popcorn, tossing to coat.
3. Serve in individual Christmas dishes or festive small bags.



This makes a great snack and a great gift to friends, co-workers, clients and family!

### Reader's Choice Awards: THANK YOU York Region.

In 2007 you voted for us in several categories and we loved the support and recognition. Well, its here again!

**Deadline is Friday, December 19th.**  
IF you would like to vote please vote online using the link. Must fill in 25 categories.

<http://www.yrmq.com/readerschoice/erabanner/>

*From the desk of Dr. Danielle Warner, family chiropractor....*

## CHOOSE HEALTH

As the busy holiday season approaches I find myself reflecting on times in my life when I have felt swept away and overcome by all of the fuss. Rather than plan ahead and actually enjoy the ride I often procrastinate on things that need to get done, rush to finish off everything on my list and finally, when it is all said and done, spend the remainder of the holiday with an impressive head cold. Sounds like fun doesn't it?

This year I am going to try something new and I encourage you to try this with me. I am going to CHOOSE to enjoy the entire season, I am going to CHOOSE to put myself first and support my health along the way, and I am going to CHOOSE to do only those things that will create joy in my life.

As a part of this process I will most definitely be getting adjusted regularly. It is easy to put it off as we get busy with holiday fun, but here are my thoughts:

**Chiropractic adjustments not only help ensure that we feel physically well, but they also support immune system function and our emotional well being.**

So why wouldn't I choose chiropractic care for my family as one of the many ways to ensure that we fully enjoy this winter?

Consider *choosing* to be consistent with your chiropractic care, along with other strategies to create a happy and healthy holiday.

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**Are you looking for the PERFECT Christmas Gift or Stocking Stuffer this holiday season?**

*We have just the thing for you ...*

## **MASSAGE THERAPY GIFT CERTIFICATES**

Available at the front desk for:

30 minutes  
60 minutes  
or 90 minutes

*From the desk of Karen Green, office manager and  
front desk extraordinaire ...*

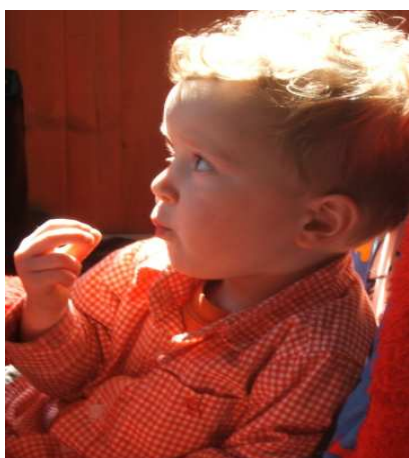
**"YOU JUST HAVE TO DECIDE IF YOU ARE A  
TIGGER OR AN EYORE"**

Randy Pausch, The Last Lecture



*From the desk of Piper Martin, classical  
homeopath ...*

**CHOOSE TO SEE YOUR CHILDREN  
THROUGH NEW EYES**



**WHAT BABIES WANT** is a film I had an opportunity to see and I highly encourage

everyone who has a baby, wants to have a baby or works with children to view this movie. It was the first movie I have ever seen that explores the spirit in our children. It acknowledges that babies are born feeling like they have a place in this world and that it is up to us as parents to nurture that knowledge and allow it to fully express itself.

"If we offer babies and children a world that wants them, believes in them, and trusts them -- if we change our own ideas about what babies want, about what people want, perhaps we can bring more hope, more love, and more healing into the world." *Noah Wyle, Actor*

**We will have a copy of this movie available to borrow from our lending library starting December 1<sup>st</sup>.**

*From the desk of Karen Boddy, front desk  
extraordinaire ...*

**BOOK SUGGESTION:** The Monk Who Sold His Ferrari: A Spiritual Fable About Fulfilling Your Dreams and Reaching Your Destiny. By Robin Sharma.

*The Monk Who Sold His Ferrari* is the story of Julian Mantle, a superstar lawyer whose out-of-balance lifestyle leads him to an almost fatal heart attack in a packed courtroom. His physical collapse brings on a spiritual crisis that forces him to confront the condition of his life and seek answers to life's most important questions. Hoping to find happiness and fulfillment, he embarks upon an extraordinary odyssey to an ancient culture where he discovers a powerful system to release the potential of his mind, body and soul and learns to live with greater passion, purpose and peace. Brilliantly blending timeless spiritual wisdom of the East with cutting-edge success principles of the West, this inspiring tale shows you a step-by-step pathway for living with greater courage, balance, abundance and joy.

**THE ENTIRE FFC TEAM WISHES ALL OF  
OUR PRACTICE MEMBERS THE WARMEST  
OF WISHES DURING THIS HOLIDAY  
SEASON.**