

# Holiday Guide

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YOUR GUIDE TO THE HOLIDAY SEASON ON THE NORTH SHORE

## A call for donations

PEGGY TRENDELL-JENSEN, contributing writer

**M**any young moms need an extra hand now and then. For those moms struggling with limited resources or added challenges, however, Christmastime can be an especially stressful time of year.

The Spectrum Mothers Support Society works with 35 North Shore mothers, providing a variety of services, such as mentoring, child-minding, driving assistance and doula support throughout pregnancy and delivery.

Two Christmases ago, Spectrum appealed to North Shore News readers for help bringing some seasonal cheer to its client families. The generous response received has prompted Spectrum to once again seek out donors who would like to provide a Christmas hamper to a local mom who is not already being supported by the Christmas Bureau. Donors will be matched with a mother with a child or children under five years old.

Spectrum founder Sally Livingstone says that assembling a hamper to donate is a wonderful family activity, especially in homes where people feel they already have more than enough stuff and would find it more meaningful to re-direct some of their present-giving to another family.

An experienced nurse and foster mother, Livingstone has seen first-hand the transfor-

mative power of just a few regular hours of well-timed, caring help. Previous Spectrum moms (some of whom were at risk of having to relinquish their child to the foster care system) have also gone on to further successes at work or school.

"That is what Spectrum does. It's knowing that someone is there who knows what you are going through, and can help," said one Spectrum client.

"This wonderful program has been a godsend for my family, and I don't think I will ever be able to say thank you enough."

The personal, supportive relationships built between caregivers and their clients are key to Spectrum's success; support is provided by a blend of paid professional child-minders and experienced, committed volunteers.

Well wishes from the wider community in the form of Christmas hampers are very welcome; financial support that allows Spectrum to continue its mission all year long is of even greater benefit.

Donations can be made by cheque or online. Details are at [spectrummothers.ca](http://spectrummothers.ca). For more information about the Spectrum society or to be matched with a hamper recipient, contact Livingstone at 604-562-5530 or [sally@spectrummothers.ca](mailto:sally@spectrummothers.ca).

*Peggy Trendell-Jensen is a North Vancouver writer who assists Spectrum Mothers Support Society with marketing and communications.*

**Holiday hampers needed**



**EVEN CATS ENJOY THE HOLIDAYS** Lily and Daisy visit with Santa at Korna Natural Pet Supplies during the North Vancouver store's recent pet photos with Santa event. Donations were accepted for local pet charities. PHOTO PAUL MCGRATH

**OPEN SUNDAY, DECEMBER 22**

### Stock up on Holiday Gifts!

Sale prices on entire stock of sterling silver, stainless steel and selected semi-precious coloured stone jewellery.

**\$599**  
 MIX & MATCH PENDANTS, EARRINGS AND BRACELETS.  
 Buy One at regular price, get 30% off!  
 Buy Two - get one free!  
 Buy Three - get two free!  
\*Equal or lesser value

**\$499**  
 30% off Citizen & Seiko watches  
 Jewellery repair and appraisal available in store.

**Bring in this ad and receive an additional 20% off entire purchase**  
Nov- Dec Only \*Excluding watches

**Hurry in for best selection!**  
 SALE ON NOVEMBER / DECEMBER 2013  
 WHILE QUANTITIES LAST

**Bishops**  
 JEWELLERS 604.988.4717  
 1598 LONSDALE AVENUE, NORTH VANCOUVER  
 HOLIDAY HOURS: MON - SAT 9:30-6PM • DEC 1-23

**VANCOUVER WELSH MEN'S CHOIR**  
 With Argyle School Choirs  
 Centennial Theatre,  
 2300 Lonsdale Avenue

## O Holy Night

**\$25 Adult, \$22 Senior, \$10 Student**  
**FREE:** Children under 12 with adult

**Where to Buy Tickets:**

- [www.vwmc.ca](http://www.vwmc.ca)
- Tel: 604-878-1190
- Centennial box office, noon-5pm
- From any choir member

**Friday, December 13th, 7:30pm**  
**NORTH VANCOUVER**