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Women with...

VISION!™

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Feedback...



VISIONS & VIEWS INSIGHTS

Hi there,
I picked up your magazine in one of the Market stores in Blue Mountain Resort on the weekend. I read through it and was very impressed with your magazine.
I am a small business owner and found the magazine well done and inspiring. We need more of "how to be the best you can be" without it relating to the money. Your stories do that.
I am interested in learning more about your organization and subscribing to the magazine. Keep up the Great Work

Sincerely,

Katherine Taylor

Taylor-Made Memories
www.taylormadememories.ca

Hi Lorraine,
I am happy that Kelly Nolan invited me to join her at your function. I enjoyed meeting you and the other women.
Your magazine is an excellent read, and I am sure a lot of women enjoy the articles.
Perhaps we can get together for coffee or in the evening when I am in Toronto, and when you can take the time from your busy schedule.

Have a wonderful week.

Mary Anne Cairns

Calgary



Lorraine!
What a lovely evening at the Women with Vision Networking Dinner in Collingwood. I really enjoyed the ambiance, the women, their enthusiasm and support, and most of all your wonderful energy towards helping women, networking, putting people together. You really have done an incredible job of it, and it is obvious that so many people are getting so much from it.
Thank you again for including me, it was such a pleasure....

Hugs

Lynn Connell

Eleven Steps to Great Networking

By Lorraine Leslie

1. Choose your event well in advance
2. Register if needed – coordinators need to know who will be attending
3. Introduce yourself first to the host/hostess upon your arrival
4. Dress appropriately – business casual is always good
5. Mingle casually – offer your hand and introduce yourself with a smile
6. Offer your business card and ask for one in return
7. Make notes on the back of cards to remember something about the person
8. Market yourself with passion for your business (don't be overly anxious)
9. Ask others about their goals and how you can help them
10. Be polite and ask for referrals or make an appointment to meet again
11. Thank the organizer for the opportunity to network at their event

Women with Vision Networking Lunch & Dinners

Barrie 1st Wed/month District Coordinator: Sonya Whitmell 705-791-8491	Collingwood 4th Thurs/month District Coordinator: Lorraine Leslie 705-445-1891	Meaford 3rd Wed/month District Coordinator: Alice Otrysko 519-538-0066	Peel Region 2nd Tues/month District Coordinator: Phyllis Surridge 905-451-5715	Owen Sound 3rd Fri/month District Coordinator: Mindy Biggar 519-372-1595	Orillia 3rd Thurs/month District Coordinator: Corin Pagie 705-326-9763	Wasaga Beach 2nd Thurs/month District Coordinator: Brenda Bullions 705-429-3163
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Women with...

VISION! BECOME A MEMBER...

Women with Vision was founded in 1999 to offer business women a networking venue in which they can provide support for one another and develop new business connections. Through this dynamic networking opportunity attendees will receive motivation, inspiration, advice and mutual support to help them take their business & lives in general to the highest possible level.

**Guests & New Members
are always welcome.**

Luncheons/Dinners:

Luncheons meet at 11:30 a.m. / Dinners at 6:00 p.m. and last for two and a half hours. Each district has its own networking day and location.

Cost:

Each district has its own fee structure ranging from \$25 to \$30. Reserved seating only. Contact the District Coordinator no later than 48 hours prior to the *Women with Vision*! Networking Luncheon/Dinner at the location of your choice.

Usual Agenda:

- 11:30** Registration & Networking
- 12:00** Lunch
- 12:30** Announcements & Introductions
- 12:50** Guest Speaker
- 1:15** Q & A
- 1:30** Back to work...

Membership:

Annual Fee: \$75.00 + \$9.75 HST = \$84.75

Members benefits:

- *Women with Vision* magazine direct mailing
- Business link on Women with Vision Website
- \$5.00 WWV Networking Luncheon discount ★
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- 10% OFF advertising in *Women with Vision* magazine★
- Advance notification of Networking Luncheons
- Advance notification of Conferences, & special events
- Tax receipt for annual membership fee
- WWV Vision Birthday Club Discounts★

- Picture & bio on WWV website with free link
- Referral bonuses for members★
- 1/2 hour coaching session with Lorraine Leslie

To enquire about Networking Luncheon/Dinner locations across Ontario contact:

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★Charity of choice is Front Line Collingwood Foundation, www.frontlinecollingwood.ca



Now that I'm grounded after flying 5000 feet above sea level, I can only say this:



What a Ride!

Stepping into the cockpit of a Cessna two-seater airplane was not something I expected to be doing at this stage of my life. To put on headphones and listen to the pilot give her instructions to the ground crew and other planes in the area really started me thinking about grabbing those golden opportunities when they pop up. I have had many bold twists and turns in my life and, so far, this one topped the cake.

Life is a road with many starts, stops and curves, so I ask you... is there something you want to accomplish that you never thought possible to do? Parachute jumping? Climbing Mount Everest? Walking the Great Wall of China? Sitting and talking to your favourite movie star? Well you know, anything is possible when you take down the barriers and go with the flow or set your mind to do something brand new.

That's the backbone of Women with Vision Magazine... I encourage people to create their own vision and follow it through. I know I certainly have. I accept that, when I'm open to new experiences, life runs freely and effortlessly and as a result the adventures are numerous and the people I meet along the way are amazing.

I was asked to do a presentation for the Wasaga Beach Mixed Probus Club the first week of May. The day arrived and I wasn't in the room ten minutes when a woman approached me out of the blue asking if I would consider stepping in for a speaker who had just cancelled. I told her I would check my calendar and get back to her. She said that she needed to know that same day. Curious to find out the quick turnaround I asked for the date of the presentation and to my surprise it was in two days. It just happened that I had that morning open and was pleased to tell her I was available to help her out.

How many times have you been given an opportunity to go somewhere, meet someone or do something out-of-the-ordinary and you let it slip by? You know that every day is precious. Like the message from the movie "The Bucket List", making the time to do the things you want, need and desire is what life is all about. In our busy world of telecommunications and spending time in the fast lane while in traffic, doesn't it make sense to take control and make your list of the things you want to accomplish in life? And then just do it!

Here today, gone tomorrow. Life's too short. You've heard these sayings. So I ask you to consider, as you read our feature article on Lesley Page (a woman who learned to fly at the age of 50), what is the legacy you will leave for your family and colleagues?

I'm living my life as it comes; but I also keep filling it up with new things to do every day. Come join me... let the kid in you come out to play.

When it's all said and done, people will remember you for your time well spent on this earth and after being with you they might even say: What a ride!

Lorraine Leslie
Founder/Publisher

Nominated for
RBC
Canadian Woman
ENTREPRENEUR
Awards
2005, 2006
& 2009

The feature women about whom I write, have traveled a long, winding road to success – each woman on her own journey; a journey that sometimes hasn't been smooth. These women open their hearts to inspire and motivate other women, of all ages, to follow their dreams and passions...

BUSINESS, FINANCE & COMMUNICATION



*...learn, grow
and flourish*

LISTEN UP!

Podcasting Can be Good for Business

By Susan Baka

Looking for a creative way to reach your target market? Would you like to have a little bit of fun in the process? Then consider podcasting, which is a digital recording – audio or video – made available on the internet for downloading. It can be used for all sorts of marketing messages to your customers, whether that be announcing new offerings or showcasing your expertise. If you are a dietician or fitness expert, for instance, you could create a series of podcasts on the how to's of healthy eating.

Audio, rather than video, is the best way to start for a few reasons:

- **It's easier to create.** As a beginner, it can be somewhat daunting and more time-consuming to produce a video. A quick read of a prepared script, or a talk-show style chat between two people, requires much less effort and can still produce good content.

- **It's inexpensive to generate and make available.** Equipment includes a microphone and software. The only other expense is a server to store the file and a syndication feed for distribution. Check out Liberated Syndication (www.libsyn.com) for a single source that can provide all the functions you need.

- **It's a different way to reach your audience.** As users can download a podcast to their mp3 player or iPod, pop in their headphones and learn more about your company on the go, it's unlike other marketing vehicles that require your audience to stop what they're doing to receive your message.

Here's what you can do with podcasting:

- **Provide a reason to contact your audience.** You can broadcast an email to your database directing people to download each new podcast. That email can contain additional marketing messages not within the podcast itself.

- **Keep your company top-of-mind with customers.** A podcast is something different, and it's more personal and memorable for someone to hear your voice and get a real sense of what your company is all about.

- **Let your customers market for you.** If your podcast is interesting enough, your customers will share it with other potential customers.

Follow these guidelines to help you retain listeners:

1. **Content is key.** Give your audience a reason to listen. Your podcast should be compelling, unique and remarkable. Provide helpful information, not a blatant sales pitch. Plan topics, guest interviews, themes, and show duration in advance to help ensure you deliver a professional sounding podcast.

2. **Maintain online visibility.** Make your podcast easily accessible to your audience. It should appear right on your website's homepage. You should also include a comment section to invite feedback.

3. **Encourage listeners to share your podcast.** Word of mouth is one of the best assets when marketing your podcast. Provide a link so that listeners can email your podcast to their colleagues.

If done well, your podcast can give you a marketing edge over your competition. And if you ever thought to yourself that you'd be good on the radio...now's your chance to fulfill that fantasy and boost your sales at the same time!

■ Susan Baka,
President Bay Communications
& Marketing Inc.
sbaka@baycomm.ca
www.baycomm.ca



Photo: Yanka Van der Kolk

A FORMULA

for Success

By Donna Messer

To be truthful, I'm not sure. I know I've heard it said that "The formula for success is often argued, while the formula for failure has everyone in total agreement. What's that formula? It's trying to please everyone."

Individuals who are successful embrace change. They actively manage the information that comes their way. They challenge the wisdom of the conventional thinker, and look for ways to stimulate the dynamic exchange of ideas.

I recently read a book written by Dick Cappon coachcappon@yahoo.com and John R. Christensen, it was their insight into a journey to uncover your best life that caught my attention. The title "Six Legs Jazz Club" had me wondering just what I might find in the easy to read, just over 100 page publication. It is a delightful book where we continue to search for the meaning of life.

In the book they talk about Change Action and it really does make you think. They tell stories that resonate and seem to make it easier to follow their suggestions.

There are 10 actions that I'm taking the liberty to paraphrase. I recommend reading this little gem – it just might be your roadmap to success.

Ten Actions for Success

1. **Listen to yourself.** Remember that gut feeling we all have? It's something you should heed, that voice in your head really does know you and what you can and can't achieve.

2. **Carpe Diem – Seize the Day!** Don't put off until tomorrow what you can do today. Make each day count and record what you've accomplished.

3. **Do something different.** Create a change in your life, if you don't you'll stagnate. Walk on the wild side a little.

4. **Have FUN** – life is too short not to enjoy it to the fullest! Find ways to feel good about yourself and about others. Small changes often inspire bigger ones!

5. **Learn something new each day.** Curiosity might have killed the cat, but it keeps most of us alive and well! Mental stimulation keeps us alert, alive and thriving.

6. **Be more worldly.** Take time to learn about the economy, the issues that impact our lives both personally and professionally.

7. **Learn to ask questions.** The secret to a brilliant conversationalist is being able to ask insightful questions. "Q up" nurture your nature, become a powerful prober. It's the gateway to learning.

8. **Read! Everything you can.** Discover the thoughts and opinions of others. You will be a better communicator and much more interesting!

9. **Perception is often someone else's reality.** Make intuition a normal part of your day, listen, learn and recognize that everyone sees life through a different set of lens.

10. **Live, Laugh, and Love Life!** Take time to play and keep a record of those smiles you have on your face and the faces of those around you!

To really get a handle on what success is all about it's being able to know that you lived life to the fullest. That you pleased yourself and that you truly cared about others. Success isn't measured by the amount of money you have in the bank, success is the sum of small thoughtful efforts, repeated day in and day out.

■ Donna Messer
Networking Expert, International Speaker
www.connectuscanada.com



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TO REGULATE OR NOT TO REGULATE:

That is the Question

By Rick Ziemiński

“You show me a capitalist, and I’ll show you a bloodsucker.” ~ Malcolm X

Over twenty years ago the world watched in amazement as highly centralized and regulated communist economies of Eastern Europe folded, one after another like dominos, eventually closing the chapter on far “left” economic experimentation. And only twenty years later the world again watched, but this time in horror, as the right wing economic philosophies behind de-regulation in America brought the world’s free market economies to the brink of collapse and a near depression of potential magnitude equal to the Great Depression of the thirties.

The lesson that seems clear is that extremist behavior is undesirable and neither socialism nor capitalism in their purest and most extreme form can be a sustainable economic model to serve the best interests of society as a whole. Both have the capacity to lead to oppressive financial conditions that interfere with the individual’s right to grow and prosper. A visit to Poland in 1970 and a recent visit to Cuba were enough to convince me that government ownership and central planning of economic activity do not work. Equally, what was Ronald Reagan thinking; if some de-regulation is good, then more must be better? It’s almost like if one beer is good then ten beers must be ten times better. This scary thinking is a reflection of too many American leaders over the last two decades.

Capitalism is premised on an old and somewhat hard wired human trait, called greed. Greed is not only intertwined with basic human instincts of survival but is also the fundamental engine to wealth creation activity needed in a free market economy. Unfortunately, unfettered greed is destructive as it doesn’t know its own bounds and puts social conscience into distant second place. The “invisible market hand” needs a visible balancing mechanism which is what governments of capitalist economies must do. Without the checks and balances the pendulum swings completely to the right, insanity prevails and the destruction begins. In the United States greedy Wall

Street investment firms created incomprehensible investment vehicles that wrapped up risky mortgages from greedy Main Street citizens who used debt irresponsibly to buy “stuff” and to get rich. Risk was taken to the extreme and it was all possible because government in the U.S. had removed the “no speeding” signs on the highway of finance.

To avert greed-driven extremism and protect economic well-being society must ensure adequate financial regulation for the financial sector as well as for consumers. Financial institutions need boundaries to ensure sound balance sheets which means limits for debt and capital and rules for quality of assets held. These companies are typically run by well educated individuals who too often use their smarts to become “too cute for their own good”. Someone must keep that in check too.

On the flip side, the average consumer is so lacking in understanding of personal finance that I am astounded how anyone can allow him/her to even consider signing a mortgage document. How can full grown adults who by their own admission are financially “dumber than wood” make financially responsible decisions? Every day that we walk this earth is every day that someone tries to put their hand into our pocket to relieve us of some of our gold. Shouldn’t we expect to be more financially astute? We need to learn and our governments need to mandate curriculum programs for financial education in our schools.

Failure to regulate our financial structures and failure to understand personal finance is unacceptable, folks!

■ Richard Ziemiński
C.A. Management Consultant
rickziemiński@cogeco.ca



SEEING YOUR PRODUCTS & SERVICES

Through Your Customers’ Eyes

By Janette Burke

The best products and services are not sold – they’re bought. That’s why you’ll never hear a customer say he bought a lemon at the used car lot. No, someone sold him that lemon – but hopefully not you or your business. If you’re a good marketer, when it comes to time for the purchase, you aren’t selling anyone anything. Rather, you’re helping your customers select the right products or services to solve their problems, address their needs and fulfill their desires. You’re helping them buy.

As a result, you must devote the bulk of your marketing efforts to the steps that occur long before any money is exchanged. These efforts involve targeting your customers, designing the right product line or packaging and communicating your offerings in terms that directly address your customer’s wants and needs. Then when your customer is ready to make the purchase, all you have to do is facilitate a pleasant exchange and make sure he or she feels good about trading money for the right product or service you’re providing them.

This means you need to freeze-frame your business and study the products or services you offer from your customers’ perspective. Start by telling “just the facts” about what it is you’re selling. For example, suppose you’re the owner of a lakeside resort. You would want to list the number of cabins available, seats in the restaurant and row boats for rent. You’d also want to include nearby shopping opportunities at the resorts Barefoot Bait Shop, summer youth camps and activities, winter ski packages and all-inclusive corporate retreats.

Now let’s consider your business. What do you sell? How much? How many? And what times of the year/week/day do your products or services sell best? What does your product or services do for your customers? How do they use it? And how does it make them feel?

How is your offering different or better than your competitors? How is it better than even a year ago?

What does it cost?

And what do customers do if they’re displeased or if something goes wrong?

The faster you can answer these questions, the better you understand your business. And the better you understand your business, the more able you are to steer its future.

■ Janette Burke
Marketing/PR Coach, Consultant
and Columnist
janette@yourmarketingmagnet.com
www.yourmarketingmagnet.com



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Is your Resume Being “BLUE BOXED”?

By Brenda Collard-Mills, C.R.S., Q.A.A.

If you've sent out a multitude of resumes but have yet to receive a single request for an interview, perhaps your resume was put in the recycle bin instead of the interview pile. Typically, a Human Resource professional spends 30 seconds doing an initial scan of the voluminous quantity of resumes received for a single job. The purpose of this quick assessment is to swiftly eliminate candidates, reducing the quantity of resumes requiring a more thorough perusal.

While you might think not much can be decided in 30 seconds, here is a list of items which can cause a resume to be tossed into the recycle bin during that short time frame.

Limited, or no, contact information. While this might seem obvious, I recently reviewed a resume which contained only an email address. The resume lacked the client's actual name, address and telephone number.

Using a hotmail or other inappropriate email address. Invest in a professional email address such as that given by your service provider or a gmail address. Increasingly, the utilization of a hotmail address by job seekers is being frowned upon along with “customized” email addresses such as blondebarbie@myisp.ca.

Poor spelling and grammar. While spell-check will catch the majority of mistakes, nothing can replace actual proofreading to rectify inaccuracies. For example, the following would be

marked as accurate spelling by MS Word: “Received a plague for Salesperson of the Year”. If English wasn't your forte in school, forward the resume to a friend or relative to proof before using it in your job search.

Missing dates, either from your post-secondary education or employment gaps. I've seen resumes where the client purposely omitted their university graduation date assuming it would disclose their age and create an obstacle in their job search. Similarly, if you took 2 years off to be a stay-at-home parent, then indicate that. Be creative, such as “Head of Household – Mills Family”. It is best to indicate the date of graduation and the purpose of employment gaps as a means of establishing an open and honest relationship with your potential future employer. A well-written and accomplishment rich resume will overcome these minor elements.

Inappropriate length of your resume. A standard length is a full 2 pages. Avoid 3 pages (unless highly justified), definitely avoid 4+ pages as well as a 1 ¼ page document. If you can't fill 2/3 of page 2, then make it a clean and concise 1 page resume.

Take the time to ensure your document exceeds the interviewer's expectations and becomes a “keeper” and not another addition to the blue box.

■ Brenda Collard-Mills, Q.A.A., C.R.S.
Certified Résumé Strategist
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NOT NOW... I'LL DO IT LATER! ...I'm thinking about it

By Mary Ann Matthews

“...Defer no time; delays have dangerous ends.....” ~Shakespeare

When something needs to be done, this writer can find reasons for delay. And these delays can often lead to a less-than-positive outcome. She may miss opportunities. Duties that should be handled today can become huge burdens for her tomorrow.

Many times she genuinely wants to get started.....but not right now. “I'll do it later”, or “I'll get to it one of these days”, is her reply.

And then there is the writer who has absolutely no intention of doing something. Rather than say that it won't be done at all, she will postpone her decisions or her actions.

Both are procrastinators. Their motives may be different. Both are putting off doing things until a future time...or not at all.

I'm thinking about it

Look at the position of the three i-dots. Two are in the word, ‘thinking’ and the third i-dot is in the word, ‘it’. Even though the writing is slanted forward, each i-dot is behind the stem of the ‘i’. Those i-dots behind the stem identify the procrastinator. This is the person who puts off doing things.

Reasons for procrastination are varied. Consider the writer who has just got too much to do and not enough time in which to do it. She has taken on so many activities that there is simply not enough time to get it all done. Therefore, she puts off doing a few of these activities.

Then there is the writer who is very sensitive to criticism. She prefers to procrastinate rather than give it a try. Her concern is that she is going to fall short in her attempt to accomplish her goal, thereby opening herself up to criticism from others. It may be difficult for her to take that first step.

Yes, that trail of ink that we leave as our pen travels across the page really does tell our story. And our story is very complex.

■ Mary Ann Matthews
CGA - Certified Graphoanalyst
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TURNING PIRATES into Patrons

By Shane Leslie

The problem with illegal downloading can be succinctly put: 'How do you get people to pay for something that they can get for free anyway?' In my opinion if Big Media wants to stop piracy they really only have one option - let the consumer set the value of a work to them and encourage them to support the artists that they enjoy.

In yea olden times the Upper classes used to finance artists and artisans. This allowed them to work on their specialty exclusively in service to their Patron. They would beautify the homes and public places; compose music, plays, and literature; and delve into the secrets of the world to find new ideas in medicine, science, and philosophy. When each work was completed the Patron would then decide with whom to share it. This system led to the Renaissance that evolved into the modern culture that we enjoy today. The Patrons gained ownership of art, performances, services, and feats of engineering as well as social status and prestige amongst their peers.

If the modern age can fuse the premise of Patronage with zero-cost digital distribution, the result could be a media market with goods affordable to everyone. Integration of the Social Networking systems with the Digital Media market, leveraged on Patronage of content producers as a prominent aspect of public profiles could lead to Patronage yet again being a 'fashionable' thing to do. Patrons that back a successful artist early will be the ones front row and back stage on opening night, mentioned in the liner notes, and watched by others for future trends. The scale of Patronage would be relative to the income of each Patron to allow for the inclusion of even the poorest consumer that currently Pirates their digital media, but if an overall shift from Piracy to Patronage takes place the net gain could be lucrative for many industries.

I conjecture that Financial Patronage of the arts indexed through Social Networking may be a quantifiable way to evaluate coolness, taste, style, class, and many other ephemeral traits that are subjective. The resulting data from this kind of indexing could be a boon to many industries, and to the producer themselves, who would be able to tailor their productivity to the Patrons desires.

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OTHER ALTERNATIVES to Litigation

By Rose Pellar, B.A.S., LL.B.

There are other alternatives to litigation (court action), especially in the area of Family Law. Mediation is one such alternative.

In Mediation a Mediator assists both parties to resolve their own disputes. There are no qualifications and no restrictions currently on who can be a Mediator. Therefore, care should be taken in your selection of a Mediator. You will want to assure yourself that the Mediator has taken extensive mediation training and has the proper expertise. There are mediators who are also family lawyers or social workers. Be aware however that the mediator cannot provide legal advice. The Mediator will ordinarily provide a report setting out the broad general terms agreed upon by the parties and each party will then need to retain his/her own lawyer to have the terms incorporated into a separation agreement.

The parties are not bound by the mediated terms. In fact, it is not uncommon to have mediated agreements torn apart for various reasons after the parties have each seen lawyers for independent legal advice. Sometimes parties can return to mediation to iron out the wrinkles. At other times, the parties end up litigating because mediation has failed.

One of the advantages of mediation is that you and your spouse are using one individual (the Mediator) [ergo less chance of miscommunication] and you are sharing the costs of that one person. If the Mediator is properly trained, the Mediator will be objective and will diffuse the animosity between you and your spouse while keeping both of you focused on resolving the issues while minimizing the emotional impact.

Mediation should only be considered if there are no power imbalances. If you were in a controlling relationship, it is likely that this behavior will re-occur in mediation thereby skewing the results.

The Mediation can be closed or open. In closed mediation, the Mediator will not disclose any information shared in the process and if mediation fails, none of the information can be used in a court process. In open mediation, information in the mediation report can be referred to in the court process.

Be sure that you canvass the advantages and disadvantages of Mediation and other alternatives prior to selecting your process.

■ Rose Pellar, B.A.S., LL.B.
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Women with **VISION!** making a difference...

By Lorraine Leslie

Imagine being able to do what you want, when you want... every day! Then think: Montessori.

“One does not teach children, but rather creates a nurturing climate in which children can teach themselves through creative activity and exploration.” – Maria Montessori (1870 – 1952)

It has been said countless times that Maria Montessori was an extraordinarily gifted woman. She was a serious scholar and a woman before her time... in 1896 she became Italy's first female doctor. After she spent many years tending to children's physical health, her interest was peaked in how infants and toddlers learn.

On a visit to the United States in 1913 Dr. Montessori impressed Alexander Graham Bell so much that he founded the Montessori Education Association in his Washington, D.C. home.

With the influence of her renowned new friends Helen Keller and Thomas Edison the doors of opportunity opened. More and more people were now able to observe her teaching methods which



Maria Montessori

led to her conducting training sessions and addressing the NEA (National Education Association) and the International Kindergarten Union.

In 1915 her vision astounded the international world of education with her 'glass house classroom' which allowed people to observe her teaching methods at the Panama-Pacific International Exhibition in San Francisco.

Then in 1922 she was recognized for her innovative techniques in early childhood classroom independence and was appointed Inspector of Schools in Italy. Dr. Montessori wrote and lectured continually and as a result became a master teacher of teachers. By 1939 she was teaching her methodology in London, India and the Netherlands.

Dr. Montessori's innovative work progressed to the point that she garnered Nobel Peace Prize nominations in 1949, 1950 and 1951.

Montessori's educational philosophy had a profound influence on Toronto-based Elizabeth Ferguson; a woman who in 1976 was running a day care centre. She continued with her licensed day care as she



Elizabeth Ferguson
*...helping children to
do it by themselves!*



became interested in the Montessori philosophy after attending a workshop in Montessori Management in the United States. Having her Early Childhood Education certificate, Elizabeth understood how, after running a children's day care centre for many years, she could integrate the Montessori philosophy. Soon she saw the results and the behavioural changes that children experience by learning through the encouragement of their natural abilities and being involved in a program that promotes self-inspired activities.

Elizabeth's vision has grown to the point where she now owns and operates Montessori schools in downtown Toronto with a full team of accredited teachers. She attracts parents who seek to stimulate their children through creative activity and exploration and who believe that this type of learning builds confidence at a very young age.

Elizabeth says: “In Montessori, children are at ease with themselves, and interact on a high social plane with their peers and adults. Students are naturally curious about their surroundings and are eager to explore just about anything and everything. Our children come to us as early as six months and graduate at age six. Because of their experience with our methodology many go on to private schools rather than public schools and as they move into adulthood we believe that they are ready to make a valuable contribution to society. For example: did you know George Clooney is a Montessori graduate?”



“All the materials that we use come directly from Montessori. You will see the teachers down on the floor with the children, at eye level, interacting yet allowing the child to be independent as they show each child individually how to use the equipment. We know that children learn through experimenting with such things as blocks or sticks or sounding out words and the classroom equipment is to be challenging enough to provoke a learning response. For example; the children use mind-association to understand the object in their hands or the new word that they are learning to read.”

Elizabeth put a toy bug on the table and showed me how a child would pick the letters to spell b - u - g through enunciating the sound of each letter. There is no competition encouraged in the classroom as each child relates to his or her own previous work.

“Today's Montessori teachers are 'keepers of the environment' who mainly facilitate children's self-conducted learning processes. More than one hundred years have passed since Maria Montessori created her philosophy but the approach remains remarkably fresh and in tune with modern minds. I think you will agree with us that each child is unique and one of our most precious future resources.”

Lorraine's Note: After Maria Montessori's death in 1952 two members of the Montessori family continued her impressive work. Her son Mario directed the AMI (Association Montessori Internationale) until his death in 1982. And, more recently, her granddaughter Renilde has been active as Secretary-General of the AMI. Montessori education remains to be a family affair.



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SPEEDING

Why Risk It!

By Sergeant Sharron Brown

In 22 years of policing I have been asked countless times – how fast can I go before the police will stop me? It's fair to say that every officer is different. Some officers' "threshold" is zero tolerance where as others might show more discretion. What's my threshold you may wonder? Let's just say I take a bit of a hard line. I do this because slower speeds save lives.

It's a fact, the faster your speed, the longer it takes you to slow down. Did you know that if you are driving 50 km/hr; you are travelling 44 ft per second? And if it only takes you a ½ second to see, recognize and react, 22 ft have just gone by.

There are other factors that come into play when driving such as: reactionary distance, eye lead, traffic flow, vehicle's braking power, and personal driving skills. All of these factors are major components when drivers decide to speed. Sometimes people do not realize all that is involved when bringing a vehicle to a safe stop or complete an emergency manoeuvre when they are speeding.

One cannot travel at a higher speed over the set limit and stop just as quickly as traveling the speed limit. Physics will prove this each and every time. As one's speed increases so do the risks, reaction times are shorter, required stopping distance increases, and vehicles don't manoeuvre as well when speeding.

The number of injuries and deaths on the highways caused by speeding is horrendous and unnecessary. It has been my unfortunate experience to investigate serious collisions involving injuries and deaths due to excessive speeds; outcomes which could have been avoided. When you speed, not only are you putting your driving record and insurance rates in jeopardy, your safety and the safety of those around you become endangered.

After years of traffic enforcement, I have been called several colourful names and been given advice to go to a certain location that's reserved for the truly damned. And of course there is the old familiar phrase – why aren't you out there catching criminals and doing real police work. This delightful interaction with members of the public doesn't bother me because enforcing a law that will protect people on our highways is real police work. I believe in safety on the highways.

So in the end I answer the question 'How fast can I go before the police will stop me?' with a question of my own:

Why risk it?

■ Sergeant Sharron Brown
Ontario Provincial Police,
Orillia Detachment



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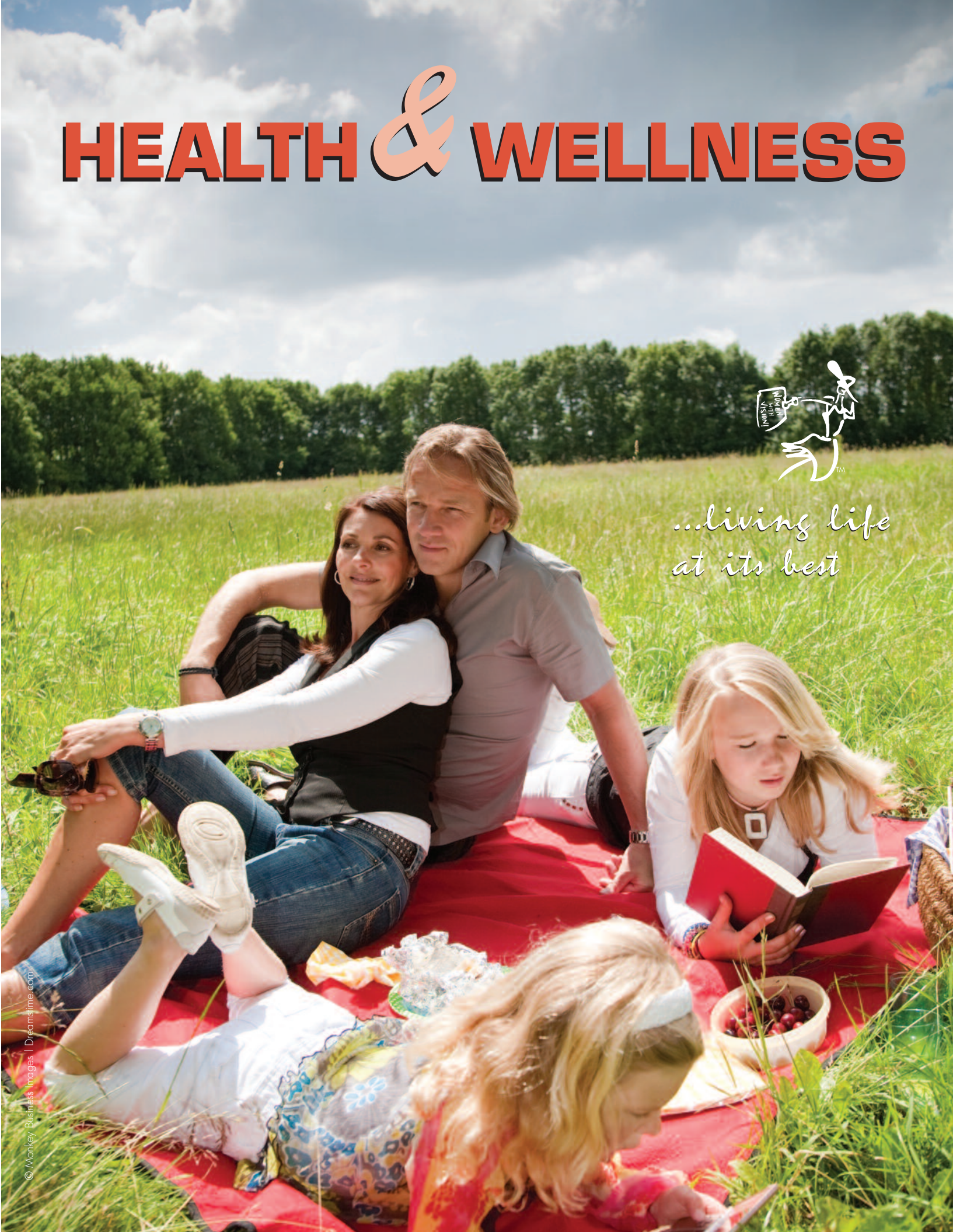
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STRAINS, SPRAINS & ANALGESICS

By Lesley Paul, B.Sc. Phm

Physical activity is an important part of a healthy lifestyle. It reduces stress, boosts energy, increases lung and heart function and helps to maintain a healthy body weight. Regular exercise also helps to prevent diseases such as diabetes, heart disease and even cancer. An astonishing 63% of Canadian adults remain inactive, contributing substantially to the rising obesity rates in our society and increasing health care costs. For children and adults alike, physical activity should be a part of daily life.

Summer always seems like the perfect time to get out and get moving. It's much easier, especially for the elderly to walk, jog, and cycle or swim when the weather is warm and sunny. For others it may be an opportunity to play soccer, football or baseball. But being unprepared for physical activity increases our chance for injury and may put a damper on future exercise. Be sure to warm up prior to exercise and cool down afterwards. Stay well hydrated before, during and after all activities. And of course, don't forget the sunscreen, hat and sunglasses!

But what happens when an injury does occur? What treatments are available? Of course the first steps should be based on

R.I.C.E. Rest, Ice, Compression and Elevation should be started as soon as possible after injury for best results.

- Rest to prevent further injury and promote healing
- Ice to stop swelling by constricting injured blood vessels and limits blood flow in the injured area
- Compression further limits blood flow and supports the injured joint
- Elevation uses gravity to reduce swelling and limit blood flow to the injured area

When an injury occurs chemicals are released in the body that starts the inflammatory process at the damaged tissues. This can cause the area or joint to become swollen, tender and painful. Although inflammation is a normal process it can also impede healing.

Anti-inflammatory medications are available over-the-counter (OTC) to help slow inflammation due to injury. Non-steroidal anti-inflammatories (NSAIDs) such as ibuprofen and naproxen can be helpful. NSAIDs should always be taken with food as they can cause nausea, abdominal pain, vomiting and diarrhea. Acetaminophen is effective for pain relief, but does not possess anti-inflammatory properties. Always check with your pharmacist before beginning any pain medications especially if you have kidney or liver dysfunction or take any medications for chronic conditions.

There are also topical pain relievers available. Products containing menthol or

camphor create a heating or cooling effect on the skin thereby dulling the pain. Other products contain salicylates or diclofenac, anti-inflammatories that can also provide pain relief. The advantages of topical treatments include pain relief directly at the site and fewer side effects.

Alternative remedies such as arnica gel or another homeopathic product called Traumeel® are beneficial without side-effects as well.

If the pain from an injury persists for more than two weeks, despite self management, a doctor should be seen. Also have your injury looked at if there is severe pain or swelling, if the pain radiates to another area of the body, if you can't move the injured area or if you feel numbness, tingling or weakness.

When OTC products are no longer providing sufficient relief, there are plenty of prescription NSAIDs, both for oral and topical use. Your doctor will need to write a prescription for these. A specialized compounding pharmacy can also help you with topical prescription anti-inflammatories.

Stay healthy by staying active but always be prepared!

■ Lesley Paul, Pharmacist
dlpaul@sympatico.ca





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HIT THE LOW-BACK Reset Button

By Justin Aubin



Low back pain can be as simple as a mild annoyance or as serious as a chronic, debilitating condition that limits every aspect of life. It has been documented that up to 80% of adults will, at some point in their lives, experience low-back pain. This creates a large personal, social, and financial burden on society. The good news is there are things that you can do right now to prevent injury, and/or manage your own back pain.

Wouldn't it be great if you could just hit a "reset" button for your low back to take away pain, fatigue, or previous injuries? Unfortunately it is not that easy, but there are ways to significantly reduce any pain or disability you may be experiencing and to stabilize and prevent injury from occurring.

Back pain can arise from literally any of the hundreds of different anatomical structures in your back. Bones, joints, ligaments, discs, nerves, blood vessels, fascia, muscles, and numerous other things in your back intricately work together. One, or more of these structures can be pain generators. This makes it next to impossible to say that one specific thing will work for all people with back pain, but almost every condition may have a "reset" button that can significantly reduce, if not eliminate the pain and/or disability.

The "reset" button often involves a specific type of movement or exercise that reduces the abnormal pressures placed upon the injured tissue. These can

sometimes be very general types of movement or very specific exercises. The first step is to simply identify what movement or position reduces the pain or discomfort. Once established, the movement can be repeated to reduce the area of irritation and aid in the healing process. This can sometimes be difficult to determine, but once established can be the "reset" button for your pain.

The human frame is designed to move. Stasis, or lack of movement, often perpetuates the any underlying injury or biomechanical problem resulting in further pain and disability. This is a vicious cycle that must be broken. The back can be "reset" by getting it moving. Rest is important, and there may be temporary relief from lying down, but motion restores function. The restoration of function decreases stress and strain placed upon injured tissues and promotes the healing process. The movement may need to start out with as little as slight pelvic tilts or gentle extension of the low back and can progress to even walking or swimming. The key is to just get it moving!

Some injuries or conditions require outside help to locate or even "activate" the "reset" button. There are numerous health care professionals with years of training and clinical experience in the diagnosis and treatment of back injuries. These professionals can help determine the exercise or movement required to help reduce or eliminate the problem. There are also specific techniques and modalities that can literally "reset" the problems in the back to restore function and mobility.

Back pain is an incredibly complex topic, with no two conditions, or people, alike. Unfortunately, there is not just one "reset" button that works for everyone, but with a little effort you may just discover yours!

■ Justin Aubin, Chiropractor
a_justin@yahoo.com



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WHAT IN THE WORLD IS A SOAP NUT?

Soap nuts aren't technically nuts. They're fruit, taken from the soapberry tree (*Sapindus mukorrosi*). In appearance, they're similar to the lychee nut, yet they're not grown for consumption. Thanks to their high concentration of foaming "saponin," soap nuts are used throughout the world as cleaning agents, and are especially great for Laundry.



A BACKYARD yoga practice to reconnect with nature

By Cathy Day

As the weather gets warmer and our backyards come alive with Mother Nature's beautiful colours, take this as an opportunity to bring your fitness regime outdoors. A deck is a great place to practice yoga so grab your mat and give this energizing sequence a try. To begin, meditate in a seated position. Centre your focus on your breath. Take a moment to place an intention of gratitude for your beautiful surroundings. Begin the sequence and breathe deeply from one pose to the next. Repeat this sequence as many times as you'd like, changing the leading leg of the lunge each repetition. After your final sequence, lie flat on your back and completely relax to the sound of the wind for 5-15 minutes. Finish in seated meditation, and revisit your intention for gratitude. Chant Om and connect to the vibrations of the earth.

Namaste

■ Cathy Day, B.A.
Certified Yoga Instructor
Owner of Awear Eco-Boutique



1| 'padmasana' sitting Lotus pose



2| 'marjaryasana' cat pose



3| 'bitilasana' cow pose



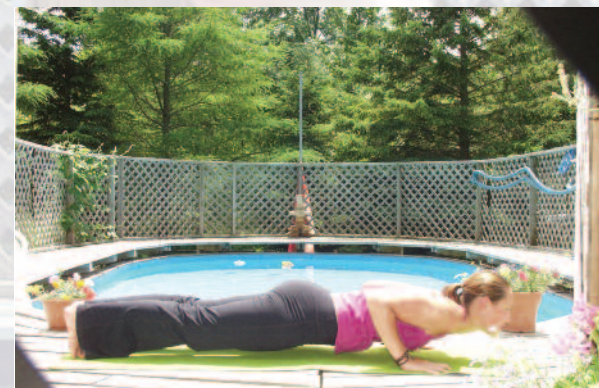
4| 'adho mukha svanasana' downward dog



5| 'adho mukha svanasana' downward dog



6| 'vasisthasana' side plank



7| 'chaturanga'



8| 'urdhva mukha svanasana' upward dog



9| 'balasana' child's pose



10| 'anjaneyasana' crescent moon lunge

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You may have visited the Severn River and its famous lock system but might not know its amazing history. In 1833 an important sawmill was built at the river's mouth in Georgian Bay by the government of Upper Canada. The small village that grew up around the mill became known as Severn Mills.

There are many intriguing stories about the mill: numerous fires, rebuilds and how a German Count transformed the Christie's Mill Inn and Spa into the international retreat and dynamic conference centre it is today.

In 1830 Chief John Aisance and his band of Chippewas settled here calling the place Gissinausebing, which means "cold water." In 1833 a grist mill was built on the site and the Chippewas owned the mill until 1849. In 1862 the Alexander brothers bought the mill and on April 7th 1869 tragically the facility virtually



burned down. In time, it was rebuilt with \$6000. insurance money by a gentleman named Peter Christie.

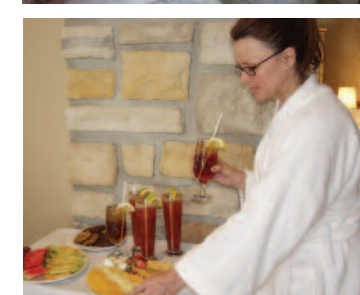
Then, years later, disaster struck again. During a hailstorm on the morning of August 17th 1896, the Port Severn mill-house was struck by lightning and burned down to the water level. Years later, in 1920, an inn catering to fishermen was built on the site. This form of tourism continued for many years but eventually the market needs started to change the area. In 1991 the inn was renovated to include a conference centre and the popular wellness component of the inn began catering to couples and women's spa get-aways.

In 2002 the inn was sold to an innovative German Count and Christie's Mill Inn & Spa was

transformed to include 15 deluxe suites ranging from 300 to 1,100 square feet, with a 7,000 square foot Avalon Spa and Wellness Centre, indoor saltwater mineral pool and several meeting rooms. One of the suites is called the Count's Suite which is enhanced with the Count's private furniture dating back to 1830. This is where my business colleague Julia and I escaped for a well-deserved rest from our hectic worlds.

When we walked into our suite (which took our breath away) we knew we were going to be pampered in style. After settling in, Julia and I went for a stroll through the inn. As it was lunchtime we were enticed by the inviting atmosphere we found in the circular panoramic dining room. We selected a table next to the window, which allowed us to view the choppy waters of the lake and the exquisite cottages along its banks.

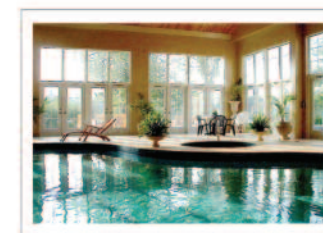
During our two-day stay we each enjoyed a manicure, pedicure, facial, full body massage and a wonderful new experience called a Vichy water massage. The staff spoiled us every minute – they even served a light and



refreshing snack of fruit and cheese along with hot or cold beverages. While there we met three other all-girl get-away groups in the spa so you can imagine the effort trying not to chit chat in order to keep the serene silence... it was a challenge for all of us while enjoying the spa amenities.

We ate like queens, enjoying the fine cuisine of Chef David Scofield (see his gourmet recipes in this issue's Georgian Gourmet section). And, as we drove home with smiles on our faces and feeling totally relaxed we made a promise that we will definitely get away when we need to unwind and will return to the wonderful Christie Mill Inn & Spa for more pampering.

Promise yourself a get-away too!



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ASK THE EXPERT!

Sunblock vs. Sunscreen

By Beth Nigh

Q

What's the difference between Sunblock and Sunscreen?

A Most people use the terms Sunblock and Sunscreen interchangeably, but they are not the same.

Sunscreens filter the light from the sun, (ultraviolet radiation) so that less of it reaches the deeper layers of the skin. Sunblock reflects the sunlight away so that it doesn't reach the skin at all.

Three regions of ultra violet light

- UV-A penetrates deeply into the skin and can lead to cancer and premature aging
- UV-B is involved with tanning and burning your skin
- UV-C is completely absorbed by the earth's atmosphere

The reflective particles in Sunblock consist of zinc oxide or titanium oxide. Not all modern Sunblocks leave your skin looking white because the oxide particles are now much smaller.

The organic molecules in Sunscreen absorb the ultraviolet radiation and release it as heat.

- PABA(para-aminobenzoic acid) absorbs UVB
- Cinnamates absorb UVB
- Benzophenones absorb UVA
- Anthranilates absorb UVA and UVB
- Ecamsules absorb UVA

SPF means Sun Protection Factor. Its number determines how long one can remain in the sun before the risk of sunburn. Since sunburns are caused by UV-B radiation, SPF does not indicate protection from UV-A, which can cause cancer and premature aging of the skin.

When applying Sunblock versus Sunscreens, a noticeable difference can be felt in its consistency. Sunblock products are thicker, partly due to the zinc oxide component. Sunscreens products tend to be more liquid in consistency, making the product easier to apply.

Due to our diminishing ozone layer, it is more important than ever to protect our skin from the sun's harmful rays so make sure you read the product labels thoroughly before your purchase.



■ Beth Nigh, Registered Cosmetician

Make Up Health

By Lorraine Leslie



Inside your make up bag lurks dangerous germs. It is a good idea every three months to empty the contents out into different piles of products. (i.e. shadows, blush, eyeliner, foundation, lip gloss, wrinkle creams etc.)

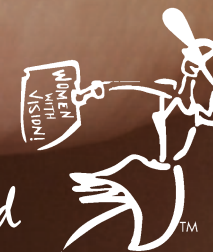
1. Toss out any free gifts as you don't know how old they are.
2. Throw out mascara that is more than three months old – you can tell by the smell if its gone bad
3. Lip gloss tubes only lasts for six months so date time of purchase on the container to be sure it is not too old to safely use. Another good sign to through it out is the product starts to separate in the container.
4. Moisture creams will last up to one year
5. Cream foundations are only good for six month – give it the smell test
6. Bronzers are good for one year
7. Brushes are good for six months. To recycle you brushes wash in mild soapy water and hang to dry

Purse must-haves for quick touch ups:

- compact foundation
- two lip gloss colours
- eye shadow
- two colour blush

With clean and fresh products to use you will feel good and have peace of mind knowing what you are wearing on you face is healthy.

FASHION & BEAUTY



...look and feel your best

The Wardrobe Doctor:

EXPRESS YOURSELF *with fashion*

By Marilyn Wetston



Martin Valigursky | Dreamstime.com

This summer season offers exciting fashions designed to help women express themselves in limitless ways. It is up to each of us to discover what works best for us and to control what aspect of ourselves we choose to express as we live our lives.

Accept what you cannot change. Evaluate yourself and set realistic goals to move in the direction to which you aspire. For those who need to shift weight and get fit, realize it is not done in a day. Acknowledge that you are a work in progress and use fashion to enhance your assets, camouflage whatever is necessary and create a positive look that works for you as you evolve.

The new season mandates a review of your current clothing for this time of year. Eliminate what no longer fits your physical body, your present mind set and or your lifestyle requirements. Then do a good deed and donate those gently used items to a cause you support.

Inventory what is left in your closet; then you will have a true understanding of what you need and you are ready to move forward.

Before you buy anything get a perspective of fashion's current offerings. To save you some time here is a short list of trends for 2010 summer.

1. Select colours inspired from a garden: vibrant, pastels, foliage greens and natural earth tones are all included.
2. Romantic, ruffles, flounces, lace, bows and rosette details.
3. Nude and flesh tones.
4. Safari elements. Jungle motifs, animal prints, earth tones, greens, tans, natural accessories in stone and wood etc.
5. Shine and sparkle day and night.
6. Black and white. High impact!
7. Pants of all lengths and widths are in starting from shorts and extending to long that hits the ground.

continued on pg.36




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Express Yourself with Fashion... continued from page 35

- 8. A go any where dress including a little black dress...romantic details won't hurt.
- 9. Bold accessories. Chunky chains and pendants or build the statement by using more than one finer smaller piece.
- 10. White, head to toe to look cool as ice. Accent with clear Lucite accessories.
- 11. Nautical elements give you stripes, navy as a neutral and classics to enjoy.
- 12. New silhouette offers a little more volume. Wider shoulders are back in!

Having reviewed and edited your clothes and learned what's new, approach your wardrobe building with confidence. You know what works best for you and which elements of the trends will fit into your plan. Then stay focused. Invest in items one by one to make your statement. Own your look and adapt the fashions to your needs. I.E., when you try on long tops that skim your body and reveal more than you like, camouflage the irregularity by creating a stylish ruching over your middle by scrunching your top.



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Designers make confections, now you can make your own. Wear them in the way that suits you best.

When low necklines are too revealing for your taste, try the top on backwards or layered over a little tank. Consider neck fill by placing accessories strategically. It's all about making it work for you and your best look, your comfort, your statement. Move forward in this season in control using pieces you own combined with new stylish pieces you love. Wear your message confidently and happily.

■ Marilyn Wetston
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What's New at Cecile's

Since the stores inception, Cecile would listen to the growing needs of her clients. There were hobby beaders, beading artists, people looking to design their own jewelry and for ready made jewelry and of course jewelry repairs. This level of service continues with Neil – Mr. Cecile.

Clients have been coming in looking for Gem Stones as healing stones as well as the beading stones (beading stones are usually drilled from stringing and finished with a high level of shape and consistency). Cecile, a quick study brought in the healing stones and knowledge of what they were and what they did for each individual who uses them.

Customers began to ask me which stones would heal what ailment...I don't know! To cover my lack of expertise I purchased a collection of almost every stone and crystal imaginable – good for what ails you...just don't call me Doc!

People are now looking for classes in beadwork and my suppliers are here every month with what's hot!

Everyone has continued to be a great supporter of Cecile's dream, especially to me for keeping the dream alive. Cecile would approve!



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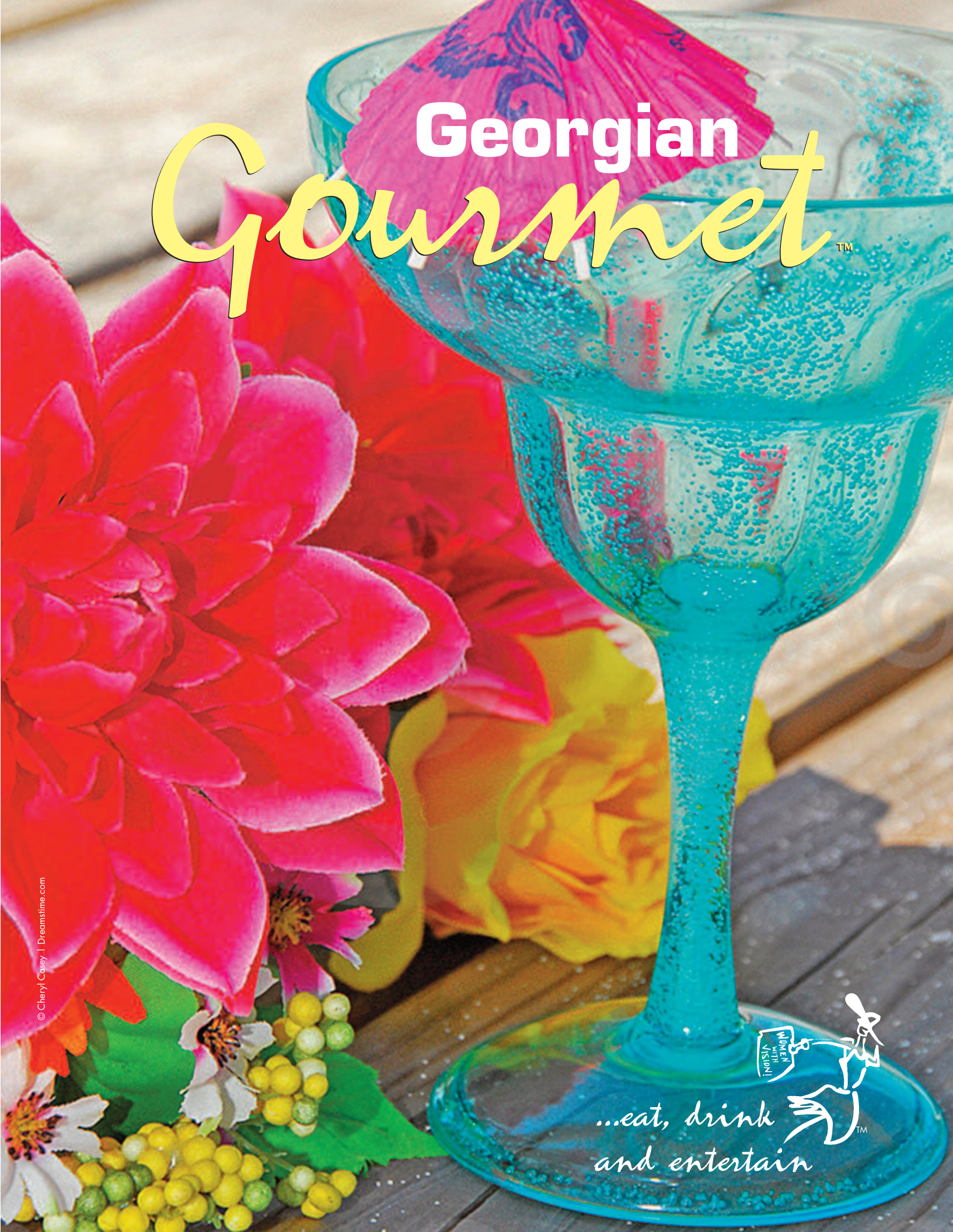
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By Chef David Scoffield
of Christie Mill Inn & Spa



GAMBAS A L' AJILLOS

serves 2

10 deveined and peeled black tiger shrimp
1/2 onion diced
2 cloves garlic minced
1/3 cup dry white wine
1 tablespoon butter
salt and pepper to taste

METHOD:

In a saucepan over medium high heat add butter until melted then sauté(or stir) onion until they become translucent, about 1 to 2 minutes

Add shrimp and sear on each side until skin turns red (about 30 seconds to a minute each side).

Add garlic and white wine. then add butter and stir continuously until butter is incorporated into the sauce

Season with salt and pepper

To serve place shrimps in a small bowl or plate drizzle sauce over shrimp and serve with fresh bread.

GRILLED BEEF TENDERLOIN

serves 2

[2] 8 oz tenderloin steaks (may use any steak/cut of your choice)
canola oil
2 cups slice button mushrooms
4 oz amaretto
1/2 diced onion
salt and pepper to taste
1 tablespoon butter

METHOD:

Place steaks on a plate. Drizzle with canola and season both sides of the steak with salt and pepper.

Using a grill or heated frying pan sear both sides of the steak for about a minute each side then transfer steaks preheated oven (450 degrees F) and cook to preferred doneness - about 5 to 7 minutes for medium rare (if using outdoor bbq, steaks can be cooked through on the grill).



Photography © Lorraine Leslie | L'Original Productions | Women with Vision! Magazine™

...with Amaretto Mushrooms

While steaks are cooking in a saucepan over medium high heat add butter until melted then add onions and sauté (stir) until translucent about 1 to 2 minutes.

Add mushrooms and cook for another 1 to 2 minutes

CAREFULLY add amaretto to mushrooms keeping face and hair away from pan as it will flambé (the alcohol will reach its flash point and flame up) do not be alarmed this will dissipate shortly. Season with salt and pepper and serve over steaks with your choice of starch and vegetables.

NOTE; when you remove cooked steaks from oven it is important to let them "rest" (set them aside at room temp) for 3 to 5 minutes before serving them. This allows the meat to relax so that when you cut into your steak it will be much more tender and will retain more juices when you eat it.

FLOURLESS CHOCOLATE TORTE

6 eggs
1 pound semi sweet chocolate
(chunks cubes or wafers)
1/2 pound unsalted butter (cubed)
1/4 cup sugar

METHOD:

- In a double boiler over medium heat, melt chocolate and butter stirring occasionally
- Meanwhile in a stainless steel bowl, whisk eggs and sugar for 3 to 4 minutes until mixture is pale yellow and forms a "ribbon" (a ribbon trail is visible behind the whisk when mixed)
- Fold half the chocolate mixture into the eggs. when fully incorporated, fold in remaining chocolate mixture
- Spray 10 inch spring form pan with nonstick cooking spray, line with plastic wrap.
- Pour batter into pan and place onto a roasting pan
- Pour in enough water to come one quarter of the way up the side of the spring form pan
- Bake in 325 oven for 45 minutes
- Cool, then refrigerate for minimum of two hour to set





Photography © Lorraine Leslie | L'Original Productions | Women with Vision Magazine™

MONSTER Porterhouse BBQ STEAK



By Chef Stephen Perrin
& Chef Jerry Barber

You will need:

Your choice and size of porterhouse
Fresh thyme
Fresh rosemary
Fresh parsley
Chopped garlic
Kosher salt
Fresh cracked black pepper
Olive oil
Basting brush

Method:

Chop thyme, parsley and rosemary fine and then mix with garlic and olive oil. Take your porterhouse, and with your basting brush, coat both sides of your steak lightly and sprinkle generously with salt and pepper. Make sure your BBQ has been turned on high for at least 10 minutes before putting the steaks on. Depending on the size of your steak and temperature of the meat you desire, the cooking time will be different, so make sure you have a probe handy or you know the touch method to indicate temperature.

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By Kate Knox

SMOKED SALMON Tartare



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Variation 1 - Classic

6 oz. thinly sliced smoked salmon (not farm raised) finely chopped
 zest from one lemon
 2 tbs capers
 2 tbs finely chopped red onion
 1/4 tsp cayenne ground pepper to taste
 2 tbs fresh lemon juice
 2 tsp worcestershire sauce
 1 tsp olive oil
 2 tbs vodka
 Mix together first six ingredients in a glass bowl. Cover, chill.
 Mix together next three ingredients in a shaker-style container. Chill

To Serve,

Immediately before serving, vigorously shake lemon juice, worcestershire and oil together and pour over salmon mixture - toss with a fork. Mound mixture on a decorative serving dish and sprinkle with vodka. Serve with thin slices of pumpnickel bread.

Variation 2 - Asian

6 oz. thinly sliced smoked salmon (not farm raised) finely chopped
 zest from one lemon
 1/4 cup finely diced, seeded English Cucumber
 1 tbs minced green onion
 1 tbsp toasted sesame seeds
 1 1/2 tsp grated fresh ginger
 2 tbs fresh lemon juice
 1 tsp sesame oil
 1 tsp wasabi powder
 2 tbs saki
 Mix together first six ingredients in a glass bowl. Cover, chill.
 Mix together next three ingredients in a shaker-style container. Chill.

To Serve,

Immediately before serving, vigorously shake lemon juice, sesame oil and wasabi powder together and pour over salmon mixture - toss with a fork. Mound mixture on a decorative serving dish and sprinkle with saki. Serve with sesame rice crackers.

Variation 3 - Tex Mex

2 oil-packed anchovy fillets, drained and coarsely chopped
 2 tsp roasted garlic paste
 1 tsp ground cumin
 1 tbs chipotle flavoured oil
 1/2 cup sour cream
 2 tsp fresh lime juice
 6 oz smoked salmon, finely minced
 1 small jalapeño (or to taste), seeded and finely minced
 1/4 cup finely chopped red onion
 1 tbs capers, coarsely chopped
 1 tbs finely chopped cilantro, plus additional cilantro leaves for garnish
 Salt and freshly ground pepper

In a medium bowl, using the back of a fork, mash the anchovies with the roasted garlic paste, cumin and extra-virgin olive oil. Stir in the sour cream and lime juice. Fold in the smoked salmon, jalapeño, red onion, capers and chopped cilantro and season with salt and pepper. Arrange the tortilla chips on a platter. Spoon a heaping teaspoon of the smoked salmon tartare onto each chip, top with a cilantro leaf and serve.

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To make his summer entrée you will need to have half of your barbeque on and half turned off. This dish does not take long to cook so be careful not to overcook this delicate piece of fish.

To make the salsa, combine chopped tropical fruits of your choice such as pineapple and mango with finely diced red onions and as much hot peppers as you would like. Combine in a non reactive bowl with olive oil red, wine vinegar, fresh chopped cilantro, salt and pepper to taste. Let stand for 1 hour.

Have your butcher thinly slice 4 large pieces of prosciutto. Lightly season the fillets with salt, pepper and a light coating of olive oil. Pre heat the grill to 400 degrees F.

Wrap the prosciutto around each fillet. Secure the

prosciutto with a tooth pick. Place on the hot, (lightly oiled), of the grill to create grill marks on each side of the fillet.

When the fish is marked on both sides, transfer the fillets to the side off the grill that has been turned off. By having only one side of the grill on a indirect heat, (or oven), has been created. This is to ensure the delicate wrapping will not burn. Cook the fish to an internal temperature of 150 degrees F.

Serve with the salsa and your favorite summer side dishes such as potato salad and grilled summer vegetables.

*Bon appetite
and have a great summer*



■ Chef Greg Artmont
Cranberry Resort Inn



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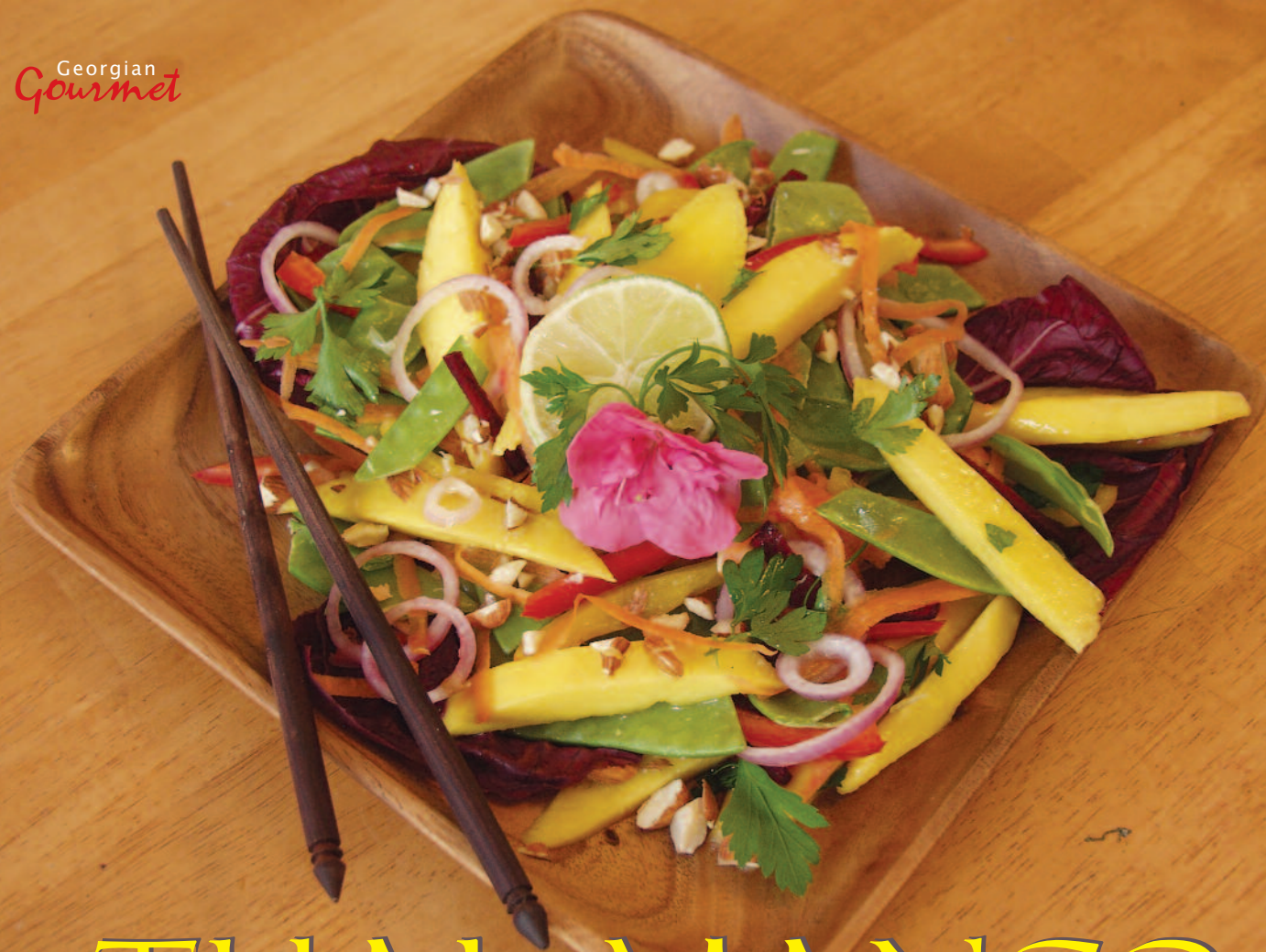
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THAI MANGO SALAD

By Shannon Leone

2 ripe mango, peeled, pitted and sliced (pears or papaya also work well)
½ red pepper julienne
½ yellow pepper
1 small carrot julienne
1 small beet julienne (optional)
1 green onion chopped
1 C snow peas cut in half on diagonal
handful chopped raw almonds
1 C bean sprouts (optional)
½ C cilantro herb chopped
4 lettuce leaves

DRESSING

1 orange squeezed
1 lime squeezed
1 T almond butter (optional)
2 T olive oil
1" piece ginger root peeled and diced
1 clove garlic crushed (optional)
1 T sesame seeds
½ t Celtic sea salt
pinch of cayenne pepper (optional)

DIRECTIONS

Mix all ingredients except the chopped almonds and cilantro in a bowl. Whisk the dressing ingredients and pour over top. Serve on a bed of romaine lettuce or red radicchio leaves. Garnish with almonds and cilantro.



■ Shannon Leone
Raw Foodist & Nutrition Consultant
sjkleone@yahoo.com

HOME, GARDEN & DESIGN



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...creative and
helpful tips

INDOORS...OUT

By Janet Kurasz, Hort, AMCT(A)



I recently visited a friend of a friend who has a large collection of indoor plants including many unusual varieties and an astonishing array of Cacti. Year after year, this loyal gardener would cart these plants into her specially lit basement, from the outdoors where they had thrived in the hot conditions of a typical mid-Ontario summer. I was stunned by the size and condition of her plants: tall pencil Cacti, several varieties of Ficus (Fig trees), Palms, Echeveria, Agave and Aloe. When I arrived for my visit, construction was underway to create a 4-season sunroom, in part to store her incredible collection of house plants, over the winter, but also to create a tropical oasis. The plants too heavy to move will remain in the sunroom and the others will be relocated to the porches and patios surrounding her pretty cottage.

What struck me was the immediate sense of being transported to a tropical place. It wasn't just the sight of so many tropical plants, it was the air quality. I could "smell" the oxygen in the air and immediately my spirits were lifted by the appearance of all the greenery.

Many houseplants can withstand a wide range of temperatures and are well suited for outdoor use, in our Canadian summer climate. Hardening off is still a necessary process to acclimate the plants for the outdoors, but well worth the effort and unlike garden centre annuals they have been growing all through the winter and are in their full "greenery" and a mature size. Of course, annuals can be purchased that have been started in greenhouse conditions and are potted up into attractive container gardens, ready to go out on your patio, but these plants don't come cheap, demand copious amounts of fertilizer and water during the growing season, may not last the entire summer and will end up in the compost heap at the end of the season. Indoor plants can and should last for years and you will find moving them into suitable locations outdoors will improve their overall condition and rate of growth.

The key to successful gardening with indoor plants is no different than any other garden planning; it is all about choosing the right plant for the right location. If your desire is to create a tropical setting on your hot, south facing patio then you need to choose plants that can withstand heat and drying winds. Most houseplants will not adapt to very windy conditions because of their lack of conditioning from growing indoors; however, there are exceptions and with the ease of research through the internet, there is no excuse to not do your homework.

Succulents include most of the well-known plants, such as Aloe and Agave. Cacti also fall into the group of succulents and are ideal for dish gardens. Succulents can tolerate bright light as found in south facing locations, but will do well in west and east facing locations in our northern climate where days are longer during the summer. Check the foliage for signs of scorch. This usually occurs if the plant is suddenly exposed to direct sunlight. Succulents showing signs of reaching or stretching with elongated stems and widely spaced leaves are reaching for light and would be better in a sunnier location.

We forget that many succulents are found naturally in desert-like conditions where there is a marked contrast between day and night temperatures. These plants will thrive in colder nights, down to 40oF. Ideally, succulents prefer temperatures between 70oF and 85oF with nighttime temperatures at 50oF - 55oF.

Overwatering resulting in root/plant rot is the single most cause of plant failure. Water succulents generously in the summer, allowing them to dry out between watering. They should be planted in a well-drained, granular potting mix designed for cacti or succulents.

"Bullet-proof" Indoor/Outdoor Plants:

Spider plant (Chlorophytum)	Grows easily in baskets or atop columns.
Snake plant (Sansevieria trifasciata)	In the Agave family. Many varieties with green on green bands on sword-like foliage or with yellow margins.
Spike plant (Dracaena spp.)	Easy plants to grow; sold as annuals in garden centres; will tolerate a wide variety of conditions and can grow into large woody plants over time.



Spider plant



Succulents and Cacti

"Bullet-proof" Indoor/Outdoor Plants:

Succulents and Cacti Dozens of new varieties of succulents and desert cacti are being offered at garden centres and grocery stores.

Bromeliads Although these plants have a reputation to be difficult to bring into bloom, the chance of achieving a bloom is greater outdoors. Regardless, their beautiful foliage is worth including in the collection.

Tropical Ornamental Grasses & Bamboo A large variety of tropical grasses and bamboos that are sold as houseplants and can be successfully transported to outdoor spaces; many do much better in natural light conditions then low-light, indoor conditions.

Palms Not too many can resist the allure of palms to create an elegant and tropical air to the décor. Most palms like lots of water, but some prefer bright sun while others are under-storey plants and prefer shade. Do your homework.

Ficus Ficus will tolerate bright sun, but only those properly acclimated can handle direct sun. They will most likely pout and drop their leaves, so it is best to acclimate them slowly, avoiding direct sunlight. Ficus appreciate being outdoors.

A similar process is required to bring the plants back indoors. Slowly acclimate them to the lower light conditions; although, Mother Nature does take care of this to some extent with the shortening of days as the season progresses towards winter. A concern is the transfer of insects from outdoors to indoors. A day or two before finally moving the plants indoors, I recommend placing them in an enclosure such as a large plastic bag; pulling the sides up over the plant(s) and spraying the contents with an organic insecticidal soap. Tie the bag closed and allow to sit covered for 12 hours. This process should be repeated if necessary.

■ Janet Kurasz, Horticulturist
www.kurasz.ca



MOLD The Silent Home Destroyer

By Harry Magill

Can we control mold? Absolutely!

Molds can be found almost anywhere, and they can grow virtually on any substance.

When mold spores land on damp, organic material, such as wood and paper products i.e. drywall, they begin to grow and digest the material. Mold grows as a result of moisture, relative humidity of 60% or greater and/or dead or stale air

When it comes to your home, mold is generally found in leaking roofs, around plumbing leaks, and on windows as a result of steam from showers or cooking, wet clothes drying indoors, and clothes dryers exhausting indoors. All of these can cause serious damage to the structural integrity of your home i.e., wet floor joists.

Mold Prevention:

1. Window mold - After having a shower or bath, open the bathroom window ½ inch wide, regardless of the temperature outside. If you have an exhaust fan, let it run for a half hour.
2. Attic mold - Few people realize mold can build up in the attic. Moist air will rise and mold will begin to grow on the rafters and the plywood sheathing that supports the shingles.
3. Mold removal - Nowadays there is an easy, thorough method. You may have heard of sand blasting, now there

is another option for removing mold: dry ice blasting. The dry ice is fed through a high-pressure hose and within hours it is removed and it is also less labour-intensive.

What you can do when you suspect mold but can't see it:

Mold can sometimes be invisible. If you find an area in your house that smells moldy, check the back side of the drywall, wallpaper or paneling, the top side of ceiling tiles, the underside of carpets and pads, the surface of walls behind furniture, and inside ductwork. Check for cracks in any concrete wall, and if the eavestrough rain gutters have extensions on them to direct water away from your home some might be stuck in the middle of the down pipe.

Remember that water, over time, will find the weakest spot in your concrete wall and work its way in through the tiniest little crack. Do your research for companies in your community that repair, seal, and provide a written 10-year guarantee, which is transferable regardless of who owns the house.

Simply put... No moisture...No mold!

Also check your local Yellow Pages for environmental companies that have the know-how to find and eliminate mold.

■ Harry Magill, Sales Representative, Century 21 – BJ Roth
www.harrymagill.com



10 Design Tips FOR A FABULOUS NEW BATHROOM

By Riva Glogowski

11 HOW MANY AND WHO WILL BE USING THIS ROOM?

Do you dream of a long sublime soak in a claw foot tub or are you an efficient clean machine, in and out of a shower? This will determine the plan for your oasis. Many are opting to turn the combo tub/shower into a glass walled steam shower. Others are opting for freestanding tubs, in some cases, actually part of the bedroom. Two sinks are a treat where space allows, either under mounted with stone counters or vessel sinks on a beautiful cabinet. The new etched glass sinks are works of art. Keep in mind the aspect of aging or parents moving in. Implementation of wider doorways (i.e. - Two 18" space saving pocket doors), safety grips and non-slip surfaces now, will save money in the long run. Toilets can be mounted higher on the wall for easier access.

21 CREATE YOUR PLAN AND STICK TO IT

Do all your homework before embarking on the renovation or building of your dream ensuite. Take your time going to bathroom specialty and big box stores and research on the internet. Every change you make after the fact will add \$\$\$s. Keep a scrapbook with all your pictures, notes and wish list.



31 START A BUDGET

Factor in all costs, price everything on your list and then reconcile the luxury touches with what your budget allows. Order products in advance as items can be back ordered and you may have to substitute, usually with more expensive options. Shop during sales and at discount outlets for bargains.

41 IMPROVE EFFICIENCY AND STORAGE

Function and layout is a priority. Every designer will tell you to have your toilet as far from the door as possible, hopefully, enclosed. There should be at

least 30" between the front of any fixture and an opposite fixture or wall. Ask for professional help in designing these spaces, as money spent on bathrooms and kitchens is a good investment.

Taps can now be turned on and off with a wave of your hand. When space is tight, combine a beautiful lighted mirror/storage unit, they have come a long way from the old medicine chest. Storage units can be built into a corner or an unused adjoining bedroom closet. Use the dead space in walls between the studs to create niches for towels, glass jars and lovely cache boxes.

51 WHAT LOOK DO YOU WANT TO ACHIEVE?

Choose your fixtures and accessories based on your style of decor. Do you want calm, bold, contemporary or country? Avoid buying themed items (example, shower curtains, soap dishes, waste baskets, all in a nautical motif). Complementary colours and well chosen accent pieces will create an aura of professional design versus an "all matched" look. However, your towel bars, taps and toilet roll holders should be in a similar finish, such as, the new bronze/gold, white/silver combo, brushed nickel and so on. Think of heated towel racks especially for a large family and all those wet towels!

61 TECHNICAL CAPACITIES AND LIMITATIONS

Check your water pressure and plumbing stacks before choosing multiple shower heads, rain heads or Jacuzzi bathtubs; it is very expensive to upgrade after the fact. PLEASE use professional installers or you may be on one those disaster DIY shows!

I would highly recommend asking your installer/contractor for several referrals from previous clients and DO call. If they don't have anyone, there is a reason!

71 LIGHTING AND FANS

You will want to shine like a Starlet, so overhead lights and task lighting around the grooming area is a must. Install dimmer switches for those bad days. Consider a skylight or sun tunnel to flood the area with natural light. New technology (chromatherapy) incorporates soothing lighting during your soak in the tub. You will never regret installing a watertight light/fan in the shower area. In a large space, two fans may be needed to adequately ventilate.

continued on pg.56

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10 Design Tips for a Fabulous New Bathroom... continued from page 55



© Stuart Key | Dreamstime.com

8| FLOORING

Heated floors are wonderful and can be cost efficient. Nothing else feels so good on your tootsies! Different tile choices can be combined for a custom look. Try to incorporate as many eco-friendly, sustainable products, as possible, such as cork, bamboo or fiber floors. Concrete, river rock, slate, porcelain, ceramic, marble, limestone, vormastone and vinyl are other fine options. Take time going through supplier's showrooms and ask advice from as many experts as possible

9| TILES

Tiles in shower stall/tub areas have to cover the wall and ceiling but in other areas you can save by installing half walls of tile, bead board or painting with a low VOC product. Choices are multitudinal, glass tiles being one of the latest trends. When using marble, consider smaller floor tiles in the shower, as the more grout used, the less slippery the result. It is important to use waterproof products and to seal your projects as mould and water damage is the enemy. A new tile that incorporates tiny LED lights could be used for a dramatic accent. What a nightlight!

10| LONGEVITY

Stay neutral with your tile/flooring choices and play up the latest trends in your accessories. These can be changed inexpensively as the styles dictate. If you choose a pink flower as an inset tile, you are forever dealing with that colour and style. Classic design and quality products last forever.

*Enjoy the end result,
congratulate yourself
and pop the bubbly!*

■ Riva Glogowski
Interior Design Consultant
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All About **HOARDING**

By Karen Sencich

Hoarding is a hot topic since the TV premiere of *Hoarders and Hoarding: Buried Alive*. For in depth information, I contacted Laurene Livesey Park who is presently the only Ontario based Professional Organizer certified in Chronic Disorganization. She is also a board member of the U.S. based non-profit National Study Group on Chronic Disorganization (NSGCD). I also received valuable input from Kit Anderson, the President of NSGCD.

Both experts referred to the hoarding definition from Randy O. Frost and Tamara Hartl. Hoarding always has 3 defining characteristics:

1. The acquisition of, and failure to discard, possessions that appear to be useless or of limited value.
2. Extensive clutter in living spaces that precludes activities for which the rooms were designed.
3. Significant distress or impairment in functioning caused by the hoarding.

Kit emphasized that, “not all chronically disorganized individuals are hoarders, but all hoarders are chronically disorganized. Hoarding is prevalent in North America due to the accumulated wealth and ubiquitous triggers for acquiring. Possessions come in, but never go out.”

Most often friends, family or landlords call requesting help. Laurene cautions that staging an intervention is never a do-it-yourself task. Simply clearing clutter causes severe emotional distress. Permission based help requires training and proper personal safety equipment.

Hoarding is not a lifestyle choice or the result of laziness. It has devastating effects on family life and careers. Those surrounded by irrational amounts of accumulated clutter feel guilt and shame.

Hoarders become socially isolated, embarrassed to entertain and frustrated by their inability to find things. Currently classified as a subcategory of Obsessive Compulsive Disorder (OCD), hoarding may manifest after a trauma or a health crisis. Procrastination results in possessions expanding, rendering living spaces and pathways unusable. Potential fire hazards and health code violations, such as pest infestations, threaten health and safety. There is no known cure; treatment includes cognitive-behavioural therapy (CBT) and medication, if indicated.

Since 2001, NSGCD has offered Professional Organizers and other affiliated professionals certificates of study in hoarding as part of the NSGCD Chronic Disorganization curriculum. NSGCD offers the public free downloadable resources including fact sheets and the Clutter Hoarding Scale, (published 2003) which provides a quantifiable rating scale for hoarding.

Hoarding falls under municipal bylaws which creates funding problems since hoarding is not yet defined in the Canadian Diagnostic and Statistical Manual, except as a symptom of something else such as anxiety disorder or Obsessive Compulsive Disorder (OCD).

Fortunately, social support agencies and professionals are starting to form collaborative taskforces. Professional Organizer and NSGCD subscriber, Heather Burke from Ottawa, specializes in chronic disorganization and hoarding. She is involved in Hoarding Coalitions in both Ottawa and Kingston. They will be rolling out an implementation template for use in other Canadian municipalities.

Heather recommends non-judgmental support from friends and family. Heather's motto is, “I arrive with no judgments and leave with no stories”. Helpers must respect boundaries and allow hoarders to make decisions. Progress can be painstakingly slow unless supervised by someone trained to act as a project manager during the clean out process. Safety must be the primary consideration.

Heather relates that, “collectors and hobbyists locate, acquire, organize, display and maintain items of interest. They enjoy their treasures. Hoarders, on the other hand, have no system to organize what they acquire.”

Expert Help Sources

- Psychologist, psychiatrist
- Therapist, social worker
- Health board, fire marshal
- Professional Organizers
- Adult/ child protective services
- Clergy
- Crime Scene Clean up
- Exterminators
- Animal control
- By-law enforcement
- www.nsgcd.org – Free downloads, Clutter Hoarding Scale, qualified Organizer list, subscriber teleclasses
- www.organizersincanada.com – lists Canadian Professional Organizers
- www.ocfoundation.org – International OCD Foundation
- www.childrenofhoarders.com.
- “Hoarders” on A & E
- “Hoarding: Buried Alive” on TLC

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Lesley Page

It was a bright sunny Saturday morning in February with a low ceiling cloud cover blanketing the horizon as I drove to the Collingwood Airport. Arriving forty minutes before the plane's estimated flight arrival, the wind sock flapped at approximately ten knots while I stood waiting to meet Lesley Page. I observed as a four-seat Cessna was preparing for take-off. I watched intently as the pilot walked around his plane flipping the aileron flaps (small hinged sections on the outboard portion of a wing) manually to ensure there was no ice lodged under the wings. Another Cessna was landing and taxiing into a parking position.

I had chatted on the phone and emailed back and forth a few times but the anticipation and excitement of waiting for Lesley Page to land was something I had never imagined. Lesley was flying a plane in from Oshawa to meet with me for our interview.

I kept an eye on a plane as it taxied out to the runway for take-off and watched as it stopped and waited patiently for its turn to soar above all of us mortals on the ground. Then I heard the dispatcher behind me giving landing directions to a second plane and before my eyes I saw C- GMWI on the approaching plane. It was Lesley coming in for her landing.

Life's Too Short to be a Passenger!

By Lorraine Leslie

She taxied in front of the main building and maneuvered the plane slowly around and turned off the engine. The propeller slowed to a halt as she and her co-pilot Jeff got out of the plane. They manually pushed the plane backwards into a parked position and then placed a large wooden block under each wheel followed by a nose cover (cowl blanket) placed expertly over the engine just behind the propeller to prevent crystallization on the engine (A lot of moist heat from the whirling propeller rotating hundreds of times per second form crystals on the engine from the bitter chill of the wind if they didn't put this blanket on).

Lesley Page and her husband Jeff walked into the airport and we finally met in person. Intrigued and full of questions I could hardly wait to sit down over a hot cup of coffee and listen to Lesley's inspiring story. I was overwhelmed with the talent needed to fly such a plane... especially in such freezing cold weather.

My first question to Lesley was, "Can you describe to me how you brought the plane into land here at the Collingwood Airport? I heard a woman on the radio talking to the radio operator behind me and wondered if it was you?"

She said, "Here's how it went....Pressing the 'push-to-talk' button on my control yoke, I called the radio operator at the Collingwood Airport and said, "Aircraft calling."

"The reply was "Collingwood. Go ahead."

"Collingwood Unicom, this is Cessna 172, Golf Mike Whiskey India (GMWI). 12 miles to the east. Inbound for landing. Request airport advisory."

"Golf Mike Whiskey India, this is Collingwood Unicom. Winds light from the west. Runway 31 in use. Traffic reported in the area."

"Golf Mike Whiskey India," I acknowledged."

"OK" I said to myself out loud. "So I'll approach from the north, fly overhead and join the mid-left downwind". My husband Jeff, in the passenger seat, smiled delightedly. I announced my intentions over the radio to other aircraft in the Collingwood area and made a right turn to the north, positioning myself over the gorgeous shoreline of Georgian Bay."

This was not her first flight but Lesley, as 'Pilot in Command', and carrying a passenger, is obviously very proud of her Private Pilot License. Lesley had flown from Oshawa, her home base, to Collingwood, for what pilots call 'the \$100 hamburger'.

"It's a joke among pilots - \$10 for the hamburger and \$90 for the fuel to get there! It's really about the flight, not the food - ask any pilot. Any excuse, to go for a flight!"

Eventually we got down to talking about the life of Lesley Page. She was born on July 4th 1955 in Wallasey, near Liverpool, England. Lesley's life was quite ordinary until she immigrated to Canada in 1958.

"I grew up in a small house in Scarborough, Ontario with my parents and younger sister Janice. I attended Golf Club Road Public School and went on to graduate from Cedarbrae High School."

continued on pg. 62

Lesley Page...continued from pg. 61

“In public school I was a bit of a nerd or what you would call a Goodie Two-Shoes. I remember one teacher I had for two years in a row who was very strict when it came to grammar but because I had good penmanship I was asked to be the class monitor so I put the teacher’s lessons up on the blackboard. I liked to play basketball and excelled in track and field especially the triple jump and the unparallel bars. I always enjoyed the privilege of going on school trips and in high school I became a Latin translator and helped the teacher with other students. I went on to university to graduate with an Honours BA in French. I planned on becoming a teacher but as I worked my way through university part-time and summers at the local Canadian Tire Store (where my father was the store manager) my plans changed.”

“I had fallen in love with my high school sweetheart and married him in 1977 when I was 22 years-old. We moved to a small town to get away from the hustle and bustle of the city but after five years of marriage and my having given birth to two wonderful sons, Curtis and Chase, my husband left us. It was 1983, less than a year after Chase was born, when I became a single mother. I was traumatized by the circumstances and my new situation but fortunately my sister (and best friend) Janice came to my rescue by opening her home in Pickering to us. Leveraging my eight years of Canadian Tire store experience, I obtained an entry level office position at the head office of the Canadian Tire Corporation.”

On the one hand Lesley struggled with her finances; getting up at 5:00 a.m., not to mention her actual parenting without a partner. On the other hand, she was very fortunate to have a great support system... especially her sister, her parents and her in-laws. As time went on she could feel herself growing stronger and more independent.



Lesley wins a Baby Contest at age 2



Lesley with her older sister Janice



Lesley at age 21, graduating from University of Toronto



1985



Lesley with her sister Janice

Thinking life was falling back into place, Lesley suffered another tragedy. In 1989 she lost her 53-year-old mother to breast cancer. That was when she began to realize how short life really is and how important it is to live it to the fullest ... yet it was many years before she would act on those thoughts.

“I remember the time that I bought Jeff a Father’s Day card. The boys loved having him around, so I thought it was appropriate. On Father’s Day, as I started to hand him the card, I said to him “Before I give you this, I have to ask you a question.” I had written inside the card “Thank you for agreeing to be the father of my children”. Nervous as I was I said, “Jeff, will you marry me?” To my delight he said yes. Curtis and Chase, then aged 6

After several months of living with her sister, Lesley was able to buy a small townhouse in Pickering. “It wasn’t easy but I did start to date again and eventually developed a comfortable relationship with another single parent: a man 12 years my senior with custody of his three children. We did not live together and a few years later realized that the relationship was more convenience than anything else... we parted amicably with no complications.”

“A while later, I was Maid of Honour at my sister wedding, and a wonderful gentleman called Jeff was the groom’s best friend and his Best Man. I later found out that Janice and her new husband had decided to play matchmaker...and it worked! Jeff and I started dating in December, 1987.”

In the meantime Lesley was climbing the corporate ladder within the Canadian Tire organization being promoted to higher levels of responsibility. She became a buyer in the sporting goods department – a position that entailed a great deal of travel, including a trip to Asia. Because the position was a promotion, she and Jeff were able to afford a larger house in Scarborough.

and 9, started calling Jeff “Dad” right away! We were married three months later, at the same place that Janice’s wedding had taken place... with Jan and her husband as Matron of Honour and Best Man.”

“Nine happy years later I was promoted to a senior management position in the company. I had achieved everything that I had set out to achieve. I had a great family, a great job, was making lots of money, and had a nice house and a cottage. Life couldn’t get any better! The only catch was that the job was very stressful and that I didn’t have enough time to enjoy my family or my cottage.”

“On the morning of September 11, 2001, I was rushing from meeting to meeting, when I heard that two planes had flown into the World Trade Centre. I thought, ‘What two stupid pilots!’ A few minutes later, I saw the same images that millions of other people were watching and realized what had really happened. What made it different for me was that Jeff was teaching a computer class in lower Manhattan that day, less than one kilometre from the World Trade Centre. Three hours (and a panic attack) later, I finally heard from Jeff that he was safe.”

“The emotions attached to 9/11 were a part of the trigger to the lifestyle change that I would eventually undertake because I began to realize what was really important in my life. Recalling back



Lesley having a laugh with Jeff - soon to be her 2nd husband



Lesley & Jeff's wedding with Curtis and Chase



Lesley and Janice at the Weekend to End Breast Cancer Walk

to 2004, Janice and I had signed up for the ‘Weekend to End Breast Cancer’. The fundraising and training was difficult, and so was the physical walk itself. But that was all minor compared to the emotional component of the two-day event. When I crossed the finish line on the second day, I was so emotionally drained that I was sobbing and Janice had to hold me up. The next day, I had to go to Montreal for a trade show. I decided to take the train in order to pamper my feet, which were blistered from the walk. Jeff took me to the train and as the train approached I clung to him and cried, “I don’t want to go to work!” That was the turning point!”

Lesley was recognizing that she and Jeff were both going through a transition period. She realized that she was missing out on life’s great experiences at the same time that Jeff realized that he was losing his aspirations (he had a pilot license but had not flown in years). Over the next few months, Lesley dreamed about ways to find more personal time, while Jeff pursued his dream of flying by getting back in the cockpit.

“I hardly noticed the flying activity and I certainly didn’t take any interest in it. I was far too busy. I did sit up and notice, however, when Jeff announced, in the spring of 2005 that he had found an airplane that he wanted to buy. All I could do was say, “What?!”

“I thought, there was no way that we could afford an airplane. He explained that in fact we could afford it, as it was a small, older airplane, and the price was about the same as the last car that I had purchased. All I wanted to know was how small and how old?”

“Somehow, Jeff talked me into the purchase and two weeks later, he took possession of C-GMWI. When Jeff took me for my first

flight in his plane, I was very excited: from seeing the plane for the first time, to climbing into the passenger seat, to the start-up, through to taxi and take-off. What a thrill! Then there was a moment of panic! As we climbed over the residential area I thought to myself, “That’s a long way to fall”. As the houses and cars became smaller, I quickly overcame the fear of falling and started to really enjoy my first

continued on pg. 64

flight in a small plane. Once we were clear of the control zone, Jeff began to explain some of the procedures and I became very interested. He suggested that I take control. With trepidation, I gingerly flew for a few minutes before handing the controls back to Jeff. But, it was enough – I was hooked!”

Lesley notes that this one flight was all it took to make her realize that she wanted ‘flying’ as part of her lifestyle. “There was a sense and feeling of freedom. The aerial views were spectacular as my first flight took us up and over the lakes of southern Ontario. It amused me to realize that from high above the earth, the lakes are recognizable because they look the same as they look on a map.”

“Jeff and I talked a great deal over the next week about flying, and the adventures that we could take in our airplane. My mind went into overdrive... this was a new lifestyle; one that did not include my high stress job. Working between 60 and 70 hours a week with a huge scope of responsibility with some days particularly more difficult than others made me realize that I dreaded going in to the office. I hated Sunday evenings because the whole work week was ahead of me. Also, the one hour (each way) commute from my home in the suburbs to downtown Toronto was wearing me down. The fact that my 50th birthday was looming certainly came into play and I kept remembering that my mother had died from breast cancer when she was 53.”

At this moment Lesley decided that life's too short to be a passenger!

“Two weeks after that life-changing flight, I handed in my resignation at work, giving two months’ notice. My manager was shocked! I explained that the stress, the hours and the commute were too much and that I wanted to start enjoying life. “Besides”, I added, “We just bought an airplane and I’m going to learn to fly.” My last day on the job would be the day before my 50th birthday ... what a gift I gave to myself!”

Lesley had her first flight lesson two days after her 50th birthday. “My instructor walked me through the pre-flight procedures and how to start the engine. She showed me how to taxi the airplane; which is steering using the rudder and brake pedals on the floor. After announcing our intentions on the radio and positioning us at the threshold of the runway, my instructor told me to smoothly advance the throttle. As I did this we started to move while quickly picking up speed. As we reached 55 knots, she helped me pull back gently on the control yoke and we were airborne! It was an amazing feeling to know that I was controlling the airplane. I still get the same thrill every time I take off.”

Halfway through the summer Jeff and Lesley flew to Oshkosh, Wisconsin. Every summer, the airport in Oshkosh is the site of a huge “fly-in” and air show. It’s called EAA Airventure – and an adventure it is! Over the course of one week, 10,000 airplanes fly into and out of the airport and approximately 800,000 people gather to celebrate all things related to aviation. They even camped with their airplane; pitching the tent under the wing. Lesley had had only had a few flight lessons before her first trip to Oshkosh.

“I find the flight into Oshkosh to be extremely exciting. The airspace is very busy, so there are special procedures to follow. All airplanes must join the arrival path over a small town about 10 nautical miles south-west of Oshkosh and we must follow each other (spaced at least ½ mile apart) over a railroad track, until receiving instructions from air traffic control. Instead of acknowledging your instructions



Chase 25, Jeff 49, Lesley 52 and Curtis 28



2009, Lesley with two “Young Eagles” young people she took on their first flight in a small plane



Lesley's first cross country flight



2008 – Lesley wins the 2007 Ninety Nines Award of Excellence



Lesley's first solo flight



Looking to the sky

over the radio, you acknowledge by rocking your wings. This flight was enough to allow me to be more of a “participant” than just a “passenger”. I will never forget the excitement as we approached, when I heard the controller say “White high wing – I think you’re Canadian – Runway 27 – rock your wings”. Jeff rocked and I wept from the excitement.”

“A week later Jeff and I returned home and I resumed my lessons and started ground school. Learning to fly was difficult with both the flying and the bookwork. Much about flying is technical and I’m not a very technical person...so it didn’t come easy to me. There were days when I thought I would give up. Amelia Earhart once said "It is far easier to start something than it is to finish it." She was not kidding!”

“The next milestone was my first solo without an instructor. On the day that I was ready to go solo, my instructor went with me for one circuit (one take-off and circle back around for landing) and then told me to taxi over to the terminal and shut down the engine. She got out of the airplane, told me to lock the passenger door, smiled and wished me luck. My husband, watching from outside the terminal, waved and gave me a “thumbs-up”.

“At first, I felt lonely in the quiet of the cockpit. Sitting there gathering my thoughts I realized that I had never sat in the plane by myself before. Restarting the engine, I radioed to the ground controller to ask for permission to taxi to the active runway for one circuit (a six minute flight). As I taxied towards runway #12, I felt an immense calm and a deep inner feeling of confidence. I knew deep down inside my soul that I was ready for this. There was a big grin plastered on my face and I’m sure it came through in my radio transmission when I told the tower controller that I was ready for take-off. I even squealed with delight to myself as I taxied onto the runway and advanced the throttle to full power feeling the thrill as I eased back on the control yoke to become airborne. I climbed up into the sky and at 500 feet above the ground I continued to make a gentle climbing left turn for the crosswind leg of my circuit. At 1,000 feet above the ground, I leveled off, turned left again to join downwind – the longest leg of the circuit. Now I was flying parallel to the runway in the

opposite direction to the way I had taken off. I conducted my downwind checks and for the first time since taxiing onto the runway, I remembered that I was alone in the cockpit.”

“I could almost hear my instructor’s voice reminding me that a good approach makes for a good landing. I focused my gaze on the far end of the runway and raised the nose to further slow down the airplane. I landed smoothly and applied the brakes. On the radio, I heard “Mike Whiskey India, Oshawa Tower, exit at Charlie, contact ground on 118.4. Congratulations on your first solo” Suddenly, I was choked up! “Thank you. Mike Whiskey India”, I squeaked back.”

“The next memorable milestone was my long solo cross-country flight with stops at three other airports. With almost a year and a half of flight training behind me and after passing the Transport Canada exam, I was ready for my flight test. I actually said out loud “I’d better pass, because I never want to go through this again”. I flew a very good test, achieving an excellent score, but I didn’t know that until it was over and I had I shut down the engine. I was actually surprised when the examiner reached over to shake my hand as I quietly asked, “You mean I passed?” He laughed and said “Of course!”

“Lorraine, this brings us back to my first ‘\$100 hamburger’ at the “Beyond the Clouds Café” at the Collingwood Airport, two weeks after passing my test. We love flying here and I’m only kidding about the hamburger because Jeff and I didn’t eat hamburgers that day, but a “\$100 omelet” doesn’t have the same ring to it.

At the time of Lesley’s interview last February, she had logged almost 300 hours in the pilot seat and another 100 helping out from the passenger seat when it was Jeff’s turn to fly. Jeff considers himself very fortunate to have a spouse who shares his passion for flying; even though it means that he only gets to fly every second trip. And, just the same as driving, on long trips it is helpful to have two pilots in the cockpit. The thing is, you can’t stop and change seats for the driver!

continued on pg. 66

Lesley Page ...continued from pg. 65

“Due to the choice that I made before my 50th birthday, I am truly enjoying life. I sacrificed my senior management-level position and income, but I was fortunate enough to be able to arrange to work with the same company part-time after that first summer off. My income is less than half its previous level, but it’s worth it to have lots of personal time.”

“People often ask me about the choice I’ve made and I simply tell them “Life’s too short to be a passenger”.

Just before going to press for the summer issue of Women with Vision Magazine, Lesley emailed me asking if I was available to go flying with her one evening in late April. I didn’t hesitate for a second. Immediately the movie “The Bucket List” (a list of things a person wants to do before they “kick the bucket”) jumped to mind...I was going to cross off an item on my personal list – to fly in a small two-seater plane.

It was a perfect evening for flying. As we taxied down the runway Lesley asked me if I was nervous but I wasn’t. I looked out the window as she turned the plane around for takeoff. I felt a sense of peace... a calm that I really couldn’t explain. I had flown in 747’s before but I knew this was going to be totally different. I said that I really couldn’t explain how I felt but was excited about the flight.

As the wheels lifted off the ground I knew there was no turning back. We climbed higher and higher until we were cruising at 2500 feet over the spectacular Blue Mountains. A slow turn to the right took us out over the clear calm waters of the Craighleith shale; we actually looked for the Mary Ward, a ship that had sunk off shore many decades before.

It was a perfect night for flying; the winds were calm and there wasn’t a cloud in the sky, which made our visibility seem too be unlimited. Lesley banked the plane to the right as we flew over my house and her husband, Jeff, who was in the back seat, took pictures of my backyard. What an amazing perspective! Leveling out we followed the shoreline over Collingwood before coming around and headed to the white sands of Wasaga Beach.

An hour later the sun was starting to set so we headed back to the airport. Lesley radioed her intentions to land on lucky runway 13 and as we descended to the black top Jeff pointed out a deer grazing at the side of the runway. Sigh.

Lesley made a perfect landing... so smooth that I didn’t realize we were on the ground for a few seconds. Then, as we said goodbye to each other, I stood there staring at the plane... the runway... the night... realizing how Lesley could be so deeply hooked on flying. Now I have to decide if I’m adding “take flying lessons” to my ‘bucket list’.

I’ll keep you posted.

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Lorraine dreams of being a pilot



Celebrations OF LIFE

By Marj Sawers

There is no news better than that of a new baby. Everyone is so excited as they count down the days until the big moment. The nursery is decorated; the showers begin as a new wardrobe appears to swaddle this wonderful new child. The big day arrives and we all ohhhh and ahhhhhh as this little stranger entertains us with their stretches and coos and sometimes more..... Conversation is no longer about the news or the recession or even the weather it is all about the baby. Little do we suspect that new little baby is really the “new sheriff” in town. Babies, run the place and we all dance whenever they choose. Oh!!! Did I mention that I am going to be a Great Grandma in August? It has been so long since I have had a little one to cuddle, I can’t wait. Babies take us to a different place. A place of sheer delight and laughter and soft fabrics and a quiet house. There are so many changes and such excitement as they learn and grow. It causes us to reminisce about how much the little one looks like so and so and we talk about the parent’s time as our babies. Babies make the world go round and a much happier place.

Good Byes do not come quite as easy. It seems to me that I am attending a funeral a month this past while. I am amazed at the strength of people as they do all they can to hang on for those last few minutes. Again, we are all glad to see each other and of course we reminisce about things that happened years ago and laugh our way through our childhood pranks. There is real solace in the memories and the jokes we played on each other. How we covered for each other or when we got cornered in some of our great escapades. Memories....they are so sweet and so helpful at such a difficult time. Good things come from all of this as family roots are strengthened. We get to meet new spouses, and of course the new babies and also bask in the strength that only a good family can provide. As we all say good bye we say we will stay in touch, and we should take the time to do that today.

You know, you don’t have to wait....The weather is nicer now, why not take a peek at your neighbours new baby and remember the joy of your own children or your own childhood. Pick up the phone and call an old school chum or take a cake over to the neighbour that you have not seen for a while. Life is about celebrating the little things, celebrating the moment.... Hug yourself and catch up with who you are in there. We get busy and we loose touch with ourselves and others lets not wait for bad news to get together. Take a step today to start catching up. Enjoy!

■ Marj Sawers, Wedding Wizard
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plan@weddingwizard.ca



Can't Help Smiling



Encaustic & Collage 18 x 24

LYNDA POGUE
TEXTURE & COLOURIST

I'm Over Here



Acrylic 20 x 20

Together



Acrylic 36 x 36

Lynda’s an award-winning artist and keynote speaker.

Her paintings are in private collections, corporations, galleries across North & South America, South Africa, Europe, and China.

I’m in love with the immediacy of both encaustic (wax) and water-based media. They both force me to “be in the moment” like nothing else.

Lynda Pogue Studio

Represented by Agora Gallery, NYC
and FAD Fine Art, Canada

Contact Info:

Website: lyndapogue.com

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THE GLORY OF ACTION

... Work Through Your Grief

By Lynda Pogue

This article is intended to be useful and hopeful for those of you who have suffered or are suffering grief.

As you've no doubt heard a bazillion times: the boomer generation is the sandwich generation... sandwiched between caring for our young and our elders. And given our age, we boomers are losing our parents, aunts, uncles, cousins and friends at quite a phenomenal rate. The sheer volume of boomers equates with the sheer volume of collective grief across the planet. And that's a LOT of sorrow.

Keeping in mind that grief has no age limit how are the hundreds/thousands/millions of us dealing with this momentous shared angst?

I recently read the famous Canadian painter Doris McCarthy's autobiography called My Life. (It was enlightening to read her own unique portrayal of her artistic journey and her fascinating descriptions of early Toronto. Does anyone out there remember Sunnyside Beach?) As in most things in life, if you pay attention then there are lessons to be learned ... and for me, in reading this book, it was the in prologue of McCarthy's book.

The following piece had deep meaning for Doris McCarthy as a teenager and remains to be a part of her 99 years on this earth. It resonated deeply with me and perhaps it will with you too. She reminded me of "The glory of action." and how, when I'm stagnant, anything heavy in my heart (like the grief of losing someone close) totally depletes my energy. But when I get into action (painting / personal or professional writing / taking pictures / teaching / editing / researching / laughing with a friend or a stranger / going to a movie / cooking with my beautiful husband / playing with my cats Frankie and Petie / going for a drive to someplace new/etc.) then I know that my

perspective on life will be much healthier and richer. Active Learning was a phrase I coined for educators in a book that I wrote many years ago... now I know it applies to all of us every day of our lives.

I now launch into each day by reciting this 'poem' out loud because I realize that this is a great kick-start to the day! Perhaps you might take the time and patience within yourself to memorize this not only because it's a good thing to do for your mind but also to give yourself hope and vision as you begin each day.

Look to this day,

For it is the very life of life.

In its brief course lie all the verities and realities of its existence.

The bliss of growth.

The glory of action.

The splendor of beauty.

For yesterday is but a dream, and tomorrow only a vision.

But today well lived makes every yesterday a dream of happiness

And every tomorrow a vision of hope.

Look therefore well to this day.

Such is the salutation of the dawn.

~Kalidasa/Sanskrit

■ Lynda Pogue,
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Your Home Your Sanctuary

Is It Clear?

By Deborah Johnson

Have you ever experienced the hairs on the back of your arms or the base of your neck rise or 'prickle' unexpectedly, or felt an unexplainable cold draft in an otherwise warm room devoid of open windows or vents? Or perhaps you have entered a home, which instantly leaves you feeling unsettled or apprehensive in some way?

House Clearing may be the most obvious way to rid a home of unwanted spirits, however there are times for example when a house simply won't sell. Esthetically the home may be impeccably presented, structurally sound and reasonably priced but for some reason sits day after day, week after week and month after month without an offer, often without any, or a minimal number of viewings. The homeowners criticize the agent, the agent blames the market and eventually the house is pulled from the market or the price reduced to entice a bargain hunter.

What many don't realize is that all animate beings possess an energy field, and emit energy with a specific vibration, while inanimate objects absorb and hold energies and vibrations. Therefore, a residence will absorb the energies of it's inhabitants.

If these energies are negative in some way, the negativity will permeate the home, leaving a distinctive unsettled feeling, which potential buyers will subconsciously sense from the time they set foot on the property.

Clearing the home and property of the negativity, neutralizes the location, therefore making it energetically pleasing and appealing to buyers. Once a home is cleared for this purpose a respectable offer usually follows within 3 -7 days, making the expense of house clearing a viable expenditure versus a house sitting on the market indefinitely!

Of course, there are the clearings where spirits are involved. If you think of an unsettled spirit as someone standing outside knocking on your door; they want to come in to convey a message of some form, but you're apprehensive of the 'stranger' rapping on your door so you ignore them, hoping they will eventually go away. Persistently they continue to knock, each time louder, in an attempt to get your attention. Finally, through frustration they pound on the door until you agree to acknowledge them in some way!

This 'knocking on the door' comes in many forms depending on the spirit; candles unexplainably lighting and extinguishing, furniture or other objects being repeatedly relocated, electronics turning on and off of their own accord, doors opening and closing, taps turning on and off, creaking, squeaking, knocking

and tapping, not to mention waves of cold air where only warmth should prevail. And of course the sense of someone else's presence. All of these techniques are methods spirits use to attract our attention. The more we dismiss them, the more persistent they become until we finally address and settle them.

Why do they come? Sometimes just to let a loved one know they have support through a difficult time, sometimes it is to convey a specific message, and sometimes it is because they have become 'stuck' between the planes and cannot find their way or feel their actions on the physical plane deem them unworthy of entry into God's realm on the spiritual level. They may be here because of the inhabitants or they may be connected to the home or land itself. These are facts I determine once I begin the clearing.

I truly believe every soul is a good soul at birth but through the process of life, becomes twisted into a negative person, resulting in a negative soul once they have passed. When dealing with spirits during a clearing, clear the home and property at the same time. Defining why the spirit is unsettled, hear their story, and then connecting them to the spiritual plane so they too can move on is important. It is this final portion of the clearing; watching a soul make that final connection and transition as they were originally meant to that changes the energy throughout the house. Finally with this type of house clearing rebalances and neutralizes the energies throughout the home and all the way out to the property line.

Your home is not only your most valuable asset, it is your sanctuary, the one place where you should be able to fully relax and feel completely at ease. If you often sense you are not alone, or for some reason your house just won't sell, you may want to consider having it cleared, after all it is your sanctuary where you should have total peace of mind!

■ Deborah Johnson,
Author, 'Look Within, Heal Without'
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Women Flying High

By Tillie MacDonald

To reflect on the progress that has been made to advance women's equality we have to pay homage to many extraordinary women who have helped shape the aviation industry in Canada.

The Canadian 'Ninety-Nines' are women pilots who took up flying for the joy and the challenge. Their purpose is to 'engage in educational, charitable and scientific activities and to provide a close relationship among women pilots and unite them in any movement that may be for their benefit or for that of aviation in general'. The 99s got their name because in 1929 that is how many women pilots responded to the first gathering of women pilots to support the advancement of aviation. Amelia Earhart was elected first president. This exceptional organization continues as an international Organization of Women Pilots.

Here are but a few of the women who have marked their place in aviation history.



The first woman aircraft designer in the world was Elizabeth (Elsie) MacGill. Elsie was also the first woman to graduate from the University of Toronto with an electrical engineering degree. The year was 1927. She worked in aeronautical design and was responsible for WWII production of the famous Hawker Hurricane. Elsie also helped draft the international airworthiness regulations for the design of commercial aircraft.



On March 13, 1928, when she was only 19 years old **Eileen Vollick** became the first woman to receive a private pilot's license. The only problem she encountered was because she was only 5'1" tall she had to use a pillow to see out of the cockpit of the plane. Her success demonstrated that aviation was not just a 'man's sport'.



Molly Reilly was a recruit in the Women's Division of the Royal Canadian Air Force in 1941. She took up photography so she could get to fly. As soon as the war was over, Molly took flying lessons and then worked as a flying instructor. In 1959 she became the first woman in Canada to be a captain with a charter airline. She also became the first woman to be a corporate pilot in Canada.



Rosella Bjornson was hired in 1973 by Transair as the first woman pilot in Canada. In 1979 when she became pregnant, Rosella began discussions with Transport Canada. This led to the change in regulations that allowed a pilot to fly, while pregnant, under her doctor's supervision.



Deanna Brasseur was one of the first three Canadian women in military to earn her 'wings'. She holds the distinction of being one of the first two female CF-18 fighter pilots in the world. Major Brasseur became Canada's first female aircraft accident investigator. By the time she retired she had flown approximately 2,500 hours in jet planes.



Considered one of Canada's most experienced female pilots, **Lorna de Blicquy** was also Canada's first woman parachutist. Her life was spent flying and fighting for women's rights, particularly in the field of aviation. Lorna was the first female commercial pilot in the Arctic and the first to reach the North Pole. Lorna instructed flying, did bush flying and became a glider and helicopter pilot. In 1977 Transport Canada hired her and she became Canada's first female civil aviation inspector.



In 1992 **Roberta Bondar** became Canada's first female astronaut in space. **Julie Payette** was the second Canadian woman in space both in 1999 on the Space Shuttle Discovery and again in 2009 on the Space Shuttle Endeavour.



It's gratifying to know that women recently celebrated the 100th Anniversary of Women Pilots.

To learn more about women pilots:
<http://centennialofwomenpilots.com/women-pilots-history>

■ Tillie MacDonald, CBED, General Manager
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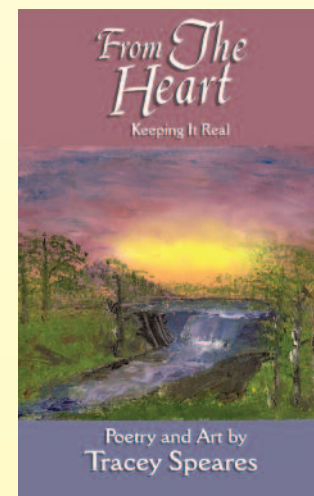
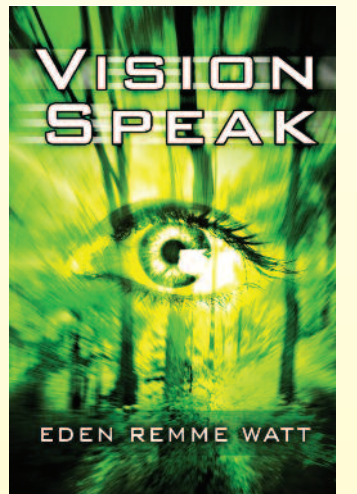
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Vision Speak, "New Age Fiction"

AUTHOR: Eden Remme Watt
www.vision-speak.com

A powerful matriarch and former spy leaves behind an explosive legacy for her protégé. Willow's expanding consciousness threatens her society but may hold the key to humanity's future. "...The compelling story moves along at a great pace, the main characters have taken shape in my mind, and the themes of Vision Speak need to enter the consciousness of humanity on a wider, broader and deeper scale..." Reader Review, January 2010. Available at most online retail outlets. For details, go to www.vision-speak.com



From the Heart, Keeping It Real

AUTHOR: Tracey Speares
www.traceyspeares.com

\$20 through website

This passionate book is proof that you can make your dreams come true. Never be afraid to feel what you need to feel. We are all stronger than we think, life is a series of ups and downs giving us an opportunity to learn about ourselves, to allow us to feel and discover the beauty around us when we learn to love our self unconditionally. The author hopes to inspire readers to never give up hope, continue to dream, take risks, love and have faith as they continue on their journey of growth.

To showcase "a Must Read" book contact Women with Vision at 1-866-306-6061

Your Numerological Business Vision

GROWTH NUMBER

By Paola Gucciardi

The Growth number represents your personal self, your unique individual nature. Every time your name is voiced, its vibration is repeated thus affecting how others connect with you. Changing your name or adopting a nickname will change your unique nature and how others see you.

To Calculate...Add all the numerical values of the letters in your first name
Example:

1	E	L	I	Z	A	B	E	T	H
2	5	3	9	8	1	2	5	2	8
3	5 + 3 + 9 + 8 + 1 + 2 + 5 + 2 + 8 = 43								
4	4 + 3 = 7 Growth Number								

1. Write your first name
2. Using the chart to the right, record the corresponding numerical value of each letter in your name
3. Add the numerical values
4. Reduce the SUM to a single digit

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

Growth Number 1
Natural leader enjoys inspiring others with originality, creativity and trendsetting ideas. To bring goals to fruition utilizes willpower and determination. Others recognize ambitious, competitive and adventurous nature.

Growth Number 2
Ultimate team player thrives in a calm environment. Natural peacemaker, diplomat, and counselor who desires cooperative means to bring about resolution. Possesses strong intuition and recognized for excellent listening skills.

Growth Number 3
Eternal optimist inspires others with wit, creativity and fun-loving personality. Enjoys a life of creativity and self-expression whether writing, acting, designing or speaking. Others are drawn to charismatic and happy-go-lucky attitude.

Growth Number 4
Organized, methodical and practical individual motivated to build a strong foundation of security and stability. Loves home and family, and

is motivated to provide for their needs. Is recognized for hard work and getting the job done.

Growth Number 5
Charismatic personality radiates love of freedom, change, diversity and progression. Independent, spontaneous, passionate and sees the world as a playground to be explored and experienced. Possesses insatiable curiosity and enjoys all sensory pleasures in life including food, alcohol, sex and adventure.

Growth Number 6
Highly perceptive, caring and nurturing individual desires to restore humanity and contribute to its well-being. Stability, security, and a loving harmonious family life are essential to happiness. People gravitate towards compassionate and empathetic personality.

Growth Number 7
Perceptive and intuitive deep thinker seeks the deeper meaning of life. Determines answers through personal experience and evaluation. Enjoys time alone to contemplate and may appear to others as aloof, impersonal or standoffish.

Growth Number 8
Ambitious, determined and charming individual possesses excellent business acumen. Has strong drive to achieve recognition, power, status and financial success. Maintains composed disposition and respects others with strong and assertive personalities.

Growth Number 9
Altruistic visionary possesses a charming, loving, understanding, and generous personality. Desires to be of service to mankind and lives by the principles of love, compassion, and consciousness. Natural philanthropist moved by humanitarian causes.

■ Paola Gucciardi,
Numerologist
www.lifenumbers.ca



As the Mountain Turns....

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HOME HORIZONE SOUP BOWL FUNDRAISER



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Catching your breath with glowing sunshine

Climb higher and higher achieving your goals
Reaching and touching skies of gold

Clouds and rays of crystal white
Turn to fire like shadows all through the night

By Lorraine Leslie

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