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## IN EVERY ISSUE

**52**

Numerology  
by Laura Young

**54**

Lifestyle Advice  
by Ask John

**55**

Astrology  
by Richard Ravenhawke



## COVER STORY

**16**

STATUS sits down with  
Persona Extraordinaire  
**Rima Aristocrat**

## IN THIS ISSUE

### Living

**16**

Cover Story: The Rima Aristocrat Story

**24**

Creating a media room

**20**

See the Magic!

**22**

The 9 Belts to Sales Mastery

**32**

Use Lemon to brighten your world

**34**

Top 10 Books for 2015

**33**

Hyleys Sleep/Slim Teas

**33**

Four steps to whiter teeth

### Fashion

**11**

What they're wearing!

### FOOD

**36**

Add colour to your table

**36**

Moroccan Chicken Pastilla

**40**

How to maintain an Acid/Alkaline  
Balance

**42**

Creamy Cauliflower Soup with  
Herbed Goat Cheese Recipe

**43**

Blueberry-Poppyseed, Honey  
Banana Bread Recipe

————— *More Content on page 4*



## IN THIS ISSUE

### Well Being

26

Don't Let Low Energy Keep You Down

27

Keeping Canada Alive

### Travel Talk

46

Hawaii: Hiking Haleakala, High Above Tropical Maui

48

Vanuatu: Where South Pacific and Bali-Ha'I were Born

# STATUS

#### EDITORIAL COMMITTEE

Tracy Kaye Holly, CSNA Master

Joanne Lyon

Diana Rose

Lois Stewart

#### ART DIRECTION

The Dynamic Expressions Group

#### COVER & CONTENTS PHOTO

Michelle Aristocrat

#### CONTRIBUTORS

Christina Diaz

Lawrence (Larry) Dickenson

Margaret Dickenson

Food Refashionista blog

Tracy Kaye Holly

Terri-Ann Madison

John Peters

Kita Szpak

Laura Young

#### SUBMISSIONS | INQUIRIES

[info@thestatusmagazine.com](mailto:info@thestatusmagazine.com)

#### CORPORATE COUNSEL

Jay Zakaib

#### PUBLISHER

The Dynamic Expressions Group, Inc.

[info@thestatusmagazine.com](mailto:info@thestatusmagazine.com)



[facebook.com/thestatusmagazine](https://facebook.com/thestatusmagazine)

[twitter.com/TheStatusMag](https://twitter.com/TheStatusMag)

[thestatusmagazine.com](http://thestatusmagazine.com)

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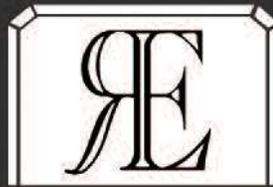
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**BRIGHTON COAT** IN TPLAID, WNE AND BLACK

# What they're wearing

TONIA DEBELLIS



DAKOTA JACKET IN BROKEN LETTER, IVORY AND BLACK

# What they're wearing

TONIA DEBELLIS



**HARPER COAT** IN TPLAID, IVORY AND BLACK

**LOLA HOODIE** DESIGNED IN BROKEN LETTER, STONE AND BLACK



**TONIA DEBELLIS**

**What they're wearing**

# What they're wearing

TONIA DEBELLIS



MOLLY JACKET IN ARCTIC, BLUSH AND BLACK



I am sitting down with **RIMA ARISTOCRAT**, President and CEO of Willis College, a 120-year old Canadian private career college headquartered in downtown Ottawa with campuses in Arnprior and Smiths Falls. The College offers a career-focused approach to skills training and education, enabling graduates to transition into careers in business, healthcare, and technology. At the top of our interview Rima leans over to me and in a low voice says, “You know, I was deathly afraid of funerals. I did not attend any funerals whatsoever until this one. I had to.”

Of course this statement begs the obvious question and I listen as we sit in her office adorned with awards, mementos and photos from decades past, gifts from appreciative students, and a remarkable collection of exquisite aboriginal pieces a sculpted eagle, crafted moose antlers, an animal-fashioned cane and glorious artwork that looms over us from the high-ceilinged room. Yet, Rima is not aboriginal; she is Georgian – from the former Soviet Union.

*Have you met*

# Rima Aristocrat?

BY KITA SZPAK

The first funeral Rima attended was that of Rahontsiio Cross, an aboriginal from the Kahnawake, a model student who wanted to be “the next Bill Gates”. He died one morning of a massive heart attack while waiting for the bus to take him to school. The police phoned Rima as the only identification they could find was the Willis College ID card in his back pocket.

Rima promised Rahontsiio’s mother that she would take care of him. His mother accompanied her son when he had first interviewed with Rima. As a one-time immigrant and newcomer to Canada, Rima fully understood this family’s closeness and need for assurance. Her own family had provided the same closeness, love and protection when she was growing up in Georgia. Rima buried a son who was not her own but was family: Rima feels every student at the College is “a part of her family”. I can’t help but think how generous for a woman whose four daughters, five grandchildren and life partner for the last 21 years are *her life*. To this day she has Rahontsiio’s bag in her possession having been told it continues to protect her. In the bag is his boomerang.

## Persona Extraordinaire Rima Aristocrat

Rima's aboriginal connection goes back further and initially resonated with her when she became the first immigrant to lead Willis in 1989. An encounter of a discriminatory nature with Michael B. Davies, led her to read his book where she found out he was a Six Nations aboriginal. From this point on, Rima's interest in the First Nations grew, underscored by Chief Elders telling her that her purpose in "*walking with the spirits*" was to help the aboriginal people in Canada. Subsequent visits to native communities, the establishment of a full aboriginal student scholarship, and the founding of the initiative TeKnoWave Inc. – Canada's first National Aboriginal IT training – speak to Rima's resolute dedication to provide support and opportunity for First Nations people.

More often than not, an immense caring nature does not happen by accident. Studies show that a child's formative years imprint them for life forming the adults they will grow into. It's not surprising then to hear that her parents and grandparents, who shared the same house, told Rima that she was "*born under a special star*," was "*special and can do no wrong*" and was "*the best with the best mission in life*". Literally blessed daily by her grandmother, Rima was continually praised, supported and loved as a young girl.

Already at an advantage, the powerful nurturing together with other familial circumstances contributed to who Rima is today – not only the loving mother and grandmother but also the confident, risk-

taking, outstanding educator and corporate executive who, as she puts it, "has a big mouth".

A successful businessman, Rima's father owned a Harrods-type high-end department store. The family wanted for nothing. Rima was surrounded by maids, and all the material comforts that one could ask for. As she readily confesses, "I had no idea people had to work to make money." Offsetting this amazing naiveté was the responsibility that Rima took for being the oldest of three sisters – by six and nine years respectively. The responsibility extended

to the interest Rima had in her Papiko's (father's) business affairs. Theirs was a close relationship where Papiko shared his entrepreneurial wisdom with the daughter he adored. And there was justification in paying attention to Rima: she was a musical prodigy – a concert pianist who graced the stage at five years of age. Talk about being "*born under a special star...*"

You'd think that with the world literally at her feet, Rima would stay put and enjoy the life that was bountifully unfolding before her. Indeed, family would affectionately let her know, "What Rima wants,



***"What Rima Wants, Rima Gets in an Amazingly Good Way for Others!"***

What Rima has achieved in her tenure at Willis College is nothing short of spectacular.



Rima gets”. But the unthinkable happened, and nothing was ever the same when Rima got what she wanted, and ran off to get married at age fifteen “eloping for the adventure”.

Two kids later at age nineteen, Rima – ever the pioneer - had the vision that she truly needed to discover the world, and left her safe homeland with her doctor husband to live in Munich for two years before finally immigrating to Canada. Many tried to convince her that the United States

was a better bet – one could make more money there – but Rima opted for Canada because it had the “peaceful passport”. She had observed how easy it was to cross the border with a Canadian identity. Once again, Rima chose the values of open communication, acceptance and personal freedom over the appeal of wealth and luxury. In the process, the family’s Georgian last name was translated into English making it easier to pronounce, and Rima became Rima Aristocrat.

For someone who didn’t know you had to work for a living, Rima had to learn pretty quickly. The family, now settled in Toronto with two more daughters, was pressed to increase its income. With husband, Rima decided to open a restaurant. Neither had any experience but this did not stop them from starting up in a basement and ending up with 35 such basement restaurants or “cafeterias” where they catered to dozens of immigrant professionals working at menial jobs. It was in this environment that Rima recognized the huge potential and need these professionals had to learn employability skills to secure better jobs for themselves. She also saw many women on social assistance, who would benefit from skills training. These observations would become part of her vision to teach newcomers practical skills to put them on an equal playing field with established workers.

Rima proceeded to set up the Canadian Association of Immigrants professionals for these pro-

professionals. With mentor partner Rose Baptista, she learned the ins and outs of running a teaching institution while studying technology at Longview College. At the time her husband was running for office in Toronto, a move to Ottawa became necessary and Rima found herself at Willis College teaching computers. She wouldn't be doing this for long...

With her entrepreneurial acumen in full bloom thanks to the success of her cafeteria business coupled with the burning desire to help immigrants, Rima took it upon herself to approach Monsieur Rousseau, the revered and "unapproachable" head of Willis College. He seldom visited and when he did, the staff walked on egg shells to accommodate him. He intimidated everyone except Rima. Audacious and brave, she invited him to lunch at Hy's and explained how he could "increase business" at the College. She also paid for his lunch.

The College's executive director was not at all pleased with this display of chutzpah and within days fired Rima – ostensibly because her English was not good enough for classroom teaching. One can imagine the executive director's astonishment when Monsieur Rousseau made an unexpected return visit to the school and announced to the director, "I just sold the business to Rima Aristocrat." Making a hasty exit, she left with this telling remark: "An immigrant will destroy this noble college." How wrong she would be.

Having just gone through the challenge of being misunderstood and under-valued for who she was, in her role as president and CEO of Willis College is focused on making the way easier for others, and she has never looked back. In twenty-eight years at the helm, much good has happened.

In addition to the National Aboriginal IT Training initiative, Rima has forged significant national and international initiatives: first Canadian Academic Development Institute (CADI); first inter-provincial partnership between a



We as human beings are merely travelers between birth and death, marks we choose to leave along the journey, are up to us.

– Rima Aristocrat



university (Winnipeg) and Willis College; two sister-city partnerships with Hubei Province, China; partnership with ICTC to bridge the ICT skills gap in Canada; the only private career college in the world to offer complete Renewable/Clean Energy Project Analysis Certification; the only Canadian education institute chosen from over 1,300 universities and colleges in North America to be a member of the Microsoft Education National Advisory Council; and the list of stellar "firsts" goes on. Perhaps most significant among Rima's accomplishments, is her exclusive partnership with Fortinet and Sophos, whereby Willis College is the only private career college in Canada to benefit from an employer-led, employer invested skills training model that

offers lucrative careers through an exclusive partnership with the American and UK multinational corporations.

What Rima has achieved in her tenure at Willis College is nothing short of spectacular. She is indeed "the best with the best mission in life." Yet, this heady mix of accolades is tempered by a woman whose daughters and grandchildren figure prominently – she wants more time to spend with them. They pull at her emotionally because she loves them so much, and Rima wants them to know

"what grandma does." Though grandma is the successful educator and corporate executive, grandma is also the woman who has chosen to share the special star she was born under with everyone she's met throughout her life. And this generous sharing of her special star is the legacy Rima will leave to all her family – at home, at the College and beyond. Rima's humility touches me as she closes our conversation with these wise words: "We as human beings are merely travellers between birth and death; marks we choose to leave along the journey are up to us."

#### COVER + EDITORIAL

MAKEUP ARTIST | **Natalie Peachy**  
HAIRSTYLIST | **Kirsty Macdonald**  
PHOTOGRAPHY & CREATIVE DIRECTOR |  
**Michelle Aristocrat**



## SEE THE **Magic!**

This past May Elliott Smith was invited to be the headline act at the Friars Club in New York City. His performance marked the first time in the Club's 111 year history that a Canadian magician had taken the stage!

The Friars Club continues to be one of the most prestigious private clubs in the United States and a home to a who's who of the world's greatest comedians, actors, musicians, entertainment professionals including *Jerry Lewis*, *Woody Allen*, *Larry King*, *Robert De Niro*, *Tom Cruise*. It also boasts a robust membership of well-known and distinguished politicians.

Like many children growing up, Elliott was transfixed with magic. In the early 60s he would watch magician *Mark Wilson* perform illusions on television. Says Elliott, “*Mark Wilson* quickly became my idol and mentor. After one of his shows I asked my parents to buy me a magic kit. I was quite taken with it and discovered I had a natural talent for magic. My parents thought I’d get tired of it, but I didn’t. I was passionate about it and began practicing magic regularly by age six.”

Early on Elliott’s magical acts were pretty straightforward — magic performed while music played in the background, he didn’t really talk, it was all done to music.

Then he began watching the classic comedic entertainers *Jerry Lewis and Dean Martin*, *Laurel and Hardy*, and *The Three Stooges*. Entertainers whose form of comedy, he says, “really influenced my style and presentation of magic. Gradually, comedy made its way into my performances, which became more interactive as I got older.”

Elliott also practices other types of magic including mentalism which is the art of perceiving people’s thoughts as well as escapes made popular by the legendary *Houdini*.

“However, close-up magic is my favourite. I love to make magic happen right in front of people’s faces. That way, they can see there

are no tricks up my sleeve, and watching their reactions is amazing,” says Elliott.

Elliott has traveled across Canada, the United States, Europe, the Caribbean and Mexico sharing his love of magic. He has performed for ambassadors, dignitaries and heads of state including Canada’s prime ministers. Celebrities including the likes of the late *Liberace* and *Jay Leno* have commissioned him to perform at their personal events.

His honours include a bestowment of the *International Brotherhood of Magician’s Order of Merlin* award and he is an inductee in the organization’s prestigious *Order of Merlin Shield*.

“I want others to see the magic,” says Elliott, “Growing up as a kid loving magic, having that be my passion and dream, doing something nobody else could do has really been incredible, I feel blessed.

“Tony Belmont is my manager and the president of the National Comedy Hall of Fame, he told me, “The Friars Club is a one-of-a-kind venue. It is at the top of the ladder. To say you have performed at the Friars gives one serious bragging rights. With the most powerful and connected people in the business in attendance, people automatically will hire you for any big gig after that.”

Elliott says, “As a young child I often wished those around me could see the magic! Now, my dream has become a reality!”



**For more about Elliott Smith or to *See the Magic* visit <http://www.seethemagic.com>**

# The 9 Belts to Sales Assassin Mastery

by Anthony Caliendo

The Sales Assassin is the ultimate master of sales passion and discipline, the Sales Assassin Master (aka SAM) of your own destiny; focused on a results-driven willingness to be prepared to control your own destiny. The SAM must be a master of perseverance, self-control and must possess the spirit of being responsible and accountable for your successful performance. The path to Sales Assassin success—the path to positive thinking and to controlling your sales destiny as a SAM—begins with the 9 Belts of Sales Assassin Mastery.

The 9 belts in the SAM Sales Philosophy are not intended to be progressive, but instead they are a series of elements and skills that exist independent of one another. Collectively, they provide a professional foundation for sales success.

## **SAM Belt 1:**

### **PASSION, DEDICATION, COURAGE**

Discover what drives your heart, mind and spirit in your sales profession and in life! The art of mastering SAM status requires Outrageous Passion, Dedication and Courage (PDC). PDC is an internal mindset and a set of strong emotions and confidence that will move you past your comfort area. Passion: having a wholehearted conviction that, whatever you decide to pursue, you're going to be the best at it! Dedication: having a "self-sacrificing" commitment to what you do on a daily basis! Courage: having the ability to act in spite of fear of failure or rejection!

## **SAM Belt 2:**

### **MENTAL PREPAREDNESS DEVELOPMENT**

Condition your mind to receive new ideas! Your mental preparedness is a core aspect of any sales endeavor. If true sales success has evaded you then you must be willing to de-program and make room for new ideas and concepts. Your mind must be conditioned and prepared to engage every challenge within the sales cycle and in life.

## **SAM Belt 3:**

### **ESTABLISHING THE SALES ASSASSIN MINDSET**

Control how you think, act and react! In business, our intelligence is just the starting point and will only get us so far; the rest is developed via our experiences. Our mindset is our fixed mental attitude

that predetermines our response to and interpretation of the situations we face each day in the workplace and in life. The key to controlling our mindset is to control the obstacles and distractions that keep us from achieving whatever we set out to conquer each day.

## **SAM Belt 4:**

### **GOAL SETTING AND ACHIEVEMENT**

Know your target goals and plan your attack! To have any shot at success, you first have to know what you want to achieve and then you must have a plan to achieve it. Choose SMARTS goals: specific, measurable, attainable, realistic, time-bound, stretches you. Set "target" goals and "challenge" goals.

## **SAM Belt 5:**

### **CLIENT QUALIFICATION PROCESS**

Know your client and isolate the "hot spots!" The sales qualification method that is too complex can impede the sales process. The method that is not precise enough could stall the process or forfeit the opportunity all together. The SAM qualification process is the ability to use precision to load, lock, aim and zero-in on the target information required to close the deal.

## **SAM Belt 6:**

### **THE MASTERY OF LEADERSHIP INTEGRITY**

Practice what you preach: lead with integrity! How

sales professionals and leaders function, make decisions and communicate their decisions demonstrates whether (or not) they can be trusted. The irony is we generally know when we are leading with integrity, but the validation by others is our reality check.

### **SAM Belt 7:**

#### **REINVESTMENT IN YOUR BUSINESS AND YOU**

Create the competitive distinction! The concept is easy to understand: YOU are your business; your business is YOU. Reinvesting into the business of “You” means investing time and resources into learning about how to be a better salesperson. Creating a unique message is a marketing strategy that businesses always use to differentiate themselves from the competition. Differentiating yourself and creating a positive distinction from your competition is also necessary.

### **SAM Belt 8:**

#### **LESSONS OF LIFE**

Learn from your successes as well as your failures! Your life experiences, the good, the bad and the ugly should make you stronger and smarter. The key is in understanding how to recognize these lessons and use them as a vehicle to adapt, grow and sustain. Remember, the only constant is change. Life’s lessons are your ability as a SAM to not only adapt to change that a sales life demands, but more importantly to be facilitator and leader of your own change vehicle.

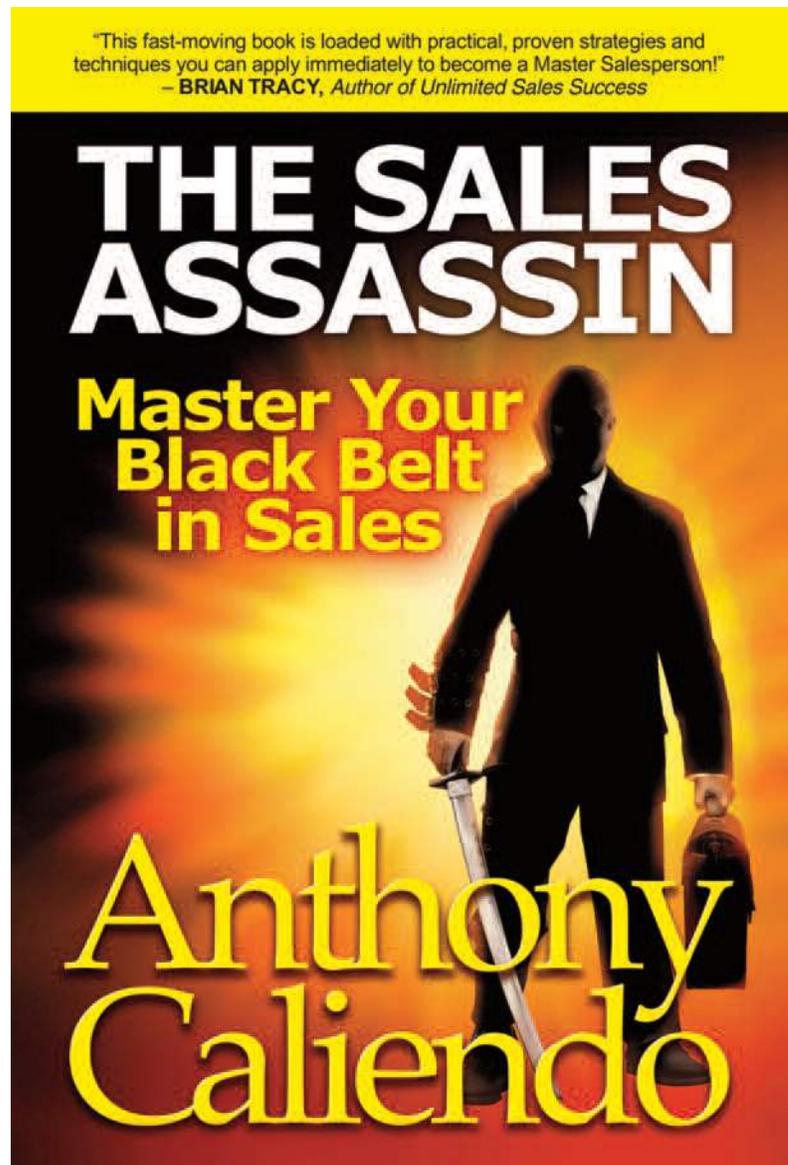
### **SAM Belt 9:**

#### **LIFESTYLE CHANGE**

Make a mental and emotional commitment! Becoming a Sales Assassin Master means making a mental and emotional commitment to completely changing your behaviors and the way you think, act and react to situations. It’s about replacing bad habits with positive ideas, concepts and new habits that have a dynamic impact on your journey to becoming more successful in sales and in life.

When you understand the importance of each belt and how to embrace the concepts you must achieve to be awarded each belt, this is an accomplishment worthy of respect and one that measures another step toward success.

Anthony Caliendo is a self-made man, entrepreneur, corporate visionary, leadership coach, and author of *The Sales Assassin – Master Your Black Belt in Sales*. Learn more at [www.thesalesassassin.com](http://www.thesalesassassin.com)





**With a new top-down/bottom-up option and an array of fabrics that are available in a room-darkening opacity, Hunter Douglas Solera Soft Shades are ideal for media rooms**

## How to create a **COMFORTABLE** media room

It's no secret that we spend a lot of time in front of screens – on our smartphones, tablets, laptops. We need computers to do our jobs, cell phones to stay in touch, tablets to entertain, and iPods to play our favourite tunes.

But what about the television, the original screen we all know and love?

“The art of enjoying a favourite film or TV show has become lost on many people,” says Sally Morse, director of creative services at Hunter Douglas, a leading window treatment company. “Instead of settling down at home and relaxing with the family, viewers are cramming their shows into their commute, squinting at their phones, watching when they can,” she continues.

So, how do we get back to enjoying the art of watching film? Morse says by investing in a media room, which is trending so much so that it is now the new “must have” room in the house. A media room will bring the family together for some good, old-fashioned entertainment and re-

laxation, so to get the most out of it and to make yours seem like a movie theatre here are some helpful tips.

### **Comfort and style, living in harmony**

“It's important to make your media room comfortable,” notes Morse, “but that doesn't mean you have to sacrifice style.” Pick a favourite colour and shop for throws and pretty pillows to show it off, an easy way to add some flair to the room while making your viewing experience more cozy. If you have hardwood floors and don't want to take the wall-to-wall carpeting plunge, look for a rug made of thick material to instantly soften up the feel of the room.

### **Don't mess with the view**

Picture this: You've just nestled into your favourite corner of the couch, put a movie on and are resting with your feet up. And then you notice it, the dreaded glare on the television from the blazing sun outside. “There are times when you want sunshine

while watching the screen,” says Morse, “and times when darkness is preferred.” Either way, the glare should not be a part of the picture. When designing your media room, keep this in mind.

A stylish fit for both situations and for any light control preference for that matter, are Solera Soft Shades from Hunter Douglas. If you want to let outdoor light in without the pesky glare, you're in luck: the window fashions are available with a top-down/bottom-up option, which is especially useful for preventing glare on TV screens. Are you in the mood to really make your media room seem like a theatre? Opt for fabrics with room-darkening opacity for the ultimate movie night.

### **Maximize space**

“Ample seating in this room is key,” Morse advises. It's important to have enough seating without crowding the room, depending on the size of the space. She suggests an L-shaped couch so families and guests can sprawl out and still feel connected. You can go modern with crisp lines and a square shape, or more traditional with plush cushions and rounded armrests. For even more seating, add a loveseat or pair together slipper chairs.

### **Double duty**

“The great part about creating a media room is that it becomes a type of retreat for everyone in the family, whether they're watching the TV or not,” Morse says. Wander inside and sink into the couch during a long phone call with an old friend, put a tray of drinks on the coffee table when guests come over, or curl up and read a good book. “The room is what you make it,” she concludes. [www.newscanada.com](http://www.newscanada.com)



# LIVE LIFE

PHOTO: CANSTOCKPHOTO | KZENON



## Don't Let Low Energy Keep You Down

Now that the sun is shining and the birds are singing, it's time to get outside for some favourite summer activities. Is a lack of energy holding you back?

Men over 40 often deal with fatigue, poor concentration, body and mood changes, and/or reduced libido, and attribute these changes to age. For some, age isn't the only issue. Changes in energy, mood and motivation can be caused by a number of other factors.

### **Sleepless Nights**

Sleep plays an integral role in our day-to-day lives, and getting enough is as vital for fueling the body as food is. Losing even one hour of sleep a night affects your ability to think properly and respond quickly. It also impacts your cardiovascular health, energy levels, and ability to fight infections. While sleep requirements vary from one person to the next, it's important to get enough for the body to function optimally.

### **Got the Blues**

Depression can affect how a person thinks, feels or acts. Changes in mood and energy that get in the way of everyday activities, productivity at work, or cause strain on relationships, should be addressed with the help of a healthcare professional.

### **Couching Around**

Lack of physical activity can impact physical and mental health. An analysis by University of Georgia researchers found overwhelming evidence that regular exercise plays a significant role in increasing energy levels and reducing fatigue. Making time for exercise is important to improve mood, control weight and help your body fight infection.

### **Hormones on Hiatus**

Hypogonadism, also known as low testosterone, is estimated to affect up to 25 per cent of men in Canada over the age of 40. While testosterone levels naturally and gradually decrease to a degree with age, it's important to be aware of the role this hormone plays in the body. Symptoms of abnormally low levels of testosterone include fatigue or lack of energy, low sex drive, depressed mood, decrease in bone density, increases in body fat, loss of muscle mass and sexual dysfunction. Men over the age of 40 with any of these symptoms should speak to their doctor.

-[www.newscanada.com](http://www.newscanada.com)



## Keeping Canada Alive

*Narrator Kiefer Sutherland, is the grandson of former Saskatchewan premier, Tommy Douglas, who is widely credited with bringing universal health care to Canada.*

The CBC's *Keeping Canada Alive* is an unprecedented and powerful 24-hour snapshot of Canada's health care system.

The program is an epic groundbreaking six-part factual series that gives viewers a powerful snapshot of Canada's health care system. The series is narrated by Emmy® Award-winning Canadian actor Kiefer Sutherland. *Keeping Canada Alive* was filmed over a 24-hour period in May 2015. More than 60 cameras descended on health and home care locations in 24 Canadian cities to capture incredibly moving and highly intimate stories as shared by the patient as well as the health care provider. The cameras rolled as people sought treatment - and medical professionals did everything they could to provide it. The television broadcast premiered in October. However, the companion online experience is available at [cbc.ca/keepingcanadaalive](http://cbc.ca/keepingcanadaalive).

This innovative online companion features almost 40 hours of extended breakout footage, original content, and more, as

well as a 24-hour stream of raw footage. It expands on many of the TV series' stories by giving more insight into the health care industry as a whole. Viewers can access additional content encompassing raw footage of full surgeries, medical procedures, interviews and other events filmed that day. The site also includes facts, highlights, commentary and polls relevant to the video content.

Visitors to the site can customize their experience by selecting themes and locations across the country. Health care facilities and caregivers featured in *Keeping Canada Alive* come from British Columbia (Richmond, Vancouver, Kamloops, Haida Gwaii, Comox), Alberta (Edmonton, Calgary), Saskatchewan (Fort Qu'Appelle), Manitoba (Winnipeg, Pine Falls), Ontario (Toronto, Ottawa, Hamilton, St. Catharines, Thunder Bay), Quebec (Montreal, Chisasibi), Nova Scotia (Halifax, Wolfville, Liverpool), Prince Edward Island (Charlottetown), New Brunswick (Minto), Newfoundland (St. John's), Labrador (Nain), and the Northwest Territories (Yellowknife).

It is fitting that Kiefer Sutherland was chosen to narrate *Keeping Canada Alive*. Many of our readers will remember that he is the grandson of Tommy Douglas, a former premier of Saskatchewan. The Honourable Tommy Douglas is widely credited for bringing universal health care to Canada, the first of its kind in North America.

To view *Keeping Canada Alive* visit [cbc.ca/keepingcanadaalive](http://cbc.ca/keepingcanadaalive).

# What is ESSIAC®?

By KEVIN MALONEY

Many people take ESSIAC®\* to nourish and strengthen their immune system.

ESSIAC is all Natural – Safe – Effective – Non Toxic –Drug Free – Gluten Free – MSG Free with no side effects. ESSIAC can be taken in conjunction with any other vitamin or supplement, any prescription and especially by those who are or have been on Chemo or Radiation, we suggest that they should get started right away on the program in order to get the benefits of ESSIAC which has helped thousands of people for over 92 years since 1922.

ESSIAC® provides help by aiding your body's detoxifying organs, namely the colon, lungs, liver, kidney, pancreas and spleen in cleansing blood cells.

The ESSIAC® formula is a “pro-

prietary” combination of 4 herbs: Burdock Root, Sheep Sorrel, Indian Rhubarb Root and only the inner bark of Slippery Elm. The inner bark is selected because it nourishes and soothes organs, tissues and mucus membranes and supports lung health. It also helps normal digestion.

ESSIAC® was discovered in 1922, when a patient spoke to Nurse Rene Caisse about a Canadian Ojibwa Indian herbal tea she took. Nurse Caisse eventually named the formula ESSIAC®, which is her last name (Caisse) spelled backwards.

There are many ESSIAC® counterfeits on the market. The Original ESSIAC® is owned and distributed by ESSIAC® Canada International. To determine the original ESSIAC® the bottle must have Rene M Caisse's

picture, her signature, the text “Made Only in Canada” and the Canadian Maple Leaf Flag. The bottle also displays the warning: Beware of Counterfeits.

ESSIAC® comes in a powder, extract and in a vegetable capsule formula and is available in health food stores. ESSIAC® is taken for prevention and detox, and also for major illnesses.

The Program is a minimum of 12 weeks. To ensure the benefit of ESSIAC®, do not consume food 1 hour before (preferred) or 1 hour after taking ESSIAC® as the food will absorb the ESSIAC® rendering it with little or no value. As well do not drink juices for approximately 15 to 30 minutes after taking ESSIAC®. However, it is okay to drink water after taking ESSIAC®.

## POWDER FORMULA

**Prevention and Detoxification:** Take 2 fl. oz. (60 ml) twice daily (morning and afternoon), minimum 6 bottles  
**Major illnesses:** Take 3 fl. oz. (90 ml) 3 times daily (morning, afternoon and evening), minimum 12 bottles

## EXTRACT FORMULA

**Prevention and Detoxification:** Take 2 teaspoons (10 ml) twice daily (morning and afternoon), minimum 6 bottles  
**Major illnesses:** Take 3 teaspoons (15 ml) 3 times daily (am, pm and early evening), minimum 12 bottles.

## VEGETABLE CAPSULES

**Prevention and Detoxification:** Take 2 capsules twice daily (am, pm or early evening), minimum 6 bottles  
**Major illnesses:** Take 3 capsules 3 times daily (am, pm and early evening), minimum of 12 bottles.

## BRIDGE OF HOPE

To learn more about ESSIAC® and its use as an herbal supplement to support the immune system and vital organs, read “Bridge of Hope, The life of Rene M. Caisse, RN. Canada's Health Nurse and the History of ESSIAC®.”

KEVIN MALONEY is the Vice President of ESSIAC® Canada International. For more information about ESSIAC® contact: maloney@essiacfromcanada.com or call (613) 729-9111.

# ESSIAC<sup>®</sup> SM

ESSIAC<sup>®</sup> from Canada: The renowned, original proprietary herbal formula from René M. Caisse, R.N.

Health Canada Approved



NPN 80012920

NPN 80015598

NPN 80012914

Approved For Natural Product Number (NPN) by Health Canada, Health Protection Branch

- ESSIAC<sup>®</sup> is a traditional herbal supplement and made only in Canada.
- It's been sold worldwide for over 90 years (since 1922) and has helped to restore health to thousands of people.
- It is all natural and safe and effective when taken as suggested.
- It helps with immune system support.
- It supports energy levels.
- It is safe to use in conjunction with any vitamin or supplement.
- There are never any side effects.
- It is used to detoxify the body and for general 'prevention.'

ESSIAC<sup>®</sup> consists of 4 main herbs that in conjunction with each other make it work:

1. Burdock Root
2. Slippery Elm
3. Sheep Sorrel
4. Indian Rhubarb Root

ESSIAC<sup>®</sup> has been approved in writing by the FDA, with no medical claims.

# ESSIAC<sup>®</sup> SM

From Rene M. Caisse, RN  
Health Canada Approved



Original Herbal Formula

- Trusted Worldwide Since 1922
- Premium Quality Herbs
- Immune System\* Support
- Gluten Free ■ Drug Free
- cGMP Compliance
- Made Only In Canada



Approved By the FDA in Writing With No Medical Claims  
Approved For Natural Product Number (NPN) by Health Canada, Health Protection Branch

Drug Free

Doctors Recommend



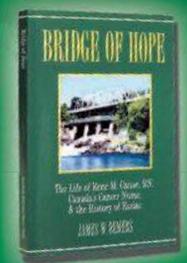
ESSIAC  
Powder Formula  
NPN 80012920



ESSIAC  
Vegetable Capsules  
NPN 80015598



ESSIAC  
Extract  
NPN 80012914



Bridge of Hope  
The Life of  
Rene M. Caisse RN  
& the History of ESSIAC

## Herbal Supplement

\*This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the FDA.

**BEWARE OF COUNTERFEITS**

U.S. Office: P.O. Box 365, Lake Worth, FL 33460  
Telephone 613-729-9111  
E-mail: maloney@essiacfromcanada.com



Many of our volunteers and members send their feedback and general comments about BCA. As well, many survivors share their personal stories to let others know that a diagnosis is not a predecessor to an involuntary life of grief. Why not take a moment to read about their thoughts and experiences.

#### ELIZABETH WRITES

“ I was in shock and in denial when I was diagnosed especially as my family does not have any history of cancer. In addition, I have always maintained an active lifestyle, nutritional diet; in short a perfect picture of health. I was also in denial about my need for support. BCA was a safe place for me to go and meet other women, especially the many survivors who gave me so much hope. I learned about BCA by happenstance. Within 2 days of being diagnosed with breast cancer, I discovered the Breast Cancer Action office. It was one of the most welcoming places I had ever walked into. It felt like a home away from home even though I did not know anyone there. I started going to the stretch and strength classes. I see these classes as a way to give back to those more recently diagnosed and /or still undergoing treatment. These programs are also inspirational in addition to helping me stay fit. BCA is the place to go for support and answers to the many questions most of us have about breast cancer. ”

#### B.F., BREAST CANCER SURVIVOR AND BCA MEMBER SAYS

“ In 1997, I was diagnosed and treated for breast cancer. They found that eleven out of 15 of my lymph nodes were cancerous. Two years later, I learned about BCA while stopping at a sidewalk sale held at the Billings Bridge Plaza. While there, one of the volunteers recognized I had lymphedema and recommended I take the BCA Lymphedema workshop. When I discovered the level of support and number of programs BCA offered, I joined the organization and commenced volunteering with them immediately. ”

#### A THRIVER SHARES

“ BCA has a library of information regarding breast cancer, peer support programs, and fitness programs where not only do you get exercise, but are in the company of people who have gone through and are going through what you are. In my family there are a significant number of family members who have cancer, both paternal and maternal (mother was a carrier of the BRCA gene. She had breast cancer. I was diagnosed, even though I tested negative for the gene. All my sisters tested positive for the gene. Presently, they are breast cancer free. After surgery, the gene testing was repeated, and this time showed positive, and they also discovered a mutant gene found in 1 out of 10,000 persons tested. At the present time I am considered a survivor, however I consider myself a thriver! If you have been diagnosed with breast cancer I recommend you get in touch with the BCA and sign up for the Pre-Op and Lymphedema workshops the information you receive will be invaluable! BCA provides vital support offered to breast cancer patients. ”

# Because no one should face it alone.

BRIGITTE, BREAST CANCER SURVIVOR AND BREAST CANCER ACTION MEMBER REVEALS

“ I was diagnosed at an early age and was feeling discouraged and angry about how young women were being quickly dismissed as “too young for breast cancer”. I was 29 years old, newlywed starting a new career. I had discovered a rapidly growing lump in January of 1995. Concerned, I spent the following nine months undergoing three mammograms and three ultrasounds. Yet, all the tests were conclusive to not having cancer. My instinct told me otherwise so I pressed and begged for a biopsy. It was discovered that I indeed had breast cancer and I had to put my life on hold for a year of hell. On my fifth anniversary of diagnosis, I discovered I was expecting a child. This was a pivotal point in my life I had a new focus and was no longer living in fear of the cancer but focused on rebuilding and claiming my life back. I had a second cancer in 2011, a double mastectomy and reconstructive surgery. Through BCA, together with a registered nurse, I started speaking at local high schools about the importance of testing. I enjoyed and participated in the Busting Out Dragon Boat program. I continue with the BCA peer support program to this day. Most of my peer support is helping women make decisions on whether to have reconstructive and what type is best for them.”

SHELAGH TELLS

“ I was diagnosed 15 years ago and I learned about BCA from a friend who was finishing treatment and who had joined their exercise classes. I currently belong to the BCA’s Busting Out and take two aquafit classes a week. From the time I was diagnosed, BCA has provided me with vital information and their support has been unwavering.”

A.M.B. STATES

“ After my operation, BCA encouraged me to participate in a number of their fitness programs including Gentle Yoga, Stretch & Strength as well as Pink Swan Ballet. As a result of these fitness programs I now have more strength and balance. Thanks so much BCA.”



WE ARE HERE FOR YOU. REACH US  
AT 613-736.5921 AND [BCAOTT.CA](http://BCAOTT.CA)



## Brighten your world with these handy lemon aids

(NC) As the saying goes, when life hands you lemons, make lemonade. But why stop at lemonade when there are so many unique and unexpected ways to use lemons?

From DIY beauty treatments to home entertaining, Kimberly Schlegel Whitman, Sunkist lifestyle expert, has developed some tips on how to use California-grown lemons to elevate your day and brighten your home. “Nothing brightens and refreshes a room quite like lemons with their vibrant colour and fresh scent,” says Whitman. “Sunkist lemons offer a beautiful and inexpensive way to decorate your home, to pamper yourself, and of course to add a punch of flavour to your food.” There are many ways to incorporate lemon into your lifestyle.

### **DIY lemon Hand Exfoliator**

In a bowl, mix together freshly squeezed juice from two lemons, ¼ cup of olive oil and 1/4 cup of sugar.

Then simply rub on your hands and wash off using warm water.

### **DIY Nail Cleanser**

Wipe away brown stains on your nails left behind by dark polishes with the help of lemon juice on a cotton ball.

### **Lemon Placecard Holder**

Simply score a lemon, insert a name card in it and place it in an egg cup. Add the placecards to each setting for a bright burst of colour on your table.

### **Citrus Twist**

Don't toss out that lemon peel. Instead, use it to create beautiful cocktail garnishes at your next happy hour. Simply cut off the peel and roll it into a log. Slice it into strips, then twist and lay it over the edge of your glass.

You can find more citrus tips at [Sunkist.com](http://Sunkist.com).

# HYLEYS TEA



It is no secret that many common health woes can be mended homeopathically through the use of natural herbs and antioxidants. Health-conscious consumers can now drink hot teas to experience wellness benefits like weight loss, detoxification, better sleep and appetite control. Luckily for the estimated 160 million North Americans who drink tea on any given day, one global brand known internationally as ‘The Aristocratic Tea’, Hyleys Teas caters to tea drinkers’ health demands with a series of 100% natural herb- and fruit-infused blends. Hyleys teas aid to promote weight loss, detox, sound sleep and appetite control.

## Hyleys Slim Tea

Hyleys Slim Tea is 100% natural herb- and fruit-infused tea that promotes weight loss. It is available in flavorful options like acai berry, blueberry, goji berry, pomegranate and raspberry as well as a five-flavor assortment. What’s more, the weight-loss-enhancing properties of the Slim Tea offer consumers a safe, pound-shedding alternative to risky pills and surgery.

## Hyleys Sleep Tea

Hyleys Sleep Tea is designed to naturally help individuals fall asleep easier, the caffeine-free herbal formulation acts fast and gently, encouraging healthy sleep patterns while promoting a refreshed awakening. It is available in both mint and chamomile variations.

Hyleys Tea full line of wellness-promoting teas is available online at [HyleysTeaOnline.com](http://HyleysTeaOnline.com) and at Loblaw's stores across Canada.



## FOUR STEPS TO WHITER TEETH

A simple smile is all it takes to positively impact everyone's day. Research shows that smiling can make you and others feel happy, and can even reduce stress levels in the body, by lowering the heart rate. There are several easy steps to achieve a healthy, vibrant smile from your diet, to your oral care routine, to the quality of your toothbrush.

- 1) Start a white-teeth diet.** Dark food and drinks tend to stain your teeth. So if you're drinking a lot of black tea or red wine, you can expect to see it on your not-so-pearly whites. Start off by brushing your teeth immediately after consuming foods or drinks that stain.
- 2) Try an electric toothbrush with elongated bristles** that allow for greater access to ensure a deeper clean.
- 3) Give your teeth an extra boost,** because let's face it, teeth aren't always naturally white. There are several tooth whitening products that can help achieve goals of a whiter smile. For example, the Arm & Hammer Truly Radiant Rejuvenating Toothpaste is clinically proven to whiten teeth in just five days.
- 4) Make your brushing count.** Many people don't brush their teeth for long enough, which can lead to plaque buildup. Try humming your favourite song while you brush for two minutes to blast away unwanted plaque. It's important to remember to use a fresh toothbrush. Replace your worn out toothbrush at least every three months to ensure it is safe and works properly. Try rinsing your toothbrush after every use to prevent transferring bacteria.

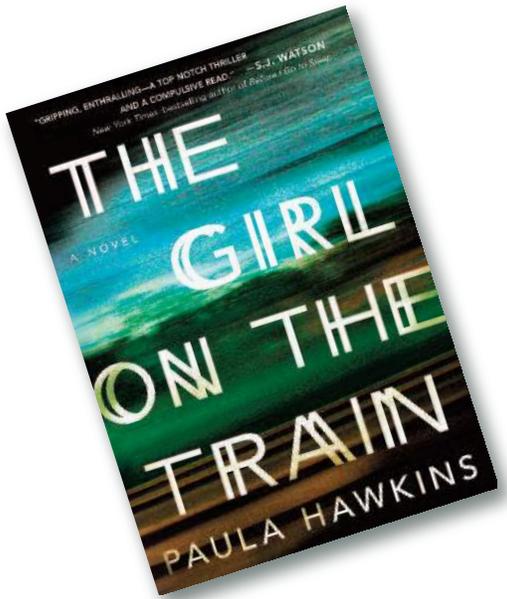
Nothing spoils a beautiful smile more than yellow teeth so take these steps into consideration to achieve your whitest smile yet.

-[www.newscanada.com](http://www.newscanada.com)

# Indigo names the 10 Best Books of 2015

"Books are thriving. We're thrilled to see a real return to reading and the physical book. This list is a concrete representation of the love we have for the written word, the power of stories in our lives and our desire to share the absolute best books we can find," said Bahram Olfati, Senior Vice President of Print at Indigo."

The Indigo book team knows a hit when they see one. When one of Indigo's buyers read an advance copy of Paula Hawkins' *The Girl on the Train*, they knew from the outset that it was something special. Globally, *The Girl on the Train* has been one of the most successful books of the year, topping international best-seller lists, and earning its place as Indigo's Book of the Year for 2015.



## THE GIRL ON THE TRAIN 2015 Best Book of the Year

### #1. *The Girl on the Train*

by Paula Hawkins

As a bookseller, you are often told 'this book is the next big thing,' but in the case of *The Girl on the Train* the label was actually fitting. We loved it immediately, and knew our readers would too. Thrilling and 'unputdownable,' it is the book that we relished more than any other in 2015.

- KRISTI REILLY, CATEGORY MANAGER, FICTION BUYER

### #2. *Furiously Happy*

by Jenny Lawson

More ridiculous adventures with the author of *Let's Pretend This Never Happened*. You'll laugh out loud, cry a bit and get even closer to one of the funniest women in social media.

- MICHAEL NICHOLSON, CATEGORY MANAGER, NON FICTION BUYER

### #3. *Dead*

by Erik Larson

A compelling, enrapturing read! I knew how it had to end, but the intimate details, exposed secrets and the vibrant, visual narrative had me praying that maybe this time it would stay afloat.

- DOMINIC STONES, CATEGORY MANAGER, BARGAIN BUYER

### #4. *The Library at Mount Char*

by Scott Hawkins

Dark, demented, and drop-dead funny, Scott Hawkins' twisted fantasy morality play is the best genre debut in years!

- BRANDON FORSYTH, ALLOCATIONS ANALYST, KIDS & LIFESTYLE

### #5. *Stranger Than We Can*

John Higgs

A Bill Bryson-esque romp through the twentieth century. Forget the Wars and the Berlin Wall. This is all about relativity, TV, sex, and SciFi. The big ideas that blew up the century... and held it together.

- ANDREW TAUBMAN, CATEGORY MANAGER, NON FICTION ONLINE

### #6. *We Should All Be Feminists*

by Chimamanda Ngozi Adichie

In concise yet powerful words, Chimamanda Ngozi Adichie describes how we can achieve equality among the sexes. She will make you believe that change is possible with her passionate voice and indomitable spirit.

- NADINE PIERCE, ALLOCATIONS ANALYST, FICTION & NON FICTION

### #7. *Humans of New York: Stories*

by Brandon Stanton

It may sound clichéd, but *Humans of New York: Stories* makes you feel human. Flipping through these pages will have you giggling and in tears. Humbling and touching, it is a testament to the sorrows and strengths of humanity.

- CHELSEY CATTERALL, INVENTORY ANALYST, FICTION

### #8. *Hausfrau*

by Jill Alexander Essbaum

Seductive and thought-provoking, *Hausfrau* is an insightful character study into a modern-day Anna Karenina. Love her or hate her, you'll definitely want to talk about her.

- CHIHOE HO, CATEGORY MANAGER, FICTION ONLINE

### #9. *Our Souls at Night*

by Kent Haruf

The message in Kent Haruf's last book is clear, and consistent with all his other work. Live life. Live it today. Live it as if all your actions are eternal.

- BAHRAM OLFAI, SENIOR VICE PRESIDENT, PRINT

### #10. *Nimona*

by Noelle Stevenson

A spirited story of a shape-shifting girl with a powerful message about the importance of friendship and loyalty, but also enough mayhem and hilarity to keep the action going!

- GABRIELLA PARRO, INVENTORY TEAM MANAGER, KIDS

For more visit:

<http://www.indigo.ca/books/best-of-2015/>

### ABOUT INDIGO

Indigo is the largest book and specialty retailer in Canada, Indigo operates in all provinces under different banners including Indigo Books & Music; Indigo Books, Gifts, Kids; Indigo Spirit, Chapters, and Coles and online at [www.indigo.ca](http://www.indigo.ca) <<http://www.indigo.ca/>> .



# FOOD TALK



## Put some COLOUR on your table

As nature wakes up to spring, we see vibrant colours returning to our surroundings. These colours are not only appealing to the eye, they can also signal nutritional value to inspire our food choices. The Canadian Health Food Association (CHFA) recommends exploring a variety of colourful foods in your diet to make sure you receive the benefits from a vast spectrum of vitamins, minerals and nutrients that are provided by each colour group.

Phytonutrients are natural chemical compounds found in plants that give your produce its enticing colour. During spring, there are many colourful, in-season vegetables and fruits for you to enjoy.

The rich red and bright yellow colours in beets are due to the presence of a unique type of phytonutrient called betalains. Betalains are powerful antioxidants, which aid our body's natural detoxification process. This free radical scavenger has also been found to reduce inflammation, which we know is a precursor to several chronic diseases.

Rich hues are also seen in plants containing anthocyanins, some examples being red cabbage, rhubarb and red onions. Various studies have shown anthocyanins to be beneficial for protection against cardiovascular disease, reducing alcohol-induced damage to the liver, decreasing carcinogenic activities in the body and

enhancing cognitive function. Try including red cabbage in the form of sauerkraut to your diet this spring. Not only will you be reaping the benefits of phytonutrients, but you will also be boosting your gut health with this fermented food option.

Don't let the rainy weather get you down; add some sunshine to your diet in the form of carotenoids. This category of phytonutrients is known to supply sunny orange and yellow tones to your diet, seen in carrots and squash. But they can also be found, in season, in tomatoes, turnip greens, spinach, and rhubarb. Humans are actually incapable of synthesizing carotenoids, so it is important that we obtain them through our diet. Carotenoids have been highlighted as having a number of important health benefits; particularly in decreasing the risk of certain cancers and potential loss of vision.

Choosing a colourful "in season" diet can actually save you money, ensures freshness (especially when buying from local vendors), and still provides you with variety all year long. Whenever possible, CHFA also recommends choosing organic produce for reduced exposure to pesticides and other unwanted toxins.

Add colour to your diet with the help of your local natural health food retailer. You will see the "find a retailer" tool online at [chfa.ca](http://chfa.ca).

[www.newscanada.com](http://www.newscanada.com)



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# Moroccan Chicken Pastilla



**MARGARET DICKENSON**

As the cold weather sets in, I always turn to this recipe. Pastilla, ranked as one of the four

favourite dishes of Moroccan cuisine, is traditionally prepared with a unique combination of ingredients to create a sweet and savoury pie. Think, chicken, onions, parsley, cinnamon, scrambled eggs, icing sugar and almonds. However, in my version, I have taken artistic licence by introducing a myriad of other flavours from garlic and turmeric to lemon zest and slivers of poached dried apricots. These elements successfully come together in a delightful balance, making the recipe seriously addictive! If desired, serve it with a light orange cream sauce, fresh figs and slivers of poached dried apricots, and make it indeed a memorable culinary experience!

Note: The recipe may appear long but ingredients are simple, cooking easy and assembly technique straight forward. Just follow the steps.

-3/4 cup (180 mL) butter, divided

1/2 cup (125 mL) finely chopped onion

1 tsp (5 mL) minced fresh garlic

3 cups (750 mL) shredded cooked roasted chicken (skin included)

1 1/4 tsp (7 mL) ground cinnamon, first addition

1/2 tsp (3 mL) turmeric

To taste salt and crushed black peppercorns

1/2 cup (125 mL) chopped fresh parsley

1/3 cup (80 mL) chopped fresh cilantro

3 eggs

3 tbsp (45 mL) icing sugar, first addition

1/2 cup (125 mL) toasted slivered almonds

1 tsp (5 mL) lemon zest

1/4 cup (60 mL) slivered poached\* dried apricots

8 sheets phyllo pastry

## Flour Paste

1 1/2 tbsp (23 mL) all purpose flour

1 tbsp (15 mL) cold water

## Dusting powder

1 1/2 tsp (8 mL) icing sugar, second addition

1/4 tsp (2 mL) ground cinnamon, second addition

1. Over medium-low heat, melt 2 tbsp (30 mL) of butter in a large non-stick skillet. Add onions and garlic, sauté until onions are soft and slightly golden in colour.
2. Remove skillet from heat. Add chicken, cinnamon, turmeric, salt and crushed black peppercorns; toss gently. Add parsley and cilantro, toss; return skillet to heat; just allow mixture to become warm (about 2 minutes). Remove skillet from heat.
3. In a bowl, whisk together 3 eggs and 3 tbsp (45 mL) icing sugar. In a medium-size non-stick skillet, over lowest heat possible, melt 2 tsp (10 mL) of butter. Add egg mixture and stir almost constantly until eggs are soft-scrambled (about 4 minutes).
4. Add scrambled eggs to the chicken mixture, toss gently to evenly distribute eggs.
5. Add toasted almonds, lemon zest and slivered apricots. Toss gently.

**6.** In a small bowl (e.g., ramekin dish) prepare a “flour paste” by mixing together flour and water until smooth. Set aside.

**7.** Lightly butter all interior surfaces of an 8 inch (20 cm) springform pan.

**8.** Melt remaining butter and place in a small bowl (e.g., ramekin dish). Keeping phyllo sheets in a stack\*\*, lightly brush top sheet with melted butter before transferring to the prepared pan with one end of the phyllo sheet covering the bottom of the pan and the other end hanging over the rim. Cautiously, press pastry into pan. With your finger, spread a touch of the flour paste only around the circumference of the inside bottom portion. (Note: This is done to stick the layers of phyllo together.) Repeat the process with 7 more buttered phyllo sheets while rotating the pan ensuring all inner sides are evenly covered.

**9.** Spoon chicken mixture into phyllo-lined pan and level the top.

**10.** One by one, lift the overhanging sections of each phyllo sheet in reverse order (i.e., sheet # 8 first; sheet #1 last) and fold to enclose filling. (Note: Tuck in and under any extra portions of pastry; do not cut them off.)

**11.** Lightly brush top surface of pastilla with melted butter.

**12.** Loosely lay a piece of aluminum foil over top of the pastilla and place it in the bottom third of a 375 °F (190 °C) preheated oven. After about 15 minutes, remove foil\*\*\* and continue baking (e.g., another 10 to 15 minutes) until top crust is golden.

**13.** Transfer to cooling rack. After about 15 minutes, release the spring on the springform pan. After 30 minutes remove the ring.

**14.** Prepare a “dusting powder” by mixing together 1 1/2 tsp (8 mL) of icing sugar and 1/4 tsp (2 mL) of ground cinnamon. Place in a small, very fine meshed sieve and dust surface of pastilla evenly.

**15.** Transfer pastilla to a serving platter. With a sharp knife, cut it into wedges. (Note: A very fine-toothed serrated edged knife works well.) Serve warm or at room temperature.

\* To poach the dried apricots, place whole dried apricots in a single layer in a non-stick skillet with a touch of water; cover and place over low heat. Once they begin to simmer, turn them over, remove skillet from heat, cover and set aside until apricots cool.



## MAKES 6 SERVINGS

\*\* To prevent phyllo sheets from drying out, keep them covered with a lightly dampened clean tea towel.

\*\*\* It may be that the top circumference of the pastilla browns more quickly than the centre. In that case, carefully place strips of aluminum foil (shiny side out) around the top rim of the pan but only to cover those browned areas.

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Margaret Dickenson is the award-winning cookbook author of *From The Ambassador's Table - Blueprints for Creative Entertaining* and *Margaret's Table - Easy Cooking and Inspiring Entertaining*. Visit [margaretstable.ca](http://margaretstable.ca)

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# Maintaining an Acid/Alkaline Balance



By **Tracy Kaye Holly**, Certified Sports Nutrition Advisor

Acid-alkaline balance is frequently overlooked and seldom even considered. Unfortunately, most athletes have a diet dominated by acid forming foods. Metabolic enzymes that get involved in the oxidation of fatty acids for fuel and conversion into ATP, are inhibited or impaired when the blood, lymph or fluid compartments in the body become too acid- dominant. Of course, there are many control systems in the body that maintain balance of acid, but over time, they begin to fail as a simple function of long-term overload.

An “acidic body” indicates imbalance and negatively affects your training regime. It’s important to understand the effects of an acidic diet, one that is all too common in our culture. Your health and training progress can come to a complete standstill or actually regress, as friendly intestinal bacteria diminish due to an acidifying, enzyme deficient diet.

Metabolic rate goes down instead of up, and you can gain fat and actually lose muscle more quickly as you age. Your micronutrient absorption from both foods and supplements is gener-

ally lower and antioxidant activity is severely impaired; viral infections become more common; sleep patterns are disturbed. And last but not least, you can become drained of your physical and mental energy, which will affect your moods and stamina/endurance while working out.

Training nausea is almost always caused by consuming an acidic pre-exercise meal, or occurs as a result of the previous nights alcohol or junk food binge. It’s natural for a healthy body to generate some acid as a by-product of normal cell function.

These acids are very weak and are eliminated every time you exhale. However, a sick body will produce excess acid when the diet is too abundant in low quality damaged proteins, grains, dairy products, sugars and refined, processed food items. Alcohol and coffee cause dehydration, so over consumption of these non-nutritive substances definitely contribute to acidosis; however, there is also evidence that in well nourished athletes, moderate quantities of these substances do not create significant problems, or at least they do not represent the same degree of

risk. Perhaps this is due to healthy osmotic gradients (electrolytes levels) and glycogen stores that help retain more intracellular fluids.

Strenuous exercise and excess stress can also cause acidity. If excess acid is being excreted in your urine, your body chemistry is not in balance. The chance of your body ever being too alkaline is rare, except if you are a very strict vegan (no animal flesh, fats, or by-products, no dairy products or eggs), which means your protein intake is usually low and in my opinion, suboptimal. Here's where a protein supplement can really help. Optimum health is dependant on maintaining an alkaline state... all the fluids in your body should be alkaline except for those in your stomach (hydrochloric acid).

What makes some foods alkaline and some acidic? Again, it depends on the elemental dominance of food, such as sulphur, phosphorus, potassium, sodium, magnesium and calcium present in foods and moisture content.

**Common acid forming food staples include flour, pasta, breads and most grains, overcooked tissue protein, beans and nuts, sweeteners, alcohol, and junk foods, like pizza, hamburgers, chips and candy.**

This affects the acid or alkaline residue generated in the body, after it is digested, absorbed and oxidized. Enzyme viability of the food is a factor, as well as whether the pancreas responds with alkaline bicarbonate (alkaline) or not. If the buffers of the body are exhausted, foods and light acids, which would normally be neutralized without any problem, tend to also acidify the blood.

Calcium is a well-known buffering

“ another important reason to consume more alkaline-forming foods, such as fresh organic fruit, raw vegetables and freshly squeezed juices... all the exercise in the world will not improve an acid dominant situation if the cause is nutrition. ”

mineral to neutralize acid levels. When your body is being flooded with acidic amino acids in the blood, or phosphorous ions from bread, it will automatically use calcium to buffer the acid and bring it back to a normal pH level (potential of hydrogen). This calcium will either come from your diet or from your bone bank, and if it's from the latter, osteoporosis can develop over time.

Inactive individuals who consume a nutrient deficient over-acidic diet with high amounts of cooked, dry protein, alcohol, and sugar will almost definitely suffer the consequences of bone deterioration...it's inevitable.

In order to optimally fuel your body, your daily diet should consist of at least 60% alkaline forming foods and no more than 40% acid forming foods. Every single meal should contain some raw food, whether its plant or animal in origin. If this is not the case, then there's no way you can maintain a non-acidic diet.

One of the most reliable ways to improve our buffering capacity for acid is to increase our intake of dietary alkaline minerals including potassium, calcium, iron, zinc and magnesium.

The acid residue from cooked proteins, grains, and pasteurized dairy products can be buffered by the minerals and water found primarily in water-bearing enzyme-rich foods.

Here again is another important reason to consume more alkaline-forming foods, such as fresh organic fruit, raw vegetables and freshly squeezed juices. All the exercise in the world will not improve an acid dominant situation if the cause is nutrition.

Consuming a high quantity of fresh, raw fruits and particularly green vegetables will always maintain an alkaline reserve in your body for when you most need it...instead of forcing your body to resort to bone tissue, the heart or your joints for alkaline mineral reserves.

Because pH balance can also be distorted with excessive stress and chronic sleep deprivation, it's very important to nurture your mental state through such practices as meditation, massage, calming music, yoga, Tai Chi, nature walks, reflexology, shiatsu, acupuncture/ acupressure, etc... all of which promote an alkaline and healing response.

Tracy Kaye Holly, CSNA Master (Certified Sports Nutrition Advisor), is the executive director and public relations officer for the Cory Holly Institute. She is a strong health & fitness activist and is a great believer in alternative medicine.

Tracy is the author of *The Athlete's Cookbook*, and *Sports Nutrition for Kids*. Her latest book, *Simple Strategies for Living Lean and Staying Well*, defines simple strategies to live a healthy lifestyle.

For more visit [www.coryholly.com](http://www.coryholly.com) or call 1.866.433.1595

# CREAMY CAULIFLOWER SOUP WITH HERBED GOAT CHEESE

RECIPE COURTESY:

The Food Refashionista blog

<http://foodrefashionista.wordpress.com>

RE-FASHIONING DISHES FOR GLUTEN-SENSITIVE, LACTOSE-INTOLERANT DIETERS AND PROVIDING INFORMATION ON COOKING, FOOD, AND HEALTHY EATING.

Confession: I'm on a soft-goat-cheese + soup kick.

It started with my Skin-and-All Creamy Tomato Soup with Herbed Goat Cheese when I decided to use goat cheese to make the soup creamy. In the past, I'd been adding milk or yogurt to vegetable soups. Then I found that herbed goat cheese is richer and the herbs add a lovely flavour. True, it's also caloric but, when you're making a quart or more of soup, the amount per 1 cup serving (roughly 20 calories) isn't going to bust your diet.

And this soup has two great pluses:

1. It's delicious hot or cold so I also use it as a drink at dinner rather than water. More vegetable intake and refreshing!
2. It yields 2-3 cups of homemade chicken-vegetable stock that can be used in other recipes. Yum!

*P.S.* The soup in the photo also includes a zucchini and leek because they were hanging around in my vegetable bin, but just cauliflower and regular onion would be just fine.

**FOR WEIGHT WATCHERS:** Your soup yield will depend on the thickness you prefer. (I made 2 quarts of soup.) Your point count per 1 cup depends on your soup yield. (My point count was 1/4 point per cup.)



Enjoy hot or cold!

**MAKES APPROXIMATELY 8 CUPS OF SOUP.**

## INGREDIENTS

- 1 medium cauliflower, broken into large florets
- 1 zucchini (optional), sliced
- 1 large leek or yellow onion, cut into big chunks
- 10 cups of chicken broth
- 30g or about 1 oz. of soft herbed goat cheese
- Salt and pepper, to taste

## DIRECTIONS

1. Combine all ingredients, except for the cheese, in a large pot.
2. Bring to a boil and then simmer for 30 minutes.
3. Before blending, remove 3 cups of liquid and hold in reserve.
4. Add goat cheese, crumbled into chunks.
5. Purée soup with a hand blender or in a processor until smooth. If the purée is too thick for your taste, add removed liquid in 1/4 cup increments as necessary.
6. Add salt and/or pepper to taste.

# BLUEBERRY— POPPYSEED, HONEY BANANA BREAD

RECIPE COURTESY:  
The Porch Restaurant, Sacramento | Chef Jon  
Clemensa tasty healthy recipe



**Makes one 9-by-5-inch loaf.**

## INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 ripe well-mashed bananas
- 1/2 cup vegetable oil
- 1/4 cup milk
- 1/4 cup honey
- 2 eggs, lightly whisked together
- 1 tablespoon poppy seeds
- 1 pint (6 ounces) Chilean blueberries

## INSTRUCTIONS

Butter and flour a 9-by-5-inch loaf pan. Preheat the oven to 350°F.

In a bowl, mix the flour, sugar, baking soda, and salt together. In a separate bowl, mix together the bananas, oil, milk, honey, eggs, and poppy seeds. Combine both bowls together, mixing until just combined. Gently fold in the blueberries. Pour the batter into the loaf pan and bake until a tester inserted in the center comes out clean (about 1 hour and 10 minutes). Let the bread cool in the pan, then remove from the pan and slice.

Source: “Little Blue Dynamos” is a registered trademark of the U.S. Highbush Blueberry Council. All rights are reserved.

(NC) This simple recipe calls for either fresh or frozen blueberries and tastes just as good as it looks. Blueberries are nature's perfect little superfood and thanks to growers in Chile, these little blue dynamos\* are available in grocery stores throughout Canada during the winter.

Fresh blueberries are natural cancer-fighters. Heart-healthy, full of antioxidants, vitamin C, and fibre, blueberries are the perfect go-to fruit, packing great nutrition into every meal.

Here are some tips on how to choose the best ones. Look for firm, plump, dry berries with smooth skins with a silvery sheen. The blueberry's size isn't important. Look for a deep purple-blue berry; a reddish hue indicates an unripe berry that's better for cooking.

Don't wash blueberries until just before using them. Store fresh blueberries in either the pack they came in or a covered plastic container. Fresh, ripe blueberries will keep up to ten days in the fridge.

Blueberries are easy to freeze. Make sure they're dry and unwashed; if they look bruised or shriveled, toss them. Freeze the blueberries in their original plastic pack inside a resealable plastic bag, or transfer them to a resealable freezer bag. Wash them just before use.

For more recipe ideas or information about Blueberries from Chile, visit [www.fruitsfromchile.com/blueberryrecipes](http://www.fruitsfromchile.com/blueberryrecipes).



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# TRAVEL TIME

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A walk in the bowl of Haleakala volcano on Maui is like walking on the moon.

## Hawaii: Hiking Haleakala, High Above Tropical Maui

By Judi Lees | Meridian Writers' Group

The “watch for ice on the road” sign on the drive up Haleakala was my first hint that this was going to be a chilly hike. Then Mike, our guide, showed up wearing mitts and toque and I knew my light fleece was not going to keep me warm while exploring this 3,055-

metre-high (10,000-foot-high) volcano.

Along with some dozen other shivering sightseers, I trudged along a rocky ridge, stopping occasionally to listen to Mike and learn about this intriguing moonscape. Haleakala (Hawaiian for “house of

the sun”) is a shield volcano, which means it has gently sloping sides built up over long periods by smoothly flowing lava. This volcano that formed eastern Maui emerged from the sea some 900,000 years ago. Along with other eruptions over about



400,000 years, water, wind and perhaps even glaciers carved the vast valleys that today make up Haleakala National Park.

On this rim walk we are on the edge of a cinder cone that gives sweeping views of tropical Maui far below—a lush, verdant landscape, bordered by silvery sands that edge the startlingly blue Pacific Ocean. Of course, it is not all au natural, criss-crossed as it is by highways and sprawling with resorts and towns. But this tourism world is far below and, when you trek any of

the well-marked hiking trails on Haleakala, it's easy to feel you're in a very different world.

You can take one of the guided hikes around the summit area or spend several hours on your own, exploring the trails that begin near the Haleakala Visitor Center. I did both.

After my guided tour I followed the Leleiwi Overlook Trail and got excellent views of Haleakala's caldera, a vast, natural amphitheatre that well fits the description of moonscape. However, this doesn't

mean it lacks beauty. At first the porous landscape appears to be a dull brown, but the longer you look the more colours you see: rusty reds, soft golds and hints of dusty greens. To me the bowl-shaped valley, punctuated with mini-craters, actually showcases some of nature's artwork.

Of course plant life is rather scarce in this rocky terrain. But you do see silver sword (ahi-nahina) which has silvery, narrow leaves and, at a glance, looks like a plant that should be swaying in the sea rather than in the wind. The silver sword is endemic to the upper slopes of Haleakala. It may not flower for up to 50 years and once it blooms, it dies.

Another short trail, the Pa Koaao, led to a high vantage point from where I could spot stone shelters used by the early Hawaiians who lived in this region.

Although these hikes only range from half a kilometre to four kilometres (a quarter mile to 2 1/2 miles) they are rugged trails and, thanks to the altitude, you will be winded at times. It is important to stay on the trails, take water, wear proper shoes and dress warmly as well as be plastered with sunscreen. Except for the sunscreen, it's a far cry from the beaches of Maui.

#### **ACCESS**

For more information about Haleakala visit the United States National Park Service website at [www.nps.gov/hale](http://www.nps.gov/hale). For information on travel on Maui go to the Maui Nui Visitors Bureau website at [www.visitmaui.com](http://www.visitmaui.com).

# VANUATU: WHERE SOUTH PACIFIC AND BALI-HA'I WERE BORN

By Mitchell Smyth | Meridian Writers' Group

Luganville, Vanuatu—Bloody Mary's banyan tree sits in a clearing in the bush about 20 kilometres [12 miles] north of this sleepy South Pacific outpost.

The ugly, distorted tree probably hasn't changed much since 1943 when James A. Michener, then an American serviceman, first saw it.

Michener used to chat with a native woman who sat under the tree making copra mats and grass skirts for the GIs stationed on the island to send home as souvenirs.

After the war, Michener immortalized the woman as Bloody Mary in his Pulitzer Prize-winning book, *Tales of the South Pacific*, which became the stage and film musical *South Pacific*.

A drive along the east coast of Espiritu Santo, the largest of the 83 islands that make up the Republic of Vanuatu (pronounced "van-WAH-too"), is a trip in Michener's footsteps. There are echoes everywhere of Nurse Nellie Forbush, the planter Emile De Becque, the conniving SeeBee Luther Billis and, of course, Bloody Mary herself.

(She must have enjoyed a thriving souvenir business. In the Second World War, Vanuatu [then called the New Hebrides] was a major Allied staging area in the Pacific theatre of operations. Michener was one of more than half-a-million military personnel, mainly American, who passed through. At the end of the war the island quickly returned to a slower pace.)

Everywhere the roadsides are a blaze of colour, with hibiscus, frangipani, red ginger and bougainvillea spilling down the verges. Heading north from Luganville, the first "Michener" stop is near the

hamlet of Surunda. There you'll find the site—only the foundations remain—of the American Hospital, where Michener's Nurse Nellie worked and hoped that "some enchanted evening" she'd meet the man of her dreams. Bloody Mary's banyan tree is nearby.

A bit farther north there's a natural pond called the Blue Hole, where Nellie is supposed to have "washed that man right out of her hair."

Grass and weeds grow through the cracks of the old Fighter One airfield where the concrete still seems to echo Luther Billis, wail: "There is nothin' like a dame..."

Next stop is Champagne Beach, where in pre-war days the rich planters like Emile De Becque threw their parties, with bubbly by the bucketful (hence the name). There were no parties during the war years, the French having sent their womenfolk away, off-limits from the sex-starved Yanks. Michener created a fictional island for this paradise of exiled pulchritude; he called it "Bali-ha'i."

Walking from the road to Champagne Beach you'll suddenly see, framed between two coconut palms, a little humpbacked island a few kilometres miles] offshore and it doesn't take too much imagination to visualize this as Michener's Bali-ha'i. (There are dozens of specks of coral like this around Santo; the fictional "special island" was probably an amalgam of those that Michener visited.)

Returning by the inland road to Luganville, you may want to view the ruins of the house of the late Aubert Renard, the planter who became Emile De Becque in the book. Michener, after visiting the ruins in 1986, wrote: "Salut, Aubert! You got me started as a writer."

## ACCESS

For information on Vanuatu visit the Vanuatu Tourism Office website at <http://vanuatu.travel>.



A swimming hole on Vanuatu's Espiritu Santo, the island James Michener based his *Tales of the South Pacific* on, which became the musical *South Pacific*



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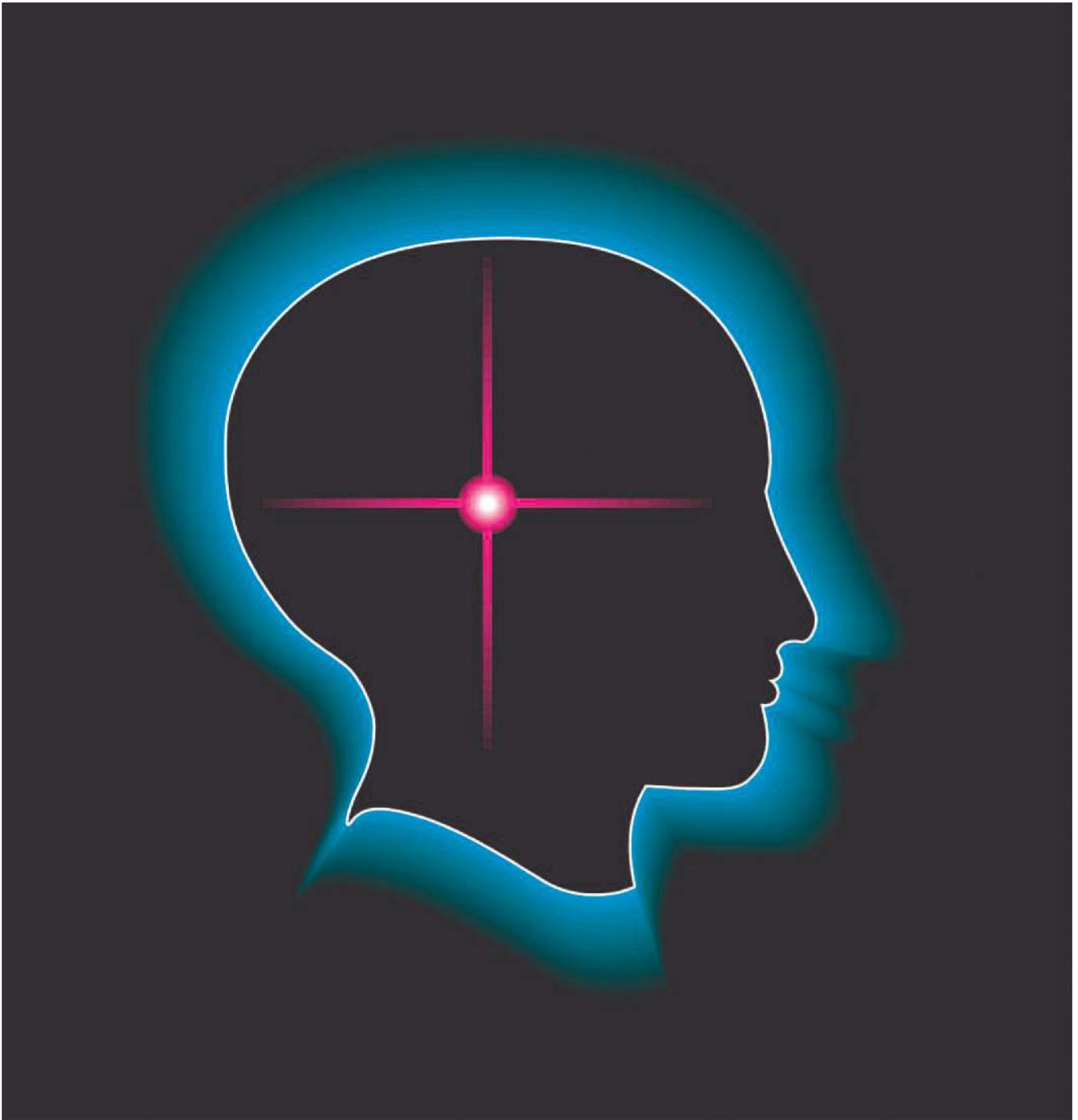


[richardravenhawke@yahoo.com](mailto:richardravenhawke@yahoo.com)

[richardravenhawke.yolasite.com](http://richardravenhawke.yolasite.com)

**RICHARD**  
**RAVENHAWKE**

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# FOOD FOR THOUGHT



## Numerology by Laura Young

**LAURA YOUNG** is an intuitive numerologist/life coach.

Personal sessions are available in person by phone and skype. For a consultation email [lbaird@istar.ca](mailto:lbaird@istar.ca) or call 613-725-7332.

Numerology is the study of numbers. There is evidence that numerology was in use thousands of years ago in China, Egypt and many other cultures even before the time of Pythagoras. Why is numerology still in use today? Because it works in assisting us to learn more about who we are. It is your unique blueprint and when assessed can literally change your life.

### Here are some of the benefits of numerology:

- You will come to understand who you are and why you do what you do, over and over again.
- What are your cell based strengths and weaknesses.
- Give you invaluable information and tools when you are at a major crossroad in life.
- Help you find your perfect career.
- Determine the best time to build a family and home life.
- Understand the people in your world and how you can deal with them more effectively.
- Help you recognize your perfect life partner and teach you how to live with them successfully.
- Assist you in healing from past issues and move to a more positive place.
- Understand how you can use this current year, month and day for its best influence.
- Stop repeating history once and for all.

## Numerology News for November 2015

### Calculating your personal number for this month:

To reveal the secrets in this November's numerology and how you can benefit from its forecast you must first find your personal number for this month's forecast.

Add the day of your birth to the month of your birth and then add the number 1 to this number. You always add double digits together in numerology to reduce to a single number. (Example - birthday of Jan. 5 – Jan. (1 month) 5 (day) added together = 6, then add the 6 to the number 1 = 7. You would read point number 7 if this was your birthday. If you have trouble email me <mailto:lbaire@istar.ca> at Lbaire@istar.ca

1. Do not waste this month. It is time to turn your money making ideas into reality. Look for creative ways to market yourself, or your product asap. This is one of the best periods of the last nine years for you to take a step forward and advance in your business or career. This is a great buy or sell influence.
2. Close as many other doors as you can and finish as many of your projects as possible and you will float through November Your emotions will be raw and visible, so try to vent them in a health way. There are relationships in your life that must change, or end, now.
3. Have you lost your focus? Are you feeling scattered? Slow down and find Zen by doing something creative this month. Your focus comes back next month, so be patient. If you decided to take the month off for a bit of fun, this would work. The month of December will **not** allow this luxury.
4. Business trips are fine this month, but a fun filled trip should be left for another time. The number 4 has a connection to work and duty, and usually lots of it, so dig deep and work hard. The rewards come as soon as December.
5. Big changes, explosions, and opportunities are in your face, this month. Boxing gloves might be required as conflicts and outburst can happen under this influence. You must take control of your life situation, now, and get out of any **ruts**, once and for all. This is a great influence for publicity, performing, and selling. Take a trip and have an adventure. Use this whacky wild energy well.
6. I know that you would like this year to be over now, but it is not, so buck up. You have probably worn your nose off, on the grindstone of life. This is a rebuilding year and it demands so much work, that you could be totally overwhelmed at this point. You must do a final check to see if all of your foundations are solid, now. (Health, home, career, etc.)
7. **Stop Everything.** You will need to rest and take extra care of yourself in November. Try to take the focus off your relationships and work obligations and place them on your frazzled self for most of the month this month. There will be many demands in December, so get ready. Take a solitary vacation or sabbatical as, money and business projects come to a halt, anyway. This will pass.
8. What have you been thinking of spending your money on? You can safely go for it, now. This influence is great for all purchases that are connected to domestic life. Fix the roof, redo the basement, or buy your Christmas presents early, whatever. You could receive some unexpected money or recognition at this time. Keep your eyes peeled for advancement opportunities.
9. No, the sun is not peeking over the horizon yet. Try to remain patient. I know that you have had more than your share of ups and downs, this year. I am sure that your head is so full of worries and frustrations that you feel it could blow. The sun should be peeking above the horizon by the end of the year. You must continue looking after the most important person... **you**. Do not ignore this, please

**LAURA YOUNG** is an intuitive numerologist/life coach. Full sessions are available in person, by phone and skype. For a consultation email lbaire@istar.ca or call 613-725-7332.



**ASK JOHN**

**LIFESTYLE ADVICE COLUMNIST**

“In these rapidly changing times a bit of old fashion advice may not be what you want but it could be exactly what you need. I am the type that tells it as I see it. My opinions may be dry and/or witty – but I promise no fluff! If you want an answer that is sensible and realistic then I’m your go-to advice guy.”

**DEAR JOHN:** I feel as though life is passing me by. I am forty-five, my children are raised, and I am divorced. I want to get back into the dating game, but not sure how. Do you have suggestions as to where to meet single men? – **READY TO DATE**

**DEAR READY:** *Go shopping at the grocery store. When you see a man who attracts you look into his grocery cart. You should be able to tell whether he is buying for one or more. If you like what you see then bump into him! Apologize with a smile and say something similar to this, “I should learn how to drive but you are so cute I am glad to bump into you!”*

**DEAR JOHN:** I think my husband is having an affair. I love him very much and do not want to leave him. What should I do? – **JUST DON’T KNOW**

**DEAR DON’T KNOW:** *You need to quit thinking because your thinking is not helping you out! If he is being as nice and sweet like before and nothing has changed in his behaviour towards you then I say you are wrong. Believe me if he were having an affair, you would know!*

**DEAR JOHN:** I am twenty years old and in an exclusive relationship with a lovely woman. In fact I am with my

childhood sweetheart. She is the only girlfriend I’ve had. We decided to stay pure and are virgins. I’d like to get some experience before we get married. (We are not engaged, yet.) My issue is I want to have sex with someone else so I know what I am doing when I get married. Do you think I’m wrong? – **FEEL THIS WAY**

**DEAR THIS WAY:** *I say: Las Vegas here I come. (Don’t forget... “What happens in Vegas, stays in Vegas.”)*

**DEAR JOHN:** I am interested in my wife’s sister. Really interested – should I make a move to see if she feels the same way about me? – **WANT HER**

**DEAR WANT HER:** *If you make a move on you wife’s sister chances are your next move will be out of the marital home! I suggest keep your relationships nice and friendly to enjoy both sisters.*

**DEAR JOHN:** I have been with my boyfriend for three years and we are happy. Recently he’s suggesting we should take our relationship to the next level. I know a ring is coming and I do love him, but I am not ready for this. What should I do? – **LOVE NOT MARRIAGE**

**DEAR LOVE:** *Marriage is too big a commitment to be rushed into. Don’t let anyone hurry you if you are not ready. If you accept his ring you are committing to marrying him. Why not keep this relationship just as it is for another year. You obviously need more time to decide whether you want to move to the next step. There is something else I want to say. When I read your email I got the feeling there was more behind your indecision. If you are being pressured in any way... emotionally, physically or financially, then this is most likely not the relationship for you. Listen to your gut.*

**DEAR JOHN:** My boyfriend’s parents are very traditional. He and I have lived together for two years. When we visit his family (they live out of town) they put us up in separate bedrooms. I can deal with that; their house—their rules. Here is the dilemma: this Christmas they will be staying in our home. My boyfriend says out of respect for them we need to sleep in separate rooms during their stay. I can’t believe he is serious, but he is. He won’t budge. I think he is being hypocritical. This arrangement seems so silly. Shouldn’t it be our house – our rules? What do you think? PS. Both of us are still in school and want to wait until we graduate before marrying. – **MY HOUSE, MY WAY**

**DEAR MY WAY:** *Sorry, your boyfriend is right! What you do on your own time while at home is between the two of you. When other people are involved it is always best to consider everyone’s feelings. Your boyfriend’s family is only visiting for a couple of days. I say sleeping separately will bring sweet dreams.*

■ DO YOU HAVE A QUESTION? SEND YOUR QUERY TO [ADVICESTATUS@YAHOO.COM](mailto:ADVICESTATUS@YAHOO.COM) ■

# Astrology

**FAMOUS CAPRICORNS:** Jude Law, Kate Middleton, Rod Stewart, Denzel Washington

**FAMOUS SAGITTARIUS:** Jamie Lee Curtis, Brad Pitt, Ozzy Osbourne, Steven Spielberg

**FAMOUS SCORPIOS:** Leonardo Di Caprio, Whoopi Goldberg, Goldie Hawn, Demi Moore

**ARIES** (March 21 to April 19)



Watch for romance Aries, it may be time for a little spice. For those already attached, there may be opportunity come up to re-connect on different levels (That trip to the love shop may be long overdue!), and for those who are single among us, this next two to three months should prove to be very interesting indeed.

**TAURUS** (April 20 to May 20)



Financial opportunities could abound if you play your cards right. This is an excellent time to try your hand at any type of independent investment strategies, no matter if you can only afford a penny stock, or if you are seasoned investor, it may even be a good time to try the lottery, (like there is a difference between gambling and investing, seriously...) now could be the time!

**GEMINI** (May 21 to June 20)



Puzzles and riddles will soon all sort themselves out Gemini. There are some things you have been sitting on the fence with, that in the near future will require decisiveness and action. Don't sit on the fence too much longer, as you will miss opportunities that could be life changing in a very positive direction. Don't be afraid to be direct when the time comes.

**CANCER** (June 21 to July 22)



Things from your past may be re-surfacing Cancer. This is only an opportunity to reflect on lessons learned, and paths chosen. There is no good or bad in life, with the exception of extremes, all there is, is choices and learning. Once a choice is made, there is no going back. Lessons, are growth, and growth is evolution, in our world today, this is not a bad thing.

**LEO** (July 23 to August 22)



Travel plans could be imminent in the near future. Be it going somewhere, or expecting a long overdue visit. Someone cares about you very much, and all will be revealed in time. There has been some confusion as of late, but storms come and go in life. The Creator makes us strong, so that we can weather the tests to see if we can walk in our strength.

**VIRGO** (August 23 to Sept. 22)



Financial challenges are slowly but surely dissipating, with a lot of hard work, and dedication. Tough times don't last, but tough people do Virgo. The little things that pile up can be taken care of little by little, and collectively, bring a bright future as a whole. There is an Aquarius who may be there at just the right moment to see you through the finish line.

**LIBRA** (Sept. 23 to Oct. 22)



There may be a little more confusion in family life coming up Libra, if you do not make sure that all of your ducks are in a row. Unexpected change may be imminent, and weathering the storm, may be a matter of looking inwardly to deeper issues. It is a time of creative problem solving, and following your gut instinct. Make sure you look both ways before crossing the street.

**SCORPIO** (Oct. 23 to Nov. 21)



Things are looking up Scorpio! Some things that seem to be out of reach, or taking forever, may be in sight just around the corner. All you need is a little more patience, and in some cases understanding. Watch for an Aquarian that may have some valuable advice for you at just the right moment. All is well that ends well, or so the saying goes.

**SAGITTARIUS** (Nov. 22 to Dec. 21)



Keep fighting the good fight Sagittarius, because once you step in the ring, quitting isn't an option! This has been a year of changes, and more changes are to come. All things happen for a reason however, and when all the smoke and dust clears, you will find yourself exactly where you should be. Watch for spontaneous fun times through mid-November.

**CAPRICORN** (Dec. 22 to Jan. 19)



Work, work, work... Does it even end Capricorn? Things are starting to become all work and no play, and that can be a recipe that will produce no good tasting soup ever. Time to *make* time for you. Take a break, do a week-end getaway, plan a trip, or even just lock yourself away for a day or two with no phone and a good book. Your spirit will thank you.

**AQUARIUS** (Jan. 20 to Feb. 18)



This is a big time of death and rebirth for Aquarius, like when the caterpillar becomes the butterfly. It is time to experience life through a new set of eyes; something that you have become very familiar with. If you don't know where you are going, then it doesn't matter what road you take, because any road will get you there...

**PISCES** (Feb. 19 to March 20)



Scatter scatter what's the matter, some things grow while others splatter... Life is full of unexpected twists and turns around every corner. You have to go with the changes, and choose what you can change within your means. There is a Leo who has their eyes on you, and when the time comes, you may have to make a choice.

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