

EMPOWERING *Perspectives*

Volume 1, Issue 3
March 2010

Empowering Perspectives on:

◊ Spirituality ◊ You ◊ Business ◊ Life
◊ Health ◊ Sex ◊ End of Life

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Canada...**

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Invest in yourself!

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Oh Canada... How Proud Are We

Well the Olympics are over and all the athletes and their entourages have returned home. Some with heavy hearts, all with pride, and others with jovial excitement.

I'm sure all Canadian citizens will have a particular pride as they receive their local athletes back home.

We are so very proud of ourselves for hosting such a down to earth winter games. Games filled with caring, kindness, and compassion. (all those things that Canadians stand for). Although there were some tragic times and times that made us cry, mainly we are smiling from ear to ear and busting with pride.

We are Canadian, so it is often difficult for us to show our pride. However watching these winter Olympics

in Vancouver, I was reminded so often of our patriotism with flags, chants, and sudden outbursts of singing our national anthem.

We did it Canada! We got the most medals we have ever achieved in any winter Olympics and we did it on home turf.

14 Gold 7 Silver 5 Bronze

We as a culture pride ourselves on our subtle patriotism and it was so good seeing Canadians hoot, holler, and find their patriotic voice in a global environment.

One of our members forwarded this video clip where Tom Brokaw explains Canada to Americans. It makes you proud to be Canadian. Enjoy it at <http://www.youtube.com/watch?v=fOTjrbcljVs>



We all need to raise our voices and be proud of who we are individually and as members of our community, province, and country. Oh Canada, how proud are we of thee!

Check out this cool Canadian song. <http://www.youtube.com/watch?v=VUZlIckDmmk>

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Letters to Brenda the Editor

Got something to say? We want to hear from you.

Send your comments, questions, and article ideas to

Brenda@bltmarketing.ca

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Mayan Calendar and The Great Shift

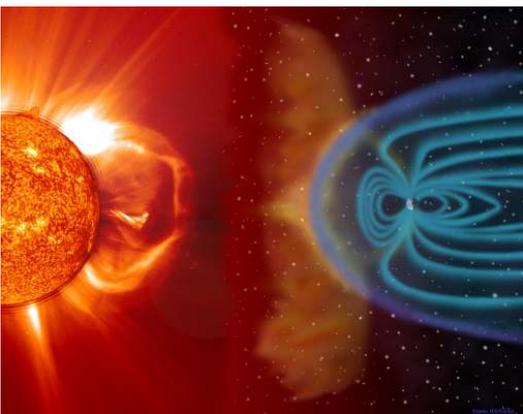
By Alison Normore, Ph.D

We are living at a time of great change in every sphere of human activity; unprecedented leaps in cultural, social and individual accomplishment and changes in our earth and environment. Science and technology are expanding more quickly than we can keep up with. What is propelling us forward so quickly?

The classic Maya left a road map for us. Their long count calendar provides an exact time scale for the unfolding of human evolution. It outlines a cosmic plan of creation for Earth that began with the Big Bang 16.4 billion years ago and ends in 2012.

Evolution on Earth is described as taking place in nine major cycles with each cycle 20 times shorter than the previous one. Each cycle has a particular effect on the human mind and history. The dates of these cycles are now verified by scientific facts and historical research. It also explains the acceleration of change and why we experience time as speeding up.

Scientists have been aware of major unexplained shifts in our evolutionary path. The Mayans describe these shifts as resulting from alternating cosmic energies. The forces underlying human evolution are carried by pulses of light emanating from the center of the Milky Way Galaxy



through our Sun. Everything in our cosmos is connected.

We are in the eighth cycle and the ninth and last cycle will be a period of 260 days. Mayan

prophecies describe this time as the end of all cycles, heralding in a great awakening of human consciousness. The glyphs for the last cycle translate as Rainbow or 'Return of Light'. On December 21, 2012, our Sun will be exact center of the Milky Way marking the end of a 26,000-year cycle.



The existence of a cosmic plan means we each have roles to play if we choose to align our individual lives with the movement of light and the purpose of this divine plan. What needs to shift in your life? The Mayan Calendar may serve as the best guidance for the time of intense quickening ahead.

Alison is a practicing shaman living in Guelph; she gives talks on the Mayan Calendar, leads workshops and Sacred Earth Tours to her birthplace in Newfoundland. You can subscribe to her regular Newsletters on her website: www.alisonnormore.com

Alison will be contributing on a regular bases. So, if you've GOT A QUESTON or you would like her to discuss a subject, Ask Alison through Empowering Perspectives. She will respond in a future issue.

You are a wealth of information, share your knowledge, experience or tips and tidbits. We can all learn from shared information.

Send your article to:

brenda@womensgrowthnetwork.com

SMILE

Scientists have demonstrated the many physiological benefits of happiness and smiling.

The spiritual rewards are countless as well and today the angels are asking you to focus on one of these: the boomerang effect that smiles have.

When we smile, others cannot help

but mirror the same facial expression back to you. Even if their teeth do not show in a wide grin, you notice their eyes crinkle happily as they gaze at you.

This human reaction is a Creator-given ability that your angels want you to capitalize upon. It is a testament to the phrase: "The more you give, the more you receive."

Today send someone a smile, and see it magnified and returned to you. Feel great knowing that your grin will also travel through many individuals and have a domino healing effect as it goes from person to person. The benefits will always come shining back to you in countless ways!

Thank you to **Mary Guarino** for all of these wonderful sentiments.

Be Easy on Yourself!

You want to be happy, healthy, prosperous and fulfilled, however the route to these goals is gentleness. You actually detain yourself when you try to go faster or judge yourself harshly. When it comes to your spiritual path, pain does not equal progress----

PEACE DOES!

Your angels ask you to be easy on yourself. Treat yourself with tenderness, even while you are meeting your responsibilities and goals. Think of how a horse responds to loving care and wise coaching versus tyrannical prodding. Don't you deserve the same respect that you would give another living being.

Your path is beautiful and so much more enjoyable if you meander slowly enough to notice the people, flowers, trees, birds, and other lovely details along the way. Create a beautiful day!



Praise and Appreciate

Never let a day pass without looking for the good, feeling the good within you, praising, appreciating, blessing and being grateful.

Make it your life commitment, and you will stand in utter awe of what happens in your life! In appreciation of the close and extended wonderful people who are in my life!

STOP and Recreate

"Negative emotions exist only when you are miscreating.

When you recognize that you are feeling negative emotions-no matter why, no

matter how it got there, no matter what the situation is ----**stop** doing whatever it is that you are doing and focus your thoughts on something that feels better!"

You've Got the Power

When you look at yourself and feel dissatisfaction about any part of you, you will continue to attract feelings of dissatisfaction because the law mirrors back to you exactly what you are holding inside. (MAGNET)!!!! BE IN AWE AND WONDER AT THE MAGNIFICENCE OF YOU!!!

The Amazing Cucumber

Sent by Ingrid Norrish



1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and

place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finished a business lunch and realized you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems.

Change your life by changing your thinking.... It's that simple.

Whatever you are struggling with, change it now, using the most effective CD's available. [ThinkRightNow](http://ThinkRightNow.com) has what you are looking for. What are you waiting for... something to change?





4 Secrets of Amazing Sex Revealed

Want to have a rocking bedroom life with your partner? Well, a new book that can unlock your passion potential might just be of great help.

'The 4 Secrets of Amazing Sex', by Georgia Foster and Beverley Anne Foster, talks about body as well as mind, when it comes to sex.

"We focus on the mind as much as the body," the *Sun* quoted Georgia as saying. "It's not a book about sexual positions. Anyone can have sex, but to have amazing sex, your mind needs to be participating," Georgia added.

The four secrets of amazing sex are:

Seduction

"The first secret deals with how to sustain a heady passion with your partner. Most people assume they need to be seduced to feel sexy – wrong! We first create the desire in our own mind. It's your responsibility to understand what turns you on. It's about taking notice of how you are feeling – not expecting a partner to immediately trigger sexual feeling."

Sensation

"The second secret is all about the six senses. Absorb the energy between you and your partner, as well as remembering smell, touch, sound and taste. The six senses are often overlooked in our busy lives, but without them sex is dull."

Surrender

"The third secret is when you feel safe to surrender to your partner and have sex. Thanks to secrets one and two, your mind is ready and your senses alive. You need to feel you want to be there and your mind is present to feel connected to your partner."

Reflection

"If you've had fun with the first three secrets, reflection is about looking back on the experience and feeling you want to do it all again. If the experience is bad, people will look back on it negatively and may avoid a repeat performance and lack confidence."

<http://timesofindia.indiatimes.com/life/relationships/man-woman/4-secrets-of-amazing-sex-revealed/articleshow/3577707.cms>

Girls Just Gotta Know

Written by Brenda Turino

The difference between wanting it and doing it!

What if your man is not interested in intimacy; he has no desire. Yes, he loves you and deeply cares about you, but quite frankly his sex drive has gone out the window. What do you do?

There seems to be two areas that need to be examined. One is the desire for sex and the other is having the ability to perform sex.



The ability to perform is being addressed quite publicly with medications such as Viagra, Cialis and Levitra. Many women are now aware that there are erectile dysfunction medications and don't hesitate to discuss this issue with their doctors and husbands.

Men often find it difficult to admit that there is a problem, let alone asking for help to fix it. Pride, ego, and confidence all take center stage.

Now the more difficult subject, desire. If the desire is gone then there is really no need for performance enhancing drugs. We have to begin with asking why has the desire gone. Is it physiological or is it emotional or is something else coming into play.

The first thing is to get both of your thoughts and feelings on the table. Talk about the lack of desire and the willingness to do something about it. The next step is to talk to your family physician. Your doctor may suggest increasing his testosterone by creams, pills, or herbal drops.

Don't go unsatisfied, wanting intimacy is just as important as having it. So if you are not happy with your intimate affairs, ask for some help.

Engaging and Retaining Boomers

With experts from Statistics Canada and the Conference Board of Canada predicting millions of baby boomers will retire soon, employers could find themselves in a tight labour market once the economy rebounds. As a result, they need to start planning for societal changes that will affect how they attract and retain a skilled workforce in the future.

But wait a minute! Boomers, born between 1946 and 1964, have established themselves as the workaholic generation. This highly experienced, well-educated and ingeniously resourceful generation is interested in staying active, involved and engaged at work beyond the age of 65. So do employers need to be concerned about retaining talented boomers? Absolutely.

This generation of workers is rethinking their careers and looking at a wider range of work opportunities – especially those whose careers are not serving them well. Their decision to stay put is largely influenced by working conditions rather than money. Talented boomers have other options including self-employment and second-career training, so engaging them early to retain them longer will ensure your company will have the workforce it needs for business success.

As the number of baby boomers retiring is unknown, as is the number who plan to continue in their jobs or pursue second careers, workforce planning is now a key component to any company's Strategic Planning process.

Workforce planning begins with getting a current demographic profile of

your workforce; measuring the level of employee engagement; and examining all the elements needed to improve the performance and productivity of your staff. These steps will help prepare your company for the reality of managing a workforce in a tight labour market.

What are the retirement plans of each group? Is there a succession process in place for “business critical” employees and has your company identified potential internal candidates to step into these positions? Should steps be considered to encourage staying beyond “normal” retirement age?

After you measure the level of engagement of your current workforce, you'll want to look at what you can do to improve it. The more engaged your workforce is, the more productive it is -- and the manpower required can be reduced and/or re-allocated.

There are five basic steps in this systematic performance development methodology:

Step 1 – Understanding current job fit and compatibility

In most cases, when an individual doesn't perform well in a job, it's because of two elements: poor fit with the job and/or poor interaction with a supervisor and/or fellow workers. People's strengths and interests evolve over the years. But they may also be in the wrong job with the right company.

Step 2 – Understanding motivation and stress, conflict behaviours and adapting to change

Knowing how a person reacts to stress and what motivates an individual gives a manager insight into how to motivate the person individually rather than in a group.

Step 3 – Optimizing working relationships with a direct supervisor

Too many people have some conflict with their supervisor. Knowing what, why and how to address these situations will have extraordinary positive effects on job performance.

Step 4 – Optimizing relationships with work teams

By understanding the characteristics of the team members, the more focused the management of that team. Increased synergy among teams and team members always results in greater productivity.

Step 5 – Optimizing leadership

It is often quoted, “People don't leave companies – they leave managers.” Helping leaders identify their strengths and areas that need improvement will give them the opportunity to develop the competencies that are most important to their professional growth and success.

Through the use and application of workforce assessments, you can apply each of these performance development steps and gain a better understanding of how your employees think, work and feel in relation to their jobs. Knowing this information about your people will help you to engage them now and retain them longer, so your company will have the employees it needs to succeed going forward.

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The Women's Growth Network was created to help women grow - physically, mentally, emotionally, and spiritually.

Currently we have nearly 800 members and continue to grow...

Through sharing we all grow!

Tools for Change

www.womensgrowthnetwork.com

/tools



Think-RightNow Audio CD's

Change the way you think today while you drive, do chores... it's as easy as listening to a CD.

Lady's Yearly Exam

Submitted by Ingrid Norrish

So I went to the doctor for my yearly physical today. She started with certain basics.

"How much do you weigh?" she asked. "135," I said. The doctor put me on the scale. Turns out my weight is 180.

The doctor asked, "Your height?" "5 foot 5," I said. The doctor checked and saw that I only measure 5' 1".

hmp...

She then took my blood pressure and told me that it is very high. "Of course it's high!" I screamed, "When I came in here I was tall and slender! Now I'm short and fat!"

She put me on Prozac. What a b\$!@!*h



They finally found a cure for Hot Flashes

New Product for Heavenly Bodies

Are you unnoticed?
Are you sick of being ignored?
Do you sit unnoticed on the sidelines while others are picked?
Are you tired of being overlooked?

Get a new scarf!!
Try the latest scarf fashion and you too will be the center of attention...



MS in women on the rise

Researchers using a Canada-wide database have found that multiple sclerosis in women has approximately tripled over the past 60 years.

"Reality: We still don't know what causes MS".

An estimated 55,000 to 75,000 Canadians have multiple sclerosis. Prevalence rates range from almost two cases of MS per 1,000 people to almost four cases per 1,000 across the

country. Canada is a high risk area for the disease, which occurs more often in countries like ours, which are further away from the equator.

Learn more at www.msociety.ca

The Women's Growth Network™
Growing the mind body and soul!



Inshelternet.ca
Making the Links for Abused Women

Help when and if you need it.
See our Resource Page on the web for more helpful links
www.womensgrowthnetwork.com

Aging Well: Top 10 Do's & Don'ts



5. Disregarding the serious potential of a fall
6. Not having a system for managing medications
7. Not having a single primary care physician
8. Not seeking medical attention when warning signs occur
9. Not participating in prevention programs
10. Not asking loved ones for help

4. Don't smoke (it's never too late to quit).
5. Practice safety habits at home to prevent falls and fractures. Always wear your seatbelt in a car.
6. Keep up contact with family and friends. Stay active through work, play, and community.
7. Avoid overexposure to the sun and the cold.
8. If you drink, moderation is the key. When you drink, let someone else drive.
9. Keep personal and financial records in order to simplify budgeting and investing. Plan long-term housing and money needs.
10. Keep a positive attitude toward life. Do things that make you happy.

Click on www.elderwise.ca/newsletter-archives.html for a complete list.
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Originally published by ElderWise Publishing, a division of ElderWise Inc. We provide clear, concise and practical direction to Canadians with aging parents. Visit us at <http://elderwise.ca/> and subscribe to our FREE e-newsletter

The Don'ts

No known substance can extend life, but we can improve our chances of staying healthy and living a long time.

First, what NOT to do: Here are ten common health care mistakes seniors make, according to the Institute for Health Care Advancement:

1. Driving when it is no longer safe
2. Fighting the aging process and its appearance
3. Reluctance to discuss intimate health problems with your health care provider
4. Not understanding what the doctor says about the problem or treatment plan

For more detail on each of these, visit www.elderwise.ca/library.html and read "Ten Most Common Health Care Mistakes Made by Seniors" in the Health Section.

The news isn't all bad, though. The National Institute on Aging offers its own Top 10 Tips for healthy aging.

The Do's

1. Eat a balanced diet, including five servings of fruits and vegetables a day.
2. Exercise regularly.
3. Get regular health check-ups.

Both these lists are **great "between the generations" conversation-starters**, whether you are in mid-life or a senior. See the related ElderWise Info for resources and suggestions to bring enhanced health and greater longevity into your life.

Final return of a deceased person

If an unmaturing RRSP or RRIF of a deceased person decreases in value following death, and the final payment from that RRSP or RRIF is made after 2008, a deduction may be claimed on the final return of the deceased person for that decrease in value.

Learn more tax tips from **David Jamestee**
416-633-9212



Book **The Golden Years**

a fun presentation to get Seniors and Retirees thinking

Write your Own Eulogy or Letter of Love EBook

End of Life Planning Guide

www.BrendaTurino.com

Compliments of www.CharacterCourts.org, part of The Golden Years presentation

Living a life that matters *doesn't happen by accident.*

It's not a matter of circumstance, but of choice.

Choose to live a life that matters.

Author - Michael Josephson

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Photography by Microsoft

EMPOWERING *Perspectives*

Play Day

The Women's Growth Network Way!

It's that time again ... time for PLAY Day!

2010 we are celebrating our 5th Anniversary of PLAY Day. Every year it just gets better and better. Here is what we have in store for you this year.

All your meals and snacks, all the equipment and supplies you need, professional instruction, indoor "FunShops", exhilarating adventures & calming outdoor activities, no pressure vendor market, door prizes, and gift bags.

Most women never take time for themselves ... here's your chance. Do something wonderful for yourself.

PLAY for a DAY!

Here is a list of the indoor and outdoor activities you can choose from.

- High Ropes - YMCA Instructors
- Archery- YMCA Instructors
- Orienteering- YMCA Instructors
- Rock Wall Climbing- YMCA Instructors
- Nature Hike and Site Tour- YMCA Instructors
- Canoeing- YMCA Instructors
- Low Ropes- YMCA Instructors
- Wake Up to What You Love with **Lisa Ivaldi**
- Light'n Up with **Jacque Hermans**
- Singing Your Way with **Honey Novick**
- Beeswax Heart-Spa Candle Making with **Linda Nagel**
- NIA Technique with **Elizabeth Mierzynski**
- Colour Yourself Happy with **Lorna Wylsun**
- I Am Woman, Hear Me Roar with **Marilyn Kleiber**
- The Busy Woman's Make-Over in Minutes with **Jenn Maxwell**

Have some fun, let go,
rejuvenate yourself

Learn something new, try
something totally cool.

Discover, Relax and have
FUN!



May 15, 2010

Kitchener-Waterloo YMCA
Outdoor Centre

It is located at Paradise Lake amid 77 beautiful, sprawling acres consisting of grassy meadows, forest, wetland ponds, and a pine plantation. The Outdoor Centre is just 20 minutes from Kitchener-Waterloo; 35 minutes from Cambridge; 45 minutes from Guelph; and 1 hour from London or Toronto. We will help you arrange carpooling if you are interested.

NOTE:

**September 25th, 2010
a second PLAY Day will
happen at the YMCA in
Bolton - Be there!**

GOT A BUSINESS?

Get involved...

Promote to our members.

- ◆ Vendor Table
- ◆ Door Prizes
- ◆ Gift Bag Inserts
- ◆ Business Card/Brochure Display

Or place an ad in our Summer Edition of **Empowering Perspectives**. Be seen, build rapport and sell products or services.

Play Day is a chance to get away from the kids, the house, the chores, work ... anything! **A YOU DAY!**

Come out and breathe some fresh air, meet some new friends, chill out or have some fun!

Some come for a day of only outdoor activities, some come for a day of indoor activities only, and some come for a combination of both, but all enjoy, home cooked meals, snacks, friendships and fun, and gifts and giveaways.

Sign up today!

Plan to attend the 5th Annual PLAY Day.

If you want to learn more about PLAY Day

[click here](#) or email Lisa at lisa.ivaldi@rogers.com

Compost and Reduce your Ecological Footprint

By Cathy Nesbitt, Worm Advocate

Composting is a wonderful way to reduce your ecological footprint and produce a natural soil amendment for lawns and gardens. It is estimated that the average Canadian household produces one tonne of organic waste per year. If every household started composting, the volume of material going to landfill would be greatly reduced.

Composting is a natural process that transforms organic waste into a soil enhancer called humus. Kitchen scraps, leaves, and yard waste are excellent compostable materials. Composting helps maintain a healthy, sustainable environment.

Composting is a simple process that also helps the environment. Successful composting is as easy as combining layers. Composting requires a carbon:nitrogen mix, moisture and air circulation. Add a layer of brown material (carbon comes from dried leaves, brown grass or even shredded paper), then add a layer of green material (nitrogen comes from fruit/vegetable scraps, plant cuttings). The pile should be aerated or turned once a week to allow air to circulate. Water may be required to ensure that the pile remains moist. If the compost pile dries out, all activity stops. If possible, place composter in a sunny location.

Composting has many benefits:

- ◆ Reduces the volume of material going to landfill
- ◆ Estimated 1/3 of the total waste stream can be composted!
- ◆ Produces a natural soil enhancer
- ◆ Reduces necessity for chemical additives – fertilizers and pesticides – saves money
- ◆ Returns nutrients back to the soil

To increase the rate of composting, consider adding worms such as Red Wigglers to the pile. These wonders of nature not only speed up the process, they aerate the pile, and add valuable nutrients to the finished compost. Red Wigglers eat half their weight daily in organic matter. Therefore, one pound of worms can consume 3-4 pounds of organic matter weekly.

Worm composting or vermicomposting is an excellent alternative for those that do not have the space to do traditional backyard composting. As vermicomposting can

be practiced indoors, composting continues throughout the year. Worms turn organic material into nutrient rich castings. Worm castings are recognized as one of nature's finest organic fertilizers. Castings or worm compost is considered "Black Gold" among avid gardeners. Less dependence on chemical fertilizers will not only save money but will also benefit the environment.

There are three main components to successful worm composting: temperature, air circulation and moisture content. The optimum temperature is between 16-26°C (60-80°F). Worm composting is an aerobic process meaning "with oxygen", so air holes in the worm bin are essential. Worms are approximately 90% moisture so they require a fairly moist environment. The bedding should be the consistency of a wrung out sponge.

Worm composting is an excellent way to get children interested in the environment. Worms are working pets that can help your children understand worm behaviour by seeing organic matter magically converted into soil. Why not employ these wonderful workers willing to work for food scraps?

For more information on ways to reduce your ecological footprint, visit www.cathyscomposters.com or call 1-888-775-9495.



Cathy's Crawly Composters

"Worm away your garbage"



Indoor composting with worms.

**Worms, Bins, Books, Workshops
All you need to get started.**

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What Tree Did you Fall From?

Find your birthday to discover your tree. This is really cool and somewhat accurate.

| | |
|--------------------|---------------------|
| Dec 23 to Jan 01 - | Apple Tree |
| Jan 01 to Jan 11 - | Fir Tree |
| Jan 12 to Jan 24 - | Elm Tree |
| Jan 25 to Feb 03 - | Cypress Tree |
| Feb 04 to Feb 08 - | Poplar Tree |
| Feb 09 to Feb 18 - | Cedar Tree |
| Feb 19 to Feb 28 - | Pine Tree |
| Mar 01 to Mar 10 - | Weeping Willow Tree |
| Mar 11 to Mar 20 - | Lime Tree |
| Mar 21 (only) - | Oak Tree |
| Mar 22 to Mar 31 - | Hazelnut Tree |
| Apr 01 to Apr 10 - | Rowan Tree |
| Apr 11 to Apr 20 - | Maple Tree |
| Apr 21 to Apr 30 - | Walnut Tree |
| May 01 to May 14 - | Poplar Tree |
| May 15 to May 24 - | Chestnut Tree |
| May 25 to Jun 03 - | Ash Tree |
| Jun 04 to Jun 13 - | Hornbeam Tree |
| Jun 14 to Jun 23 - | Fig Tree |
| Jun 24 (only) - | Birch Tree |
| Jun 25 to Jul 04 - | Apple Tree |
| Jul 05 to Jul 14 - | Fir Tree |
| Jul 15 to Jul 25 - | Elm Tree |
| Jul 26 to Aug 04 - | Cypress Tree |
| Aug 05 to Aug 13 - | Poplar Tree |
| Aug 14 to Aug 23 - | Cedar Tree |
| Aug 24 to Sep 02 - | Pine Tree |
| Sep 03 to Sep 12 - | Weeping Willow Tree |
| Sep 13 to Sep 22 - | Lime Tree |
| Sep 23 (only) - | Olive Tree |
| Sep 24 to Oct 03 - | Hazelnut Tree |
| Oct 04 to Oct 13 - | Rowan Tree |
| Oct 14 to Oct 23 - | Maple Tree |
| Oct 24 to Nov 11 - | Walnut Tree |
| Nov 12 to Nov 21 - | Chestnut Tree |
| Nov 22 to Dec 01 - | Ash Tree |
| Dec 02 to Dec 11 - | Hornbeam Tree |
| Dec 12 to Dec 21 - | Fig Tree |
| Dec 22 (only) - | Beech Tree |

YOUR TREE (in alphabetical order)

Apple Tree (the Love) -- quiet and shy at times, lots of charm, appeal, and attraction, pleasant attitude, flirtatious smile, adventurous, sensitive, loyal in love, wants to love and be loved, faithful and tender partner, very generous, many talents, loves children, needs affectionate partner.

Ash Tree (the Ambition) -- extremely attractive, vivacious, impulsive, demanding, does not care for criticism, ambitious, intelligent, talented, likes to play with fate, can be very egotistic, reliable, restless lover, sometimes money rules over the heart, demands attention, needs love and much emotional support.

Beech Tree (the Creative) -- has good taste, concerned about its looks, materialistic, good organization of life and career, economical, good leader, takes no unnecessary risks, reasonable, splendid lifetime companion, keen on keeping fit (diets, sports, etc.).

Birch Tree (the inspiration) -- vivacious, attractive, elegant, friendly, unpretentious, modest, does not like anything in excess, abhors the vulgar, loves life in nature and in calm, not very passionate, full of imagination, little ambition, creates a calm and content atmosphere.

Cedar Tree (the Confidence) -- of rare strength, knows how to adapt, likes unexpected presents, of good health, not in the least shy,

tends to look down on others, self-confident, a great speaker, determined, often impatient, likes to impress others, has many talents, industrious, healthy optimism, waits for the one true love, able to make quick decisions.

Chestnut Tree (the Honesty) -- of unusual stature, impressive, well-developed sense of justice, fun to be around, a planner, born diplomat, can be irritated easily, sensitive of others feelings, hardworker, sometimes acts superior, feels not understood at times, fiercely family oriented, very loyal in love, physically fit.

Cypress Tree (the Faithfulness) -- strong, muscular, adaptable, takes what life has to give but doesn't necessarily like it, strives to be content, optimistic, wants to be financially independent, wants love and affection, hates loneliness, passionate lover which cannot be satisfied, faithful, quick-tempered at times, can be unruly and careless, loves to gain knowledge, needs to be needed.

Elm Tree (the Noble-mindedness) -- pleasant shape, tasteful clothes, modest demands, tends not to forgive mistakes, cheerful, likes to lead but not to obey, honest and faithful partner, likes making decisions for others, noble-minded, generous, good sense of humor, practical.

Continued on page 13

What Tree did you fall from Continued...

Fig Tree (the Sensibility) -- very strong minded, a bit self-willed, honest, loyal, independent, hates contradiction or arguments, loves life and friends, enjoys children and animals, a social butterfly, great sense of humor, likes idleness and laziness after long day of work, has artistic talent and great intelligence.

Fir tree (the Mysterious) -- extraordinary taste, handles stress poorly, loves anything beautiful, can become depressed at times, stubborn, tends to care for those close to them as well as helping strangers, rather modest, hard worker, talented, unselfish, few sexual relationships, many friends, doesn't want foes, very reliable.

Hazelnut Tree (the Extraordinary) -- charming, sense of humor, very demanding but can also be very understanding, knows how to make a lasting impression, active fighter for social causes and politics, popular, quite moody, sexually oriented, honest, a perfectionist, has a precise sense of judgment and expects complete fairness.

Hornbeam Tree (the Good Taste) -- of cool beauty, cares for its looks and condition, good taste, is not egoistic, makes life as comfortable as possible, leads a reasonable and disciplined life, looks for kindness and acknowledgment in an emotional partner, dreams of unusual lovers, is seldom happy with its feelings, mistrusts most people, is never sure of its decisions, very conscientious.

Lime Tree (the Doubt) - intelligent, hard working, accepts what life dishes out, but not before trying to change bad circumstances into good ones, hates fighting and stress, enjoys getaway vacations, may appear tough, but is actually soft and relenting, always willing to make sacrifices for family and friends, has many talents but not always enough time to use them, can become a complainer, great leadership qualities, is jealous at times but extremely loyal.

Maple Tree (Independence of Mind) -- no ordinary person, full of imagination and originality, shy and reserved, ambitious, proud, self-confident, hungers for new experiences, sometimes nervous, has many complexities, good memory, learns easily, complicated love life, wants to impress.

Oak Tree (the Brave) -- robust nature, courageous, strong, unrelenting, independent, sensible, does not like change, keeps its feet on the ground, person of action.

Olive Tree (the Wisdom) -- loves sun, warmth and kind feelings, reasonable, balanced, avoids aggression and violence, tolerant, cheerful, calm, well-developed sense of justice, sensitive, empathetic, free of jealousy, loves to read and the company of sophisticated people.

Pine Tree (the Peacemaker) -- loves agreeable company, craves peace and harmony, loves to help others, active imagination, likes to write poetry, not fashion conscious, great compassion, friendly to all, falls strongly in love but will leave if betrayed or lied to, emotionally soft, low self esteem, needs affection and reassurance.

Poplar Tree (the Uncertainty) -- looks very decorative, talented, not very self-confident, extremely courageous if necessary, needs good will and pleasant surroundings, very choosy, often lonely, great animosity, great artistic nature, good organizer, tends to lean toward philosophy, reliable in any situation, takes partnership seriously.

Rowan Tree (the Sensitivity) -- full of charm, cheerful, gifted without egoism, likes to draw attention, loves life, motion, unrest, and even complications, is both dependent and independent, good taste, artistic, passionate, emotional, good company, does not forgive.

Walnut Tree (the Passion) -- unrelenting, strange and full of contrasts, often egotistic, aggressive, noble, broad horizon, unexpected reactions, spontaneous, unlimited ambition, no flexibility, difficult and uncommon partner, not always liked but often admired, ingenious strategist, very jealous and passionate, no compromise.

Weeping Willow (the Melancholy) - likes to be stress free, loves family life, full of hopes and dreams, attractive, very empathetic, loves anything beautiful, musically inclined, loves to travel to exotic places, restless, capricious, honest, can be influenced but is not easy to live with when pressured, sometimes demanding, good intuition, suffers in love until they find that one loyal, steadfast partner; loves to make others laugh.

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