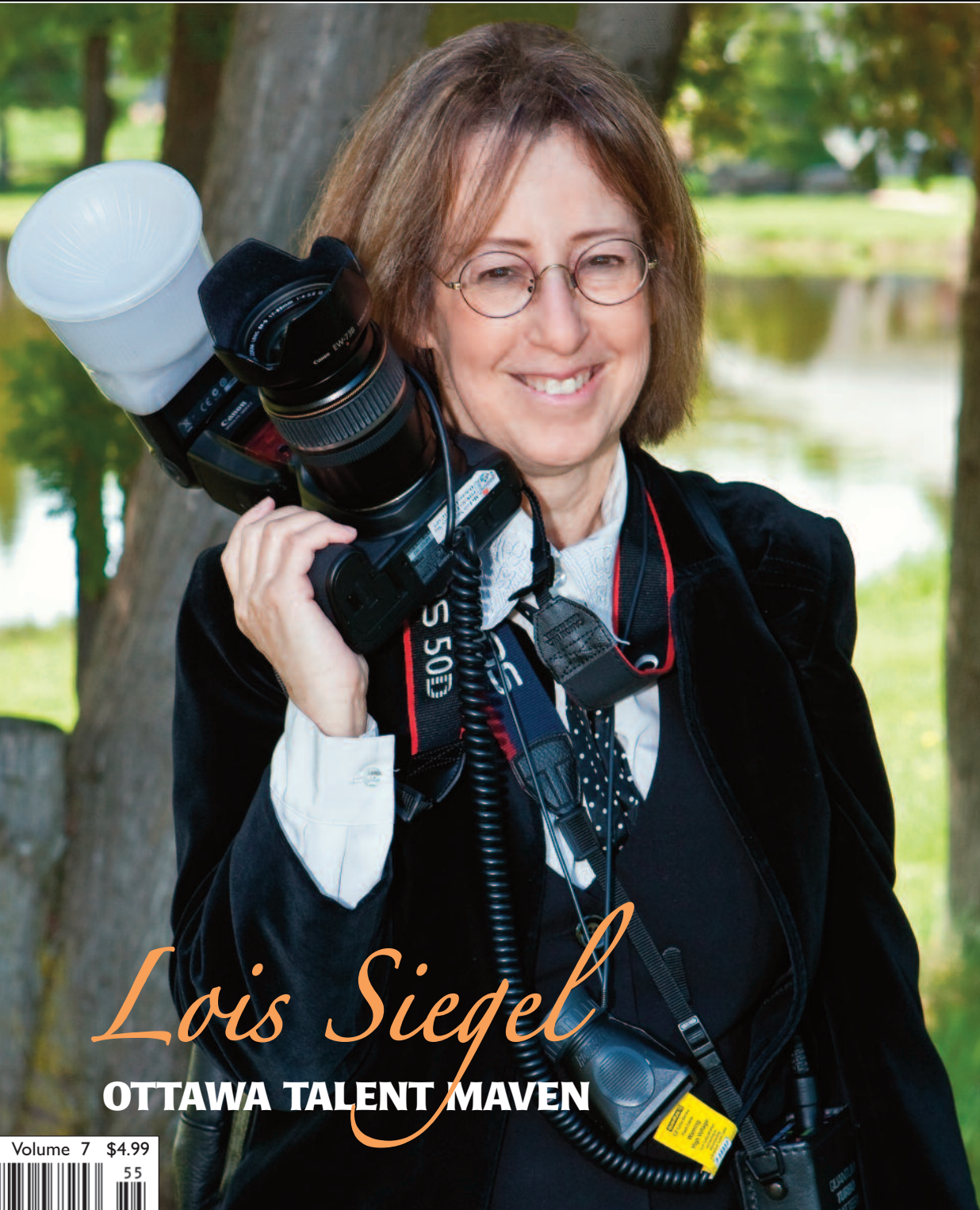


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OTTAWA TALENT MAVEN

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What they're wearing

Fashion | Ralph Lauren

The **Ralph Lauren and Vogue Wimbledon Summer Cocktail Party** took place at The Orangery grounds located at Kensington Palace in London, England. The exclusive event celebrated Ralph Lauren's 10th year as Official Outfitters of The Championships, Wimbledon. Many of the guests attended the reception dressed in Ralph Lauren fashions including Princess Marie-Chantal of Greece, Ali Spencer-Churchill, Mollie King and Jessica Chastain.



PRINCESS MARIE-CHANTAL OF GREECE attends the event in a Ralph Lauren Black Label black silk dupion dress, accessorized by Ralph Lauren Collection fuchsia nappa leather envelope clutch and tan leather Jenica sandal.



ALI SPENCER-CHURCHILL dons a Ralph Lauren Purple Label navy wool single-breasted Drake Suit, accompanied by the label's navy silk knitted tie and a Ralph Lauren navy collis slipper.



THE KENSINGTON PALACE ORANGERY IN LONDON, ENGLAND



MOLLIE KING is photographed in a khaki cotton Douglas bodysuit and a nylon Tabatha tulle skirt, both pieces are from the Ralph Lauren Collection.



JESSICA CHASTAIN models for the camera in a Ralph Lauren Collection black silk crepe dress with inverted white pleats.

What they're wearing



Made in Canada

Gray stretch jacket with a leather trim combines three textures: quilted knit, leopard-design print and a solid black stretch.



Jana & Emilia Fashion Design

JANA & EMILIA Fashion Design

Jana Hanzel and Emilia Torabi are professionally educated and trained fashion designers.

For many years Jana worked in academia where she taught the skills of pattern making and professional haute couture sewing. Emilia a respected designer received her formal training in design and sewing at the Italian Academy in Florence, Italy. In 2008 she and Jana were introduced. That meeting set the stage for the bonding of a notably successful alliance – the launch of the Jana & Emilia Fashion Design Studio.

Each year, in addition to tailoring and designing for their private clientele, the designers release two prêt à porter collections for the public.

For more visit
janaemiliafashion.com

Reversible boiled wool coat, one side is turquoise the other is chocolate brown featuring the contrasting seams that shape the silhouette at the back. The coat features over-sized patch pockets with leather trim and buttons.



Olive green boiled wool jacket worn is paired with a geometric print. Designed to be worn buckled or open. The jacket's draped lapels and the sleeves' hem are trimmed with leather.



Jana & Emilia Fashion Design



Fitted single-breasted, fully lined, jacket features a deep v-neck and narrow pointy lapels. A single silver button compliments the look.

PHOTOGRAPHED BY
Dmitri Moisseev

MAKE UP
Tracey Lahey

MODEL
Cassidy
(Angie's Models)

Jana & Emilia Fashion Design

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WHO SHOULD WEAR ORTHOTIC FOOTWEAR?

Beyond those diagnosed with the need many of us can benefit from orthotics. Subtle issues can occur from walking, running or standing for prolonged periods of time.

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– Garry Hayes,
Orthopaedic Technologist

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"A well fit shoe with an orthotic to properly realign the leg can make a world of difference." – *Garry Hayes, Orthopaedic Technologist*



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Our Bodies Cry For Water

BY TRACY KAYE HOLLY, CSNA MASTER

It's imperative to understand that chronic dehydration plays a profound negative role in the state of our health. It is literally impossible for our bodies to function properly without adequate hydration. Water intake is crucial to the digestive process and also allows the body to dispose of toxins, waste and impurities. We can obtain water directly through drinking filtered water, various fluids and eating high water volume foods. The reality is that most people consume dried packaged foods and over-cooked foods in abundance... so less water is available to cells and over time the body falls into a state of drought.

Coffee and caffeinated teas function as diuretics. They actually contribute to a chronic state of dehydration. Alcohol is metabolized in the liver and substantial amounts of water can be lost depending on the amount of alcohol ingested. The aftermath and symptoms of a "hangover" for example, especially the morning headache, are caused almost exclusively by water loss.

Simply Put: Drink more water... Cheers!

Most of us feel hungry yet we are really thirsty! Hydration is essential (remember what essential means?) to the excretion of all waste; therefore our intake of water must be, in the very least, equivalent to what we lose through daily output. Water is excreted through respiration, sweating, urine and in feces. Few people consume enough water through food and liquids to compensate for what they lose, so many of us are chronically dehydrated. This interrupts the body's energy activities, delays excretion of waste and recovery and encourages a reduction in thermogenesis (fat burning). The net effect is that we feel heavy, sluggish, bloated and miserable.

Simply Put: The solution to pollution is dilution.

Drink water between meals and sip on it throughout the day at your desk and while driving or exercising. Drinking directly from a cup forces the simultaneous consumption of air and as a result some people experience gas and bloating. This can be avoided by using a straw. Invest in a water station; it will save your life.



The recommended intake of clean filtered water as an ideal is 30ml (1 ounce) per kilogram of lean mass (not total body weight) per day, plus an additional 1-2 litres to compensate for elevated body temperature and any lost fluids caused by sweating due to physical labor, sports and workouts.

Drinking sufficient water will keep your body well hydrated, reduce fatigue and help prevent injuries during sport or in the gym. Best of all it assists in the process of shedding fat!

Simply Put: Drink at least 2 litres of filtered water each day.

If you perspire heavily because of very hot climate or exercise, drink an extra litre each day. Don't be stingy with water.

Our Bodies Cry For Water is an excerpt from Tracy Kaye Holly's latest book entitled, *Simple Strategies for Living Lean and Staying Well*. Tracy Kaye Holly CSNA Master (Certified Sports Nutrition Advisor), is the executive director and public relations officer for the Cory Holly Institute (CHI). She is a strong health and fitness activist and is a great believer in alternative medicine. Tracy is also the author of *The Athlete's Cookbook*, and *Sports Nutrition for Kids*. coryholly.com



What exactly is Success?

Most people strive to be successful but not many consider what success actually means. Many of us use society's definition of wealth and power as a benchmark then use it to measure someone's success. Yet is it truly a viable definition?

How do you feel when someone you've just met asks what you do? If you have a great job, no doubt you are proud to answer. However, if you are not comfortable with your job or do not like your career your heart may sink a little. That is because you assume people may believe you are not successful when they hear your response.

The problem with questions about what you do, where you live and what type of car you drive, is that they are designed to judge someone's level of success by society's standards. The quintessential flaw with these types of questions is that they are designed to assess creature comforts. You may be a highly paid professional who drives a top luxury car, lives in an enviable home within a tony fence-in enclave, but a lifestyle is not necessarily indicative of actual success or failure.

What success means to you may be very different than what it means to someone else. There are those in society that believe if a person has an considerable amount of luxury materials it means they are to be respected. As such they will instantly hold a person in high regard because they are fully equipped with the latest and most expensive gadgets.

What many fail to realize is that material gain which heightens social acceptability, can come at a personal cost. One that lowers the standard of quality regarding relationships and friendships. It is difficult to balance everything. It seems that to match society's expectation of success one might be required to sacrifice other areas of their life. Where is the success in that?

Success cannot be dictated by society as personal principles are imperative to happiness. Success without happiness is failure. If you have worked hard in your career, achieved material gain, and are happy, you have found success. However, if you don't have a high-flying career or a lot of money and yet you are happy then you are successful.

A lack of success stems from dissatisfaction, discontent and general unhappiness. People can experience all of these feelings whether they have a socially respectable bank balance and a job most people admire.

The most important judge of success for you is yourself. The measuring stick you stand beside ought to be comprised of your own ideas about what makes you successful rather than anyone else's.

You cannot force other people to change their views regarding what success is but you can gently challenge them by making them think about your response. The next time someone asks you what you do instead of mentioning your job consider telling them about your past-times or how you enjoy spending time with family and friends. You may find they are surprised by your answer and you are surprised at the success you enjoy!

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®.

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Major illnesses: Take 3 teaspoons (15 ml) 3 times daily (am, pm and early evening), minimum 12 bottles.

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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.



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- It supports energy levels.
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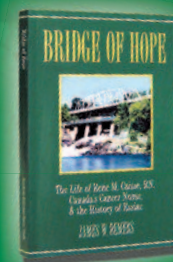
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When a job candidate proudly professes that he or she is a “workaholic,” there is much more to this response than employers may realize. On the one hand, workaholics are dedicated, determined, and get things done. Unfortunately, they’re also more likely to find that their social life as well as their mental and physical health suffers as a result.



Workaholics’ adrenaline-fueled creativity runs dry, since they are just too sleep-deprived. They start snapping at their coworkers. They take it out on their direct reports. People hate working with them or for them. They fail to deliver on time because there are simply not enough hours in the day to cater to their overbooked schedule.

The Splendors and Miseries of Workaholics

Research by PsychTests.com indicates that being a workaholic has significant social and physical disadvantages that will override any potential career benefits.

There are some ‘strengths’ that sound like they’re an asset, but in reality, should raise a red flag when brought up in a job interview. These include “I’m a perfectionist,” or “I can multi-task.” Researchers at Psych-

ests.com recommended adding one more to the list: “I’m a workaholic.”

Having collected data from 1,385 people who took their Type A Personality Test researchers at PsychTests focused their attention on self-proclaimed workaholics. Although a seemingly admirable trait, being a workaholic poses several disadvantages according to PsychTests’ latest study.

When a job candidate proudly professes that he or she is a “workaholic,” there is much more to this response than employers may realize.

On the one hand, workaholics are dedicated, determined, and get things done. Unfortunately, they’re also more likely to find that their social life as well as their mental and physical health suffers as a result.

ACCORDING TO PSYCHTESTS' STUDY:

- 86% of workaholics push themselves to accomplish their goals.
- 65% take work home with them.
- 63% hate the idea of being considered an average performer.
- 62% feel uneasy when they're not doing something productive.
- 52% eat on the run.
- 76% of workaholics consider it essential to have a job position that is well-respected.

According to Psychtests' study:

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Reading these statistics, some employers might think: "So what's the problem? This is exactly the kind of person I want working for my company."

Workaholism has a downside, and it happens to outweigh the pros:

- 46% find that their life is too stressful.
- 73% have trouble unwinding at the end of the day.
- 56% feel over-worked.
- 64% feel like they don't have time to accomplish their goals.
- 73% get angry at themselves when they don't finish everything they wanted to do.

- 68% said that they can't tolerate people who slow them down.
- 68% compare themselves to others.
- 67% feel like they're constantly rushing to get somewhere.
- 63% would rather deal with problems on their own than ask others for help.
- 60% tend to be over competitive.
- 60% are impatient.
- 58% feel tense.
- 49% have trouble falling asleep.
- 47% overbook themselves.

"It's important that we make something clear: working overtime or taking work home is fine every once in a while. The problem lies with those who do this on a consistent basis," explains Dr. Jerabek, president of PsychTests. "So if you're a workaholic and proud of it, you may very well break records and end up as Employee of the Month. What is more likely, however, is that you will continue to neglect your family and friends, and your support network will shrink. Workaholics have neither the time nor the patience for hobbies and relaxation. They don't have time to spend in nature, no time to play, no time to let their hair down and just have fun. Their mind is always racing, and they consider sleep to be a waste of time. If they do exercise, they approach it as yet another task."

The result? The stress and constant pressure to perform well in absolutely everything results in a build-up of fatigue, resentment and frustration. Workaholics' adrenaline-fueled creativity runs dry, since they are just too sleep-deprived. They start snapping at their coworkers. They

take it out on their direct reports. People hate working with them or for them. They fail to deliver on time because there are simply not enough hours in the day to cater to their over-booked schedule.

At some point, the workaholic's mind and body will say "That's enough." This could mean ending up on sick leave from a massive burnout, or other stress-related health problems. This leaves both the employee and the company at a serious disadvantage. Nobody wins.

"Top performers are well-rounded hard workers who have a life outside of work and who come in rested. So the next time you hear a candidate claim that their biggest strength is that they work so darn hard, do a double-take. If it's true, consider it a liability. And if they are trying to pull your leg by presenting a 'strength' as a weakness, it may be a sign of things to come. Either way, you would be better off finding a candidate who works hard but keeps his life in balance."

Want to assess whether you're a Type A? Go to <http://testyourself.psychtests.com/testid/2141>

To learn more about psychological testing, download this free eBook: <http://hrtests.archprofile.com/personality-tests-in-hr>

About PsychTests.com

PsychTests.com is a site that creates an interactive venue for self-exploration with a healthy dose of fun. The site offers a full range of professional-quality, scientifically validated psychological assessments that empower people to grow and reach their real potential through insightful feedback and detailed, custom-tailored analysis.



Lois Siegel: A Woman of Firsts throughout her Life

by Kita Szpak

It's very likely you've run into Lois Siegel without knowing that she's entered your life. If you've been to The Ottawa Bagelshop and Deli on Wellington and admired the star photos taken at The Montreal World Film Festival, those amazing portraits are hers. If you saw *Gambling Boys* on CBC's the Passionate Eye, Lois worked as researcher, location scout and stills photographer on that film. Remember the Rolling Stones coming to Ottawa? Lois was there as one of nine photographers chosen to shoot the concert. Were you in a University of Ottawa Video Production class in the last 18 years? If so, Lois was your professor. And if you happened to be at the Irish Embassy Residence for Citizen Advocacy this past June and

looked closely enough at the band that was performing – the Lyon Street Celtic Band – you'd see Lois playing fiddle, spoons, and bodhran (Irish Drum), there. Yes, Lois is all these things: filmmaker, casting director, writer, photographer, professor (she just stepped away from teaching at the university this year) and musician.

When I was first called to interview Lois for this article, I asked for her bio and promptly received 29-odd pages. Mind you there were lots of photos, too, but the notion of going through all her achievements in what would be a long, wonderful list would probably not be the best way to entice you, Dear Reader. Instead of focusing on all that Lois has accomplished, let's shift the at-

tention to all who Lois is and how she became the amazing woman that she is.

Lois was born in Milwaukee, Wisconsin, the older sister of two siblings, Carol and June. Her mom, Bernice, was a housewife: a politically incorrect word now but naturally accepted then as most mothers did not nor were they encouraged to work. Lois' dad, Norman, was in the department store business and the family moved every two years. At three years of age, Lois remembers living in the New Jersey area and going to Macy's, Gimbels and Bamberger's – the retail giants of decades past. A photo of her on Santa's knee could be a still from "Miracle on 34th Street." And as Lois tells it, she and her sisters celebrated one

PHOTO: TATIANA SLEPUKHIN-ZAMACHNAIA



LEFT: Lois is surrounded by one of her many photo exhibitions. CENTRE: Lois plays for the camera holding the 1990 Genie Award she won for her film *Stunt People*. RIGHT: Lois on set doing sound for *Stunt People*.

Christmas Day morning in Omaha, Nebraska by going into their father's closed department store and choosing whatever they wanted of the remaining season's toys. Talk about dreams coming true!

Young Lois' favourite TV show was Superman, and all the boys in school called her Lois Lane. Could Clark Kent's reporter girlfriend have been the catalyst who motivated this young girl to love writing and journalism in her later years? And with a mom who enjoyed music, and an ambitious, self-disciplined dad who by now owned several department stores, and who both encouraged all three girls to excel at what they wanted, what was there to stop Lois from doing exactly what she wanted

to? Nothing could stop her.

In Omaha, Lois began piano lessons. Then her school started offering violin lessons. Lois passed the obligatory listening screening test with flying colours, but the family was moving again, and Lois would not pick up the violin until many decades later.

Though shy, it was clear from the start that Lois knew her own mind. In Kansas City, Lois started accordion lessons at the Kansas City Conservatory of Music. The accordion was bigger than she was, but this did not deter Lois in the least: she moved it around in a suitcase on a set of rollers. In Akron, Ohio, a desire to be in a marching band, prompted Lois to join one in high

school. Handed a pair of cymbals, though she had never played this instrument in her life, Lois persevered and eventually graduated to coronet and oboe. Other firsts popped up along the way. Long into sports, especially baseball (both softball and hardball), despite a remark directed to her at about 10 years of age – "Girls can't be baseball players" – only fuelled Lois' drive to succeed. She was asked by a Little League manager if she would like to play on his team, but she was rejected also because she was 'a girl.' The local baseball association cited safety reasons and said, "No." Incidentally, her National Film Board of Canada documentary film, *Baseball Girls*, aired on Oxygen, the women's

"Lois Siegel is an extraordinary human being and one of her great gifts is seeking out and finding other extra and out of the ordinary beings, not just as a casting director, which she is great at, but also as a photographer and filmmaker. If there is such a thing as an 'evil eye,' Lois has just the opposite, the good eye."

– **Kevin Tierney**, *Bon Cop, Bad Cop* producer, Montreal, Quebec



The 'Celtic North' (FROM LEFT: band members Lois Siegel, Marie Deziel, Dan Perkins and Mike Blakeley) is commissioned to perform in the Grand Hall on New Year's Eve at the Canadian Museum of History, formerly named the Canadian Museum of Civilization, for the 150th Anniversary of the City of Ottawa being designated the capital of Canada by Queen Victoria. The museum is located in Gatineau, Quebec.

TV network in the States 2000 – 2002. As Lois says, “You have to make films of what you know or what you want to know about.” Track, swimming, bowling, and annual sports camps also filled her spare time. When Lois became the first female sports writer in her high school’s newspaper history, it was no real surprise. She was just doing what she wanted to with the talents

she had.

Having people help you on your way, whether it’s luck or being in the right place at the right time, is wonderful for shaping a personal destiny. And to Lois’ credit, she knew the value of what these individuals were contributing to make her life all the more extraordinary. Her high school political science teacher, Walter Burke, challenged the stu-

dents and gave them time to answer a question. Perhaps Lois picked up her patience and understanding as a future teacher from him.

Rainer Schulte was her mentor through college years at Ohio University in Athens, Ohio where Lois graduated with a Bachelor of Science Journalism with Honours in English and Masters of Arts in English and Comparative Literature. She ended up working as a research assistant for him in the English Department

“Lois is a true renaissance figure, one moment a top photographer and the next leading a group of musicians in a rousing rendering of a Celtic song. She is equally at home in either situation.”

– **His Excellency**

John Raymond Bassett

Embassy of Ireland

for a new publication: *Mundus Artium: A Journal of International Literature and the Arts*, and she also sat in on graduate courses in film, and took undergraduate courses in art, music, and photography. Auditing classes for free was allowed at the time, and so Lois did just that. It would end up a seven-year stay at Ohio but what a stay it would be! Her first teaching job was at Ohio University in the English Department where she taught English and Creative Writing.

And imagine this – her editor was Joe Eszterhas (*Flashdance*, *Basic Instinct*) while working as a writer/photographer for *The Ohio University Post*, the school’s paper. On a more serious note though, while working for *The Post*,



The Lyon Street Celtic Band members with their instruments are (from left), Jack Surch (mandolin), Lois Siegel (bodhran), Steve McCarthy (fiddle), Marie Déziel (accordion) and Dan Perkins (guitar).



"Celtic North (band) isn't their day job, but as their new CD shows, they certainly have flair.... 'Celtic North' is a very good first CD. It contains a variety of tunes, mainly Irish and Scottish, with a few French pieces.... The playing is lively and catchy; the instrumentation creative." – **Reuel S. Amdur**, *Celtic Life Magazine*

Lois was asked to do an undercover exposé of a teacher suspected of doing drugs. She rejected the assignment, and very likely this episode cooled her enthusiasm to pursue a journalism career. "How you work with people and treat them is important," says Lois, mirroring the principles she was already emulating back then at twenty.

Fortunately, a fellow student got kicked out of film school. You may have to read that sentence again. With his help, Lois started shooting 16mm film with his Bolex camera. Then she made her first film – drawing on film – and submitted it to the First International Festival of Women's Films, New York City, and

"Lois has an innate capacity of finding an unguarded moment with people, whether through film, photography, writing or teaching. Once she breaks through, she wants to learn all about you, establishing a wonderful emotional connection in the process. She is interested in all people – children and celebrities alike. I admire this in her immensely."

– **Karen Douglass Sadler**, World Arts Film Festival, Jacksonville, Florida



Lois collects marionettes for use in her children's workshops.

it was selected to be shown! She was hooked. The glory of transitioning from still to moving photography sealed the way for Lois to work in film to this day. By the way, bet you wouldn't bat an eye to find out that while at university, Lois lived in the first co-ed dorm in the States. Her eyes twinkled with the thought of stories she could tell, but discretion and time prevailed, reluctantly bringing her back on topic. (Perhaps these co-ed memories will be part of



PHOTO TOP LEFT: Lois plays the 'spoons' with the Sens Unique band during Canada Day celebrations at Petrie Island. Beside her is the "ugly stick," another instrument she plays. PHOTO AT RIGHT: Lois plays the bodhran (Irish Drum) at the same event.

Lois' autobiography...)

As a graduate student in Comparative Literature, Lois was obliged to study a second language. She elected to spend the summer at the Sorbonne in Paris to complete this requirement and upon completion, wanted to continue. After having a taste of Paris, Lois then chose McGill's French Summer School in Montreal for the following four summers, and she received a scholarship for starting the first Photo Club there. Then she decided to stay in Montreal, but finding a job wasn't easy. From teaching English as a second language to federal government workers to substitute teaching in the high schools, Lois finally found a position with John Abbott College, a CÉCEP, teaching English and, eventually, film. Talk about chutzpah... in order to initially teach the film course, Lois received two scholarships and a job as assistant to a film director in the States at three film institutes in one summer and literally learned on the job. Lois was soon also hired to teach Film Production at night at Concordia University. At this point, she was teaching film at both institutions. In 1978, she became a Canadian citizen. She would remain at CÉCEP for 30 years, all the while seeking to learn more – and, oh yes, she had also been hanging out at the National Film Board of Canada. She astutely found out the cafeteria was the place to be, whether listening in on next-table conversations or pulling up a chair to meet film directors and offer to shoot still photographs for them for free – a good way to learn about making documentary films.

Initially, Lois trained as a cameraman at the Film Board (like 'actor', the name is used for both genders) and directed 'Stunt Family' a three-minute vignette for television. She was hooked on directing. Lois caught her next break with *Train of Dreams* (1989), a docu-drama about kids in

trouble with the law. Director John N. Smith didn't like any of the 150 boys he first saw audition for the film. Lois was called to do the casting for the film and find a suitable lead. Lois tracked down the West Island Rebels, a gang in Montreal, many of whom had court cases pending, and found



Lois on the set of her first feature film *A 20th Century Chocolate Cake*, with Lois is (left) Glen MacPherson. He is now a director of photography. His films include *Final Destination 4*, *Rambo*, *16 Blocks*. He is currently shooting *Resident Evil 6* in South Africa. Also pictured is Peter Benison, director of photography.

"I think Lois is the greatest film teacher I could ever have asked for. Mostly because it never felt like she was 'teaching' but rather leading us down paths so we would discover the roads for ourselves. Lois' projects were frequently crewed by her students. I learned so much about what I wanted to do in my career through working with her on her projects. We were a bunch of kids in Montreal dreaming of working in film and being successful in Hollywood. Lois was very well connected in the Montreal film world and had a huge hand in helping me land trainee gigs on professional productions. She was always very encouraging and made her students feel they could accomplish what others saw as just a dream. There are at least five of us whose lives were touched by Lois who are doing just that. I will always look back fondly on that time!" – **Glen MacPherson ASC**

other actors to bring to Smith.

Smith liked them all. Having hit such a home run, once the word got around, Lois became a casting director for many of the films coming out of the Film Board.

And her desire to be a director? Lois got her wish with *Stunt People* which landed her a Genie Award from the Academy of Canadian Cinema and Television for Best Short Documentary in 1990.

You might ask with all of this going on, did Lois have any kind of a personal life. Yes, she did and does. She met her husband, Paul Jean, in Montreal. When he took a software designer position with BNR and then Nortel, Lois concurrently taught in Montreal and Ottawa, having eventually taken the offer to teach Video Production at the University of Ottawa. Once in the Capital permanently, Lois set out to re-explore another aspect of herself – the music she had left behind.

A quick anecdote deserves mentioning here. Lois, when she was taking accordion lessons as a little girl, loved playing *Andantino* at retirement home concerts, but, eventually, she was told she would have to play another tune that she didn't like. In the middle of a concert, Lois stopped playing *I've been Working on the Railroad*. Psychologically, she had forgotten the tune. One can appreciate why.

Ever enterprising and curious, Lois discovered the Glebe Community Centre was hosting Celtic jam sessions. First taking fiddle lessons all by ear when she started, within a year Lois joined a performance group which played its first gig in a retirement home. Her band, The



Lois shooting Canadian Women's Open Ottawa Hunt and Golf Club Ladies Professional Golf Association LPGA Tour.

Lyon Celtic Street Band has since morphed into six professional musicians and has had the opportunity to perform at Casino d'Hull (now Casino de Lac Léamy), Rideau Hall, and the Irish Embassy Residence.

Siegel Entertainment is a natural offshoot of Lois' formidable arts background, expertise and network – a conglomerate of musicians, performers and entertainers, some of with whom Lois performs, besides promoting a number of them regionally.

It's not surprising that yet another path has opened up in this woman's creative forest. Now in its third year, the Jacksonville, Florida World Arts

Film Festival has had Lois participate from its debut in 2013, working with gifted kids, as well as dyslexic, autistic and other special needs children. The mantra of her workshops is "Learning by Doing." Lois is the ideal person for these children. Her whole life has unfolded wonderfully by learning what she wanted by doing - whether pitching on baseball teams, taking still photographs, understanding a language, mastering filmmaking, or growing into the warm human being she is today. Indeed, Lois is an inspiration to us all – not only being at the right place at the right time but seizing the day every single day of her life. ■

"Lois Siegel is an internationally renowned photographer, writer, filmmaker, casting director, professor, musician, performer, judge, mentor, Dragon Boat paddler – absolutely nothing she cannot do. Lois is one of the most interesting and amazing individuals it has been my pleasure to know. She is a member of the Friends of the National Arts Centre Orchestra and devotes her time and talents as a volunteer photographer whenever requested." – **Joan Forbes**, Friends of the National Arts Centre Orchestra, Ottawa, Ontario



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.”



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FOOD TALK

Shrimp in Coconut Jackets

From The Ambassador's Table - Blueprints for Creative Entertaining



Margaret Dickenson

This is one of my signature recipes. Without a doubt, everyone adores these amazing shrimp delicately sealed in a crunchy coconut crust. Dipped in Zesty Ginger Mayonnaise, they offer a truly decadent experience; however, visitors to our home know that virtually anything dipped in this mayonnaise is delectable. These extraordinary shrimp may be served as an hors d'oeuvre (allowing 3 per person) or as a main course (about 6 per person).

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

- 1 ½ lbs (675 g) very large shrimp*, unpeeled
- 3 tbsp (45 mL) cornstarch
- 2/3 tsp (3.5 mL) salt
- Pinch crushed black peppercorns
- 3 egg whites, lightly beaten
- 2 ¼ cups (550 mL) desiccated unsweetened coconut
- As required vegetable oil (for deep fat frying)
- 1 cup (250 mL) Zesty Ginger Mayonnaise**

1. Peel shrimp leaving tails attached***; devein (if not already deveined); set aside.

2. Combine cornstarch, salt and crushed black peppercorns in a large size re-sealable plastic bag. Place egg white and coconut in two separate flat bowls.

3. Pat shrimp dry with paper towels, then toss shrimp in cornstarch mixture. Working with a few shrimp at a time, dip into egg white, press into coconut and arrange in a single layer on a wax paper lined tray.

4. Cover loosely with wax paper and refrigerate for up to a day or at least 30 minutes (so that the coating sticks).

5. In a deep fat fryer, heat oil to 325 °F/163°C. Cook shrimp in batches until golden (about 2 to 3 minutes); avoid over crowding. Drain on paper towels. (Allow oil to return to 325°F/163°C between batches.)

6. As soon as shrimp have cooled slightly, serve along with Zesty Ginger Mayonnaise as a dipping sauce. (Note: If serving as an hors d'oeuvre, include a small empty container on the serving tray to catch the discarded tails.)

* This is about 24 or 30 shrimp. (Note: 1 ½ lbs or 675 g of slightly smaller shrimp may be used.)

** To make 1 cup (250 mL) of Zesty Ginger Mayonnaise, whisk together 1 cup (250 mL) of mayonnaise, 1 1/3 tbsp (20 mL) of grated fresh gingerroot (peeled) and 1 1/3 tsp (7 mL) of granulated sugar.

*** At serving time, the tails will act as convenient “handles”.

MAKE AHEAD TIP

(Step 4): Place the coated shrimp in a single layer in a wax paper lined airtight plastic container and store them frozen for up to several weeks. Twenty four hours before required, allow shrimp to thaw in the refrigerator with the lid of the container ajar allowing any accumulated ice crystals to evaporate.



PHOTO: ©LARRY DICKENSON

MAKES 24 TO 30 (VERY LARGE)* SHRIMP – Margaret Dickenson



Recipe by **Tracy Kaye Holly**

Easy to prepare, light ingredients, super tasty and nutritious. That's how I would describe this recipe for Black Bean Dip.

Black Bean Dip is not only for dipping raw veggies or chips, you can also top meat, fish or chicken or use as a side dish for steamed vegetables. It's a wonderful accompaniment to any meal.

I've made this dip with whole cumin seeds and ground cumin fresh roasted, with tahini and without and tried both lemon and lime juice. Each and every time, it's always a hit!

Here's the scoop on these little black beans. They're loaded with a rare combination of both protein and fibre. Per 100 grams of beans you'll get 21 grams protein, 16 grams fibre, 63 grams carbohydrates and a whopping 1500 grams of potassium. Black beans are very low in fat and sodium.

The skins of black beans are rich in anthocyanins. Anthocyanins are responsible for the deep reds, blues, purples and magenta colors seen in blueberries, grapes and açai berries. Anthocyanins are powerful antioxidants.

Anthocyanins are known to decrease the risk of heart disease and cancer. They also play an important role in the prevention of macular degeneration by protecting the eyes from free radical damage, increasing circulation and stabilizing collagen structures.

Black beans also provide heart healthy omega-3 fatty acids that

help reduce inflammation. They're an excellent source of molybdenum which is an element involved in energy production and lipid metabolism. In addition, black beans are a very good source of heart-healthy dietary fiber and folate.

Cumin has a nutty peppery flavor and plays an important role in Indian and Middle Eastern cuisine where it's a key component of curry powder. Whole cumin provides intense bursts of flavor when you bite into the individual seeds. Ground cumin integrates more fully with other ingredients and seasonings. Whether you use whole cumin seeds or ground cumin, this spice has the ability to really enhance the flavor of your dish. A little goes a long way!

To get the freshest flavor of this spice, it's best to grind your own powder from cumin seeds.

Here's how...

In a dry heavy skillet, over medium heat toast the whole seeds until they give off an aroma and change color to a darker hue (stir with wooden spoon continuously). Do not over roast the seeds or they will turn bitter.

Cool and grind in a seed grinder or mortar and pestle to make a very fine powdery texture. Easy!

Cumin isn't only for enhancing the flavor of food. It's also known to improve digestion and prevent flatulence. Cumin can help to cure stomach ache and heartburn and cumin oil acts as a sedative for curing insomnia.

Black Bean Dip

This recipe can be doubled or tripled. Seal in an airtight container and refrigerate for up to four days. Stir well before serving. – **Tracy Kaye Holly**

- 1 can (19 oz) black beans, drained and rinsed
- 3 cloves (or more) fresh crushed garlic
- Juice of one fresh lemon or lime
- 1 tablespoon Tahini (optional)
- 1 teaspoon ground cumin or whole cumin seed
- 1/2 teaspoon sea salt to taste
- 1/4 teaspoon cayenne pepper or more to your liking (cayenne is optional)
- 1/4 cup filtered water, add gradually until the desired consistency

Mix everything in food processor or blender until smooth. Enjoy!





**MAKES
8 SLICES**

Lemon Bean “Cheesecake” with Fruit Sauce

Imagine mixing white beans with some lemon, eggs, sugar, and baking powder and baking the concoction for 45 minutes.

What would you have?

The photo of the cake in the pamphlet looked nice. But what about the taste? And the texture? I wasn't hopeful. After all, the pamphlet was published by the Ontario White Bean Producers, and you know they'll root for their product, no matter what.

Lemon Bean “Cheesecake” with Fruit Sauce*

Now imagine my surprise when I took a taste and realized I had baked a sweet white cake that was tartly flavoured with lemon and textured like cheesecake! I was so excited I ran to the spouse and fed him a piece. He confirmed that my taste-buds hadn’t gone around the bend.

Of course, it isn’t real cheesecake. It isn’t as thick and it lacks that to-die-for creaminess which comes from loads of butter fat. But for someone with lactose-intolerance who hasn’t eaten cheesecake in years, this faux version is truly a thrill.

Oh, and this dish is whole lot healthier than real cheesecake. It’s high in protein, low in fats, and if you use artificial sugar, it’s also low in calories.

Speaking of which, if I were to make this for a dinner party, I’d use real sugar, because I could slightly taste the artificial sugar. I may try it with 50% sugar/50% artificial sugar the next time I make it just for me.

UPDATE

My stove died, and I don’t get quite the same results with my new stove. The texture is more cake-like than cheesecake, but the taste is much the same.

CAKE INGREDIENTS

- 1 lemon, juiced (¼ cup) and zested
- 2 cups white navy/pea beans (19 oz. can), drained and rinsed
- 3 eggs (don’t use liquid egg substitute)
- 1 cup sweetener (artificial or real)
- 1 tsp. baking powder
- Cooking spray

CAKE DIRECTIONS

1. Put lemon juice, zest, and beans into processer and mix until smooth.
2. Add eggs, sugar, and baking powder. Blend well.
3. Spray an 8” or 9” spring form pan with cooking spray.
4. Bake in 350° F oven for 40-45 minutes or until a knife inserted in the center comes out clean.
5. Serve with a dollop of fruit sauce.

FRUIT SAUCE INGREDIENTS

- 1 cup fruit (Fresh is best but frozen is fine. I’ve used frozen raspberries and strawberries.)
- ¼ cup water
- 1 tbsp. sugar

FRUIT SAUCE DIRECTIONS

1. In a small saucepan, put in fruit, water, and sugar and boil for 3-5 minutes until thick.
2. Let cool and spoon over each served slice.
3. If you have extra fresh fruit, you can either add it to the sauce or use it as a garnish.

FOR WEIGHT WATCHERS:

- With artificial sugar: 1 slice is worth 1.75 points on the Points plan and 2 points on the PointsPlus plan.
- With real sugar: 1 slice is worth 3.75 points on the Points plan and 4 points on the PointsPlus plan.
- Fruit sauce for 1 serving: The sugar quantity per serving is negligible. If you’re on the Points plan, calculate the points of 1/8 a cup of the fruit that you use.

*Adapted from “Lemon Bean Cake with Fresh Fruit Sauce” from *The Supreme Bean* by the Ontario White Bean Producers.)



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A portside sculpture depicts three of the millions of Irish who sailed from Cobh to the New World during the great emigration of the 19th and early 20th centuries.



Ireland: The Stepping Stone to the New World

by Mitchell Smyth/Meridian Writers' Group

COBH, Ireland—Annie Moore and her young brothers Anthony and Philip stand on the pier. Anthony points out to sea while Annie looks wistfully inland, toward the home she'll never see again.

Photo: Mitchell Smyth/Meridian Writers' Group

Sculpted, life-sized, they're an icon of the millions of men, women and children who left Ireland in the great emigration in the 19th and early 20th centuries.

This seaside town, the port of Cork city, was the main port of departure for people fleeing the Irish famine of 1845-50, and for the later waves of emigration to North America, Australia and New Zealand.

Through this port passed, in 1848, farmhand Patrick Kennedy, whose great-grandson would, 112 years later, become America's 35th president. John Ford, evicted from his County Cork cottage, embarked from here in 1847. Little did he know that his son, Henry, would change the face of industry worldwide.

The Moores' footnote to history is the fact that they were the first emigrants processed through the then-new Ellis Island immigrant centre in New York harbour when it opened January 1, 1892.

Kennedy, Ford and the Moores were just five of the 2.5 million who left from Cobh (pronounced "cove") between 1791 and 1950, when emigration slowed.

The story is told in "Cobh: the Queenstown Story," a superb presentation in the Cobh Heritage Centre, on the waterfront just behind the Moores' statue. (The town was named Queenstown during the period of British rule in Ireland, the years during which the great bulk of emigration took place).

The centre is housed in the former railway station, through which the immigrants passed, from the days of the sailing ships to the great ocean liners of the last century. There are galleries and reconstructions and audiovisuals.

But audiovisuals here doesn't just mean a slide or video show. As you move through the galleries you hear the sound of rigging stretching, wind whipping the sails, the shouts of the sailors and, pathetically, the cries of the hungry and sick steerage passengers as gale-lashed ocean waves pound a back-projection screen.

One gallery deals with the Australian connection. From 1791 until the 1840s, tens of thousands of Irishmen (and about 9,000 women) were transported to Botany Bay, the penal colony. Some had been accused of political crimes, such as involvement in abortive rebellions, but mostly it was civil convictions, some as trivial as the theft of a loaf of bread.

The museum tells how emigration swelled so that by the turn of the last century more than 1,000 Irish a week were passing through the port in the busy months of April to September. Most took steerage passage, first on sailing ships and later on the ocean steamers, the billboards and posters for which enliven the galleries: the *Carmenia*, *Caronia*, *Lusitania*, *Titanic*.

The last two ships have sad associations with the town: for the *Titanic*, it was its final port of call en route to America. The inbound *Lusitania* was about 15 kilometres [10 miles] off the coast when it was torpedoed by a German submarine in May 1915. Many of its victims are buried in Cobh

ACCESS

For more information on the Cobh Heritage Centre visit its website at www.cobhheritage.com.

For information on travel in Ireland visit the Tourism Ireland website at www.discoverireland.com

The Palace

Where ‘Mad King Ludwig’ was Born

By John Masters | Meridian Writers’ Group

Munich — Germany may no longer have a monarchy—it was abolished in 1918—but it still has plenty of nobility. Take the Wittelbachs, for example. They’d been the rulers of Bavaria since the 12th century. Even today, if you run into the current head of the house, Duke Franz von Bayern, you should address him as “your royal highness.”

German nobility still have some very nice real estate, too. Duke Franz lives at Nymphenburg Palace, a baroque wonder that, in the 17th century, was a two-hour carriage ride from Munich. Now it’s in the suburbs, but there’s still a nice buffer between the duke and his neighbours: his front lawn’s the size of a stadium; the backyard’s a 200-hectare [500-acre] park.

Since the duke still lives here, not all of the palace is open to the public, but the impressive centre block is. Built and rebuilt by successive generations of Wittelbachs from 1664, with the last major work done in 1826, its rooms are in a variety of styles that veer from Italianate to Chinese, but all would come under the general heading of “opulent.”

The Great Hall that rises before you as you enter is the biggest and best example of this: a two-storey-high rococo chamber of lavish, gold-gilded stucco work, a colourful ceiling fresco of, appropriately, nymphs, six glittering crystal chandeliers and a bank of large windows to fill the room with light. It seems a hall perfectly made for music and dancing.

The rooms with the most interesting stories to them are in the south wing, where the Blue Salon and the Queen’s Bedroom are both done in French Empire style. Why? Because in 1806 Napoleon made Bavaria its own kingdom and enlarged its borders. How better to show your thanks—and allegiance—than to redo a few choice rooms in the appropriate manner?

The Queen’s Bedroom has another story to go with it: it’s where Ludwig II—Mad Ludwig, the one who built the fantasy castle Walt Disney made into the icon for his amusement park—was born. The furniture is all as it was on that day, August 25, 1845, including the mirror the delivering doctor looked into rather than gazing directly on his royal patient.

As eye-catching as the palace is, for many visitors the park behind it is an even greater attraction. It comes with two lakes, several large pavilions, a baroque garden and a canal. A 1761 painting by Canaletto shows the house and garden from the top of the canal, with several pleasure craft rowing about in the water. Ladies in voluminous dresses and gentlemen wearing white hose watch from the shore. The boats are gone, but the park remains much as it was nearly 250 years ago.

Among the outbuildings back here is the Magdelenenklausen. It was meant

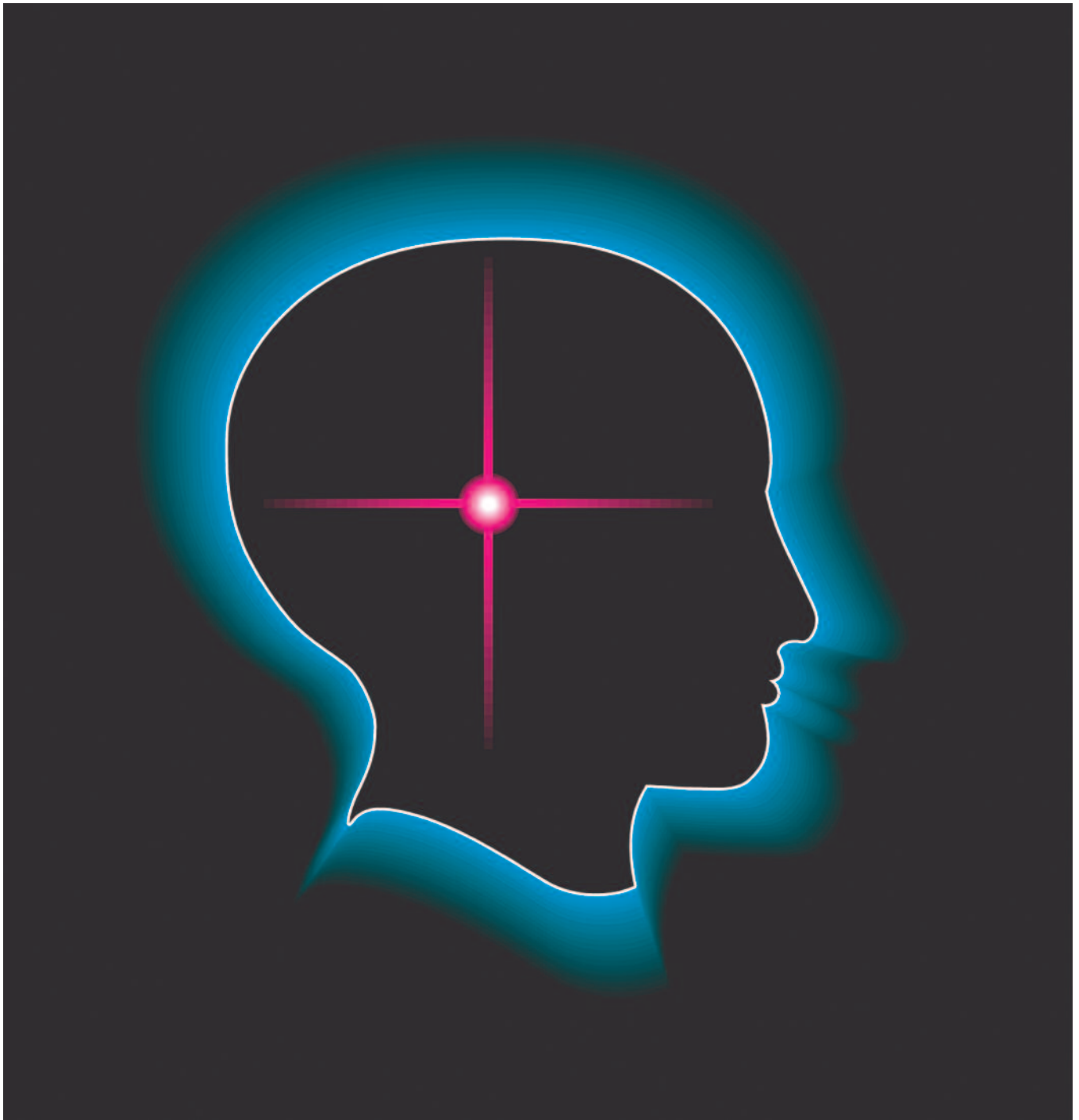


to be a simple, monk-like place of refuge for the lord and was designed to convey the idea of poverty. Most people will think it fails miserably in this. But most people don’t live in Nymphenburg Palace.



THE NYMPHENBURG PALACE'S LAVISH, GLITTERING GREAT HALL SEEMS PERFECTLY MADE FOR MUSIC AND DANCING.

ACCESS: For more information on the Nymphenburg Palace visit the Bavarian Palace Department's website at www.schloesser.bayern.de. For information on travel in Germany visit the German National Tourist Office website at www.cometogermany.com.



FOOD FOR THOUGHT

Crosswords – Food for the Brain

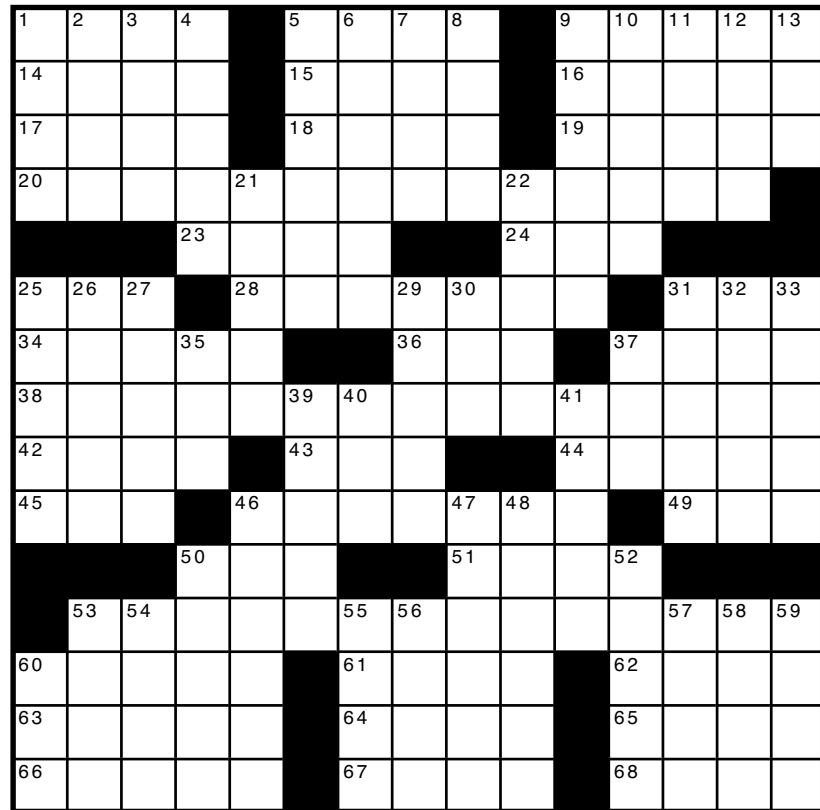
CROSSWORD ANSWERS ARE ON PAGE 51

Across

1. Iron hook with a handle
5. Low plant with many branches
9. Residence
14. Up to it
15. Projecting columns at end of wall
16. Fasten, at sea
17. Gradual
18. Attack a fly
19. Winged
20. Excessively sensitive
23. Spool
24. Golf position
25. Lao-____
28. Books of maps
31. Madrid Mrs.
34. More robust
36. Jamaican popular music
37. Large jug or pitcher
38. Reticent
42. Principal
43. Copycat
44. Small branch
45. Foul
46. Misgovern
49. Become firm
50. Dispenser candy
51. Sisters
53. Fate
60. Gnu cousin
61. American space agency
62. Winglike parts
63. Related to the kidneys
64. Camaro model
65. Sets of equipment
66. "The ____ has landed."
67. Small horse
68. 3:00

Down

1. Deep wound
2. With skill
3. Failure
4. Not as many
5. Hunting dog
6. Ill
7. Ollie's partner
8. Panama and bowler
9. Barbed-wire barricade
10. Contradict
11. Norwegian king
12. Go out with
13. Storm center
21. Give guns again
22. Pertaining to the small intestine
25. Pollex
26. Capital city of Yemen
27. Spanish hero
29. Grant portrayer
30. Travel on snow
31. Moves through water
32. Theatrical entertainment
33. Give it ____!
35. Great length of time
37. Greek vowel
39. Corn
40. FedEx rival
41. Sports area
46. Interfere
47. Complete agreement
48. Insanity
50. Pertaining to punishment
52. Post
53. Entreaty
54. Tolled
55. Cut
56. Edible corm
57. Hip bones
58. Cereal grain
59. Resting place
60. Before



PAGE 55 SUDOKO PUZZLE SOLUTION

3	8	7	5	2	1	6	9	4
2	9	4	6	3	7	1	5	8
5	1	6	4	8	9	7	2	3
4	3	1	2	5	8	9	7	6
6	5	9	3	7	4	8	1	2
8	7	2	1	9	6	3	4	5
1	6	3	7	4	2	5	8	9
7	2	8	9	6	5	4	3	1
9	4	5	8	1	3	2	6	7

Great Reveal

The Power of Numerology

“What the heck is numerology and what can it do for you? I had the same question 40 years ago and because of my interest in the meta-physical world I started devouring everything I could find on numerology. The more I read the more fascinated I became. I taught myself how to calculate my personal numbers and was surprised how amazingly telling the information was to my experiences. I then incorporated numerology into my life. It has given me the power to have a greater control over my life’s experiences.

“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, who is generally accepted as the ‘father’ of numerology. Why is numerology still in use and of interest to so many even today? It is because it works, that is why.

“There are over 900 calculations using your full birth name and birthday. Understanding your unique blueprint will literally change your life.

“I took a leap of faith 14 years ago and left my corporate finance career to take my numerology knowledge and natural intuitive ability into the world to see if I could make a difference. I have no doubt that I have made a big difference as my clients keep coming back for regular updates.



LAURA YOUNG
NUMEROLOGIST/LIFE COACH

“Being aware of my own personal numbers and the cycles that I move through has given me a wonderful tool that I have used to radically change my life. It is my true desire to teach this knowledge to others and help them to transform their lives, too.”

- Laura Young

HOW CAN NUMEROLOGY BENEFIT YOU

- 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.
- And so much more.

September Numerology

by Laura Young

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

The number for September is 8. To calculate your personal number for this month add the month of your birth to the day of your birth and then add the number 8 to this number. For example, if your birthday is January 5th: Add 1 (January is the first month) to 5 (day you were born) together they equal 6; then add the 6 with 8 (September's number) the total is: 14. In numerology double digits are always added together and then reduced to a single digit. Take the number 14 and add the digits together: $1+4=5$. If you were born on January 5th your personal number for this month is 5.

Do the same exercise with the month and day of your birth. Once you have determined your personal number for this month match it up to the corresponding forecast I have outlined below. If you have any questions or run into difficulty send me an email.

1. A shift is coming. Are you really ready for it? Get busy and plant new seeds and make radical moves, now. Finally, the past is behind you and you can advance, or... not? Take advantage of this critically important period. Use it well, my friend.

2. Many of your projects will slow to a snail's pace this month and you will be forced to be patient. There may be a few delays and frustrations that create a large knot in your forehead. Find Zen early and stay there, no matter what. Pushiness pushes back.

3. Renewal and healing are the focus for you this month. You may even consider this a time of 'rebirth of self' after many life challenges. Take the final lick of your wounds and let the pain go. This period would also be ideal for selling, writing or promoting yourself, or your ideas. Your creative juices will be flowing, so use them.

4. I really hope you experienced some down time in August, as September squeezes you into a period that requires discipline, fortitude and productivity.

Put your nose on the grindstone and keep it there. Do it now, benefit later.

5. Stay loose as you will experience a multitude of twists and turns in September. Prepare to take advantage of new opportunities. Look for them. Take the reins and steer, now. Watch your mouth, as you might say something that gets you into trouble. Use the soft sell approach this month and you win.

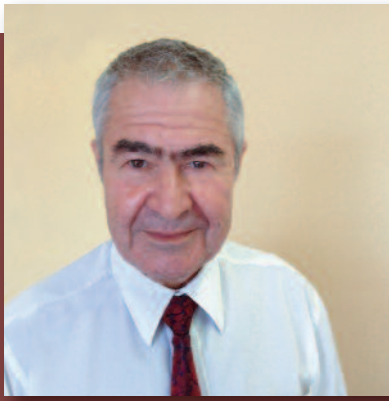
6. Everyone needs a huge chunk of you in September and you might feel that there is not enough 'you' to go around. Remember to pace yourself. Use this month to catch up on house or garden work and renovations. Try to focus on family issues that need to be resolved. Also, this is a 'we' month not a 'me' month.

7. What have you been focusing or stressing about this year? Whatever it is, you might find that your head is full and close to bursting, now. Try to remain calm and get professional help if you are on the line. Save all major decisions until October, if possible. This is a 'me' month and not a 'we' month. Water the plant called 'me', now.

8. Are you being tested and evaluated this month? The chance of recognition or advancement is emphasized, so watch your posture. Career and money issues are in your face. Get ready to work hard and move ahead. Keep your eyes wide open for a richer world, now.

9. Can you kick back and take a holiday this month? If not put a big effort into finishing your 'to do' list and clear a path so that you can start new projects and suck up a powerful energy that is coming in October. Finish, excavate and prepare, only in September. There may be an ending or drama that causes you to panic. Try to remain calm, clear the path and let it go.

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 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: My guy (I will call Todd) has never had many friends. Recently, he met a guy (I'll call Tom) who is separated from his wife. They became fast friends to the extent were I feel like a third wheel around them. I have complained to my boyfriend but he shrugs his shoulders and says I want him to myself. He says I don't want him to have friends. It is now to the point were Tom is at my boyfriend's most nights after work then he comes on Friday and stays over to Sunday. I want my guy to have friends but this is ruining any chance we have of being alone together. It is also affecting our sex life? Help, what can I do to get my guy back?

– **THREE'S COMPANY**

DEAR THREE: It's normal for a guy to talk with another guy when he is going through a divorce. But I think your guy is going overboard by letting him sleep over on the weekends. I have a couple of suggestions. You tell your guy to choose either his girl or his friend.

Or say you'll give him time and space so he can be there to help his buddy. But when he's finished babysitting his friend and is he ready to be with his girl, you may not be around.

DEAR JOHN: I think my sister has feelings for my man. Every time he is around she acts like he is the only person in the room. In fact when I speak to her I need to repeat myself because she seems lost in his presence. I've asked her about this. She says I am being silly. I have also asked him and he says he never noticed. Yet, I think something is going on because when they think I am out of sight they turn and look intently at one another then turn away when I enter the room. Should I be concerned? – **SISTER**

DEAR SISTER: So, boyfriend denies having feelings for your sister. There's a way to test what he thinks of her. Next time the two of you are being romantic in bed ask if he's okay with your sister joining in. Remember, men are men. You'll have answer. If he says, 'no' I would take that to mean he has deep feelings for her.

DEAR JOHN: My husband told me he wanted to make our sex life more exciting. He said to do that we should refrain and be celibate for as long as we could manage it. He said fantasizing about each other would drive us into a crazy state of ecstasy. That was 2 years ago. For over a year, no matter what I do it doesn't turn him on. They say if you don't use it, you lose it. But I wonder if he has only lost it with me? By the way he no longer drinks. And, he spends most of his free time at the gym. Any suggestions?

– **TURNED OFF TO TURN ON**

DEAR TURNED OFF: Is it possible there is a third person in this marriage? I find it curious that he is not concerned about your pleasure. He seems to be the only one benefiting.

Perhaps the idea of abstaining from sex was good for him because he could not please you and someone else at the same time? Maybe that is why he cut you off?

Have you asked him about couple's counseling? If he won't go – that's a problem. You say he picked up a hobby of going to the gym. I suggest you tell him you're considering picking up a new hobby – like a 20 year-old. If that isn't enough for him to show interest in you then maybe it's time for you to stay turned off of him and move on to someone else.

DEAR JOHN: My man is hairy and I like him that way. About two months ago he started to manscape. When I asked him why he said he preferred his body hairless. He knows I find a hairy chest very sexy. Do you think he should let his hair grow out for me or am I being too picky? – **NOW HAIR THIS**

DEAR NOW HAIR: It's time to change 'manes'

DEAR JOHN: I have been dating my lady-friend for a year. Everything is good between us except we don't have as much special time together as we once had. Lately, my girl spends our free time chatting or texting on the phone with someone else. She has a coworker who calls and/or texts about 3 to 5 times during the evening and throughout the weekend. My girl says it's a female co-worker wanting to stay in touch. When I asked why she contacts her so many times a day my girl became really upset and told me to stay out of her business. I think she is over-reacting. Do you think I had a right to ask, should I be concerned? – **CHAT LINE**

DEAR CHAT: Okay, she told you to stay out of her business, so why not take your business elsewhere. Are you two in a relationship or are you playing at one? In any case, the way I see it the odds are not in your favour. You

can stay with her (and keep quiet) or play. To play, have someone call/text you several times a day. But if you are looking for a long-term relationship there's a sign turbulence is ahead. The next time you ask about something she wants to keep private prepare yourself to hear something more harsh than to "stay out of her business." Sorry guy, I don't see a win here for you.

DEAR JOHN: I want my girlfriend's man and I think he wants me! He is always winking at me. He rubs my back. When I walk by he reaches out and touches my butt. He's so sexy. I spoke to my girlfriend about it. She thinks her man is straight. I think he's hitting on me. He knows I am gay. Should I make a move on him?
– READY FOR IT

DEAR READY: Hey, listen if you want a guy go out and find your own. This one is taken. There are so many guys out there, why are you focused on your friend's man? If you really think he is hitting on you ask him to sleep with you. That way you will know for sure. Remember guys and girls come and go but a good friend is rare to find. If this guy is gay, don't sleep with him but tell your friend she deserves to know.

DEAR JOHN: My boyfriend has restless leg syndrome. All night his leg moves up and down to the point of distraction (mine, not his). I find it so annoying I sometimes kick him to get him to stop. Any suggestions?
– ON THE MOVE

DEAR MOVE: Jump on top to stop his leg from moving – for sleeping get separate beds.

■ DO YOU HAVE A QUESTION about a person or situation and could use an objective answer – then why not Ask John? If we print your question it may be edited for clarity, brevity and/or grammar. Send your query to advicestatus@yahoo.com

Sudoku

SUDOKU SOLUTION IS ON PAGE 51

Sudoku is a puzzle based on logic. There is no guesswork in Sudoku. It requires analytic as well as sequential thinking. This is a game of accuracy. The goal is to have every square filled with numbers 1 through to 9. For example, if a row includes number 3, 5, & 6, then you can only add in the missing numbers of 1, 2,4,7, 8, 9.

However, the correct placement of numbers is the challenge. Numbers cannot be duplicated within their horizontal or vertical rows in the square nor can they appear in the same row in the puzzle's grid. May we suggest a pencil versus a pen until you hone your technique.

–Good luck!

	8	7	5					
2		4				1	5	
				8	9		2	
				5	8		7	
6								2
	7		1	9				
	6		7	4				
	2	8				4		1
					3	2	6	

More Food For Thought

“The answers are always inside the problem, not outside.”

- Marshall McLuhan

“Once the game is over, the king and the pawn go back in the same box”

- Italian Proverb

ANSWERS FOR CROSSWORD ON PAGE 51

1	2	3	4	5	6	7	8	9	10	11	12	13										
G	A	F	F		B	U	S	H		A	B	O	D									
14	A	B	L	E		15	A	N	T	A		16	B	E	L	A	Y					
17	S	L	O	W		18	S	W	A	T		19	A	L	A	T	E					
20	H	Y	P	E		21	R	S	E	N	S	22	I	T	I	V	E					
					23	R	E	E	L			24	L	I	E							
25	26	27		28		29	30	31	32	33												
T	S	E		A	T	L	A	S	E	S		S	R	A								
34	H	A	L	E																		
					35					36	S	K	A		37	E	W	E	R			
38	U	N	C	O	M		39	40	M	U	N	I	C		41	A	T	I	V	E		
42	M	A	I	N			43	A	P	E				44	R	A	M	U	S			
45	B	A	D			46	M	I	S	R	U	47	48		49	S	E	T				
					50	P	E	Z			51	N	U	N	52	S						
53	54										55	56	E	S	T	I	N	A	T	I	O	N
60											61	N	A	S	A		62	A	L	A	E	
63	R	E	N	A	L					64	I	R	O	C		65	K	I	T	S		
66	E	A	G	L	E					67	P	O	N	Y		68	E	A	S	T		

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