



# La Sirena

Fresh catch of the month!

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www.ladiesonthego.ca



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## Scary Sea son

Autumn! A season of holidays...and emotions.

Thanksgiving & Halloween: gratitude and fear.

Whether real or imagined, a fearful or anxiety-ridden situation (**Boo!**) releases a cascade of stress hormones that are designed to prepare the body for Fight, Flight or Freeze. On the other hand, a sincere feeling of gratitude, like other positive emotions, releases a cascade of hormones that

result in a sense of well-being and peace. When the whole system operates in a balanced way we can think clearly and respond more appropriately. **Feeling good is good for us.**

So, when the little witches, ghosts and pirates ring your doorbell, replace the boo with a smile and offer a real treat.

[Changeofheart@shaw.ca](mailto:Changeofheart@shaw.ca)  
[www.changeofheart.ca](http://www.changeofheart.ca)



Christina Erickson Finally Fluent

## Sailing on....

**Death. La muerte. La mort.** The night before my grandfather's death, I sat by his hospital bed and understood that he wouldn't live long, that he didn't want to. He had been singing hymns about heaven for six years since my Grandmother died. Against the walls his bright joy contrasted sharply with the dark shadows I had imagined to accompany death.

**El Día de los Muertos** seems the perfect yarn to knit his happy hymns to my loss. Every November, Mexico honours their dead

with tears, tombstones and treats. On the 1<sup>st</sup>, they remember the "angelitos" that died too young, the older "muertos" on the 2<sup>nd</sup>. Gathered together in their sorrow, mourners adorn tombstones with streamers and floral crucifix, lighting candles to guide the spirits' travels at night. Children savour skull-shaped candy... a light-hearted attitude I now appreciate. My grandfather was excited to pass on and now I am excited too, excited to start a new tradition of honouring him every year.

## Travel Turkey for Thanksgiving

A maidens-only club from Village Travel & Cruises, "**Ladies on the Go,**" has come ashore from a two week tour of Turkey.

We waved to our families from Istanbul, Ankara, Cappadocia, Antalya, Pamukkale, Kusadsais, Izmir and Canakkale! The highlight was my **Turkish bath.**

First, a sauna warms you up and opens the pores. Then, you lie on a heated slab of marble feeling like a fish out of water...until they pour it all over you and begin the exfoliation process. Scrubbed like an old pot,

you are lathered up and massaged until you shine. Finally, rinsed with buckets of warm water, they wrap you in a fluffy white bathrobe and release you into a comfy chair to sip hot Turkish tea.

If only they would let me bring home a couple of those lovely Turkish fellows to open my own Turkish Bath!

**Rendez-vous** with "Ladies on the Go" Sunday, Oct 28 to discuss le shopping weekend to Portland and the tour d'Égypte. Elgin Hall, 14250 Crescent Rd White Rock



## Safety-Net

Are you swept up in the current and assuming your computer will take care of itself? Make informed choices about your **seacurity.**

**Don't go down with your ship!** Back up your important information often and save it on a separate device.

**Don't catch a virus!**

If an email's subject or sender looks suspicious, you might want to request confirmation of their identity. If you want to open it, you could first

try saving it to your hard-disk and scanning it with an up-to-date antiviral program.

**Swimming in chain-mail?** Any unsolicited emails, including chain e-mails, are considered spam. Forwarding or replying to these emails overloads the internet traffic.

**Dock at The Tech Shop** and stock up on the latest computer tips and treasures: 1561 George St., White Rock. 604-541-4644

## Drowning in decisions?

The **CHOICES** Series offers personalized training that helps you discover your own answers. It is a proven program that combines seminar-format instruction with practical exercises and interaction between participants. It is designed to meet you where you are. Whether you want to improve the quality of your relationships, be more effective at work, learn how to communicate more clearly, or be a better parent, husband or wife, we can show you the tools.



#204 – 1561 George Street,  
White Rock Tel: 604-536-3900  
[vancouver@choicesseminars.com](mailto:vancouver@choicesseminars.com)  
[www.choicesseminars.com](http://www.choicesseminars.com)

## Sea shore sea floor

Selecting a surface to install under-fin can leave your mind swimming! Here are some important considerations to help you sift through the flooring samples:

**Santé:** Does your family have allergies or asthma? Might someone slip on the surface? Wood and ceramic are both hard surfaces that help manage moisture, allergies, and are easy to clean. Some ceramic tiles have great traction too!

**Durabilité:** Will tadpoles be tromping through often? Will the floor be exposed to moisture?

1567 George Street, White Rock. Tel: 604 535 7593

You can learn how to free yourself, to measurably increase your self-esteem and self-confidence; and to create a life in which you are in charge and able to enjoy the things you know you deserve.

**CHOICES** can be your stepping stone to a life that is fuller, richer and more secure. You'll find something that will involve you in a more active, personal way than drowning yourself in the never-ending stream of self-help books.

Does the warranty warrant wariness? Ceramic tiles are great for maintaining their appearance and partner well with radiant floor heating.

**Utilité:** How often are you willing to clean and maintain the floor? How much will the materials and installation dip into your treasure chest? If sound is a concern, wood could be wonderful and comes in a forest of colours and forms.

For more tips visit:



## Splash in Fashion!

The hunt for holiday dress is ON!

Here are some quick tips for fabulous frocks that fit, flatter, and can even conceal evidence of the season's abundance of treats!



**You flatter me!**

**¡Me adula!** Belts on dresses are hot this season, and can help create a useful optical illusion! Try one with an extra long belt that can wrap around and still have long ends. This double victory tricks the eye with its vertical appeal and helps to divert attention away from the tummy.

**Wrap it up!**

Wrap dresses are my favorite, for their adaptable, nearly universal fit! After an eight course meal

with wine and treats, I can enjoy the comfort of an undone button while keeping my gorgeous garb in-tact!

**Hot tip for the road!**

The lovely ladies at Narcissist are a lark and adore dress-up! Visit them for the ultimate in girly guidance for that dazzling dress!

Narcissist Design Co,  
# 102 - 1548 Johnston Rd,  
White Rock  
Tel: 604.542.7122

## Sea the Sixties' Influence



When the rhythmic beat of the 'Summer of Love' anthem "*All You Need Is Love*" hit the charts in 1967, hippies were already engraving their culture into the history books of our planet; setting standards that would continue to influence generation to generation. It's been 40 years since and we now understand their insightful call for **environmental balance** as we plead for a smaller carbon footprint today. We've replaced the VW gas-guzzling-van

option with hybrid's, electrics and bio-fuel surrogates. Gone are the scratchy organic t-shirts and welcomed are the **sublimely soft organic** alternatives. And even though the flower-power girls, that once filled gun-barrels with daisies, may be gone, we continue to build upon their influences today.

Vanessa Blake  
Kubuga™ Fairtrade  
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