



*create*  
THE  
*ripple*  
Magazine

# Issues That Matter to Men & Mental-Wellness

## Dr. Ganz Ferrance

*talks about men's psychological health*

**MEN DON'T CRY  
DON'T BE A SISSY!!!**  
Kelly Wheadon

---

**Man Up!**  
Morgan Berry

**Mental Illness – It's Not  
YOUR Problem, it's OUR Problem**  
Corey Poirier

---

**Men vs Women**  
Damon Nailer



# Letter From The Editor

## MARCH 2021



This month the magazine chose to focus on men... Men's issues, issues that matter to men, issues around being a man. As a publishing team of women we are delighted by the number of men who shared their thoughts on being a man, on "manning up", and some of the challenges facing men today. We thank you!

As I started my outreach for authors and contributors for this issue, I was met with mild to moderate resistance. It seems a lot of men were more than a little suspicious of my intentions. This was enlightening and fostered some great conversations.

I'll be honest, I struggled to know what to write in this letter from the editor. I think because men's and women's issues are so near and dear to my heart. I currently find myself locked into a divorce debate, one which I am praying a swift and beautiful peaceful resolution to. To be honest, that struggle is part of the reason I wanted to talk about these issues. We don't usually learn the most about ourselves when things are going well, we learn the best parts of ourselves when things are not going well.

To that end, I am actually going to borrow some beautifully written words from our advice columnist Trelawnie Gartner. [I encourage you to click here](#) and go read her full article. It's a powerful one; and it spoke to me in my intention, hope and heart for men, women, and how we continue to grow and interact with each other moving forward.

"Past conditioning can be rewritten. Society needs to do better. Individuals need to do better. We as women, need to do better by our men. Ask how they're feeling and allow the space for them to answer. Become a safe place for the men in your life.

We as women can no longer demand equality in treatment and then still hold a man down and force him to be what he was once only allowed to be.

He may be a man, but he is also a human. With emotions and feelings and the desires to be seen, heard, appreciated, valued and loved just like every other human being. "

"Thank you for being brave. Thank you for speaking out about these unfair demands men are still facing. Thank you for helping to pave the way for change. Please keep standing up and speaking up."

You are not alone.

{WE} see you."

# Fresh Starts

*Next Months Issue is all about Fresh Starts and will feature a Story about how Susan Binnie our Managing Editor has created her very own fresh start and how she is creating a ripple.*

*To submit your story for Aprils Fresh Starts issue, please submit your article [here](#). Unsure how to write your story, see [page 16](#).*



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Dr. Ganz Ferrance



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# Thank You to Our Contributors

Create the Ripple Magazine would like to thank those people who continue to believe in this idea - you make this possible!

By clicking on their name you can go directly to their article.



**Dr. Ganz  
Ferrance**



**Corey  
Poirier**



**Damon  
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**Robert  
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**Dr. Candice  
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**Sweetness  
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Terri Marie**



**Rob  
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**Kelly  
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**Candice Smiley**



**Susan Binnie**



**Ryschell Dragunov**



**Trelawnie Gartner**



**Christina Giese**



**McKenze Martin**



**Caitlin Banks**



# Meet the Team

## *Candice Smiley – Editor in Chief*

As Editor in Chief, It's my goal to make sure our contributors feel valued and receive value for being involved. I carry (and share!) the vision of the magazine and decide on the monthly theme of the publication. I have the honour to make the final decisions on what goes in the magazine, making sure that we deliver on our promise to add value. I support the creative team energetically and oversee the marketing and promotional outreach. I am a mom to an amazing little girl, a girlfriend to an amazing man, a social marketer with an amazing online values driven company, a thought leader and multi-entrepreneur to other people, places and things.



## *Susan Binnie Managing Editor*

As Managing Editor it is my goal to provide our readers with a clear and concise story. I am passionate about helping our contributors provide value to their potential clients and all who read the magazine. I love seeing the stories come to life once they are designed to leap off the page into the hearts and minds of the readers. I am a storyteller and I enjoy helping others tell their story. I bring my ability to coach in this way to the publication, I am here to help YOU in any way I can. I am married, have 4 children and 4 grandsons. I am honoured to be a part of this publication as it aligns with my vision to raise the vibration of the planet, one story at a time!

## *Trelawnie Gartner – Editing Assistant*

As the Assistant Editor, my role is to step in to proof read articles, be a "second set of eyes", and to support the Managing Editor and the Editor in Chief in their roles... especially in the crunch time at the end of the month so we can go to "press" on time. As our resident Advice Columnist, its my role to bring a bit of fun and reader engagement to the magazine community as a whole.



## *Christina Giese – Social Media Manager*

As the Social Media Gal on the team, its my role to make sure that I support our outreach goals as a referral community. Its my passion to organize the outreach so it is effective; and most of all, supports your goal of being seen and read all over the world!

## *Ryschell Dragunov – Head of Design*

As Head of Design I am excited to be the "Image Creating, Font Loving, Text Juggler" who brings this Magazine to life. Passionate about creativity; I have dabbled in face painting, jewelry design, book design & fantasy creation. I enjoy working on my creative fantasy space, which has been lovingly dubbed the "Fairy House". I graduated U of A with a BScHEc focused on Clothing and Textiles, Photography and Typography. I have taken all this creative passion and poured it into developing my experience in Graphic Design. A can do attitude means there are no obstacles. Enjoy.







# Men's Psychological Health

## At Work and At Home



By Dr. Ganz Ferrance

personal, social, and financial cost of workplace stress and other factors that wear us down mentally and emotionally.

**A couple** years ago the Canadian Government recommended guidelines to protect and enhance the psychological well-being of workers at their jobs. We are becoming more and more aware of the

**This is even a bigger issue since COVID showed up.**

The government and workplaces are starting to take this more seriously and make changes for the better. However, it's still up to us to look after ourselves both at work and on our own time.

## HOW BIG is this PROBLEM?

***You are not alone!***

The WHO recently recognized burnout as a major global health concern. WCB claims are now predominantly emotional vs physical in nature. 78% report that mental health was the main cause of missed work. 25% of employees are at risk of burning out in the next 12 months. 75% of employers consider stress as their #1 health concern

This cost billions of dollars to the economy every year. The bigger cost however is to you the worker, your family and your coworkers. This puts huge stress on relationships and family finances. It's a "perfect storm of stress" with more and more stress building with each incident (work, lost time, relationship stress, financial stress, guilt, shame at letting the team down, and misunderstanding from others because they can't "see" the emotional injury).

## WHAT DOES WORK STRESS LOOK LIKE (symptoms)?

It can show up as burnout, depression, anxiety, lack of energy, sleeping too much or difficult sleeping, irritability, low sex drive; or even physical problems like high blood pressure, nagging aches and pains, frequent headaches, and frequent colds (especially when you finally get some down time). Right now around half of the visits to family Physicians are for depression and related issues. The problem is that once you get caught in the stress vortex you have to work harder and end up getting less done (and not doing it as well). This is a recipe for burnout and other problems. Even your down time is affected. How many times have you gone on vacation and had to take the first week or two just to unwind? You only really start to enjoy yourself when it's





time to go back home. If it's really bad you end up getting sick every time you take your

foot off the gas in your life. So whether you are a shift worker, business owner or a stay-at-home parent here are a few things you can do to guard, and even improve, your psychological health.

light. If you don't have the ideal work situation then start looking around if that's an option for you. If it's not an option see how you could improve your personal work setting and talk to the decision makers to help them see that some small changes to the environment or way you're managed will yield big dividends in less lost time and improved morale and productivity.

## 2. Build missing factors into your life.

Sometimes you can't get what you need from work. In that case be deliberate about getting what's missing on your own time. Remember, this whole approach is to make YOUR life better. Get natural light and exercise by going for a walk in the fresh air and sunshine during your breaks. Get a sense of purpose and contribution by understanding how your work fits into the larger context of the company, society or your personal or family mission. If your work is mostly solitary then build in more time to connect with others in your non-work time.

## WHAT CAN A GUY DO?

### 1. Recognize healthy vs. unhealthy work environments.

Some features of a healthy place to work are: reasonable, clear and consistent expectations; some control over your work (autonomy); the right predictability-variety balance for you; context and meaning to what you do; a feeling of being part of the team (if you work with others); and the right solitude-interaction balance for you. There are also physical factors like a pleasant and organized workspace, good ventilation, sound insulation and natural

impact



(This is especially important for you stay-at-home parents and care-givers.)

### 3. Take real breaks.

Lots of people eat their lunch at their desks while they keep working. Others take work home or on vacation. It is important to establish "work-free" times and places so your body and brain can get a real break. This is a little known secret that hugely reduces your stress and makes you 2-3 times more productive than if you just keep your "nose to the grindstone". By not having some of your brain always at work you free up your creativity and have better focus when you actually do choose to work. Your immune system will also thank you because it gets a chance to let down and regenerate. (Again, especially important for business owners, stay-at-home parents and care-givers, those working from home, and those of you on-call.) This can be as simple as stopping what you are doing a few times a day, closing your eyes and taking a few deep breaths - or turning off your work phone when you are not on the clock. It is also good to silence all the social media alerts and set "office hours" for when you'll be on social media or respond to others (work related or personal). You're actually in charge of your own time. Remembering this helps you reduce your stress.

### 4. Make sure your equipment is well maintained.

If your tools, equipment, or vehicles aren't working well then it's hard to do the job. At work, but more importantly, at the job of your life you and your physical well-being are your equipment. Most of us don't really



get that your own "personal maintenance" is even more important than looking after your stuff. This is your reminder. There are four basic pillars that support good physical health:

- **Sleep.** About 8 hrs and 15 mins along with a consistent sleep-wake schedule is what works best. If you're not getting quality sleep all the other stuff you do won't be as effective.
- **Eat right and often.** Your body needs a consistent supply of good fuel (this makes your brain happy and efficient too). You don't put kerosene in a Porsche. So think about giving your body high-performance fuel as well. Also don't go too long between eating. When your body can trust that the fuel supply is consistent and available it relaxes and works better. Hydration (drinking enough water) is also important. This is like making sure your equipment is well lubricated and doesn't grind or wear out.
- **Exercise.** This one is especially important during COVID as so many of us are working from home and are less active. Moving throughout the day keeps the blood flowing to your body and oxygen



getting to your brain. All those aches and pains will feel better and your cells will love you for it.

- **Mindset.** Working on being positive and celebrating wins both help you to feel and function better. When your mind is happy your physiology gets the memo and comes along for the ride. You have way more energy and are more effective in everything you do.

***It all boils down to this simple phrase:  
"The Better You Feel  
The Better You Do!"***

**5. Build a relationship with a good Psychologist.**

This is both prevention and cure (and even enhancement). The Psychologist can help you engage in an on-going personal growth program. This gives you some significant advantages: there is someone that can catch you early when things start to drift but before they become a major problem; you will have a sense of moving forward in your life (which is a great protector from stress and depression); and you will probably advance faster and farther in your career because "your output is only as good as you are". If something major does come up you already have a working relationship and comfort with someone that is trained in helping you get back to your best.

***Not all of us are blessed with  
a great work situation but  
everyone can use these tips  
to help guard your  
psychological health  
and feel your best.***

# Ask Dr/Ganz<sup>co.</sup>

PRACTICAL DOWN-TO-EARTH ADVICE SO YOU CAN DO BETTER

Registered Psychologist, Dr. Ganz Ferrance, is a Speaker, Author, and Coach. Since the early '90's Dr. Ganz has been helping individuals, couples, families, and corporations beat BURNOUT reduce their levels of stress, improve their relationships, and enjoy more success.

Known for working with toughest of the tough including fourth generation gang members, hardened oil and gas workers, battle tested CEOs and entrepreneurs, and stressed out law enforcement officers, Dr. Ganz is truly a master at showing people in high stress occupations no-nonsense, practical strategies to stay focused, make healthy decisions under pressure and boost communication skills to reduce conflict during difficult situations.©



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HIS TEAM**

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impact



# Where Have All The Men Gone?



Photo by Kayla Koss on Unsplash



By Candice Smiley

**This** is not an article about how men are awful, but it is a poignant expression of where I am, how I got here and what I've discovered along the way.

*I used to ask, where have all the men gone?*

Angry and bitter from relationship after relationship that went sideways or ended up in the same place of being broken, I usually said these words to hurt and wound the men around me.

*That wasn't kind.*

So many of the wounds I bear are from men, inflicted from their own wounds. That is an old story. Adam, when questioned by GOD in the garden said, "Eve, the woman you gave me, gave me the apple and so I ate it." Pass blame, don't step up, resist responsibility -

*I've known a lot of men like that.*

So many relationships.. **The young man** who sexually assaulted me at 17; he was my 24yr old boyfriend and he had "needs" that I "should have understood". He ran away and hid when my dad caught us. I bore the brunt of his anger and years of shame and self loathing. --- **The man** who dated me for four years and left me with \$350,000 worth of debt, fled the country and left me to deal with the fallout of his debts, embezzlement and ruined reputation. I learned about fore-closures and financial proposals on top of the heartache with that one. --- **To the man** I married the first time... who, when he heard we would be having a baby simply shut down. Nothing scarier than realizing at 3 months pregnant you will be responsible for this baby, alone. I didn't plan on being a single mom - and I wish I had had the courage to swallow my pride and leave then.



So many constant battles. I wish there was a man who could speak to my (would be) ex husband. To hold space for his pain, hold him accountable for his parental responsibilities and support him to learn to communicate with me in a way that is kind and productive; that honours our co-parenting relationship.

*I was blessed to be raised by a good man, who loved my mother and still does to this day.*

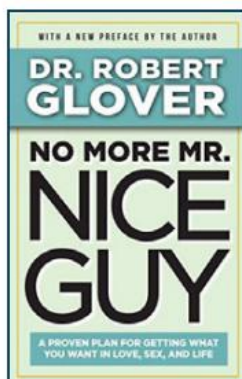
I was cared for lovingly by a grandfather who was the strongest man I knew. We had a special bond and I've often said I was only hurt by guys who didn't know my father or grandfather. The men's honour code really is a thing.

Now, I know the question to ask is why have all the men gone? We have a generation of men raised by women, fed from the bottle on a steady stream of feminist ideals. These are men afraid to do anything... Afraid of the backlash of being men? Men who don't take the initiative or action. Men who shy away from being initiators or providers. Men who have yet to heal the anger and the shame, and so pass the buck to the women in their lives.

This made me angry and bitter for a long time. Until I took radical responsibility for my life. For not having boundaries, for not knowing how to be vulnerable to be strong, for shying away from hard things... because I was raised on a steady diet of "Disney" Prince-Charming-will-save-me bullshit. This really didn't set me up for success in relationships or with men. I had these

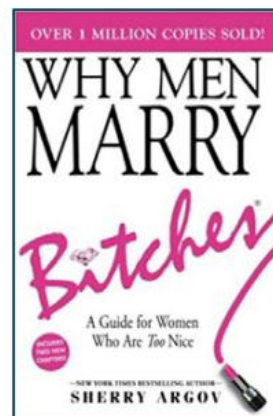
expectations of protection and support; of how a man should be. I believe this all set up the men for failure. I was adept at covert contracts because I was not adept at asking for what I wanted or needed.

**Side note:** I have given out this book by Dr. Glover entitled



[No More Mister Nice Guy](#) (that link gets you to the book!) about nine times since I have read it. It had such an impact on me!

I was afraid to ask for what I might want. I was afraid to be by myself. Like so many women I desperately wanted to be loved, seen and accepted for who I was, but I didn't know who that was. We want to be good at love but we never really take the time to learn how to be. (Art of Loving - Erich Fromme- ([Grab the book!](#)) ). I had to first go from "Doormat to DreamGirl", [grab that book here](#) -



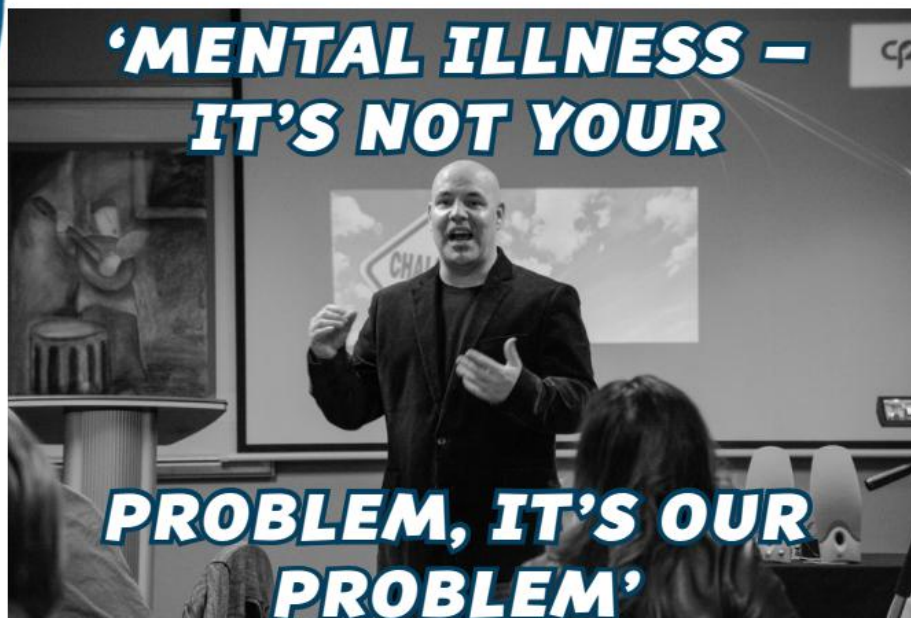
*I wrote all of this to say that the change really happened when I stopped blaming all the guys who hurt me and let the blame settle where it needed to.... On me...*

I was wounded because I allowed my boundaries to be crossed. I held the wound like a shield and chose to play the victim. I needed to take responsibility for every thing, so I could finally have the courage to look for the solutions. I found the courage to make the changes, set new boundaries and do the healing work.

I also found the courage to call out the misogynistic behaviour as it happens. Calling up the men to man up! Finding the courage to soften and be strong in the face of the angry, disrespectful former husband. Setting and maintaining boundaries! Raising a daughter who can say no and recognizes inappropriate behaviour, A daughter who will set her own powerful boundaries!

uplift





By Corey Poirier

We don't hear about it near as often, but I know first-hand that men also suffer mental health issues. From the time I was quite young, mental illness had an impact on my family. My Mother is bipolar, and had two nervous breakdowns before I was 16.

Still, even though they say it runs in families, I was 100% certain mental illness would never impact me directly. I was wrong.

By the time I was 19, I was dealing with generalized anxiety that at times was nothing short of debilitating. I experienced good days and bad days but there was no question that Mental Illness didn't skip me by.

On the bad days, it seemed like things would never be better. On the good days, I simply prayed for more of the good days. There were more bad days than good days at the time. Basically, my mind never stopped. I had a tough time sleeping more nights than not.

Doctor's prescribed stuff with varying degrees of success. At best, they all came with noticeable side-effects. Then, I moved across the country. Maybe I felt things would improve if I was in different surroundings. They didn't.

I took a position with a Fortune 500 Company and instead of things getting better in light of my improved financial and career outlook, I got more anxious.

By this point, I was making sales calls, and facing daily rejection – this did little to help my anxiety. The irony is the better my career got, the worse my anxiety got.

Until, I was sitting in a Doctor's waiting room one day and read a story about Michael J. Fox and his young Parkinson's diagnosis. What followed, almost literally started the next day, was a battle with hypochondria. Not only was my mind constantly racing, I was also constantly self-diagnosing and thinking I had any new disease I had read about – complete with the symptoms.

Every week it seemed to be something new. I felt like it would never end. In all, I battled Anxiety and Hypochondria for a little over 4 years. It only finally ended after I moved across the country for a second time.



For about a year my anxiety followed me across the country – as always, everywhere you go, there you are. I was still there and the anxiety didn't disappear simply because I moved, and changed my surroundings, again. Here's what actually did it.

I was working in the same sales career, same industry, different city, different company. Life looked the same, until it didn't. I had written a stage-play for a Fringe Festival. I was terrified of being on stage or in front of people in a public capacity BUT I loved writing. It was the big change, the only difference, between the two places I had lived recently.

Directing a play I had written in a festival, didn't clear out my anxiety all together, but it had diminished somewhat. Where it finally ended was when I was tricked into performing stand-up comedy one evening. I had 5 minutes to decide whether or not to take that stage and even though I was scared beyond belief, I was maybe more scared I would regret not stepping onto that stage that night.

I bombed (as we say in comedy when you have a bad night) that night. I went back the next week, and bombed again. And over and over...

BUT, an interesting thing happened. I started liking this public speaking thing, and people at work noticed that I had a jump in my step. One co-worker even asked me if I had fallen in love. I guess in a way I had.

I had started to discover a passion, and without me even realizing it, my anxiety and hypochondria, had all but disappeared. My true passion ended up being speaking professionally but stand-up comedy was kind of like a gate-way and also a great training ground.

This transformation that I had experienced personally is perhaps why I'm so passionate about helping people discover their purpose and even why I wrote my book,

## The Book of WHY (and HOW), to help people discover their purpose.

Today, I can honestly say those days filled with anxiety and hypochondria are a distant memory, but my understanding of mental illness and the fact that men do experience it, and that it can be truly debilitating, are always front of my mind.



I also won't pretend to claim that finding one's passion and purpose is the cure for anxiety but I can tell you that for me, I discovered that hypochondria is a negative energy and purpose is a positive one. I also discovered they both couldn't live in my body equally and so the positive in many ways pushed out the negative.

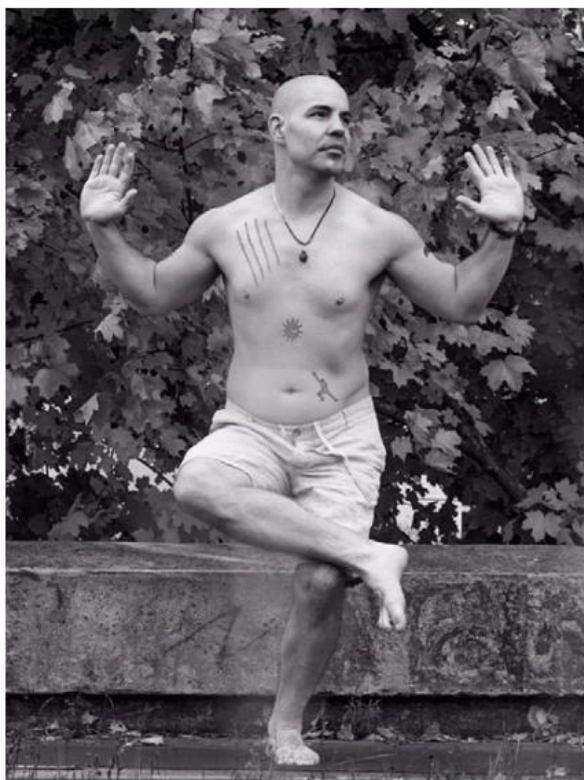
Now, as strange as it may sound, I wouldn't wish away one second of my journey - I actually believe my journey played a big part in the work I do today, and who I am today.

But I do have a hope for this article. It is my hope, in you reading this article, that you further understand that Mental Illness doesn't discriminate. It treats everyone equally and doesn't simply skip someone just because - and as noted, in the Bell Talks campaign, the only way for us to ultimately deal with this

promote



massive issue, is to talk about it enough, and embrace it enough, that we eventually remove the stigma.



When I was growing up, I would have never viewed someone with my life today as someone who could have a mental illness. A bestselling author, a multiple-time TEDx Speaker, a podcaster, someone who has had the opportunity to interview some of the world's top influencers or speak at prestigious universities. I thought somehow if someone had achieved something at a high level, they were immune – now, we know that isn't true.

And I don't share any of the achievements above to somehow present myself as something, or someone, special – it's simply to say that no matter what you achieve, it doesn't give you a pass.

To that end, it is our responsibility to help reduce, and ultimately remove the stigma, that has accompanied this illness for far too long.

Will you join in?

Corey Poirier is a multiple-time TEDx, MoMondays and PMx, Speaker. He is also the host of the top rated 'Let's Do Influencing' Radio Show, founder of The Speaking Program, founder of bLU Talks, and he has been featured in multiple television specials and he is a Barnes and Noble, Amazon, Apple Books and Kobo Bestselling Author.

A columnist with Entrepreneur and Forbes magazine, and one of the few leaders featured twice on the popular Entrepreneur on Fire show.

He has also interviewed over 6,500 of the world's top leaders and he has spoken on-site at Harvard.



[Order your copy of the International Bestselling Book of WHY and HOW \(published by Morgan James Publisher, Foreword by James Redfield\) here.](#)

[Watch Corey's recent bLU talk filmed on-site at Harvard](#)

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Main Website



# Align Your Story With Your Purpose!

Learn the right story to  
share and how to  
**CREATE IMPACT**

Discover the purpose of your life, or the  
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*We are fortunate to have our very own story coach!*

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# Men vs Women



By Damon Nailer

**Let's** face it. The male/female species are two totally different, distinct creatures. The desires, actions, proclivities, strengths, and thinking vary between men/women. To illustrate this, I am going to contrast the two by

pointing out a few facts about the needs, composition and characteristics of both sexes.

## **Men love with the head, but women love with the heart.**

Men typically love with their heads more than with their hearts, which means they love more with their logic/reasoning instead of their feelings emotions like women normally do. This creates the "soul tie" and intimate connection for women. It's the heart that gets broken, which is the seat of our emotions, not the head.

**Men long to be loved physically, while women long to have all components of her being loved.**

Many men are mostly preoccupied with the physical aspect of a relationship while women are more concerned about the mental, emotional, spiritual, and physical aspects. Therefore, it is normally difficult for a man to commit to a long-distance relationship because the "physical aspect" will be missing. Additionally, if a woman's outward appearance changes over time, her male partner may possibly lose interest in her. As a result, it is usually easy to gratify a man- just meet his physical needs. As for a woman, it is complicated to satisfy her because her mind, spirit (heart), soul, and body must be stimulated. In essence, a man has to love her entire being, not just one aspect. This ultimately is a challenge for men because they are designed with an automatic numbing/disconnecting mechanism when it comes to feelings. Statistics even prove time and time again that men commit more violent crimes and



exhibit more aggressive behavior than women, which is due to their ability to detach emotionally. This same rule applies to relationships. Men can sometimes just go “numb”.

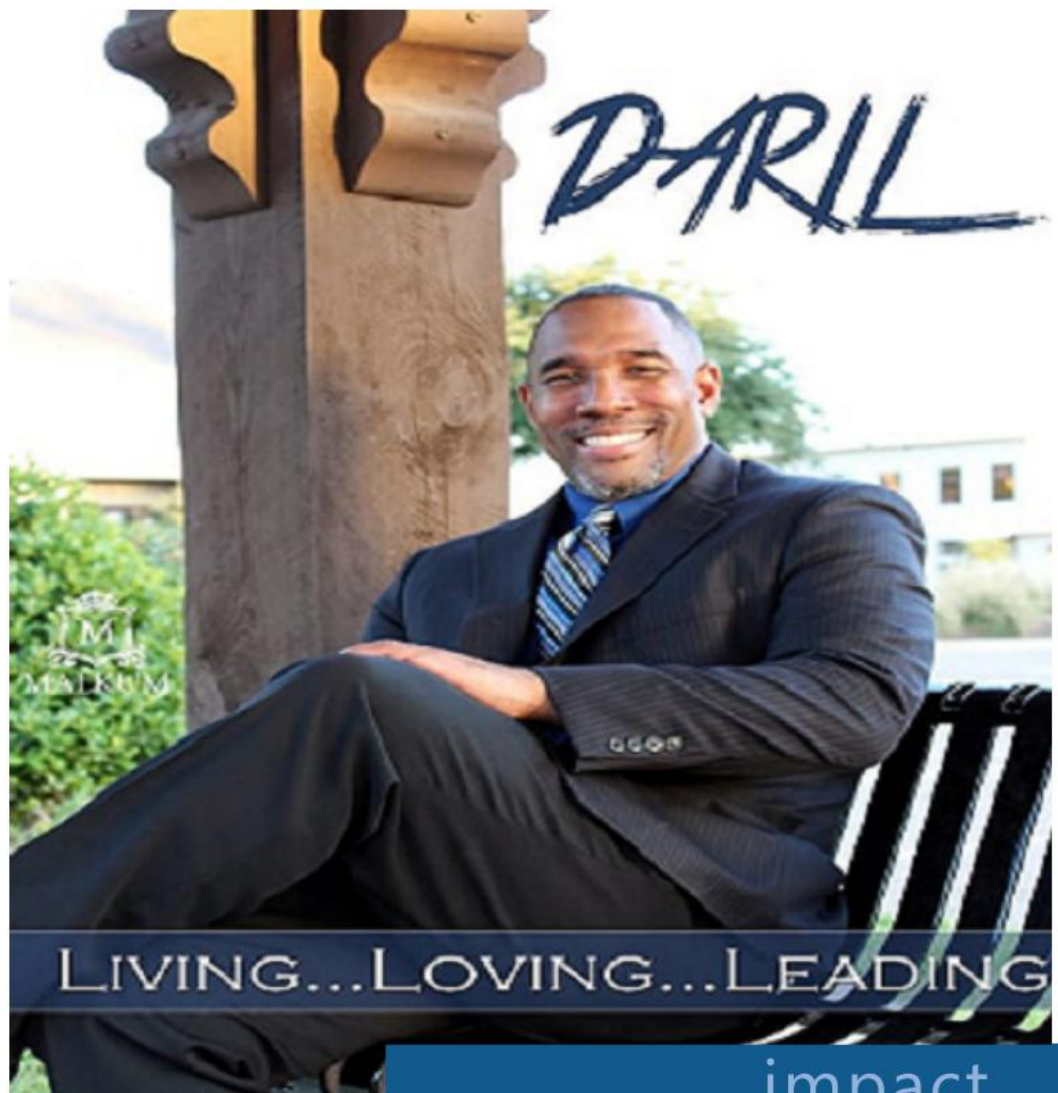
As couples, we must recognize these truths about each other and live accordingly. Men should be thoughtful, creative, and sentimental when demonstrating affection towards their mate and women should be cognizant of their physical appearance, so they can remain gorgeous in the eyes of their mate.

**Men are preoccupied with achieving the climax while women focus on and receive pleasure from experiencing the process.**

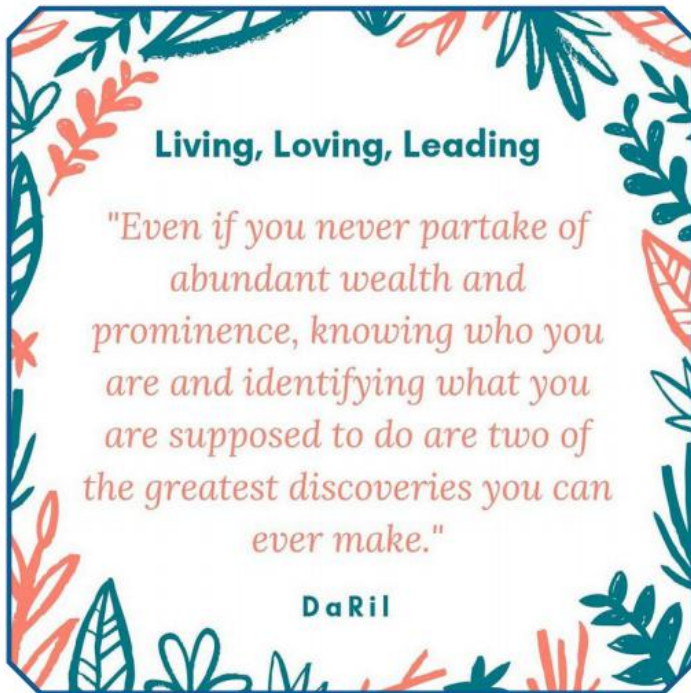
Most who read the above -mentioned statement will only think it pertains to sex. However, my intention is to apply this concept to a variety of areas. Women are very inquisitive and adventurous. They love taking the scenic routes when driving, watching long drama filled movies, eating at different restaurants, and enjoying various experiences. Why? Because they are more patient as well as curious than men and they enjoy all the multiple aspects of things. On the other hand, men love to get to the point. Don't take me over the hills and through the woods when there is a quicker, direct path to Grandma's house. Males aren't concerned with the beautiful scenery, sights, and sounds; we don't like a lot of drama and plot in movies- just give us some action-packed stuff; and it

doesn't even matter if we eat the same thing every weekend or watch the same shows daily. Having the same simple routine is fine for us as long as the ultimate goal is being accomplished. To experience harmony, make sure both of you understand these concepts and make concessions when necessary. For women, it will amount to sometimes having to be more concise and willing to arrive at the result quickly. For men, it will mean being willing to take your time to soak up the entire process of certain activities.

**Men love the bare necessities. Women love the basics and accessories.**







Males are the survival species- able to make it off of little or nothing. On the contrary, women need the required items plus additional things. Why? Women are the "secure" creatures often depending on men to provide security. To women, more equals greater protection, enabling them to feel happier and more comfortable.

### **Men need a helping hand. Women need a hearing ear.**

Typically, men are always pursuing some endeavor or attempting to complete a task. As a result, they are often looking for their mate to assist them in some way. Contrariwise, women aren't so concerned about projects and exploits. They concentrate more on bonding and communicating, emphasizing being clearly heard and understood by their husbands.

### **Men desire to be challenged. Women desire to be cherished.**

Husbands are always searching for opportunities to compete and conquer, which increases their confidence and boosts their self-esteem. On the flip side, women want everyone to get along and

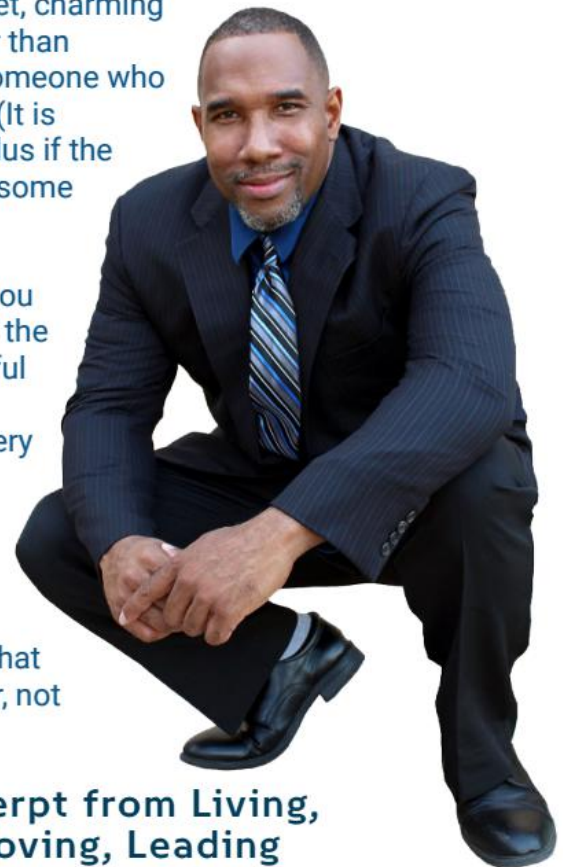
all sides to win. Regardless of victory or defeat, females just want to feel important, valued, and appreciated.

### **Men want to be treated kingly. Women want to be treated kindly.**

Men thrive and excel when they are respected, encouraged, and built up. The quickest way to destroy your husband's confidence is to belittle him and make him feel incompetent. The fastest way to motivate him is to stroke his ego with positive comments or praise. As for women, they flourish when their husbands are thoughtful, spontaneous, compassionate, and gentle. Romancing your wife is the surest way to make her feel joyful.

### **Men love what they see. Women love what they hear.**

To attract a man, give him someone who is appealing to the eyes. You would be surprised at what a man will do for a glamorous, beautiful woman. Conversely, many women usually prefer hearing sweet, charming words rather than beholding someone who is attractive (It is certainly a plus if the man is handsome though). Therefore, oftentimes you see some of the most beautiful women married to very unattractive men. In most cases, it is his words and personality that won her over, not his looks.



**Excerpt from Living, Loving, Leading**





Multifaceted, passionate, and skilled all describe Damon "DaRil" Nailer. With hundreds of speaking engagements and many published works under his belt, Damon is known as a "Renaissance Man", Inspirational Communicator, Gift Guru, and Authority/Expert who provides direction, inspiration, and education to any audience. Mr. Nailer possesses a wealth of knowledge in the following areas: educational, entrepreneurial/business, religious, entertainment, relationships, leadership, and parenting. Currently, he serves as a motivational speaker, consultant, author, educator, and music producer. As a result of his experience and expertise, he has been featured 180+ times in various media outlets, including The Huffington Post, Reader's Digest, Thrive Global, Goalcast, MSN, Yahoo, Yahoo Finance, Redbook, Insider, podcasts, radio/TV shows, magazines, newspapers, etc.

Speaker, Author, Educator, & Consultant

You can connect with Damon via his Website [www.daril.org](http://www.daril.org)



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help you make impact in the  
lives of others...**

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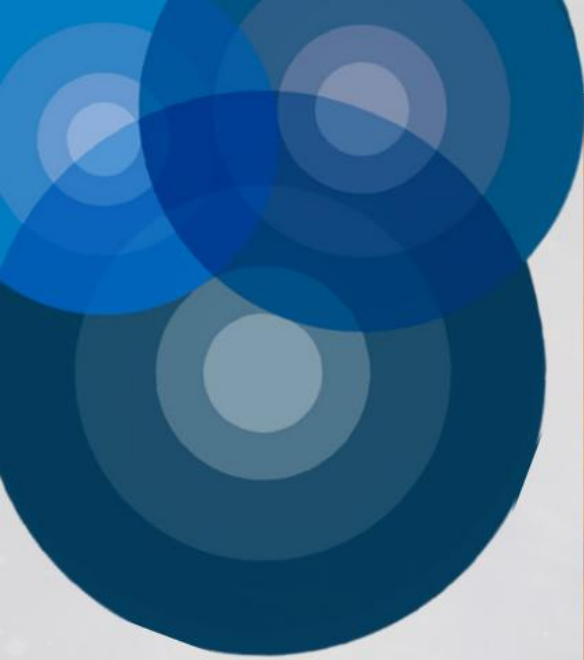
**Send us an Email**

**[CreatetheRippleMagazine@gmail.com](mailto:CreatetheRippleMagazine@gmail.com)**

**For more details head over to our website**

impact





# Chain Reactions And What Our Moods Have To Do With Them

Image by Elias Sch. from Pixabay

**When** you are dissatisfied with your life, everything starts to take on a bitter taste. This is one of the biggest clues that you've slipped off the high vibrational trail, into low vibrations.

Like attracts like. When we exist in a low vibrational state, we attract more low vibrational people, places, things and events. With low vibrations now surrounding us, our moods are affected. With our moods affected, the way we view, handle, feel and experience things begin to be affected. It causes a chain reaction.

Our outward speech is now filled with more grumbling and complaining. And our self talk turns negative and blaming. Often without us noticing. It starts small and slowly grows momentum. Before long, people start noticing the not so flattering things about you. They start giving their opinion. Criticizing the things you do. And, maybe, they start gossiping about you.

Now because you are dwelling in low vibrations, you could start engaging in gossip too. Before you know what's happening, your shitty morning has turned into a shitty day. Which turned into a shitty week. Which turned into a shitty month...and so on.

Fights and misunderstandings with your friends and family are on the rise and maybe you start getting in trouble at work. The neighbor you've been friendly with since you've moved in next door, all of a sudden has a problem with the shared fence you two built together! Even the friendliest cashier seems short with you.

***You get so wrapped up in feeling crappy, that you forget what makes you happy!***

The good news is, this is absolutely changeable! It just takes a bit of work, retraining your mind and making sure your actions match your desires. And don't downplay the fact that asking for help could be a huge assistance here.

***It all starts with a simple decision. "I deserve to be happy".***

We've all heard the saying, "make the best out of a bad situation"? Well that's solid gold advice! There's no denying that a bad situation is a bad situation, however, even in a shitty moment, the silver lining is that it could be worse. Retraining your brain starts with one thought, "*Even though this is a bad situation, I'm more than capable of handling it*", and then put that thought into action. What's the first step to handling the situation?



See how in control that sounds? That one little sentence has the ability to empower you to flip the script on the low vibrations you've been stepping in. You can also try out...

***“I am confident I'll find the right solution to this issue”. Or “I'm grateful for so many things in my life, I won't let this one bad thing interrupt that.***

All this doesn't mean that you can't feel the frustration. You absolutely can. In fact, it's important to acknowledge how we feel. The magic lies in the fact that we don't stay there. Feel the feels, then find the solutions. Reach out for help, advice, tips and tricks or counseling if needed. People love feeling needed.



I'd also like to dismantle the stereotype between women and men. A woman should be gentle and loving while a man should be strong and impenetrable. This is bullshit! Feminine and masculine energy exist in both. The key is balance. And don't allow the outside world to tell you how to live inside yourself.

By far, the best tool we have is reaching out to others. You don't ever have to fight or face things alone. Every person has a specialty. Calling on the correct person for help with an issue can shorten the time it takes to lift your spirit and vibrations. Being seen for who you truly are and what you're capable of is something we all should be striving for. Being seen leads to feeling understood, which leads to hope, which leads to a higher vibration.

## ***Magic is born of hope!***

My challenge to you, is really take a good look around yourself. Practice being observant. See how many people you can spot that may be struggling. And how many you can safely reach out to. (Your safety is first and foremost.) We mirror the things we want to see in this world.

## ***Kindness, strength, compassion, empathy and helpfulness are all high vibes!***

In honor of men's mental health month, I encourage the men in our lives to squash the taboo! Reach out to other men you know and check in. Let them know it's safe to express their feelings and thoughts with you, and you do the same with them. Only by changing our actions, will the cycles and stereotypes change as well. And ladies, create a safe space and allowance for the men in your life to express and share what's going on with them, no matter what it is.

You don't have to be what society has tried to tell you to be. It's your life. You get to mold it anyway you'd like. Create your kingdom your way.

I See You

## ***Trelawnie Gartner***

Trelawnie Gartner is from Alberta, Canada. She is a Reiki Master and Empowerment Coach, healer of moments, a catalyst, energy shifter and truth teller. As a fixer of other women's crowns she encourages all souls and offers advice and guidance with knowledge gained through courses, books and life experiences.



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# Ask Lonnie

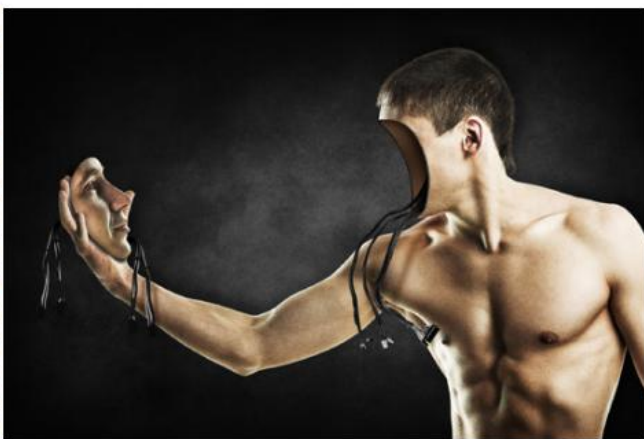
*Hey Lonnie,*

"Why is it considered unmanly to show large amounts of sensitivity or emotions? Why do men always have to have the tough exterior?"

Why is it that if we don't follow the 'Old School' ways, or make mistakes, we are considered a 'failed' man?"

Signed

*Men Matter* (a collective)



*Dear Men Matter,*

These are some of the questions that have been brought to my attention. From men and their perspective of how they are treated and viewed.

To understand these questions we must first understand what 'Old School' means.

There was a time when men were the 'bread winners', the men worked and the women stayed home, took care of the house and raised the children. A lot of the time the work the men did was tough. They worked long hours in all kinds of weather and were considered not only to be the providers, but to also be the protectors.

The differences in the physicality of a man and a woman also had a lot to do with this belief. Men were naturally stronger than women and women were naturally more nurturing than men.

A man was taught as he grew up that he must be tough, never cry, and if something was done to him he was to suck it up and move on. He must however defend the honor of the woman who has had something done to her! Women were taught as they grew up, that they must care for others. They must tend to the needs of their husbands, their children, their families, the community and after that, then themselves.

Men were taught that their feelings and emotions were something to be pushed aside and ignored. It was thought to be acting like 'a girl' if a man showed his emotions publicly. The sensitivities of a man and the strength of a woman were greatly underestimated, buried deep, not accepted and this continued for generations.



You would think that in the year 2021, people would be more enlightened and accepting of each individual's capabilities. However, there are still some 'old school' thinkers around. They taught that mentality to their children who then taught it to their children and so on.

We have seen some improvements as movies are starting to reflect that men have emotions, needs and desires. We have also seen women can do physical jobs and are capable of more than cooking a meal and having a child.

There are more jobs nowadays that no longer discriminate against a person's sex, but instead looks at their capacity to do the job correctly. Some jobs have men and women working side by side. Some men are stay at home parents and do a fantastic job!

We are in the age of enlightenment where profound knowledge is literally at our fingertips.

Past conditioning can be rewritten. Society needs to do better. Individuals need to do better. We as women, need to do better by our men. Ask how they're feeling and allow the space for them to answer. Become a safe place for the men in our lives.

We as women can no longer demand equality in treatment and then still hold a man down and force him to be what he was once only allowed to be.

He may be a man, but he is also a human with emotions and feelings and the desires to be seen, heard, appreciated, valued and loved just like every other human being.

Men, if you find yourself faced with a person trying to stuff you back into the 'old school' box, know there is nothing wrong with you, it is their ego and therefore their issue.

Thank you for being brave. Thank you for speaking out about these unfair demands men are still facing. Thank you for helping to pave the way for change. Please keep standing up and speaking up.

You are not alone.  
I See You

~ *Lonnie*

If you are struggling, pick up the phone: Health Link at 811 or the Mental Health Help Line at 1-877-303-2642, available 24 hours a day, 7 days a week.



Text and online chat options are available for all Alberta youth through Calgary ConnectTeen, Monday-Friday 3pm-10pm and Saturday, Sunday 12pm-10pm. Visit [calgaryconnectteen.com](http://calgaryconnectteen.com) or text 587-333-2724.

The federal First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310 is available 24 hours a day, 7 days a week. [Clients can also access an online chat at Hope for Wellness.](#)



I have a gift for seeing what others miss. I offer the truth as I know it. I offer this from my own life experience and my intuition. I hope to inspire you to have courage to look at your life, to help you feel empowered to do what you already know you need to do and as you

sift through my "advice" - you will find the answers to your own questions".

[Click here to submit your questions.](#)

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# Mental Health Starts in Your Gut?

Photo by Jonathan Francisca on Unsplash



By Ryschell Dragunov & Candice Granger

## As you

know, I do love my essential oils, and the man in my life respects my knowledge of essential oils and how they can help him. He



respects my knowledge because he knows it comes from this woman. I am

happy to say that Candice Granger is back and this time brings knowledge about essential oils and mental health and has put a male spin on it.

Enjoy.

*Hey guys! Yes men I mean you! This article is for you! I'm sure that you have heard of essential oils before. Likely from a woman in your life. Maybe you even pass them off as "girly". However, if you did you are missing out! Essential oils are ancient medicine and not just about how they smell. Everything from physical support to mood support and all things in between.*

*"There is an oil for that" I often say.*

Lavender for example is very commonly known to be soothing and relaxing. But it's floral scent may not be your jam. Not to worry we have "man's lavender", petitgrain, this works very similar to lavender but you may find the scent more agreeable to you. This is great for a good night's sleep when applied to your feet before bed.

This issue is all about mental health and this article is for the men. Not to worry I am not going to be diving into emotions, rather I will be offering easy tips and tricks to support and maintain emotion. I mean come on, who doesn't want to feel happier, more fulfilled, have more energy and sleep better. All of those things funnel right into mental health. These unprecedented times call for consistency in supporting our mental health like never before. Let's get started!

Let's start at the root of it all, serotonin production. Did you know that serotonin is created in the gut and not in the brain where it is used? So making sure you have a healthy gut is vital. Maybe you know that probiotics are good for you! GREAT! You are on your way! Maybe you have "probiotic yogurt", I love your gumption but unfortunately there are not enough live probiotics in that to give you what you need.

**Step 1** for a healthy gut would be probiotics. So get your hands on a live bioavailable one. This means your body knows what to do with them.



## Here are my top 4 suggestions on where to find probiotics.

1. A naturopath
2. Bio-K from most grocery stores in the natural food refrigerate section
3. doTERRA PB assist (I take this one and love it!)
4. Probiotics are naturally found in fermented foods which is not common in our North American diet. Don't be fooled by canned sauerkraut in the aisle though. That is not naturally fermented, that is pickled. It may be yummy on your smokie, but it won't do anything for your gut health. You can find naturally fermented kimchi and sauerkraut in the refrigerated section of your natural foods aisle/store.

\* Probiotic supplements should be taken on an empty stomach right before bed, or first thing in the morning.

**Step 2** in supporting mental health is getting proper bioavailable vitamins, omegas and nutrients for overall nutrition. Unfortunately, because soil is so depleted now and there are so many over processed foods it's just not possible to get all the nutrients we need in our diets. Don't get me wrong! Taking supplements is not a free junk food pass or to keep working on that keg that may have started over lockdown. Our brains and bodies need healthy whole foods to thrive. A healthy diet with proper nutrition alone can improve your mood and tolerance, sleep, energy, heart health and the list goes on. Unfortunately, most supplements just don't have much or any bioavailability. This means we are clogging our bodies up and slowing them down and actually causing more damage. I always say if you cannot afford a high-quality vitamin or it is not a priority for you then don't take any vitamins.

What do you look for then? First look at the naturopath or natural food store. Ask someone in the know these questions: Was it 3rd party tested? Are the quality standards close to "pharmaceutical grade". Your omegas, are they microfiltered? Until I found doTERRA I had not successfully found a supplement line that covered everything I needed and was spending \$1400 a month just on supplements! The Lifelong Vitality supplement line covers it all including my standards I listed above for \$95 CAD per month. I have not been able to find anything comparable.

**Step 3** moving your body for 20 mins a day can improve your emotional state more than you can imagine. I don't give any poops how you do it, walk, hike, yoga, bike, gym, whatever but move your body and elevate your heart rate. I trust the Deep Blue rub and marjoram oil to support my achy muscles.

**Step 4** you time! Add in things you enjoy through your day. Listen to an audio book or music you love while you drive or cook. Need some decompression time when you get home before launching into home life? Most men do! Kindly explain to your partner that if you get 30 minutes of alone time when you get home before anything else you can then be fully present and helpful. Call a friend.

**Step 5** find gratitude. It is so easy to be overwhelmed and forget all we have. While laying in bed, as you are falling asleep, list off the things you are grateful for that day. Be specific. You will find you sleep better and feel happier and more fulfilled.

I hope this helps you. Above all, know that if you feel you need some extra support for your mental health, talk about it with someone you trust and get the support you need and deserve. You deserve to love the life you are living. No shame in asking for a bit of help now and then. As a woman I can tell you that this is attractive to us!



See, what did I tell you, she is a powerhouse of information. I am taking doTERRA probiotics as well, it's just so much easier because I know they are bioavailable. If you want to hear more from her you can check out her posts on [Okanagan Oil Girl](#). Or email at [OkanaganOilGirl@gmail.com](mailto:OkanaganOilGirl@gmail.com)

If you are needing any of these oils or probiotics drop me a line at [Ingenious Oils on Facebook](#) or reach me directly at [IngeniousOils@shaw.ca](mailto:IngeniousOils@shaw.ca).

*Ryschell*



# Ingenious Oils

promote





# MEN IN BUSINESS

PHOTO BY SUPPLIED by Optimax Benefits



By Earl Shindruk

**What** are some of the major qualities we want to see when we look for men who are leaders in business?

## 1. Character

The very first thing we should seek out is good character. This consists of honesty, integrity, courage, good morals, great ethics and a solid standing in the business world.

Business men who give to others and contribute to those less fortunate are ones we should attempt to meet and follow.

There are times when tough financial decisions have to be made. Too often we hear about those decisions made for profit and monetary gain. Less often we hear about leaders focusing on people first and making decisions based on

benefits to the people involved rather than how much profit is made.

Look for leaders who focus on people before profit. Those leaders think about the right things to do and then they do those things.

## 2. Compassion

Compassionate people recognize the suffering and plight of others and take action to help out. They are kind, respectful and fair to others.

**Those who genuinely care about others should be supported. Gone are the days when leaders can be dictators and command others to do their bidding.**

Have you ever worked for a mean boss? I have, when I worked in environmental waste services. The owner was very successful with his invention, but treated others like dirt. He verbally and mentally abused his employees. His harassing attitudes and behaviour caused grief to everyone who worked there. F-bombs directed at individual workers were his mode of operation. He wanted to criticize and denigrate people.



Men with compassion concentrate on others and their needs rather than on just doing what is best for the corporation. They encourage and help others.

### 3. Competence

Competence speaks to having adequate knowledge, judgment, skill and strength.

Leaders have to know what is going on in their operation. They have to recognize all aspects of the business they are in. They need to have a thorough understanding of the company.

#### **Several different types of business skills are required.**

They must know what functions are most important to keep the business going and to make it successful.

They have to know how to start, build and maintain relationships with people. This would include people in and outside the company, such as employees, managers, stake-holders, clients and their surrounding communities.

True leaders do not try to do everything on their own. They hire great people around them and know when and how to delegate.

### 4. Communication

Men in business must know how to research, gather and impart information to others. Good communication skills are difficult to find. Leaders must clearly communicate with others. They must be able to share their vision so that others can understand it.

Rather than just rambling on aimlessly about themselves or what their company does, they need to be concise with words and precise in the way they use them. A large quantity of words spoken or written may actually deter from the message.

Leaders have to have solid content. They need to talk about the company and its work in ways that attract and draw people to the company as workers, suppliers and clients.

They also need to be aware of and use various methods of communication. Not all workers will respond to text messages, for example. Others want written and oral communications or face to face meetings.

#### **Feedback from other parties is also important to hear. Communication is not just one way.**

Listening may be the most important part of solid communication skills. Actively listening to others is one of the best gifts you can give to them. It means you are interested in what they have to share with you.

### Conclusion

As discussed above, the four great qualities are some of the ones that we should look for in men who are business leaders.

Actually, they are four things we should seek in all leaders, whether they be women or men. All people who lead organizations, should have these key qualities.

Earl is a key contributor to his community, donating lots of time and expertise to charities and not for profits. He is past board chair of the NPO Collective, and board member of The100YEG and the Edmonton Business Association. His legacy includes sharing knowledge and expertise. For over 11 years he was an instructor and guest speaker at MacEwan University, and a guest speaker at the University of Alberta.

Successful businessman and community leader, Earl Shindruk, launched Optimax Benefits in 1998 after a vast career at TransAlta, Laidlaw Waste Systems & with a local contractor.

He has grown Optimax by harnessing people skills, 'being accessible', 'getting to know your client', and 'being innovative'.



impact





# Crisis Creates Creativity

## Covid-19 Pandemic Creates Creativity



By Robert Manolson

### Clearly,

I'm not saying something new here that you and I don't already know. Still, I'm putting pen to paper and putting it out there; the process of navigating your way through the

unprecedented number of changes presently occurring in your life has, and will continue to be, a mental and emotional challenge.

But, if there's one thing you can most definitely count on to be there for you, day to day, during all the many changes that you are presently experiencing in your life, it's definitely YOU!! YOU are the constant. Yes YOU! YOU are the constant navigating YOUR way through the unprecedented number of changes presently occurring in your daily life.

So, let's take a moment here together to allow me to send my heartfelt *Congratulations to YOU*. How impressed I am with you for not only accepting that change is constant everywhere you turn, but the way you are drawing upon your abilities, your skills, your values and your life experiences to manage the speed of change happening all around you is simply magnificent.

Congratulations for staying on track. Trusting your instincts. Being a Leader. Taking action. Defining what really matters. Staying at home. Being a global citizen devoted to family and community. And more, much more!

And for so many of you out there, who, for the very first time are recognizing, exploring and even encouraging **THE CREATIVE YOU!...**

Congratulations! Congratulations for giving yourself permission to, first and foremost, define yourself as being "creative." And





because you did so, Congratulations! You are now accessing your creativity and successfully navigating your way through the unprecedented number of changes presently occurring in your life. Did I say "Congratulations" enough times? lol

Lao Tzu, the ancient Chinese philosopher and writer, was once overheard saying, "A journey of a thousand miles must begin with a single step". But Barbara Sher, bestselling author and Career Counsellor, was also once overheard saying,

*"..helping each other is creative and it makes us feel good. We're just beginning to realize that sharing skills and resources is a deep human pleasure and need, one that's wired into our survival just as much as hunger..."*

When change is constant, learning must also be constant. Creativity is equally as constant. Therefore, it comes as no surprise to me that so many people, for the very first time, are recognizing, exploring and even encouraging their creative self to step up and play a significant role in everyone's fight against the Covid-19 virus.

### Question:

#### When was the last time you set aside time for a meeting with yourself

( NOT ON ZOOM, PLEASE! ), with your favorite cup of coffee or tea in hand, and really thought about how you are navigating your way through the unprecedented number of changes presently occurring in your life? And when was the last time you set aside time to truly acknowledge the awesomeness that is **YOU? THE CREATIVE YOU!!**

Think of **THE CREATIVE YOU** as your best friend, your ally, someone there helping you to be the best that you can be for you, for your family, for your community during this time of crisis

#### How are you coming along on giving full attention and energy to THE CREATIVE YOU?

Are you making it happen each day and every day? Every day when you get out of bed are

recognizing, exploring and even encouraging your creative self to step up and play a significant role in everyone's fight against the Covid-19 virus?

### Have I challenged your thinking yet?

#### Are you actually re-thinking your thinking and re-doing your doing?

Send me your stories. Fire off an email to me. Yoda, the most recognized Jedi Knight in the galaxy was once overheard saying,

*"You must unlearn what you have learned."*



Photo by Riku Lu on Unsplash

Robert Manolson BA, CCDP  
Certified Psychological Health and Safety Advisor  
Robert Manolson, BA, CCDP (Certified Career Development Professional),  
Leading Fun At Work & Team Engagement Expert, & Mental Health Champion is the Creator & Facilitator of Powerful Play Experiences, Positive Workplace Mental Health...For Teams.  
Certified Career Development Professional  
Leading Fun At Work & Team Engagement Expert  
Mental Health Champion  
Canadian Mental Health Association (CMHA)

For 13 years now, Robert has traveled throughout Alberta facilitating the most amazing team success & team development workshop experiences. His message is simple. "Business Leaders! Never, ever doubt the impact of fun at work, and building a culture of highly engaged and happy teams. This truly is the easiest and most cost effective strategy to raise positive mental health levels at your workplace."

<https://www.powerfulplay.ca/robert/>



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## Social Retail Is Shifting The Way We Spend Money Online; And How We MAKE Money Online

**H**ave you been curious about getting into the affiliate marketing business online, but haven't got a clue how to start?

**What if you could be rewarded for sharing the products you love?**

In addition to providing category-leading, clean label products, this company offers a unique opportunity for you to promote them to earn cash commissions – paid twice daily.



Modere is the first company to develop an industry-changing concept called **"Social Retail."**



Their innovative social marketing strategy enables people like me and you to promote the Modere brand by simply using our social media feeds to refer and share their safe, clean and smart products - while earning income and rewards.

**Not only that, but it's simple and fun.**

**Social retail is simply retail that's powered by people.**

Social Retail brand is built for customers and the everyday entrepreneur, busy moms and the person who just wants to use some of their social media time to create part time income. How? It's about showing others how to live clean, shop smart, earn additional income, and give back.

Social Retail is a brand-new opportunity bringing together the best of social shopping and the enormous direct sales industry. And before you ask, nope, this isn't your grandmother's multi-level marketing company.

**Modere is a Live Clean Company**

that is about people who believe in **better products**, at **competitive prices** and the positive change that switching to a **clean-label lifestyle creates**. Living clean means removing controversial ingredients from your life and seeing better health and improved wellbeing as a result.



From beginning to end, the goal is to achieve ethical sourcing, zero animal testing, safe and non-toxic/ BPA-free containers, environmentally friendly packaging, GMO-free formulation, no parabens, PEGs, SLS, or other controversial chemicals.



**It's a category-leading portfolio of lifestyle essentials - personal care, health & wellness, and household products that are equal parts safe, high performing, and beautifully designed.**



Our formulas are tested, and have been trusted by customers around the world for more than 30 years. For over 30 years, Modere has been committed to earning the trust of our customers with products that consistently deliver.



## VALUES DRIVEN

**COMPASSIONATE:** we upend the notion that only a few can succeed in the industry because we truly care about every individual with whom we work.

**HUMBLE:** notwithstanding our collective experience in the industry, we never let success distract us from our founding principle: to help others fulfill their personal objectives.

**AUTHENTIC:** we present an authentic opportunity founded on real results, not hype. We are passionate about offering credible and ethical products and opportunities.

**VIBRANT:** we individually

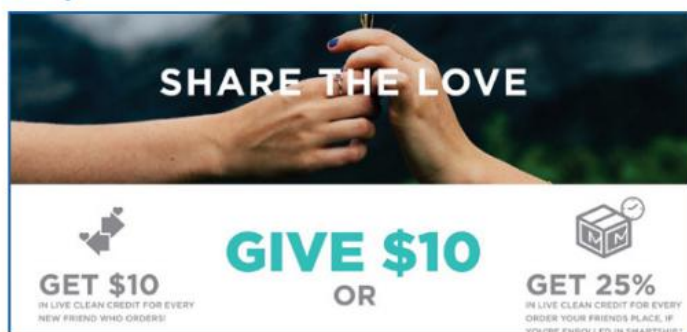
channel our energy, enthusiasm and imagination so that we can inspire others as a dynamic team to live healthy, happy lifestyles.

**DISRUPTIVE:** we present unique opportunities in the market because we dare to continually innovate new methodologies and develop leading edge products that change lives.

**EXTRAORDINARY:** we strive for excellence and to be the best. We go above and beyond, aiming to create 'wow' moments for our teammates, customers, and the field through our exceptional performance, products and company.

Click [here](#) to connect with Candice Smiley directly for more details about how you can get involved.

**Use referral code 5579029 to save \$10.00 on your first order**  
**OR CLICK COUPON**



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By Dr. Candice Staniek

**Over** the past few weeks, I've been asked what has made the most **IMPACT** on my mental health. I cannot pin down just one thing as it's been many. So I'll take this opportunity to share with you.

The reason I feel called to share this information with you is because I used to struggle with SAD (i.e. Seasonal Affective Disorder). This is depression that is worse in the winter months. It occurred year after year for such a long time and I couldn't remember when it had first started. Over the years, I tried a number of different tactics such as: Vitamin D, rhodiola, exercise, tanning, 5-HTP, B complex, adrenal support and mental health support. Did any of these have an effect? Yes, to some extent but nothing lasted long enough to prevent SAD from reoccurring the next winter.

In desperation to find a **ONCE AND FOR ALL SOLUTION**, I decided to make a commitment to myself. This wasn't just one commitment rather it was several little commitments, which I'll share below. With my skeptical nature, I was hesitant to trust that the commitment

would have a lasting **IMPACT**; however, to my surprise I can say it worked.

Why didn't I choose just one activity? Well, I had already implemented a nutrition protocol with myself so that was somewhat irrelevant to make further changes. Additionally, the people who I knew were succeeding in their life, living a life on purpose and generally happy had more than one activity that they implemented each day as support tools.

So here's the deal... I made the commitment to myself to **DO** a daily **POWER DISCIPLINE**. Firstly, I'm using a term I heard used by Bob Proctor although I believe there are others that use the same term.

**My daily POWER DISCIPLINE includes the following activities:**

**Morning:**

- 20-30 minutes of yoga
- 500mL water first thing in the morning
- chakra cleansing practice
- mantras
- reading material with high frequency and vibration
- avoid being on the cell phone during the first hour after waking



- daily gratitude
- connecting with the Divine

## Evening:

- daily affirmations
- avoid being on the cell phone at least one hour before bed

## Why do we call it a Power Discipline?

This is a very powerful exercise because the results start to create permanent change. For the first little bit, there was a lot of doubt and nonsense chatter in the mind and then it began to quiet. Now, I look forward to all the practices and feel sad if there is a chance I may miss something. On another note, having a discipline creates structure, which the body actually likes. It also enhances the time period in which the activity is performed, especially if it's done at the same time each day. There is a lot of research suggesting that studying the same topic daily enhances memory and recall of that topic.

## So what is the result of doing this Power Discipline:

- better mood
- more energy
- increased flexibility in body and mind
- less emotionality
- less reactivity to surrounding situations
- grace and ease in life events

I highly encourage anyone that is struggling with mindset, changing certain habits, looking to improve overall well being in all areas of life to give this a try. Please don't judge the experience until at least 3 months have passed. I look forward to hearing from you.

Dr. Candice

Dr. Staniek can be contacted by

Phone: 403-588-3544

and found on



[Sign up Here for My FREE Gift to you](#)

[A Monthly Gratitude Calendar](#)

Health and wellness have always been a part of my life whether it was visits to the farm, whole food meals, playing sports and dancing in high school and university. Eventually, I was inspired to pursue a career in Naturopathic Medicine.

One of the most impactful statements in clinical training was, "Doctor Heal Thyself". For me this meant being courageous and willing to work through my challenges and difficulties in order to be more empathic and helpful to my patients. Through my personal work, I've gained an understanding of the mind, ways we sabotage ourselves, and how to shift mindset.

I graduated from Bastyr University in Seattle, WA with an interest in depression, chronic fatigue and infections. I'm what you might call a 'free-style' Naturopathic Doctor. I integrate science and energy medicine leading the "health conscious" movement in proactive care.

Some of my joys in life include: nature, meditation, quality time with family, friends and cats or researching health topics.

I believe in the healing power of your body called the VIS. I also believe it's your right to feel joyous and happy. Your health shouldn't stand in the way of your overall wellness, your passion or your life.

[Click here to Book a FREE 15-minute discovery call](#)

impact





# *What do You Feel or Think*

WHEN YOU HEAR THE PHRASE “MAN UP?”

I HAVE LEARNED, THROUGH A SERIES OF MY OWN TRAGIC EVENTS, THAT LIFE CAN BE DIFFICULT

By Morgan Berry

**I also** realized, through my darkest of days, that I was taught that a man does not open up about his emotions. I learned that emotions, other than anger or jealousy, or perhaps just stoicism, were not welcomed amongst men. Wasn't it once said that real men don't cry?

THAT MUST HAVE BEEN WHAT IT MEANT TO “MAN UP”

I bought into that idea until I realized that real men do cry. Real men own their emotions. Real men work through their challenges and problems in a safe environment.

Let me start by telling you a bit about me and my story. Perhaps you'll see a reflection of yourself in my story. Perhaps your story is quite different. What we realize through sharing is that we have more in common and less different.

I'm an only child and grew up in a household with alcoholism and abuse. I've tried for many years to believe that my childhood was normal. I have guilt when I think of the environment I grew up in and stating it was less than ideal. I find it better to say they tried their best. Truthfully, as I continue to open up about my story and my life, I continue to have

new memories and pain to travel through. When you're an only child it's difficult to hide. I remember continually feeling unworthy and to this day I still work through that. Part of this was because of the difficulty to measure up for my father. He challenged me in unhealthy ways. Most of my high school years I was grounded because my marks were never quite good enough. I was challenged as a child when he would slap me as hard as he could to show his friends how tough I was. I was challenged to get his drinks quickly when he clinked his ring on the side of his glass. My mom did her best in a very unhealthy codependent relationship; she just tried to stay out of the way and keep the peace. I don't blame her for that.

IT IS SAID THAT YOU MARRY SOMEONE LIKE THE PARENT YOU NEED TO RESOLVE THE PAST WITH AND I GUESS I DID THAT

I moved out as soon as high school was completed and before long ended up in a relationship. Three weeks together and she was pregnant. Over time we decided it would be best to be married. We traveled through some ups and downs and had some happy and healthy times. We survived twenty years



of marriage and raised three children. Having grown up with a narcissistic father I didn't recognize that I married the same person... It is said that you marry someone like the parent you need to resolve the past with and I guess I did that.

Fast forward to the last ten years or so. It felt like tragedy came in droves. My grandmother and my mother died on the same weekend. Two influential ladies in my life were gone. Shortly after I lost my job of twenty years. My marriage was on the rocks and I was headed into depression although I didn't realize it at the time. Then the shock of my dad ending up in hospital and not coming back out. I never felt more alone. I withdrew into myself trying to figure out how to navigate the next steps forward. My marriage ended shortly after this time.

I realized that if I didn't make the right choices life could be bleak. But what was I going to do? I decided to get counselling, I went to a men's group, I met new people and surrounded myself with those that would influence me positively.

IT WAS THROUGH THIS TIME IN MY LIFE THAT I LEARNED WHAT IT MEANT TO BE A MAN

Our world is in dire need of real men, empowered men. Real men who own their feelings, real men who support one another, real men who empower others. Men who are redefining what it really means to "Man Up."

Cheers,

Morgan Berry

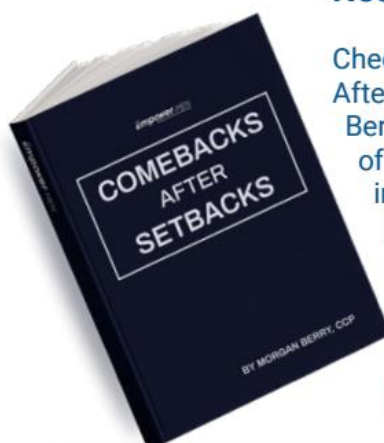


Morgan Berry is a Certified Life and Executive Coach, as well as a Master Trainer with Transformation Weekends, focusing on empowering men to be vulnerable and open about their feelings so they can experience a fulfilling and empowered life. Morgan also works as a Safety Coordinator with a small agricultural plant in Alberta and is a parent to two adult daughters and a teenage son. Morgan welcomes the opportunity to speak more about how he can help you – feel free to reach out at [morgan@morganberry.ca](mailto:morgan@morganberry.ca)

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Booking: [freebusy.io/morgan@empower-men.ca](http://freebusy.io/morgan@empower-men.ca)  
Newsletter Signup: [empower-men.ca/e-book/](http://empower-men.ca/e-book/)

### Need Coaching?

Check out 'Comeback After Setbacks' by Morgan Berry. It is a chronicle of the traumatic events in his life that lead him to being one of Edmonton's most sought-after performance coaches. [Click Here for your copy.](#)



uplift





By Dr. Candice Staniek

**I work** with a number of men in my practice and there seems to be two groups: 1) those groups of men that are proactive and 2) men that book appointments because their wife or partner wanted them to come in.

In this article, I'm speaking to the men in group 2. What I'm going to bring up might sound a little uncomfortable BUT please keep reading.

When your partner or spouse asks you to go to the doctor, why do you think that is? No, it's not because they are nagging you. It's because they: 1) don't want to see you suffer and more importantly 2) want to have a long life with you.

What comes up when you think about going to the doctor's office? Fear of having a digital rectal exam? Dislike for changing your diet and lifestyle?

## Let's Address the Objections:

### Nothing is wrong with me.

- You are totally correct! Nothing is wrong with you. As a woman, I want my partner to feel his best so he can be more present in our life together.
- If you have been taking care of yourself since your 20's, exercising, watching your diet and remaining positive then for the most part I would agree with you. If we briefly look at a Review Systems, any of the following symptoms would suggest something is out of balance: gas, bloating, decreased urine flow, constipation, diarrhea, muscle or joint pain, disrupted sleep, insomnia, being prescribed different medications. Plus consider this, there is a lot of information in standard blood exams and for all intensive purposes have invisible symptoms.

### My friends have the same symptoms:

- Some common symptoms as the prostate becomes enlarged includes:
- dribbling, decreased flow, difficulty fully voiding, increased urination at night (nocturia). Having these symptoms early in life is not normal, even if your friends talk about this stuff. On a positive note, you can start taking care of your prostate before there is a problem or to slow the existing problem. There are a number of herbs that support prostate health, a multivitamin if you will.



## The digital rectal exam is scary.

- You're not alone in this. It's an uncomfortable, short exam to determine any physical issues of the prostate. I want to let you in on a secret. The digital rectal exam is mildly uncomfortable for the doctor; not just physically but energetically as there is an awareness.
- Now here's another perspective. Men are uncomfortable with the thought of having a finger inserted. Consider how women feel when they are being penetrated by a penis physically and emotionally. There is a lot more energy involved in this act than in the digital rectal exam.
- Now consider this scenario, you've been dating for a while and both individuals decide that it's time to take things further (i.e. sex). Have you ever wondered what it is like for a woman to receive a penis in her vagina? There is a lot of energy wrapped up in desire, lust and much of it gets focused on the penis. In some cases, this can be much more intimidating and similarly intimidating to having a digital rectal exam. However, I can say from a doctor's perspective, we retract all our energy before performing the digital rectal exam.

## I don't like change and it's too hard.

- Many people don't like change. The fact is things change all the time from moment to moment. Another aspect is to address the mindset around change. Recently, a patient of mine was expressing an inability to get up early in the morning so much so that she would sleep past an alarm for an hour. I recommended her to begin writing a daily statement 25x/day, which included the time she wanted to get up. In just one week, she had started to feel more awake at the time she desired.

Men,

We love you

We look up to you

We look to you for direction

We desire you to be our partners

So MEN, I have a request for you... take a moment to consider your health, consider your LOVE is for the other person, and book an appointment today for YOU and your loved ones.

Dr. Staniek can be contacted by

Phone: 403-588-3544



and found on



**Sign up Here for  
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**A Monthly  
Gratitude Calendar**

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15-minute discovery call](#)**

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Life



A photograph of a candy store. The background is filled with shelves of jars containing various candies. In the foreground, there are wooden bins filled with different types of candy, including chocolate bars and loose candies. A scale and a cash register are visible on the counter. The text "Our Hidden Gems" is overlaid in a large, blue, cursive font on the left side of the image.

# Our Hidden Gems

Our Hidden Gems



# Our Hidden Gems



By Ryschell Dragunov

**Easter** this year falls on April 4th, so I figured let's support local businesses for some Easter fun!

My unique finds for this month's Gems include a company that makes cookies you can paint on. You heard that right, they have edible ink you can use to decorate the cookies. Some of you may be aware that I love cookies and of course, the more unusual the better. I definitely want these in my Easter basket!

Because of last month's journey out west we were introduced to a few more out there for this month. So if you have not made it out there, hunting for unique treasures for your Easter Basket is a wonderful reason to go.

(You can see all those wonderful Gems here.)

Wild Country Gardens with their jams, soaps and acres of farmland is close to [Salt of the Earth Gallery](#) and [Ina's Gallery](#). Since you are near Ina's Gallery, stop in and check out the truly unique hand spun and woven cloths from PrairieHawk Fibres.

With April being the Month of Easter Egg hunts I am thrilled to add one of my favourite Candy Stores. I drive past this store everytime I go out and I am always delighted when I have time to stop in. Not only are they filled with candies from every where, but trinkets and treasures are plenty. They are right across the street from Mandolin books, so you could also grab a coffee. Truly something for everyone.

## Next Month's Feature

### Businesses That Started in 2020

- **Businesses who pivoted**
- **Saw a niche and filled it**
- **Were insanely brave and opened shop during a Pandemic**

**Are you that business?**

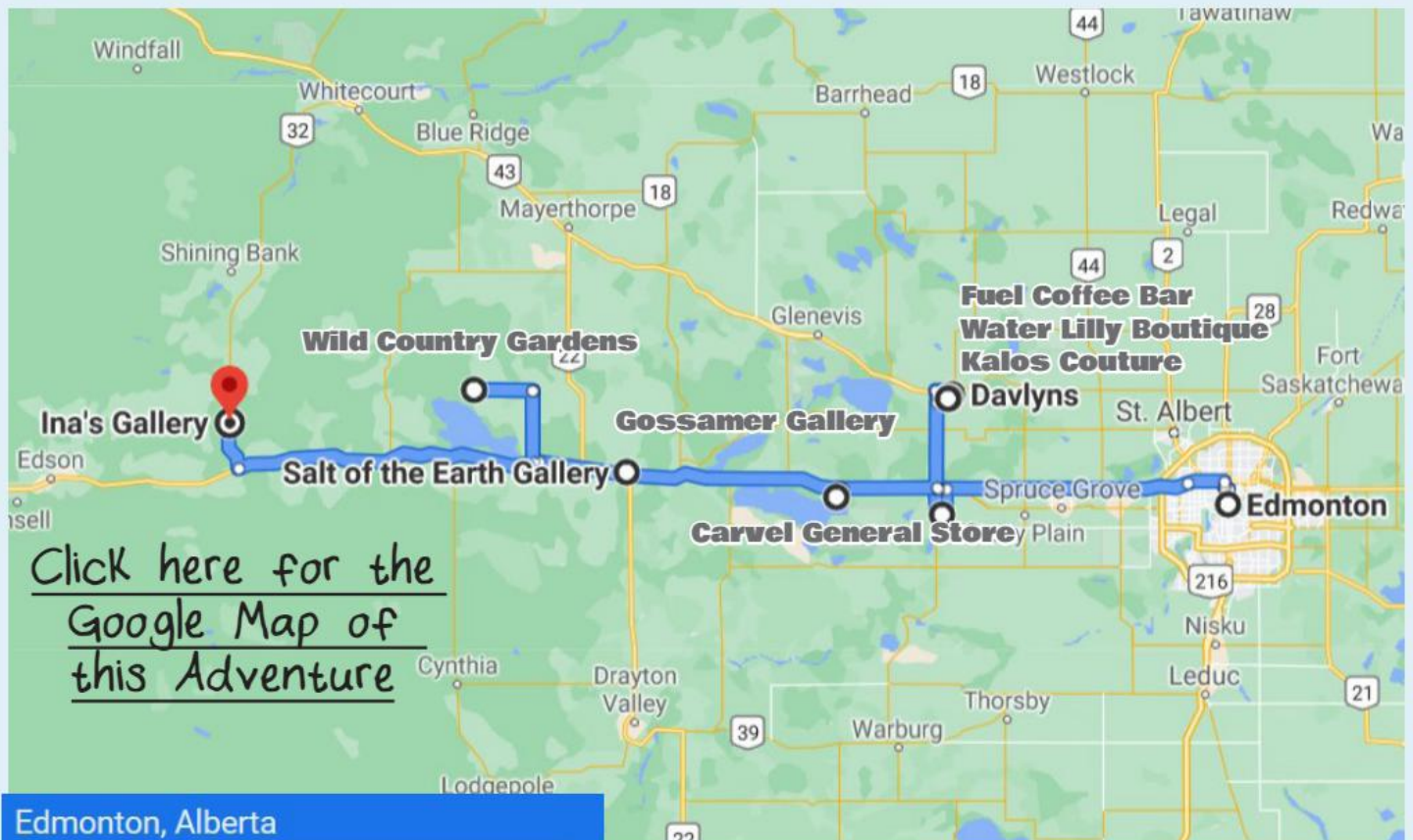
**Do you know a business that started in 2020?**

**We would love to help you out with some Hidden Gems Exposure.**

Reach out to us here







[Click here for the Google Map of this Adventure](#)

Edmonton, Alberta

Carvel General Store, 52511 770 Hwy #1

Fuel Coffee Bar, 4728 50 Ave, Onoway, A

The Water Lilly Boutique Onoway, 4915 I

Kalos Couture, 4917 50 St, Onoway, AB

Davlyns, 5212 Lac St Anne Trail N, Onow

Gossamer Gallery and Gifts, 5215 51 Av

Salt of the Earth Gallery, 5120 50 Ave, Er

Wild Country Gardens, 10118TWP550, V

Ina's Gallery, 4915 50 St NW, Peers, AB T



Thanks to contributing writers  
Caitlin Banks and McKenzie Martin  
for their work on our  
Hidden Gems stories this month



*Our Hidden Gems*





By Clare Bekker

**We are** absolutely tickled to be included in this month's "Hidden Gem" segment! We are a husband and wife family-run bakery in Edmonton that specializes in the most delicious gluten-free macarons, gorgeous hand poured lollipops and (what we're most famous for) Colouring Cookies.

Colouring Cookies are just that - sugar cookies you can colour on with our Edible Ink Markers. Talk about an awesome snack-tivity (a term enthusiastically coined by Chris Goodrow, Co-Owner of Sweetness)! Each cookie is stencilled with black and white design you can colour until your heart (and stomach) is content. We have Disney inspired

## Sweetness Bakery Knows How to Make Life Sweeter

designs, action heroes, cats & dogs - you name it, we got it.

Kristy & Chris Goodrow, husband and wife Co-Owners, came up with the idea for Sweetness after throwing their oldest child a "Pinterest-worthy" second birthday party. In 2016, Sweetness started out of a licensed commercial kitchen in Kristy & Chris' basement. They juggled having three children in three and a half years on top of a growing demand for her business. It was stressful to say the least but with the support of their family and dedicated employees, Sweetness outgrew the basement and moved into a commercial manufacturing facility in 2019, where we remain today.

Sweetness has a team of six behind the name - five of which are women. Chris Goodrow is the only man on the team. He



fairs well, outnumbered by his female co-workers. Chris plays an important role on the team - head of our sales and wholesale programs. He works with both local and national shops, working hard to spread Sweetness and help propel the business forward. He's not just a one act show though. Believe it or not, Chris' help is essential around the kitchen too - he is the tallest at Sweetness, so we use his height to our advantage for reaching the top shelves! Full time salesman, full time father, part time forklift - asset on all fronts.

Sweetness is defined by Kristy's spirit. She is scrappy, ambitious and resilient. After she completed her Bachelor in Commerce she knew she wanted to be an entrepreneur. Beyond her business sense, Kristy is rooted in family, giving back to the community that has helped her business grow abundantly, and building a better future for her kids.

This past year has proven to be challenging for small businesses, and Sweetness was not immune. It was only through the support of the local Edmonton community that pulled us through 2020, and we could not be more grateful to live in such a supportive city.

Sweetness is located just off the Yellowhead, on the west end of Edmonton at 11486 Winterburn Road NW. Before you hop in your car to come visit us, you should know that we're not like your average bakery...we're completely online!

Unlike a typical bakery, Sweetness does not have a storefront. We don't have treats on-hand because we are a made-to-order bakery. But, that means you can order any of our delicious treats right from the comfort of your couch! We offer local Edmonton delivery, contact free



*Sweetness*



curb-side pick up and we are also proud to offer Canada wide shipping.

Sweetness' story is not just one of a confectionary company. It's filled with family, love, support, sheer determination and drive.

Stay sweet!

Kristy & Chris Goodrow  
and Team



Check us out at [www.bysweetness.com](http://www.bysweetness.com)  
or on [Instagram](https://www.instagram.com/by_sweetness) at [@by\\_sweetness](https://www.instagram.com/by_sweetness).

Local: 780.800.9522

Toll Free: 877.590.9522

[Instagram](https://www.instagram.com/by_sweetness) | [Facebook](https://www.facebook.com/by_sweetness)



*Our Hidden Gems*





By  
McKenze Martin  
& Caitlin Banks



## Wild Country Gardens

is a family farm that has grown into an abundant supplier of homemade and chemical free goods. This beautiful farm is owned and

cultivated by Rennie and Paulette Sparks located in Wildwood, Alberta. The Sparks started this farm for something to keep them busy after retirement and continue to stay active. They were

married in 2007, (the year they moved out to the farm) and they thought...

*"What can we do to make it a place where we can live out our years and still enjoy life? Can we make this farm a place where we can live and support ourselves?"*

I can tell you that in fact yes it absolutely is possible, as that is what this wonderful couple has accomplished!

All their products are made with only home grown locally sourced fruits and vegetables. These products include jams, jellies, syrups, salsas, relishes, sauerkraut, and pickles that are all produced and commercially inspected at the Wild Country Garden's kitchen. They also sell a variety of herbal teas that are not only chemical and herbicide free, but are also hand picked, air dried and packaged right on the farm.

Just when you think this couple cannot possibly do anymore, I find out they also make homemade soaps! All their soaps are made with beeswax, herbs, and flowers. The Sparks are even working with a local brewery to use the distilleries facilities\equipment





but using their very own recipes to produce moonshine products. These two are always introducing new products and have recently developed a fruit smoothie mix with Alberta open farm base called "The Incubation Project".

Although Rennie and Paulette love creating all these products their favorite part is sharing the farm with the community. They open the farm every year to give tours to families, friends and have even become a learning facility for schools and classes.

They would love to see some new Easter traditions, where there is less waste and more usable and enjoyable products. Instead of all the cardboard and junk food, they would rather see the addition of wholesome healthier options like jams and teas! Shopping locally is not only convenient but also helps the community thrive.

All of their products are government approved and regulated. Paulette assured me they are very adamant about precautions and regulations.

Wild Country Gardens also prioritize teaming up with only local farmers and are hoping to plan tours that involve the other local farms! They also use their commercial kitchen to bring everyone in touch with local foods. The inside of the kitchen is decorated with family heirlooms, pictures of their ancestors, and information about their bees. It is important for the Sparks to share their heritage which makes this almost like a museum to all who visit.

**Fun Fact: Did you know Wild Country Gardens has an orchard blooming in the spring with over 800 assorted fruit trees and berry bushes!? Rennie and Paulette also plant 1500 heads of garlic in the fall to harvest in July!**

When you visit Wild Country Gardens, you will see a beautiful house and driveway lined with fruit trees, specifically hawthorn berries that flower in the spring. Every direction you turn your sight will be filled with beautiful



fruit trees and life. You might even catch a glimpse of their three chocolate labs who are a big part of the family and keep wild animals off the farm.

Their dogs are Jessie, Sydney and Miley and they all love people especially when given tummy rubs, puppy kisses and they can even shake a paw!

Meet the whole family down at Wild Country Gardens. Experience nature, learn about their heritage, and have a picnic almost anywhere you'd like. It's like a little paradise, a true hidden gem!



Just an hour and 35 minutes west of the city at [10118TWP550 Yellowhead County, Wildwood Alberta](#)

You could make an adventure of it, stop in at some of the [Hidden Gems from last month](#) to get all your Easter Shopping done. ([here is a map to find your way](#))

You can find out more about Wild Country Gardens on their [Website](#) and [Facebook Page](#). Or contact them directly by phone: 780-325-2207 or email [pmsparks@xplornet.com](mailto:pmsparks@xplornet.com)



*Our Hidden Gems*





By McKenzie Martin

## CANDY RUNS IN HIS BLOOD I SWEAR

- Kathy Prosser

candy and treats! There is something for everyone with the abundance of gifts and sweets available.

*Be-a-Bella has  
Something for Everyone;  
A Shop of Delicious and  
Wonderful Things.*

The proud owners, Kathy and Nigel Prosser, were caught up in the corporate world and looking for a change. Bella, their basset hound, did whatever she wanted and whenever she wanted. She was a true inspiration. They asked themselves, "Why not be like Bella?"

*And so, Be-a-Bella was born.*

Starting with a mere 37 jars of candy, Be-a-Bella has grown in just over six and a half years to an inventory of 169 jars of

*Have you ever been curious about the  
history behind your favorite sweet  
treat?*

Find out at Be-a-Bella. It is not a simple candy store, there is a true history and story behind every treat...

On a bright and beautiful day there's children studying the multitude of sweets and treats to pick from. The shop is filled with laughter and the sound of mom's and dad's chit-chatting







alike. Be-a-Bella is a true one of a kind experience!

You will find only the best and most nostalgic candies in store - like jelly babies. Fun sweet fact #101 - Jelly Babies were created in 1918 and were first known as peace babies!

*Come and let your taste buds travel the globe with treats from South Africa, France, Germany, Holland and England. The most popular candy right now is from Australia!*

Taste the difference between the traditionally lighter and sweeter North American chocolate and the darker and richer European chocolate. Decide which is your favorite with only the best options to choose from.

Oh, did I mention soft serve ice cream? Nigel and Kathy tell me that Be-a-Bella has the BEST vanilla soft serve in the city! Ice cream, floats and sundaes!

*Their specialty, The Highland '99, is the most popular ice cream treat in England (fun sweet treat fact #102).*

The ice cream starts churning around the second week of March; so keep a lookout!

*With Easter around the corner Be-a-Bella is ready to be your one stop gift shop!*

Only the highest quality and most unique of gifts are to be found here. Nigel and Kathy take pride in bringing in gifts they want to give or would want to receive.

*"We want you to find cool things and great gifts. Something different, that can't be found everywhere".*

There are many Easter basket gift ideas at Be-a-Bella including very cool Easter Pez dispensers and Disney theme eggs like Frozen and Marvel just to mention a few. Kathy's favorite Easter gift in the shop is a little golden book called "The Whispering Rabbit". You will also find many Easter bunnies, baby chicks, and eggs... all the gifts and sweet treats you need to fill an Easter basket.

In previous years Nigel and Kathy have planned an Easter Egg Hunt for all of the families in the community. They dress up as bunnies and hide eggs for the children to hunt down like Sherlock Holmes. Using their Easter egg hunting maps made just for the special occasion. After finding their hidden eggs they go to Be-a-Bella and are gifted an Easter baggy filled with sweets and treats! How amazing is that?



Of course this year as well as last, things have been different due to social distancing rules. It's with high hopes that Kathy and Nigel will be allowed to plan another fun event like they have traditionally.

Nigel and Kathy are already imagining melting snow and warmer days. Get yourself ready for the spring and bring in the sunlight with a beautiful sun catcher and spring flowers! Yes you guessed it, they have those too.

*Our Hidden Gems*



Opening Be-a-Bella with an entrepreneurial spirit has grown to be about so much more. For Nigel and Kathy it's about being a part of the community. It's about watching the children grow as they come in for their



“after flu shot treat” year after year, or Grandparents sharing their favorite sought after retro candy with their loved ones.

Be-a-Bella is beyond a sweets, treats and gift shop. It's where a community gathers. A place where you don't just shop, but you enjoy the experience. It's where all the bikes are parked in the summer filled with local boys and girls ready to spend their hard earned allowance. There is something for everyone here. This is where candy connoisseurs meet.

*“Be-a-Bella is in the business of joy.  
We sell joy”*

I have learned that tears of joy are a common commodity at Be-a-Bella. Shared amongst the community that's been created here and continues to grow and blossom.

When I asked for the real why, the answer was simple and made me understand the passion and the love I had been hearing the entire time in both Nigel and Kathy's voices..“A little boy brought his piggy bank in to buy his first big boy treat with his big boy money” No explanation was needed.

*That is a moment shared between the*

*little boy, his parents, and Be-a-Bella;  
a moment that'll turn into a lasting  
memory.*

Having a bad day? Have some Be-a-Bella time! “We want you to come in and just feel good. When you come in we offer help and expertise. We want you to feel comfortable and at ease”

Be-A-Bella can be found in The Highlands Community at  
6510 112 AVE  
Edmonton, AB  
right across the street from Mandolin Books ([you saw them in our January issue](#))

587-521-8085





# We Want You!



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*Our Hidden Gems*





By McKenzie Martin

**Early** in the morning you can hear the hum of the spinning wheel... Spinning and spinning. Weaving together a piece of art like no other.

An ancient craft dating back to over a thousand years ago. The spinner turns the large wheel with one hand and drafts the fiber as it's spun into yarn with the other.

PrairieHawk Fibres creator and artist, Coleen Hawkins, has brought the ancient craft back into the spotlight. She does everything from spinning, hand dyeing and painting to weaving the wool.

Coleen's father purchased the spinning wheel from New Zealand in the early 1970's. Her mother never used it for its craft, just as a piece of furniture. She says and I quote "When I took it home I was bound and determined that I was going to make it work" and that she did.

Coleen has always been an avid knitter and sewer. Her latest endeavor has been six years in

the making... Perfecting her work of art in the fibre world. The sound of pride in her voice heightens when she tells me "no two pieces are identical"

Weaving like crazy, Coleen quickly built up a big inventory. She thought "Why not share?" them. All the grandkids used to spin the wheel in the basement to get it going as fast as they could!

The last 2 summers every 2 weeks, Colleen was at the Jasper farmers market. It is definitely her niche... she can not spin or weave fast enough to keep up with the demand!

### ***Here is the story she relays to me...***

I live on a large 80 acre acreage. My neighbor and I in December bought 6 little cordial sheep. So soon I'll have my own fibres too! I travel to Australia once a year to visit family, bringing fine merino wool back with me to spin and weave. Lots of wool scarves, shawls and tea towels. So many different types of natural wools... superwash wool that can be thrown into the washer and dryer.



They are warmer and natural and BONUS they will compost! Keep your footprint small. I offer alpaca as well which is even warmer! I love the color and not knowing what I'm going to wind up with. You never quite know what you're going to get when you dye. When I'm weaving, the colors interact like a game for me. To see what really pops and what sort of pattern works with all the colors. I love the surprise of not knowing what I'm going to get and it's usually something beautiful. I'll run up to my husband full of excitement to show him as he is always so encouraging!

A favorite is merino wool because it's very fine and soft next to your skin, not scratchy at all and it absorbs the moisture of your sweat to keep you warm! Second favorite is alpaca, it's 7x warmer than any sheep wool and it's very soft as well. The third favorite is cordial, it's a medium wool. Also weaving with cotton is amazing!

The history of spinning has been around for thousands of years but people don't think of it in everyday life, what they're wearing, how they used to be made by hand and how they aren't anymore. I remember being a little girl walking into a fiber shop and seeing all the wool, colors, patterns and the smell of the shop. I always knew that it would be awesome to create with all this one day.

I also make beeswax food wraps! I use 100 percent cotton with local beeswax, pine resin and jojoba oil from Ontario to blend in... I have finally perfected my little recipe over the years! This combination gives the best cling and lifespan. Simply form around bowls, cheeses, fruits and sandwiches to keep food fresher longer. Then easily rinse in cool water and air dry. Remember, for best results and food safety "no heat & no meat". Each item is uniquely crafted to make a one of a kind original for you. These are sold in packs of 4! They reduce your plastic use in the kitchen! These cotton wraps come in a variety of fun patterns. They all come with a bee motif! So cute!

I worked in recycling for years and was an active environmentalist. I went into environmental



studies and got my certificate, so now I'm promoting environmentally friendly procedures like decomposable products, the food wraps and compostable products. It's all natural fibres and will compost naturally back into the earth. Retired from work life into this!

The fibre world is an ancient craft! Baby blankets, tea towels, shawls, hand spun wool, and wool from Ontario that I paint! Find the perfect gift Today! [Remember Ins's Gallery from last month?](#) You can find PrairieHawk Fibre products there. [You can also buy online!](#)

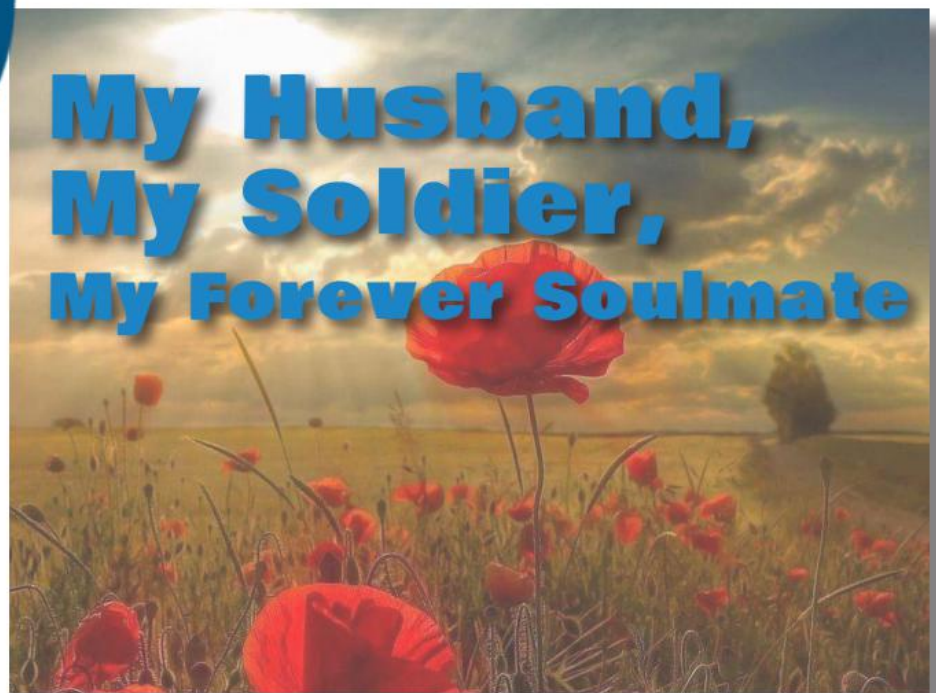
You can find PraireHawk Fibres on their [website](#) on [Facebook](#) or call them at: 780-712-1245



Coleen Hawkins

*Our Hidden Gems*





By Susan Binnie

**When** I think  
Mental Health, I think  
about my husband, a  
hero, my hero.

Dwayne Gerald Binnie  
is a Man,  
a Son, a Dad,  
Grandfather  
a Soldier.

He fought for all of us so we can have the  
freedom we have become accustomed to.

I believe there are some men who are  
meant to be soldiers and others who  
aren't.

He did the job he was hired to do, but he  
is a quiet, non-confrontational man who  
has always done as he was told. He has  
not always been able to speak up for  
himself and did not have the strong  
aggressive nature needed to mentally  
withstand all that he was exposed to while  
overseas. He also could not conform to  
being a construction foreman in civilian

life as he was instructed to be something  
he was not.

He lost friends who were killed on duty.  
Survivor's guilt came in and played its  
part. As did the guilt of not being home  
with his wife and children. He changed,  
they changed... Every time he came home  
from tour a little piece of him was left  
behind. He was not aware of the changes.  
For him it was more about seeing the  
changes in his children. How much they  
had grown, how much he missed them.  
He knew that he was providing support  
to his family, but where was the support  
for him.





His mental health diminished as he did not talk to anyone about the changes he had noticed. He did not talk, as when you are a soldier, you are told to suck it up. Don't let them see you have a bad day, or complain about anything wrong as that just makes you weak.

What I hear is don't be who you are, don't have feelings and definitely never let them see you cry.

So many emotions were denied. Years later it is hard for him to cry, it is hard for him to live and have thoughts of his own. Decisions are tough as for 13 years of his life he was told what to eat, wear, behave... when and how to do it!

I met him 20 years ago. He took on the responsibility of a six month old and a five year old with a disability. When I first met him I remember thinking that I loved a man in uniform. Someone who was strong and knew how to build.

He is a journeyman Carpenter and has every tool known to man. He owns a home and knows how to raise a family. He will be a great Dad for my girls. The part I didn't see, the part that no one sees is that he suffers on a daily basis from the effects of being in the military.



Going overseas on tour 4 times definitely took its toll on him. Every time he was gone a part of who he was stayed behind. I was fortunate enough to meet him after his tours of duty.

*What I saw was a kind gentle giant.*

He cared for me and my girls and I could see that the most important thing to him was to make sure that his children would not suffer any more than they already had. We have changed so much in the last 20 years. When I am with him, I feel I can truly be myself, letting the tears flow whenever I need them to. He is so supportive in many ways and then in others he freezes. He flashes back to tough times from far away. He gets lost... he has so much emotion in him that has been stuffed down. In the military he learned that he could not show his true feelings.

In 2002 we built a home for our blended family of 6. Dwayne retired from the military to start his own construction company and further his love of building. [\(read more about this journey in the story by my daughter, Caitlin Banks. Click here.\)](#) He transitioned through many jobs over the next 5 years.

As a wife every time he lost a job I would tear a strip off of him. "What did you do this time? What happened, why do you not measure up?" I was not helping. Questioning Dwayne put him back into a fight, flight or freeze state. Eventually I realized it was doing more harm than good.

The day he came home from work from the last job loss I asked him why did they let you go? I suggested he call and inquire so he could learn what the cause was. We found out that the industry had shifted. They were more worried about quantity than quality. This was not how he learned. The days that followed we would sit and discuss for him what was happening. I truly listened to hear and not to respond. He felt heard and knew the conversation was all about helping him.

impact





I will never forget the moment he sat on a big comfy chair and we started to talk about what now... Moment by moment I saw him collapse into himself, into the chair, tears started to roll down his face. He opened up in a way I have never witnessed a man do. He bawled like a baby and I held him. In that moment he reverted back into his childlike self and cried in a way he never had. He apologized for failing and being weak. I told him it was ok. He was not weak, he was human. This was a tough time for both of us. Seeing him so vulnerable and scared was tough. We talked about getting him help and

discussed the possibility that perhaps he had PTSD. From everything I had read that night, we were both convinced he did.

Over the years I had many friends tell me to leave, but how was that going to help. How could I let a man I love so dearly just suffer! Dwayne was diagnosed with PTSD and Major Depressive Disorder in 2007 although we uncovered he had been suffering since 1991. Having mental illness and getting help is not as easy as breaking an arm and getting a cast to allow it to heal. It is years of learning and understanding how to best help someone who was programmed for so many years to be a certain way.

There is help for sure, but it is not always easy to find the right doctor, psychiatrist, psychologist, medication or therapy.

Everyone is different and all of these things help in different ways. For Dwayne it was easier to not talk about everything that happened in his exposure to all he was witness to during his years of service.





Often times it is the easiest to talk to a peer support group. To talk, listen and know you are not alone in any of your thoughts, feelings, or lack thereof.

For Dwayne It was easier to love and be loved. Through the love of family and the understanding of the Veterans affairs advocates that took us years to learn how to best communicate with, he is living the life that works for him, works for us. He



has lost his drive, motivation, and desire to do many things. Secondary trauma continues to affect the part of his brain that allows him to focus and learn new things. As a result, after many years of construction, driving a truck and being a soldier, he is learning how to stay at home and support him and his family the best way he knows how. He no longer drives and is learning how to not think of himself as a burden.

The hardest thing for a man is to not work and support his family.

Luckily for us Veterans affairs has, after years of realizing they must, stepped up and now provide financial and medical help for those who can not work.

The second thing that shoots a man down is telling him he can no longer drive. Losing your independence and having to rely on someone else is challenging for anyone. We are grateful for all we have. We have worked hard to have the love and understanding that has taken years to get

to. I know how fortunate I am to be able to work from home doing something I love. I have a man who loves and believes in me and the work I am called to do. His unending love for me and his family is the reason I fell in love with him in the first place. He is learning to have a lasting relationship with his children and grandchildren. Has it been easy? No, has it been worth it? Absolutely! He understands me like no other... soul mates on a never-ending journey together! If you can relate to this story and need help, please reach out. I can point you in the right direction, as I understand how overwhelming it can be to know where to turn. There are many groups out there that support veterans, mental health issues and Men!

To contact Susan please email her at [Susan@SusanBinnie.com](mailto:Susan@SusanBinnie.com)



*Susan Binnie Co*  
*Stand in the Power of your Story*

Dwayne served as an Engineer for 13 yrs.

The mission of the Canadian Military Engineers is to contribute to the survival, mobility, and combat effectiveness of the Canadian Armed Forces.

The official role of the combat engineer is to allow friendly troops to live, move and fight on the battlefield and deny that to the enemy.



impact





## DON'T BE A SISSY!!!



By Kelly Wheadon

**What** does it really mean to be a man?

Is it a physical look, is it a mental thing, or both?

Sex is between the legs, Gender is between the ears.

So what does it really mean to BE A MAN. Short hair and beards? Muscles, rough and woodman like?

**Is it about being able to change a tire, change the oil, or repair things?**

I struggled with this concept most of my life. Physically I didn't look like a man but mentally I felt I was. Men aren't supposed to cry or show emotion and open up. On one hand you hear, "You're not sensitive enough", "you don't care, you don't show your feelings to me". Then on the flip side you get, "don't show emotion, suck it up, get over it". Better not talk about what is bothering you or feel anything. What does it mean to be a man? Heck what does it mean to be a woman?

Men showing emotion, "they're too sensitive", men not showing emotion, "you are insensitive" Why is it that men are to be the breadwinners, working hard and providing for their families. Yet the majority of women take care of the household and the kids. What about the man that can cook and clean but can't fix a car or change a tire... Are they any less of a man? What does it really matter?





I think we have lost the art of being human beings and allowing our differences to be on the surface. Embracing our emotions, our strengths and our weaknesses. Our desires and our interests. Without a label.

## **There are rarely support groups for men, or they aren't talked about very often and openly**

Men struggling with body image, being too skinny, not strong enough, feeling awkward, not athletic enough... not feeling ENOUGH.

How can we come together and strip away the labels of what men are supposed to be like and what women are supposed to be like? Pride and honor are so very present. Our jobs sometimes become our identity. Knowing that we are doing a good job of providing, can sometimes be everything. Yet it can tear up the mental stability being told, being shown by society what we as men are supposed to think, act and be like. When we are not the status quo it can make us feel inferior.

Libido, yes I went there... Sex, love, passion. Emotions, lack of, over thinking, penis envy. Yes it is a thing. Too much testosterone makes you angry... or does it? Self care for men is important, just as it is for women. This is especially true during puberty. Being able to not just control emotions, but being able to understand what the emotions are attached to. Anger, sexual frustration, hurt, loss, grief. Where is there a safe space to be authentic?

Then the groups we get into... we feed off each others pain, frustrations, anger and egg each other on to sometimes do really stupid shit. Going back to that "being accepted" issue.

This is an issue about men, Mental Wellness, understanding that MEN HAVE ISSUES and they are not being dealt with.

Men get taken advantage of, emotionally, sexually, financially. They get labelled as aggressive, abusive, and it's always the "he said she said debate". How do we correct years of stigma?

## **How do we honor each other?**

Have unconditional love for ourselves and for each other. Talk more about these issues so we can lessen the hurt, lessen the pain and show the generations to come how to be better.

Kelly Wheadon  
Senior Marketing Director  
World Financial Group  
Unit 102 4723 52 ave NW  
Edmonton AB  
T6B 3R6

**My team and I, we are different by design.** Our innovative approach enables us to succeed together. You do not have to question nor fear your financial future. We envision a world



in which everyone has the knowledge, a strategy and an action plan in place to reach their goals and achieve financial independence. We take a holistic approach, focusing on you, your needs, your goals and objectives. We

strive to help families and businesses create a sound strategy, focusing on reducing debt, saving money, protecting those things that are most valuable to you, and helping entrepreneurs achieve their dreams

**For a free no obligation call to see how I can help you, fill out the form at <https://bit.ly/KellyWheadon> or give me a call or send a text to 780-298-7426**

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## Create the Ripple Podcast

By Candice Smiley

**Welcome** to Create the Ripple Podcast with your host and Create the Ripple Magazine Editor-in-Chief, Candice Smiley. Here she creates a platform for uplifting stories, authentic connections and the intentional creation of a referral community..

The mission? Connect, converse (be slightly, respectfully, irreverent) and tackle topics that matter!

Her goal was always to connect with others who have a message, product, business or idea to share, promote or talk about, and get their words out to the world.

Her mission is to continue this with Create the Ripple podcast. Each month will be new themes and she has plans to tackle some big subjects. Candice has the courage to start conversations that matter.

With a passion for helping men and women to trust the niggle (trust themselves), tell the truth (boundaries are an amazing thing) and speak, even when their voice shakes. Candice is a champion for the underdog and can't does not exist in her vocabulary. She believes that taking radical responsibility in your life changes everything. The conversations are always unscripted and only lightly edited so none of the content is watered down.

Here it's not about hustle, it's about heart. It's not about push, it's about attraction... and you don't attract what you want, you attract [WHO YOU ARE](#). If you love the show and want to follow Candice on this journey, then subscribe, follow and like on all social media platforms and check out her videos on YouTube.

Want to be on her show? Here's how!

1. **A date is set to record [Book a Date Here](#).**
2. **You fill out her questionnaire, which is very detailed, but you only have to fill out the parts that appeal to you, and from that the conversation is ignited.**





3. You meet with Candice a little bit early on the appointed day. Together you will connect, chat, laugh and relax as you adjust your lighting and camera if need be.
4. The record button is pressed. You relax and have a lot of fun.
5. The date for release will be set and you are sent a copy of the final product and anything else done together so you can use it for your website, your blog or your own promotions

### That's it!

Oh... wait... maybe you want to know a little bit more about Candice?

This quote is the subtle mission in her life...

"I am going to make  
everything around me beautiful -  
*that will be my life.*"  
Elsie De Wolfe

Candice is a mom to an amazing little girl, girlfriend to an amazing man [a social marketer with an amazing online values driven company](#), a thought leader and multi-entrepreneur. She finds a ton of her life's joy in connecting people, to other people, places and things.

She lives a minimalist lifestyle and owns a tiny home (324 sq ft). Loves to travel with her partner in life Mark, and dance... Candice can never resist the urge to take off her boots to walk barefoot into a clear mountain lake or stream. When she is not podcasting or creating content, she disappears into the backcountry trails of Canada and loses herself exploring waterfalls and mountain trails. At her core, she is a quiet introvert who adores eating clean vegan foods and reading a great book.

Curious to know more? She shows up very honestly on her social media platforms.



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## LIVING WITH AND MANAGING DEPRESSION & ANXIETY IN THE MIDST OF OWNING A SMALL BUSINESS

Photo by krakenimages on Unsplash



By Robert Manolson

**Just** over fourteen years ago, I really didn't consider working in the capacity of an Entrepreneur nor did I believe that owning a small business was my destiny. But, if I was going to take a huge leap into this thing called Entrepreneurship, I quickly decided to reinvent myself! After all, my plan was to launch Powerful Play Experiences, Positive Workplace Mental Health...

For Teams! as a bonified business.

At that particular time, I was employed in the field of career & employment training, helping Albertans to find the work they love. I was a workshop facilitator, delivering workshops on career planning, work search strategies, and finding the right post-secondary education. I eventually took some time off to contemplate my next move. I wanted to do something that was fun, inspiring, and driven by creativity. I decided to start my own business, Powerful Play Experiences, based on something that inspired me in my college and university years - Cooperative Play. With the amazing support from the Edmonton Chapter of the Canadian Association of Professional Speakers (CAPS), I launched my business with the intention of helping individuals and teams create positive change while having fun doing it. Very quickly, my clients began describing me as "The Play Guy" who facilitates workshops based on

Cooperative Play. Two years later, this changed and my clients then described me as "The Fun at Work Guy" who inspires workplace teams to have more fun at work.

Today, fully engaged with my business for just over 14 years now, fun at work continues to inspire all who play with me but my business has evolved and so have my intentions. I'm all about pushing the message that positive workplace mental health for teams is quite easy to attain at work but when, and only when Leaders commit to more fun at work, and more happy & engaged teams! Navigating my life as an Entrepreneur has never been a simple journey nor a straight line journey from point A to point B. Yes, there exists 4 generations of mental illness in my immediate and extended family. And Yes, I am very open to sharing with you my story of living with and managing depression and anxiety.

**But, I'm also very open to sharing with you my conviction to calling myself a Mental Health Champion.**

In fact, quite recently, a colleague of mine in the Field of Career Development facebooked me. Cindy, who also lives with and manages depression and anxiety, wrote a most poignant definition of a Mental Health Champion. "Defining the Mental Health Champion! We face adversity. We find ways to deal with it. We use the support we have around us. We speak our truth when things don't go well. We function in the wacky world of work where disappointments can be inevitable. We move on. We validate our feelings. We



look for ways to maintain our daily personal wellness. Yes, We are GREAT! We are Our Own Designated Survivors!" Poignant, to say the least!

If there's one thing that has been absolutely certain during my crazy ride as an Entrepreneur it's that my life has changed and that my life will keep on changing. Mental illness has impacted both my work life and my personal life. But through it all, I continue to surround myself with like-spirited people. People just like Cindy. People who "get it!" People who are very close and dear to me and fully aware of my ongoing mental and emotional health challenges...daily.

**As a male, I've had to learn and get comfortable with the simple act of talking about my depression and anxiety, and reaching out for help.**

My Bigger Goal ? To be a role model for men everywhere, especially men who are Entrepreneurs who really need to get comfortable with talking about their daily mental health to get the help and support they need.

In a recent study conducted by the Canadian Mental Health Association regarding the mental health and well-being of Canada's Entrepreneurs, the study concluded that 62% of business owners feel depressed at least once a week. Nearly half of the respondents, 42%, said that mental health issues interfere with their ability to work. [Click here to learn more about this recent study:](#)

It's reasonable to assume that throughout my journey as an Entrepreneur and owner of a small business that I have often found myself overwhelmed, stressed or challenged by the pressures to make sure Powerful Play Experiences IS a successful business. When I consider the demands and priorities that I need to address daily as a small business owner, it's quite common for me to ask myself the following, all important questions. "How am I doing today with giving full attention and energy to being the most positive and enthusiastic person I know? What am I doing to be the very best Mental Health Champion FOR ME?"

Look! I am very proud of what I have achieved here and what I will continue to achieve as an Entrepreneur. I am committed to my work and extremely passionate about impacting the lives of people everywhere. But most significantly, I continue to trust in this journey and continue to follow my heart. Clients often say to me, "Where do you get your infectious energy and enthusiasm?" I receive this question with a heartfelt humbleness and a smile on my face while my inside voice says, "Looks like I'm giving full attention and energy to being the most positive and enthusiastic person I know!"

And when it's appropriate in a situation like that, I sometimes launch into a short story about living with and managing depression and anxiety. People are clearly surprised to learn that the business owner of Powerful Play Experiences, the Workshop Facilitator who brought infectious energy and enthusiasm to their workshop, is also the guy talking about his mental illness. I do have fun with what seems to be a contradiction for people. So, I talk about wanting to shatter people's perceptions of what mental illness looks like with the hope that this is one important step to addressing the stigma attached to mental illness.

And finally, how touched I was last week when I received an email from Cindy. "You do amaze me with your amazing marketing skills and how you keep pushing forward! You are truly a role model and great supporter of all those who suffer from mental health disorders." Thanks Cindy!! And Thank YOU, if you are here, reading my story.

[See page 51 for Robert's Full Bio](#)



Positive Workplace Mental Health...For Teams

impact



# A Mental Health Journey



By Caitlin Banks

**Do** you have a man in your life that suffers from mental illness? I think society leads the world to believe that men must be strong and that they are not allowed to break down, but men suffer just as much as women.

Sometimes I think it might be harder because if you lose parts of your manhood then who are you. As women we are all expected to break down here and there, but what about the men in our lives. I had the opportunity to interview a special man in my life, Dwayne Binnie. He's my dad forever, maybe not by blood, but always through heart, love, and family. My dad suffers from many mental health issues and it has not been easy. He deals with PTSD from the military and feels like he is a burden.

Dwayne Binnie is a super gentle and quiet brave soul. He is the father of four wonderful children and a grandfather to 4 beautiful grandsons. Spending time with family, building anything, watching Canadian football, ("GO Roughriders")

***"Behind Every Strong Soldier Is A Courageous Family Who Stands By Them And Loves Them With All Their Heart."***

watching TV and reading are his favorite things to do. Something you would not know about my dad is that he feels like he has lost who he was and feels like he just gets in the way. These feelings all started after he could not find a job back in 1986. He was looking for a stable paying position and felt that a position in the police force or RCMP were the most stable. It was impossible as he was not female, black or of a minority. It was time for him to step up for his wife and provide for the family of his dreams.

**Joining the military at the time was his only option. As my dad always has said "It definitely wasn't my first choice, it was my only choice."**

The next 13 years of his life would be given to the military. He lost the chance to watch his kids grow up and would serve in 4 tours. After the third tour my dad knew he would never be quite the same and will forever have to live with flashbacks, depression, and the death of two close friends. The worst memories will forever be seeing all the



men, women and children eating out of garbage's starving and having nothing. Not to mention ethnic cleansing. If you were not of the same ethnicity in a community forget about living there. If you did your house would be destroyed!

My dad helped me realize the importance of not using the word starving and to this day I will correct anyone that says it.

**“ You are NOT starving. You have eaten a meal today. I saw families who had not eaten for weeks digging through dumpsters for food. YOU are NOT starving, they were!”**

**~ Dwayne Binnie**

My dad felt prisoned in the walls of the camp and stressed that this may be his life forever. Thankfully, he would meet my mom and retire from the military as he realized that in fact his life could be different as the world had changed. In 2002, he retired to start his own construction company. Unfortunately, things would go downhill for him in 2004 after his company was sued. He found a job with a construction company as site supervisor and liked it better as he could now just focus on the work. After a few years he was let go as he was not a good leader and appreciated quality over quantity. When he was younger, he was taught to take his time and get it done right the first time. Of course he wasn't a good leader, as a soldier he was commanded what to do and when to do it!

For the next year he worked as a truck driver which was sometimes hard as he had to be away from his family. Eventually he had to quit this job to lower his stress levels as he was diagnosed with PTSD and Major Depressive Disorder. He felt like he was letting everyone down and his manhood was getting ripped away as he could not work anymore. Talking to a psychologist was the worst possible solution as reliving his time in the military was not how he wanted to recover. Over the years my dad's health continues to get worse. It's

becoming especially hard that his memory isn't good as he's lost the ability to build the way he used to. I can't imagine that, not being able to remember how to do one of the activities you love the most.

Over the years he has lost his ability to think for himself, work a job, drive a car and hope that he will ever have a say as to what he can do and be. Living out on an acreage and losing the ability to drive has made him once again feel trapped in walls, even though that's not the truth. He is trying to see the light and has recently started a medical cannabis journey that has slowly been showing signs of helping. I hope my dad can regain parts of who he is back and stop feeling like a burden. As his daughter, it is me and the rest of the family who have to look out for him and support him through his mental health journey. Most importantly it is up to us to show him he is enough, he can have what he wants and learn how to love himself.

With mental illness there are many ups and downs. For my dad all the choices to find permanent work were taken away, and after the brain damage caused by the military, every choice after was taken as well.

Make sure you reach out to the men in your life and assure them they are NOT a burden, but instead a wonderful blessing to this planet!

If you or anyone in your life are experiencing signs of depression or PTSD reach out to the mental health help line in your area.



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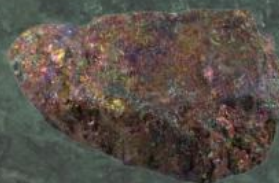
## Crystals for Mental Clarity & Well Being



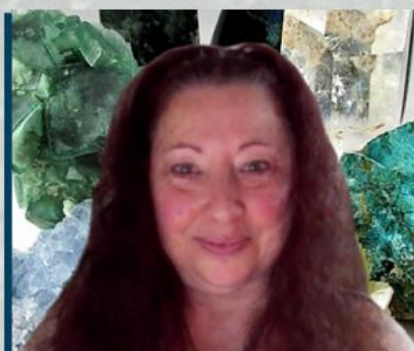
Optical Calcite



Indigo Gabbro



Chalcopyrite



Angel Lady Terrie Marie, D.Ms.  
Crystologist, Crystal and Angelic Realm Channel

**When** I think of mental well-being, it reminds me of when my Dad used to come home from work and the first thing he would say is --- “don’t pounce on me” --- you see, there were 3 females in the home and we all wanted to share things or ask questions. What my Dad really needed, after walking in the door, was just a few minutes to decompress from the day or even the weekend.

One of the ways I learned to be supportive was to have his favorite drink ready... no words, just his favorite drink and a smile. That was then, I had no notion about energy or crystals that would be helpful in an entirely different way.

Today, after nearly 30+ years of learning, discovering and studying about Crystals, Minerals and Stones, there is so much that these beautiful, high-vibe, clear energy beauties from Mother Gaia can help us with. For example, while I

prefer to intuitively connect with a Crystal that can be most beneficial in the moment, there are a few that come to mind whose Metaphysical Properties resonate with Clarity of Mind and Well-Being.

What follows is a short, concise list with a few pertinent Metaphysical Properties that support decompressing after a long-day or long-week, elevate the inner-vibration and begin to assist with conscious mind clearing and ultimately experiencing a sense of well-being.

### Crystals and Minerals for Mental Clarity:

- **Optical Calcite:** Stone of Insights, conscious mind clarity, clear stagnant and blocked energies; cleanse and energize all energy centers and raise the inner-vibration
- **Chalcopyrite:** Clears all Chakra energy centers; clarity, seeing differently; helps you achieve a state of \*no\* mind; helps clear energy blockages



- **Indigo Gabbro:** aka Wise Soul, expanding knowledge and insights, clarity, meditation and grounding energy; immune system; calms and soothes emotions

## Crystals and Minerals for Well-Being:

- **Banded Agate:** Cuts mental and energy cords; energy detox, overall well-being; self-expression, transformation, soothing and calming;
- **Ametrine:** Mental and Spiritual clarity; creativity, new ideas and insights; clear decisive actions; can assist in dissolving fear and doubt; protective energy; transformation, optimism and overall well-being; increase focus and concentration
- **Pink Halite:** Stone of Purification, removes negativity, well-being, helps prevent psychic attack, dissolves old behavior patterns; heals feelings of abandonment or rejection; encourages contentment with current circumstances

A simple way to work with any of these Crystals, Minerals and Stones, is to place one or a combination of any three on your desk, near your device. You could also carry one in your pocket or put them in your briefcase.

Whether you're working from home or at the office, having Crystals near you, helps ease the

energy that is constantly flowing to you and around you. Being able to detach, step away from any given moment, isn't always doable ... having the right Crystals, Minerals and Stones near at hand, can be that extra "you've got this" energy for you.

*Much Love and Infinite Blessings,*

*Angel Lady Terrie Marie, D.Ms.*  
Message me on [Facebook](#) at or on [Instagram](#).

## About The Crystologist

Angel Lady Terrie Marie, D.Ms. is a highly attuned Master Crystologist, Crystal and Angelic Realm Channel, showing Sensitives and Empaths Worldwide how to tap into and easily access their Intuitive Skills, Spirit and their Guides.

Her fascination with Crystals began in 1989, after reading *Spiritual Value of Gemstones* by Wally and Jenny Richardson and *Lenora Huett, and Crystal Enlightenment: The Transforming Properties of Crystals and Healing Stones* by Katrina Raphaell.

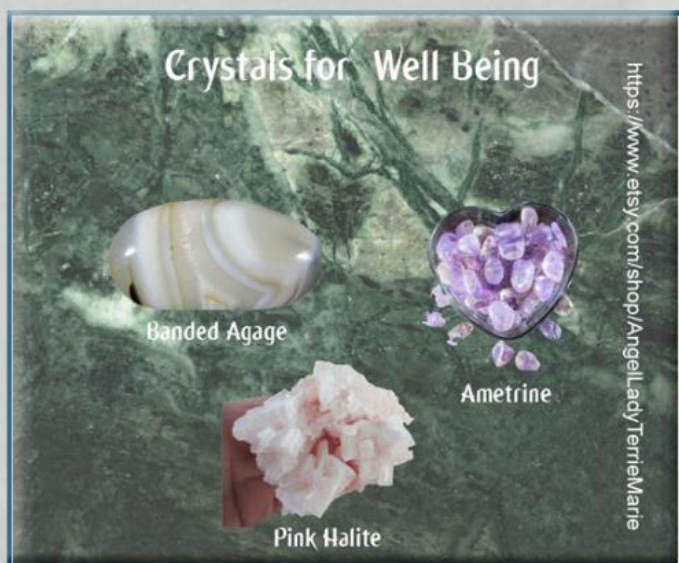
She utilizes and enlists the Power of Crystals in her personal daily spiritual Practice. Through her work, she teaches her clients how they too can tap into the Power of Crystals in simple

practical ways.

As an 8-Time Best-Selling Author and Intuitive Spiritual Preneur and Crystology Mentor, she radiates Spiritual Presence, Unconditional Love and compassion, teaching her clients life-changing skills, easy-to-use techniques and practices that work quickly and easily.

With her guidance, Terrie Marie's clients become trans-empower catalysts in their lives and Spiritual business from the inside out in miraculous ways.

- **8-Time Best-Selling Author**
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By Caitlin Banks  
& Candice Smiley



**Below you are going to read a paraphrase of a story written by a man named Jim. This was compiled from a reading of Jim's chapter in the book called Parentectomy, by Christine Giancarlo. Please know it might be triggering for some. ~CS.**

Jim is a father of four beautiful children Jason, Nancy, Jennifer, and Marie He is always trying to be the best dad he could be all the way from working several jobs at once so his wife could look after the kids, to playing the guitar for his youngest daughter who suffers from developmental disabilities. Unfortunately,

over time his family started to fall apart and one thing after the next put Jim into deeper places of feeling alone and isolated in the world.

He and his wife started to have a rocky relationship which included arguments, the pastor coming over to help, all the way up to the cops getting involved. Jim had a hard enough time as he was the only part of the couple that did any sort of parenting. His kids would start to dislike him for this as he was the only one being responsible. This made the kids favor the mother's side always. His wife did whatever she could to make him look like the bad guy in every situation.

It got so bad that Jim got probation time where it was almost impossible to ever see his kids because she made sure of it. Lies would be made to the cops that he was court ordered not to see his children when in reality he was only to stay away from his ex. Over time the distance between his kids made his youngest daughter Marie's health slowly start to diminish as the mom was not supportive



to her. Slowly Marie lost weight and her appetite, she got terrible sleep and was distraught because she could not see her father. It got so bad that at one point Jim was no longer allowed to comfort her with his music and guitar playing during supervised visits because his ex would not allow it.

Jim was also abused by his son Jason and to this day he refuses to see his father, but Jim will always be there for him if he ever chooses to be in his life again. Also, a false story from his daughter Nancy was made to the police when she was younger that he sexually assaulted her at the age of three. It was his ex's mission in life to use her kids as pawns to get him arrested by making up these stories.

Jim cares for his children so much and never gets to see them. He cares about them so much that he even writes letters to them for every holiday and keeps them in a box in hopes that one day they'll get to see them.

After several lies on her part and a battle that has been going on for years Jim is still trying to fight for his right to be a part of his kids lives. He continues to feel alone with no support and nowhere to turn.

**Jim has had the courage to bring to light the raw challenges that many men face when they enter into a divorce system that seems to be weighted in the favour of the mother.**

**Regardless of what is or isn't, it's become incredibly important to talk about the challenging issue on both sides of dealing with a legal system that isn't always fair. And when it's about the breakup of a family, can it really ever truly be fair? It's always the kids that lose.**

***Always. ~CS***

**If you or someone you know is in a challenging situation, please reach out to CCMF, the Canadian Center for Men and Families.**

**CCMF, Canadian Center for Men and Families; programs and services for men in need, men who are victims of domestic abuse and violence.**

**<https://ccmfalberta.ca/>**



Jim is rebuilding and learning to thrive by honing his lifelong skill of being an observer. This has allowed him to look introspectively at his past successes and failures in order to make a positive difference in the world around him today through actively applying those learnings. Jim's greatest joy is his four children who have been alienated from him for a number of years partly through his own doing and by a system that desperately needs change. His heart's desire is to one day be reunited with his kids and he will continue to take whatever steps necessary to see this happen.

**Healthy Men,  
Healthy Children,  
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# Make Decisions

## That Are Right For You & Your Mental Health

Photo by Steve Halama on Unsplash



By Carmen Goebel

## Hello All!!!

I love this greeting, it's generic yet my signature greeting that I've used for quite some time..

This month's theme is dedicated to mental health wellness and I truly believe that it will be recognized and valued more and more in the future.

I originally started writing this article about a happiness mindset. This took me down a bit of a spiral of procrastination. As I sit here with my deadline up I am reminded about my feelings these last few months. Actually it's been since December some time that I recognized it and was aware and wanted to work though it and move on.

*"ANGER!! Yep, I've been so angry that I could feel my blood boil inside. "*

You see, I work in healthcare and even though I didn't start till I was already 42, I've been there for 13 years. I'm tired, frustrated and oh so angry. I realized through my journey of working and going through so many managers that each one has an agenda. I know that even though I'm a small working part in the system I wanted to be recognized as an asset and feel validated. As a result of my whole belief system from my upbringing, there is also this part in me that tells me I must work through releasing, and I think that in itself is part of the anger I've been experiencing..

I realized a few weeks ago that it's time for me to quit my job and move on. I definitely DO NOT align with the beliefs and values of the facility and the manager is definitely not the leader for me! All in all this is how I feel and I have to do what's right for me and my husband. I am saying my husband because even though I am my own person, he is a part of me, a part that is intertwined and my decisions affect him and his affect me as well. And let's face it we are a team. Lol I love him dearly. (Hugs Lynn)

The anger that I perceived these last few months has made me stall projects in my online business and I must own that, because ultimately, it is not my managers fault or anyones for that matter.



*"Let me tell you a story to further explain this anger as well....."*

In 1998 I started dating my now husband, Lynn. We clicked right away and by the summer of 2001 we were married. There were challenges along the way with bringing a man into my life with kids and starting a whole new journey that now seem so trivial and even like someone else's story. Lynn and I had this fun dream/vision to one day sell our house and buy a motorhome and live a gypsy life cruising North America. One day last month I sat Lynn down and said I really don't like the place where I'm working and I don't align with my manager any more. I want to sell our house and buy a motorhome and live closer to my kids, and be a grandma. I really have to chuckle at Lynn's response. He thought we'd do it when we were older. Hahaha I then replied "How much older do you want to be when we do this"? Even if we only did it for a few years and then had to come back to take care of our parents, at least we could say we did it!

Maybe this is a part of the anger I've been feeling. A discord with my life, my vision. Maybe it's the Universe's way of getting me/us closer to that vision and once it was set in motion it was like my intuition/my gut power settled down.

*"I had such heartburn and a gut ache that I knew something was up and about to change."*

Moving forward after lots of talk, Lynn and I have put our house up for sale and are moving to Alberta to be closer to our son and his family to be a support system to them. Both Lynn and I are getting jobs, cause lets face it I don't think we are ready to retire. What does retiring mean at this stage in the game of life? My mom retired from her teaching when she was 54 and she said that it was way too early. She felt the pressure from the younger generation to move on.

It is mid February and I write this for the March issue on Mental health and wellness. There is something I want to tell you. Listen to your body, your heart and mind, they talk to you in a different vibration. My anger has basically subsided. There is a lot of work ahead for us but I know it's the right move and I'm so freaking excited to be moving. Our house went up for sale yesterday and it's getting shown today already. YAHOO!!

*Carmen Goebel*

Confidence/Visionary/Life Coach,  
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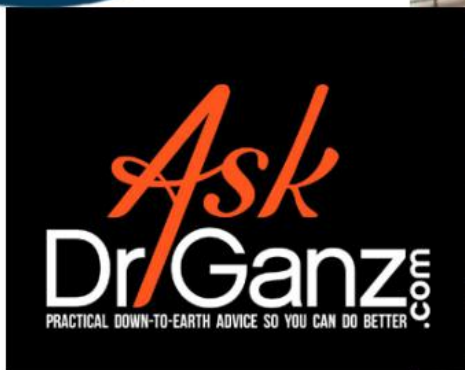
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# Are You Burned Out?

Do you even know?...



**Do you feel** miserable, tired, resentful, and pissed off without understanding why? Or maybe you have health problems that seem to have come out of nowhere...

All of this happens because we tend to neglect ourselves, usually without ever realizing it.

With the pressures of a job, a spouse, and maybe a couple of kids, personal maintenance gets pushed to the back burner. We don't intentionally neglect ourselves...

## ***It just happens!***

***"Most people spend their whole lives climbing the ladder of success only to realize, when they get to the top, the ladder has been leaning against the wrong wall" ~ Stephen Covey***

I've met so many overworked men who simply don't know they are depleting themselves. The

worst part is, many of them have never stopped to ask why.

## ***"Why am I doing this? What is the point of it all?"***

As men, we are susceptible to doing things simply because we think it's what we're supposed to be doing. Many men have operated this way for decades. Then they turn forty or fifty, or they have a health crisis, or they get divorced, or the kids leave home, or something drastic happens, and they have to take stock of their lives. This is when they are forced to reevaluate and suddenly realize that they've climbed the ladder of success, and it's been leaning against the wrong wall the whole time. Over time we pay the price and personal maintenance, by default, gets pushed low on our list of priorities.

Many times in my life I've been swept along by the current, neglecting my own personal

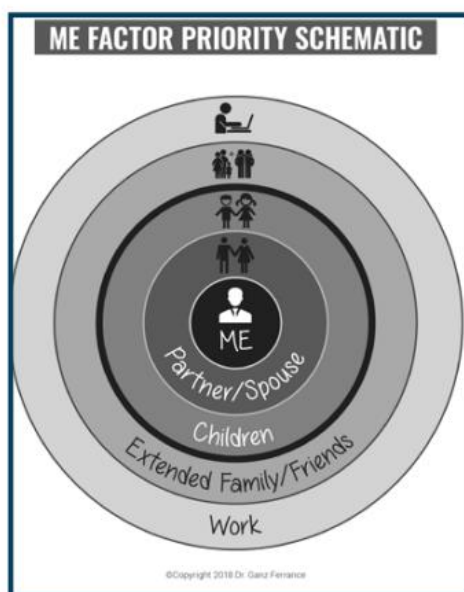


maintenance and ultimately suffering was the result. We all need a set of guidelines to make sure this doesn't happen, and the first step is to determine what we need... not just physically but emotionally, intellectually, spiritually, and socially.

Too many men have never taken the time to ask these questions;

***What's missing from my life?***

***What's important to me?***



When a man doesn't know what is important to him, his decisions are made based on whatever is urgent at the time - whoever is currently the most pissed off with him, whatever pressing matter cannot be ignored a single second longer, or whatever will provide the most immediate benefit. Driving that decision-making process, often at an unconscious level, is the compulsion to do the "right thing" based on the expectations of culture, religion, or family.

The average man never really thinks about what he wants, what's good for him, what would make him happy, or what is going to serve the biggest part of his life in the best way.

I have written a book to remind you that you can choose to fill yourself up, discover what works for you, and serve others from a place of prosperity and abundance in a way that doesn't deplete you. A "**me-first**" philosophy is difficult for many of us to accept. It flies in the face of our culture's idealization of selflessness and humility. When you read this book, you will learn that the more energy and abundance you pour into yourself, the more there is to overflow to the other areas of your life!

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By Candice Smiley

## My friend

Frisbee Rob found himself on the wrong side of a debate regarding gender equality. Unwittingly, perhaps even innocently, he waded chin deep into the dark water that is a twitter debate... And he lost... Horribly!

Picture this; it's the World Games in Poland, 2017. These are the sports that are not yet in the Olympics but would like to be. It's a big deal! The World Flying Disc Federation (WFDF) sends one commentator to the games on behalf of the sport, a man the best person they have for the job. Criticism of the lack of gender equality begins to happen on twitter with a tweet from one woman (#fuckthepatriarcy).

As he begins to tell me this story, I can feel my heart sink. I know what's about to happen next, and I know it won't be good.

As the Global Director of Communications for the WFDF brand, Rob hopped onto Twitter to respond to the comment and share that they believed they had sent the best commentator, male or female. This was not received well at all.

Rob had recently watched the documentary, The Red Pill by Cassie Jaye. He was wandering into the conversation with a small amount of knowledge about the depth and width of the challenge facing him, but no idea of the anger that often comes from a conversation about this.

The conversation on Twitter very quickly became very one sided... and it wasn't in Rob's favour. Many then, and since, encouraged him to not engage and walk away; but he didn't. He made the mistake to take the conversation to his personal Twitter account and things really went downhill from there. The exchanges got heated and taken out of context. Others with more experience and a lot of anger got involved. Rob was in over his head.

I don't need to tell you how it ended. By the time the dust had settled, a petition had been signed calling for Rob's removal from his position at WFDF. The impact was felt immediately and Rob was asked to resign... He did.

WFDF did end up sending a female commentator to the World Games as a result. That's about the only win from all of this that I can see. It was good for the brand, and good for the sport (and for the gal who got to go!) but Rob became a



common enemy for a very hot topic. Even now, I shake my head. Rob hurt for a long time over this as it impacted nearly every area of his life; dating, jobs, friendships. His reputation in the sport he loved was tarnished. It has taken him a long time to rebuild and refocus on his next steps; to be able to own it, forgive it and move forward from it.

I asked him if there was anything he wanted to share with me from what he learned. This is how he responded;

*"How do we have these conversations Candice?*

*How do we/can we engage in these debates from opposite sides and not have it break down in this manner? If I was to share something but you disagree - how do we agree to disagree?"*

I find myself nodding... I get it. I'm not sure of the answer either.

*Rob continues. "Candice, the thing I wonder the most is, how do we live side by side, holding different opinions, and not try to use those opinions to cancel each other out."*

Mind blown moment... Great question!

These questions enter my mind;

- Why do I have to make you wrong so I can be right?
- Just because I'm hurting, does that mean you can't be hurting too?
- Is one hurt bigger than the other, more justified than the other?

To be honest, I don't know the answers to any of the questions Rob asked me at the end of the interview. I don't have a clue how to wade in on this conversation.

What I do know is that there is a great group in Calgary called CCMF Alberta, Canadian Center for Men and Families that is making a difference. Programs and services for men in need, men who are victims of domestic abuse and violence.

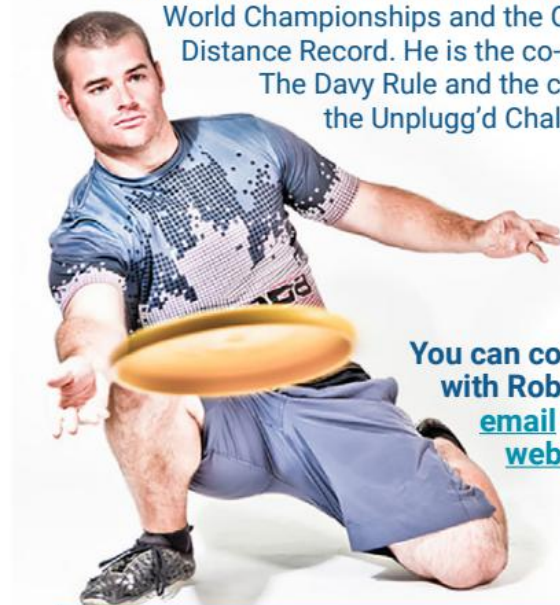
<https://ccmfalberta.ca/>

I'm excited for Rob who is now their Digital Media Manager; there are very few men's support centers like this, versus the number of women's centers. It's amazing to see how Rob has turned this situation into a cause and become a champion for other men.

*"It doesn't mean that women don't suffer," Rob jumps in as he's telling me about his work here and the work they are doing to support men and families. "It just means that we at CCMF recognize that men suffer too."*

"Frisbee Rob" McLeod is a motivational speaker and frisbee ambassador living in Calgary, Alberta, Canada.

He has 6 Guinness World Records, 13 World Championships and the Canadian Distance Record. He is the co-author of The Davy Rule and the creator of the Unplugg'd Challenge.



You can connect with Rob [via email](#) or on his [website](#).

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By Christina Giese

**Did** you know that the top 3 health concerns for men are cardiovascular disease, obesity and depression?

All three of these things have something in common in helping reduce their risks.

### Physical Activity.

I began my own fitness journey over three years ago. Although I am not a male, I can relate to the overweight and mental health aspect. After I had my third child, my confidence dropped to below zero. My energy and mood were non-existent. I made a choice to change me for me, to prove to my children that taking care of your body also involved taking care of your mind. In the end, it helped me take care of my family. Recently, I decided I wanted to share this passion, in hopes that I too can inspire someone. I decided to become a trainer.

Since Covid-19 began one year ago, it has become clear that physical activity is highly sought after since most gyms are under lockdown or under very high restrictions. In Alberta, it is currently limited to 1 on 1 training.

Physical fitness reduces the risk of cardiovascular disease by increasing cardiac muscle strength. This means that as the heart grows stronger, hopefully along with other parts of your body, it becomes more efficient. It pumps more blood in one single beat and, therefore, requires less work. How can you tell? As your fitness regime becomes more consistent, you will notice a lower resting heart rate. A lower resting heart rate and stronger heart muscles reduces cardiovascular disease.

In addition to cardiovascular health, obesity has increased since many are restricted to less outings. Pair that with cold weather and you have a significant increase in obesity or overweight people.



Physical fitness is not going to cure obesity, but it will help you reduce some unwanted weight, alleviate pressure on the joints, and aid in many other health related diseases.

## The big topic I want to discuss today is mental health.

In men's health, it seems to be a taboo topic. Stereotypes such as "you're too weak" or fear of being "feminine". Everyone endures stress in their lives, one which I know all too well. Why should this be any different for men? Men carry just as much burden as women; they just carry it differently.

If I were to ask all the men in my life what stresses them most in their everyday lives, their answers would likely be: finances, relationships, and overall quality of life.

How can physical activity help with mental health, you ask? Physical activity has a profound impact on depression, anxiety and ADHD. It relieves stress, increases memory, and assists with overall mood. Fitness activity also helps you sleep better. Better sleep and recovery also means you're ready for your next workout too.

All of these issues are closely interconnected. All of these things are important.



Photo by Nathan McDine on Unsplash

So, what is my suggestion to you? Let's motivate each other to move more. In as little as 15 minutes each day, I can guarantee you will feel better. Take the time you need to reset your mind, decompress, and maintain a healthier lifestyle.

Let me inspire you, come into your life bubble, and let me help you set and reach some goals. I promise it will not only make you feel healthier, gain more energy, but it may too inspire you to do more. Contact me today!

Christina is the owner of LIFStyle Fitness. Live. Inspire. Fuel. She offers customized in-person and at home workout plans tailored to each individual's needs and goals. Christina started her fitness journey over 3 years ago by focusing on her nutrition, physical activity, and mental well being. She has 3 children and wanted to show her young boys that taking care of ones body is important. She says she feels younger, has more energy, and has finally found her passion.

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