

Spring Has Sprung...



Now that spring has finally arrived, I take great pleasure in seeing my garden emerge from under its blanket of white and burst forth into glorious multi-colours. Living in a rural community, I feel fortunate seeing Mother Nature at her best. As thousands of birds return to nest and the miracle of the buds maturing and bringing emerald green foliage to shade us during those hot August days... new beginnings are everywhere giving a renewed sense of hope.

In preparing this issue of Women with Vision I had the good fortune to interview and write about the fabulous gardens of five women who started their plants from scratch. Each woman has dedicated herself to create a unique masterpiece that is a highlight of the Garden Tour in the Thornbury area.

You'll want to try our delicious recipes featured in our Georgian Gourmet section...any meal is enhanced by luscious locally grown veggies. Try planting your vegetables in late spring, May 24th is a rule of thumb to avoid any last minute frost. An exception to this rule is asparagus so we've included a simple and delicious recipe perfect for any dinner party. In the Maritime Provinces the season for harvesting oysters is in full swing and this brought to mind a garden party I've always wanted to have, so with that in mind, my dream of oysters enjoyed with a crisp cold glass of white wine inspired me to include my Breaded Oysters recipe for you to enjoy. And, our Raw Foodist's organic salad will be the talk of any picnic.

After hibernating all winter, getting and staying fit is on most people's minds during the spring months. Shedding a few pounds while gardening will help keep you slim and trim. Together with a registered nutritionist, I have created a special program called "Slim A Size", an eight week workshop that starts June 2nd, so you can carry out your daily chores feeling healthy instead of saying "Oh, my aching muscles". And, our team of Health and Wellness writers give great advice to keep us well all year.

Spring is also a time to renovate and spruce up both the interior and exterior of your home or cottage. If you've been thinking of redoing your bathroom or kitchen tiles then "Tile Trauma" will really help. And for those who are making a first home purchase we have included some valuable tips on buying your dream palace.

Need a little wardrobe updating? In our Fashion, Beauty and Spa section you can learn about the newest colour trends, hot cosmetic procedures and where to go for that special and well-deserved day of pampering.

Now, sit back and relax with a cup of tea and read our Motivational and Inspirational section. Its stimulating insights are encouraging and will make you stop and think.

We've had so much fun putting it together that we know you'll delight in this issue of Women with Vision. Many of you have shared with me, over the last nine years, that you take great pleasure reading Women with Vision from cover to cover and that's what it's all about: bringing you educational, informative and motivational articles six times a year. Please feel free to drop me a line or send me an email, I'd love to hear from you.

Lorraine Leslie
Founder/Publisher

P.S. Happy Mother's Day and Father's Day!

Nominated for

RBC
Canadian Woman
ENTREPRENEUR
Awards

2005 & 2006

The feature women about whom I write, have traveled a long, winding road to success – each woman on her own journey; a journey that sometimes hasn't been smooth. These women open their hearts to inspire and motivate other women, of all ages, to follow their dreams and passions...