

Carpe diem...



Carpe diem is a Latin phrase meaning “seize the day” ...and isn't that exactly the special importance that summer brings to you?

Summertime is all about experiencing those long lazy hazy days and warm gentle breezes that caress our sun-tinted bodies. Evenings spent gazing up at the starlit skies and listening to the mystical sounds of the night can relax one's mind, body, and soul.

With long weekends and holidays to look forward to, we realize that this is why so many of us have worked so hard during those lengthy fall/winter/spring months ... so we can enjoy our own personal freedom to do as we please on those dreamed-about-all-winter summer days. Whether you're a worker, non-worker or retiree... as a Canadian who has survived yet another long winter you deserve the sweet joys of summer!

In this issue of Women with Vision you will find many features to assist you in taking advantage of some well-deserved downtime. Whether you are exercising in a functional yoga outfit while doing your daily stretches, cooking up a delectable summer meal of cold or hot seafood pasta, feeding your fine feathered friends, creating a spectacular vertical space in your garden or selecting what jobs on your to do list are eligible for one of the government eco-environmental rebates, this issue is here to help. By the way, this is the perfect time to repaint indoors with ecological friendly colours or decorate a spectacular outdoor room on your new deck knowing that these items are on the rebate list.

Our feature article on Citytv's Jennifer Valentyne, Breakfast Television's roving reporter, shows how every day starts with a new experience. Jennifer truly lives in the moment. Juggling a hectic

schedule that starts at 4 a.m. every weekday, Jennifer still finds time to be a totally involved mother with all the normal day-to-day chores that comes with having a home, a husband and two energetic children.

Throughout the summer there are also many charitable activities in which you can participate. In our column, Women with Vision Making a Difference, read about how Karen Webb, Executive Director of the Big Brothers Big Sisters Organization, tells us how we can each give back and help many young girls and boys in our community.

On the business side of things our techie Shane Leslie warns us that computer pirating is illegal but does give us some safe links to download some great movies. Minister of State Helena Guergis updates us on the Status of Women directly from Parliament Hill. And Susan Baka shows us how to get qualified in order to bid on corporate contracts. Or, if you are in the market to change jobs, Brenda Collard-Mills' expertise in resume writing compares composing a resume to speed dating and shows you how enjoyable promoting yourself to a new prospective employer can be.

We've packed this issue with many enlightening articles for your reading pleasure...so kick back on a chaise lounge, have a cool drink close by and enjoy each and every page...and...carpe diem.



Lorraine Leslie
Founder/Publisher



Nominated for **RBC Canadian Woman Entrepreneur Awards** 2005 & 2006

This issue dedicated in memory of a faithful friend and talented writer **Renate Weiler**
1951 - 2008

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...