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*"Above all, be the
heroine of your life, not
the victim."*

Nora Ephron

Featured Charity



Meet the Co-Founders

Maria Papaioannoy



Thank you to everyone who has supported the Northumberland Expo for Women (NEW) this year!
This event has been a vision brewing in my mind for years. I truly believe that the women in our community are accomplishing incredible things, and we deserve a platform to share our stories. When we listen to each other's experiences, we can all have those "aha!" moments of inspiration. My dream is for women to find connection and motivation in one another, helping us take our next steps toward making our dreams a reality. With over 45 vendors, a diverse lineup of speakers, and an event 100% powered by women, I know that 2024 will be a tremendous success. I'm excited to witness women continue to disrupt the status quo and make lasting change in Northumberland County for years to come.

www.newexpo.ca

www.northumberlandwomen.com

Signe Langford

From Hudson, Quebec, via Toronto, now living in Port Hope, Ontario, Signe is a restaurant chef-turned-writer who tells award-winning stories and creates delicious recipes for such publications as: Watershed, Harrowsmith, The Toronto Star, Hobby Farms, and more.
Her award-winning book – Happy Hens & Fresh Eggs; Keeping Chickens in the Kitchen Garden with 100 Recipes – was published in 2015. She studied Fine Art History and Humanities at the University of Toronto and York University; graduated with honours from OCAD University; and earned her Wine Specialist Certificate from George Brown College.
Side hustles include: painting, pottery, photography, private dining, and running the Port Hope Makers' Markets. For more stories and recipes please visit my website.



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An Introduction to Ayurveda

By Andrea Olivera of Ayurveda Rituals Healing Escape.

Ayurveda - *ayur* (life) and *veda* (knowledge) – is an ancient East Indian system of holistic healing that diagnoses and treats illness or dis-ease in the body using three doshas or elements: Vata (Air/Ether), Pitta (Fire/Water), and Kapha (Earth/Water). Dis-ease is diagnosed as either predominance or lacking in one of the doshas, and the aim is to regain balance through restorative measures using diet, exercise, massage, yoga, herbs, oils, and scents.

Yoga, a Sanskrit word meaning 'to unite', not only includes physical postures, breath control, and meditation, but is also known to be an extraordinary spiritual science. The sisterhood between yoga and ayurveda offers a distillation of wisdom and the secrets to longevity. Yoga and ayurveda are emerging as the next effective sciences for self-realization and total self-care.

By discovering your doshic constitution, you are better able to discern what kind of yoga you should practice and lifestyle to live. Yoga and ayurveda reveal many transformational methods for our consciousness, lifestyles, emotions, and total health.

Through a yogic diet, asana (postures), pranayama (breathwork), and meditation, there is an inner act of managing the three doshas, in the desire to bring total health and harmony within a person. Once you have determined your doshic constitution, you are then ready to adopt the best yoga practice and lifestyle according to your body-mind type.

Ayurveda is a preventative practice. It uses a big picture approach of jyotish (vedic astrology) to examine our karmic map. A client's astrological chart may reveal where insatiable urges lie; what they are obsessed with or addicted to. For some, it is fame, for others, sex or family or money. Indeed, it reveals what could be killing us.

What is not always apparent to the ayurveda practitioner addressing physical symptoms is the underlying karmic cause of these symptoms. A jyotishi (astrologer) or someone knowledgeable of jyotish can usually spot it at a glance. This information is useful in counselling the client as core issues are often what obstructs the rejuvenating process. Addressing them may bring rebirth.

Yoga cultivates discipline and awareness as one works towards physical and spiritual fluidity through relaxation techniques that can ultimately lead to self-realization and spiritual bliss. Yoga is a form of alchemy and its aim is to transmute human consciousness. In this age of atheism, yoga is the new religion because it applies consciousness in a practical, humanistic way toward a definite aim and without dogma.

People are beginning to understand that health and beauty begin with our relationship to nature and this includes ourselves, how we eat, what we think, what we can smell, whether we are polluting or renewing.

Read All About Her

Rachel Spence, Community Engagement at the Cobourg Public Library, shares her list of few female authors who have written famously banned books.

- *The Bluest Eye* by Toni Morrison
- *Persepolis* by Marjane Satrapi
- *Are you there, God? It's me, Margaret* by Judy Blume
- *The Hate U Give* by Angie Thomas
- *The Handmaid's Tale* by Margaret Atwood
- *The Giver* by Lois Lowry

"A word after a word after a word is power"

Margaret Atwood

And here are her picks for junior non-fiction titles in the library's collection focusing on strong female leaders or messages:

- *Because I Am a Girl: I Can Change the World* by Rosemary McCarney
- *Canadian Girls Who Rocked the World* by Tanya Lloyd
- *Her Epic Adventure: 25 Daring Women Who Inspire A Life Less Ordinary* by Julia De Laurentiis Johnston
- *Good Night Stories for Rebel Girls: 100 Immigrant Women Who Changed the World* by Elena Favilli
- *HerStory: 50 Women and Girls Who Shook Up the World* by Katherine Halligan
- *She persisted Around The World: 13 Women Who Changed History* by Chelsea Clinton
- *Women in Science: 50 Fearless Pioneers Who Changed the World* by Rachel Ignotofsky

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Nature and Nurture

How farming with nature helped me blossom by Erin Bodashefsky of foragersfarms.ca.

I was a shy girl, could hardly handle attention without blushing like a rose, and this caused a lot of disharmonies in my body. Unnecessary nervousness. Tension. But when I turned to nature for answers, my life became farming.

Thankfully, nature was literally in my backyard, and it was a gateway to well-being and ultimately my life as a farmer. I started learning about forest bathing when I was 17; I practiced it, felt it, and experienced the shifts. This eventually led me to becoming curious about food from the land, which led me to my love of the culinary arts. I enrolled in a program in California that specialized in raw and vegan food, which connected me to farming, as the tiny town I was in had many community gardens and local farmers. After that, I only worked for family restaurants that cared about where their food came from.

In time I met my partner, Tyler, and through me, he too fell in love with foraging and farming. He quit his job – as did I – to pursue farming head on. He's now Foragers' head gardener. We are now eight years in as small-scale market farmers. We loved the idea of working for ourselves. We had spent so many years offering our dedicated ethics to other people's businesses. Now it was our turn to give that to ourselves. We didn't want to be renters anymore. We were ready to own. So, five years after renting farmland we purchased 50 acres from the original owners, folks who are now our friends.

Going from renters to owners lit a fire under us, making us pivot and level up. We added more events, more farmers markets, more CSA members, increased staff, extended the garden, expanded our family and more. But we did it all incrementally; to assure we wouldn't experience a crash.

Being able to bring our kids to work has been an incredibly fulfilling part of being a farmer. It had never crossed my mind before having kids, but of course, most families have to send their kids away while they work, but ours are able to be around.

My hope is to inspire others to consider a home-based business, to connect more to their local food, and to consider growing their own food. To put down their technology and spend a little more time with themselves and with others, in nature.

*"If you don't like the road you're walking,
start paving another one."*

Dolly Parton



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women"*

Geraldine Ferraro



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Tiny Home Dreamin'

By Justin Masecar, of Ontario Tiny Homes and MW Drafting & Design.

As the tiny home movement continues to grow in Ontario, understanding the Ontario Building Code (OBC) is crucial to ensure compliance and safety. At Ontario Tiny Homes, we provide both stock and custom plans tailored to meet these regulations, while optimizing the use of space in tiny homes.

The Ontario Building Code lays out minimum requirements for room sizes. For a studio, the smallest allowable size is 145 square feet plus a bathroom. Though no specific minimum is set for bathrooms, they must be functional with all fixtures. A one-bedroom unit requires 193 square feet for the combined living, dining, and kitchen areas, and an additional 95 square feet for the bedroom (105 square feet if no closet is included). A two-bedroom unit requires at least 225 square feet for shared living spaces, a 95 square foot primary bedroom, and a 65 square foot secondary bedroom.

When designing multi-level tiny homes, stairs present a unique challenge. The 10-inch run requirement introduced to the OBC in 2020 makes conventional stairs quite long, which can eat up valuable floor space. However, spiral stairs are a practical alternative, taking up less space and complying with egress requirements for homes housing three or fewer occupants. While ladders may seem like an appealing solution for tiny homes, they are not permitted under the current code.

Tiny homes can be connected to an existing municipal sewer system or a building on the same site, but frost protection and clean-outs must be addressed.

Water service pipes must be properly sized, typically starting at 3/4" for one dwelling, but this can increase depending on the length of the pipe. When adding a tiny home as an additional dwelling on your property, the minimum water service size for the property is typically 1". On rural properties, well capacity is an important consideration.

For rural homes, different classes of septic systems apply depending on your specific needs. The Class 4 system, the most common, consists of a tank and leaching bed but requires ample space and can be costly for small homes. Other options, such as holding tanks (Class 5), and incinerating toilets/chemical toilets (Class 1) are available but come with restrictions.

Building tiny homes off-site is an attractive option due to their size and ease of transport. There are three primary routes for off-site construction in Ontario: Park Model Trailers, Factory-Built Homes, and Two-Stage Tiny Homes, which all have their own set of requirements, permits, and challenges.

Tiny homes offer exciting opportunities, but builders must navigate a range of technical and regulatory considerations. If you're planning a tiny home in Ontario, we are here to help you ensure compliance with the OBC, while crafting a functional, beautiful space. Reach out to Ontario Tiny Homes for support in making your tiny home dreams a reality.



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Why choose Ontario Tiny Homes?

Backed by **MW Drafting & Design**, our **experienced team of architectural designers** offers expert design services for homeowners, contractors, and developers. We ensure all designs are **appealing, functional, and compliant with building codes**. Every plan includes BCIN-stamped drawings, and we assist with permits.

SERVICES OFFERED:

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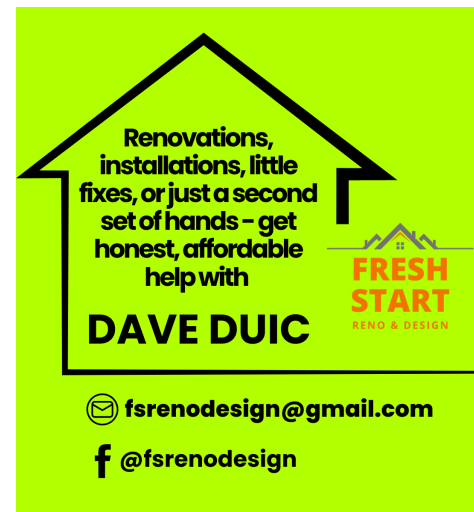
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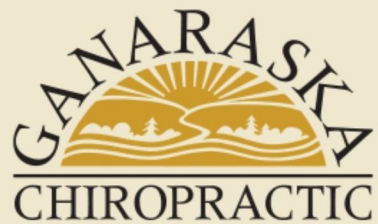
"You must never be fearful about what you are doing when it's right."

Rosa Parks

Getting to the Point

Five ways acupuncture can help with muscle and joint pain by Ganaraska Chiropractic.

1. Reduces Inflammation: Acupuncture can decrease inflammation in the body, which is a key contributor to pain in conditions such as arthritis, tendonitis, and muscle strains. It promotes circulation, helping reduce swelling and discomfort.
2. Relieves Muscle Tension: Acupuncture can target tight or knotted muscles, helping to relax them. This reduces pain caused by muscle tension and spasms, including certain types of headaches, muscle strains, and general muscle tightness.
3. Improves Blood Flow: The insertion of acupuncture needles can increase local blood circulation, delivering oxygen and nutrients to the tissues. This helps repair damaged tissues and reduces pain.
4. Stimulates Nerve Receptors: Acupuncture stimulates specific nerve receptors, which send signals to the brain to regulate pain perception. This activation can help block pain pathways and promote healing in tissues.
5. Releases Endorphins: By stimulating specific points of the body, acupuncture triggers the release of endorphins, the body's natural pain-relieving chemicals. This provides relief from chronic pain conditions such as migraines, back pain, and osteoarthritis.



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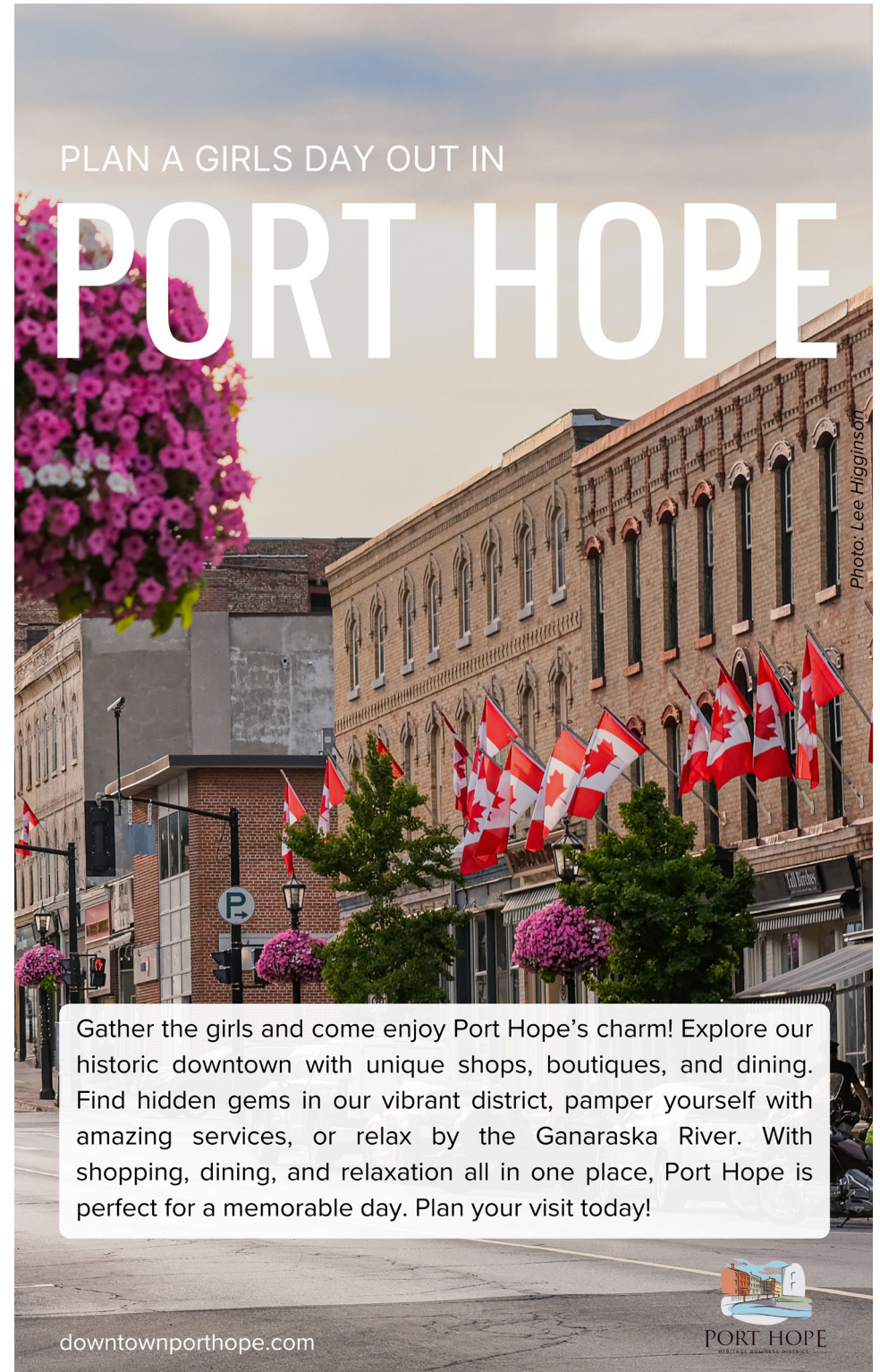


Photo: Lee Higginson

Gather the girls and come enjoy Port Hope's charm! Explore our historic downtown with unique shops, boutiques, and dining. Find hidden gems in our vibrant district, pamper yourself with amazing services, or relax by the Ganaraska River. With shopping, dining, and relaxation all in one place, Port Hope is perfect for a memorable day. Plan your visit today!

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Here's What's Happening!

NEW '24 is taking place in the main gym of the **Cobourg Community Centre**, and over two unforgettable days we invite you to take in all that NEW '24 has to offer. From the main stage, in the workshop rooms, and throughout the marketplace, NEW celebrates women, creativity, and community!

On the weekend of **October 19th and 20th**, NEW '24 will be packed with exciting activities, workshops, and performances you don't want to miss. We've planned every moment with YOU in mind. Join us daily from **10 am to 5 pm** for a celebration of talented women, innovation, and empowerment, and prepare to be inspired by the women who are making an impact in our community!

Doors open at 10 am both days, and by 10:05 the main stage will be rocking!

Main Stage & Workshops – The Heart of NEW

The real highlight of NEW '24 is the incredible women sharing their stories and expertise on the main stage and in our workshop rooms. From inspiring keynotes to hands-on learning, we've got a lineup that will inform, inspire, and ignite your passion.

On **Saturday, at 10:05 am, Port Hope Mayor, Olena Hankivsky**, kicks things off with a fascinating keynote, setting the stage for an incredible weekend.



Mandy Martin, Olena Hankivsky, Nicole Beatty

Throughout the two-day expo, the **Main Stage** will be graced by women of all ages and from all walks of life, from Northumberland and beyond, delivering talks about such diverse topics as: working in the trades; how to buy a home and renovate it; personal health journeys; women in local politics, and more, and there will always be time for questions.

Workshops for Dreamers and Doers

Our workshop rooms will be buzzing with creativity and knowledge.



Centre & Main Chocolate Co.

Saturday kicks off at 11 am with a delightful tasting of handmade chocolates by award-winning chocolatier **Angela Roest** of **Centre & Main Chocolate Co.**, expertly paired with wines selected by **Astrid Young**, a **Wine Spectator**-awarded sommelier from **Merrill House** in Prince Edward County.

And we're just getting started!

Here's What's Happening!

We're thrilled to offer multiple **COMPLIMENTARY** yoga classes designed to help you recharge, reconnect, and find balance amid the excitement of the expo; and, over the weekend authors will be reading from their work - from memoir to fiction - you might even hear a little woman-driven erotica.

Art Everywhere!

As you explore the venue, enjoy beautiful and powerful art created by the talented women of Northumberland County. The art in the **NEW Women Who Make a Mark Exhibition** is for sale!



"Letting Go", Lori Gillespie

Hungry? We've Got You Covered!

Looking for a snack or meal? **Milly's of Port Hope** will be serving delicious food and drink at the **NEW Café** all weekend long. Stay nourished and refreshed and ready to immerse yourself in all NEW has to offer.

Shop & Explore the NEW Marketplace

Discover 45 women makers, entrepreneurs, and not-for-profit organizations showcasing their incredible work, support local businesses, and connect with inspiring women from across the region. Many vendors accept electronic payments but in case you need cash, there will be an **ATM** on-site.



Real Life with Rebecca

Need to Chill? We've Got that Covered, too!

We get it—sometimes you just need a moment to unwind. That's why we've created a peaceful **ZEN ROOM** for you to escape to throughout the day. Whether you need a little quiet, a refreshing recharge, or Baby needs a meal, this space is yours to enjoy. **We're offering complimentary YOGA in the ZEN ROOM, too.**

We are constantly adding to the schedule of speakers and workshops so visit www.newexpo.ca or scan the QR code to see the latest developments.



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Holton Flowers welcomes the participants and attendees of the 2024 Northumberland Expo for Women.

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Gardening Naturally

By Laura Johnston of Primal Patch Landscaping.

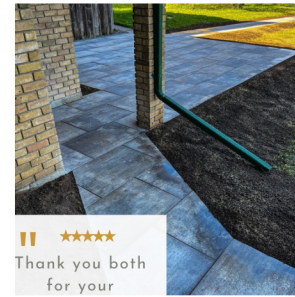
Indigenous plantings often get a bad rap – I've heard all the doubts and concerns – but they are truly amazing! Here are 3 indigenous plants to consider.

1. Blue Flag Iris; (Iris Versicolor). This beauty boasts strong, decorative foliage that stays erect and well-formed all season long. It dies back in winter and emerges with the spring thaw as a true perennial. While its individual blooms only last a few days, its continuous flowering provides interest for much longer, for you and the hummingbirds! This sun-loving wetland species can also thrive in drier, partly shaded gardens.

2. Ivory Sedge; (Carex Eburnea). This one offers well-behaved, evergreen interest. A lush tuft of thin green strands forms a perfect mound, making it a sought-after addition to any landscape. Birds love the seed heads in the fall, and they use the dry foliage in their nests. This low-growing, highly shade-tolerant plant is a "plant it and leave it" species, requiring little maintenance once established. A fantastic ground cover!

3. Snowberry; (Symphoricarpos Albus). This shade-tolerant shrub is guaranteed to create a stunning hedge or well-rounded addition to your landscape. With its glossy green leaves, small pink flowers in spring, and white berries in the summer, it adds a delightful burst of color. It thrives in those tricky, hard-to-grow corners, making it a reliable and trustworthy species, and a fantastic addition to any garden.

If your goal is a garden full of life and wonder, consider incorporating indigenous species.



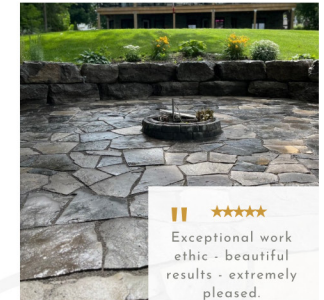
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"We need to be as fearless as the women whose stories you have applauded, as committed as the dissidents and the activists you have heard from, as audacious as those who start movements for peace when all seems lost."
— Hillary Clinton

"You can't sit around and wait for somebody to say who you are. You need to write it and paint it and do it."
Faith Ringgold



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Bottle of the Sexes

Natalie MacLean offers a taste of sexist wine marketing in her memoir *Wine Witch on Fire: Rising from the Ashes of Divorce, Defamation, and Drinking Too Much*, finalist for the 2024 Taste Canada Award – Culinary Narratives.

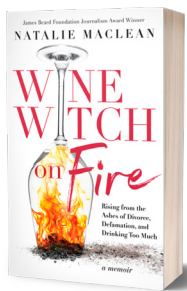
The message on some wine bottles is that women belong in one of two categories. We're vixens drawn to brands like Little Black Dress and Kiss Me with their labels featuring short dresses, high heels, and red lips. Or we're exhausted mothers buying wines such as Mommy Juice and Mommy's Time Out to oblivate the stress of motherhood.

If we're not babes, we're battle-axes reaching for wine labels such as Mad Housewife, with taglines like "Award thyself," "The dishes can wait," and "Dinner be damned." Antiquated societal beliefs about women had been turned into slogans. Should we be laughing or raging at jokes that demean women?

The marketing message is that women need a reason to drink, whether it's girls' night, a fancy occasion, or just getting through another day of exhaustion. It's implied that we need permission to imbibe, as we do when we buy things. There's even a wine for sneaky shopping called White Lie, with little lines stamped on the corks like "This old thing?" and "I got it on sale."

We're wallets, not women. We drink cutesy, crappy wines that subsidize the good stuff men drink. Wine was, and still is, the culturally accepted, modern-day Valium for women stressed out with our faces, bodies, spouses, kids, careers, and housework.

It's all over Instagram. Vino is the ultimate soft filter to blunt all the feels. Don't have time for meditation and yoga? Calm your central nervous system with this Cabernet. Wineries offer Vino Vinyasa yoga classes: detox then retox.



I had internalized the companion social media slogans:

"Mommy drinks wine because you cry."

"Wine is to women as duct tape is to men — it fixes everything!"

"Well actually, it's only mansplaining if it comes from the Mansplain region of France. Otherwise, it's just sparkling misogyny."

Wine is positioned as less candied and more sophisticated than the Cosmopolitans featured in *Sex and the City*. You can cloak your overindulgence with connoisseurship of artisanal, dry-farmed, old vine, natural wines in a way you could never do with that third Cosmo.

Several of my other favorite television shows, like *Scandal*, *The Good Wife*, *Dead to Me*, and *Cougar Town*, showcased professional women who rewarded themselves with a glass of wine, or three. Their oversized stemware reminded me of Virginia Slims cigarette ads from the 1960s, positioning them as torches of

freedom for liberated women.

Conversely, wine is marketed to men as sophisticated and artisanal. No one asks a man why he wants a drink. He has one because he wants one. According to a ridiculous stereotype, Bordeaux wine bottles with their square shoulders remind French winemakers of their stout wives. The slender-sloped Burgundy bottles bring to mind their mistresses. Wink, wink.

I had always laughed off these narratives, just as I did with my boozy quips about drinking too much. Now the jokes fell flat. Both the wine labels targeting women and the labels we slap on women themselves profit from powerlessness. As a newly divorced "starter wife," I had been painted onto another worn-out label.

Wine labels increasingly target women because we're still mostly the ones who plan family meals and social get-togethers. We also still purchase most things for our households, including 80 percent of wine.

I wasn't a bystander in the labeling game. I was team captain. In magazine articles, I had often described my glass of wine at 5:00 p.m. as "Mommy's little helper." That's how I marketed wine to myself. It was also my way of fitting in with other "wine moms." It sounded lighthearted, but it had the bitter edge of resentment. By that time of the day, I was exhausted. No one was helping Mommy, so Mommy helped herself — to a drink.

Even when nobody was asking me to plough through more email at the end of the day, I'd do it as long as I had my first glass of wine for the evening. I created my own reward to extend my productivity another hour. How does she do it all? With wine. But my sense of thankless depletion was never soothed by a drink. It dulled the roar, but not the whimper.

My culpability in these narratives has now become clear to me, but ten years ago I couldn't see it. It's hard to read a label from inside the bottle.

I raise my glass to those who break free from these stereotypes by designing their own labels.

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FOOD & DRINK SCENE

To Build a Better Board

The charcuterie board has come a long, long way from cubes of orange cheddar and sliced deli meats of unspecified origins. Here's our grazing board DIYS. (That's Do It Yourself Spectacularly!)

By Signe Langford

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But wait, do we even say “deli meat” anymore? No, we do not; it’s “salumi.” Do we even say charcuterie board? Well, yes and no; we have officially entered the age of the Grazing Board, but, either way you slice it, it’s a far cry from the cooked turkey loaf and tinned Vienna sausage many of us considered pretty damn fancy in the day.

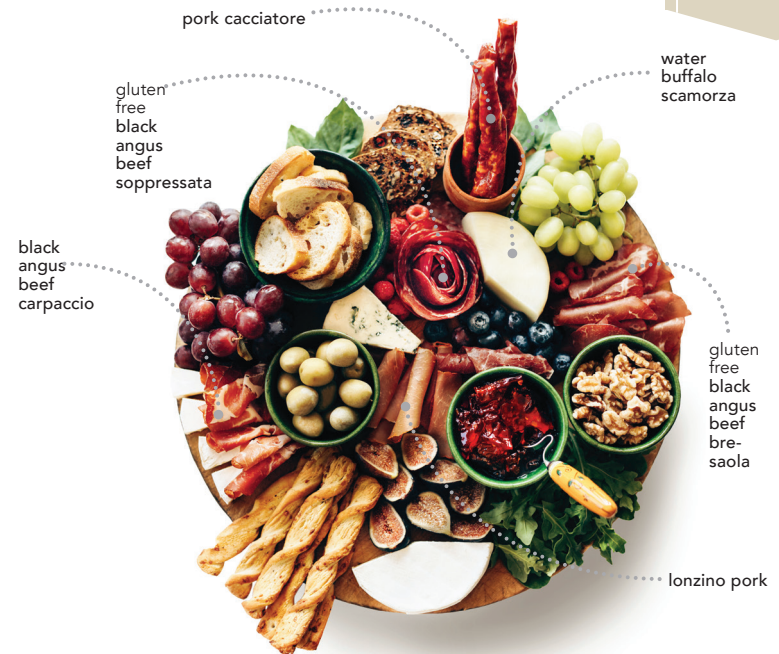
We spent a delicious day with Frank and Jane Abballe, in their spacious home kitchen above the La Cultura HQ, wining, dining, and discussing what makes a great board. And now, we bring you the five pillars of a great grazing board.

BALANCE AND VARIETY | It’s important to balance flavours. The board should have some spicy meats and some mild; some smoky and some salty; and a variety of dry-cured, fermented, hot- and cold-smoked meats – pork, poultry, beef – and fish. La Cultura’s culatella is considered “the

king of salumi” for its rich aroma and silky texture; their carpaccio is a tartar-lover’s dream, Frank’s pork cacciatore can be mild or spicy.

The same holds true for the cheeses. If possible, showcase the four milks – cow, water buffalo, goat, and sheep – as well as a variety of styles: hard, aged, soft, fresh, bloomy, washed-rind, it’s almost endless! Cheeses can be soft and fresh, such as water buffalo mozzarella or the slightly more aged scamorza; hard, well-aged and sharp such as sheep pecorino. Some cheeses are inoculated with a mould, and might have a velvety bloomed rind or veins of blue running through. Make sure there’s something on the board for all palates: from creamy and mild to a cheese that bites back.

INCLUSIVITY | It’s nice when we remember those at the table with dietary restrictions. Try to include a vegan cheese made from



nuts; or a vegetarian cheese that’s made with plant rennet. Also, some folks who are lactose-intolerant enjoy some aged cheeses where the microbes have done all the digesting for them. Always include a few gluten-free crackers, or breadsticks, and just to be safe, rather than sprinkling nuts all around the board, serve them in their own little dishes to avoid cross-contamination. Many folks don’t eat pork, but love beef and poultry, so include a choice. Unlike most other brands, La Cultura doesn’t add any fillers to their meats, so they’re naturally gluten-free.

AESTHETICS AND ABUNDANCE |

Make your board look like a renaissance painting. Employ your killer skills in composition and colour theory. Use cake pedestals of varying sizes to add height; pick a colourful selection of fruits, olives, pickles and spreads. Really load that board to groaning: let bunches of grapes cascade over the edge, leave a trail of olives spilling out from their dish onto the salumi, place cheeses on the board in big chunks with a knife lying beside. And remember: don’t place crispy things beside drippy things, because crackers piled next to pickles will get soggy.

AS SEEN IN WATERSHED MAGAZINE



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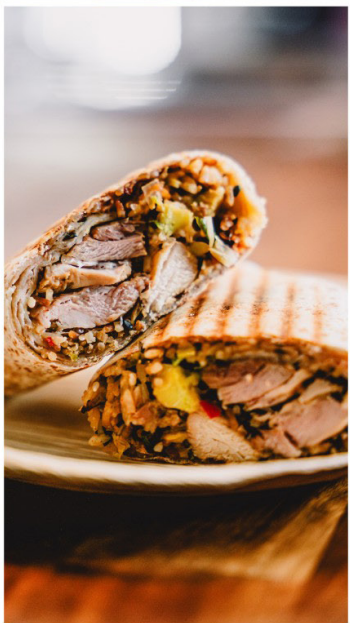
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