

HEARTSPACE WRITING SCHOOL

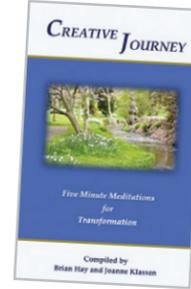


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net or contact Joanne Klassen at: jklassen@write-away.net

CREATIVE JOURNEY *Five Minute Meditations for Transformation*

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points.



CREATIVE JOURNEY is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B011Q0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833

Excerpts from CREATIVE JOURNEY:

WELCOME

Eleanor Chornoboy (EC)

Small cheer and great welcome makes a merry feast.

(William Shakespeare)

Since 2008, my friend Joanne and I have made an annual sojourn to Woodbrooke, the Quaker Study Centre in Bourneville, U.K. We have travelled from Canada to Britain for the past several Springs to facilitate Life Writing for Transformation™ at the Centre. On each of those trips, Joanne's daughter, son-in-law, and their young son have swung their doors wide open to invite us inside.

On our first visit, we were greeted with a sign, "Welcome Mama and Friend." The sign held by a blue eyed, blond cherub, learning to greet his grandmother with, "Welcome Nana," would have lifted the spirits of any traveller, be they seasoned or novice.

Our hosts extended us the ancient hospitality of sharing their food, giving us a warm and comfortable place to sleep and making their

home our home where the rhythms of the day are not interrupted by visitors. Instead, guests are included in the day to day goings on. They are embraced and made to feel essential.

I have been blessed by the gift of hospitality. It has taught me to hold a candle high to offer the visitors in my life a warm welcome. (EC)

I welcome guests from afar, opening my heart and doors to my humble home, making them a part of my day, a part of my life.

Eleanor Chornoboy (EC)

Author of *Faspa* and *Faspa with Jast*, Eleanor writes to capture moments in history. Through co-facilitating Life Writing for Transformation™ classes, she has had the joy of joining writers on their journey as they put their stories on the page. To delight the child in her, she has authored *Snow Angels* and *Pajama Tears*. Eleanor and her husband Larry live in Winnipeg, Canada. ■



OFFER

Joanne Klassen (JK)

'Tis the gift to be simple, 'tis the gift to be free, 'Tis the gift to come down where we ought to be. And when we find ourselves in the place just right, 'Twill be in the valley of love and delight.

(Joseph Brackett)

Hanukkah begins at sunset. Christmas is a brief week away. There's excitement in the air and a bit of tension about finding the right gifts to offer the ones receiving them.

An image from when I was four pops to mind, clear as the day it happened. I can even smell and feel it. I ached to have a present for my mom. I frantically searched around our small, crowded house looking for just the right thing. Then I found it—a wrapped bar of Ivory soap in the bathroom closet. I folded it into a yellow wash cloth. Bubbling and bouncing with excitement, I pictured Mama's smile of happiness as

she opened my gift. The anticipation of her joy filled my body and mind. I still feel the buzz as I recall that long ago moment.

Venturing forth into this day, I know the exact sensation I want to recapture. It is the pure, child-like pleasure of unselfconsciously offering the best I can find, however humble, to express my heart-felt caring to those around me. (JK)

The child within shows me how to multiply joy by offering my gifts freely.

Joanne Klassen (JK)

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life Writing™ which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada. E-mail: jklassen@write-away.net ■



November 16, 2017

Sweet Nothing: Fat and Sugar Taxes Don't Reduce Obesity

By Aaron Wudrick, Federal Director, Canadian Taxpayers Federation (CTF)

- **New CTF study surveys the impact of fat and sugar taxes in various jurisdictions**
- **Chicago recently repealed two-month old soda tax due to overwhelming opposition**



OTTAWA, ON: In the midst of continued debate in Canada about the imposition of fat and sugar taxes, the Canadian Taxpayers Federation (CTF) today released a new study, *Sweet Nothing: Real-World Evidence of Food and Drink Taxes and their Effect on Obesity* which analyses the track record of food and drink taxes around the world.

"While theoretically appealing to many public health activists, food and drink taxes simply don't work as advertised," said journalist and study author Peter Shawn Taylor. "Evidence from the real world shows taxes on fat or sugar don't reduce obesity and don't make people healthier – they do, however, dis-

proportionately harm the poor, fill government coffers and cause substantial unintended negative consequences."

Among the study's key findings:

- In Mexico, a 2014 fat tax caused a temporary decline in soda consumption. However, sales are now rising

again, and there's been no reduction in national obesity rates.

- In Philadelphia, a new soda tax in 2017 reduced grocery sales within the city, and led to a spike in sales outside city limits, hurting downtown grocers and benefiting their suburban peers.
- Despite a decline in soda consumption in Canada between 2004 and 2015, obesity rates continue to rise. This suggests there is no causal link between soda and obesity.
- Polls showed 90 per cent of Cook County (Chicago) residents opposed a new soda tax imposed earlier this year, leading to its prompt repeal.
- A fat tax in Denmark in 2011 led to an increase in cross-border grocery shopping to Germany to avoid the tax, and caused substantial Danish job losses.

"Public health is an important concern, but the experience of numerous jurisdictions shows fat and sugar taxes aren't achieving what their proponents claimed they would," said CTF Federal Director Aaron Wudrick. "Governments may enjoy the additional revenue they generate, but if a tax designed to reduce obesity doesn't reduce obesity, it's hard to see how it's anything but a shameless tax grab."

For more information: CTF Federal Director Aaron Wudrick cell: **613-295-8409** email: awudrick@taxpayer.com Study author: **Peter Shawn Taylor** phone: **519-884-7692** email: petershawn.taylor@rogers.com

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