

the Edible Garden Project needs YOU!



Last year, the EGP collected 2300 lbs of fresh home-grown produce from the community to donate to people in need on the North Shore.

Our Goal for 2008: 4600 lbs We need your help!

Bring your surplus home-grown produce to the Lynn Canyon Ecology Centre on Monday, August 4th (10am-4pm) and support us in our **FRESH FOOD DRIVE**

For a full list of Local Harvest Film Festival events and activities at the Lynn Canyon Ecology Centre visit: www.dnv.org/ecology

WEEKLY PRODUCE COLLECTION WILL CONTINUE THROUGH THE SEASON AT THE FOLLOWING LOCATIONS:

TUESDAY-SATURDAY: The Harvest Project,
Tues-Fri 10-4:00pm and Sat 10-2:00pm. 201 Bewicke Avenue, North Vancouver, front desk

MONDAY-SATURDAY: The North Shore Neighbourhood House
Mon-Fri 9am-8pm, Sat 10am-noon: 225 E 2nd Street, North Vancouver, front desk

www.ediblegardenproject.com
coordinator@ediblegardenproject.com, 604-987-8138 x 209

The EGP is a project of the North Shore Neighbourhood House, funded by the Vancouver Foundation, Vancouver Coastal Health, Vancity and the City of North Vancouver.

LIVE Hormones not an excuse

Question:
I have huge mood swings for several days before my period each month. I'm unhappy, easily irritated and particularly sensitive. Even though my boyfriend is aware of the problem he is never very supportive and tends to get annoyed and distant. This just makes things worse. How can I get him to cut me some slack?

Answer:
The pre-menstrual hormonal swing that you report is familiar to many women. I agree that your boyfriend's tendency to get triggered and reactive around your sensitivity is not helping. Individuals who do well together as partners are usually good at managing their own functioning in the face of their partner's emotional upset. That said, hormones are not an excuse for bad behavior. You



may not be able to control your feelings but you can, if you choose, get better at managing how you operate in spite of them. Here are a few suggestions:

■ Track your monthly cycle accurately so that you know when you need to be more vigilant around your sensitivity. Forewarned is forearmed.

- Use emotion as information. Often, women with the most extreme swings are already living a stressful existence. What else are you up against in your day-to-day experience that needs attention and has not yet been addressed?
- Where possible, reduce the number of stressors on the most critical days by taking on fewer challenges or expectations. Instead, set up a ritual of relaxation that might include yoga, meditation, massage or anything else that you find calming.
- Exercise regularly. In our busy lives we neglect this discipline at our peril. There is reputable research to suggest that 35 minutes of cardio a day releases enough endor-

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THIS SUMMER, OWN THE ROAD AND A SUZUKI.

 <p>Sport model shown+</p> <p>2009 SX4 Sedan</p> <p>OWN IT FOR \$120 AT 0% APR*</p> <p>Bi-Weekly Payments For 72 Months With \$0 Down Payment</p> <p>Standard features include: 143 HP, 2.0L Engine · Air Conditioning · Power Windows, Locks & Mirrors · Remote Keyless Entry · ABS With Electronic Brake-Force Distribution</p> <p>MSRP \$18,790**</p>	 <p>JLX model shown+</p> <p>2009 SX4 Crossover</p> <p>OWN IT FOR \$144 AT 0% APR*</p> <p>Bi-Weekly Payments For 72 Months With \$0 Down Payment</p> <p>Standard features include: 143 HP, 2.0L Engine · Intelligent All Wheel Drive · Air Conditioning · Power Windows, Locks and Mirrors · Cruise Control · Remote Keyless Entry · ABS with Electronic Brake-Force Distribution</p> <p>MSRP \$22,590**</p>	 <p>JLX model shown+</p> <p>2009 Grand Vitara</p> <p>OWN IT FOR \$176 AT 0% APR*</p> <p>Bi-Weekly Payments For 72 Months With \$0 Down Payment</p> <p>Standard Features Include: New 166 HP, 2.4L Four Cylinder Engine · 4 Wheel Drive · Air Conditioning With Automatic Climate Control · Power Windows, Locks And Mirrors · Remote Keyless Entry · ABS With Electronic Brake-Force Distribution</p> <p>MSRP \$27,545**</p>
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Hurry! Offers End Soon!

North Van Suzuki

1695 Marine Drive, North Vancouver

604-983-2088
www.northvansuzuki.com

CONSUMERS SHOULD READ THE FOLLOWING: Vehicles may not be exactly as shown. Limited time offers are subject to change without notice. **MSRP of a new 2009 SX4 Sedan with manual transmission (Model S3L839), 2009 SX4 Crossover with manual transmission (Model H3N809) and 2009 Grand Vitara with manual transmission (Model LLN809) is \$18,790/\$22,590/\$27,545 (destination and delivery charge of \$1,395/\$1,395/\$1,550 included). Administration fee, \$75 tax for fuel conservation (where applicable), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees and registration are extra. *Limited time finance offers available to qualified retail customers on approved credit. Special bi-weekly purchase financing offer is available for a 72/272 month term or for a total of 156/156/156 bi-weekly payments. The bi-weekly payment at 0%/0%/0% purchase financing APR is \$120/\$144/\$176. Cost of borrowing is \$950/\$0 for a total obligation of \$18,790/\$22,590/\$27,545 (destination and delivery charge of \$1,395/\$1,395/\$1,550 included). Financing example does not include administration fee, \$75 tax for fuel conservation (where applicable), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees and registration. *MSRP of models shown, 2009 SX4 Sedan Sport with manual transmission (Model S3L839), 2009 SX4 Crossover JLX with manual transmission (Model H3N809) and 2009 Grand Vitara JLX with automatic transmission (Model LLN809) is \$20,740/\$24,590/\$30,545 (destination and delivery charge of \$1,395/\$1,395/\$1,550 included). Administration fee, \$75 tax for fuel conservation (where applicable), duties on new tires (where applicable), \$72 PPSA (where applicable), other taxes, license, insurance, applicable fees and registration are extra. Certain conditions apply. Dealers may sell for less. Information shown is based on the latest available information at the time of print. See participating dealers for conditions and details. Offer ends July 31, 2009. ©2009 Suzuki Canada Inc.

Step into

a better body with MBT shoes!

Join us for MBT Day!
Sat, July 18th, 10-5pm

Trainer will be in store!

Revolution begins in the sole.



The unique design of MBTs improves your posture, relieves joint stress, and exercises major muscle groups.

Liberty, equality and a really tight bum.



Just standing in MBTs increases buttock muscle activity by 28%.

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Mon-Fri 10-6pm
Sat 10-5pm

LIVE

Taking back the control is important

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phins to mimic the effects of taking an anti-depressant.

A small percentage of the female population has used the hormonal shifts around menstruation, pregnancy and menopause as an excuse for an irrational display of emotion. It is a mistake to presume that others should accommodate our irritability. Further, it is damaging to our interest in being recognized as stable, credible and capable citizens of the world. You will feel better about yourself if you take back control of your own experience. Remember that our self-esteem is about our reputation with ourselves. Tell your boyfriend that you are working on your own stuff and encourage him to take your mood swings less personally.

Our hormones and the challenges that go with them are our responsibility. Men have hormones too. What floodgates might we open if we gave credence to the excuse: "Testosterone made me do it!"
Margaret-Anne Speak, M.A., C.C.C., works with couples, individuals and families from a Bowen Family Systems perspective at Family Services of the North Shore. Questions? Write onthecouch@familyservices.bc.ca or call 604-988-5281.

health notes

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Believe in Yourself: The Canadian Mental Health Association presents Mandana Rastan, of the Inner Peace Movement, who will speak about believing in yourself, Wednesday, July 15, 7 p.m. at John Braithwaite Community Centre, 145 West First St., North Vancouver. By donation. Info: 604-987-6959.

SPIRITUAL AND EMOTIONAL HEALTH

Buddhist Meditation: Drop-in introduction classes every Monday, 7-8:30 p.m. in the Elizabeth Musto room at the West Vancouver Memorial Library, 1950 Marine Dr. Fee: \$10 per class or \$40 for five classes. For more information, visit www.tilopa.org.

Christian Silent Meditation following the teachings of John Main, Fridays, 9:30 a.m. Info: Colleen at 604-985-1592.

Counselling: Need help managing change, stress, relationship issues? The Canadian Mental Health Association is offering short-term, low-cost counselling to adults who cannot otherwise afford the costs of this valuable service. Info: Martha at 604-987-6959, ext. 227.

— Compiled by Pamela Stone and Debbie Caldwell

E-mail information for your non-profit, by donation or nominal fee event to listings@nsnews.com.

the place to walk!

FREE

Intro to Walking Basics

90 minute workshop



Walk your way to feeling great!

This FREE session is designed for those new to walking and for experienced walkers who want to learn more about walking and connect with other walkers.

We'll cover what to bring, what to wear, how to stay safe, and why walking is such an easy, accessible exercise. Learn about great walks in North Vancouver and try out a pedometer too! Dress comfortably as you are invited to join in the Get Walking neighbourhood walk that follows the workshop.

All ages welcome. No experience necessary, but experienced walkers welcome!

Registration Required.

Saturday, July 18 • 10:00am - noon

at Capilano Public Library, 3045 Highland Blvd
course #219842

Followed by a 4km walk at 12 noon to Mosquito Creek Trail
OR

Saturday, August 29 • 10:30am - noon

at Parkgate Public Library, 3675 Banff Court
course #219843

Followed by a 3km walk at 12 noon in the Parkgate area



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NORTH VANCOUVER RECREATION COMMISSION

WE'RE CLOSING

EVERYTHING MUST GO
ONCE IN A LIFETIME SALE!

PRICES
ARE
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1 1/2 CTW CANADIAN
DIAMOND TRILOGY RING

\$650



1 CT CERTIFIED
DIAMOND SOLITAIRE

\$830

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MISS
OUT



LUGARO

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