

Vars & Area Women Business Network

VAWBN

Newsletter

August 2014

Featured Articles

Indian Foot Massage by
**Christine Lanthier on
page 2**



Jerk Chicken Pizza by
**Jennifer Picard on page
4**

The keys to leadership by
**Renée Gendron MA on
page 7**

The art of Indian Foot Massage includes a combination of various massage techniques, the use of a Kasa bowl and Marma therapy. It is based on Ayurveda (Ah-yoor-vay-da) principles that originated in India and is one of the world's oldest recorded healing system. **Continued on page 2**

Find out how to make delicious Jerk Chicken BBQ with Jennifer Picard on **page 4**

Indian Foot Massage

Christine Lanthier

The art of Indian Foot Massage includes a combination of various massage techniques, the use of a Kasa bowl and Marma therapy. It is based on Ayurveda (Ah-yoor-vay-da) principles that originated in India and is one of the world's oldest recorded healing system.

Caring for the feet in the Ayurvedic form of foot massage is beneficial to the entire body. It relaxes the nervous system, balances energy, relieves pain, increases blood and lymph circulation, and helps to detoxify the body. Similar to reflexology in benefits, Indian Foot Massage is a more energetic therapy.

Within Ayurveda there is a concept of three bioenergetics principles (forces or energies) called doshas. These doshas make up a person's constitution and everyone is born with a state of balance. As we age, doshic imbalances begin to block the movement of free-flowing energy in the body and disease can occur.

A Marma is a vital energy point located on the surface of the body. Marmas are considered bridges or doorways between the body, mind and soul. It is believed that Acupuncture, acupressure and Reflexology may have grown out of the science of Marma. There are 5 major Marma points worked in Indian Foot Massage.

Oils such as sesame, jojoba, almond or olive are used in Indian Foot Massage. Certain aromatherapy oils can be used as well.

A bowl, called the Kasa bowl is used in part of the massage by using the rounded base of the hand held bowl. It is mainly made of 3 metals (copper, tin and zinc) that relate to various body tissues.

Indian Foot Massage

Christine Lanthier

Continued

The Major Benefits of Indian Foot Massage include:

- *General relaxation, induces a sound sleep, calms the mind and uplifts the spirit*
- *Helps to detoxify internal organs, releases and eliminates stored wastes and toxins*
- *Relaxes tired feet and legs; improves circulation*
- *Improves condition of ligaments and muscles of lower legs*
- *Gives pain relief*
- *Removes energy blockages and rebalances energy flow creating a state of well-being*
- *Helps to dissipate mental tiredness, stress, anxiety and depression resulting in greater mental alertness, concentration and clearer thinking*
- *Triggers the release of “feel good” chemicals called endorphins*

Christine Lanthier, R.N./Reflexologist

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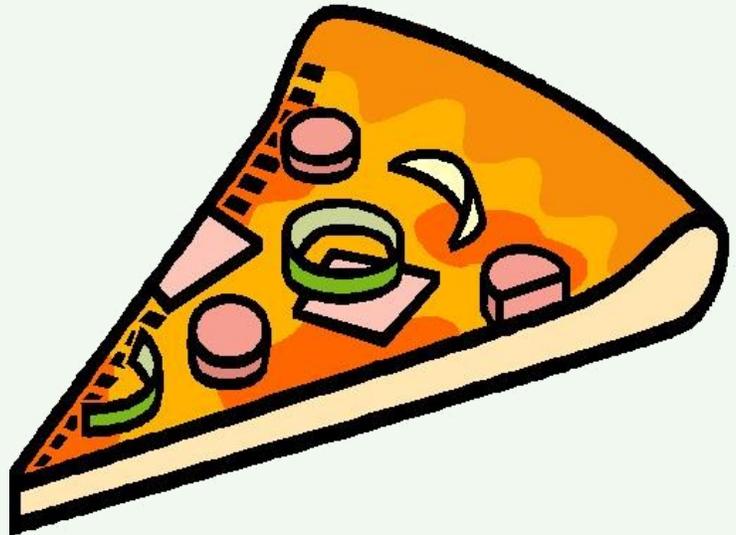
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Jerk Chicken Pizza

Jennifer Picard



Ingredients

1 uncooked pizza dough and some corn meal

3 cups diced or shredded cooked chicken (whole chicken cooked in DCB for 30 minutes)

2tbsp The **Pampered Chef Pineapple Rum Sauce**

2 cups (8 ounces) shredded cheddar and Monterey Jack cheese blend

2 tablespoons **Jamaican Jerk Rub**, divided

1 small yellow and red bell pepper

1 lime

2 tablespoons snipped fresh cilantro

¼ cup sour cream and 1 teaspoon additional **Jamaican Jerk Rub** (optional)

Jerk Chicken Pizza

Jennifer Picard

Continued

Preheat oven grill. Keep side burners on medium – and center burners OFF

- ◆ Roll out the pizza dough so it is large enough for **BBQ Pizza Tray** before placing dough onto tray be sure it has corn meal at the bottom of the tray
- ◆ Using the **pastry brush** – brush the **Pineapple Rum Sauce** onto the dough
- ◆ Remove both chicken from the **Deep Covered Baker** using the **Santoku Knife**. Place onto cutting board and dice the chicken - Place chicken In **Classic Batter Bowl**, combine chicken, and 1 tablespoon of the **Jamaican Jerk Rub**.
- ◆ Using the **Coarse Micro Plane Grater** – Grate at least 3 cups of cheese and add to chicken - mix gently using **Small Mix 'NScraper®**. Sprinkle chicken mixture evenly over pizza dough. Put onto bbq for about 20 minutes or until cheese is melted; remove from BBQ to **Stackable Cooling Rack**.
- ◆ Meanwhile, cut half of each bell peppers in half with **Santuko Knife**.
- ◆ Use part of the yellow pepper in the **Food Chopper** – chop it u
- ◆ Add the red pepper into the **Manual Food Processor**
- ◆ Add peppers to the **Small Stainless Bowl**
- ◆ Cut lime in half crosswise. Juice half of the lime using **Citrus Press** into **Small Stainless Bowl**; add remaining **Jamaican Jerk Rub** and bell pepper and mix well.

Jerk Chicken Pizza

Jennifer Picard

Continued

- ◆ Snip cilantro in prep bowl of using **Kitchen Shears**.
- ◆ Slice remaining lime half using a **Santuko Knife** and set aside.
- ◆ Add sour cream to a plastic baggy – add **Jamaican Jerk Rub** to it – seal bag – trim corner -
- ◆ When pizza is removed from the grill- Spoon bell pepper mixture over the pizza; then sprinkle evenly with cilantro, Pipe sour cream mixture over pizza.
- ◆ Garnish with lime slices.
- ◆ ENJOY!!!

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The keys of leadership

Renée Gendron MA

As a trainer I often get asked ‘how can I become a leader?’ It’s a lot simpler, easier and more accessible than people believe. Everyone can practice their leadership skills by doing the following:

Control and own yourself: Everyone has bad days. Not everyone who has bad days has tantrums and blames everyone around them. If you want to lead, then you need to manage your emotions. If you feel angry, sad or upset, you have every right to feel that way. You don’t have the right to make those around you feel miserable. Learn to communicate negative or tense situations and emotions in a productive way.

Volunteer for a project or a committee to signal your colleagues that you’ll take the lead on an initiative. Stretching your zone of comfort will create opportunities for you to learn, engage and grow.

Finish existing projects: The human brain loves to complete work. Unfinished work weighs down the brain, distracting the brain. Unfinished work can be embarrassing and cause you to shy away from addressing the sticky issues around why the work’s not yet done. When you finish current projects, you are boosting your self-esteem, adding to your accomplishments, and freeing up mental and emotional space to take on new projects.

Renée Gendron MA

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About the Vars and Area Women's Business Network

At its inception, the Vars and Area Women's Business Network included successful entrepreneurs who live in and around the Village of Vars, Ontario.

Our group has now grown to include a number of villages and towns; members are from Vars, Bourget, Carlsbad Springs, Curran, Edwards, Embrun, Greely, Hammond, Limoges, Metcalfe, Navan, Orleans, Osgoode, Ottawa, Rockland, Russell and more.

We represent a variety of businesses united by the Vars and Area Women's Business Network (VAWBN) to network and support each other in our business endeavours.

VAWBN was founded in 1998 by Julie Daoust and Susan McNeely.

We at the VAWBN look forward to meeting you!

Julie Daoust

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Visit our website: <http://www.vawbn.ca/>



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