

Women 2 Women

Feature business of the month



The Chicchan Retreat Centre, Hillsburgh

Willows weave magic circles on the surface of the pond filled with wild geese. Crisp autumn air, pungent with the scent of fallen leaves, fills nostrils with its healing freshness. The light of heaven streams along sunlit courses to warm a cozy cottage.

These are but a handful of images of the Chicchan Retreat Centre, an elegant 11-acre sanctuary in Hillsburgh. Natural surroundings soothe the soul during sessions of yoga and tai chi, along the course of a labyrinth, or during an hour of bliss on a massage table. Also guests can invigorate their spirits with on-site or nearby swimming, tennis, cycling, cross-country skiing, skating, golf, horseback riding or hiking.

Owner Felicity Barrington purchased the retreat property about a year ago to assist women and men "on the spiritual path to learn, grow and enjoy through various teachings and practices." She explains that they "provide workshops and retreats such as yoga, native teachings, women's workshops and psychotherapy. Families and friends can create their own retreat and come to relax for a week's vacation or a bed and breakfast weekend. There are also practitioners available offering services such as massage, reflexology or reiki."

"Retreats transform you to another world... Here you are able and encouraged to be the real you. Take the time for yourself to relax, listen to the birds, sleep in, read a good book, lie in the sun and eat healthy meals."

Ms. Barrington's sensitivity to the natural world and its inhabitants inspired her to create a unique place where her own spirit continues to unfold each day, just as she hopes those of her guests will.

Chicchan Retreat Centre features organic lawns, eco-friendly cleaning products, fresh farm veggies and drinkable spring water. Healthy home-cooked meals are available, or visitors can prepare their own meals. For a small business meeting, family reunion, seniors' group, wedding, church retreat or other events, you'll be pleased with the services that Ms. Barrington offers - whether you're looking for a quiet haven or a powerful catalyst for lifestyle change. Call 519-855-6755 or visit www.chicchancentre.com.

Idle



Pursuits

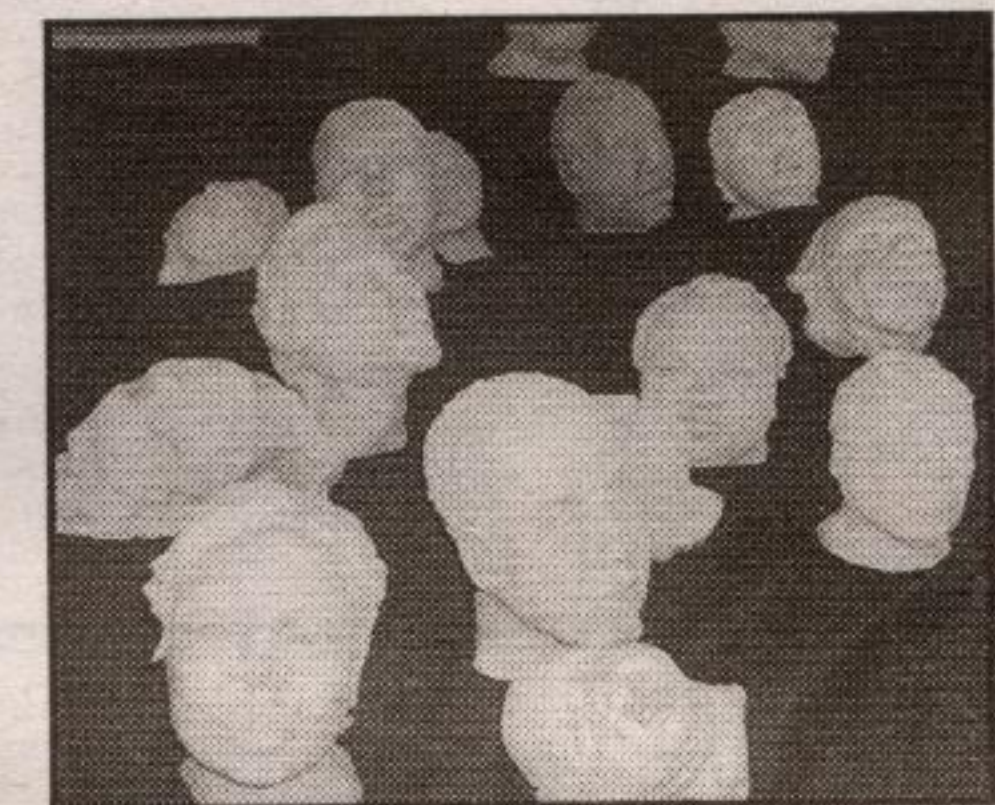
Facing reality

BY DEBORAH QUAILÉ

Expressions of bemusement, resignation, acceptance and a baby's anguish are but a few of the looks captured in approximately 130 faces of unfired clay crafted by Eden Mills painter/sculptor, Janus McBride. Janus has sculpted the masks for an international art exhibit in Red Hook, New York, running from September 6 to 21 that focuses on recovering from the September 11 tragedy. The viewing is sponsored by Children's Fund Inc., a non-profit organization that pays for continued primary and secondary education of children who lost a parent or legal guardian in the 2001

reclaimed from the Trade Center rubble, a limestone sculpture of the twin towers, and collage drawings by an artist commemorating the death of his father in the tragedy.

"Sculpting the figures was something that I had to do to see if I could be challenged, to interpret and cope with such subject matter. I had to ask myself, 'How do I face this personally?' I often sit at one end of the table and sculpt with the family all around me, but when I am by myself working on a piece, it really drains me. To me, they speak of the individuals lost to violence."



There are wide countenances, balding pates, long curly locks, eyes closed prayerfully,

deeply penetrating eyes, and heads angled back in curiosity or looking toward heaven. Every nationality is represented and, although Janus initially began working from memory, she soon found that the compositions needed more individuality. By researching series of images of people worldwide, she combined profiles, overhead views, backs and full faces. "They're still not anyone I know," she adds, "but they become real. In this way the people lost will not be forgotten. When so many die at once, it's hard to give them a face. This is my attempt to do that."

Janus laboured on about five clay faces a day to be an integral part of the exhibit that will also feature a two-storey sculpture made of three tons of structural steel



PHOTO BY DEBORAH QUAILÉ

Remembering September 11, 2001

Artist Janus McBride holds one of over 100 faces that she has sculpted from clay that will be on display at a 9/11 exhibit in New York. She intends to continue crafting images for another exhibit closer to home in 2004.

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