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June 2024 Newsletter

Well, it's almost time to head to the lake! Can you believe we'll officially be in summer this month? How is it already June?

Around here, the baby blue herons (who look like pterodactyls) are learning to fish, the bumblebees are everywhere, and I'm drowning in rhubarb!

I hope you can take some time to sit outside, wherever you are. No matter the weather, nature makes it better... and after you try the grilled chicken recipe below, send me your favourite rhubarb recipe!

"A good friend is like a four-leaf clover; hard to find
and lucky to have."

- IRISH PROVERB



INSIDE NEWS

The blossoms of friendship...

Walking past these beautiful blossoms on my way to the mailbox, I was struck by the similarities between these blooms and the friendships that colour my life.

Like spring blooms, friendships often emerge in unexpected moments and places. In their diversity, these flowers remind me of the many forms friendships can take.

Some friendships resemble the sturdy tulips, standing tall and unwavering, offering support and stability through life's seasons. Others are like delicate cherry blossoms, fleeting yet profoundly beautiful, leaving a lasting impression even as they

fall. Each type of bloom and friendship adds its unique beauty to the tapestry of our lives.

Last weekend I had a houseful of lovely women, who consistently make the time to cultivate our friendships. Time is a gift - spend it with those who bring you joy (and weed out the ones you don't need!)

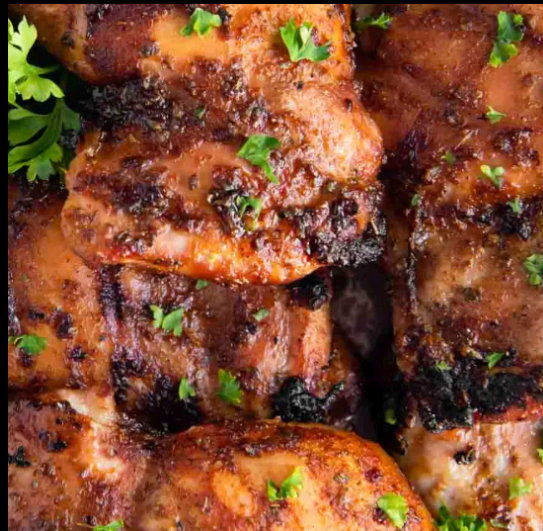
Until next time, cherish your blossoms... and friendships.

FREEBIE!

Grilled Chicken Thighs

More of a formula, than a recipe! But if you need some easy and delicious protein, this is it...

[Download ALL MY Recipes](#)



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book readings

SYLVIA BOURGEOIS READS FROM HER DEBUT NOVEL

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WOSS LIBRARY

6 PM WEDNESDAY, JUNE 5
PORT HARDY LIBRARY

6 PM THURSDAY, JUNE 6
PORT ALICE LIBRARY

THE WRITERS' UNION OF CANADA

Canada Council for the Arts / Conseil des arts du Canada

JUNE 2024

Win a free book!

I'll be on northern Vancouver Island for book readings in next week to read from **True Moxie** at the libraries in Woss, Port Hardy, and Port Alice. Mark your calendars!

[CLICK FOR FULL DETAILS](#)

SHARE A THOUGHT

Rhubarb???

Do you have a rhubarb recipe you love? I
wanna try it, so drop me a line...

Send an email!



Do you like the newsletter? Share it!



Sylvia Bourgeois

North Vancouver

British Columbia, Canada

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