

NATURAL FAT BURNER

I LOST
38 POUNDS

using *Chili Burn*™

Ruth has gone from a size 12 to a size 6 and feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

“After having 5 children, I had a very hard time losing the extra pounds. I found myself constantly dressing to disguise my belly, staying away from tight clothes.

I read about Chili Burn in a magazine and decided to give it a try. After 6 months of taking Chili Burn, I lost 30 pounds and after 12 months I reached my ideal weight, losing 38 pounds in total. I am very happy with the results of this product and now recommend it to friends and family.

This product will suit anyone who would like to manage their weight with natural ingredients and be side effect free. I highly recommend it.”

Ruth V, Ontario



NATURE'S FAT BURNER!

In nature we find ingredients that, when eaten, impact the amount of calories your body will burn in a day! Specific compounds in chili and green tea have this effect. Chili Burn™ uses these, as well as chromium, a known mineral that helps fat metabolism, to help you achieve your weight loss goals.

At participating pharmacies, health food stores and online. For more information, please visit our website or call 1-877-696-6734.



ONLINE SHOP
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Stories of shoes and immigration

CIVIL LIBERTIES ASSOCIATION

Event helps women integrate, learn English



Gilbert Ngabo
Metro | Toronto

Mojde Nikmanesh still remembers how she almost got in trouble with Iranian state police, all because of the shoes she was wearing.

It was right after the Green Movement in 2008. She was visiting a friend in Hamedan, and was wearing a pair of new black boots she'd bought for the occasion. It was also a cold season, and she especially liked the big fur trim at the top with the strap around it.

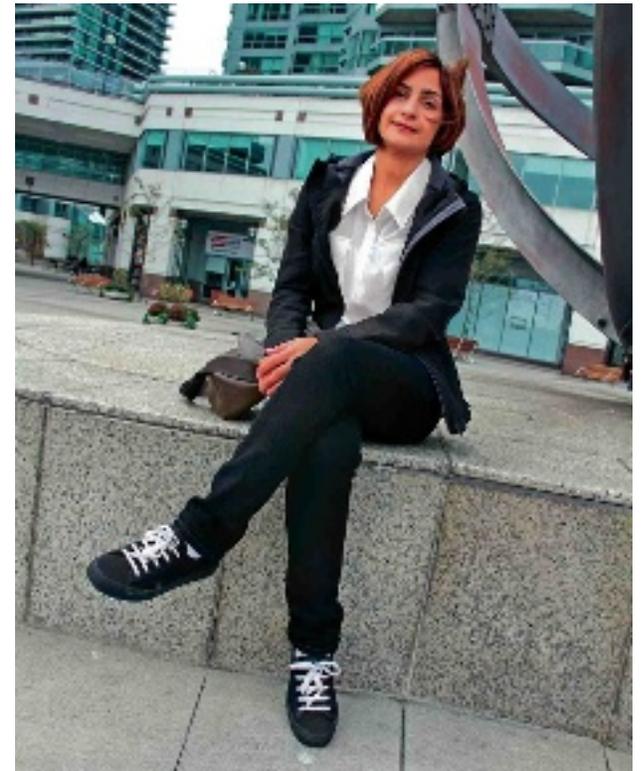
As she waited for the taxi, a police van showed up. She was ordered to sit in the car. A police woman — wearing a black veil covering all her face except eyes — started yelling at Nikmanesh and lecturing her.

“She said my boots were provocative and immodest,” she said.

“You feel very humiliated. Even if I had intentionally wanted to show part of my body, it was my choice. Nobody should decide for me what to wear.”

Luckily, she was not arrested. She later moved to Turkey with her husband, a human rights activist, and they eventually settled in Toronto in 2013.

Stories of shoes and immigrant women will take centre stage Tuesday at Toronto's Arts and Letters Club. Women who immigrated here from Syria and Iran will share tales of their long and difficult journeys and the shoes that helped



Mojde Nikmanesh, 27, is one of the Syrian and Iranian women who'll be sharing tales of footwear and immigration trips at the Tuesday event. GILBERT NGABO/METRO

them along the way.

Organized by The Shoe Project in partnership with the Canadian Civil Liberties Association, the event is an outcome of literary and speaking workshops helping new immigrant women to integrate. It's a place for these women to create friendship, learn or improve their English language skills, and share their stories.

Stories vary, said Katherine Govier, founder of the project. A woman from Nepal once talked about the shoes she wore at her wedding as a reminder of the separation from her biological family.

Some women talk about the shoes they wore when they crossed the border as refugees.



Nobody should decide for me what to wear.

Mojde Nikmanesh

Others talk about how they changed out of high heels and put on running shoes to march in the Syrian revolution.

As for Nikmanesh, she's just happy she can wear whatever type of shoes she wants now. But she hasn't forgotten those big boots.

“The story of those boots is the story of my identity,” she said. “I can't separate myself from it.”

Campaign welcomes refugees

metr The Syrian Crisis
The lifeline

This is what a hurricane of kindness looks and sounds like: five phones ringing in the small, windowless room that is Lifeline Syria's office.

Two of them are project manager Alexandra Kotyk's cellphones.

“You're awesome,” Kotyk says into one cellphone before rushing over to answer the land line ringing in the corner.

Lifeline Syria is a campaign

to bring 1,000 Syrian refugees to Greater Toronto within two years. It was launched last summer by more than two dozen high-profile Torontonians in response to the flood of Syrians fleeing their country's civil war. If the Canadian government wasn't going to sponsor them, they said, private citizens would, just as they did in 1979 with 33,000 boat people from Indochina.

“We had 1,500 emails in 48 hours,” says Kotyk. “I myself had 600 to 700. Our server couldn't handle the emails. It crashed

a couple of times.”

And Kotyk hasn't taken a day off since Sept. 2. Besides answering phones, she's been briefing Syrian Canadians, meeting donors, fielding media calls, giving public presentations, and overseeing volunteers.



Alexandra Kotyk. TORSTAR NEWS SERVICE

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