



**April Hamilton Artist**

You may recognize our artist of the month.

April lives in Bedford Nova Scotia but her mom, Sheila Parker (sister to Mary Harris) is from Bear River. April spent her working years as a nurse in Halifax. Since retiring, painting has become her favorite pass time.

At her home in Bedford she has beautiful light in her open kitchen living area where her easel is always set up, ready to go. You can see from the bold composition of her birch tree painting that she is a confident painter, unafraid to enhance with warmth what could have ended up a stark winter scene. You can see this work in colour at [digbycafe.ca](http://digbycafe.ca) volume 1 issue 8.



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**Thinking About Bikes.**  
Well, It's like the seed catalogue time of year when people get a heady start on the season. Dreaming about their perfect garden of flowers or vegetables.  
But for us free wheelers, it's going down in the cold basement or the garage and checking out our bikes. Ice and snow can't stop our imagination from enjoying that first ride of spring as we polish up the chrome and inspect the tires. George lent me a cycle mag the other day and that was enough to get me going. Maybe not a long tour over the mountains like he did last summer but perhaps a back roads trek over to Annapolis and back. It's great living in a place where all the roads are back roads and even the most faint hearted imagination can conjure up a daring dash down Lansdowne hill.  
It won't be long.

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Turning up your Metabolism  
Metabolism has a lot to do with how active we are. It doesn't mean working out at the gym 3 days a week or running 5 k a day. Just making a conscious effort to move around and take care of business in an efficient manner makes all the difference. One of the top sushi chefs in the world makes sure every move he makes with his hands and his body adds to his creations. His work is like a dance to him, reaching, cutting, forming,...every action has a purpose. When his work is done he feels like he has been through a workout. Even our most mundane tasks can be performed with this consciousness. Taking advantage of bending over to pick something up, stretching that little extra bit and being aware of our body's motion and tension can turn metabolism up enough to feel calories burning. A lot of activities are considered an infringement on our valuable time. They could be considered positive action hot spots that are waiting for us to zap a few calories and get our metabolism going. Metabolism is the process of substances being broken down to yield energy. It works like a circle. If I'm tired I get active. My action also kick starts more metabolism and the metabolism creates energy through chemical processes and synthesis while burning calories. No amount of action is lost to this circle or system. See rest of article on volume 1 issue 8 [digbycafe.ca](http://digbycafe.ca) As-



**RP Connects**



**Promotion Ideas That Fit**  
Not all painted by the same brush  
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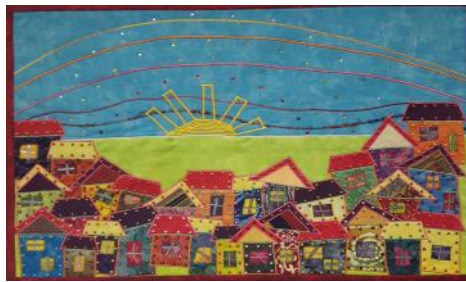
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