



MONTHLY NEWSLETTER

INSIDE THE MAY EDITION:

MORE ABOUT YOUR AUTHOR | THE STORY BEHIND THE PAGES
FEATURED PHILANTHROPISTS & ENTREPRENEURS | COMFORT FOOD 101

More About Doreen, Your Author

Entrepreneur, Writer and Creative Dreamer

This is really happening! I have officially contributed to a book that is now on its way to Amazon's Best Sellers List! My soul is permanently engraved onto the pages of my chapter 'Tender Heart'. My story has had people well up with tears, and embrace me with their words, 'Well done!'. I found writing with ones soul has a healing component to which I was nicely surprised by. At first, I wasn't sure if I could get the words out, then once I started typing the keys kept clicking away until I had seven pages of my story. I will share here an excerpt from my chapter;

'In writing Grief Shared I was able to navigate through the emotions of grief and validate every single one! I was determined to create a book with significant information on how to help someone just hanging on to the pieces of their own devastated life boat while surviving through their own Grief Storm.'

I hope I have sparked your interest in reading my 'Tender Heart' chapter, I know my heart will touch your heart. Please contact me to order your copy of bLU Talks - Life and the Universe -Volume 6. I would love to share my story with you.

Grief Shared - The Story Behind the Pages



*When I act out of character
Bring a funny movie!*

To my family and friends, Thank You for being there for me, I am grateful for you. You helped me escape the darkness when I needed to laugh, and bring those needed moments of happiness on a dark day. I wrote these pages specifically to help others know there will be a change of character in someone who is grieving, this is something to be watching for, and to be prepared for. For me, watching an old classic black and white movie one of the ways I find comfort and escape on days I need to bring some light to an off day. I do love an old movie, black and white are my ultimate favorite! When I was in elementary school, my Mom kept me home from school when my asthma would be suffocating. On these sick days, my Mom and I would watch the 'Afternoon Matinee' on one of the two TV channels we had. I mostly enjoyed the comedies. Jerry Lewis, Doris Day, Frankie Avalon, and Annette Funicello helped me escape the trauma of asthma even just for a short while. If you ever want to watch Beach Blanket Bingo with me, I have the DVD.

Please consider this phenomenal little book, Grief Shared, to help your family and friends through difficult times with your heart embracing them like you will never let them go.

Featured Entrepreneurs & Philanthropists

What are they up to now?

Please celebrate with me the ongoing giving spirits and accomplishments of all these beautiful women, inside and out.

Heidi Swinammer

Warrior Label

www.warriorlabel.com



Heidi has just celebrated her inaugural first year of owning and creating prints are designed to inspire and bring hope. Continuing on her own journey and healing, she has been able to help so many people with the vision of Warrior Label. Congratulations Heidi! This is a fantastic anniversary to celebrate!

Stephanie Den Hollander

Phenomenally You Life Coaching

www.phenomenallyyou.ca



Stephanie was married on February 22nd, which was on a Tuesday and Stephanie couldn't be happier. Stephanie has a thing about normal calendar celebration dates, because they are so predictable. She would rather receive a gift on a random Tuesday. The wedding date they chose just happened to land on a random Tuesday, this was also extra special because of the 222222, which means the start of a new chapter! Be sure to look this up, it's quite interesting! Stephanie also took a leap of faith to leave her day job to pursue her passion. Stephanie is now full time with her Phenomenally You Life Coaching business and the Phenomenal Women's Showcase. Keep Calm and Phenomenal On!!

Heidi Dunstan

Leaning in so we can grieve with grace.

www.heididunstan.ca



Heidi has been very active getting her message out to the world in so many ways. Guest speaking on a number of Podcasts and even spoke at the Global Grief Conference on May 1st. Heidi has held Masterclasses, and also recorded her Masterclass on 'What to say and what not to say to someone who is grieving.' since she was featured here in February. Heidi has also been working on her upcoming book on Legacy. There is no stopping this girl, she is definitely on a mission!

Your Author - Doreen Klassen

Meaningful Little Books

www.meaningfullittlebooks.ca



Doreen has been anxiously awaiting the arrival of the bLU Talks - Life & the Universe - Volume #6 book, where she shares her soul and the reason for writing her book Grief Shared. If you know Doreen, she will definitely shed some big tears of joy when she cracks open this incredible book to page 147, where her story will bound off the pages. Doreen will be a #1 international best selling author very soon!!

Even if you are on the right track, you'll get run over if you just sit there.

Will Rodgers

I am so pleased to include this recipe by request! My sister, Viv, requested this amazing recipe to be featured here in the Good Grief newsletter. If you love chocolate as much as my sister and I do... then this cake is a delightful mix of delicious moist chocolate goodness, with a toasted to perfection coconut and almond topping. I baked this cake for an event called 'Sweet Interlude', and this German Chocolate Oat Cake raised the sweet amount of \$250. Yes, you read this right! You too, will be asked by request to bake this cake!



German Chocolate Oat Cake



Prep Time: 20 minutes | Cook Time: 35 minutes | Serves 6-8

Recipe sourced from my sister-in-law, Colette, a very long time ago!

Batter ingredients

- 1 1/4 cups boiling water
- 1 cup oats
- 1/2 cup butter
- 1/2 cup chocolate chips
- 1 1/2 cups flour
- 1 cup sugar or
(1/2 cup - optional instead of 1 cup)
- 1 tsp baking soda
- 1 1/2 baking powder

Batter Directions

- Mix together the first four ingredients and let stand for 20 minutes.
- Mix together all the other batter ingredients.
- Add oat mixture.
- Flour and grease a 9" X 13 " pan or a spring form pan.
- Bake at 350 degrees F for 35 minutes.
- Cool for five minutes and add topping, then broil for 30 seconds ONLY, until the topping bubbles and becomes a light golden brown.

Topping Directions

- Melt butter. Add milk and brown sugar.
- Simmer until melted. Add slivered almonds and coconut.

Serve with whipping cream or ice cream and enjoy!

For all of the other amazing recipes I have featured in the Good Grief newsletter, please visit my BLOG!

www.meaningfullittlebooks.ca

Vision Statement

Spreading love, empathy and hope one little book at a time.

Mission Statement

To write powerful, thoughtful and engaging books.

Using color and imagination, creating insightful and inspiring assurances to grace the hearts of the people we all cherish and love so deeply.