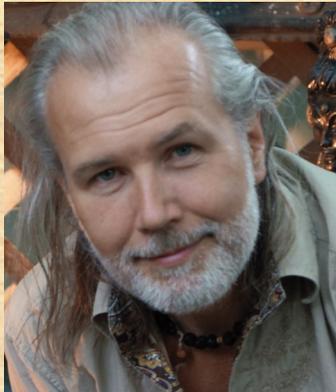


*Sharing: our stories, ourselves, our success*  
(Volume 6)  
Writers' Bios



**Csaba Arthofer**

*Csaba lives in southern Ontario with his wife Natasha and son Tyson, after immigrating from Hungary over thirty years ago. Besides enjoying all things in nature, one of his passions is permaculture gardening and discovering through scientific and spiritual teachings the natural mysteries this wonderful planet has provided for us.*



**Peter Barrow**

*Peter is the owner of Petrona Associates Ltd, a management training and development company. He previously owned a B2B marketing firm which he sold successfully after 22 years in 2000. He develops a wide range of seminars, lectures and facilitated sessions for private, public and NGO organizations and has been working for more than four decades across North America and in Bermuda and Switzerland. He is annually invited to deliver up to 100 presentations of various lengths in customer-centricity, employee engagement, leadership, relationship building and business communications, among other disciplines. Peter is a Certified Member of the Canadian Society for Training and Development, a recipient of the Guelph Chamber of Commerce Lifetime Achievement Award and an Honorary Paul Harris Fellow from Rotary International for service to business and philanthropy. He currently chairs the PIN- People and Information Network in Guelph. He and his wife Fiona live in Guelph. They have two sons and two grandchildren.*



### **Sandy Bassie**

*Artist, poet, dreamer. Sandy is a stubborn advocate for those she loves. Fierce, yet tender. She holds to this: it is never too late to learn or change. The things we believe about ourselves drive our lives and choices. Choose to believe the good and those will be places we soar.*



### **Dennis Brown**

*Dennis is an occasional jotter, whenever the moods and seasons of life impel him to put pen to paper. A wandering pilgrim, he enjoins with kindred souls as we live the earthly journey together.*



### **Shanan Cunnington**

*Shanan is passionate about learning and has moved from designing training in the corporate world to facilitating workshops, events, and a networking group as an entrepreneur. She is building a community of heart-centred entrepreneurs called Embrace Network Guelph with a focus on connecting, growing and learning.*



### **Marilyn Elphick**

*Marilyn's first career was as a Registered Nurse in various fields of medicine. Her last position was as a dialysis nurse. She completed an MDiv degree in 2002 and a TH.M in 2013. From 2002-2015 she worked as the Director of Campus Ministry, and at present she works as a chaplain at a long-term care facility. She recently moved to Orton, Ontario, and she loves to write!*



### **Stephen Ferraro**

*Stephen began his martial arts journey at the age of 9. Now 37, Stephen has taught his passion all over the world, including Japan. Owner and Operator of Ferraro Karate Limited, Stephen's life has been a wide ride full of adventure: a touring musician, a struggling actor, a "self-made" university graduate, father, husband, high school teacher and Sensei.*



### **Vanessa Graber**

*Vanessa is a Certified Buti® Yoga instructor who dances to the beat of her heart. Ninja by day, she is currently putting her creative skills and 18 years of experience to use by finding helpful & effective solutions as a Customer Solutions Ninja at Copernicus Educational Products, Inc. Vanessa is grateful to have celebrated her 24th year wedding anniversary this year with her husband. Together they raised two children and were blessed in 2018 with their first grandchild. Vanessa has always enjoyed writing poetry and journaling, but after having children it was not a priority. Her full circle journey back to self, has rekindled her need to write and given her the bravery to share her truth. She is currently enrolled at the Ontario College of Reflexology to become a Certified Reflexologist this year and will obtain her Reiki Level II certification in the fall.*



### **Paul Hock**

*Paul is an author, illustrator, songwriter and storyteller. Two of his books were inspired by songs he has written. "A Pilgrimage to Memphis" inspired a novel he completed in 2014 and has published in 2018 and a children's chapter book "The Tree" published in December 2017, inspired by a song he wrote of the same title. For more information, visit his website at [www.paulhockpublishing.com](http://www.paulhockpublishing.com)*



### **Diane Lyndon**

*Diane is a storyteller. With Irish and Welsh in her bloodline and a maiden name of Bard, there was no escaping it. As a photojournalist, a reflexologist and a wedding officiant, Diane has access to many people and loves to seek out a good story. Diane's writing also appeared in the 5th Sharing anthology. A grandmother to six, she resides happily in a village called Frankford on the Trent River along with her pug and lovebirds.*



### **Amie Mae Main**

*Amie is a mother, grandmother, Magdalene priestess, transformational storyteller and spiritual life coach. Message her on Facebook, or LinkedIn.*



### **Bob McCabe**

*Bob is a recovered alcoholic and a survivor of sexual abuse, who lost his job, his wife, his family, all his financial resources, his friends, his self respect and dignity. His successful, long and painful journey back to health, serenity and stability is inspirational. He is a passionate believer in the power of the recovery process and the human spirit as evidenced by his own experience.*



### **Shelley Muma**

*As a single mother, Shelley has dealt with the hardship of balancing both parental roles, being a supportive role model for her daughter, and being a mom she is proud of. After saving her friend's life, she realized she needed to save herself, and this forced her to understand that she hadn't healed from her childhood wounds. He passed away a year and half after she found him that day, and she still misses him dearly as he was her rock and her confidant. Shelley would like to thank everyone who has read her story, as well as the other authors in this book. Know that healing is possible!*



### **Libby Pease**

*Libby is an internationally certified coach, 20-year crisis response expert, and clairvoyant, who specializes in cult recovery with Listening Tree Studio & Coaching. She draws on her experience of helping people in crisis to supporting individuals to be proactive and really step into who they are, thereby creating a life that is meaningful, and increasing their ability to cope with life's challenges. Please visit her website at [www.listeningtreestudio.ca](http://www.listeningtreestudio.ca).*



### **Roxana Roshon**

*With her Ph.D. in Toxicology and Environmental Biology (U of Guelph, 1997) and more than 15 years of consulting and government experience, Roxana bridges the gap between Western science and complementary therapies. After personally experiencing the healing power of alternative therapies, Roxana trained in holistic energy medicine (acupressure points, Therapeutic Touch, Craniosacral, Reiki), with an emphasis on indigenous healing techniques (Mexico / Toltec). She focuses on sensitive individuals who are feeling disconnected from themselves, others, and nature. Change is facilitated in people who are experiencing physical, mental, and/or emotional health challenges. This is accomplished by clearing the energetic and spiritual patterns blocking their well-being. She also offers workshops in Lucid Dreaming, Mexico Healing Techniques, and Intuition. Roxana authored a chapter on Energy Medicine for a university textbook on “Holistic Healing: Theories, Research and Practices” (2019).*



### **Arlene Spencer**

*Arlene is a wife, mother of three grown boys, and a special education educator who has a passion for life, an abundance of energy and a need to be heard because at the end of the day everyone has “Words They Couldn’t Say.” You can reach Arlene by email, at [Arlenewics@gmail.com](mailto:Arlenewics@gmail.com).*



### **Leilan Grace Adair (poem and cover photograph)**

Leilan is a speaker, certified teacher and author who talks about the interaction of Divine Spirit with her personal and every day ‘growth’ experiences. Her Sharing Anthologies’ stories offer insight into the different facets of her life as a daughter and caretaker for her parents. Her approach to whole-self healing and personal engagement with Divine Spirit is entertaining as it is informative. Her dedication to clearing out fears and misconceptions regarding various techniques that she has used for her own self-awareness and self-healing is inspiring and uplifting.

**[leilangrace@gmail.com](mailto:leilangrace@gmail.com)**