



ISSUE 01 / 2015

the VEGABOND

TRAVEL SOUL BODY FOOD

CANADA GUIDE

REAL MOUNTAINS
VEGAN GUIDES & MAPS
WORKING-HOLIDAY-VISA
COAST-TO-COAST ON WHEELS

MINDFUL TRAVELING
YUKON PHOTOGRAPHY FEATURE
by Paul Balite

Keep your mind and body **NOURISHED**
ANYWHERE

10 VEGAN RECIPES CHOCO & CHEESE

ONDREJ'S FAMOUS GOULASH

ALL BUDGET, BODY & ANIMAL FRIENDLY

INTERVIEW WITH EM VON EUW!

[of thisrawsomeveganlife.com](http://thisrawsomeveganlife.com)

CONSCIOUS. COMPASSIONATE. KICK ASS. SPIRITUAL. GANGSTER.

///karmavore

This magazine is mainly ESL-written and hasn't been proofread by a native English speaker. But you most likely don't know any second language. So shoosh. Nah, just kidding. Please be forgiving. And laugh. Oh, and if something is really funny, that of course is based on my great humor, not misunderstood vocabulary.

I would be more than happy to receive your feedback, or any questions you might have via e-mail kristinzimmer89@gmail.com or feel free to contact via Facebook (link on the next page).

Also, if you are a vegan in the printing industry/own a copy shop, and would love to support us, we are looking for a printing donation of a few issues. I would love to hear from you!

"No milk, no cheese. No eggs, no meat. Just meditation and peace. Red lentils, chick peas. Good workout, good sleep. More sunshine, light breeze."

#PROMOE

#HEALTHYFOOD #BEFAIR	#VEGANUNITED #ANTIFA	#WTFVEGANFOOD
#FEEDYOURBODY #TRAVEL	#PLANTPOWER #UNITY	#WILLTRAVELFORVEGAN
#CRUELTYFREE #MINDFUL	#DONTKILLANIMALS	#NOURISHNOTPUNISH
#VEGANMUSCLES #WANDER	#CHANGETHEWORLD	#CULINARYKARMA
#VEGANFIT #LUSTORLOST	#VEGANBOX #MATTER	#MARYSTESTKITCHEN
#VEGANSTRONG #RAW	#MOOFREE #VEGETARIAN	#MINDFULWANDERLUST
#MAKEADIFFERENCE #BE	#FOODGASM #FOODPORN	#THISRAWSOMEVEGANLIFE
#MAKETHECHANGE #LIVE	#DAIRYFREE #RAWVEGAN	#OHSHEGLOWS
#VEGANUNITE #BREATHE	#FOODIE #PLANTBASED	#VEGANROADIE
#PLANTPROTEIN #SELF CARE	#VEGANSOFIG #NOURISH	#KALEDIT
#LOVEANIMALS #SELFLOVE	#VEGANFOOD #FOODPICS	#VEGANBACKPACKING
#CHALLENGEYOURSELF	#RAWFOOD #EATCOLOURS	#VEGANWORLDTRAVELERS
#STRONGNOTSKINNY	#VEGANFOODSHARE	#FREEWILDSOUL
#YOGAWITHADRIENE	#FWEG	#YOGAGANGSTERS



Chief Editor

Kristin Zimmer wrote all of the articles, except those of featured writers, bloggers, influencers, photographers which are mentioned with their names.

She put together the entire magazine.

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Kristin Zimmer



INSTAGRAM | @kriyogi



BLOG | kristinzimmer.wordpress.com

Ahoj Pirates!

We are so happy to bond with you, here. Thank you for downloading this issue and showing interest in how to stay vegan while you travel, or just, how to travel in a fun, mindful way!

We are not preaching for Veganism.

We reach out for it. It fulfills us and keeps us happy and we truly believe in it being the most senseful way to live. But, everybody is free to make their own choices, so we welcome you to enjoy this publication even though you do not choose a fully animal-friendly life. Hopefully, our budget-travel tips, reviews on netowrks and images will come in handy for you anyhow. Let yourself be inspired by what we've learned in combined 2 decades of vagabonding [vegan].



KRIS, born 1989 in Germany, BA in Literature, worked for a paper in Cork, Ireland and a magazine in Ho Chi Minh City, Vietnam. Living abroad on and off since 2005, vegan since 2014. Approaching a future in Holistic Medical Wellness and physical therapy.

ONDREJ, born 1982 in the Czech Republic, trained chef and restaurantier, perfectionist in everything he does, out-of-homeland since 2006 with the biggest stations being Ireland, New Zealand and Canada, vegan since 2003.

We met in Canada at 'dtf' (Not a dating site, but one of the best restaurants of Calgary at the time)

Exploring Vegan foods with another (com)passionate partner is something that has given us incredible joy, and as excessive travelers, we ventured off together the year after we met in Canada to a huge North- / Central- / & South-American roadtrip ending back in Europe.

Being Vegan is about many things. But mostly it is kindness.
Kindness to all beings, including yourself, and the planet.

We are lovers of nature, clean air, high mountains, also, we like to
surrender to soul food, wine and beer, coffee and chocolate.

We are sharing the best of all aspects here, with you!



Picture taken at 'Boon Burger Café', Winnipeg, Manitoba.

*Walk a country with interest, for the culture, the people, the animals.
Eat conscious, considering the planet and its beings, as well as a
balance between pleasure and nutrition.*

*Don't forget that true beauty isn't visible for the eye.
Go with your heart first.*

LEAVE GENTLE FO

guide

giving and i
without any

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#whatfatveganseat

now sitting on your bum most of the day, driving from one vegan metropole to the other, you might just end up looking like a sack of potatoe in a bit! A smiling, happy sack of potatoe, but.... still. Sacky. And you might feel a little sucky. Which is why I provide a few tips on how to stay nourished (p.9), fit (p. 37) and how I think about the magic of Yoga and Tea (p.39).

OTPRINTS

inspiring;
harm.

begin-veg an-begun

and of course this issue will review some of our favorite restaurants (43), an easy guide to Canadian chain food (15) and what you can order on the run and many recipes for cooking campsite, simple and cheap, as well as nice thank-you dinners for a host, a fancy dessert and our guide to kick-ass vegan cheese and chocolate making (52)! Fun!

THE STARTING POINT

Packing The Car...

THE ADVANTAGES OF TRAVELING BY CAR ; LOAD IT UP OR CHOOSE CAREFULLY?

What did we really need, Some Favourites & Choose Carefully. p. 2 - 6



YOUR PERSONAL BURNING HOT FOOD TRUCK

How to make your moving kitchen a base for daily nutritious food porn! p. 8

VEGAN SURVIVAL KIT (NOT PROTEIN POWDERS....)

A bit of an easy nutrition boosting travel equipment and tales to keep you healthy on the read p. 9



CANNING ; NOT SO CLASSY BUT FULL OF BENEFITS

How preserving and fermenting vegetables before your trip will aid your health and make your meals so much tastier p.13



TRAVELING BY CAR

. . . a s l i p p e r y s l o p e !

Yeeaaaah. Traveling by car is fun. But it's also like a bag of nachos or oreo cookies. Once popped, never stopped. Be careful with what you are really taking with you and try to sleep in it fully loaded before you take off! Try to minimize as much as you can, begin with your clothing.. Yes, you do still have that space, but it is nice to also be able to use it :) And find things! A good advice someone we couchsurf'd with gave us was the following: "I never take more than 2 of one kind." Thanks Mike from PEI.

WHAT WE HAD, WISHED WE HAVE HAD, AND WISHED WE HAVEN'T HAD!

As with everything in life, we always want more, right. Greed is present and oftentimes kicks you in the butt, yet, a lot of us are born privileged having more than enough and practicing modesty becomes a tough one. Minimalism is a modern trend now, going from messy to organized, Ondrej and I sure do not count to the minimalistic group ;). Yet. We thought, as long as we got the space, might as well use it!

Our trunk was absolutely filled, a cargo on top of King Subaru Leonidas was filled, and we didn't even have our backseats free! That could have surely been done better. Before sleeping in the car, we had to move things around for 10min at least, and finding something oftentimes took forever and can easily get frustrating. Save yourself the work and the potential for arguments. Pack light. We will get to the food part in just a second, as this is of course an important one when you pretty much travel in your house, or, live in/out of your car. But let's go through a few comfort and car safety items. We were oftentimes longing for a pillow. We had 3 blankets, 1 or 2 good ones would have been enough. Sleeping Bags were a lifesaver. So were wet towelets and of course tissues. Headlights, and the tent are irreplaceable. We wished we had prepared some kind of curtains for the window and bought one of those sunscreens for the windshield. The audio converter for music was great. Another adapter to charge more devices while driving would have been handy.

For the car. Always, at any given time, carry enough motor oil on you. You definitely need a tire pressure gauge! Make sure you are familiar with your equipment to change tires and if possible, have it at easy access.

NEXT ISSUE WILL BE ALL ABOUT
FASHION! Not!
MESSY KRIS + MESSY CAR.
THE ART OF (UN)PACKING



SOME FAVORITES



For sure. A micro towel. Poncho. A light, thin but huge and, first of all, pretty scarf. Thin thermo clothing. Mosquito net. Packable shopping bag, a notebook, a great book or one kindle with a ton of great books.



WOODEN CUTLERY. Not only do other people find them *really cool*), they do not break!

A pocket knife. To possibly stab someone who wants to kill you on the sidewalk, but mostly to slice food on the go. A portable hard disk for an ultra light laptop. A pre-charged battery for your phone. A film for your analogue / disposable camera. A nail clipper. Frida Kahlo bag to keep a few girly items and remind you that your wild eyebrows are still ok until tomorrow.



SOME HEALTH LUXURY.

B12 supplement. Possibly Iron, or whatever you personally tend to be low in. Homemade lotions, coconut oil for skin and hair, powdered toothpaste, baking soda, tea tree oil for any skin issue and disinfection, and combined with coconut oil and baking soda = deodorant! Many ziplog bags. Always. Wet wipes. Tissues. Mosquito Repellent. Razor.



SPRAY LAKES, CLOSE BY CANMORE, ALBERTA:





guest article | megan taylor

vibrant albertan
all season mountain goat
well (car-)traveled

hatchforth.wordpress.com

CHOOSE CAREFULLY

I filled my car to the brim when I left on this trip. I've used almost everything, and many of these things have allowed me to travel very cheaply (tent, cooler, camp stove, box of food) and also experience things in a very rich way (surfboard, hiking boots, backpacking gear, tripod). Some things are for comfort (car phone charger, pillow, loose leaf tea, many, many books, stamp making tools), others are for safety (first aid kit).

Some things I thought I would never use when I was travelling down the coast (down sleeping bag, fleece jacket), some things I was very happy to have in the mountains (down sleeping bag, fleece jacket). Some things I wish dearly that I had brought (longboard, climbing gear). But when it comes down to it I have four absolute favourites.

“I’ve discovered a way to make this less awkward. Postcards.”

ONE A dress.

One, with patterns or something that hides how many times you may have actually worn it. One that is made of something light and airy like cotton, that stays cool and dries fast, essential for when you get caught in rain or have to throw it over your swimsuit after jumping in the ocean. I know, it sounds silly. But I have three of them and I love them dearly. It will help you make it through the summer heat in the city, blend in with all the city folk & allow you to dash from the beach back to your car without googley eyes following you

TWO Cracker Bread.

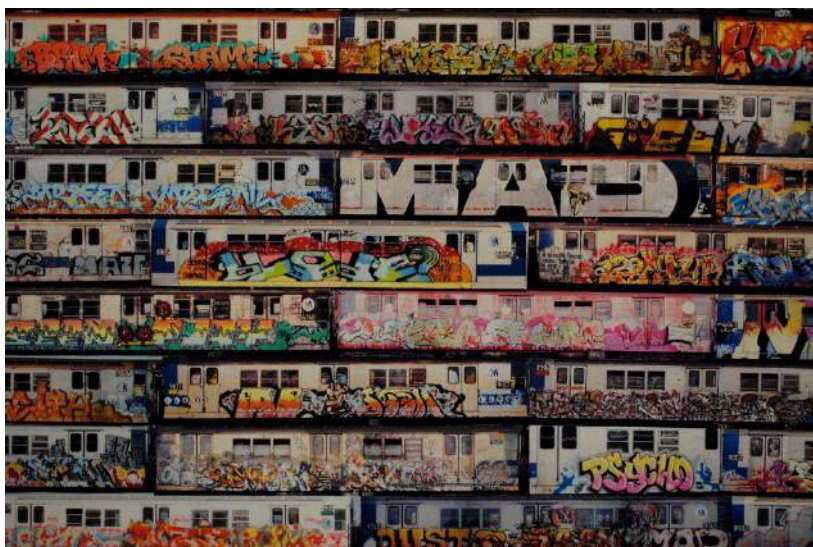
Even if I found a good bread, I couldn’t eat a whole loaf by myself before it went mouldy. So I turned to cracker bread. It lasts forever, can be packed in on a backpacking trip, and is a mere \$2.50 a pack. The sourdough variety of Wasa grew on the bread-snobby me. What I soon discovered was that cracker bread can be eaten as breakfast, lunch, dinner, and dessert, and it can make you feel quite classy. No longer are you eating peanut butter and banana sandwiches, now you are eating an open faced nut butter cracker topped with sliced bananas.

Three. Postcards.

When you’re travelling alone there are many times that you just have to buck up and go to a place by yourself because either you go in with your head high, or you completely miss out on seeing or experiencing something that you probably really want to do. Some examples are sitting down for a craft beer at a local brewery, dining out for some real southern food, or going to see some live bluegrass music at a pub. I’ve discovered a way to make this less awkward. Postcards. Hanging your head over a few postcards while you do these things gives you something to do so you don’t have to awkwardly sit by yourself. People are naturally curious, and often these postcards draw people in. Sometimes it means that the chef will come dine with you and let you sample pretty much anything on the menu, sometimes you will get a spare room offered to you, sometimes you just write a postcard and enjoy good music and alone time. Regardless, the end result has never failed to be of value.

Four A case of good beer.

I think this is what the boy scouts were thinking about when they came up with the motto “Be prepared”. No, this case of beer is not for lonely nights by myself in the woods. Quite the opposite in fact, it’s for those impromptu campfire, party, or dinner invitations. It’s nice to have something to share when someone gifts you an invite. Local is best, and an IPA always impresses.





Homemade on the
road. Take your
passion with you !

THE QUICKEST VEGAN
BURGER PATTY RECIPE |
CHEAP AND HANDWORK
ONLY P. 56

sourdough flatbread with.... avocado!

Simple and delicious,
one of our first choice
road snacks, the sour
in the dough adds
extra benefits into the
meal !

(RIP Franz. See p. 13)



BURNING HOT

Cooking with love provides food for the soul.
Nutritious ingredients are self-love

With a few simple ingredients and spices you can make your roadside and improvised cooking at strangers homes so much better. Add a little bit of love and think about your very favorite spice! And then *cough* pack it in moderation! Haha. I have to giggle here. Why? Ehm, probably because we were traveling with a 5kg bag of crushed dried chilis (we like it spicy and it was a great deal) and a 10kg bag of white rice, which we never finished in almost 4 months. You get the message?!

I would much more likely go for a smaller bag of brown rice instead, also considering the health and protein benefits on the vegan side of life. Let me just list a few items that elevate your rolling kitchen without putting too much weight on it!

Spice Magic

Dried Mushroom Powder
Black Pepper Sea Salt Paprika
Italian Spice Blend Curry Blend
Cayenne Cumin

Vegans like it Creamy

Tahini Nutritional Yeast Flakes
Coconut Milk Powder Nut Butter

Powerful Grains

Quick Oats Quinoa Couscous
Brown Rice & Brown Rice Pasta

Sweetness

Peanut Butter Powder Dates
Plant-Based Syrup Oat Flower
Dehydrated Fruit Granola



SURVIVAL KIT

Skip red bull. eat more green instead.

Even in the regular daily life, a Vegan has to justify his/her existence non-stop. How can you live like this? What do you miss the most? How to you feel? What about the protein? Aren't you tired? What the hell CAN you eat? Ladida, and so on. So of course, we might worry about the traveling health.

Fear not, Mamma & Co. We got this.

GOOD FOOD IS GOOD MOOD

As with most things in life, I tend to overthink every bit of my encounters and the planning of my day. And I can read Tolle's famous 'The Power of Now' a million times like every 2nd Vagabond right now, and attend a 10 day meditation seminar, and I will still spend too much time thinking about breakfast, lunch and dinner, and maybe a snack in between!? And how to make it super tasty. But what about the nutritious part. It is true, for my part at least, the female, sensual side of me is screaming for good food. No matter what life and living situation I found myself in, I have always provided tasty food - even if just for me. I think I am totally worth a great meal. Even alone. Ondrej, and I feel like he is not the only one in his gender, is a large bit easier on all that and probably could have driven several days on chewing sunflower seeds ;-).

The nutritious aspect of 'Good Food', the one that goes far beyond stimulating the taste buds and feeding the soul, came into my life with turning Vegan, in Canada. I learned a lot about nutrition, cleansed and detoxed until I accidentally couldn't even move anymore, relaxed about it all again, stopped over-obsessing, found intuition and balance. Now, organic and natural food is still high on the list of what I would like to invest money in. In the future. Same with wine and beer. But whilst traveling on a budget, I had to understand that a bag of 10 apples for 4 bucks is better than one with 5 organic ones for the same price. If you are sincerely on a budget, learn to take it easy on the organic goodies. There will be the right time for it. For now, at least keep eating colorful instead of going for cheap bread because the real plants are too expensive. Go cheap, buy and eat whats on sale and if it makes you feel better get an organic veggie cleaner. Or wash with water & vinegar. Also. Go dumpster diving. We'll get to that in the next issue.

PLANT BASED PROTEIN

This is kind of an oxymoron. Why? Because all plant based food contains protein. Some of the biggest mammals are herbivores, and a lot of dinosaurs ate plants. The only 'problem' is that they do not contain complete proteins to our bodies or to say, animal based protein has better matching amino acids for us. Anyhow, it has been proven very unhealthy and multiple studies suggest plant proteins. Just go for variety and one plant protein will combine with the other to become complete. They do that for you :-).

- Quinoa, hemp or chia are complete by themselves
- Other high quality proteins need to be combined throughout the day. A few choices:
Leafy Greens Legumes Tofu/Tempeh
Brown Rice Whole Wheat



DIGESTIVE HEALTH

The mind and the gut are one big love affair. They are dramatic and romantic and will never let go of each other. If things are great with both of them, they will make you feel like you can move mountains, if any of them is upset, the other will be too. It is a hellhole, if you let it be. Try to keep your gut healthy by stabilising it with a good amount of probiotic food. Healthy bacteria is needed to absorb nutrients and have normal bowel movement. Wonderful Vegan sources are:

(Homemade) Ferments like Miso & Sauerkraut Coconut/Nut Yogourt
Kombucha

Homemade is always better when it comes to fermented food. If you don't have access to these while traveling, take a supplement.

BRAINS

Vitamin B12 is important for our brain function and blood formation. It does not occur naturally in the human body, nor is it made naturally by other animals or plants. Bacteria is responsible for synthesizing B12. When animals eat food containing this bacteria, they become a source of B12 & pass it along to humans. So you could really go to an organic farm and eat the veggies with the dirt on. If you don't feel like stuffing your face with dirt or ordering batabata-cha tea from Japan, take a supplement. Like once a month. And / or fortified products like:
Plant-Milks Nutritional Yeast VEGA-products
Other sources like seaweed or ferments are not scientifically proven effectively.

NATURALLY AWAKE & STRONG

CARB AND IRON UP!

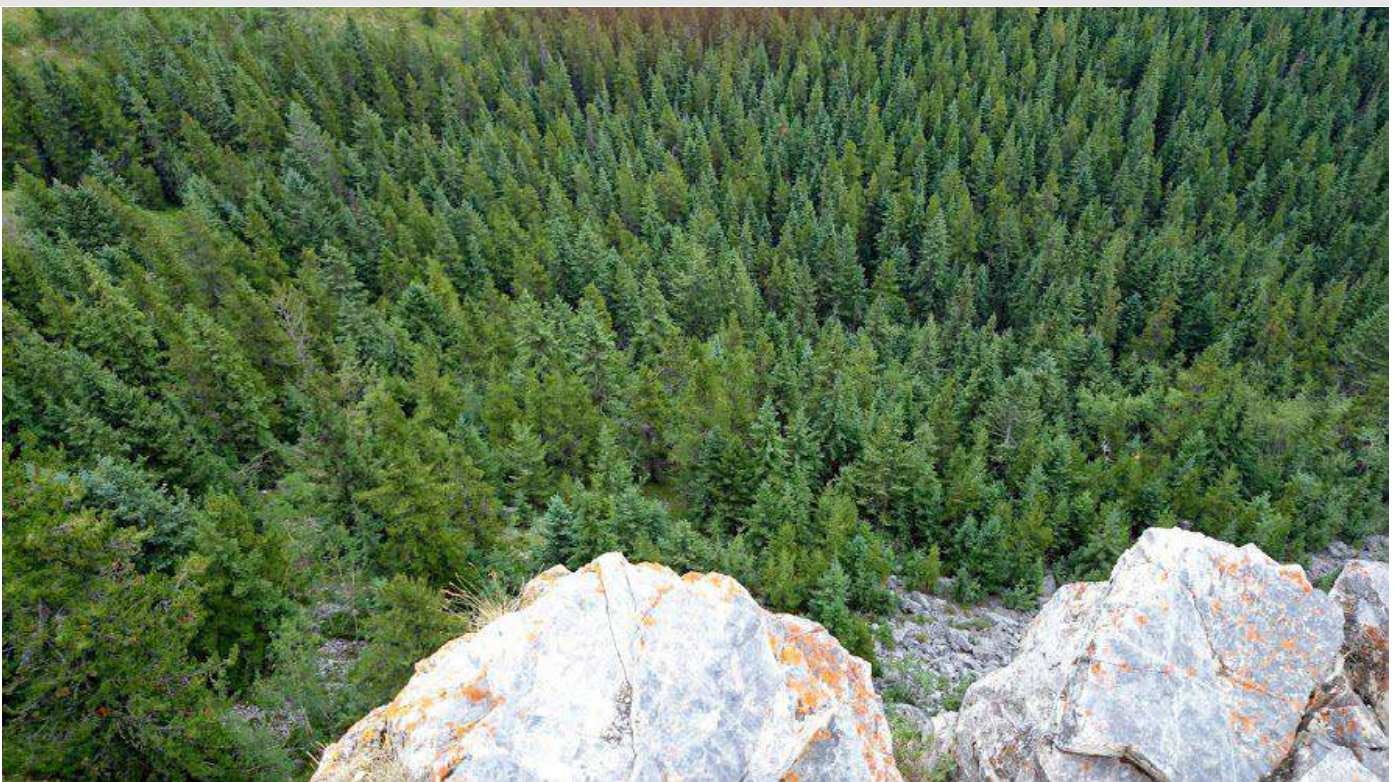
Iron deficiency is the most common in the world and plant-based eaters are not more prone to eat than others ('vrg.org'). Not having enough Iron will leave you feeling miserable. Tired and Dizzy. So make sure to get enough Dark Leafy Greens & Legumes going. Tahini is magical in cooking, raw food, and salads and 2 tbsps contain 20% of your daily need. Broccoli & Bok Choy are excellent as they are also high in Vit. C which helps absorbing Iron.
Beans + Tomato Sauce = <3
Stir-Fry Tofu + Broccoli = ++<3

Add in a great amount of the friendly carbs
Fruit Veggies Rice Legumes
Potatoes

Total Nutritious Love Explosion !#*!



Top Picture. Ondrej with our car and home for 4 months. Just by the road sign for the province of Manitoba, in-midst of the Canadian Praries.
Bottom Picture is looking down from a hike by 'Quaite Valley' Campground. Quite the climb and worth the incredible view of Barrier Lake and coundless trees.



Let's meet..... the shoe.
brand: palladium
Fully waterproof
No leather included.
great hiking sole.
beautiful colors that will make both
hiking and city encounters blush in
envy.
buy one size bigger.



WIKIPEDIA

"Canning is a method of preserving food in which the food contents are processed and sealed in an airtight container.

Canning provides a shelf life typically ranging from one to five years, although under specific circumstances it can be much longer. "

Urbanictionary describes a variety of "very painful" things. But let's not get into those. They have nothing to do here. I never even thought of them when creating this chapter.. Ever.

Let's get to it. The food. For a lot of people this truly is an odd, scary and totally outdated form of handling food.

Unfortunately! Because it makes so much sense, is budget friendly and especially the well fermented foods are so beneficial for health, to replenish our gut with the good bacteria it needs to digest well.

When I got a full crate of canned food ready for our trip most of it fermented, some preserved, , most people shook their head laughing at me. Almost as ridiculous as Ondrej's famous 5kg bag of crushed chilis :D. And I get it, I get it. In fear of them being right, I gave a lot of glasses away as gifts before our take-off.

And then PAHA, I'm laughing in the face of danger! This really worked incredibly well. Both preserved and fermented foods kept well in our trunk - through all temperature differences and even the hottest desert. Our ferments were eaten up quite quick - we had kimchi, brussel sprouts, shiitaki mushrooms and even hot sauce. One of our highlights for sure was the 'preserved lemon'. We got hooked on them eating out at 'Casbah', a Moroccan restaurant in Calgary. Following the book 'Homemade Summer' displayed above, we added lemon slices to our dishes and the brine to salads -

CAN



this is how you spice up your roadtrip food. Wow! Preserved we had lots of garlic and onion, always handy for cooking. No peeling, no slicing.

We even traveled with our dear baby Franz. He was our Sourdough, born in a late Calgarian Summer 2014, died in an early New Orleans Summer 2015. He lasted longer than we thought he would, and kept giving for all different sorts of breads. Also use the website provided on top to learn about sourdough.

CANNING



Recipe for fermented Shiitakis

1 bag of dried Shiitake mushrooms
0,5l mason jar, 1/2 tablespoon salt
Pickling Spices, Onion, Garlic, Crushed
Chilies
Bamboo Skewers

Soak the mushrooms for at least 2 hours
in water and a bit of vinegar. Wash off
lovingly. Cut in half.
Start layering into the jar:

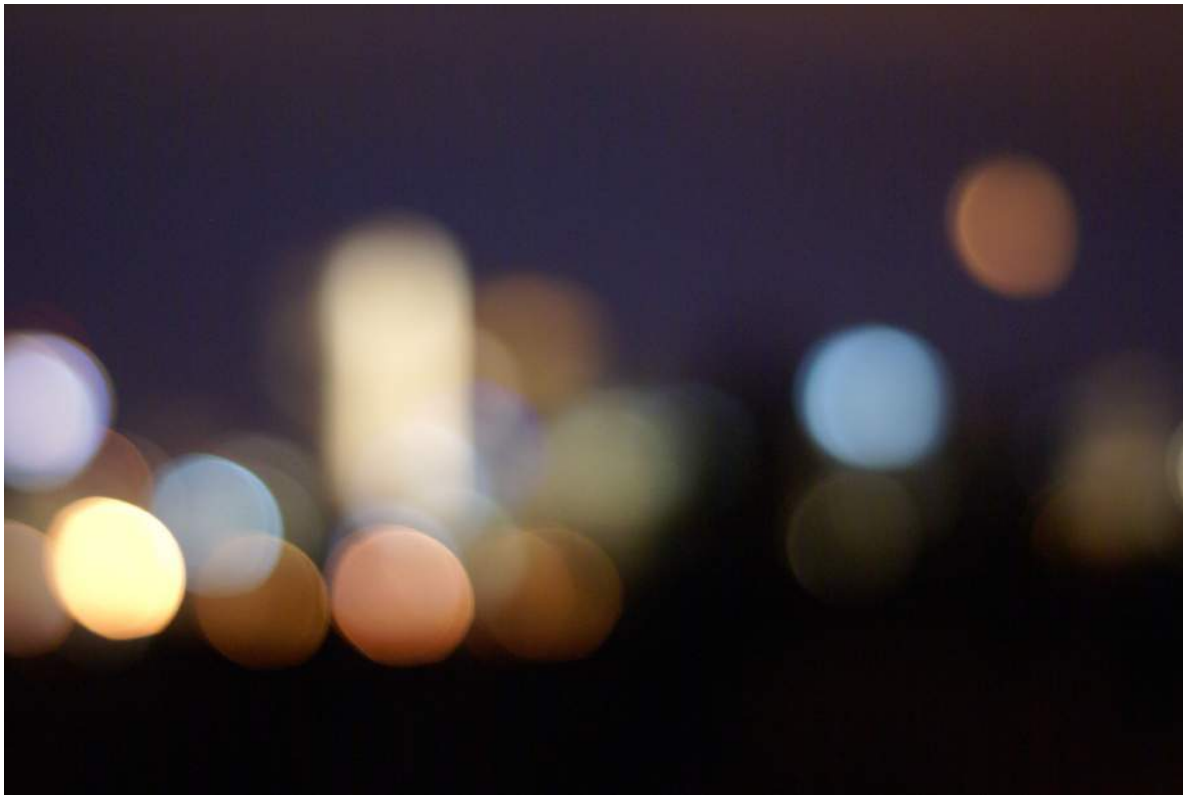
It is really not that hard. People have been using this method forever and ever - because it makes sense. Especially when living in a four seasons climate, naturally we do not have any food available at all times. Of course - today we do. But we spend heaps of money on out-of-season products and support our crazy world of consumerism. I want everything and I want it NOW.

No. You can do better. Before the winter comes, or, before you set out on a big road trip, buy a bunch of glass jars, sea salt, vinegar and your favorite vegetables. If the water out of your tap isn't free of chlorine, get good still water or distill your water.

Now, to ferment, you need salt, water, time and air. The salt prevents the food from growing the wrong bacteria. For preserving, you need water, vinegar and heat. More about all this will be featured in the e-book 'Vegabonding'. Tons of recipes and all about CANNING * sigh*..

Herbs, Spices, Onion rings, garlic shiitakis, chilies, keep going until the jar is almost full. Fill up with your clean water mixed with the salt.

Break the skewers just as wide as the opening of the jar. Stuff them underneath the rim to build a security net to pretend ingredients from floating up. Top up with more water. Cover with lid, but DON'T screw on. Leave at room temperature for about 2 weeks.



BLEND

Canada is really not that far from the States when it comes to a lot of fast food and a lot of chain restaurants. This will be an easy guide for you to go right to the counter and order away. Because, things are Vegan! They are!



Vegan, please. -Bacon?

-So, I am Vegan.,

-Bacon?,

-No,no,no. Veeegan!.,

-Bacon?,

-Yeah sure, extra bacon please....

That conversation really happened. German-Mexican-English misunderstanding at a breakfast kiosk in New York City. For you to avoid moments like these, because cashiers at most fast food and chain coffee shops and restaurants won't know because they really don't have to, I am equipping you with the VEGAN FRIENDLY CANADA FAST FOOD guide! Yay! Fast Food!

1 Tim Hortons

or lovingly called 'Timmeys' is really THE true Canadian Chain. And even though as of right now, mid-2015, they do not offer any dairy-free milk substitutes, there is a lot you can order!

The coffee is alright if you're fine drinking it black or have your own plant milk or milk powders on you. Here is a selection of their tasty bagels that you can order as a Vegan. Let them simply toast it, and order without butter, with jam or peanut butter if you feel like it.

12 Grain, Blueberry, Cinnamon Raisin, Everything, Onion, Plain, Poppy. Sesame Seed, Pretzel.

2 Good Earth Cafe

Of course there is McDonalds. You can have their fries if you're there to steal their internet. It goes in a seperate frier, I'd still just go for the internet and lean against the outside. Coffee is kinda nice, no milk substitutes!

My favorite little chain place is 'Good Earth Cafe'. The Matcha Green Tea Latte with Almond Milk literally tastes like good earth. So healthy and warming. They sometimes even have a Vegan muffin on feature and do make a nice cheap oatmeal!

All cheese/meat free breads at Subway are vegan, I went into the back to look at the boxes myself, but they are full of other.....stuff. Anyhow, veggie delite is a nice option and Sweet Onion sauce is vegan or simply go with mustard or bbq sauce!

I'd prefer 'Mucho Burrito' ten times. Very tasty and tortillas are vegan!

sed molestie velit pellentesque eu. Praesent dapibus enim turpis, at lacinia purus. Fusce dictum fringilla justo ut pellen-tesque. Vivamus eu urna dolor, id ultrices odio. Fusce sit amet sem nibh. Phasellus rhoncus imperdiet egestas.

Almost all of STARBUCKS drinks can be made vegan when made with soy. The plain and multigrain bagels are suitable.

3 Pizza and more

Pizza Hut's dough is vegan and so is their sauce. Omit the cheese, add veggies and you have a delicious vegan pizza. Same counts for Pagano, plus they offer Daiya cheese already.

Quizno's has a wheat baguette with BBQ, guacamole, four pepper chili, marinara or mustard and lots of veggies.

Basically, you should all know that true Italian pizza dough is 99% of the time Vegan. So, if you want a nice pizza, pick a good Italian, ask about the dough, order with delicious vegetables and just skip any kind of cheese (supplement).

5 Juicin'

Who doesn't love a good smoothie or juice? Jugo Juice offers almond and coconut milk and have Vega protein powder that can replace the whey protein.

MENCHIE's has locations worldwide and offers dairy-free vegan sorbet that is delicious!

4 Fresh n Greasy

Burger King veggie burger is actually vegan in Canada! So are their Fries and Onion rings.

Wendy's offers a plain baked potato, the Deluxe Garden Salad with red Italian dressing and no cheese, and French fries.

Harveys has a veggie burger with vegan bun (yay) and onion and french fries for us.

Wok Box offers quite a few vegan options and label what can be made vegan.

Freshii has finally arrived locally for me but they have lots of locations all across Canada. They offer lots of vegan options that are clearly marked including, chili, wraps, bowls, burritos, oatmeal, fresh juices and more.

Gojis has multiple locations across the country. They have their amazing vegan almond milk frozen yogurt. They offer several vegan-friendly toppings and also dairy free sorbet.

HAPPINESS IS ALSO
SPLURGING ON FAST FOOD
EVERY NOW AND THEN.

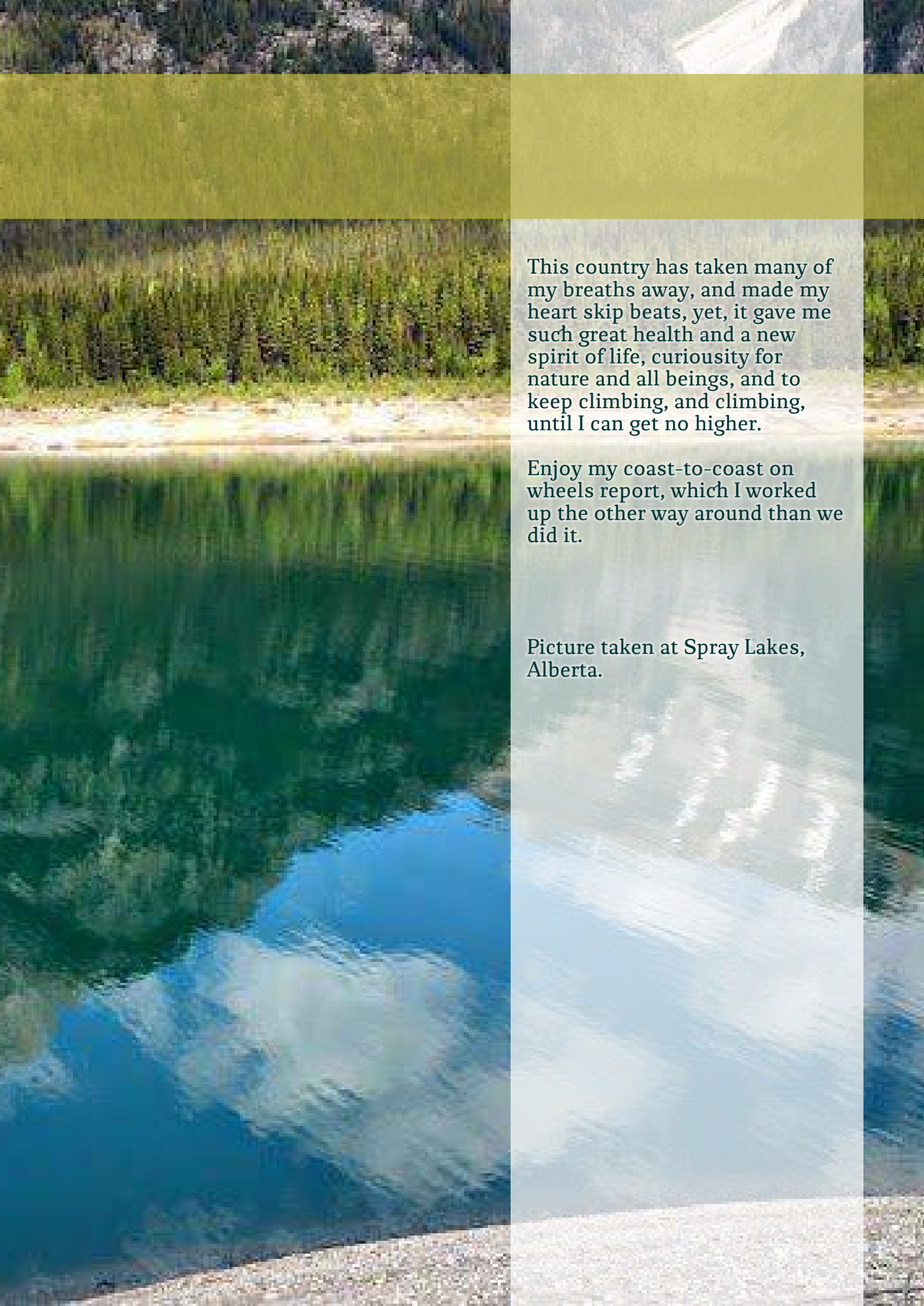
Look at that, you can blend in with the majority of our population and just order away, without having to ask and double check and still mistrust ;-). I hope this helps you a lot!

A big thank you is going out to the-vegan-peach.blogspot.com who listed everything so nicely, and other Vegan bloggers that helped me with the research. You guys rock.



HOOO, CANADA





This country has taken many of my breaths away, and made my heart skip beats, yet, it gave me such great health and a new spirit of life, curiosity for nature and all beings, and to keep climbing, and climbing, until I can get no higher.

Enjoy my coast-to-coast on wheels report, which I worked up the other way around than we did it.

Picture taken at Spray Lakes, Alberta.

Prince Edward Island. A Northern-American version of the European Ireland, rich in charm and full of people so happy and friendly despite the awful weather they have to deal with for most of the year! This is why, start out there, let's say in August. You should be save from snow. Just kidding, it will be super nice, but really there are not too many months that allow you to enjoy a pleasant outdoorsy discovery of the cliffs, lighthouses, endless beaches, dunes and pub crawls. PEI is magical and I can imagine it especially sweet for a young family trip. If you have the chance and enough dollar bills to shoot over to Newfoundland, do it. We didn't, so can't tell you much here, except that we heard it's like another Ireland, but BIGGER. Which of course, is awesome.

After that, you'll cross over and have the chance to explore Nova-Scotia. Halifax is Prince Charming of all and you gotta drive at least some of the coastline, and definitely the part farthest North-East, which is very remote and offers nice walks and hiking. Then there is New Brunswick. Drive through. You are getting into Quebec, which is despite the rumors much more than just wannabe-foie-gras. It is absolutely douce, and on the way to Quebec-City itself you can enjoy the beautiful River Saint-Laurent and relax at its side and find many hikes if you stroll out a bit further North. Quebec-City will be one of the most historic and architecturally unique cities you will see in Canada and the US. While this city has just the right size to not get awfully lost and feel like you are in a whole other country at the same time, the other Franco, Montreal, has the big city buzz going with its

quick heartbeat. And understand here, in both places you will find people that are perfectly bilingual, others will be mostly French- or mostly English-Speaking. Don't come in as a French-Language Nazi! Most people within Quebec surprised us with their English, while a smoothie-boy in Ottawa did so with his French and non-English.

You can drive around Ottawa too, if you want to. No, just fooling around. It's not too bad. A little gray, especially on a gray-ish day (dah..), but once you wonder about and find all the political buildings and enormous castle-lookalikes you will find a heartbeat for it for sure! In the end, it is the capital (yes, it is, don't worry, most people don't know).

Toronto is a freaking blast. Make sure you drink beer. Check out Kensington and buy sweet clothing for a dollar and smile at the hippies. Eat Vegan food while sitting in old sofas playing board games at Lipstick & Dynamite. Take the ferry over to Toronto Island and feel like you are already at the ocean (you are not, it is Lake Ontario). Now Ontario, we did really like driving through it, as well as the praries of Manitoba, and Saskatchewan. But, you might consider skipping it, spend some time in that southern strip of Toronto that you can see if you look at the map. Kitchener and Waterloo is a beautiful relaxing area with Elora and Guelph being one of the sweetest towns I have seen in Canada. Elora has lovely walks by its Gorge and offers tubing and the likewise. Guelph is a hip university town full of tasty food and party potential.

" I'm a Canadian. Outside Canada I carry the flag. Canadian nationalism isn't as insidious as American nationalism, though. It's good natured. It's all about maple syrup, not war. "
Feist



Top picture PEI, top house Kensington, Toronto,
Bottom picture Quebec City, Left shot is out of
Elora.



[YOU] CANMORE:

Favorite Hikes

Wind Tower and Grassi Lakes were two of my favourite hikes. Both round-trips, in general I prefer loops but well, you can't have it all. Wind Tower is strenuous for sure. 3 hours of continuous elevation and then depending on your level of mountain-goatness, and footwear (!!! prepare), it might be 3 hours down too. Yes you will feel that with pride the next few days. The views are unbelievable. Especially if you've never been to the real-mountains, like our friend Brendan, here playing with some real snow that he found close to the summit. We did this hike under beautiful sunshine end of September. Canmore also has a really sweet and affordable recreation center called 'Elevation Place', climbing, swimming, gym and all kinds of fitness classes, as well as a public library and cafe are available here.



Your next option would be skipping the praries and crossing the border. Check out Chicago and drive your way through the US, you little sneaky pickle, visit Yellowstone National Park whose wonders have made Mexican men cry, and shoot right back up into the magical lands of Canadia through a province that is worth it: AL to the BERTA. If you are a real gypsy and got a few months to half of a year on your hands, you might have snug in some woofing, or workaway, or helpx (yes, these are all amazing networks, read up closely in the article 'Networks'), and it is September or October by now. That is amazing!

If you make it to Alberta before October, the weather will still be pleasant and you can enjoy the majestic rockies on your gorgeous feetsies! Canmore, Banff, Lake Louise and Jasper all offer unforgettable hiking. Canmore is my personal love-affair and my dearest areas are the Grassi and the Spray Lakes. So. Much. Fun. While the hike up to the Grassi

Lakes is a moderate but relaxing climb with many overlooks and resting options on the way, looking at waterfalls, then several little 'ponds' that look like Monet's out-pours. It is seriously like staring at a painting. Just that it is nature at its purest self. Ha. On your climb further up, as announced by the famous sign 'Watch for Falling RockStars', you will be able to see a bunch of people climb sections on the rock from easy to advanced. Super fun! And of course there are turquoise lakes on the top and bottom part of this hike. Breath in, breath out. Now go hike it!

Now if you are into snow, make sure to stay put until November, mid or end of November. You will defintiely want to hit Castle Mountain for skiing or boarding in the South corner of Alberta and very close to BC. While you are there, hit Revelstoke & Fernie too. Then do Sunshine and Lake Louise. Skip Norquay and Nakiska! And most certainly skip rabbit hill by Edmonton ;).

CANADA. LIVE IT.

End up in Jasper and take Highway 99 if the road conditions allow it. Be aware that the drive between Calgary and Vancouver is possibly the most dangerous one of all Canada in the winter. It takes up to 13, 14 hours through high elevations of the Rockies. One time I did it before Christmas we witnessed an accident per hour! I am not kidding you, be careful and prepared if you are driving this route by car. There is a lot of snow in Canada, for real.

Whistler. Yes, you want to ski/board Whistler. Yes, a day pass is more than a hundred dollars. Yes, you still want to ski/board Whistler. Start early. And go nuts. Storm down the hill like rambo. Because man, you only live once, and more so, every hour costs more than 10 bucks ;-). The huts are amazing and even offer all kinds of (very expensive) vegan options. If you can spend more time in Whistler (workaway, house keeping or serving jobs will do), do it. People love it. You will see many bears.

Vancouver. What shall I say? Of course, it is possibly the best, if not, one of the best cities in the world. North-Vancouver for most of the outdoorsy stuff, but my favorite place is Wreck Beach. Yes, it is a nude beach right next to the university. How wicked is that? But even more than the variety of beautiful boobies bouncing freely (probably not in November though) it is the vistas of nature that make me come here.

Now you just have to end up on Vancouver Island! Not a problem. Bus into the harbor of Tsawwassen (yes, that's a town's name) and ride the ferry over. Victoria is a really cool city and the rest a lush and mysterious looking fantasy island!

Now it is probably December and time for you to go back home because your family is waiting for you under the Christmas Tree. But you licked the ice cream and you want it all?

SOLUTION--- >

WORKING - HOLIDAY

It truly is as good as it sounds.



How to live and work in Canada?

Check if your country does a 'Working Holiday' program with Canada. It does with a lot of European countries, it is easiest for Brits and Australians, because of the lady with the crown. Now, if you are one of the countries that offers a Working Holiday Visa for Canada, make sure:

You are in the right age group (I know, brutal). Usually the limit is 35.

Make sure you send your application within the first minute that they open it. They will announce the opening time ahead, it is usually between January and March.

You will be able to get your checklist after filling out a short quiz online cic.gc.ca if you have lived in a Country that they may find suspicious (i.e. Vietnam) for more than a half year, try to not tell or try to get a criminal record from that country beforehand (ha,ha). This almost cost me my Visa!

The application itself costs 150\$ as of right now. Depending on your country, where you have traveled before it can easily get up to 500\$ to get all the documents together on time and up to 3 months to have all of them ready to go. So save up some money and check your country's conditions and your personal checklist several times and a few months beforehand!

A working holiday visa is really priceless

for Canada. For 1 year, you can work wherever you want and if you are foxy enough to get some good gigs, you will make a lot of money for traveling afterwards. Alberta is the best province to work in, as of right now, especially in construction and the restaurant industry. Of course, the province of Quebec will do great if you are trying to improve your French, not only your English! Even though a France-Frenchie might disagree with me on that.

Just so you know, Working Holiday is your best bet. Don't screw it up. Working Permits and Permanent Residencies are a pain in the buttocks and it is only becoming harder and harder to get in! What a sad world, but hey, immigration politics are a delicate matter and politicians rarely figure stuff out (free speech yay!).

Now you've made it. You're in. Find yourself a sweet apartment on craigslist or kijiji, as well as a bicycle and make sure you get your provincial health care going. At least in Alberta, it is free, and you can go to the doctor anytime. A regular visit starts at 50\$. Minor hospital stuff and even extensive ultrasounds and check ups are included for free with that health card! So go get it at the urban office, with your passport. You also have to get a driver's license if you are planning on driving regularly. That is easiest with an international license from home.

Lets meet.....
THE SOAP.

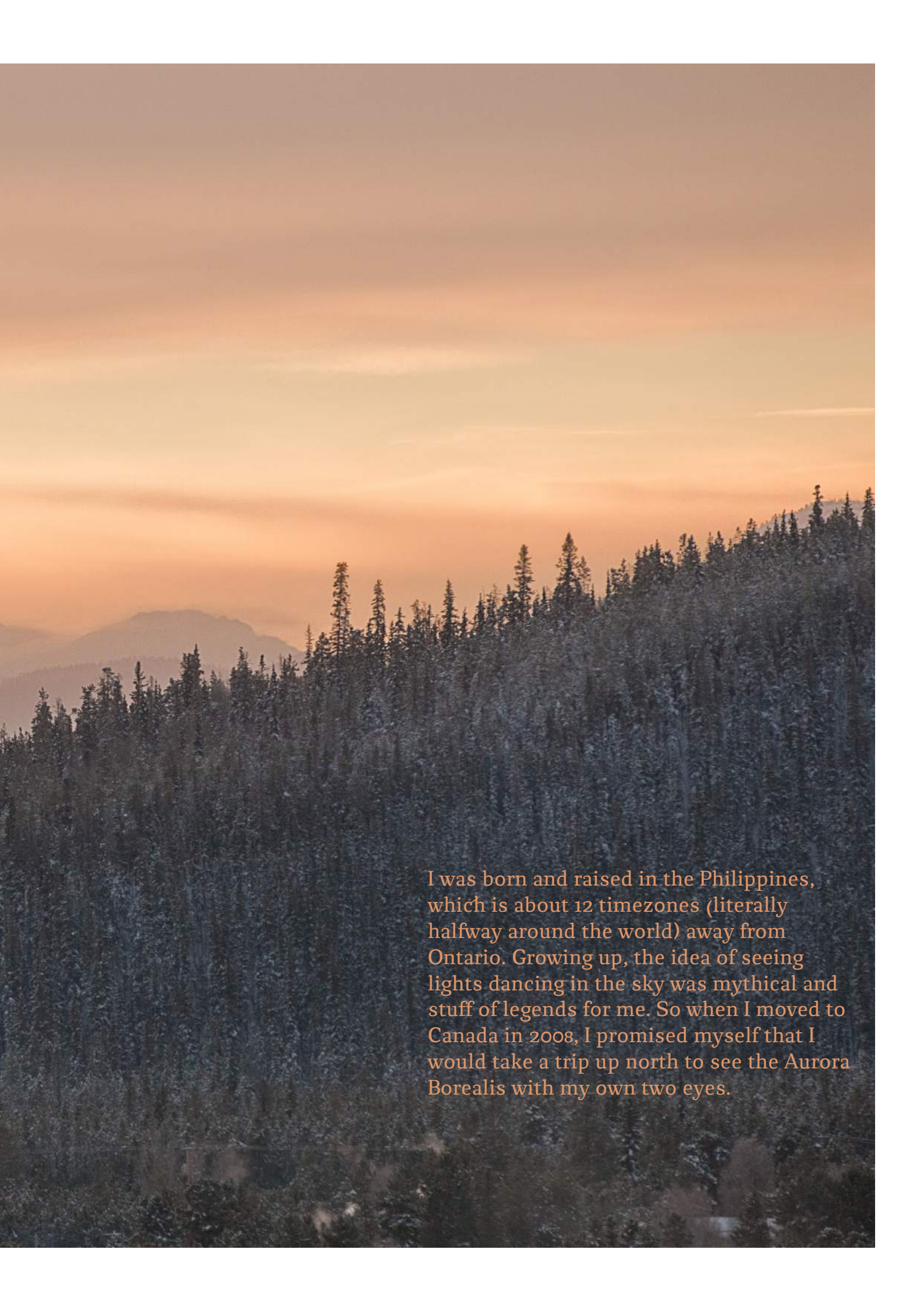
Finally. camp and smell nice. With clothes
as shiny as your hair and vice versa.
Wash. Smart.



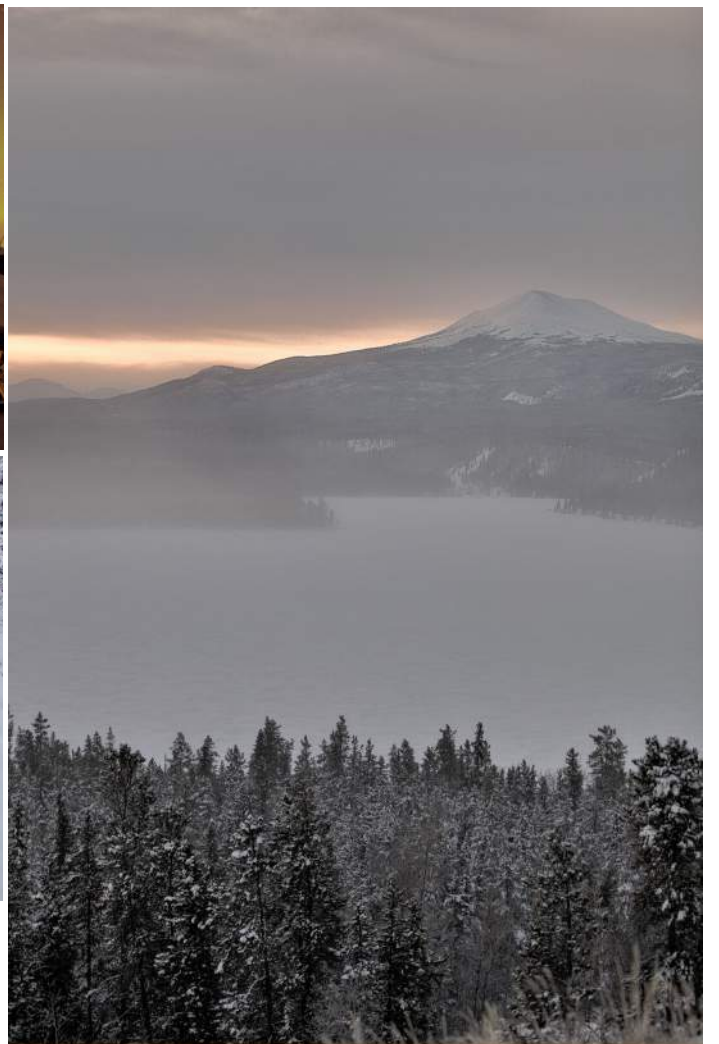
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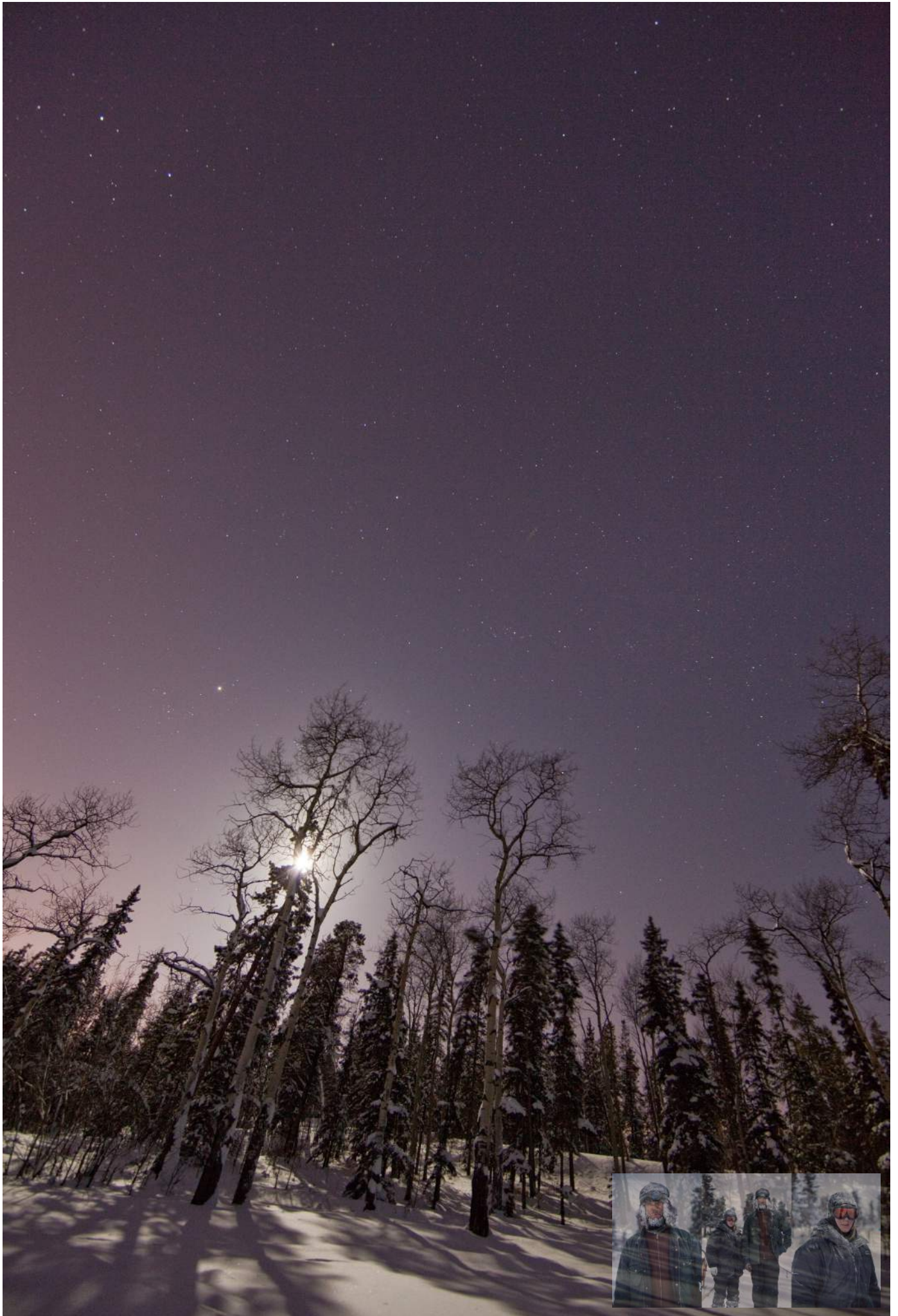
by Paul Balite





I was born and raised in the Philippines, which is about 12 timezones (literally halfway around the world) away from Ontario. Growing up, the idea of seeing lights dancing in the sky was mythical and stuff of legends for me. So when I moved to Canada in 2008, I promised myself that I would take a trip up north to see the Aurora Borealis with my own two eyes.





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<http://www.pbalite.com/>

every choice we make

Our tips for responsible travel

My mother was the first person who introduced me to the incredibly exciting world of travel.

When she took me on my first trip, I had never before heard of responsible travel; nor had I heard of it on my second or third.
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But the more I travelled, the more I learned about how much of an impact we have on the environment, and others, with every choice we make. I don't enjoy travelling to exotic destinations to witness locals being exploited by people who don't know any better.

I am also not fond of seeing exotic animals on chains with their captors charging tourists for photos when these animals belong in the jungle.



guest article | Giselle and Cody
Ethical Travel Blog

mindfulwanderlust.com
forevermicroranch.com



Giselle is originally from Toronto, Ontario and Cody from Saskatoon, Saskatchewan.

DISCOVERING NATURE

Animals cannot survive in a destroyed habitat, and locals rely heavily on the environment.

For many it is their livelihood. Consider trekking into a forested area, instead of taking a big bus loaded with 40 people.

Don't leave physical evidence of your visit, stick to the foot paths, and leave the environment as you found it.



TREAT OTHERS THE WAY YOU WISH TO BE TREATED

Not all people on this planet have the luxury of travelling, but you do.

Respect the locals, and the environment, and preserve it for travellers in the future. If you would like to take a photo of someone, ask. Money may be expected, and if you are not prepared to pay, do not take the photo.

ANIMALS ARE NOT ENTERTAINMENT

Please do not support animal entertainment. Chances are, if it does not come naturally to the animal, they are not enjoying their lives. This includes, running with the bulls, elephant shows, crocodile farms, tiger temples, ox rides, horse and carriage rides, getting your photo taken with slow loris, or orangutans. No being on earth wants to be chained up, captive.

DRESS AND ACT APPROPRIATELY

There is nothing more disrespectful than walking down the streets of Bangkok in a tank top, bikini bottoms, and no pants, or putting your dirty bare feet up on a table at a restaurant. Yes we have seen it all. There seems

to be this attitude with some travellers that goes something like this....."This is my big vacation, I don't give a shit, I am going to do whatever I want" When you are in a foreign country. Have respect. Wear beach clothing on the beach, and behave as you would at home, assuming you are well behaved in your own country.

CHOOSE LOCALLY OWNED RESTAURANTS

Ok, SO I am guilty of visiting a Starbucks every once in a while for my coffee fix, but everywhere we eat is locally owned.

Support the locals.

Chances are you will have a much more authentic experience, the food is always better, and your money is going to support local people and not some MASSIVE chain restaurant.

More than ever, we need to take responsibility for our actions, and help take care of the planet, and other humans and non humans that inhabit it with us.



There is a reason why we love to travel.

Please help preserve the magic.

The cheap-as

This is not about business networking. At all. It is rather about the very opposite. The no-money networking. Following up my thoughts on 'Luck' and how mis-conceived its whole interpretation is, I just need to share this with you. And I wish I had a million followers, not just a hundred and some, so that many more of us can realize their possibilities, because we all deserve to know.

Nowadays, you do not need to have a lot of money to travel. Honestly, traveling with a lot of those paper bills will simply push you farther away from the true benefits of a journey. The true immersion into a culture. Being accepted into it. Being limited in where to dine and sleep. Asking the locals rather than tripadvisor or google.

There are a bunch of networks out there, some of them free to sign up, others with a small charge, that give you the option of truly traveling. With little money. I have heard of people traveling all of Europe with it, barely spending any money at all. Of course, that includes hitch hiking, walking, or biking to some extent if you want to even cut out the expenses for the actual traveling. And of course, all of this is first of all a question and challenge to yourself: Are you willing to give up the comfort of the known

and socially common way to travel? Because hostels are out, Couchsurfing and Co. Are in.



This is one of the fairly known networks out there by now. Absolutely free of charge and all over the world, you can find anything from sleeping on the floor, in a hammock, in a luxurious bed or more or less comfortable couch. All depends on what you get! You can travel to Asia and actually experience the true way of living, showering out of a bucket, and even in the United States you might have to use an outhouse every now and then. You never ever know what you will get, it is always exciting, sometimes more comfortable than others, but every night surfed will give you a story to tell, for sure.



s networking



My favourite, by far. This network has a small sign up fee, but it opens up a whole world of 'free' traveling. Here, you really get the chance to challenge yourself. While couchsurfing is usually limited to about 2 nights, most workaway hosts like you to stay for weeks if not months, but are also happy to have you for just a week. Here, you are gifted a chance to really relocate yourself. Not only physically, but spiritually, too. Often when people travel, or even move abroad for a certain time, they just move their life at home to a different place. Nothing really changes, except the surroundings. And then they return back home, and especially those that were trying to find solutions to their problems in that trip will be left disappointed. An experience like workaway gives you much more than that. You will find yourself in a totally different living situation, as challenging as you choose to, helping a stranger with whatever they need, around 5 hours a day, and then having a lot of free time on your hands to figure out who the heck you are, what you like to do all by yourself, meet a lot of new people and look into their lives,



This family on the left helped us after a long night of driving through Ontario and let us in just around midnight. We enjoyed a nice breakfast together. On the right, you see a man who built a house mostly from Scrap, on New Orleans property.

think about how much of what you actually want in yours.

Just the heads up with workaway. I've been in a few quite uncomfortable situations now and can advise the following. Try to avoid hosts that fall into these criteria:

>50 years and living alone

Expats, especially single expats

This might sound ridiculous to you right now, but by making those experiences I came to the beautiful realization that we humans are made for company. For Loving. For family. Not solitude. Many hosts in this group might absorb their frustration on you and also the lack of communication and love could all be forced on while you are there to fill the whole. I have been through really really uncomfortable situations. The expat thing is the following. A lot of expats won't stop bitching about their new home. Nothing is good enough for them. Why don't you move back to where you come from then?! Drives me nuts. And then, it kind of makes sense, if you travel somewhere, try to stay with a local! That is the true experience!

Workaway means you volunteer in exchange for room and board. There is a bunch of similar sites out there, such as HelpX and Woofing, but I have found workaway the best so far as far as variety and host activity go!



Prince Edward Island, very very east in Canada, where the St. Laurent meets the Atlantic Ocean. The snow has been mostly washed away the past two weeks, while we were making our way over, to the long awaited island and our most eastern point visited in Canada. I'm writing with a terrible headache that has been going on all day, and that doesn't want to get washed away with drugs, but rather written words. I know why it hurts. It's been so much in 2 weeks, and so many thoughts are crashing in my brain like shooting stars.

When we set off I felt very peaceful. A long month of preparing the departure from Calgary, what became a home, selling things and giving others away, and the

endless goodbye dinner's and drinks. It was exhausting. So even though I couldn't leave house and friends behind without shedding a few tears, I was still so relieved to finally go. The sun pushed us out strong, always behind our back, giving us the unexpected perfect 15-20 Degrees for the first 10 days of our journey.

Finally focusing on my writing and reading, working with Eckhart Tolle's Teachings of "The Power of Now" which really, everyone should read, I found peace within the moment, whenever I could hunt down a trespassing thought I would label it 'future or past' (thanks Megan) and push it out with the help of the trees, the prairies, my boyfriend, anything present. It worked.

~~TransCanada~~ PastSelf

Our comfort zone was pushed more and more to the edge with reaching Ontario and the present fear of hitting a moose in the dark, being welcomed into Thunder Bay with an amazing light show of dancing lightening. We had to stop next to a petrol station and finish our driving earlier. Better safe than sorry! Our nights sleeping in the car are uncomfortable, as we don't have enough room to sleep in the back with 2 people, so we just set up both front seats, watch a nice movie together to relax, and then we sleep. Very very thankful for those sleeping bags we invested in. the weather is pushing us further away from comfort, drizzling rainy day blues on me.

Despite my new 'teachings', I keep losing myself into past sadness and future anxiety, both positive and sad. Thinking more and more about what I want to do, and be. New studies I might take on. What I want the essence of my life to be. And how to integrate the current relationship with a wonderful person into a new life idea? Thinking about the kitchen I want to experiment in, the living room I want to play in. And searching for a sense of this journey. Feeling like this kind of traveling is selfish. Being so

tired of telling different people every single day about this trip, about my life story. I just want to say 'It doesn't matter, I am here NOW!' but that wouldn't be polite. Going back to my resolved 'Travel Debate' post, seeking for help. It's not like I haven't had similar thoughts before. But do I really need to be dragged down by them so far? After a moment for myself, today, I held my aching head in my hands and said 'No!'. I've already found out much about what I want to do with my life, and I probably would never have if not through this journey and 'discomfort'.

So I keep on going. In a few days, we will be in the States.

And maybe in a few months, we will be enlightened by Latin Culture.
May 2015

YES.....WE ARE! WE DID IT!
AUGUST 2015



COGNITIVE

Every single person travels with it right now, it almost makes me doubt it but, you must let it in your life
'ECKHART TOLLE - THE POWER OF NOW'

'JOSTEIN GAARDER' is one of my favorite writers out there. His 'THE SOLITAIRE MYSTERY' will spark your curiosity, and 'SOPHIE'S WORLD' is a great intro into Philosophy

My preferred genre is the historical novel. Enhanced with geography, culture and history, you learn, yet you can still enjoy stories of the heart, love, family, and companionship.
My picks of the month
SUSAN ABULHAVA - MORNINGS IN JENIN
BARBARA KINGSOLVER - THE POISONWOOD BIBLE

DREAMING

BANFF MOUNTAIN FILM 2014

In November 2014 we were lucky enough to visit the Banff Mountain Film Festival. A breathtaking night that I will never forget. Here are our favourite short movies of the night:
Tashi and the Monk
El Sendero Luminoso
Little Red Bus

PODCASTS

- are a great way to pass by hours of driving, and fruitful!
TED Talks
Sam Harris
Rich Roll
Radiolab
The Bearded Vegans

Believe it or not, we all have a spiritual side. 'Spiritual is really just a word, like all others, but it is free for interpretation! A lot of people get too stuck on this word, fearing it, or abusing it. In the end, we all do nourish it, naturally. Some more, some less. Now it is for certain that the ones of us who do more of the, call it 'hokuspokus', 'abracadabra' or simply: SELFLOVE are happier. How do we nourish it? As soon as we take time for ourselves and forget about all the rest out there. For some it might be a book, cooking, a computer game, drawing. Anything that relaxes and shuts up the mind. That is mostly unconscious though.

You do it automatically if you have healthy survival instincts. Now, you can also nourish the spirit more consciously. That could be keeping a diary. Dedicate it to something, write about your feelings, frustrations, questions, dreams. Every day. It could be Yoga. It could be any kind of meditation, guided, with music, quiet, short or long. It can be anything that you devote to yourself!

Traveling is actually a fantastic place for spiritual development. So many countries offer a wide range of options. You don't have to be in India or Thailand! Even when in North-America you can Zen it out.

*I got
something
for your
mind
your body
and your
soul*

SWEAT LODGES

It's kind of like a sauna. a very intense sauna. Older than recorded history, this type of ceremony has been practiced in one way or the other everywhere in the world. The North American Lodges held ideally for free and by indigenous in small stone tipis, a heated stone and hours to pass sweating out negativity with the help of a smoke of certain herbs. Enter the lodge with an open mind and cleansing of negative emotions, healing of physical ailments, clearing of mental concerns and/or releasing of spiritual blockages are possible.

Here is a beautiful meetup group you can lookup your option to participate in Calgary.
<http://www.meetup.com/myownlight/events/111495972/>

VIPASSANA

A full article about Vipassana will be featured in the third issue. The website dhamma.org greets you with the following words: 'Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. ' The centers are worldwide and offer a 10 day seminar, donation based, including accommodation and food. Requirements? Shut-The-F***-Up for 10 full days. Be with yourself. No book, no music, no pen, no phone. Yourself. Your thoughts. Your silence. "The technique is a rational and scientific one, no invisible mystical stuff or crazy sect. " [veganbackpacking.wordpress.com] The centers in Canada are quite nice. Take the chance! Find a course. Sign up! dhamma.org

START A CONVERSATION | catch + release

Start a conversation. Ask someone to watch your stuff when you go to the bathroom. Ask to borrow a can opener or matches. Ask directions. Ask opinions. Opening up a conversation opens up doors, opportunities, and invites. Sometimes those invites are for coffee or a beer. Other times they are for dinner and wine with close friends deep in the woods, in a barn that has been converted into a home. A home that has no need for an address, escapes city water, and instead makes good use of the creek out back. Sometimes dinner leads to an impromptu jam session in an underground recording studio in a converted water tank. Sometimes jam sessions lead to overnight camping and climbing trips where you sleep under the stars, jump into rivers, roast homegrown tomatillos on an open fire and drink whiskey straight out of the bottle. Sometimes these trips lead to lifelong open invitations to visit whenever an escape is needed. So start conversations, because people live interesting lives and many are open to sharing.



beautifully written by megan taylor

There's been a few times when I have met someone over lunch at whole foods or in a coffee shop and been emersed in a conversation for 10-30 minutes. Sometimes we just talk about my travels, sometimes my family and friends, or my program at school. Other times its obvious they need to talk, and I listen as they talk about broken relationships, mistakes, family deaths and unsure futures. When the conversation naturally closes and its time to leave, I bid farewell and then I get that look. Its some combination of astonishment and concern. I think people are caught off guard by the deepness of our brief conversations, and they don't know what to do when faced with a goodbye. Some people give me their number without even knowing my name, others have asked to take a picture because we might never meet

again (I politely decline). I know what its like because I've been there too. A few

times I have sat down and been offered sage advice and nuggets of wisdom, and I too have a hard time saying goodbye. I've come o the conclusion that everyone is interesting and everyone has a story to tell. I've also decided that, as a whole, we don't listen to each other or tell our stories often enough, because when we do get a chance to speak or listen, we are left with the feeling that we might not get that chance ever again.

Recently someone explained this well to me, and coined it "catch and release". Like I said, everyone is interesting and everyone has a story to tell. The caveat is that you can't hold on to everyone. Catch someone, make a brief encounter rich and meaningful, and then release. Hold on to a few, hold them tight, but don't try to hold on to everyone because you will burn yourself out. Having said that, just because you don't intend on holding on to someone, doesn't mean that you don't go fishing. Be liberal with your stories and keep an open ear.

Alright now. You are a couch potato? when you travel you really don't want to give a dang about working out? That is totally fine. Skip the page. For those among you fearing the loss of muscle or weight gain that comes with a long journey simply keep these 5 simple aphorisms in mind!

- #1 YOU CAN ALWAYS RUN
- #2 YOUR OWN WEIGHT IS ENOUGH
- #3 THE FLOOR IS A MAT
- #4 THE BATHROOM IS YOUR GYM
- #5 EXPLORE ON FOOT OR BYCICLE

born to run

This September I did a shoutout on instagram: "FOLKS! What are your favorite little #stayfit tips and tricks for a hectic lifestyle, especially for being #ontheroad??!"

@NOT_YOUR_AVERAGE_VEGAN
"Always plan it to your schedule and what you are going to do. Even if it is just 10 push ups and 50 squats before your shower making a plan makes you less likely to skip it or push it off!"



It is really beautiful to go for a run in an unknown place. You get a great feel for the town or city and you might get lost a bit and see even more. Of course a phone with functioning GPS would be a great addition, also you can download an APP and track and save the runs you do in all the places you travel to! Kind of cool! You can run at any time of the day, anywhere. Pack light shoes like vibrams and you are free to exercise, whenever, wherever! Shakira!



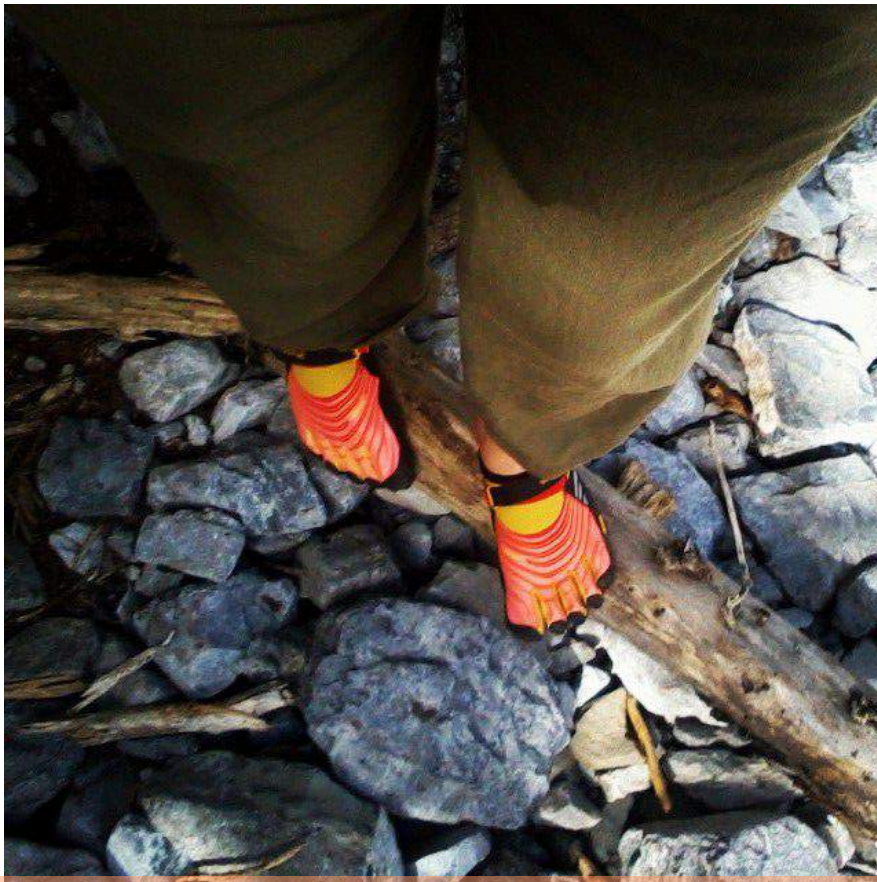
@PURBODYNUTRITION
Meredith Youngson | RHN
<http://purbodnutrition.com>

"write it down; on a calendar, in your phone or journal. You're more likely to stick to a plan if you have it in writing, like an 'appointment' with yourself."



MEET THE VIBRAMS

The shoe that always gets you a grin.
Most of the time on your own face.
comfortable,
like barefoot,
on a hike, through the woods, a
rocky beach, or in a river,
on the yoga mat,
on a long day exploring.
Vibram Fivefingers.



YOGA

PEVERYDAMNDAY



Back to the mindfulness. You can still do your yoga. Even on a trip. Even when there is no close studio by your new place. Especially if you have been practicing for a while, it is easy to life the Yoga lifestyle. think about it when waking up, stretch, when showering, fold forward and wash your feed, give them a little scrub. When bored queueing in line somewhere, do simple leg stretches. If you have internet and enough room to roll out a mat or simply use the ground given,

Do recreational. The movements are natural to our body, most things are done in fresh air or associated with the outdoors. Hike, cycle, walk, swim, rock climb. Work out that doesn't actually feel like work.

Check 'WayOfGrays' channel and website too, she is a wonderful, awe-inspiring Canadian lady from Edmonton and I've been on a few of her programs, they are GOOD!

pop a video of Adriene. 'Yoga with Adriene' has done me so well for almost 2 years now. A variety of Yoga, for any mood and situation, and even though she is just on the screen, you feel like 'she's got your back' and plus, she will make you laugh.

Yoga does not have to be Lululemon and fancy expensive heated studios. You can be Yoga. It is good for you, your back, your mind. I have grown almost 5cm by just straightening out my posture with the help of Yoga.



DRINK TEA



Herbal Tea.

Mate.

Kombucha.

Cheap Life Quality.

Buy a nice bottle/thermos, ideally with a built-in strainer and pack about 3 favourite herbal blends. Take something soothing calming, on the base of chamomille which will be great for stomach distress too. Take another baggie with a peppermint base, uplifting and enhancing digestion, and another one if you are feeling like you are getting a cold, with echinacea. Additionally, pack some green tea for long days and chai tea for long nights!

EAT/DRINK RAW

It's fairly simple. Try to eat a bit of raw food every single day. Actually, traveling on a raw diet must be the easiest thing to do. Unimaginable for most people, just think about it. No need to cook! Just fueling on pure, strong, colorful vitamins. We started most of our days with raw (soaked overnight) oatmeal and fresh sliced fruit. When driving throughout the day, carrots and apples do great. Mixing up a big salad is always a fine thing and doesn't take much. Asian salad rolls, we discovered too late in our trip, are the best thing. Treat yourself to a good juice every now and then. And raw desserts are plenty in big cities!



THIS RAW SOME VEGAN



"Note: my experience as a vegan is a highly privileged one; I am white, young, female, living in an urban centre in a more developed country, able-bodied, financially secure and have access to post-secondary education and the internet. All these factors and more shape my reality and inform my experiences, opinions and actions. I aim to be aware of my privilege as much as possible, consider its potentially damaging effect on others, and try to minimize that. "

thisrawsomeveganlife.com

"You can call me Em. I eat raw plants because I love my body, the planet, and other beings. When I eat food, I want it to be beautiful, but not just in taste. I want it to nourish my body and soul, work in harmony with the earth, and allow other earthlings their right for freedom and justice. I find that organic plants fit the bill

WHEN DID YOU LAUNCH 'THIS RAW SOME VEGAN LIFE' AND WHAT DO YOU LIKE ABOUT BLOGGING?

I started the blog in October of 2011 because my parents kept nagging me to share my raw vegan recipe creations on the web. My friend Amanda came up with the blog's name. I love being able to basically just write a daily journal and then get positive feedback from thousands of people around the world. I love food photography and editing photos, arranging them in the post and then letting everyone know a new recipe is up. I love having an outlet to express myself artistically and intimately.

COULD YOU GIVE US A

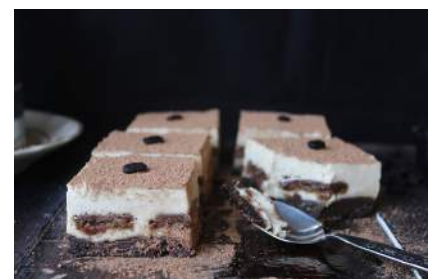
BRIEF INSIGHT ON WHY YOU ARE VEGAN?

For logic! If you care about the planet, animals or your own health; a whole foods vegan diet is right for you. Veganism is for people who care! At the end of the day, it is simply a diet promoting sustainability, non-violence, wellness and longevity. Not extreme at all, eh?

AND WHY YOU ARE MOSTLY RAW AND ALSO WHY NOT FULLY RAW?

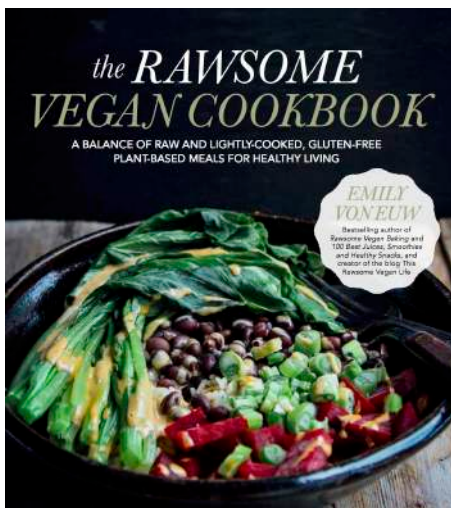
Eating an all raw, organic diet would be freaking expensive here in Vancouver, Canada. So I balance that out with cooked veg and rice for dinners. But also, cooked foods are perfectly healthy and in fact,

they are easier to digest since cooking starts the digestion process. I don't really wanna eat raw potato but a baked potato? Yes, please. You can eat a wider variety of colourful whole plant foods when you are ok with cooking. Cooked foods make me feel strong and healthy. Raw foods make me feel hydrated and energized. They both benefit me, so I eat both. I eat to feel good and improve my health, not to follow a particular diet.



LIFE [Cook-]Book Author - Student at SFU - Vancouver

EMILY VON EUW - featured interview



WHAT ARE YOUR FAVORITE VEGAN HOT SPOTS IN VANCOUVER?

Oh man, lots. Vegan Pizza House is awesome. Meet on Main is pretty great. The veggie plate at Axum Ethiopian is amazing. Budgie's Burritos is crazy. Chau Veggiexpress is delicious. Eternal Abundance is fresh!

Hmm, honestly there are so many and since everybody is different, different books will speak to them. So maybe check

out my Resources page to see everything that has helped me!

TELL US MORE ABOUT YOUR NEW BOOK!

Oh yay, yes! Mokay so it's called The Rawsome Vegan Cookbook. You can pre-order it on Amazon, Barnes & Noble, The Book Depository or wherever else books are sold, right now! WOO! It'll be officially published in early December (perfect timing for Christmas presents, riiiiight?). It's about 100 recipes, half are raw, half are cooked. They are ALL vegan (always!) and gluten-free.



IF YOU TAKE A ROAD TRIP, WHAT DO YOU PACK AS A SNACK?

Brazil nuts (two a day gives you all the selenium you need), gooey Medjool dates, green smoothies, lots of water!

WHAT IS YOUR NUMBER 1 ENERGY BOOST ON AN ACTIVE DAY?

Spirulina or dates.

DO YOU HAVE A FAVORITE SOUL FEEDING BOOK (SOMETHING THAT MAKES YOU DREAM BIG)?

Not a book, but the Rich Roll Podcast! Always inspiring. I've just started listening to it and already have a list of new life goals for the next year.

WHAT WOULD BE A GREAT BOOK FOR A VEGAN-BEGINNER?

In short: my standards for this book are the highest they have ever been. My photography and recipe development have both really improved, and I took the reigns on the design of this one more than my last two so it looks exactly how I want it to.

Finally, a cookbook that reflects my life and can



The following pages will display maps of a few of Canada's biggest cities, which we visited, and their vegan/vegetarian (friendly) cafés, restaurants, bars and stores. These maps are generated by 'google' and 'happycow' in December 2015. Make sure to download and support the app 'Happy Cow' and check for updates when you are actually visiting. Also, we advice strongly to do further research, as naturally, happycow has most, but not all options. Just google 'Vegan Food in XY' and you might find a great little blog post about a hidden little gem!

First of all, we thank all the fantastic business owners, supporting an animal-friendly lifestyle and making us feel welcome.

Here are our favourite Canadian Ten. Please remark that we had a tiny budget on our trip, so we didn't actually eat at a lot of places.

Tamarind Vietnamese Noodle House, Calgary
 Loving Hut Burger Food Truck, Vancouver
 Nuba, Fine Lebanese Cuisine, Vancouver
 enVie, a Vegan Kitchen, Halifax
 The Coup, Calgary
 Sejuiced, Vancouver
 Budding Rose Teas, Edmonton
 Green Panther, Montreal
 Lipstick & Dynamite, Toronto
 Casbah, Moroccan Cuisine, Calgary

I will be mentioning 'Tamarind' again on page . The Loving Hut Food Truck in Vancouver makes the best burger you will ever have as a vegan. It kind of sucks because you will compare any burger you will eat with this one :). If the voting was actually starred, Nuba would receive the most if it is about flavourful, mindblowing food. A Vegan friendly restaurant with 2 locations. The Coup in Calgary has a fantastic, tasty selection and is a completely vegetarian restaurant. Their daily features always make me drool over instagram! We loved going here. Sejuiced serves great juices and healthy food without the sterile, cold atmosphere that many juice bars bring along. Deborah at 'Budding Rose Teas' melted our hearts with her vegan tea waffles. She opened the shop early for us and gifted us with a tea mixture for our road trip.

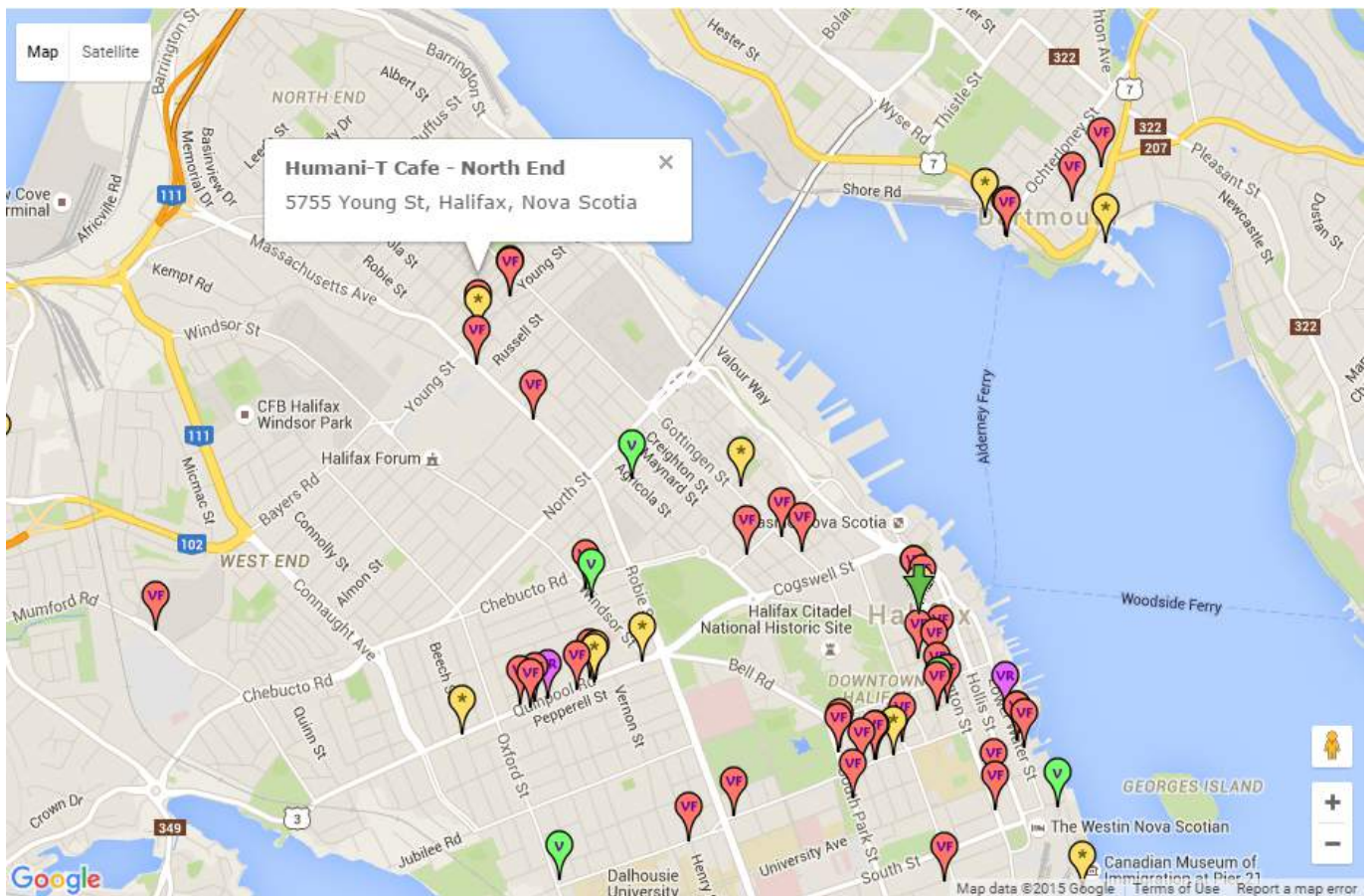
The Green Panther in Montreal serves amazing pita-style wraps with a huge side. The portions compared to their prices made us really happy and everything tasted really good, and fresh.

Lipstick & Dynamite is a real hotspot. We walked in just because of its look. Old furniture, good music, board games. When the handwritten photo-copied paper menu came, and we realized that it is about 90% vegan, we could have married that place! But we were also pub crawling, and have had a few beers already ;-). Anyhow, great concept, food and atmosphere! The 'Casbah' in Calgary is best really because of its owner and waiter, haha. Hi! Such a great guy. We have rarely been to a restaurant that makes you feel like you are actually traveling in time and space. Wonderful on a cold evening in Calgary.

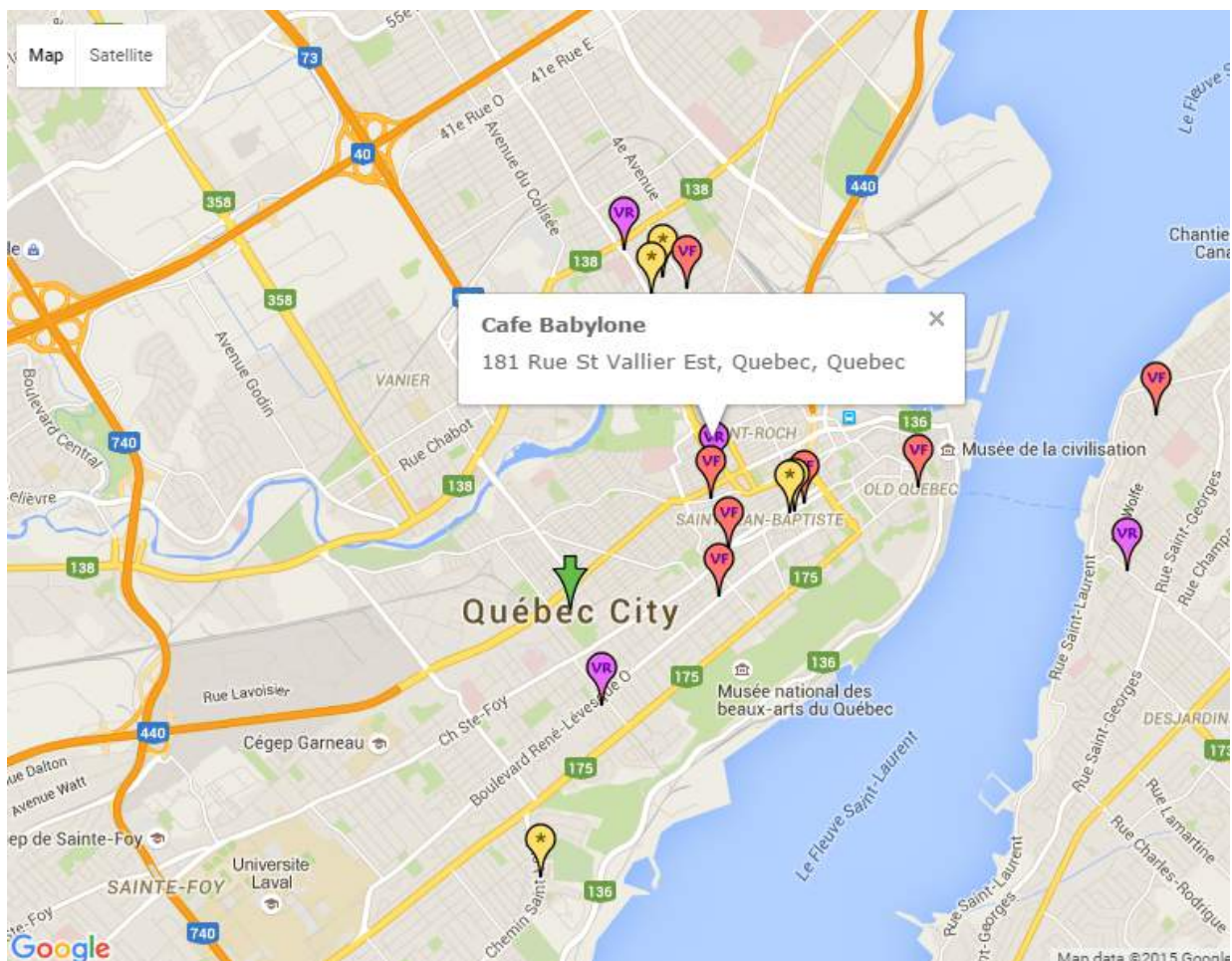
Places that aren't mentioned, but should be. My number one in Calgary is the 'Light Cellar'. Hot and Frozen Healing Elixirs straight from the bar, a store of healing herbs, foods, tinctures, and a lot of homemade probiotics, plus a monthly calendar for classes and events. A bit out of town in Bowness, I loved to cycle out there taking the Bow River Pathway, then treating myself to a wonderful, wonderful Maca soft serve Ice Cream elixir. The Himalayan in Vancouver on Davies is a sweet place too, incredibly nice staff and overwhelmingly tasty cuisine. We will also be talking about 'Heart's Choices' the Thai Vegan Cafe on page . The very best [Vegan] pizza we've had was also done during our pub crawl, a few steps away from Lipstick & Dynamite, we shared an authentic Italian pizza at 'Enzo's'. Our waitress was an angel, and even though we were so cheap, we still got a free espresso after our meal. The Humani-T Café in Halifax is a wonderful location, great coffee bar, vegan friendly bakery and ice cream, a little shop and nice up- and downstairs seating!



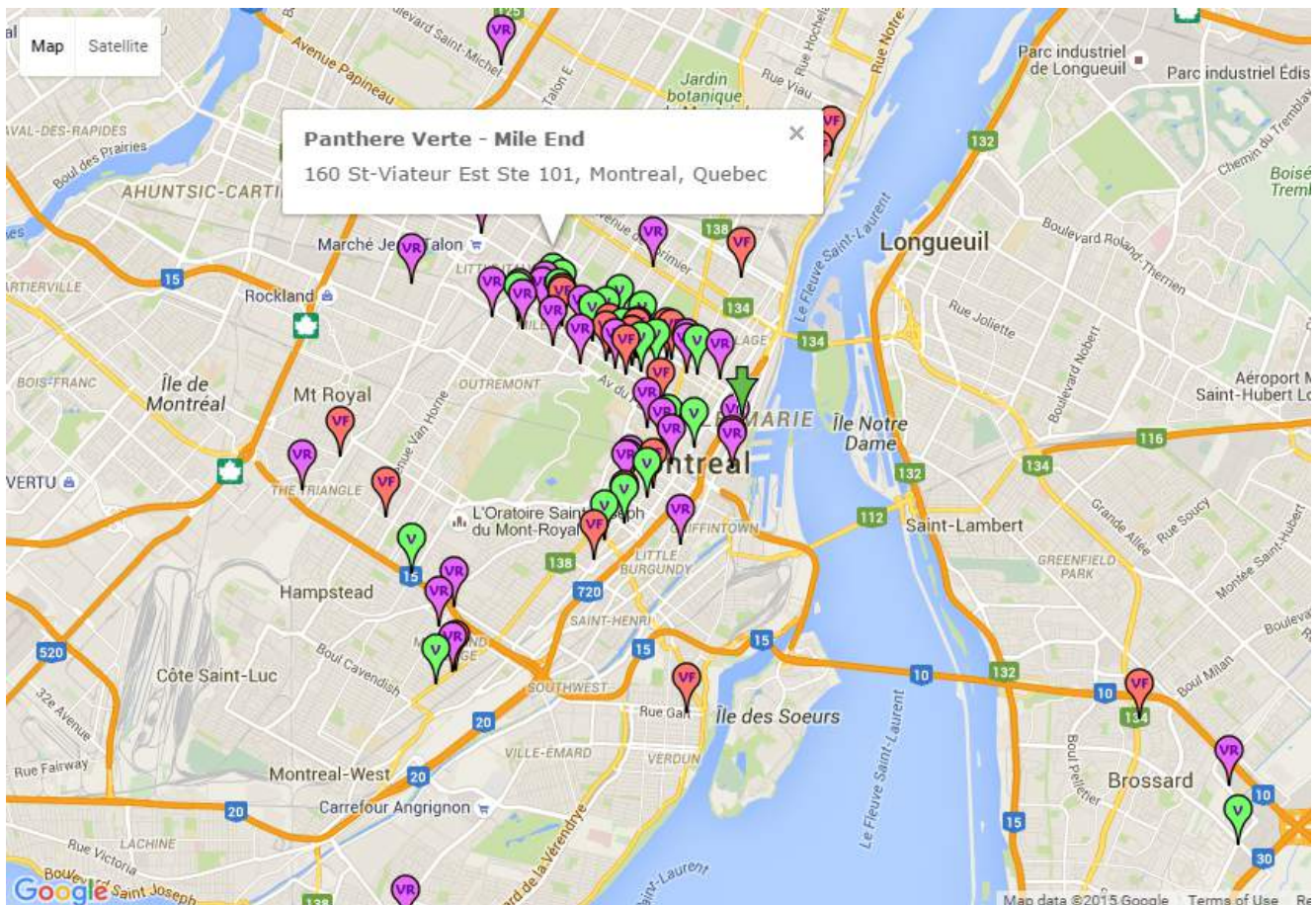
Halifax, Nova Scotia



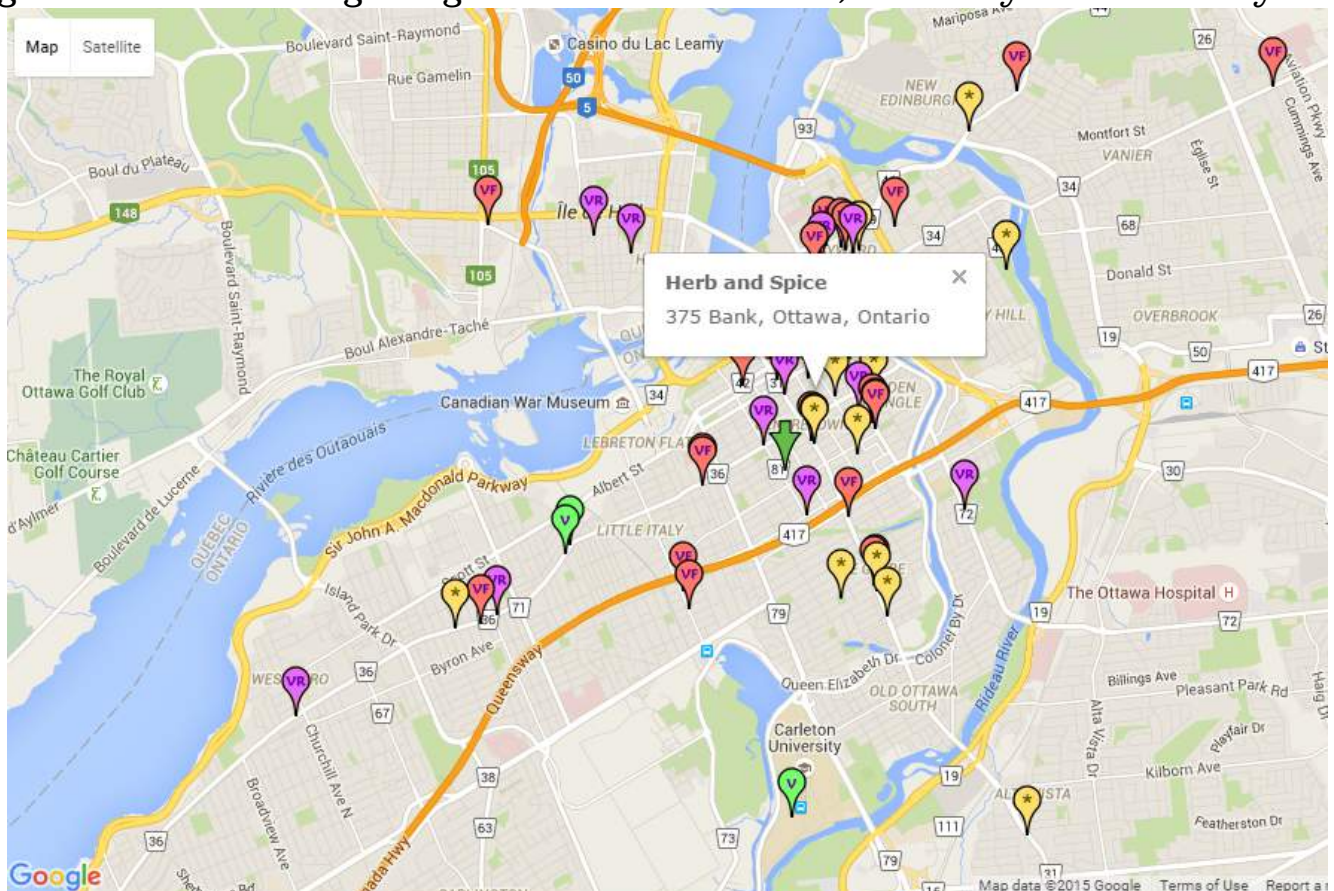
Québec City, Québec. Cafe Babylone is worth a visit, vegan friendly, great books, features good music and even poetry!



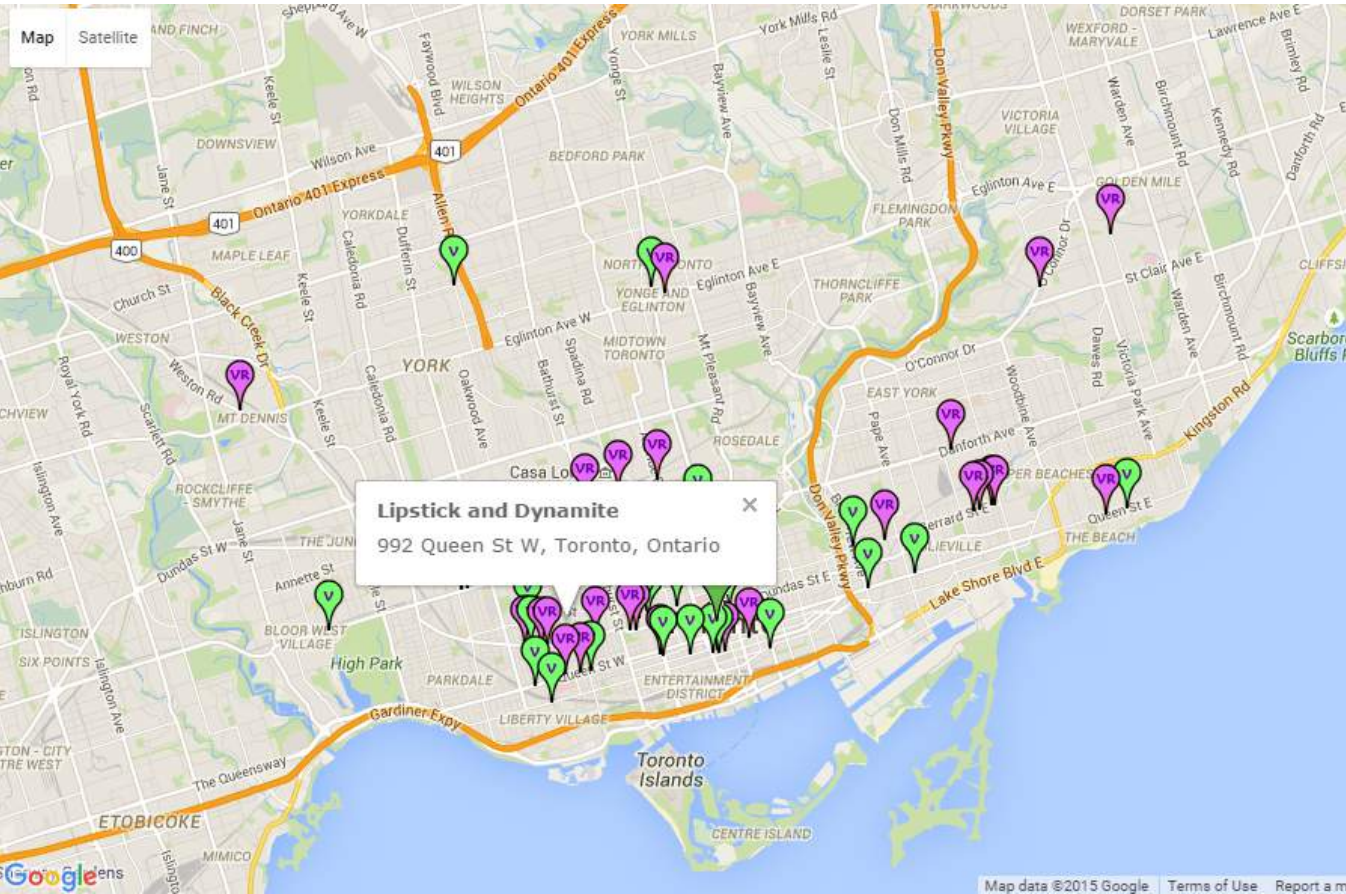
Montreal, Québec



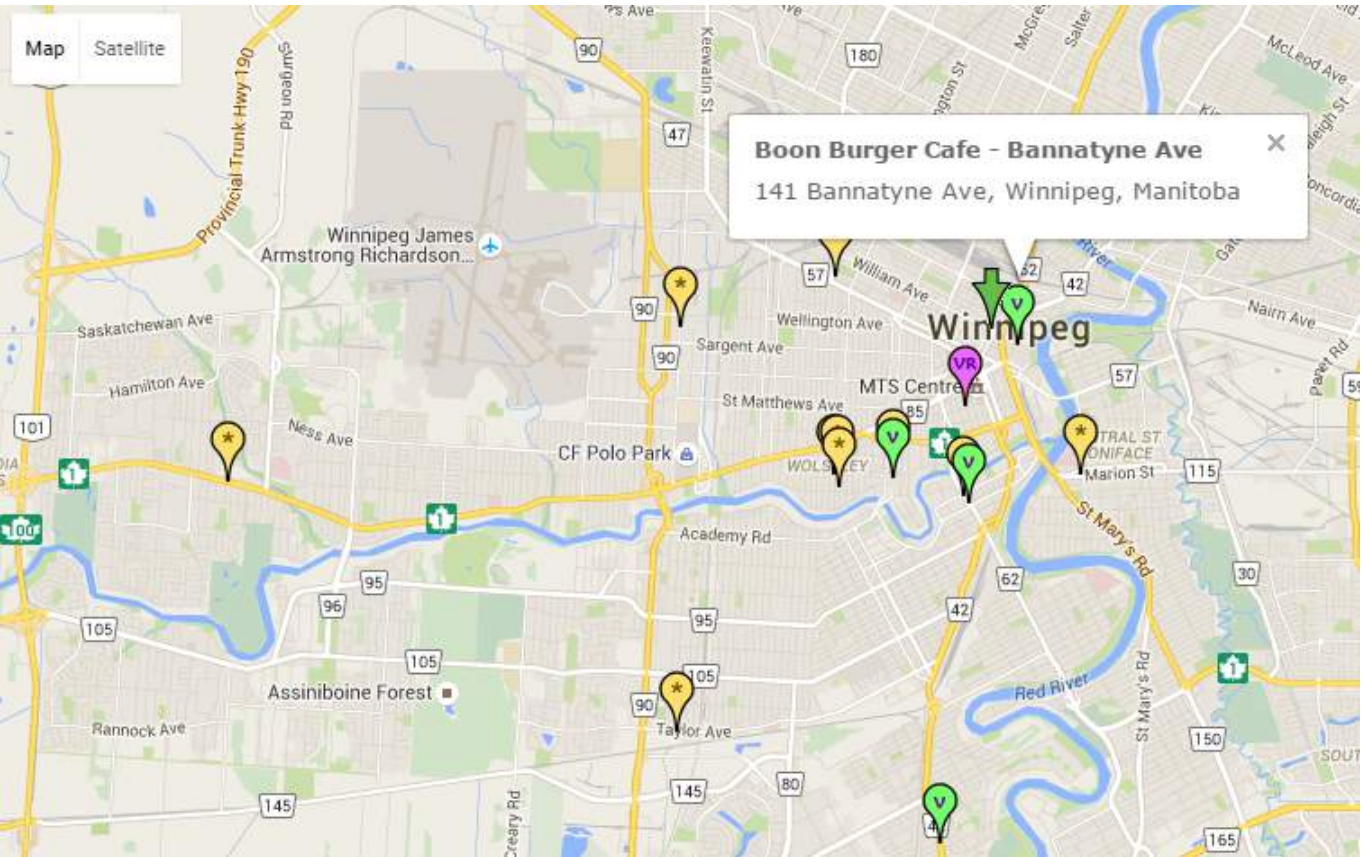
Ottawa, Ontario. Herb And Spice is a nice store, lots vegan friendly baked goods. We found 'Magic Vegan Bacon Grease' there, it won my heart instantly



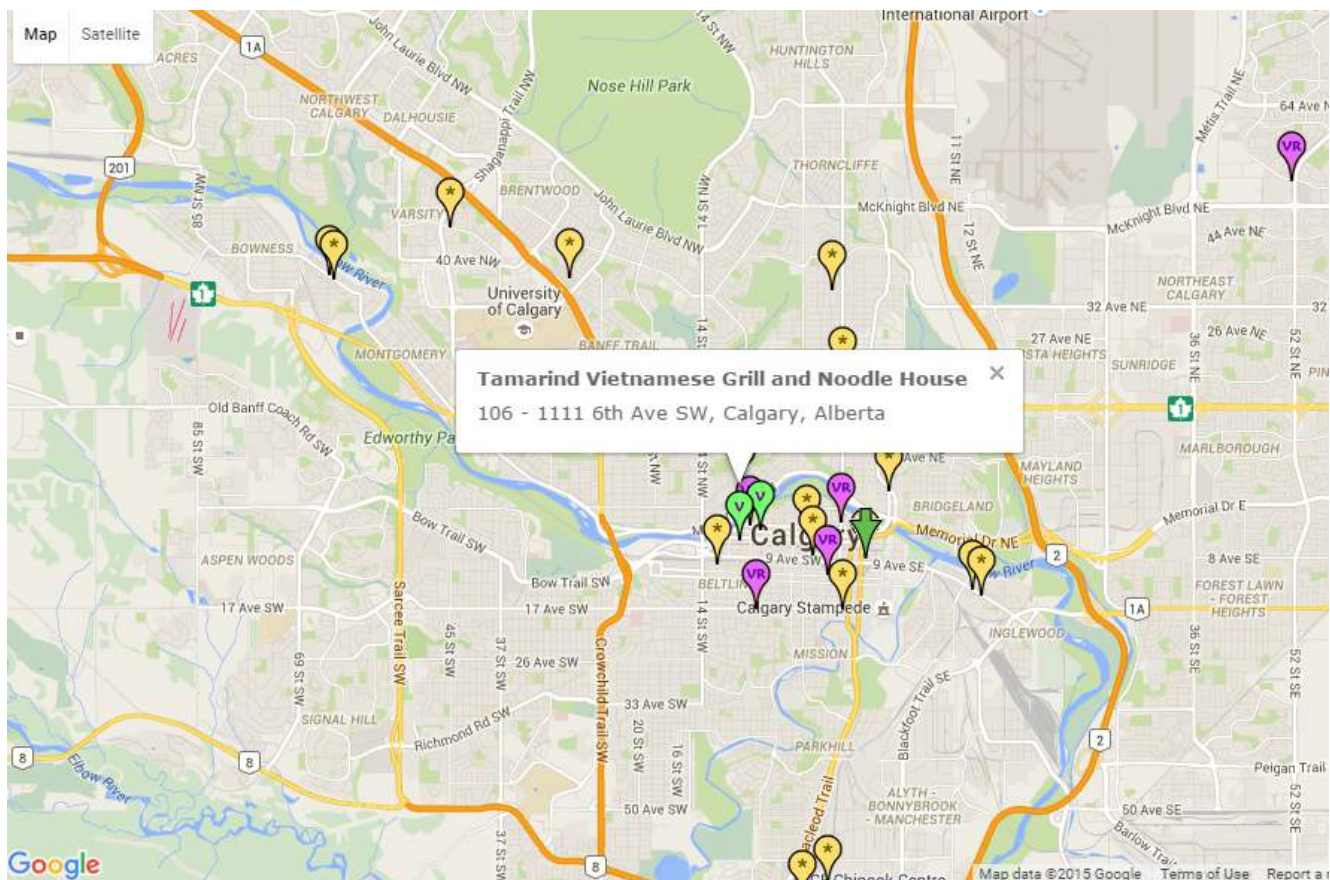
Toronto, Ontario. Look at all the green pins!!!!



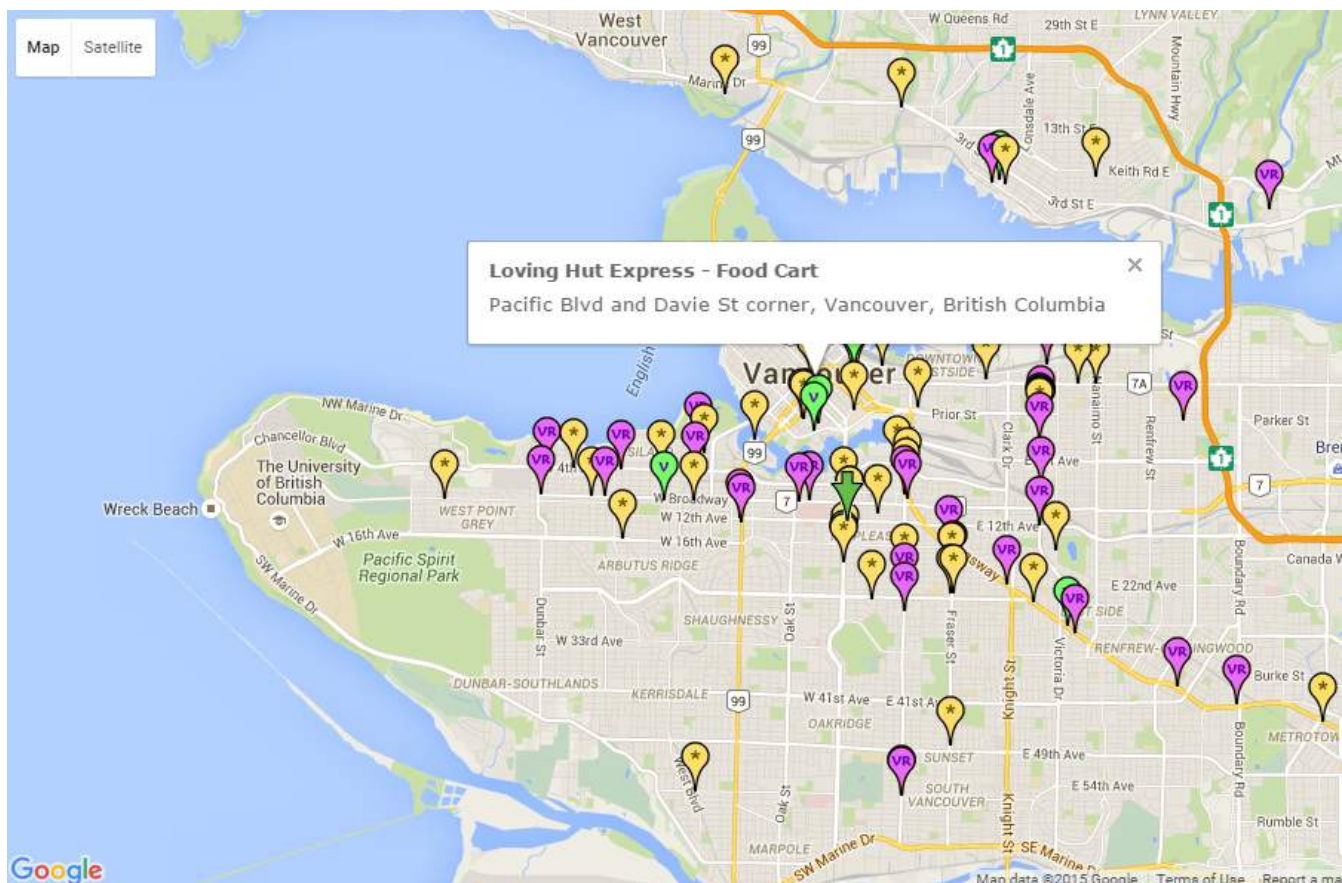
Winnipeg, Manitoba. Boon Burger! Go there!



Hey home, hey Calgary, Alberta



Vancouver, Beautiful British Columbia

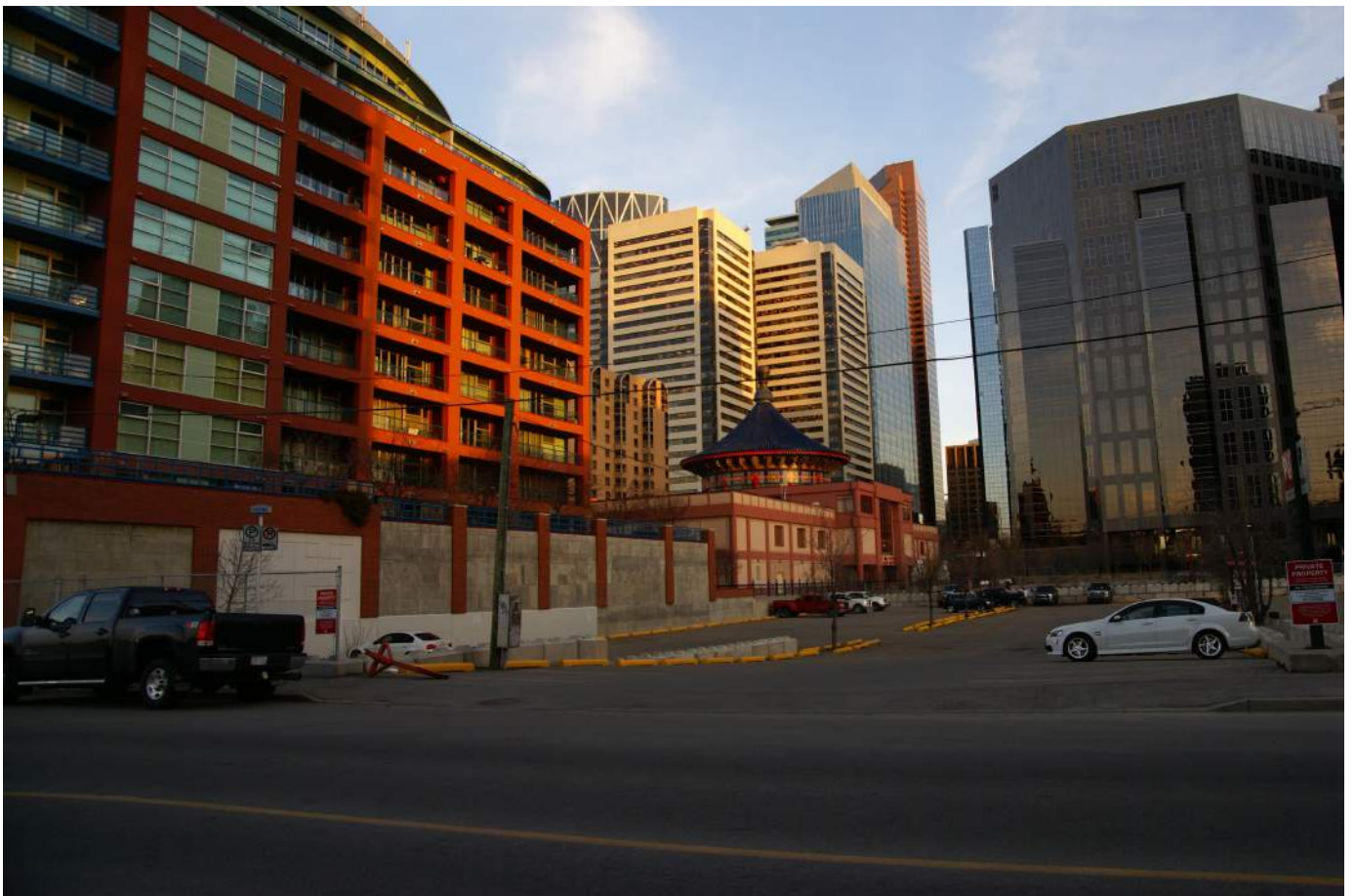


'Brrr. It is cold here.', they said when they stepped out of YYC, Calgary International Airport. After a good night's sleep, it was time to test that cold. Off to 'Bragg Creek', apparently there is some nice hiking and snow shoeing to be found, not far from the city. On the way back, just as their eyelashes thawed from frozen, they saw a herd of moose, that 'live' right by a residential area. They feel homey within the trees of the property. How big they are. No one can imagine. Just as you can't imagine the cold. From their apartment in Bridgeland they can see all of downtown, the young, growing and small center, and on a clear day they can see as far as the wide spread Rockies, visited frequently by now, downhill, cross-country, backcountry. When the spring breaks and cracks the thick layer of ice on Bow River, cheerful Calgarians will not dare to complain a single day. We run, we walk, we cycle, smile, let pedestrians cross, say sorry and thank you. The most beautiful (summer) time of my life.





thank you, Calgary.



VEGAN IN CALGARY

This article is dedicated to Phuong and her family.

Living in cowtown. What most outsiders of Canada know is, that Calgary is a spread-out city that still has men run around in cowboy couture, eating Real Alberta Beef. Vancouverians will look at you as if you chose suicide when you announce moving over. Now let me break it to you. It is not that bad. Honestly, after I moved closer to the



OUR FAVOURITES

Tamarind
Heart's Choices
The Coup
Happy Veggie
Ambrosia Veggie House
Café Koi
Casbah

small downtown core of Calgary, its charm got me much more than Vancouvers. Downtown has anything one could wish for, new art, alternative movie theatres, hip bistros, a party street (17th Ave), a drum'n'bass club (TEN) a Gay-Club (Twisted) and much more. Surrounded by cute neighbourhoods (Bridgeland, Kensington, or Mission) you can experience a fun, active, modern city that enjoys its warm winds (Chinooks) straight from the Rockies, which are, at clear weather, always in sight, surrounding the background of the tower with an incredibly beautiful nature that is in just about an hour of reach.

Back to the original topic. Eating Vegan in Cowtown. It is super easy. You know, there is good willed, compassionate, or at least health conscious people everywhere. What you see on the left here are amazing, authentic Vietnamese noodle bowls, fully Vegan. You can get these at Tamarind Noodle House off 6th Ave. Phuong, an almost life long Vegan, decided to risk the good business of her tiny meat serving Vietnamese resto, for her morals. They lost a huge clientel, but soon, no-one could resist the tasty, animal-friendly food. We dearly hope they are doing great by now, more than a year after going Vegan.

Community Natural Foods is a wonderful store that has everything one could hope for. Organic veggies, a homoeopathic pharmacy, great staff, and a buffet every day.

The 'LIGHT CELLAR' presenting 'Alchemy of Love' How-To make your own, raw chocolate!



- 1 cup raw cacao butter, melted
- 1/2 - 1 cup Cacao Powder (depending how 'dark' you would like it, I suggest starting with the half-cup and you can always increase from there)
- pinch of Vanilla powder
- 1 cup pitted dates soaked for a few hours to soften and rehydrate (pour off the soaked water and using only the rehydrated dried fruit in this recipe)
- 1/4 cup each of rose petal powder and rose water hydrosol

Starting with the melted cacao butter, add all ingredients into your blender then blend together well, if using a vitamix it is helpful to mix it together with the plunger.

Once done, enjoy a taste or two right away then place the rest onto tray or into moulds and place in fridge to cool and set.



OUR FAVOURITE CULTURED NUT CHEESE
SOLD UNDER THE LABEL 'SLIM FEAST' IN CALGARY
INSPIRED BY MIYOKO SCHINNERS 'ARTISAN VEGAN CHEESE'



2 cups of cashews, soaked

Blend with 1/3 cup of rejuvelac / bread drink / sauerkraut juice
add water as needed, depending on your blending device. You
need a really creamy texture (yogourt like). Stirring on top of the
mixture carefully with a wooden spoons helps an old blender.

Let it sit covered at room temperature for up to 48 hours. You are
culturing cheese! Yes! If you keep it in a glass jar you will be able
to see the air bubbles from the outside, which is a sign for
successfull culturing.

With a food processor or stick mixer:

2 cups of cultured mixture

1 1/2 tablespoons of nutritional yeast

1 teaspoon of salt

1 cup of refined coconut oil. Make sure your coconut oil is
actually refined if you don't want coconut favoured cheese :).

Another possible addition for an even stronger cheesy flavour is 1
teaspoon of miso !



Pour this mixture right into your molds of choice. Silikon Muffin
forms work the very best. Add dried / fresh herbs, or chili flakes,
or pepper...paprika....cranberries, raisins. Play! Then pop the
cheese molds into the freezer for an hour, then you should be
able to take the frozen cheese out of its mold, thaw in the fridge
and keep it there for up to two weeks.

OVERNIGHT PROTEIN OATS

Fill a jar 3/4 ways with oats

Add a tablespoon of (powdered) peanut-butter and your favorite plant based protein or healing powder (i.e. Maca, Acai)

Shake up the dry ingredients

Add a sweetener (maple syrup, agave, sugar)

Fill it until covered and a fingertips length more with water or herbal tea or plant based milk

Shake up again. Close lid and try to keep it as cold as possible over night.

MORE FANCY ADDITION: add in half of a mashed banana!

Top up in the morning with fresh sliced fruit

CAROLS ZESTY BREAKFAST QUINOA

Cook Baby Quinoa with Orange Juice & Zest

Add in Pieces of dates & walnuts

Add a liquid sweetener if you like

Top up with a bit of granola for a crunch!



MILKY WAY

Heat up leftover plain rice with a nut milk of your choice
simmer until creamy, add in a bit of sweetener

Top up with cinnamon and fresh fruit & Nanatella

NANATELLA (RAW Banana Nutella)

Mash a banana with the fork, or blend if you have the option

Add in 2 teaspoons of cacao powder

And 1 tablespoon of coconut oil

Plus 1 teaspoon of coconut sugar

And 1 teaspoon of vanilla if possible

Blend / Mix it all up again :)



ONDREJ'S CZECH GOULASH



Roast 2 onions cut in big cubes until browned.
Sprinkle with paprika seasoning until all covered, roast for less than a minute.

Add one small can of tomato paste and roast another 30 seconds.

Fill up with water, depending on how much you are making

Add sliced Vegetables:

Definitely Mushrooms (King Oyster are great)

Zucchini

Carrots

Potatoes

Add a teaspoon of caraway

Cook until the potatoes are soft!

Thicken up in the end with either cornstarch mixed with cold water or flour also mixed with water to avoid clumping.

At the end flavor with sliced fresh garlic, a good handful of marjoram, salt and pepper and if desired mushroom powder and a touch of nutritional yeast.

It should be a nice thick stew that doesn't need a bowl. Letting the goulash cool once and warm it up before serving will guarantee best results in consistency.

Serve with simple boiled potatoes, choice of rice or pasta, or bread dumplings as well as fresh slices of onion rings.

GERMAN CARROT STEW

Sautee Onion and garlic while you peel 4 potatoes and 8 carrots

Add half of the potatoes in very small cubes, roast with cumin, salt, pepper and parsley

Add water and let boil for 10 min

Slice carrots and add to potatoes with more water, boil for another 10 minutes

Add the rest of the potatoes in bigger cubes, cook on medium for another 20 minutes

Mash carefully to smash just the potatoes added first, which will create a starchy stew consistency

Let simmer on low to let more liquid evaporate

Adjust to taste, flavor as desired, serve with fresh parsley and pickled onion

CAMPSITE HASHBROWNS

Slice your potatoes in small cubes and bring water to a boil. Cook potatoes for about 10 minutes with pickled or fresh garlic and herbs!

Drain the water and add just a spoonful of oil, brown for 2-3 minutes.

Finish up with small pieces of tomato, herbs, and cracked pepper!

This is a great way to cook potatoes saving gas for your cooker :)



EASY RICE STEW

Bring water to a boil with spices like cumin, paprika, salt and pepper

Add potatoes in cubes, sliced carrots, and rice

add zucchini or any other green vegetable later

add lentils for further thickening

eat as a soup, cook until stew consistency or thicken with starch

3 INGREDIENT VEGAN BURGER PATTIES

Cickpeas (canned or cooked)

Sliced onion

Oats

spices

(pepper, tamari, hot sauce, mustrad, mushroom powder)

Mash it all up with a fork, or a mortar, whatever you have handy. sha



CREAMY MUSHROOM SAUCE

Sautee half an onion

Add chopped Mushrooms of your choice and a handful of chopped basil

Sautee for a moment and before it gets too sticky, add a splash of wine or beer if handy, wait until evaporated. Of course water 'will do' too ;).

Fill up with water, depending on how much you are making

Once the mushrooms have reached desired consistency, add sundried tomato or capers, if you want to make it extra special!

Thicken with the help of 2-3 tablespoons of sesame tahini and check for the need of salt and pepper.

Serve with a grain of your choice, my suggestion is pasta or rice!

MARY'S TEST KITCHEN (CALGARY BASED)

EASY LUXURIOUS VEGAN CHEESECAKE



VEGAN BLUEBERRY CHEESECAKE

Makes 1 5" x 9" rectangle cake

INGREDIENTS (US)

For filling:

1 - 8oz tub of Daiya/Tofutti
plain cream cheese
1 cup soaked cashews*
1/2 cup granulated sugar
3 tablespoons lemon juice
1/2 tablespoon vanilla extract
1/4 teaspoon salt (optional)

For crust:

1 cup vegan graham cracker
crumbs**
2 tablespoons vegan butter/
margerine

For blueberry sauce:

1/2 cup blueberries, fresh or
frozen
2 tablespoons granulated sugar

DIRECTIONS

Preheat your oven to 350F (170C).

Blend all cashews with lemon juice until completely smooth. You may add up to two tablespoons of water to help you blend it if needed.

Add the rest of the ingredients except for the vegan butter and graham crumbs. Blend until smooth and set aside.

Combine the vegan butter/margerine with the graham crumbs. You can use a fork or food processor to mix completely.

Pour the crumbs into a prepared baking pan, distribute evenly and press down the surface firmly with the back of a fork or your clean fingers.

Pour the cream cheese mixture over top and smooth out evenly.

For the Blueberry Sauce, mix the blueberries and sugar together and heat just to a boil. You may simply microwave for one to two minutes or heat on the stove. Let cool slightly.

To make blueberry swirls, drop a few spoons of the blueberry sauce on to the cheesecake, then take a spoon and trace lines out of the blueberry spots. Save the leftover blueberry sauce for serving.

Bake the cake in your preheated oven for 45 to 50 minutes or until the top is golden.

Let cool, then chill in the fridge for 2 hours before serving. You may cover it and store for up to 5 days in the fridge.

Serve with reserved blueberry sauce. Enjoy!

Check out Mary's Video Tutorial on Youtube for this cake!

thank you thank you thank you thank you

That's it. I am closing the magazine with this beautiful looking Vegan Cheesecake. I hope you enjoyed reading through it and most of all I am hoping you might open it again, one day.

This will be a kind of epilogue. I want to dedicate this first issue (and who knows if I will have the time on my hands again to continue the series) to all my Canadian encounters. My time in Canada was not at all always hearts and candy, and I am incredibly grateful for all the support and opportunities along the way. Beginning with the Marcopoulos and Sabraw family that took me in like a daughter, Patrick Cousineau and all of his team that introduced me to the food industry with the best pies in the world (the fruit pies are also accidentally vegan, by the way). My first true friend Ramona, and her husband Razvan. Syedda and Don, hello baby Kye! Have fun annoying Uncle Mark :) !

I dearly miss the Bridgeland 'Bodega' and all of its great people, Mikala and Sam, Jess, Brendan and Rebekka, Jeremy and Megan, Micha, Connor and Hermosa and our landlord Brian who helped me incredibly whenever there was a problem. Sunni and her Icelandic beats & ballet. Los Czechos, Ondrej up front, you helped made me feel home and understood and you know how to party! Vreekenzie, my true Canadians, I will be back to the 'home'land for your badass wedding!

I want to thank Darren from 'downtownfood' for giving me a job in fine dining with zero experience, helping me to save the money to do a trip like this, Heather for making a few months more tolerable :D and the servers I met here that turned into great friends. Meaghan, Kate, Eloise, Sara especially, I miss you! Furthermore, thanks to Tim and Tess and the great Italian lunches ;) and the biggest hugs to Larry and Denise Scammell, who hired me for just 2 months, and gave me a lot of hours to make the dream of the great North-American roadtrip come true. You guys rock and are my example for a supportive family! Ryan I love you. Thank you Rene for pimping our ride, twice.

all the best, Kris



(c) Kristin Zimmer