

KUWL MAGAZINE

Woman & Lifestyle

LORI'S ADVENTURES



CAPTURING
MOMENTS

JULY
EDITION

Inside This Issue: Exclusive Highlights
and Heartfelt Tales

Lori's Personal Reflections
and Stories



REFLECTIONS ON MY 62nd BIRTHDAY

“

Gratitude first as 60's felt unattainable in my teens!
An age for grands and great grands!
Yet here I am with none of the above.
Feeling fit and healthy.
Ready for another 60!
Not quite actually as my first 60 was so full and eventful
Time for more reflections, more being and less doing.
Still have the travel bug
Still love to read
Time to write and share my stories
Close friends and family are my nest

”

In April, I was feeling burnt out and tired – so I took a week off and went to Paris to visit my Sunshine – Sebastien- but also to soak into the familiarity and beauty of Paris. It was a wonderful week, catching up with old friends, spending time with my ever-so-busy sister, and just walking the streets of Paris, where I have so many memories.

Mercury was in retrograde and I knew I was taking a risk to travel so far on my own. I had some restless nights of dreams where I was missing the flight or looking for somewhere I couldn't find. The trip started with a bang (literally) and ended with a bang (literally). After dropping me off at the airport, a car broke the red light and slammed into Zion's car. Give thanks he wasn't really hurt but the car was wrecked.

Heading back to Miami, sitting on the plane, while the cargo is being loaded and passengers are settling in, we feel a big shock, and guess what? the loader truck ran into the engine of the plane!!!! What a commotion; we had to deplane, get our luggage, and wait until the airline gave us the next steps! That flight was actually canceled as who is going to fly a plane across the Atlantic, without checking the damage on the engine.



The Plane Crash

The week in Paris was pure magic and joy. Sebastien and I had lunch and dinner nearly every day. The Hideout Clothing store is exceptional and I just enjoyed sitting in the store and appreciating all the work and time Bas had put into this dream.

As always in France, much time was spent eating and the food was always so delicious. Some of my favorites were the couscous at Omar's, the lunch with Ruth at Le Moulin de Ponceau in Chartres, the salad at the Café Varenne, the hot chocolate Aux Deux Magots, and the Japanese/Peru restaurant next to THC.

It was springtime, which is my preferred time in Paris, seeing the flowers, the trees burgeoning, feeling the warmth of the sun while the air is still chilly, all this had me riding on a cloud of joy and gratitude.



*Hot chocolate
Aux Deux Magots*



*Delicious salad
Cafe Varenne*



Of course, the architecture is blow mind in Paris, perspectives in the streets, I love to walk and make the most of the good weather by walking as much as possible. The doors, passageways, the turrets, even the incongruous Eiffel Tower in the middle of it all..... I was researching for scents and sensations and by just following my nose and my intuition I stumbled upon

- Officine Universelle Bully
- Decadent chocolates by Patrick Roger



“
BE GENTLE
WITH
YOURSELF
”



My day with my sister Ruth was extraordinary. Let me describe her a bit; she is 2 years younger than me and lives on her own on a farm in the middle of fields about 30 minutes from Chartres. She breeds dogs and wins all the championships she enters. Her dogs are some of the best in the breed. She loves to eat and works all the time as managing a kennel of that size is a full-time job. I took the train from Paris to Auneau, a little town close to where she lives.

I was the only person to get off the train at Auneau, walked out of the train station, walked around the parking lot, took photos of the fields full of flowers, and then waited, and waited, and waited... finally I called her and told her I was at the station and was she coming to pick me up. She says, "But I am in the car park of the train station and I saw someone walking around but didn't think it was you". So, she had been there all the time....Only Ruth!

As I stepped into her car, the evidence of her passion and her work was everywhere, the smell of dogs was overbearing, and I quickly pulled out my inhaler.

Off we went to lunch in one of the best restaurants in Chartres, Le Moulin de Ponceau. We were a bit early, so we walked around and took photos of each other in the historical setting of this beautiful town.

Lunch was exceptional, French cuisine at its best, and she insisted we drink the best wine (even though I told her several times I wasn't drinking).

A quick visit to the farm after lunch reaffirmed for me, her devotion to what is her life's mission: dogs. And it was back to Paris on the evening train to meet Sebastien for dinner.



*"Do more of what
you love."*

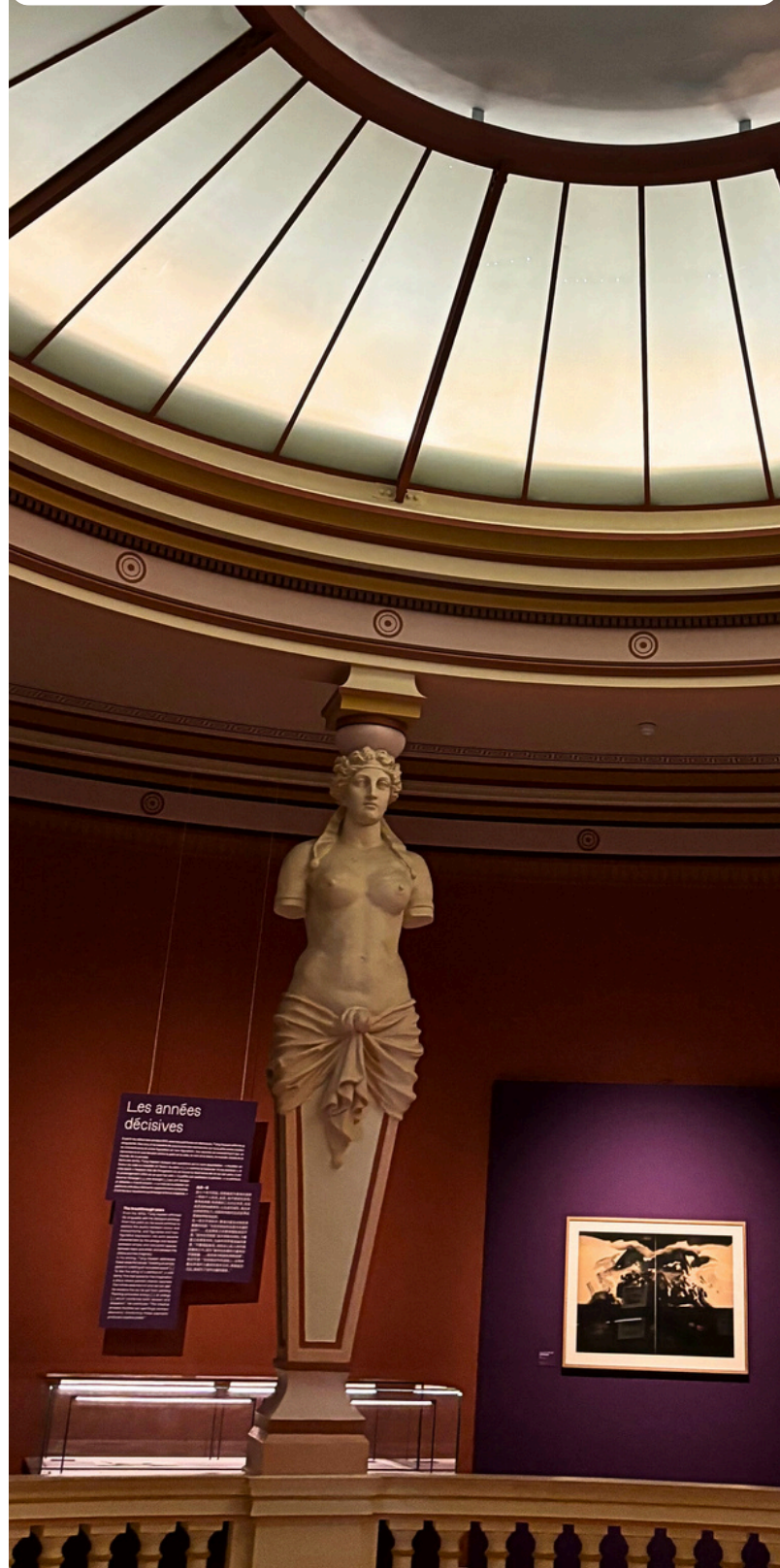
Friday was supposed to be my last day and I decided to visit the Muséum national des Arts Asiatiques – Guimet, stepping back into the time when I was studying Mandarin in Paris.

The Museum has so many amazing artifacts, sculptures, paintings, and jewelry. It was great to just take my time and walk through the galleries and soak in the different Asian cultures.

Leaving the museum, I met up with my friend Veronique, we have been friends since we were 12 years old (so 50 years) and we always have such a good time together as we have so much in common. We walked around St. Germain des Pres and then ended the evening at the Hammam, which is a whole experience in itself. We had an early night as I was flying out the next day, well so I thought until the loaded crashed into the engine of the plane and I got to spend an extra night in Paris. It was a beautiful evening, and everyone was outside. We walked along the Canal St. Martin and ate dinner in a trendy Italian restaurant on the water. Families were picnicking, many were playing pétanque and the atmosphere was joyous. I was wondering what was going on with my flight and soon learnt that there were no updates and I decided to find another route home which I did via Portugal the next day.



Vero + LOC Paris



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What a full and eventful week so it was good to be back in the Sunshine home in Stuart for the full solar eclipse. A couple of weeks to prepare to head back to Trinidad to fulfill Infuse Pure Therapy commitments and go on an amazing hike to Paria Beach and the waterfall on the North Coast accessible by foot through the forest trails or by boat. We walked in and took the boat out, both had their own advantages, in all it was a thrilling yet comforting day. Just soaking in the sublime beauty of the tropical rainforest of the northern range. We bathed in the river, swam under the waterfall and soaked in the sea that was calm and scintillating.

Trinidad is always a buzz of activity with festivals, showings, concerts, and just friends to catch up with. Bocas Literature Festival was one of those places, so good to reconnect with the “readers” in my circle and inspiring to hear talented Caribbean writers speak and read from their books. My standouts were Safiya Sinclair's “Don't Say Babylon” and “The Lost Love Songs of Boysie Singh” by Ingrid Persad, there are many others. You can find the content on the NGC Bocas Lit Fest YouTube page <https://www.youtube.com/@bocaslitfest/featured>



NGC Bocas Lit Fest

It made me feel empowered to really write some of my stories, personal and imaginary. What do you think? Should I go brave and put it down on paper?

The pace in Trinidad kept me busy for the couple weeks I was there. A visit from social media couple Ling and Lamb had the country buzzing especially as Lamborghini released a song “Roti Party” and everyone was singing it to him wherever they went.



LOC & Ling and Lamb

"You know? It's okay to say no."

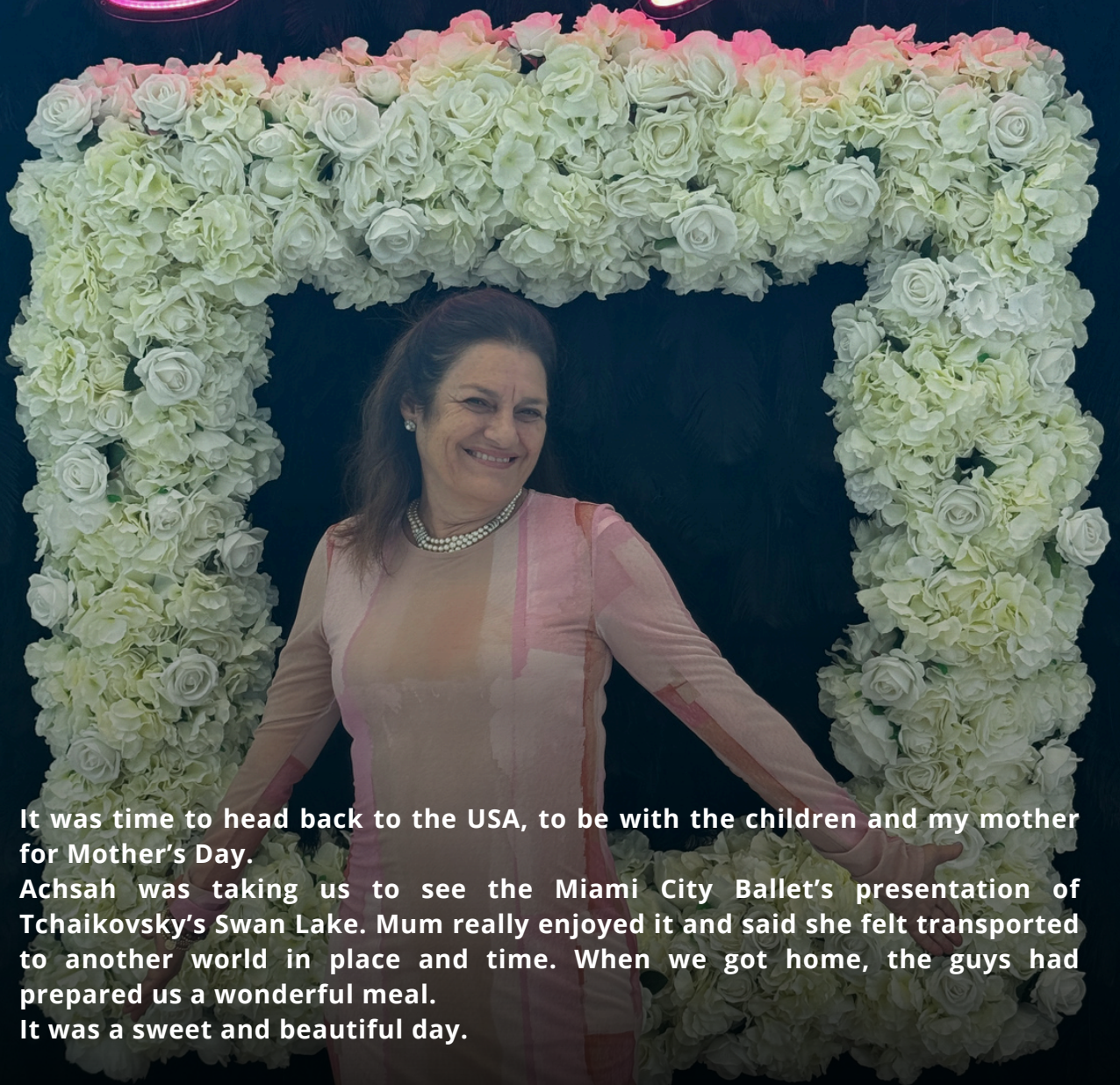
Any opportunity to go in the forest was taken and we did a short hike to Pichon Bay, a steep climb, and then we did an overnight in Grande Riviere, at Immortelle Treehouse which was a lot of fun. We saw giant leatherback turtles laying their eggs at sunrise, so awe-inspiring. We went on a hike to a grotto up inside the Matura forest and I tripped and fell on the way back, I was quite shaken up and bruised. All part of the adventure, the black and blue on my thigh lasted for a couple weeks.



Another community I hadn't seen in a while was the yoga/holistic living community and kudos to Karen Stollmeyer and Ernie Mathews for bringing us together on May 5th for the Utopia Peace Festival staged at the beautiful La Soledad Estate in Maracas St. Joseph. Despite the heat, like-minded persons got together to share yoga, and healthy food, to participate in conversations around healthy living and to discover vendors selling inspired craft and holistic living products.



Swan Lake



It was time to head back to the USA, to be with the children and my mother for Mother's Day. Achsah was taking us to see the Miami City Ballet's presentation of Tchaikovsky's Swan Lake. Mum really enjoyed it and said she felt transported to another world in place and time. When we got home, the guys had prepared us a wonderful meal. It was a sweet and beautiful day.



LOC + Monk dancers



Mothers Day

May had another high point that involved the girls. Machel was performing in Orlando for Memorial Day weekend, and I took Mum to see Achsah dance. It was in a club at 2 am but she was a real trooper. Took a nap before all dressed in her going-out clothes. The club was packed, noisy, and loud so I secured a spot for her on the stage where she would see the whole performance. She was blown away by Machel and his dancers' energy (including her granddaughter). She saw herself dancing there with them.

"You're free to be different."

Celebrating my children's successes with Achsah dancing and modeling, and representing the Caribbean everywhere she goes. She hosted the first Model Mastery workshop in Trinidad with Marieange Bovell on the first weekend in June. A great step in framing her career as a teacher/consultant. They had a large turnout and the girls were super impressed by the level of professionalism and value they received. The Hideout Clothing will be dressing the Trinidad and Tobago Olympic Team for the opening ceremony in Paris in July. Huge moment and lots of good feedback. I will be there and will tell you all about it.

Zion is also building his client listings and doing amazing work as he builds websites and apps.



Model Mastery Workshop



So yes, I spent my 62nd birthday in Trinidad, I hadn't done it since 2020 and it was simple and quiet. Enjoyed a hike to Turure Watersteps with some close friends and loved ones. The birthday itself was competing with Father's Day so stayed in the neighborhood and enjoyed good company, good food, and simple pleasures. Delicious cakes were gifted from Lady Montano and Cocobel Chocolate.



Thank You!



Thank you for joining me on this journey through my recent events and cherished moments. I hope you found inspiration and joy in these stories as much as I did in bringing them to you.

I am always looking to connect with passionate individuals and businesses who share the same love for creating memorable experiences.

If you'd like to **collaborate** with me, share your own stories, or be featured in my next issue, I would love to hear from you.

Visit my website at [www.Lori-o.com] to get in touch.

Until next time, stay inspired and keep creating beautiful moments!