

MISSISSAUGA WRITERS' GROUP

# write on! ezine

## Poetry & Prose

JANUARY 2026

Quarterly Magazine



Events & News	Day Zero
Elevation is 2026	I Am Awake
Night Owl, Anointing, Chakra	Letting Go
Restoration	Vision Board
Emotions, Never Enough, Nothing's Wrong	A Song of 2026



# write on!



Quarterly Newsletter

Editor: Anjula Evans

Aug 2025

## Message from the President

**Elizabeth Banfalvi, President/Director**

The new year has started and with it a lot of wars and terrors. America is part of it and it doesn't seem like they will or want to be part of peace in so many countries. They talk about saving countries like Venezuela and then they propose to use their oil for their benefit. We need peace in the world. It is time to change our ways.

Here in Canada, we are fighting for our freedom when we shouldn't have to. We are standing here trying to help other countries in their freedom and supposedly being a military country when that isn't what we needed to be previously. Our flag flies proudly throughout our country and so do our hopes for being free. Believe in our freedom and who we are. Write how you feel and submit it to our ezine. Be proud of it and the members who are part of it.

*Elizabeth Banfalvi*

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## About Us

We are a group of writers who established this forum to share our experiences and pursue our dreams through creativity, knowledge, and mutual respect. We want to learn from our strengths and talents and have enjoyable and stimulating conversations.

We would love to have writers from our community join us. All aspiring and established writers are most welcome. We believe we all have something special inside, so why not come explore your talent with us?

[info@mississaugawritersgroup.ca](mailto:info@mississaugawritersgroup.ca)

[www.mississaugawritersgroup.ca](http://www.mississaugawritersgroup.ca)

### Monthly Hybrid Meetings

**Second Saturday of each month**

Meadowvale Community Centre

6655 Glen Erin Drive

Program Room #1 on the ground floor.

Zoom link is sent out in the weekly newsletter

### Meeting Dates

All meetings are FREE of charge

Feb 14, 9am to 1pm

Mar 14, 9am to 1pm

Apr 11, 9am to 1pm

### Meeting Content

Workshops & Presentations

Members have the opportunity to share their work with the group

Opportunity to network with other writers

### Board of Directors

Elizabeth Banfalvi - PRESIDENT

Michelle Hillyard, John Fraesso,

Joseph Moachino, Jasmine Sawant

# Welcome to the Mississauga Writers' Group ezine

## *Join Us as We Envision 2026*

As we look forward to 2026 and its possibilities, we thought it would be an insightful exercise to construct a pathway through the everyday “noise” (distraction) that surrounds us and prevents us from focusing on achieving what *truly* matters to us.

Our task this quarter for each of our members was to either make a “Vision Board” that would incorporate their wishes and goals for 2026, or to designate a “Word of the Year”, which would be their personal theme for 2026.

Thank you to those members who submitted their work, and to all those who made this e-zine a success!



### Vision Board

A collage of images and words representing a person's wishes or goals, intended to serve as inspiration or motivation.



Website: [www.mississaugawritersgroup.ca](http://www.mississaugawritersgroup.ca)

Social media: [www.facebook.com/MississaugaWritersGroup](https://www.facebook.com/MississaugaWritersGroup)

### Submitting to the Ezine

**\*Please edit and proofread your work  
\*Send in bio and headshot with your piece**

### Deadlines:

January 15 (Winter)

April 15 (Spring)

July 15 (Summer)

October 15 (Fall)

### Guidelines:

Prose—Max 750 words per person

Poetry—Max 1 page

Bio—Max 50 words

Form—Microsoft Word Doc

Headshot—Please send a photo

Photos—Can accompany articles

Other Art—is welcome (image: .png, .jpg)

### Spring Theme:

Metamorphosis

Please send your submissions to:

[ezine.mississaugawritersgroup@gmail.com](mailto:ezine.mississaugawritersgroup@gmail.com)

# Elevation is 2026

*by Ariell Choy*



For 2026, elevation shall remain the key to success in my life. Be it in the psychological, emotional, physical or financial arenas of my life, elevation will be the driving force to pushing my life's narrative in a positive, more fluid and self-evolving direction. Elevation means the continual and ever so gradual progression to removing my vices, reframing or revealing the root of my insecurities and putting my needs first – all the while putting my best foot forward as I navigate each season of the year.

I not only pledge to read more, walk more, think more and write more but to build upon my current success (in self-published writings, beta-reading, working an illustrious career for a cosmetics company and so much more) but also to be more aligned in my values. My values encompass helping others, using my life's experiences to grow in wisdom and knowledge, and remove those who do not add value to my growth or impose their selfish desires above my own. The year 2026 is about finding those who are mutually interested in building business partnerships, working harder, and creating smaller, attainable, timely goals that lead to the fulfillment of bigger goals.

I choose to move steadfastly towards my purpose which is finally writing my second novel, attaining promotions at my current workplace and learning new marketing skills to build other artist's careers as well as my own.

Elevation encompasses the feeling of knowing that when you are at your best, you can be the best for others and in so being, you project outward that which is required of each of us to uplift one another. You project a healthy sense of self-worth and self-love, you realize ultimately that everything begins and ends with you – if you are not physically well, mentally stable, emotionally in tune with your feelings, you cannot be of benefit to others nor could you be an example to others on how to overcome strife.

Elevation is remembering that you once began life as a child and must retain a wonderful sense of imagination and curiosity and remember to take moments to yourself where you embrace the child within and simply – have fun!

## Elevation is 2026, Cont.

*by Ariell Choy*

Elevation is - above all – understanding and innerstanding that if you seek to destabilize others (via jealousy, unhealthy risk-taking, envy, selfishness and perpetual complaining), you cannot seek stabilization within yourself. That which you put out into the world is directly proportional to your personal definition of yourself, ergo, a reflection of your lack of values and integrity.

Elevation is about working on yourself, every single day. It is not about perfection but knowing and truly believing that working on yourself, even a little bit, every day, IS perfection. Embrace all you do well and continue to foster it with positive affirmations every morning you wake up and correct that which you feel is deterring you from living your best life by not entertaining people who have no ambition or tear down others and making sure to mentally keep well by reading, meditating and striving to learn something new every day.

Elevation is only for those, willing to enter 2026, by detaching from all the constructs imposed upon them from birth and seeing such constructs like work, family, entertainment, school and the like not as extensions of oneself but as vehicles through which to learn lessons and restructure one's ever-growing identity. These constructs are not the be all end all of one's identity but reflections of one's inner reality that demonstrate where one is growing in spirit or lacking in it.

In 2026, the negativity of the world will not define me but my internal world will. Everything, that does not reflect my growth, will inevitably fall to the wayside because if a construct is not a vibrational match for me, then naturally, my energy will not be a match for it.

Ariell, self-professed writer, won the Commonwealth Award for “The Diligent Snowman” in 1994, the Humber Essay Award in 2005, and was Permissions & Sales Director for William Schaill’s “The Admiral on Trial” in 2010. She has published three books: Emblems and Mares, Kyla and the Gar-goyle and Ensnared through Ingramspark.

# Night Owl

*by Ariell Choy*

Looking deeply into your eyes  
A glimmer of hope is your disguise  
I stalk the night and hop the frame  
Of windowpanes and momentary flame  
I hoot never howl, always on the prowl  
Everlasting glare I seek to prepare  
A feast of your corpse, a flicker of hair  
I am the night owl, I devour your lair  
I cannot contain my entitled delight  
For yours is my own and yours is my fright  
I aspire to conquer your mind and soul  
For what I see there is an endless black hole  
You listen in wait and hope never in vain  
Perpetuate always as you lurk in dark wait

I sense your desires, your boredom your mire  
Stolen is the flute, a dragon's gold lyre  
Remember the night is yours alone  
I travel solely on wing, to my home, abode  
If you should here a hoot or a toot  
Console yourself always and ne'er be moot  
"Night owl, night owl" beseech me please  
You holler and whine and screech replete  
"Night owl, night owl" are you waiting in vain?  
I say I might but ne'er go insane  
Everlasting glare, night owl that you are  
Please do not fear me  
For I am ne'er far

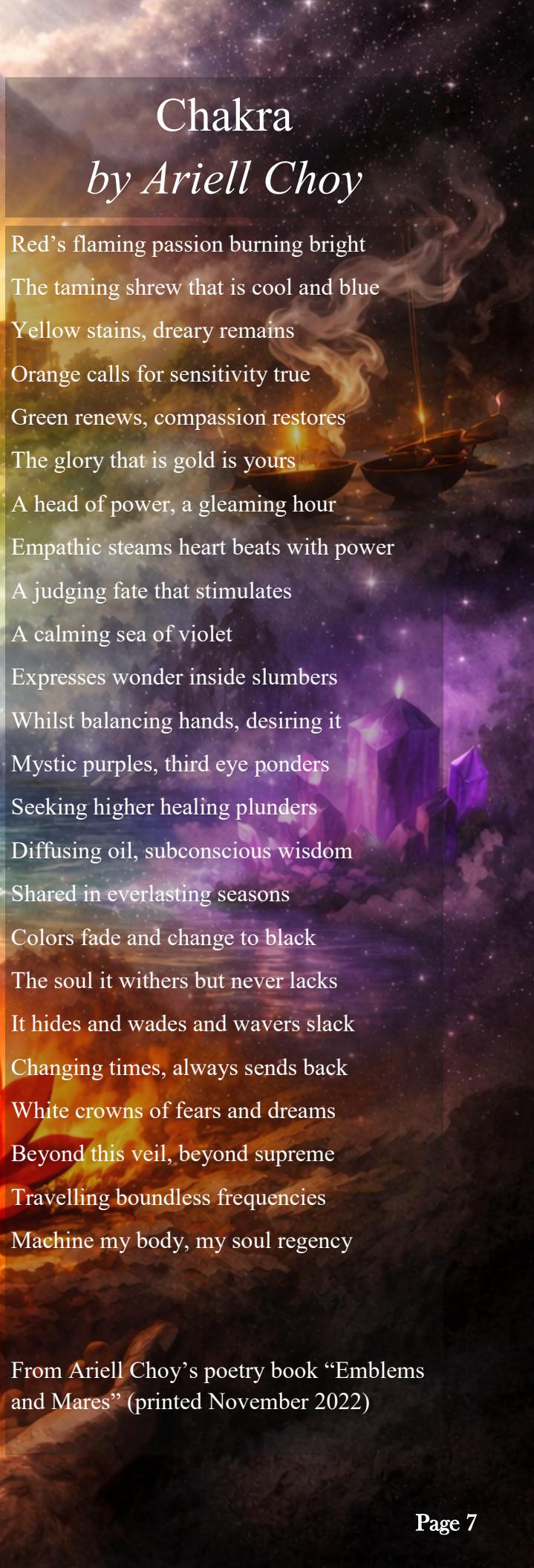


# Anointing by Ariell Choy



Have you truly suffered? And seen the worst of life?  
Have you truly perished and yearned for divine Light?  
When no one is around you, no clapping hands to call  
Sympathy lost to the wind, your skull cracks on the fall  
You cannot live as others, you simply cannot breathe  
Have you ever suffocated? Aware and in your dreams?  
Forced to walk a path unlike your kin, your flesh  
Dragged by your hair, in the mud, fully repressed  
You must walk alone, a long, polluted road  
While you watch others, move forward with their goals  
You tread a broken path, so that others heal their wounds  
Generational curses, broken promises, are your doom  
You may never feel the joys of life's simple things  
Because you are made of Him, anointing you must bring  
I cannot feel, react, I must hold my rage  
You succumb always to whims, never are you caged  
Repeat to me again how you claim to have suffered?  
When you fly about the skies, and never need to slumber  
Psychic vampires roam about, draining leeches, all for clout  
Burdens do I carry most of others and myself, a drought  
Wisdom, do I carry as scars of battles fought  
Unforeseen knowledge lost to light but found in dark  
Perfection is this life's game, while others honor sin  
I wash those cares for your heart, walking slow on pins  
Have you truly perished, and borne again from ash  
A phoenix rising, crawling, the pitter-patter rash  
Curses I shall break, while you pontificate  
Sealing generations gone, children's new estate  
Trauma is my bond, trauma is my life  
Celebrations resonate with your every fight  
I alone must seal the deal, while you esteem yourself as real  
Anointing you shall never know, as I renew your life, your feels

# Chakra by Ariell Choy



Red's flaming passion burning bright  
The taming shrew that is cool and blue  
Yellow stains, dreary remains  
Orange calls for sensitivity true  
Green renews, compassion restores  
The glory that is gold is yours  
A head of power, a gleaming hour  
Empathic steams heart beats with power  
A judging fate that stimulates  
A calming sea of violet  
Expresses wonder inside slumbers  
Whilst balancing hands, desiring it  
Mystic purples, third eye ponders  
Seeking higher healing plunders  
Diffusing oil, subconscious wisdom  
Shared in everlasting seasons  
Colors fade and change to black  
The soul it withers but never lacks  
It hides and wades and wavers slack  
Changing times, always sends back  
White crowns of fears and dreams  
Beyond this veil, beyond supreme  
Travelling boundless frequencies  
Machine my body, my soul regency

From Ariell Choy's poetry book "Emblems and Mares" (printed November 2022)



# Restoration

*by Anjula Evans*



In 2025, I could feel my life teetering due to stress. Attempting to be proactive, I set my “Word of the Year” as “Equilibrium”, hoping to maintain balance in my life and look after my health. I reduced my volunteer work, and tried to take on smaller short-term projects.

Even with the changes I made, I did not get through 2025 unscathed. Unfortunately, there were outside pressures beyond my control that triggered stress-related illnesses. As a result I had a hemorrhage mid-year, and two unexpected surgeries over the Christmas holidays. I was released from the hospital on New Years’ Eve, just in time to start the 2026 New Year.

Starting 2026 with weeks of recovery ahead of me prompted me to pick the word “Restoration” as my Word of the Year for 2026. I put two of my pieces of 3D artwork, named “Resilience” and “Key to My Heart”, together to make a Vision Board. I created them in 2024, but they are just as applicable today as they were then.

## Restoration, Cont.

### by Anjula Evans

The left half of the board symbolizes me as a person, “resilient”, “hope”, “love”, and the gears represent work/recovery to be done, and the time-piece relates to that recovery. The right symbolizes what I need as a person, “faith”, “joy”, “kindness”, “tenderness”, “care”, and to be “cherished”.

Going back to these roots of what it means to be human reminds me that the Golden Rule, “Love your neighbor...” doesn’t end there. It ends with “...as yourself”, meaning that self-care is important. The left side of the board alone isn’t enough. Yes, I consider myself resilient, but without the things on the right, I am empty.

How do I get those things on the right? They don’t have to come from another person. I can give them to myself in the form of self-love. I can reflect on myself, and change my perspective or approach to dealing with my own self-care, realizing that I am worthy of being “cherished” by myself.

Sometimes we get swept away by the pace of life, and it takes a lot to slow us down or it takes an emergency to bring us to a sudden halt. That’s why the Word of the Year exercise is so important. It causes us to reflect on the previous year of where we were, and look at the future year—where we are going. It gives us a chance to change our patterns and routines. It’s an important tool for self-awareness.

I challenge everyone who hasn’t done the “Word of the Year” exercise, or hasn’t created a “Vision Board” with words or images to do so. It gives us pause and an opportunity to change the direction of our lives and reset our SMART goals for the upcoming year.



 *About Anjula*

*Free Self-Publishing Workshop* 

If you’re looking for children’s books that address emotional wellness, Anjula has a background as a Children’s Therapist, and brings that experience to her writing.

During her recovery from a brain injury, Anjula began creating learning materials and writing novels as part of rehabilitation. She obtained a second Master’s Degree, this time in Creative & Critical Writing. [anjulaevans.com](http://anjulaevans.com)



# Emotions

by Hasan Zia



Emotions

All Pain, No gain

# Never Enough

*by Hasan Zia*

Holding your absence;  
Never enough missing you  
Holding you in my heart;  
Never enough loving you

Yearning for you forever;  
Never enough dying again and again



Hasan Zia — Known as "The Grey Poet of Mississauga", Hasan Zia is a doom, grim romantic poet who explores themes of loneliness, love and despair. His highly imaginative approach is a hallmark of his creative writing that instantly takes the readers to dreamscapes woven with melancholy and gloom.

# Nothing's Wrong

*by Hasan Zia*

Nothing's wrong in loving you,  
Nor all is good in it even  
This moon and stars are all away,  
Away from me is this sun even  
This heart still bleeds with every  
throb,  
After every wound, it heals even  
I miss you all the day, awaken  
In dreams, I don't forget you even  
Nothing's wrong in loving you,  
Nor all is sin in it even



# Day Zero

A satirical take on the year ahead encapsulating various things that will likely impact our lives like AI & consumerism

*by Kunal Dekhane*

Every day is a new start. Rising from bed, Rajesh speaks into the smartspeaker on his nightstand. “Aujourd’hui, Ça commence avec toi, Edith Piaf”. The playlist begins. He recites phrases with their French translations from videos and apps: “Parfois, je parle trop.”

Rajesh is a marketing executive who enjoys testing new products, partly out of curiosity, mostly because some of them really did make his life easier. The Edith Piaf voice—a special feature he had setup on his smart speaker—is silent as he continues practicing. Geared up and ready, he’s now driving to the gym.

At 9:30 a.m. his smartwatch buzzes. At a red light, a Tim Hortons billboard tempts him. He thinks, Second breakfast and the thrill of betting against the market. He resists. All five lights turn green and he drives on. In this interconnected world, Rajesh felt connected to everything.

Thirty minutes later he’s got a good pump going and back in the car. He wonders to himself again, A good start to the year. He lowers the stereo and admires the gadgets around him, their clean functionality. “There’s no sulphur at my place so soap will have to do.” The car’s Bluetooth registers his voice with a beep; a familiar tune plays and the screen suggests adding wine to his grocery list.

Now back home, untying his shoes, his soliloquy continues. “What have we become, Edith? Won the race but lost our minds. There’s always another milestone.”

Edith is silent. The smell of garlic bread pulls him into the kitchen. His girlfriend Priya is pulling slices from the toaster. They exchange greetings before Rajesh sips some water from the faucet. Edith finally beeps again and says, “Where is home? Now waiting to die?” Priya glances at him as they’re both taken aback. Rajesh shrugs “New gadget from work.”

It is now 10:30 PM on a cloudless clear evening as Rajesh and Priya step out of the restaurant after a nice dinner and are now back in the car driving home. Rajesh continues practicing his French in the car through the smartphone connected to the car’s Bluetooth speaker. They reach a light as the car comes to a halt. “Ne me jugez pas, Edith” Rajesh continues. Glancing at Priya on her phone, he adds, “Sometimes I wonder if I’m too connected.”

At a light, a PGA ad plays on a billboard across from them: a golfer is practicing his swing, then getting married and in the next cut, strolling through a country club with his bride. They laugh.

“Steps to membership into EXCLUSIVE group,” Priya says. “Step one: learn golf. Step two: marriage and a country club membership.”

“Practice your swing and find someone who’ll put up with you,” Rajesh replies. Then: “And if you can’t find someone you need space from, do you really need a country club?”

The clear evening takes a turn as Priya’s eyes narrow. Rajesh notices a Beyoncé song comes on the radio as he keeps going. “Every day’s a walk in the country club for you. Golf’s in the Olympics, but the Olympics aren’t for everyone.”

## Day Zero, Cont.

*by Kunal Dekhane*

Rajesh laughs. This time, he's the only one.

"So, you think marriage is a walk in the country club?" Priya asks.

Silence.

"Umm, what I meant was the exclusivity—"

"What exclusivity?"

She continues, "If you don't want to be VP of some elite marketing group, go marry Edith Piaf."

They drive home in silence. Inside, they get ready for bed as Rajesh plugs his phone into the charger. Edith's voice cuts through the tension: "Charging." After which a news podcast begins to play.

Priya snaps, "Looks like another war's coming. Better get your push-ups in."

Rajesh drops to the floor, does a few, then slides under the covers. "I don't think there's a draft anymore."

"Don't worry, those too smart for Shakespeare go straight to the artillery division," Priya says tersely.

"Everyone with a 1400 SAT does trigonometry in the Army anyway."

"Trigonometry? More math homework?" Rajesh jokes.

The smart speaker beeps again so in a single motion Rajesh moves to unplug the cord for the smart speaker and the night lamp.

Priya smiles despite herself and turns to face her hero. Rajesh whispers, "Look good, feel good, do good... wait, that's Superman," and wraps his arms around her.

They kiss as the light stays on.

condensed to 750 words with AI



Kunal Dekhane is a Canada-based writer working at the intersection of technology, media, and culture. His fiction explores daily life, ambition, and identity in hyper-connected modern world, often through satire and realism. With a background in engineering, he brings an insider's lens to stories about technical systems, status, and language in the modern world.

# I AM AWAKE

Word of the Year: HOPE  
*by Parveen Kaur*

I am awake  
In this reality

Like a leaf  
I will drop  
Fly away

Would never see  
That tree again  
Drift away  
  
Wake up in  
Another world  
Another light

Embrace all  
Would feel love  
Feel warmth

Once more

This hope  
Heartens me  
Thrills me.  
Forever I would go on  
Forever I would go on.

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Parveen Kaur has written three books of poems and a book of short stories in Hindi and Punjabi. Her book, "I Did Not Cry", was scheduled to be published at the end of 2025.

# LETTING GO

Word of the Year: LETTING GO

*by Lakhbir Singh*

Letting go of the anger and enjoying peace

Letting go of the baggage of the past—  
family squabbles that never truly healed,  
job losses that shook my sense of worth,  
ill health that arrived without warning,  
and the absence of family support during times when I needed it most.

Both my parents passed in 2024. With their passing came grief, loss, and a deep sense of unfairness.

For a time, anger lingered—quiet, heavy, unresolved.

Now, that anger is softening.

I am coming to terms with their passing, accepting that life was imperfect, that love existed alongside struggle,

and that closure does not always arrive neatly.

Letting go means I do not carry forward anger.

It is something I release.

In letting go of anger,

I make space for peace,

for acceptance,

and for a life lived more lightly—

rooted in the present,

not chained to the past.



Lakhbir Singh — Mississauga based writer, comedian and creative soul.  
Formerly an accountant and now semi-retired.

# VISION BOARD

By Serina Lewis



Serina D'Cruz Lewis is a poet and writer who has published her work in anthologies, ezines and magazines. Her poetic memoir, *Interwoven*, is available on Amazon, Barnes and Noble, Indigo and in the Mississauga Library System. It is about love, family and connections, which will resonate with all readers.

# A Song of 2026

## By Sajeda Manzoor



### A song of 2026

All eyes are open wide  
To see the New Year Sun  
With warm and shimmering light  
2026 will be a renewal  
of peace, health and prosperity  
And frolic year for every individual

All hands are up  
for the blessings  
To be the part of their lives  
And become strong, wise and healthier  
To walk ahead with lifted eyes  
Let the dreams and goals become  
the guided paths of every soul  
And strong enough to overcome  
the struggles and dark shadows

All the hearts fill  
with love kindness and fervour  
To lift own self and others up  
The wars turn into  
calmness and tranquility

The New Year Day knocks  
with lots of joy and harmony  
Vanishes sorrows and agony  
From every face  
Brings wide smile and cheers  
All the dreams prosper  
and reach the destination

All wars cease  
and every heart forgives  
Peace, love and kindness become  
A motto in the green earth  
The New Year 2026 brings eternal joy  
All over the universe.

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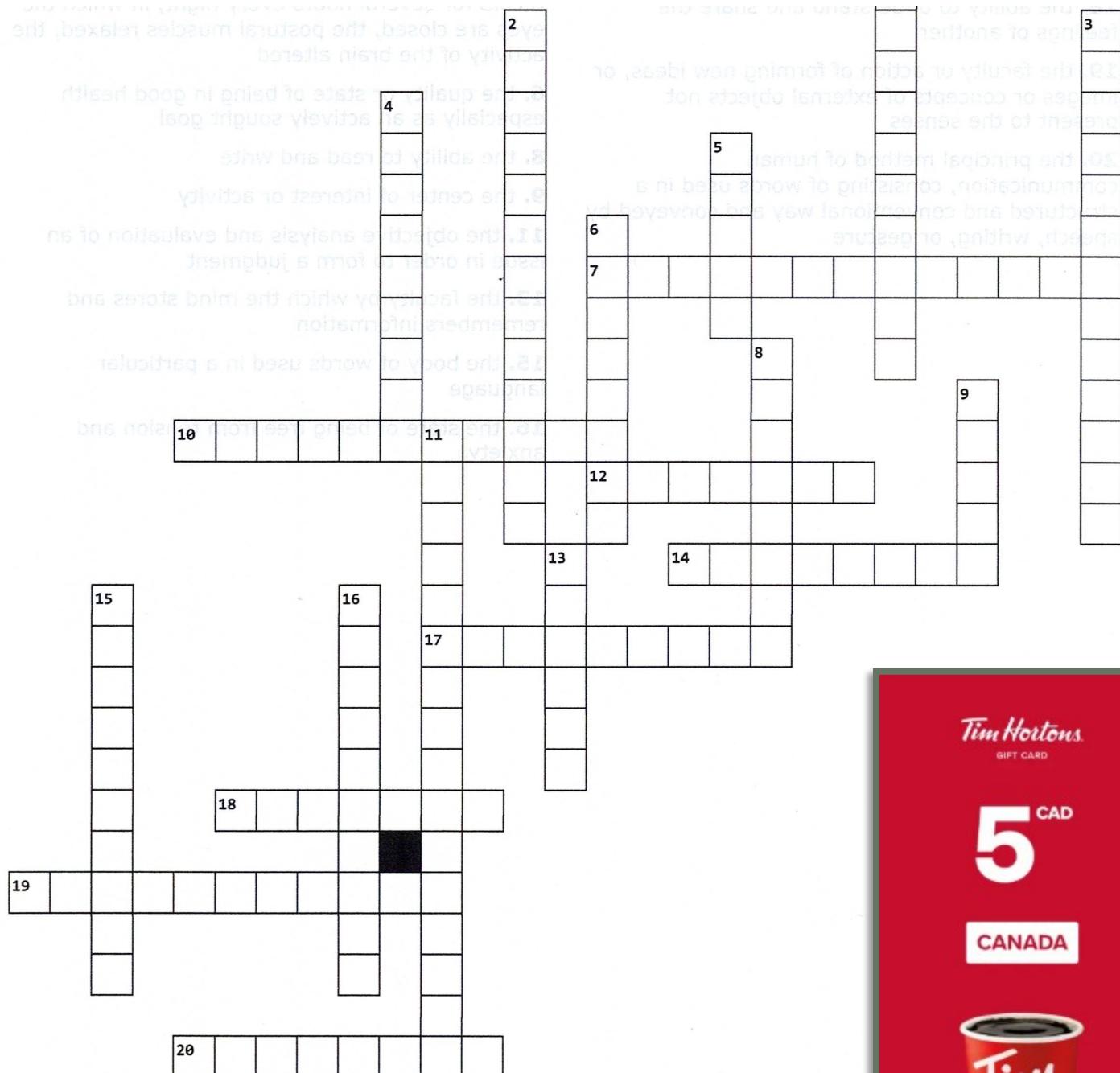


Sajeda Manzoor Author/Writer/ECE She is an Early Childhood Educator from George Brown College. She has worked as a primary school teacher, in Montessori schools and daycares in Pakistan and Canada. She joined MWG in 2014 and is an active member of it. She has written almost 50 poems and has contributed in 15 anthologies, e-zines and magazines. Her poems portray love, beauty, kindness and peace. She plays keyboard and converted one of her poems "Evergreens" into a song.



# \$5 Tim Hortons Gift Card for the first to Submit with all the correct answers!

*Submit to Ariell at [arielen1982@gmail.com](mailto:arielen1982@gmail.com)*



See next page for clues



# Clues for Crossword Puzzle

## Across

7. the action of providing or being provided with amusement or enjoyment
10. a particular attitude toward or way of regarding something; a point of view.
12. the accomplishment of an aim or purpose
14. detailed examination of the elements or structure of something
17. a group of people living in the same place or having a particular characteristic in common
18. the ability to understand and share the feelings of another
19. the faculty or action of forming new ideas, or images or concepts of external objects not present to the senses
20. the principal method of human communication, consisting of words used in a structured and conventional way and conveyed by speech, writing, or gesture

\$5 Tim Hortons Gift Card for the first to submit with all the correct answers!

*Submit to Ariell at*

[arielena1982@gmail.com](mailto:arielena1982@gmail.com)

## Down

1. the use of the imagination or original ideas, especially in the production of an artistic work
2. the imparting or exchanging of information or news
3. the action or power of focusing one's attention or mental effort
4. awareness or familiarity gained by experience of a fact or situation
5. a condition of body and mind that typically recurs for several hours every night, in which the eyes are closed, the postural muscles relaxed, the activity of the brain altered
6. the quality or state of being in good health especially as an actively sought goal
8. the ability to read and write
9. the center of interest or activity
11. the objective analysis and evaluation of an issue in order to form a judgment
13. the faculty by which the mind stores and remembers information
15. the body of words used in a particular language
16. the state of being free from tension and anxiety.

## Want to Self-Publish?



Local author Anjula Evans has put together a workshop that covers how to publish with KDP, get your book into print and on Amazon, and then publish with Ingram Spark to make your book available in bookstores.

Watch Anjula's step-by-step video on Self-Publishing, and download free PDFs with important links and information.





## Mississauga Writers' Group

We are a group of writers who established this forum to share our experiences and pursue our dreams through creativity, knowledge, and mutual respect. We want to learn from our strengths and talents and have enjoyable and stimulating conversations.

### Contact Us

Elizabeth Banfalvi (President)  
[info@mississaugawritersgroup.ca](mailto:info@mississaugawritersgroup.ca)

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MississaugaWriters' Group

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