

October 2021

Neighbours of
FOREST HILL



**FINDING
BLISS**

with Judy Librach



Family Time is Important

FINDING BLISS

with Judy Librach

By Terry M Chang

Living in our blissful neighbourhood is the exuberant Judy Sibrin-Librach, a radio and TV host, author and life coach. She is focused and dances through life, determined to help people, knowing there is always a light at the end of the tunnel. With a smile on her face, she is quick to spot the many silver linings in life and helps people find them too. She is grateful to meet the many celebrities, authors, mindfulness experts, singers, musicians and inspired people on her weekly radio show on Zoomer Radio AM 740 FM 96.7, and loves to share their blissful moments with her listeners. Her secret is to make the best of life, look for the good, be in service to others and know that at any age or stage, dreams and goals are always possible with a little creativity, re-imagining and the ability to dance at the moment. Her life journey has helped her realize her mission to make a difference in people's lives.

Let us meet Judy Librach. She is the creator and host of Finding Your Bliss magazine and the Finding Your Bliss radio show and podcast. Judy is also an Adlerian life coach, writer, columnist, TV host, radio host, meditation voiceover artist, author, speaker, musical theatre fan, wife and proud mom!

"I am originally from Montreal, and I have always loved to help people find their bliss. When I was younger, I think people thought I was an advice columnist because people always came to me with their problems and their questions."

Judy clearly remembers her first experience with bliss. "I went to the theatre for the first time with my Grandma Lily to see a play. I was out of my mind with excitement. And I didn't know it was called "Bliss" at the time. I was just starstruck by the experience of being in a theatre, with the red velvet curtains and the spotlights. I was very excited about it. So, I thought I am going to become an actress! I spent many years doing stage acting and singing. And then I went to university."

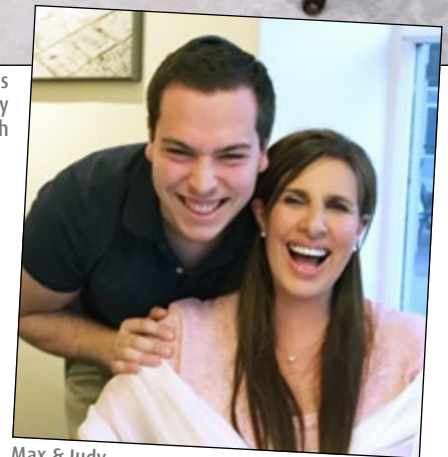
The young Judy headed to Toronto to York University for her Bachelor of Fine Arts degree (B.F.A.). Once she graduated, she pivoted and went to



Photo by Denise Jones Productions Inc. and courtesy of Judy Librach

the Graduate Journalism program at Ryerson University.

"My beloved late father felt that being an actress was not a very secure profession. So he suggested, "why don't you marry your love of performing with a journalism degree? And it made a lot of sense. I realized that I could still be around the theatre as a television host, a writer, theatre critic and columnist, and I loved the work I was doing".



Max & Judy

She became the Managing Editor of a Performing Arts Magazine called Toronto Tonight Magazine. She wrote hundreds of theatre reviews, a weekly column called Theatretalk and a Celebrity Dining Column. She took a different celebrity out for dinner each week and did a profile on the celebrity, along with a restaurant review.

She also became the host of a TV show called In the Spotlight, where she showcased Canada's performing artists, so they wouldn't be forced to go south of the border in order to be validated. This gig won her an award for Best Arts Program in North America by the Hometown U.S.A. Video Festival.

In Toronto, she also met her life partner, Dr. Clifford Librach. "Cliff is a fertility doctor, and he's a very benevolent and brilliant guy. He helps a lot of people all across Canada and all over the world to have children." They have two wonderful children: A son and a daughter.



Judy & Cliff on Their Wedding Day



Lily & Judy

She smiles and recalls her first date with Cliff. It was a blind date arranged by two neighbours: the first was one of her best friends Sari, and the second was her future sister-in-law, Heather.

“On our first date, we went to a beautiful Japanese restaurant called Nami. I never had sushi before that night. He kept saying things that really reminded me of someone. I felt like I had met him before and asked him when his birthday was and found out it was the same day as my beloved Grandma Lily, who was born on October 31st.” She knew he was the one.

Marriage and motherhood were everything for Judy. She continued working part-time as a theatre columnist and wrote a column called, The Life Coach Corner for the CJN. She also took this opportunity to write two books.

In 2007, she published *Writing Love Letters to Your Baby*, which helps parents recreate their child’s memories by rebuilding the early years for their children. Her book is still in circulation and available on Amazon. She also wrote *The Toronto Wedding Handbook*, all about how to get married in Toronto. “I always kept my foot in the door of my career by working part-time, but my children were a real priority and my whole life for 20 years. Once they both left for university, I knew it was time to re-create and re-build my career.”

She radiantly smiles when we ask her about her children.

“Our daughter, Lily, is graduating from theatre school this year. She is Broadway-bound, without a doubt. She has a gorgeous, gorgeous voice, and she can sing anything from musical theatre to pop to jazz to opera. She’s already in the midst of some very exciting things at the moment. She believes when you sing, you pray twice.”

“Our son, Max, is 23 and is doing a master’s in physiology at the University of Toronto and is applying to medical school. He got married last December 31st to a great girl named Sylvie in the exact same location that my husband and I got married at 25 years ago. It was here in Forest Hill in my in-laws’ backyard. Their wedding was beautiful. Since it was in the middle of COVID, they could only have ten people. But the wedding was live-streamed to over a thousand family and friends.”

Judy talks about how important it is to follow through on your “to do” list.

“I wanted to do something with my life. I have been talking for a long time about doing these daily little inspirational videos and

posts called Bliss Minutes. And I started to write them and videotape them, and they took on a life of their own! I started to write them in the middle of the night because I was so passionate about doing this. I knew this was part of my purpose and my bliss!”

Today she is proud of the multi-channel success of her Finding Your Bliss platform. What started as a weekly show on ZOOMER Radio in 2019 has extended to a podcast and an online magazine with a highly engaged community. She is very passionate about creating content for her Instagram account, @theblissminute and other social media platforms. She is even delving into Tik Tok these days! She is grateful to have a fantastic team of angels and is proud that the Finding Your Bliss team has just completed their 100th on-air episode and over 300 interviews in the past two years. Her guest lineup has included Canadian leading lady Cynthia Dale, Jeanne Beker, Joan Lunden and Melissa Grelo, just to name a few.

Judy and her family love to travel. But with COVID, she now relishes “the pleasure of just being home and spending quality time with Cliff and her immediate family.” She also cherishes her morning walks with her daughter, Lily, Friday night dinners with Max and family, and the lovely impromptu chats with her neighbours. Most importantly, she is grateful that she has found her purpose in life to help other people find and follow their bliss. And she gets so much of her bliss, too, watching that happen.

She shares her parting words. “Live every day to the fullest, with the people that you love, and give back, because that’s where true happiness comes from. And always, always follow your bliss.”

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Dear Residents

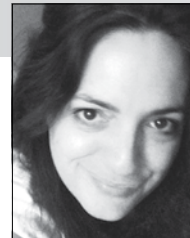
"Ah, Lovely October, as you usher in the season that awakens my soul, your awesome beauty compels my spirit to soar like a leaf caught in an autumn breeze and my heart to sing like a heavenly choir."

— **Peggy Toney Horton**, author

This issue's cover story is Finding Bliss with Judy Librach, radio and TV host, author and life coach. Discover how her life journey has helped her realize her mission to make a difference in people's lives. Read about the impact of time management on kids and technology. We love our Shiny Star spotlight on Julia Slater. Thank you, Yuri Dojc, for your incredible photos of Nicaragua. And check out the Friday Harbour Fashion Collective event & the CFIM Pop-Up Museum.

The quote perfectly captures why I love October as a Libran! Remember to let our spirits soar in the lovely autumn breeze as we welcome Fall!

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