

FREE

The Local Biz Magazine

Durham Region Community Publication

..... Spring 2011

**GET YOUR
SPRING
CLEANING ON**
*Your Home
Your Finances
And Your Soul*

Play Your Best Golf Game
*What You Need To Know
Before You Hit
The Golf Course
in 2011*

**Best & Worst Movies...
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Spring 2011

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From the Publisher

Spring is here. The world is coming back to life and as soon as the snow is gone nature starts its own spring clean-up so we decided to do the same.

You have probably noticed that we're bigger. As long as you keep supporting us we're going to keep bringing you what you want and more of it. You said you wanted to know about movies so we found John Foote. When you read his short biography with his initial column you'll see that he knows his way around the movie business and will keep you informed about what's coming to a theatre near you. A lot of it will be coming to your home video screen.

You asked for Horoscopes so we found our own astrologer, Micki Lee, who will be helping you keep in tune with the cosmic forces. Micki operates her own business in the Oshawa area and the stars help her stay on track.

But back to spring cleaning. This issue will steer you in the right direction to get things back in shape to celebrate the coming summer. Chantal will get you started with the routine stuff that we all hate but then we have a couple of others you may have missed. Helene has some ideas for cleaning up your finances and getting ready for the future. Then Sue-Ann has some advice to get the rest of your life straightened out and heading in the right direction. Don't forget your golf game. After sitting around all winter, your clubs need some exercise so Ryan, one of Durham's professional golfers has some advice for both you and your clubs.

So what's next? You can keep helping us with that. Again in this issue we are using your ideas to deliver what you request, movie reviews, horoscopes, spring cleaning, Oshawa's Number One Fan, all ideas that came directly from readers.

By the way if you want to get extra copies of the magazine for your organization, give us a call. Last issue a school principal asked for a fairly large number. It took some scrambling but she received enough for the people she had in mind. Additionally, if you would like someone to speak to your group about the magazine or any of the topics we cover, get in touch and we'll do what we can. Our editor and several of our writers are willing and very capable when it comes to bragging about us.

So here's the spring 2011 issue of The Local Biz Magazine, the Durham Region Community Publication.

Enjoy.

Antoine Elhashem
Publisher

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From the Editor

O.k. winter's done. Let's get back to the good stuff, spring, outside, bar-b-ques, hiking, fishing, all those fun things. But here's a familiar scenario. Saturday afternoon and one of the kids comes up with an idea, "I'm bored. Let's do something."



Consider the possibilities right here at home. Look for something the whole family can enjoy without spending a fortune. Starting in the south there is always the lake. The trails go for miles. I guess that's kilometers now, isn't it. What kid, and don't forget her dad, doesn't enjoy skipping stones across the water. If you've never done it, it's about time you learned. I once got one to bounce six times. I even got a golf ball to do it twice to clear a water hazard for me but that's a whole different story.

But maybe golf isn't such a bad idea. Go to one of the driving ranges or mini-putts all over the Region. Kids of all ages enjoy that one. The farms, orchards and wineries often have things to do as well. Give them a call and see what's happening. While you're there you can pick something up for dinner. If your timing is right you may even be able to take a walk through an orchard in full bloom. That's an aroma you will never forget, spring blossoms.

Have you ever lain under an apple tree weighed down with flowers and watched the puffy clouds lazily drifting through that crystal blue spring sky? Do it once and you'll be addicted for life. While you're there, see what pictures are in the clouds. You'll be amazed at what you and the kids can find. Most important, maybe you'll rediscover the imagination that got lost on the commute every day and the pressures of a hectic lifestyle.

But what about something completely different like bird watching? See how many different birds you can find and identify in your yard, your neighbourhood, the Region. Did you know that there are wild turkeys around here along with pheasants, grouse, hawks, osprey and swans? Watch the eyes of a toddler when a chickadee takes a seed from her hand at one of the conservation areas.

Or try going out to the country-side some clear late evening, after dark and check out the northern sky. Possibly you will see the Northern Lights along with more stars than you ever saw from town.

Make this a year for exploration, for discovering your home, Durham Region.

David Drane
 Editor

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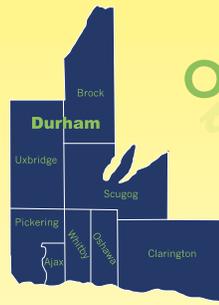


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Spring Cleaning

...Your House

by Chantal Savoie

Spring Cleaning. What comes to mind?

What memories does it invoke? Some consider it like the cleaning of the soul as well as your home.

Growing up in New Brunswick, my mother taught me from a very early age that each spring your home should be cleaned from top to bottom. When I think of Spring Cleaning many memories come to mind, good and bad. As children, my brother and I did not really enjoy this ritual, but I do believe that it taught us how important it is to your health and well-being.

Over the winter months, the inside of your home becomes a breeding ground for flies (the ones that are left over from the fall), spiders and various other inhabitants along with dust, mold, mildew and did I mention dust and more dust?

Definition of Spring Cleaning – Wikipedia, Encyclopedia:

"Spring cleaning is the period in spring time set aside for cleaning a house, normally applied in climates with a cold winter.

The most common usage of spring cleaning refers to the yearly act of cleaning a house from top to bottom which would take place in the first warm days of the year typically in spring, hence the name. However it has also come to be synonymous with any kind of heavy duty cleaning or organizing enterprise. A person who gets their affairs in order before an audit or inspection could be said to be doing some spring cleaning."

Not everyone knows how to clean their home and they find it to be a very frightening experience. You need to take it one room at a time and go through your house from top to bottom.

Getting the family involved can be a rewarding experience. The children may not realize it now, even through the complaining, but I believe that they will learn the importance of the benefits that can be had from spring cleaning. I encourage my children to help out and let them know

that in the purging process of cleaning their closets or bookshelves, that whatever they decide they do not want, they can sell at a yard sale. My youngest thinks this is great, until she tries to sell things that should not be sold. Her response to this is well, its mine and therefore, I can do what I want. I always have the veto over what actually goes into the yard sale.

You can also find out during this cleaning, that there are items in your home you may not have seen or realized that you even had. At times like this, you can reflect as to whether there is someone or an organization that might put those items to good use.

Most people only realize the pleasure of a spring clean after the work is done and it can be a manageable experience. If it is the first time doing this type of in-depth clean, then the process will be quite long and involved, but if you continue to maintain it throughout the year afterwards, it will not be so bad the next time.

The best way to tackle the chore is to start on the upstairs level of your home. It is best to starting your cleaning on the upstairs level, as any dust that may fall, will fall to the lower levels. Also, start with one room at a time. This is not something that needs to be done in a day and can take a few days to finish.

Materials that you will need to clean are dusters, rags (washcloths) and drying towels. The best way to clean (especially spring clean) is to damp dust everything, and for those items, such as picture frames or wall hangings, use a hand duster.

Spring cleaning should also involve taking everything out of your closets, cupboards and all nooks and various areas of your home. That way, you can see what you have, what you need and what you could actually donate to a charity or organization that could put your unwanted items to good use.

As for cleaning supplies, the choice is entirely up to you. There are many environmentally friendly cleaning supplies on the market.

I have discovered a product called Pink Solution and Mother's Choice (made by Pink Solution). I do not use any harsh chemicals in cleaning my home any longer. I have found that this helps with anyone in your home who may have allergies. It's not toxic to you, your children or your pets. It's especially good if you have asthma or breathing problems because you're not breathing in toxic fumes. Also, I do not believe that the fumes from all of those harsh cleaners can actually be good for you.

Some people and things come to you for a reason, a season or a life time. As with spring cleaning, you will find things you didn't even know that you still had. Help out others with your unwanted items and I find that it can do wonders for the soul.

Chantal Savoie is a graduate of the University of New Brunswick, has worked as an event planner and executive assistant before opening Ladies With Mops in 2006.

Spring Cleaning Checklist

1. Start with one room at a time.
2. Dust walls & ceilings
3. Remove items from all closets and wipe down the shelves
4. Remove items from all cupboards and wipe down the shelves
5. Remove items from book cases, damp wipe and replace items
6. Vacuum and Shampoo Rugs
7. Change the furnace filter
8. Have your ducts cleaned, if not affordable, then vacuum your air vents
9. Wash the inside and outside of your windows
10. Wash your screens

Spring Cleaning

...Your Financials

by Helene Ata

Spring is here! Thinking about Spring makes us think of Spring cleaning. What a great opportunity to look at different things like yard and garage projects, test all smoke and alarm systems, etc... Many people are knee-deep in spring-cleaning -- scrubbing floors, clearing out garages and tossing all the clutter that's gathered over the winter months. One of the biggest parts of spring cleaning is getting rid of clutter that you don't need. Cleaning will be a lot easier if the clutter is gone.

Spring is also a good time to get your financial house in order, an ideal time to consider sprucing up your financial life. To create an effective financial system, incorporate the six keys to financial planning: Tax planning, Estate planning, Insurance planning, Cash Management, Retirement plans and Investment planning.

It's not just about tossing out old paperwork; it's about doing the regular maintenance to ensure that you get the most out of every dollar. A regular checkup will help you to get and stay on track with your finances.

Spring is an ideal time to schedule a few hours for your financial review. Clearing out the financial clutter will not only make your life simpler, it could save you some serious cash. Here are five good areas to get started.

Banking

Consolidate accounts, streamline with online statements and pay bills, shred old statements and cheques. If you've moved a few times, you may find that you have several bank accounts -- and an overwhelming number of monthly statements.

Credit cards/debt

Check your credit report, shop around for lower interest rates, and come up with a payment strategy.

A 50- or 100-point change in your credit score can make the difference between great loan terms and terrible ones. Inaccuracies in your credit report can drag that score down at least that much.

Estate planning

Create or update your will or trust; consider a living will and financial power of attorney; shred old documents.

If you don't have a will, it's time to buckle down and draw one up. Preparing a will usually drops to the bottom of people's to-do list for obvious reasons. The good news is, it's not that hard to do. The process is fairly easy and is inexpensive.

Retirement accounts and investments

Consolidate accounts, rebalance and update beneficiaries. Diligent saving and good investment decisions are the key areas to build wealth and retire comfortably, but it's easy to become bogged down with too many details and too many accounts.

Insurance

Obtain new quotes for car, home and life insurance policies; renew and update beneficiaries. Term life, car and some homeowner insurance policies could have gone up or down in price. If you haven't shopped around for a new policy recently, you may find that a bit of research may save you hundreds of dollars.

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The biggest stumbling block with most people in financial planning is actually getting started. They find it very tough to actually change old habits and start new ones. Some people have a financial fear. They are worried about not having enough money and worried about losing their money. They do not have the knowledge or the experience to decide what to do. For many people it is "Trust" that is stopping them from starting. They need to find someone they like and trust to hold their hands and help them map their way to their goals.

A good advisor is an advisor who builds his/her practice on honesty and trust. The advisor must show care and empathy to the client and their family. This will go a long way. Our business is usually generated through referrals. A satisfied client will definitely refer more clients. When a person is looking for the right advisor, he/she should make sure that the advisor chosen, puts the clients' interests first and before any one else's. The advisor must do their due diligence as a fiduciary duty in every step they take. They must coach and educate the client along the way, and be there for them. In tough times, the Advisor chosen can better assist the clients in making the right decision and not be emotionally driven.

The advisor and the client must be comfortable working together, as this is usually a long term relationship. Determining the goals and the concerns of the client and working on a plan requires a serious commitment from the client. The best plans in the world are worthless if they are not implemented.

A qualified financial advisor will present a written Full Financial Plan. This means

looking at all the puzzle pieces of the financial planning pie chart. You cannot plan someone's retirement simply based on investing only. You must take into consideration the taxation implications, setting an emergency fall back fund, estate planning, insurance and risk management planning, debt and cash management planning, etc. A well diversified approach reduces variability, and risk.

When a financial advisor meets with a potential client at the initial meeting, the advisor will go into a detailed questionnaire to get to know the prospect. The advisor will ask a lot of questions. The advisor will take a snap shot of their current financial life. It is very important for the long term relationship to know about their past experiences with investing, about their families, their work, their social life and even their pets. This information helps understand their likes and dislikes, and in turn will draw the parties closer together. People are at different stages of their lives, whether they are approaching retirement, or just getting ready for university, buying their first home, or starting a family, each client is a special person and is treated as such.

It is very important for your advisor to know your relationship with money. Money could mean a lot of different things to different people. What money means to you is key to determining the plan. What was money like when you were growing up? Maybe you want to give your children what you did not have as a child. Maybe you love living the luxury life, and travel the world. Money could be important to you because you need to look after a disabled family members etc... You need to determine what your biggest goal is, and what your other goals are. Your goal for building a portfolio and working with an advisor could be to leave a legacy, for charitable giving, to retire comfortable, to pay off debts, to plan for the unexpected, to help out your children or grand children or a wide variety of other things.

The key message here is, you must stick to the plan, and commit to the strategies agreed upon and follow through to implement them. You cannot go chasing the market. Get a plan in place and stick to it. Discipline, Discipline, Discipline is what is expected of you.

Spring has Sprung...enjoy it.

.....
Helene is a successful financial planner and trusted advisor who is very active in the community. Each year she sponsors a fund raiser for The Heart and Stroke Foundation, one of her favourite charities. Referrals from her satisfied customers keep her practice growing."

Spring Cleaning ...for Your Soul

by Sue-Ann Bavlnka

I love spring. I love everything about it. The days are longer and brighter; the colours of nature reappear and bring life back to all. Gone are those grey days and snow. Finally you can go to work in the sunshine and return home with the sun still shining. We are no longer functioning in the dark. I love stepping outside my front door and smelling the flowers, hearing the birds and feeling the warmth that is starting to revisit our part of the planet. Spring means that you can put away the shovels and the winter wardrobe and lighten up. We can stop breathing indoor air and go outside and fill our lungs with fresh spring air to revitalize our bodies and lift our spirits. It feels inspiring to not only welcome spring back into our world but into our step.

As we watch nature return so does the neighbourhood. We see neighbours start to pop their heads out of their houses for the first time in months and a sense of community returns. Spring brings with it hope for change and new beginnings. We are witnessing the new all around us. As we say good-bye to winter and the isolation that it brings with it we have a great opportunity to get caught up in the momentum of spring and consider using that energy to clean out the soul.

Durham Region is a beautiful place and offers many locations for you to reflect and take in the positive energy from the surroundings. Consider taking the time to meander through some of the beautiful trails that are available within the region. You may find yourself on the walking path that runs along the shore of Lake Ontario and if you allow yourself the time you will find that the beautiful, winding path connects us to other cities.

Every location within Durham region offers

up its own ambiance to facilitate the setting you need to de-stress and rejuvenate. Walking along the water's edge is a fabulous way to cleanse the soul and remove the stress that accumulates in the body, mind and spirit. Sitting at the shores of Lake Ontario or one of our other lakes and allowing the vibration of the water to cleanse you as you look out into the horizon and consider the limitless possibilities life has to offer. Make it a goal to find that path or trail that offers the setting and surroundings you need to relax and let go of all the negativity. With each breath that you take as you stroll through the forests or along your favourite local trail allow the fragrance of nature to stimulate your senses and return the body, mind and spirit back to a balanced state. You can stop as you walk along your trail on a sunny day and breathe in the warmth of the sun and allow it's brightness to fill your core and gently melt life's stress away.

Consider at the beginning of your adventure to leave your stress behind for nature to deal with so upon completion of your walk you will feel replenished. Stop and take a look at the new beginnings around you. Look at the trees swaying in the breeze and allow them to take your worries with them. Observe new growth returning to a plant that has survived the winter and is now waking up and welcoming the new. Consider the adversity this plant endured during the winter months. The harsh cold winter resembles the adversities of life. Even with all that the plant has faced new growth appears and the cycle of life continues. Move into the forward momentum and positivity that is created and consider the goals for yourself. Use that as your motivator to let go of the old and to make room for positive change.

If it is social activities you require spring and summer in Durham offer up several annual events. Whether it's a Pancake breakfast at the park or participating in a 10k run fundraiser, Durham provides a spring and summer filled calendar of events that will satisfy those who are looking to add a sense of community to their lifestyle.

If it is the night sky that you prefer there are areas that offer opportunities for local camping under the stars. For those of you who relate deeply with what happens in the night sky, observing the fullness and cycle of the moon or the alignment of the stars may bring great joy and meaning to you. Just taking the time to gaze up at all the amazing wonders the night sky has to offer, you may find that it resonates and vibrates deeply within your soul. Opportunities to witness the beauty of the night sky within Durham region while watching outdoor local theatre or witnessing a fireworks display could leave you feeling inspired. Sitting and relaxing by a fire gazing at the night sky and listening to the crickets will surely allow your worries to drift away with the smoke of the fire.

Durham Region offers all that is required to cleanse the soul and return hope and possibility back into your life while giving you a sense of community and belonging. Just step outside your front door and venture into your community to observe all that is going on around you. You are sure to find the things that will get rid of those winter blues and bring enjoyment back into your life.

Sue-Ann Bavlnka is a Psychic/Medium based in Ajax, Ontario. She prides herself in giving readings that enable her clients to move ahead by reprogramming and dedicated encouragement helping them find their unique purpose in life.





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SWING INTO SPRING

by Ryan Starr



The cold blustery days of winter in Ontario lead to great anticipation by all golf enthusiasts for the upcoming season. Receiving that brand new club or fresh dozen performance golf balls during the holidays only adds to the excitement of that first scheduled round.

There are many keys to preparing for the upcoming season, physically, mentally and with your equipment. Golf muscles can be virtually unused all winter and need to be retrained to the constant stretch they endure during the swing. Some of the key conditioning tools used prior to the season come from exercising your centre core muscles. These core muscles can be conditioned by using very simple gym equipment such as an exercise ball, skipping rope and of course your own body weight. Strengthening the core can add distance and accuracy to your swing and lead to less fatigue later in your round. This in turn promotes better posture and alignment ultimately producing lower scores and making the game much more enjoyable.

Preparing mentally takes place many ways depending on your passion for the game and skill level. Players striving to break one of the three stages 100, 90 and 80 will approach the game completely different. A player with the goal of breaking 100 needs to work on their game by eliminating some of their clear mistakes. For instance, putting, miss-hit chips and short shots around the green usually lead to these higher scores therefore a player must set a goal to improve in that area. Breaking 100 should be considered an accomplishment if you're playing by the rules and one goal you can take great pride in.

SHORT GAME TIPS FOR BREAKING 100

Practice your putting for 15 minutes prior to your game. The key to lowering your score at this level is not eliminating but decreasing the number of three putts. Practice 10 putts each distance 36", 24" and 12" as these are the most common distances you will have at this level of your game. The goal is to get your 36" putts close and your 24" putts even closer as you work through this drill. Practice will turn potential three-putts into routine two-



putts significantly lowering your score.

Players breaking 90 consistently have developed certain swing characteristics that shape the flight and direction of their shots. A player who slices the ball at this level would get great satisfaction from seeing the ball fly right to left instead of its usual path. Most importantly at this level learn to live with your game and not fight it.

TIPS FOR BREAKING 90

Do not take too many risks during the game. Play to your strengths while staying in control. If the driver strays on you when the fairway gets tight or later in the round take out the 3-wood and play safe. Take a simplistic approach to the game. Don't gambling on low percentage shots and ultimately you will see your usual 6 on par 5's turning into 5's or better.

You have now taken your game to the next level and set a goal to break 80. You need to approach the game by seeing yourself from set up and address straight through getting the ball in the cup. You must have appropriate clubs and equipment for your level of play and understand that making one big number on one hole is detrimental to your game. Keep close track of fairways and greens hit and number of putts to ensure one part of your game is not suffering. Practice the game the way you play. I believe the

only way you consistently break 80 is by playing to your strengths, understanding the game, and keeping the ball on the ground by putting it every chance you get.

2011 EQUIPMENT REVIEW

You have now reached your goal and are playing some of your best golf of your life but your playing partner who always sneaks it by you off the tee just got one of Golf Digest's hottest new drivers. Do you try it in fear of loving it? Of course you do. The much-anticipated release of new golf equipment each year brings the instant glimmer of hope for 300 yard drives and bragging rights within your group. The 910 driver for Titleist released in mid-November of 2010 and tour pros quickly upgraded worldwide faster than any other driver in Titleist history. One key feature is the innovative SureFit Tour (SFT) dual-angle hosel. It's the latest advancement in precision fitting and common throughout industry leaders. The 910 comes in two models – the 910D2 (460cc) and the 910D3 (445cc). Each has a fast face design with a larger maximum ball speed area, improved launch and spin off the face for increased distance potential, and a low and deep centre of gravity for increased stability and distance. This driver has a distinct black paint finish and white score lines giving it a sleek sound design. Fairway woods and hybrids are designed

to compliment the set with similar sure fit adjustable technology optimizing ball flight, accuracy and pure shot control.

If you begin to see white both off the tee and on the green this spring you will quickly recognize it as a TaylorMade product. TaylorMade has revolutionized the driver market over the past few years with their adjustable weight technology and this year is no exception. The R11 and Burner 2.0 Superfast launch early this spring and carry distinct characteristics based on player skill and preference. The R11 boasts the new Adjustable Sole Plate technology helping improve spin rates and maximize distance. The 2.0 driver has a white no-glare crown and black club face which makes alignment easy and shows off the largest sweet spot of any TaylorMade driver.

The apparel industry for both men and ladies is becoming even more streamlined for 2011. Fashion forward outfits that can be worn both on and off the course giving economy conscious buyers more bang for their buck. The traditional knit sweater is the hottest product on the market thanks to the stylings of U.S. Open champion Graham McDowell, the Irishman who won his first major at the U.S. Open at Pebble Beach in 2010. His increased air time throughout the 2011 season was witnessed by manufacturers and customers alike.

Innovated brands such as Adidas golf have delivered enhanced athletic performance



You're ready to hit the links for 2011. You're excited to play and have read every golf magazine and course tip you could get your hands on. What's next?

wear to the golf industry for this year. Now Adidas Golf is offering a new type of synthetic fabric that is comfortable for the golfer in any condition and creates a soft hand to the face with their patent ClimaCool fabric. Golf specific lines such as Adidas have created great synergy within their line to allow the player specific options for each playing condition and fashion elements that make them stand out from the crowd.

If you look great and have invested hard earned dollars in your apparel and new clubs are not in your future then ensuring they are ready to go is a must.

Grips on your clubs have a lifespan of approximately 60 rounds and should be replaced when excess wear is present. There are many types of grips on the market depending on the amount of golf you play, conditions you play in, and characteristics of your hand. Some players prefer a tackier grip because they sweat during their round and others enjoy the performance of a softer grip for improved feel. In recent years the selection of grips has grown to over 1000 models. Nothing has helped players more than the option of orthotic grips for that player who struggles with circulation. A grip that fits your game and is comfortable allows you to gain confidence in every shot you intend to play during a round.

You're ready to hit the links for 2011. You're excited to play and have read every golf magazine and course tip you could get your hands on. What's next? As a

detail person I key into my strengths and weaknesses of the last season, identify my goals and set a game plan for scheduled rounds. I like to hit the range early in the season ensuring that I have swung the clubs a few times before my first round. I hit the range with a playing partner who knows my game and can monitor my swing for any obvious faults. At this point in time a scheduled session with my local CPGA Professional is key. He or she can set up a series of lessons that I can use throughout the season helping me during times of struggle. Also with technology today I can have my swing put on video and use this tool to understand my swing and correct faults throughout the season. Video technology is a great tool as the instructor speaks in the background which easily allows me to follow my swing and stop and start the video at any point. CPGA instructors can teach a variety of lessons identifying the specific goals of your game.

As you prep for another amazing golf season in Ontario, remember the tools available to you can help you improve and allow you to get the most out of your game. Golf is an awesome sport played with great people and only gets better the more you truly understand the sport and just by getting out and playing. Play well fellow golf enthusiasts. We'll see you on the links.

Ryan Starr was born and raised in Oshawa and is an honours graduate of the Golf Management Program at Georgian College and CPGA Class A Professional at Lakeridge Links Golf Club.

Oshawa's #1 Fan

by Linda Calder

Before I met Bob in person, he told me he was a character. When I did meet him, I found him to be a charming gentleman who wears his heart on his sleeve when he talks about Oshawa.

Bob has led a rich and varied life. It's like someone has embroidered squares showing the various parts of his life and taken them and sewn them together to make a quilt. In the centre square of the quilt the quilter has embroidered:

"Bob Hooper Oshawa's Number One Fan".

Bob Hooper loves his city. That's why he's its number one fan.

Bob was born and raised in Oshawa. That's where he's spent his whole life except for the five years he was in the navy. Not all of us are lucky enough to be able to say that we've spent our life in one city. Bob wants people to realize the good qualities Oshawa has.

Bob grew up in Oshawa attending Mary Street School and O'Neill Collegiate and Vocational Institute. When Bob attended Mary Street School there were two doors to enter the building, one for the boys and one for the girls.

He lived on Division Street. He shopped in downtown Oshawa when it was a booming city. That's where everyone came for shopping and fun. Along with his friends, he watched it through a store window.

Bob worked hard all his life. He has been a paperboy, farm boy, milk boy, pin boy, a pony washer, a worker in a morgue and a salesman. He was a sailor for five years. But the biggest part of his working life, twenty-seven years was in the O.P.P. until his retirement in 1993.

He's seen the city move from industrial to more academic. He doesn't like Oshawa being referred to as 'Shwa' city. He's not impressed when people refer to Oshawa as a 'lunch bucket' city.

After his retirement, he started to get involved in promoting the city he loves. He wants to pass on his pride in Oshawa to the people he meets. He speaks to groups from as young as cub scouts, through university age, right up to senior citizens. Speaking to groups like Big Brothers is important to him.

Bob loves to sing. Music has been part of his life since he was very young. He is blessed with what some call a velvet voice. If you've been to an event in Oshawa where O' Canada is sung, there's a good chance that it was sung by Bob Hooper. He is proud of the fact that you might find him singing and honouring our war hero's each November 11 at the Oshawa War Memorial. Whenever he is invited, he is happy to take part.

Bob sings in churches in Oshawa and has sung around the world in places as far away as Portugal. When he sings in places away from Oshawa, he makes sure that he mentions Oshawa. He wants

people to know that Oshawa is a wonderful city. He has even written a song about Oshawa. He also wrote a jingle for downtown Oshawa called "Everybody's talking". Over the years he figures he has sung to between two and three million people. That's sounds like a lot of people but when you see the list of the places he's shared his talents, the Roy Thompson Hall and the Roger's Centre Argo's games and cities all over North America the number is understandable.

The Oshawa Walk of Fame on King Street is a source of pride for Bob. It's something he pushed to promote. 2006 was the first year that a plaque was laid down on the sidewalk. Each year one more Oshawa citizen is added. Michael Starr, who has a plaque on the Walk of Fame was just one of the politicians he got to know.

Over the years, Bob came to realize that Oshawa was a two horsepower city. We're all familiar with G.M. The other horsepower used to be north of the city at Windfields Farm. When he was young, Bob used to ride his bike out there. He liked to watch as the horses galloped around the fields.



Later, he took his family there so they could see the horses he enjoyed. People traveled from far and wide to purchase horses from Windfields. In its seventy-three year history Bob told me that around twenty-five hundred horses were raised on the northern edge of Oshawa. Many of them became famous, like Northern Dancer who had the record time for the Kentucky Derby until Secretariat came along. Twenty-one Windfields farm horses have won the Queen's Plate.

Like many people, Bob is sad to see the end of an era at Windfields. So he decided to do something about it. Thanks to Bob's persistence, Windfields Farm and farming will be honoured on July 1st at Canada Day Celebrations at the lake. Bob would have liked to see horses there but because of crowds, it would not be practical. Bob is delighted that he will be singing O' Canada. You will have a great opportunity to meet him and have some of his love of Oshawa rub off on you.

Bob got to know Sandy Hawley, Canada's most famous and successful jockey who has been

well honoured. He has been inducted into the Canadian Racing Hall of Fame (1986), the National Museum of Racing and Hall of Fame (1992) and Canada's Sports Hall of Fame (1998). He won the Lou Marsh Trophy in 1973 and 1976 as Canada's top athlete and was decorated with the Order of Canada.

Sandy was born in Oshawa in 1949. Bob's latest project (with Sandy Hawley's permission) is to get the city to name a park after him. Bob's going to do what he does best. He's going to work on city council until they agree that it should be done. My bet is on Bob!

There's a saying that comes from Bob's family that's an important part of Bob's life. "Life is like a tapestry with a multitude of coloured yarn. On one side you see the stitches and knots. On the other side, a perfect picture". That's how Bob sees life. He is a man who loves his family, God, music and Oshawa. And they are all woven together on his tapestry. Bob has a great sense of humour and enjoys meeting people.

At a time when a lot of people who retire sit back and relax, Bob just got started. He decided that he was going to promote pride in his city. Music is one way he does it. He's not afraid to prod politicians. We need people like that to keep our representatives on their toes! Bob's good at that. He is there to support new businesses when they open.

He attended Council meetings. He wrote letters to the Council that became known as Hooper's report. He wrote numerous articles about Oshawa, the city he loves, for local newspapers and magazines. The articles and his love of the city were noticed. That's why he was declared Oshawa's Number One Fan, a title he wears with pride.

At one point, Bob was a vacuum cleaner sales man. Two years in a row, he was the top salesman. That ability to sell is being put to good use as he 'sells' Oshawa to all who care to listen. He still has many more ideas that he is going to be passing along to council. I'm sure they are going to be prepared to listen. When a person as determined as Bob has a good idea, it's hard to turn him down.

At seventy-two Bob is a proud family man. His lovely wife is his biggest supporter. She's the one who encouraged him to share his singing with others. He smiled when he mentioned his four grandchildren and four great grandchildren.

Bob has been suffering from cancer but he hasn't let it get him down. His family and his faith in God have helped him during this battle. As long as he's breathing, he's going to continue to be Oshawa's Number One Fan!

Linda is a retired teacher. She has always had a love of history and historical places. She is Canadian by choice and loves her country

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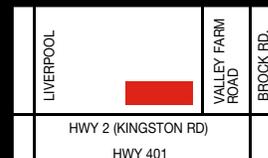
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Just Kidding Around

Dairy Goat Farming in Durham Region

by Melissa Bies

Durham Region is home to incredible farms, chefs, and retailers producing and using fresh, local produce. Over 50 Durham Farm Fresh members harvest more than 30 different fruits and vegetables right here in Durham!

Did you know more goat milk is produced and consumed globally than cow milk?

There are several dairy goat farms located right here in Durham Region, which breed and milk goats—producing delicious goat milk products all year round.

Laurie Llewellyn owns and operates Nanny Lane Dairy Goats, a farm of 200 dairy goats in Sunderland. Over in Port Perry, Valview dairy goat farm is owned and operated by the Benschop family: parents Bastiaan and Mary Jane, son Gabe and daughter Elizabeth milk 100 of their 500 goats a day! According to the Ontario Dairy Goat Co-op, each goat produces approximately 600 to 1,000 litres of milk each year.

Much of the milk produced by both Valview and Nanny Lane dairy goat farms is sent to a processing facility to make goat milk, cheese, yogurt, and other products for consumption. These products can be purchased year round at almost any local grocery store—just look for Ontario products.

“I really enjoy goat cheese,” says Gabe Benschop. It has a mild taste, yet is creamy and versatile. Goat cheese has more protein, and fewer calories than regular cream cheese.

Over at Nanny Lane, Llewellyn turns her goat milk into other products to sell at farmers’ markets during the summer months. Her unique creations include goat milk fudge, goat milk ice cream and even goat milk soap!

Llewellyn was inspired to make goat milk soap because of a relative going through health issues. Certain medical treatments meant this person had to avoid consuming or using many products, including petroleum.



“Most soaps are made with petroleum, so I did some research and found that goat milk makes a very gentle soap that is great for your skin,” says Llewellyn. “I made it and people loved it!”

People loved it so much, in fact, that she has expanded her line to include goat milk bubble bath, bath gel and cream under the name, “Nanny Lane Goat Milk Soap.”

She sells her product at farmers’ markets during the warmer months, but makes it to order in the winter because the product has a shelf life of only three weeks, kept in a fridge. That doesn’t mean production decreases in the winter, however, Llewellyn has many dedicated customers who keep the orders coming consistently.

So, what inspired Llewellyn to make goat milk fudge?

“I was set up at a farmers’ market, and a little boy on a bicycle came up to me and asked for a piece of fudge,” says Llewellyn. “He was pointing at the soap, it looked just like fudge! He was so cute, I promised him I would bring some for him the next weekend.”

Llewellyn went home and began playing around with a recipe, and sure enough, by the next weekend, she had fudge added to her line of products.

It was a hit with customers, so she continued experimenting with different flavours. Now

she has about a dozen varieties, from the standard vanilla and chocolate to the more adventurous, such as vanilla-cranberry and mint chocolate chip.

The fudge really took off not only because it was delicious, but also because of the health benefits of goat milk.

“Many people who have difficulty digesting cow milk—

including those who are diagnosed as lactose intolerant or have crohn's disease—find that goat milk is much easier to digest," says Gabe.

Llewellyn says that's because it has different proteins than cow milk, and is naturally homogenized."

Fun, unique, and healthy products aside, Llewellyn says she has enjoyed owning her dairy goat farm for the past 20 years because goats are very friendly, social animals.

"If I leave the gate open they won't go anywhere. If I sleep in, they will come knock on the door to wake me up," she says. "Goats are lovely, they make great pets."

Nanny Lane's dairy goat products are available at various farmers' markets in Durham Region, including the Sunderland farmers' market on Friday afternoons. Farmers' markets across Durham Region are opening soon, visit www.durhamfarmfresh.ca for more information.

For more information, or to order Nanny Lane goat milk soap, fudge or other products, email Laurie Llewellyn at llewellyn@xplornet.ca.

Now for a couple of simple recipes.



Savoury apple and goat cheese log

Great for entertaining, this recipe can be made up to two days ahead. Serve with crackers or crostini (toasted baguette slices).

Ingredients:

- 5 oz (140 g) herbed Ontario Goat Cheese, softened
- 2 oz (60 g) cream cheese, softened
- 1 Ontario Apple, peeled and coarsely grated
- 2 Ontario Green Onions, finely chopped
- 1/2 tsp (2 ml) pepper
- 3/4 cup (175 ml) toasted pecans or walnuts, chopped

Preparation:

In medium bowl, blend together goat cheese, cream cheese, apple, green onions and pepper until combined. Place on large

sheet of waxed paper. Using paper to help, form into 1-1/2-inch (4 cm) diameter log. Refrigerate until firm. Place nuts on plate. Roll log in nuts to cover. Wrap log in waxed paper; refrigerate until firm. (Log can be refrigerated for up to two days.)

Recipe courtesy of Foodland Ontario. www.foodland.gov.on.ca



Tzatziki

Laurie says traditional tzatziki is made with goat milk and served with goat milk. Why not try this recipe and savour the true taste of Greece, while eating local food! This tzatziki can be kept in the fridge for about 10 days, and can be used as a low-calorie substitute for mayo in sandwiches.

Ingredients:

- 1.5 cups goat yogurt
- 2 oz fresh dill, chopped
- 1 garlic clove or 1 1/2 tsp garlic powder
- 0.5 tsp coarse salt
- 1 English cucumber
- Salt and pepper to taste

Preparation:

Put the yogurt into a sieve lined with two layers of paper towel. Put over a bowl and let it rest in the fridge for three to four hours. Meanwhile, peel the cucumber and cut into thin slices. Mix the cucumber slices with the coarse salt. Place mixture in a non-metallic colander and leave to drain for a good 20 to 30 minutes. After the water has drained, rinse and chop the cucumber. Mix together the cucumber with the drained yogurt, garlic and dill. Add salt and pepper to taste. To improve taste, let it rest for 24 hours to allow the flavours to mix well.

Recipe courtesy of Nanny Lane Dairy Goats.

Melissa Bies is a member of Region of Durham's Economic Development and Tourism Department, where she enjoys discovering and promoting local business, agriculture and tourism destinations.

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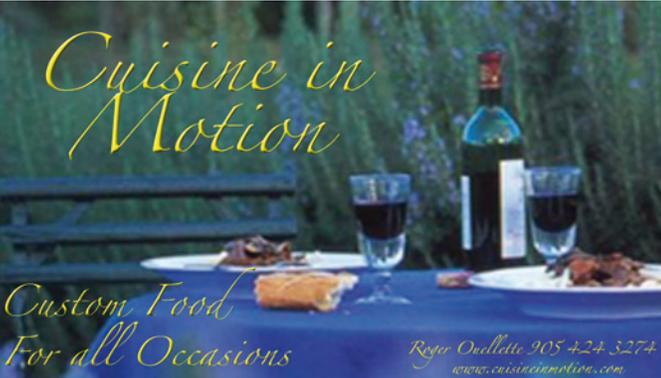


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Spring *Events Calendar*

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Centennial Building Theatre, Whitby
905-430-8392
www.whitbybrassband.com

March 5

Mardi Gras

Newcastle Town Hall, Newcastle
905-987-2264
www.agiftof-art.com

March 12-20

Purple Woods Maple Syrup Festival

Purple Woods Conservation Area, Raglan
905-579-0411
www.cloca.com

March 14-15

Girls Inc. Purple Woods Pancake Festival

Purple Woods Conservation Area, Raglan
905-428-8111
www.girlsinc.org

March 14-18

Kids Club Spring Break Camp

A Gift of Art, Newcastle
905-987-2264
www.agiftof-art.com

March 14-18

March Break Hockey Camp

Canlan Ice Sports, Oshawa
905-725-6951
www.icesports.com/oshawa

March 14-19

Ontario Power Generation March Break Madness

Pickering Nuclear Information Centre,
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905-839-1151
www.opg.com

March 15-19

CCAA Men's Basketball National Championship

Durham College Campus, Oshawa
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March 17 - April 2

Waiting For The Parade

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www.oshawalittletheatre.com

March 25-27

The Metro East Spring Home and Garden Show

Pickering Markets, Pickering
905 426-4676
www.showsdurhamregion.com

March 26-27

Purple Woods Maple Syrup Festival

Purple Woods Conservation Area, Raglan
905-579-0411
www.cloca.com

April 2

Ganaraska Region Conservation Authority Maple Syrup Day

Ganaraska Forest Centre, Campbellcroft
905-797-2721
www.grca.on.ca

April 2-3

Purple Woods Maple Syrup Festival

Purple Woods Conservation Area, Raglan
905-579-0411
www.cloca.com

April 13-24

Durham Theatre Festival

Around Durham Region
www.durhamtheatrefestival.com

April 16-17

8th Annual Scugog Spring Garden Show

Scugog Community Recreation Centre, Port Perry
905-986-5330

April 29

Diva Night

Downtown Port Perry
905-985-4971
www.discoverportperry.ca

April 30 – May 5

12th Annual Lake Scugog Spring Studio Tour

Around the Township of Scugog
www.scugogstudiotour.ca

April 30

Ontario Writers' Conference

Deer Creek Golf & Banquet Facility, Ajax
905-985-4409
www.thewritersconference.com

April 30

Durham Parent Baby and Kids Show

Pickering Recreation Complex, Pickering
905-426-4676
hwww.showsdurhamregion.com

May 2-13

Oshawa-Whitby Kiwanis Music Festival

Oshawa and Whitby
905 430-1455
www.oshawawhitbykifest.ca

May 5-7

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May 8

Ganaraska Region Conservation Authority's Mother's Day Wildflower Walk

Ganaraska Forest Centre, Campbellcroft
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www.grca.on.ca

May 14

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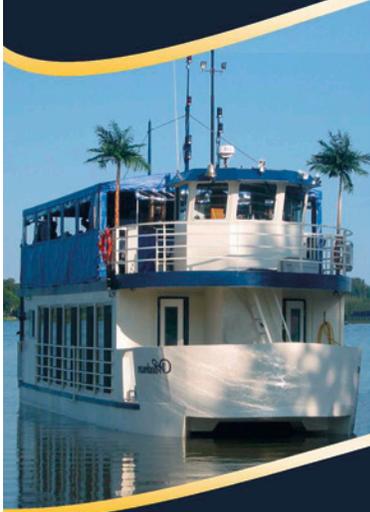
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Film Talk

by John H. Foote

To paraphrase the great Charles Dickens, the film year of 2010, like the years approaching the French Revolution represented the best and worst of times in theatres. While we had brilliant work such as The Social Network, True Grit, The King's Speech and 127 Hours, we also had dreck such as Killers, I Spit on Your Grave, and Iron Man 2. By year's end, January 31, we had some terrific films, a few headed for classic status, and perhaps two to be considered among the greatest ever made.

The Social Network speaks to a generation right now; the youth of today, who live on the Internet, who cannot go through a day without their Internet fix. In exploring the creation of Facebook, and its creator Mark Zuckerberg, the film is a study of the times, of this moment in history as the world was linked in a way we once had never dreamed. In his fine performance as Zuckerberg, actor Jesse Eisenberg has the courage not to make him likable, but to portray him for what we know him to be, chilly, remote, lonely, and socially awkward. Directed by David Fincher, the film is a masterpiece.

The Oscar winning brothers Coen, Ethan and Joel, made an odd choice when they decided to remake the 1969 John Wayne classic true Grit, though they always stated they were going back to the book by Charles Portis. Jeff Bridges steps into the very large boots of John Wayne in portraying Rooster Cogburn and rather than attempt an impersonation of what Wayne did (impossible), Bridges makes the character his own. Drunken, scruffy, gruff, and without fear, he is among the most iconic characters of the year. Yet incredibly his is not even the best performance in the film, that honour going to fourteen year old Hailee Steinfeld as Mattie Ross, the young girl who hires Rooster to find her father's killer. Steinfeld is a revelation and should win the Academy Award.

Natalie Portman finally delivered on her promise as an actress with a seething piece of acting in Black Swan, portraying a prima ballerina slowly slipping into utter madness as she prepares to dance Swan Lake. The hallucinatory work by Darren Aronofsky is a dark work, challenging to viewers, but a journey worth taking. Portman is astounding.

The King's Speech was loaded with fine work, beginning with Colin Firth as King George VI, struggling with a terrible stammer which has him seeing a speech therapist, portrayed with volcanic energy by Geoffrey Rush. Watching the two actors go toe to toe on screen was an absolute joy.

And though James Franco had no one else with him on screen in 127 Hours, he was no less compelling in 127 Hours, portraying the real life hiker Aaron Ralston, who when faced with certain death, trapped by a boulder in a deep crevice, amputated his own arm, losing a limb to discover his soul.

Here are my ten best films of the year with the ten worst right behind.

THE TEN BEST FILMS OF 2010

1. True Grit
2. The Social Network
3. Black Swan
4. The King's Speech
5. The Fighter
6. Shutter Island
7. Let Me In
8. Toy Story 2
9. 127 Hours
10. Kick Ass

and the WORST OF 2010

1. I Spit on Your Grave
2. Killers
3. Nightmare on Elm Street
4. Burlesque
5. The Other Guys
6. Cop Out
7. The Prince of Persia
8. Little Fockers
9. The Tourist
10. Sex and the City 2

JOHN H. FOOTE...is an internationally known film critic/ historian, with a reputation for telling it like it is, be it in the reviewing or in the interviews with actors and directors. A self professed film junkie, he studied acting and film in university, and though film was his first love, managed to direct more than forty stage plays. In the early nineties he was co-host and co-producer of Reel to Real, Canada's longest running movie review program.

John left the program after seven seasons in 1999 to pursue print criticism, and has since written for many different magazines, and has been quoted in the Los Angeles and New York Times, London Guardian, the Globe and Mail, Chicago Tribune, and the New York Post.

He is the author of two books, Clint Eastwood: Evolution of a Filmmaker, and Steven Spielberg: American Visionary, Volumes One and Two, and is currently at work on two others. His next, The New Millennium American Cinema, 1996-2010 should be in stores by January 2012.

John lectures Film History and Film Genre at Humber College, and is former Director of the prestigious Toronto film School. He also writes for www.awardscircuit.com, one of the web's top movie sites, and free lances for www.thewrap.com, the top industry site.

Through the years he has interviewed such actors and directors as Meryl Streep, Francis Ford Coppola, Sofia Coppola, Heath Ledger, Tom Cruise, Robert Duvall, Martin Scorsese, Clint Eastwood, Morgan Freeman, Jessica Lange, Hilary Swank, Natalie Portman, Jeff Bridges, Tom Hanks, Benn Affleck, Al Pacino, Robert de Niro, Peter O'Toole and countless others.

John lives quietly outside of Port Perry with his wife and daughters. It's not unusual to see them heading off to cinemas around Durham Region to catch a "first night" just so he can see the reactions of the "Monday morning critics."

Tasteful Talk

by Shirley Ouellette



Draw back the curtains and throw open your windows. Now take a deep breath of that beautiful fresh air. Yep that's right, it's spring! Didn't I tell you to enjoy the winter while it was here and to appreciate the long winter evenings, the warm glow of candles in the room and the bright dancing flames of an open fire if you have one? Well I certainly hope you did relax because now is the time for action! Spring cleaning, spring gardening and of course soon we will be spring planting. If the ground is soft enough to dig, it's OK to plant.

What about growing your own fruit or vegetables? Even if you live in an apartment you can probably put a tub on the veranda and grow tomatoes and strawberries this year. It really is extremely satisfying to grow, pick and eat, what could be more local than that.

There are not a lot of new vegetables or fruit to speak of until May, when you should be able to get fresh asparagus, radishes and rhubarb, but there should still be stocks of stored root vegetables available at local farms if you search. When faced with a lack of local products use the local diet circle, if not available in Durham, circle out a little, if still not available try to keep to Ontario, then check the next nearest province and lastly Canada. The closer to home your food has been produced the better it tends to be for you and the less it has travelled and the smaller the carbon footprint.

After all that spring cleaning and gardening what about a real treat? We will be making our annual trip to our Mecca, Purple Woods in Oshawa for fresh maple syrup and pancakes. No one is really sure just how long people have been practicing the art and science of making this wonderful product from the sap of a tree. It is thought that Native Americans were the first to discover 'sinzibuckwud', meaning literally 'drawn from wood'. The good news about this lovely traditional Canadian treat is although it contains about the same calories as sugar it also contains potassium, calcium, iron, phosphorus and some traces of vitamin B. I use it in my bread dough instead of sugar to feed the yeast as well as on ice cream, berries and of course pancakes!

As always Durhameers, you have a right to know where your food came from, vote at the cash register and buy local.

.....
Shirley Ouellette, joint Owner and joint Executive Chef of Cuisine in Motion grew up in England. Living in the country most of her life, Shirley often went with her father to collect meat directly from the farms, so understands the importance of supporting the local area. Sourcing local produce here in Durham, is one of her favourite responsibilities, along with creating original recipes and keeping the local theme coupled with environmental sensitivity alive in the kitchen for Cuisine in Motion. Check out their blog <http://roger-shirley.blogspot.com>.

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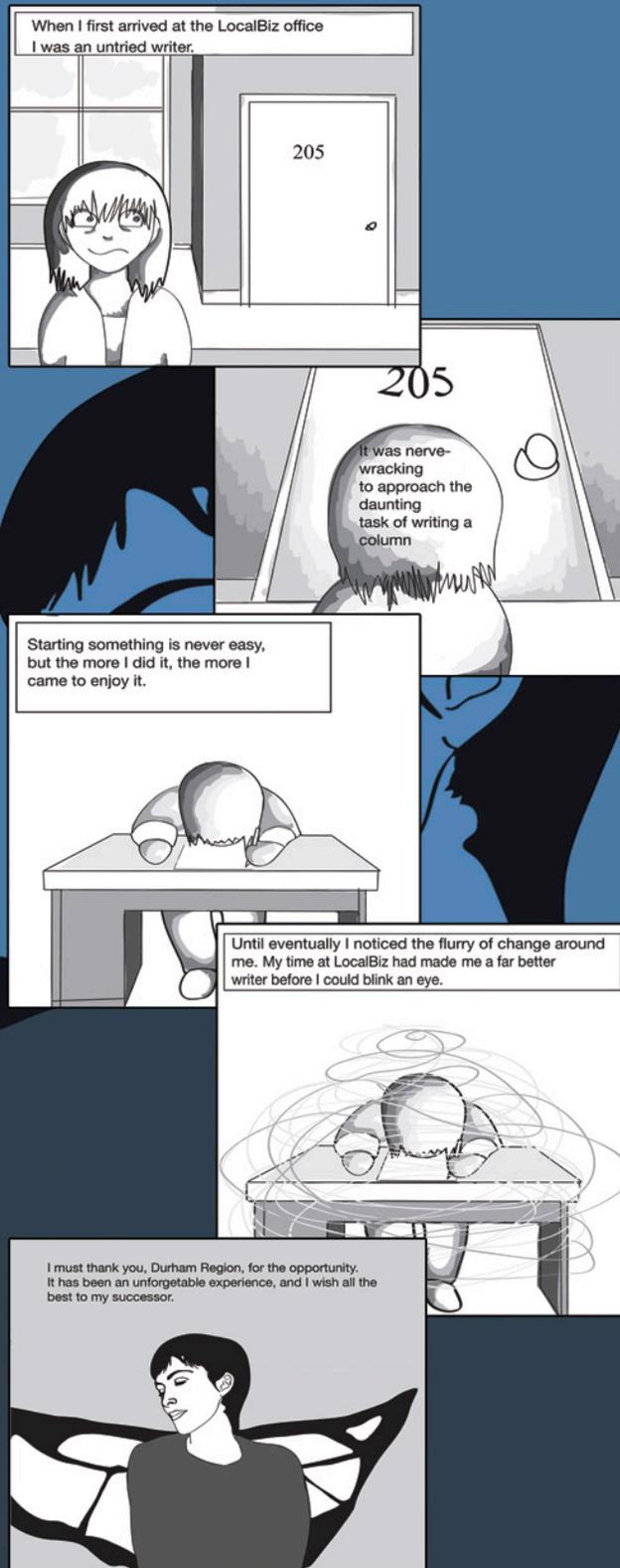
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chock full of awesome

by Sherry Bridge



When I first arrived at the LocalBiz office I was an untried writer.

205

It was nerve-racking to approach the daunting task of writing a column

205

Starting something is never easy, but the more I did it, the more I came to enjoy it.

Until eventually I noticed the flurry of change around me. My time at LocalBiz had made me a far better writer before I could blink an eye.

I must thank you, Durham Region, for the opportunity. It has been an unforgettable experience, and I wish all the best to my successor.

.....
Sherry will be turning 20 soon so her days as our teen columnist are finished after this issue. You will, however continue to see her writing from time to time.

Taking the Lead



by Corry Hamilton

Bright sunny skies, flowers pushing through the soil and a backyard full of poop. By now, you're probably wishing you had picked it up on a regular basis, rather than waiting for the spring thaw.

So, how will you deal with the spring clean-up? You could hire a professional, bribe your kids, or look at a different solution, composting or installing a pet septic system.

While the Durham Region's green bin program doesn't accept pet waste, that doesn't mean that you can't compost your pet's poop. You will need to buy or build a separate composter and follow the same general directions that you do for your food/yard waste. You may want to add some "red wigglers" to the compost to speed up decomposition and because it is full of organic matter, the worms will be very happy. You can also compost your small animal bedding and cat litter, provided that your litter is made up of wood, corn, wheat... You will not be able to compost any clay litters.

Be patient, as it can take up to 18 months for your compost to be just right and you will only be able to use it on flowers, shrubs, and trees, not on your edible plants because of bacteria.

Another option is to install a pet septic system. They come in a variety of sizes depending on how many animals you have. Basically, they utilize bacteria and enzymes to break down the pet waste into a liquid that is reabsorbed into the soil. It will generally work well in all types of soil, the exception being non draining clay soil. A pet septic system is very convenient, sanitary, odourless, and free of insects. As long as you remember to add the waste digester (bacteria/enzyme powder) + water, you will have a very effective method to dispose of your pet's waste. The Doggie Dooley Company who manufacture one of these systems, has been in business for over 40 years and is very well respected in the pet industry.

By utilizing either of these clean up options, you will be saving yourself time and the environment, but most of all you'll be able to enjoy your poop free yard.

.....
We loved the name of Corry's business, so much, we decided to name her column Taking the Lead. Corry's furry family is full of special needs animals and when she isn't planning her next great international adventure, you can find her curled up with a book, snapping pictures or taking a nap with her cats. Corry would love to hear from you. You can contact her at info@takingthelead.ca



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Ask Sue-Ann



by Sue-Ann Bavlnka

Dear Sue-Ann:

I am a mother of two young children. I have run a business from my home successfully for several years. Lately my clientele is dropping off and money is dwindling. I have had a dream of doing something different for years. The change in career is quite dramatic and even though I have no experience in it or practical knowledge of this field I believe in my heart that an opportunity will present itself. Can you tell me what the outcome will be?

*Signed,
Dreamer or Realist*

The clientele in your current business are dropping off because you have switched focus. You are putting more energy into dreaming and taking no action towards achieving that dream. The fantasy career that you desire requires a lot of preparation and experience. Time is already stretched for you because of your family situation. To push aside your current responsibilities to pursue a career of such magnitude is not in your future at the moment. Learning the new career and beginning to work towards your dream is though. You may want to consider returning your focus and energy to your first passion that has always provided you with a sustainable income. When you do there will be an increase in clientele and that will generate more income.

Dear Sue-Ann:

I am in high school and I am a very emotional person. I always feel a lot of different emotions when I walk past a group of people. I hate being in crowds. I love to shop but find it uncomfortable to be at the mall. I will not go to concerts because crowds are just too much. It's almost like I feel too much. Can you help me?

Sleepless Mother

You are right. You do feel too much but not to worry that is easily remedied. When you are a highly emotional person, like yourself, you are more likely to be very sensitive to others' emotional energy. When walking by a group of people you would feel what they are feeling along with your own emotions. It is as if there is no line between your emotions and theirs. You lose the line between where your energy ends and theirs begins. Going to the mall would be worse because the energy is magnified by numbers and that can be very exhausting. Try to visualize yourself in a bubble that nothing can pass through. You are completely surrounded by your own positive energy. This will help you keep your emotions in check with what you are feeling and only what you are feeling. Now when things get confusing you can stop and ask yourself, "Is this me I am feeling or the person next to me?" If the emotions don't belong to you, you can chose to push them away and just feel what belongs to you.

Sue-Ann is a mother of 3 and resides in the Ajax area. She chooses to utilize her undeniable psychic ability to assist you in resolving all of life's issues. You can find out more and forward your submissions to Sue-Ann at www.divinelane.com

by Dennis Brown

Not Guilty

Do you still feel the need to defend yourself? So many of us get our identity from whom and what others say we are. This leads to constantly trying to please others; living up to their expectations of who we want them to believe we are.

This leads to a life that looks good on the outside but painful on the inside.

If we let go of all that, our lives will take on much greater meaning, purpose and contentment. Are you still allowing others who are not experts on your life to define who you are?

I had an incident a few months back where I had to pick up an envelope from an office for my wife. I was very casually dressed. I asked for the envelope which they had trouble finding. I was asked by the lady at the front desk who I was. Before I had a chance to answer she said, "Are you a courier?" I said nothing because again before I had a chance to answer she wanted to know if I was the buyer or the seller (it was a real estate office). "Neither," was my response.

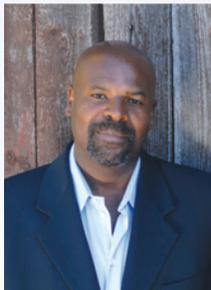
By this time another person on staff joined the search for the envelope. Her question to me on finding the envelope was, "Who are you? Are you anybody?" My response was, "Who would you like me to be?" Not knowing what to do next she asked for some ID. I produced them, she breathed a sign of relief, and she could now attach an identity to me. I was having fun with the goings on as these ladies were trying so hard to place me in a category, to define who they wanted me to be.

I felt no need to be categorized which makes people uncomfortable. I didn't need to be important or "somebody".

The great lesson was how uncomfortable they were. For me not feeling I had to defend who I was, was so freeing. I left that office knowing who I am.

You do not need to be defined by anyone. When you are comfortable with who you are, even being labeled a no-body is ok. To thy self be true, the rest are merely opinions.

Be the best you and watch your self confidence grow. You will now also be able to help others be who they where meant to be.



Dennis of Dennis Brown & Associates applies his passion in helping others unlock their full potential, enabling them to live the abundant lives they were created to have.

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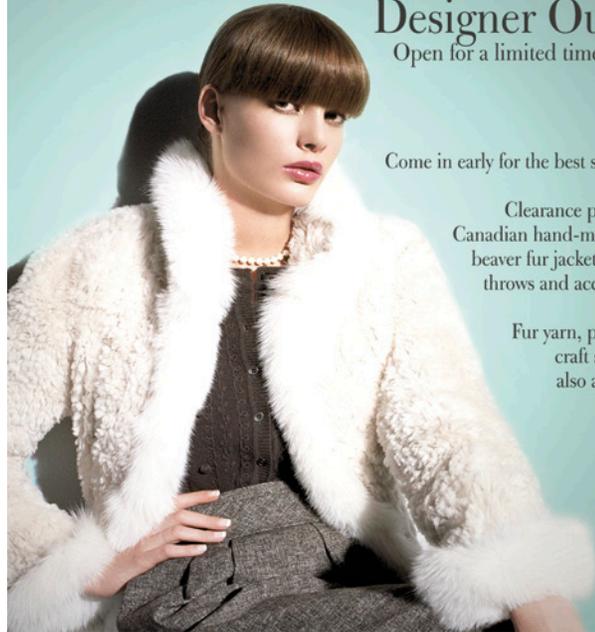
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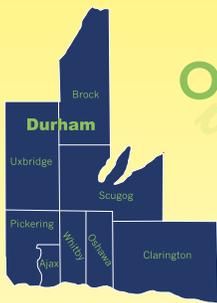


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Your future from the stars

by Micki Lee

Pisces

Apr ~ Saving is a priority this month.
 May ~ Opportunity is here, take advantage of it.
 June ~ Be talkative and communication will be rewarding.

Aries

Apr ~ Is going to keep you hopping. Be on alert
 May ~ Financial rewards due at the end of the month
 June ~ The money keeps rolling in.. enjoy.

Taurus

Apr ~ Great time for socializing and networking, get out there.
 May ~ Now is the time to relax, its gonna be bumpy.
 June ~ Budget is the goal, watch the spending .

Gemini

Apr ~ Interesting month for making friends and networking.
 But be smart.
 May ~ Your engerly will be down, so let someone else take
 the lead.
 June ~ Take a breather, it will come together.

Cancer

Apr ~ Be forwarned, dont change career paths just yet.
 May ~ It's still a trying time, hang in, the up swing is on the way.
 June ~ An outing is much needed and the rewards are
 coming in.

Leo

Apr ~ Those electronics are turning against you at the moment.
 May ~ Patience is needed for communicating, but it will open
 more doors.
 June ~ Luck is in the cards, a trip, raise, new relationship?

Virgo

Apr ~ Check those statements, and dont beleive all you hear.
 May ~ Keep it under control and you will see more results.
 June ~ Hidden factors will postpone a date or money.

Libra

Apr ~ Continue resting, that good news will come.
 May ~ Decide if that is the right person or job at the moment.
 June ~ Avoid travel , but cash is favorable at the end of the
 month.

Scorpio

Apr ~ Rapid changes, you will be asked to take sides.
 May ~ Keep your kool, romance is high right now.
 June ~ Postive attitude, is good for business and relationships.

Sagittarius

Apr ~ Clear thoughts and put your best foot forward.
 May ~ Avoid large purchases, be patience.
 June ~ That secret will add strain this month.

Capricorn

Apr ~ Good bargins can be found, but you will find it a
 balancing act.
 May ~ Those clashes should make you stay on the side lines.
 June ~ Get out at the end of the month,, but be careful
 of injures.

Aquarius

Apr ~ Your charm will increase attraction power.
 May ~ All those delays will ease up at the end of the month.
 June ~ Promote those skills. They will pay off.

.....
 Micki Lee is a business woman from Oshawa who uses the stars as a
 guide for in her daily life.

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