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Durham Region Community Publication

..... Autumn 2011

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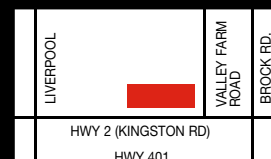


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From the Publisher

What a wonderful summer for those of us who had a chance to enjoy the beautiful weather. Unfortunately it had its ups and downs for our agricultural neighbours. Many of the farmers' markets continue to run well into October so you still have time to get out there and buy food that you just can't find any fresher than what they have.

During the summer we had lots of opportunities to enjoy the fresh produce, cookouts, picnics and the water sports throughout the Region. Now we're looking forward to a new set of opportunities with the changing colours, warm days and cool evenings but still lots of things to do right here at home.

This issue of Local Biz showcases some people we know you enjoy. Two of our regular columnists go a little deeper into their fields of expertise with articles about some special days. Shirley Ouellette has put together the ultimate Durham Region Thanksgiving feast for us and tells us where we can get the supplies to pull it off. She's given us the full menu as well as a couple of very special recipes.

Meanwhile Sue-Ann Bavlnka gives us a real life window into the world that most of us only explore on Halloween, ghosts and her dealings with them. If you enjoy stories about ghosts and goblins, and who doesn't, this will give you just a little taste of her everyday life. It will also provide some insight into the reason that her advice in "Ask Sue-Ann" is so insightful.

Every year we take the time to remind you about Remembrance Day and its importance to all of us. And this year is no different. We have a very special article from Linda Calder, an interview with a veteran of Afghanistan and he lives right here among us.

All our regular features are still here along with all your favourite columnists. We have one very special column in this issue from Corry Hamilton. In addition to some valuable information about pet insurance she shares her feelings about losing her dear friend and cat, Lester.

Thanks to your enthusiasm for Local Biz we have increased the number of copies available throughout the Region but we still encourage you to pass your copy along to someone who hasn't started reading it yet.

If there are articles from the past that you want to read after your copy has disappeared, go to our web site and look it up in the archives. If there is information on an advertiser that you need, it's all there in the archives as well, right back to the first issue.

By the way, we really appreciate all the feedback you give us and we continue to use your story ideas in every issue. Thank you.

Antoine Elhashem
Publisher

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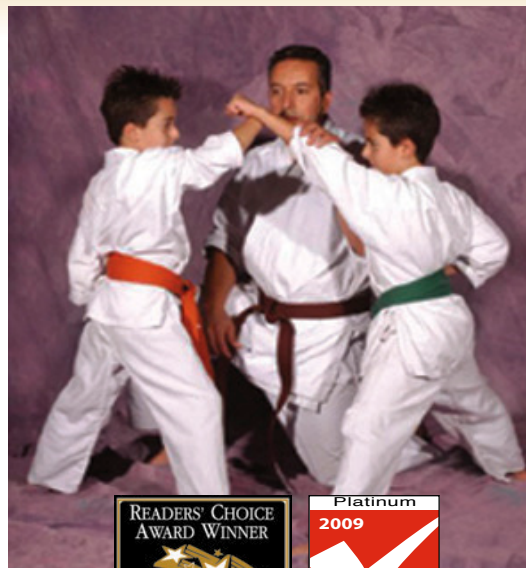
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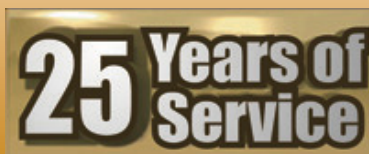
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From the Editor

When autumn arrives in Durham, a lot of the action moves inside but there are still a lot of things to do.

Some service clubs take time off during the summer but they are back up and running, looking for new ways to help the community or renewing their efforts in their ongoing activities. If

you aren't involved in one of these organizations yet, give some of them a call to see how you can help out. They'll be glad to hear from you and you'll never regret helping your neighbours even if they are half way around the world.

Sports go indoors as well. Minor hockey gets going along with gymnastics, swimming, volleyball and a multitude of others. Look up your favourite sport on the internet and get in touch with them. You may want to be a player, a coach or just a spectator. You'll be welcome at games and competitions.

For sports at a higher level, consider Durham College, UOIT, junior and senior hockey or figure skating. They are all a lot cheaper than going into Toronto and the caliber of play will surprise you. There are others as well so take a look for them.

But don't forget the outdoor activities in the Region. The parks and conservation areas put on their best finery for the fall. A drive along any of our country roads will stun you with the colours of the season. You also will have a chance to take the kids to one of the corn mazes in the region to enjoy their preparations for Halloween.

While you're out there, don't forget to pick up some of the late season vegetables, apples, pears, cider or even a bottle or two of wine. There are also some excellent goodies available at country bakeries and other specialty stores.

Remember when you buy from local merchants your money stays right here at home to help the economy of the Region and keep your friends and neighbours employed. There is a good chance that what you buy will be a lot fresher and higher quality than what you can get from the big chain stores.

So enjoy Durham Region. It stretches all the way from Lake Ontario to Lake Simcoe and from Toronto more than 40 km along 401. Chances are there are new places for you to see, new things for you to do and new people to meet in the friendly centre of the universe.

David Drane
Editor



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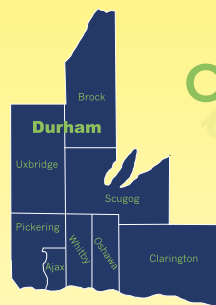
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Ghosts are NOT Just for Halloween

by Sue-Ann Bavlnka

Fall is one of my favourite times of the year. The changing colours of the leaves are spectacular and never disappoints. The heat waves lift and give way to cooler weather. The growth in our part of the world slows and goes to sleep. Mother Nature gently moves through and tucks her gardens in and puts the plant world to sleep until spring, thus leaving a far less colourful world in her wake. The kids return to school and as I type these words I can hear all the mothers in the world that spent the summer at home with their flock rejoicing at the sound of the first of the year's school bells ringing. Traffic returns to the normal ebb and flow or more the normal stop and go.

As we slip into October the excitement starts to build for the next annual event. You can feel it in the air and see it on the shelves in every store that you go in. Halloween is everywhere. It makes my teeth ache to see the array of candies that envelope every store that you enter. The displays can go on for aisles and aisles. Everyone is getting ready to turn fear and fearful things into a fun filled joyful event. Witches, ghosts, vampires, coffins, head stones and ghoulish things become fun for one night and the rest of the year people are finding their way to my table to tell me how frightening they are. One night of the year scary is fun, the rest of the year it's just scary. Makes you want to say, hmmmm.

The origins of Halloween are not known by most people. Halloween has become a night of costumes and candy. I have myself heard the story told different ways. It is said that over 2,000 years ago, the Celts celebrated a holiday they call Samhain (pronounced "Sa-wan"). Samhain was the name of the God of Death. The story is that on the last day of October, when the harvest season had ended and the days were getting shorter and colder, the God Samhain allowed the souls of the dead to visit the homes they once lived in.

When I hear these stories I always wonder who decided to start that story and scare the heck out of everyone. The time of year lends itself to fear all on its own. It's getting colder and darker and winter is coming. But back to the story. It became a very scary night for the Celts. Understandably so, everyone was told that anyone that had died was going to have the ability to roam the houses that they had once lived in while alive. So, on that night they would leave their homes and gather together in a field and build a large bonfire. The fire was built to great heights with the intention to scare away all the spirits, ghost, goblins, demons that may be roaming the earth that night.

The holiday of Samhian was an ancestor of the Halloween of today. When the Romans first conquered the Celts in the first century A.D., parts of their own festivals were added, Feralia, a festival held to honour the dead, and Poloma, named after the Roman Goddess of fruit and trees. Over time the Celt Religion was replaced by Christianity. Around 800 A.D. the Christian church declared November 1st as All Saints Day to honour all the Saints. At that time, people took their old customs from Samhian and the Roman festivals along with part of the All Saints Day rituals and brought them together. The Catholic Church also made November 2nd All Souls' Day to honour the dead. The mass said on All Saints' Day was known as Allhallowmas. The evening before, October 31st became known as All Hallow Eve. Over time it was shortened to Halloween.

But ghosts are an element of what I do every day. I am a psychic/medium which means that I speak to the dead. Ghosts are my normal. I am clairvoyant/clairaudient/clairsentient, which means that I hear, see and feel spirits. I have had this ability for the better part of my 50 years of living so if you ask me if they are real I will say "absolutely". There are also an overwhelming



number of people who would agree with me. The most common thing I hear is from people who claim to have seen a dark shadow out of the corner of their eye and when they look there is nothing there. Accounts of seeing apparitions in the night are a very common event. I have people who sit in front of me with regularity and report that their children are talking and describing in detail a family member(s) that passed on and visit them. I have spirit show up daily at my reading table to provide proof in great detail that they are on the other side. Spirit intent on revealing that they see what is happening in their loved ones lives. It is startling to hear the details I am given to express to a loved one that I would have no way of knowing. The clarity in which the dead can reveal themselves to express their love, regret or even apology for the life shared on earth amazes me daily.

There are too many stories to share and some are of a dramatic nature. An example of one that comes to mind that always makes me smile is while reading for a client her husband that had passed to spirit presented himself. The client explained to me that he had shown up to most of the readings that she had had over the years and that she was not surprised that he had shown up to this one as well. He was expressing his love for her and the family. That is an element of what I do that is so very touching and can be overwhelming at times. As a reader you are let into the intensity of love that the spirit feels/felt for the client in front of me.

That can also have a reverse effect because not always the spirit showing up felt love for the client.

As an intuitive reader I find that it is a privilege to feel and share the information that comes forward from spirit. I, as an intuitive reader want the information to be revealed to me that I would have no way of knowing. This particular reading was one of innumerable readings that revealed undeniable information. Her

deceased husband kept showing me a white box. At the time I was thinking, "Great, a white box how descriptive is that". When I told the woman that he is repeating over and over again "the white box, tell her the white box, she will know what that means", she began to cry. That is when she revealed that when they purchased their first house together, there was a white mail box. When they sold that house and moved they took it with them and her husband hung it in their garage. It was Dad's private box. He wrote in black marker on the front of it, "Dad's very private box – Please do NOT look inside". She explained that the kids had respected his right to privacy and never looked in the box. On the day of his passing one of the first things her daughter said to her was "Now, we can look and see what Dad kept in his white box". It turns out that when you lifted the lid it said "Nosey Get". The big mystery was that is where he kept his extra garbage bags. Even in death spirit will try and remind their loved ones of humour and bring forward a lighter side of living.

Quite often when a spirit steps up to speak to me they tell me how they passed first. Sometimes it is with great detail they describe the events of the end of their life. With that I most often experience the symptoms of the person as they passed. I was reading at a psychic party in Durham region for a woman when a close friend of hers stepped forward to speak. He told me that he was 19 when he passed and that he had passed at work. I started to cough uncontrollably and could not catch my breath. He said to me that he was not a smoker. I was choking and then it stopped. The client revealed to me that he had died of an asthma attack.

I have also seen in great detail the room that the person was in as they were crossing over and the people that were standing around them. The desire to let those who are left behind know that they knew they were there is common.

I have experienced the last 24 hours of a person's life before their untimely demise at the hand of another. This was in such great detail that the spirit that had passed took me to another part of the world where he had been stalked and killed. He revealed in great detail the events of his death. It was startling what he was able to convey. This provided resolution to a family that had been left behind to wonder what happened to their loved one.

Quite often when the dead show up they bring aromas with them that they were known by when they were alive. There are several things that spirit will do to reveal their presence. Every day I will get wafts of cigarette smoke, pipe tobacco, perfume, cologne or a flower that was well known to the client in front of me. It is when I can taste Grandma's cookies or pot roast that I will finish that reading being hungry myself.

If you are experiencing things that go bump in the night, the sounds of footsteps in the hallway when no one is there or perhaps the movement of objects within your home, those unexplainable events then you can well relate to what I have spoken about. If you wish to rid yourself of those things that hover around, reveal themselves or just go bump in the night never fear it can be done with ease. Just remember fearful thoughts will bring fearful things to you. Claiming your space is the key.

It is humbling to do my work and I am blessed and honoured to assist those who need guidance and resolution with life and the passing of a loved one. So, if you ask me if ghosts exist, "Yes, absolutely without a doubt."

I guess that means I get to celebrate Halloween all year just without the candy.

Sue-Ann writes the Ask Sue-Ann column. She is a practicing psychic/medium within Durham Region who has an undeniable connection to the Divine. She is also a lecturer, teacher and a regularly featured psychic/medium on television. Her clients are astonished by the amount of information that she receives about them and their life's journey and those loved ones that have passed on.

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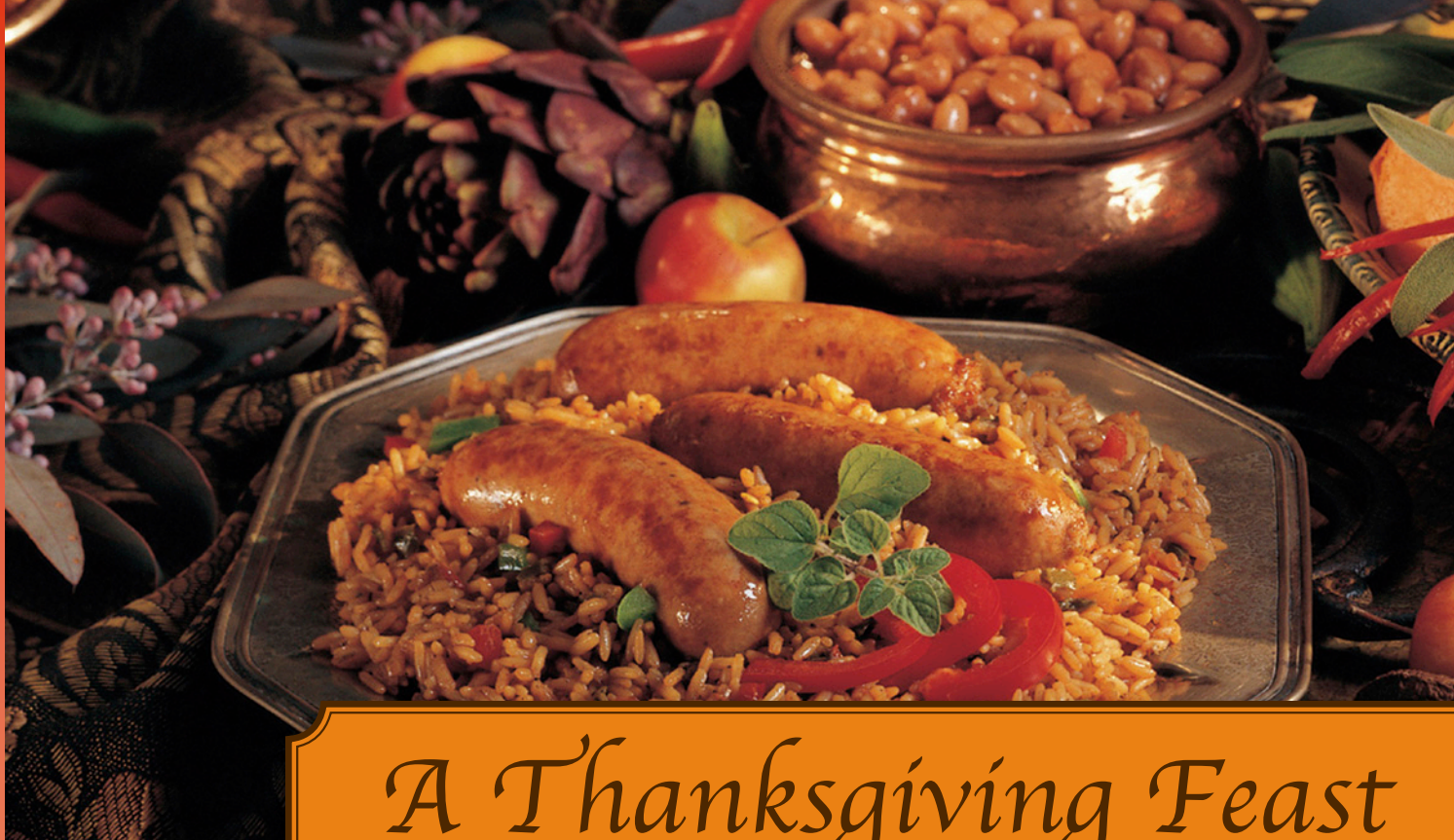
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A Thanksgiving Feast

On reading several versions of the history of Thanksgiving I have to declare they were pretty much the same. Well they are supposed to be, right? I mean that's what history is, a factual account of a period of time. Some people find history boring and some people find it exciting. Personally I find history romantic. I guess that's the artist in me. I find grocery shopping romantic too!

A couple of facts that I wanted to share, which I am sure many of you know already is that the First Nations in Canada had long-standing traditions celebrating the harvest and giving thanks for a successful bounty of crops, so this kind of celebration is not new to Canada. In England we have the Harvest Festival where we give thanks for our bountiful harvest and then go out into the community and offer food baskets to those less fortunate.

Thanksgiving as we currently perceive it in Canada goes back to an English explorer, Martin Frobisher, who had been trying to find a northern passage to the Orient. He did not succeed but he did establish a settlement in Northern America. In 1578, he held a formal ceremony, in what is now called Newfoundland, to give thanks for surviving the long journey. This is considered the first Canadian Thanksgiving.

Over the years many dates were used for Thanksgiving, the most popular was the 3rd Monday in October. After World War I, both Armistice Day and Thanksgiving were celebrated on the Monday of the week in which November 11th occurred. Ten years later, in 1931, the two days became separate holidays and Armistice Day was renamed Remembrance Day.

Finally, on January 31st, 1957, Parliament proclaimed...

"A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed ... to be observed on the 2nd Monday in October."

Amen to that. This is where we move from our history lesson and go to the food.

Yes, today Thanksgiving is all about the food. We are not limited to the fare that our ancestors were, but we do like to keep some of the traditions alive. Who would want turkey without the yummy wild rice stuffing and cranberry sauce? Certainly not my friends at Found Family Farm in Courtice. We get our chickens, eggs and turkey from them on a regular basis. When it comes to Thanksgiving Mary has the perfect script for the school groups who come to visit the farm. Not only do they get to see all the animals up close and personal, but learn a little bit of

Canadian history in the process.

Beef is very close to my husband Roger's heart. If he doesn't have a good stock of Swain Farm beef in the freezer he tends to get withdrawal symptoms so although turkey is the focus of the day, I weave in a little Swain magic to keep him happy. When it comes to our veggies we personally like to visit Svetec Farm, who also have an array of organic meat available, their duck is outstanding, but with so many amazing passionate farmers in the Durham Region we try to spread the wealth!

Now let's talk turkey. I like to allow a pound of bird per guest, knowing that you have to account for bones and that you lose 20/25% in weight when cooking. This is a generous but safe calculation, which is guaranteed to leave you enough to make stock, soup and various other tasty dishes. Stuffing has to be a mixture of wild rice, brown basmati, nuts, dried cranberries, garlic and tons of fresh herbs.

What is in season on the vegetable front? At your local farmers' market they still have broccoli, cauliflower, brussel sprouts, cabbage and of course pumpkins and squash. You can also get apples, pears and fall raspberries. Most farmers' markets in Durham continue into October, but visit the Durham Farm Fresh website to check for the closest one to you to find out if they are still operating.



from Durham Region

by Shirley Ouellette

As previously said, I love grocery shopping especially at local farms or specialty organic stores. So I am going to take you on a Thanksgiving expedition with me to buy the produce I need for this special occasion dinner for my family. This year there will only be eight of us so I can prepare something a little fancier than last year when we had 30 guests. Here's the menu...

Thanksgiving Dinner Menu

Canapés
 Nutmeg Spiced Cheese Straws
 Mushroom & Goat Cheese Toasts
 Pear & Stilton Tarts
 Cauliflower Fritters with Aioli
 Maple cured Beef Rump with Apple Chutney
 ~
 Apple & Pumpkin Soup
 Cheddar Whole Wheat & Grain Bread
 ~
 Roast Turkey with Wild Rice Stuffing & Gravy
 Brussels Sprouts with Bacon & Almonds
 Roasted Heirloom Carrots
 Garlic Mashed Potatoes
 Cranberry & Orange Sauce
 ~
 Pavlova with fall Raspberries
 Lemon & Cranberry Biscotti
 Assorted Cheeses & Dried Fruits

This may look a little daunting but really is not. A lot can be made ahead so on the day you can enjoy with your family and friends. Now let's go shopping!

Most people have the basics in their cupboards like sugar, flour, butter, olive oil, vinegar, dried herbs and condiments so we won't waste any time going over items like this. When it comes to flour if possible buy good quality organic whole wheat products. You will really notice the difference in your baking. That also goes for butter, unsalted organic is best. I often hear people say they cannot afford organic, local produce and feel compelled to get the best deal at some of the larger grocery stores. I have to ask the question. What do you consider is the most important thing when it comes to your family's health? We hear a lot of talk about the environment and how we all deserve to breathe clean air and have clean lakes free from pollution, but what about our inner environment? If we eat foods laced with toxic chemicals that have been genetically modified for faster growth are we not intentionally polluting our bodies?

What we are going to focus on are the main ingredients and where best to find them. You will need to shop over a couple of weeks so we can get ahead with some of the dishes but fresh produce will need to be

bought nearer the day.

Dried goods and any vegetables I cannot find in my local farmer's market or farm store I buy from Tianos a great little store in Pickering on Kingston road. My turkey has already been ordered from Found Family Farm and I have a rump beef joint in the freezer from Swain Farm to make my maple cured beef. The whole wheat flour I am using for the bread is from Tyrone Mills but Tianos also sell organic flours. The cheeses I will be buying from Buckingham Meats, they have two locations one in Oshawa and one in north Whitby. Unfortunately you cannot get cheese made in Durham, but they do have a good selection of Ontario cheeses.

There are obviously many items that are not produced locally, including lemons, oranges, cranberries, nuts, dried fruits, coffee, tea and spices, but I use the mental circles I have drawn around Durham and gradually work out until I find what I want. When it comes to tea, coffee and spices, choose organic and fair-trade whenever you can.

Now what can you make ahead? From the canapés you can make the nutmeg spiced cheese straws, cauliflower fritters and the apple chutney. The cheese straws can be made a week ahead and stored in an airtight container. The cauliflower fritters can be fried, then once cool, frozen. All you need

to do on the day is put them in a hot oven directly from the freezer which makes them great canapés.

The maple cured beef needs to sit in the marinade for two weeks in the fridge before cooking and keeps for a week to ten days after that in the fridge. The cranberry and orange sauce can be made up to a week ahead along with the biscotti and meringue nests for the Pavlova. You could also make the bread and freeze or buy one of the wonderful fresh loaves available at Tianos.

I cannot give you all the recipes in this article as it would take up most of the magazine! But I am going to give you the apple chutney recipe and the beef marinade to get you started as these are best made well ahead of the day. For the rest of the menu go to our website www.cuisineinmotion.com to the Cuisine 'n' Green page and you will find complete instructions should you want to try all or part of our Thanksgiving Day celebration dinner. If you do try some or all of the recipes we would love to hear from you on our blog which is linked from the website.

Maple Cured Beef Rump

Let's get marinating. I usually buy a 3lb piece of beef for this recipe, once cooked and chilled we cut on a meat slicer to keep the slices really thin but you can also cut with a sharp carving knife. We freeze small packages in slices to keep fresh but also to stop us eating it all in one sitting! You will find it quite addictive.

Ingredients:

3lb piece of lean roasting beef either rump or sirloin tip works well.

- 1 Tbsp Whole Allspice Berries
- 1 Tbsp Whole Mustard Seeds
- 1 Tbsp Black Peppercorns
- 3 Tbsp Pickling Spices
- 128 fluid ozs of Water
- 2 Cups of Kosher Salt
- ½ Cup of Molasses
- ½ Cup of Dark Soy Sauce
- ½ Cup of Heavy Maple Syrup



Method:

Put all the ingredients into a large saucepan and very slowly bring to almost a boil. Remove from heat and let cool, this will meld the flavours together. Now chill in fridge for an hour. Add meat and ensure it is covered, keep in fridge and turn meat every day for 14 days.

Remove meat from marinade and discard marinade. Pat meat dry with paper towel and place on a baking sheet. Ensure you use an external digital meat thermometer, this has to be one of the best tools ever. Place in a pre-heated oven at 300°F until the thermometer shows medium rare. Remove from oven and rest. Chill for a day then slice on meat slicer if possible or with very sharp carving knife.

Apple Chutney

Now for the Apple Chutney, again can be made months ahead and keeps for a year, so very good!

Ingredients:

- 1 ½ lbs of Apples
- 8 ozs of Cooking Onions
- 1 lbs of Raisins
- 2 Cloves of Garlic, finely chopped

- 2 Cups Malt Vinegar(preferably)
- 1 ½ lbs of Brown Sugar
- 1 ½ Tbsp Salt

Method:

Put all the ingredients into a large saucepan and very slowly bring to a boil. While this is happening put clean preserving jars into a warm oven at 200°F. Remove chutney from heat and immediately fill hot jars. Screw lids on tightly. You will hear them pull in and then they are good for a year in a cool dark place.

A few final words of wisdom and support for your Thanksgiving dinner.

- Know your limitations, do not try to make too complicated a menu when you have a crowd to please. It's your day too
- Set your table hours before your guests arrive; choose fancy napkins, personal little gifts and name cards to bring colour to your display
- Always start your guests off with drinks and nibbles to keep them occupied while you are busy
- Buy a digital external thermometer if you don't already have one to ensure you do not overcook that wonderful turkey
- Make or prepare everything possible ahead
- Create a time plan, this may sound a little over the top but once you have people in the house it gets hard to stay on track. Decide what time dinner is and work backwards, we do this all the time
- AND last but not least, enjoy. Salute!

Shirley Ouellette grew up in the far south west of England. Since living in Canada she has been actively involved in promoting the Local Food Movement. Sustainability concepts on a broad spectrum are close to her heart and she encourages everyone she comes into contact with to consciously practice sustainable living habits. Married to Roger Ouellette, joint owners of Cuisine in Motion, they cater all types of parties using local produce whenever possible. Shirley also works with a consulting firm that designs, implements and manages product stewardship programs. Enrolled in Ryerson University in their Food Security Program, Shirley brings a wealth of knowledge on many subjects.

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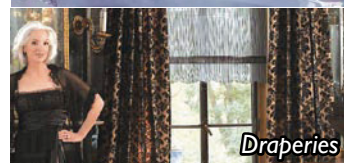
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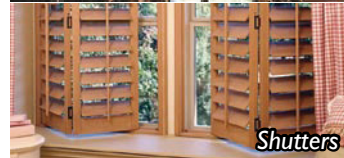
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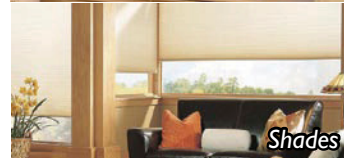
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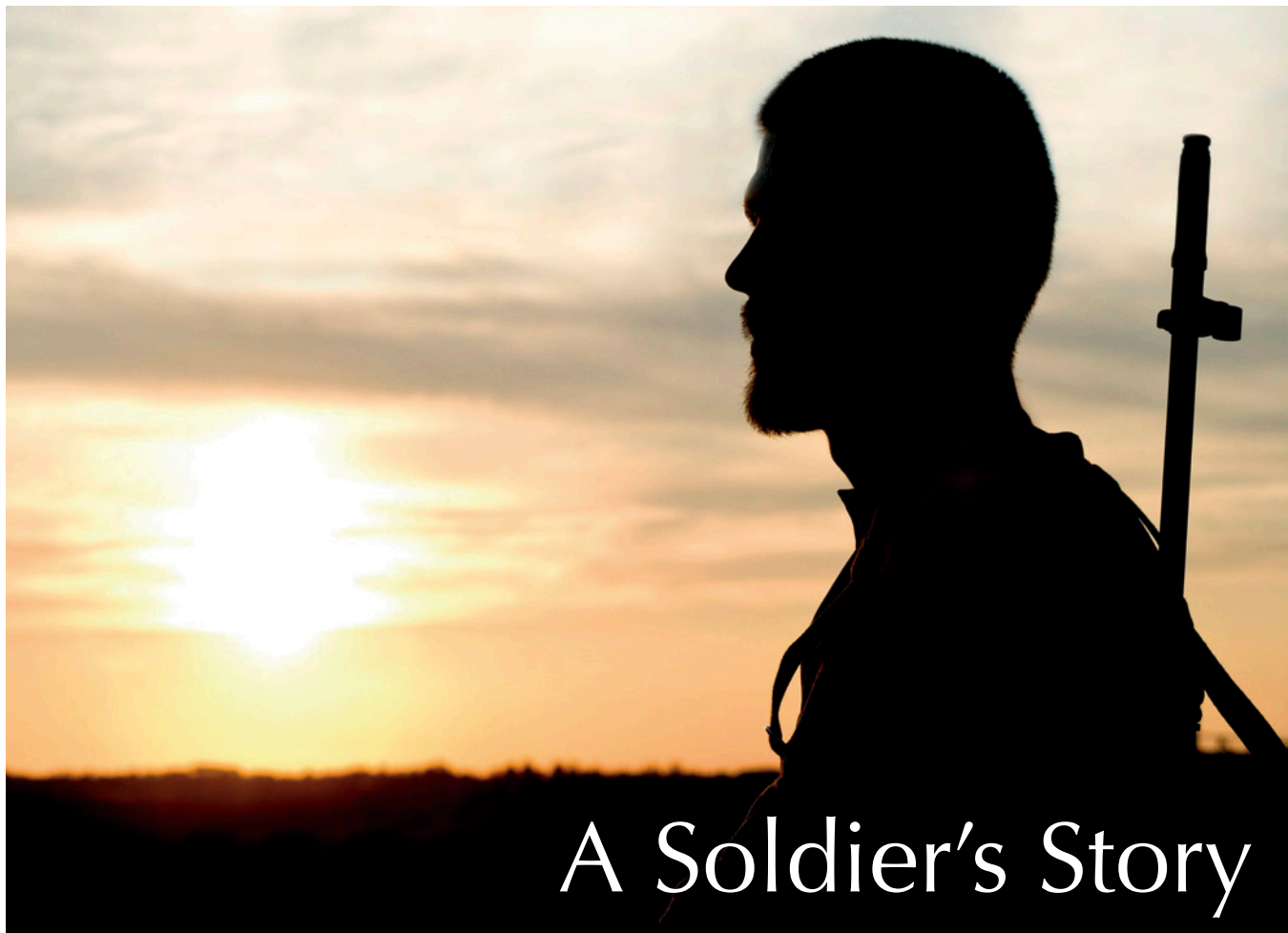


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SAFELY HOME



A Soldier's Story

by Linda Calder

A couple years ago, four of us spent our 'girls' weekend on Manitoulin Island. One afternoon we drove around, stopping every so often at stores that looked interesting. At the back of one of the stores was a black border collie type of dog. He was lying with his front legs stretched out in front of him and his chin resting on the ground in between. When we walked in he raised his head and turned to look at us. Obviously, we weren't who he was expecting because his head went back down. As we petted the dog, the lady in the store told us that it was her son's dog. He was going to be deployed to Afghanistan soon and she was looking after the dog for him.



In the whole scheme of things, a dog doesn't seem to be important. But I guess what touched my heartstring was this poor dog, wondering why his master had abandoned him. When I think about Afghanistan, this is one of the pictures that comes to mind.

At THE EX each summer, we usually stop at the armed services exhibit. I've been impressed by the skills that the soldiers demonstrate. I've seen the troop carriers they ride in the back of. They look like a windowless tin can with seats facing each other on either side. It seems like the soldiers in the back must feel like sitting ducks. The soldiers we talked to were polite and positive. They all looked so young and many had already been to Afghanistan. Some of them twice. But I kept thinking 'They look so young.'

I was lucky enough to get in contact with one of the soldiers, Brook, who had returned from Afghanistan. He agreed to talk to me.

I was so happy when he agreed to talk to me about being in Afghanistan. Brook was a student in my Senior Kindergarten class from 1991-1992. He probably won't like to be remembered this way but he was cute. I remember him as a gentle boy with a round face that was usually covered by a smile. He was proud of his dad who was in the army reserves.

He has turned out to be a handsome young man who still has a great smile.

I had lots of questions for him.

LINDA: Why did you decide to join the Canadian Forces knowing you could be sent to Afghanistan?

BROOK: I finished high school and didn't really have any plans so I went down and joined up.

LINDA: What was the training like?

BROOK: I received good training.

LINDA: When were you sent to Afghanistan?

BROOK: In August 2006

LINDA: How did it feel when you heard you were going to be deployed?

BROOK: How do I tell my Mom and girlfriend?

Brook was twenty when he arrived in Afghanistan. He wasn't based in Kandahar but about six hours away.

LINDA: What were the accommodations like?"

BROOK: We weren't living in comfortable barracks. The barracks on the base were comfortable but that's not where we were.

LINDA: What were the accommodations like that far from Kandahar?

BROOK: We lived in what you would think of shacks for four. I often took my sleeping bag outside and slept there.

LINDA: You were twenty when you went over to Afghanistan. We've all seen the pictures of the soldiers who were killed over there. So many of them were in their early twenties. They looked so young. Do you think they were too young to be sent over there?

BROOK: Age wasn't a factor. We knew when we joined that we would probably be sent over there.

LINDA: Did the training prepare you for what to expect?

BROOK: We had good training. We were told what to expect for such things as culture. What it would be like to be over there.

LINDA: From everything I've heard or read, the members of the Canadian Forces are highly regarded so the training must have been well done. When I was at THE EX at the Canadian Forces exhibit I saw some vehicles that were one means of transportation. They were windowless with a row of benches running down each side. Was this your means of transportation?

BROOK: Yes.



LINDA: How comfortable or uncomfortable were they to travel in?

BROOK: They were uncomfortable. We were jammed in wearing body armour and carrying our equipment.

LINDA: How good are the weapons and other equipment used by our soldiers?

BROOK: I feel that this is information I shouldn't be sharing.

(I respect him for that.)

LINDA: How did you spend your days?

BROOK: Our days were spent on foot patrol or working on the vehicles.

LINDA: Did you have interaction with the people of Afghanistan?

BROOK: During foot patrols, we could interact with the public.

LINDA: What was foot patrol for?

BROOK: Security was our main concern.

LINDA: What was the biggest danger on foot patrol?

BROOK: During foot patrol, IEDs (improvised explosive devices) were the biggest concern. We were trained to look for them but it was difficult because they were buried in the sand.

LINDA: What else can you tell me about foot patrol?

BROOK: There was always a feeling of danger while on patrol. The hours were long and there were no home comforts.

LINDA: How did it feel the first time you

went on foot patrol?

BROOK: I was young and felt invincible. Reality set in later.

LINDA: What did you have to eat?

BROOK: Food was rations. The main purpose of the rations was to make us feel full. There was nothing gourmet about the food.

LINDA: What did you do to the food so that you could eat it?

BROOK: Rations were cooked in heater bags. It's a pouch that we put our rations in and added water. The bag then heated up. We were supplied with bottled water.

LINDA: When you got to Afghanistan where did you go?

BROOK: To the base six hours away.

LINDA: I understand that you weren't aware that there was a Tim Hortons at the base in Kandahar.

BROOK: I didn't know why my Mom and Dad were sending Tim Hortons gift certificates.

LINDA: So that's where you went when you got back to Kandahar?

BROOK: When I got back to the base I headed to Burger King.

LINDA: Sometimes on the news we see celebrities visiting Afghanistan. Did you get to see them?

BROOK: Sometimes I was there for various concerts and comedians. The celebrities

pretty well stuck to the base and didn't travel to areas where they would be in danger.

LINDA: Afghanistan was a dangerous place. Did you have friends who were killed?

BROOK: Some of the soldiers I had trained with were killed. I also lost a good friend.

LINDA: How did that make you feel?

BROOK: It was surreal and it hit home more when I got back to Canada.

LINDA: Were you aware of the support along The Highway of Heroes while you were over there?

BROOK: We were. It was good to know about the support that was given to the soldiers and their families.

LINDA: What role do you think the Canadian forces should be playing? Canadian soldiers have always been known as great peacekeepers. They also did well in a combat role.

BROOK: Either role. The Canadian Forces should be doing whatever is needed.

It's not easy for parents. They have to go on with their regular life with worry about the safety of their son or daughter in the back of their minds. They have to wait for the occasional call or email from Afghanistan. It was something they looked forward to. When Brook got back to the base, he had to wait his turn to use the phone. According to his parents, "When he did call, it was usually two or three in the morning."

The return home from an outing was a heart stopping moment for parents. They always wondered if they would see a black car in the driveway waiting for them as they turned the corner. Fortunately, it didn't happen to Brook's parents.

We are fortunate that Canada has fine young people such as Brook in our Canadian Armed Services. They put their lives on the line everyday to try to make the world a better place. From the bottom of my heart, I say "Thank you."

Linda Calder has great respect for those who serve our country in uniform. Her Dad was in the British Merchant Navy in WW1. A great uncle from Wales, a sailor, earned a Victoria Cross in WW1.

At this time of year we celebrate Remembrance Day but usually relate it to old men who fought in the wars in the middle of the twentieth century. But our soldiers are still protecting our freedom and helping others to gain theirs today in distant parts of the world.

Brook is a shy young man who just wants to get back to a normal life in Durham Region after doing his tour of duty in Afghanistan. He told us his story because he knows that the people at home care. I'm sure that Brook, like many of the veterans I've met over the years wants to forget much of what happened to him on the battlefield. But he was kind enough to answer our questions so that all of us may have a better understanding of the role our military personnel are performing.

On November 11, please attend one of the services at the cenotaph in your community or where ever you might be at 11:00 a.m. They have given so much for you. Give one hour for them.

The Editor



Autumn Events Calendar

Sept. 30, Oct. 1 and 2

Culture Days

Around Durham Region
www.culturedays.ca

Lynda Cunningham gallery tour

The Dark Horse Gallery, Sunderland
www.darkhorsestudio.ca

Gallery on the farm open house

Gallery on the Farm, Enniskillen
www.galleryonthefarm.com

Oct. 1

Behind-the-scenes theatre tour

Oshawa Little Theatre
www.oshawalittletheatre.com

Play: Jake's Women

Oshawa Little Theatre
www.oshawalittletheatre.com

Hypnotist Dr. Mike Mandel

The Regent Theatre, Oshawa
www.werockentertainment.ca

Oct. 2

Ajax - A Retrospective Through Song

St. Francis Centre, Ajax
www.townofajax.com

Fall family festival

Pickering Museum Village
www.cityofpickering.com/museum

Sunday on the Porch with PineRidge Arts Council

Silverstone Gallery, Pickering
www.silverstonegallery.org

'Through the Looking Glass with Alice'

Uxbridge Historical Centre
www.uxbridgehistoricalcentre.com

Yoga and vegetarian treats

Live With Spirit, Brooklin
www.livewithspirit.ca

Oct. 8

Autumn arrangement contest

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

100 Years of Lucy Maud Montgomery

L.M. Montgomery at Home in Leaskdale
www.lucymaudmontgomery.ca

Oct. 13-23

Play: Our Town

Town Hall 1873 Centre for the Performing Arts
www.townhall1873.ca

Oct. 15

Jukebox Hits Live With Freddy Vette & The Flames

The Regent Theatre, Oshawa
www.werockentertainment.ca

Pumpkinville

Greenwood Coservation Area, Ajax
www.townofajax.com

Oct. 15 and 16

17th Annual Port Perry Antique Show

Port Perry High School

Oct. 17

Crash Test Dummies concert

Class Act Dinner Theatre
www.werockentertainment.ca

Oct. 20

An Evening of Hope

Memorial Park, Oshawa
www.pflagcanada.ca

Halloween Howl

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

Oct. 22

50th Anniversary Celebration

Bowmanville Museum, Clarington
www.claringtonmuseums.com

Oct. 22 – 30

Annual Oshawa Fibre Art Show

The Centennial Retirement Residence, Oshawa
www.blumoonfabricarts.com

Oct. 23

Hearth Place 5K on the Runway

Oshawa Municipal Airport
www.hearthplace.org

Oct. 29

Pumpkin Carving Contest

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

Nov. 4

Live Out Loud

Lincoln Alexander C.C., Ajax
www.cityofpickering.com/greatevents

Nov. 11

54-40 Live

The Regent Theatre, Oshawa
www.werockentertainment.ca

Nov. 12

"Old Wives Tales" Theatre

Clarington Beech Centre
www.claringtonolderadults.ca

Ajax Santa Claus Parade

Bayly Street and Mackenzie Avenue, Ajax
www.townofajax.com

Nov. 17 – Dec. 10

Annie: The Musical

Oshawa Little Theatre
www.oshawalittletheatre.com

Nov. 18

Tree Lighting Ceremony

Downtown Port Perry
www.discoverportperry.ca

Nov. 19

Santa's Parade of Lights

Downtown Oshawa
www.oshawa.ca

Nov. 21

Complimentary Carriage Rides

Downtown Port Perry
www.discoverportperry.ca

Nov. 25-27

Christmas in Clarington Country

4720 Old Scugog Rd., Clarington
www.thesprucetree.com

Nov. 26

Port Perry Santa Claus Parade

Downtown Port Perry
www.discoverportperry.ca

George Canyon concert

The Regent Theatre, Oshawa
www.werockentertainment.ca

Nov. 29

Edwardian Christmas Open House

Bowmanville Museum, Clarington
www.claringtonmuseums.com

Dec. 2

Tree Lighting Event

Esplanade Park and Civic Complex
www.cityofpickering.com/greatevents

Dec. 3

JCI Whitby Santa Claus Parade

Downtown Whitby
www.jciwhitby.com

Dec. 3 and 10

Cinderella (play)

Broughm Community Hall
www.cityofpickering.com/museum

Dec. 6 and 8

Make a Joyful Noise music night

Civic Complex, Council Chambers, Pickering
www.cityofpickering.com/greatevents

Dec. 7

Smile Theatre- "Tis the Season"

The Beech Centre, Clarington
www.claringtonolderadults.ca

Dec. 10

John McDermott concert

The Regent Theatre, Oshawa
www.werockentertainment.ca

Dec. 11

Christmas in the Village

Pickering Museum Village
www.cityofpickering.com/museum

Dec. 14

Mayor's Light Tour

Around Pickering
www.cityofpickering.com/greatevents

Dec. 15

Clarington Concert Band Christmas Concert

Clarington Beech Centre
www.claringtonolderadults.ca

Dec. 15 – 24

Fantasy of Lights

Elgin Park, Uxbridge
www.uxbridgeoptimist.com

Dec. 31

New Year's Eve Family Party

Ajax Community Centre
www.townofajax.com

New Year's Eve Family Countdown

Pickering Recreation Complex
www.cityofpickering.com/greatevents

Oshawa Celebrates

Legends Centre, Oshawa
www.oshawa.ca

For events that may have been added after the publication date and other ideas to plan your perfect day in Durham Region, visit www.durhamtourism.ca.

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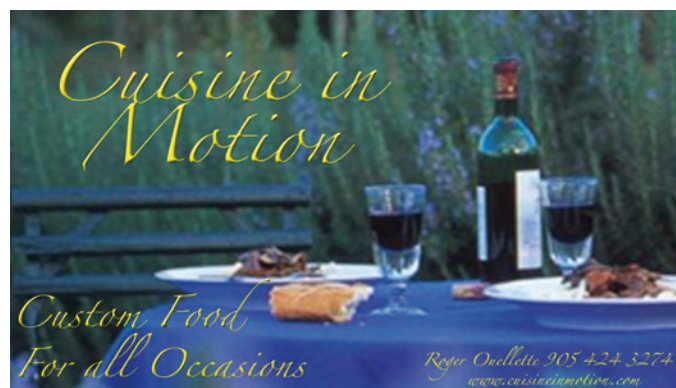


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Film Talk

by John H. Foote

FALL FILMS: GREAT DIRECTORS AT WORK

As the leaves begin to turn their spectacular colours, the school busses begin their runs, and the temperatures drop, the movie screens will be filled with the year's prestige films, films studios hope will be among the nominees for the Academy Awards. This year there will be a great bounty of films directed by world class filmmakers including Academy Awards winning Best Directors Clint Eastwood, Francis Ford Coppola, Martin Scorsese, Steven Spielberg, Steven Soderbergh, Roman Polanski and William Friedkin along with Oscar nominees Alexander Payne, George Clooney, Stephen Daldry, David Fincher, Best Screenplay winner Cameron Crowe and long overdue David Cronenberg.

Spielberg will give audiences perhaps the first great study of the First World War in *War Horse*, based on the Broadway play along with *The Adventures of Tin Tin*, based on the famous comic strip, while Scorsese casts aside the mean streets of New York for a children's story in Paris, *Hugo*. Clint Eastwood takes on the young FBI director Hoover in his film, *J. Edgar* with Leonardo Di Caprio as the young law man with issues, while Francis Ford Coppola gives us his first horror film, *Twixt*,

with seventies character actor Bruce Dern and Val Kilmer.

Roman Polanski cast three Oscars winner Jodie Foster, Kate Winslet, Christoph Waltz along with nominee John C. Reilly in *Carnage*, a study of parents struggling to discover more about their children. Steven Soderbergh will terrify us with *Contagion*, also with Winslet in a film about a worldwide plague threatening to wipe out the human race.

Alexander Payne directs George Clooney in *The Descendants*, the story of a man coming to terms with his wife's cheating, while Clooney himself directs *The Ides of March*, a political thriller about a presidential candidate undone by his own misdeeds. Last year's most decorated director (among critics) David Fincher who gave us the sublime *The Social Network* (2010) will offer up the American version of *The Girl with the Dragon Tattoo*. Stephen Daldry, often nominated, gives us a 9/11 drama *Extremely Loud and Incredibly Close* with two time Oscar winner Tom Hanks and recent Best Actress winner Sandra Bullock. Canadian director David Cronenberg might finally get some long overdue notice for his study of Sigmund Freud in *A Dangerous Method*, his third outing with actor Viggo Mortenson, and Cameron Crowe, Oscar winner for his lovely screenplay *Almost Famous* (2000) for which he should have been a Best Director nominee, gives us *We Bought a Zoo*, based on the book.

Next years Best Director nominees could all be former nominees, or directors from the seventies. Add into that mix Woody Allen for his soaring *Midnight in Paris* and it looks like the year will end with a bang and not a whimper. And of course there are many more films awaiting release that will find their way into the Oscar race.

Consider this -- when the Academy made that stupid decision to up the Best Picture nominees from five to ten, the single most important category became Best Director... period.

JOHN H. FOOTE... is an internationally known film critic/historian.

He has been quoted in the *Los Angeles* and *New York Times*, *London Guardian*, the *Globe and Mail*, *Chicago Tribune*, and the *New York Post*.

John lectures Film History and Film Genre at Humber College, and is former Director of the 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.

Tasteful Talk

by Shirley Ouellette



After all the razzmatazz of summer, fall is already upon us. It seems we Canadians sit in our winter hideouts for months planning what we are going to do in the summer. Camping, pool parties, afternoon cocktail parties and much, much more, but just as we are getting used to that warm weather it departs and we scurry back inside.

Don't be too upset about the departure of summer as fall can be the most wonderful season. We still have warm days, but cooler nights and no bugs! This has got to make you smile. We can still cook on the barbeque, have cocktail parties and watch the sunset after a perfect day with family and friends.

What to cook? What is still available in our beautiful Durham Region I hear you ask? There are many vegetables and fruits still available at farmers' markets and farm stores. Go to the Durham Farm Fresh website to find out what and where you can get it.

If you visit local farms, again a list is on Durham Farm Fresh. You can buy meat, meat products and eggs all year round. You can not only get good deals from your local farmers, but you can be assured you are getting good food. Why not consider a Community Supported Agriculture (CSA) program for your family next year? Go to csafarms.ca to find one close to you. What are CSA farms? CSA farmers receive a set fee from their customers prior to the start of the growing season. In return, you receive produce from the farm's bounty and you also share the risks due to weather and other factors beyond the control of the farmer. It is very exciting getting your box of goodies delivered every week not knowing what is going to be in it, and then looking up new recipes to decide what dishes to make. If you do want to consider this program sign up early, they do get fully subscribed.

If you don't make your own pickles, chutney's, jams etc., ensure you go to your local farmer's market to snap up their home produce before the season is over. There is nothing like the taste of summer in a jar when the summer is but a distant memory.

As always, don't forget we are the consumers. Buy local produce. Vote at the cash register my friends, instead of becoming an accomplice to the death of our local farming communities. Be the super hero and save our Durham Region. Salute!

.....
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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Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

The more you learn, the more you know. On the other hand, the more you know, the more you forget. The more you forget, the less you know. So.... Why learn?

Don't you wish it was that simple? School is probably the most interesting time of a kids life. We have to learn all new subjects, with all new things to remember. We have to get all new back-to-school supplies. We also have to re-start making lunches every school night for the whole year.

It can be even scarier when you have to switch schools. Going to a new school is terrifying! You don't know anyone, so you have to make new friends and say goodbye to your old ones. You have to learn all new rules of how that school works. The worst is when you have to make the switch from Elementary School to high school!

That is what I am doing this year and I am scared out of my mind for so many different reasons! What if no one likes me? What if I am late to my classes? What if I can't find my classroom? What if I get lost? All of these different, scary thoughts are flying around my mind right now. The anxiety of it all is pretty big. However, going to a new school doesn't have to be that bad. Some of my friends are going to the same school; I get to meet new people, I get to go back to school shopping, which isn't such a bad thing, and I get to be in an all new environment.

Now I have some tips for anyone out there who is nervous about going into grade eight. Always keep up with your work and don't be nervous. Grade eight is fun, but pay attention during fraction and decimals because if you don't they will come back and bite you in the butt, and try to stay out of the drama. If you follow these little tips you should be fine!

You definitely need a few new supplies for your return to school. A scientific calculator is a life saver in the higher grades. You may also want to pick up a protractor, compass, ruler, a small pencil case with pencil crayons in it, scissors and glue stick. I don't know how many times my teacher said to pull out one of these things and at least 4 people didn't have them.

Going to new a school is scary but it isn't that bad when you get there. Well good luck to everyone out there and remember it is supposed to be a fun experience! Stay tuned for my new life at high school!

Bio: Samantha Burtch Whitteker is a 13 and ½ year old with long blonde hair and blue eyes. She loves to shop; babysit to make money to go shopping, read and write. When she can't express herself through words she writes. She loves living in Port Perry with her family.

Taking the Lead



by Corry Hamilton

Pet Insurance — Is it Worth the Cost?

Many clients ask me this question and the easiest way to decide is to ask yourself if you are a saver or a spender?

If you are a saver you probably already have an emergency fund or contribute to one on a monthly basis so pet insurance probably isn't for you. By putting away \$25, \$50, or \$100/month you will have saved from \$4500-\$12,000 over the lifetime of your pet. If your pet stays healthy, then you have a nice nest egg to do with what you want.

If you are a spender, you might benefit from having pet insurance.

There are many things to consider when choosing pet insurance. These are just a few: What does basic and premium coverage consist of?

How much more is the premium policy and is there a deductible or co-pay? Some policies require you to pay 20% of the costs, while the insurance company covers the other 80%. If your pet breaks their leg or has to have surgery are you prepared to pay from \$600-\$1000 extra.

Are there any limitations to the policy? Will the policy cover complimentary services such as chiropractic and massage? How old is your pet? Do you have a pet with a pre-existing condition, such as diabetes or allergies? Do you have a pet that may suffer from hereditary conditions such as hip dysplasia? All of these factors come into play when an insurance company is deciding whether they will cover your pet and determining the premiums you pay.

Do your research and at the end of the day, do what is best for you and your pet.

Crossroads

I am at a crossroad and my heart breaks.

You are battling an infection and need surgery.

Are you strong enough to keep fighting?

They discovered an irregular heartbeat; something else we have in common.

I go ahead with the surgery. Am I selfish to not want to let you go?

I am at a crossroads. You survived the surgery and appear to be on the mend.

My heart is overjoyed. Days later and my heart drops into my stomach. You have taken a turn for the worse.

Where is my little man? The one who battled through a broken jaw and lost his eye from being hit by a car before I adopted him?

Where is my little boy who got kicked out of the shelter because he terrified Leon, the shelter dog?

Do you still have any fight left?

Am I strong enough to let you go?

I am at a crossroads. It is Sunday morning and I look into your eyes and know.

You wrap your arms around my neck to comfort me.

You take your final breath and I know you are at peace.

.....
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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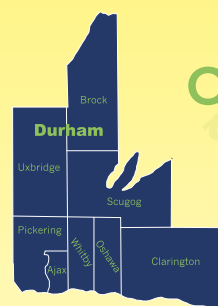
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Over 40 Years for Jim's Pizza and Pasta

Throughout the forty years they have been in business, Jim's Pizza has catered and delivered countless pizza and pasta dishes.

Effy Peel, daughter of founders John and Helen Kotsovos, will be the first to tell you that nothing beats a home-made meal.

"We offer consistently great tasting recipes - that is the secret to having customers always coming back," she says.

Step inside Jim's Pizza for a leisurely dinner with friends and family. Enjoy Helen's signature recipes, from a classic homemade pizza and pasta sauces, to her tasty salad dressings. Simply delicious!

Since 1971 when Jim's first opened their doors in Peterborough, the restaurant has been known for its authentic Italian menu, excellent customer service, and affordable prices. Customers tell her they find the food very satisfying and comforting.

All items are freshly prepared daily with all natural ingredients and no preservatives - definitely wholesome. "Our food is universally loved," says Effy.

In 1968 the five Kotsovos brothers launched their first pizza business venture in Belleville. Then they opened a second one in Trenton in 1970 and in 1971 they came to Peterborough, where John and Helen decided to pursue their business venture. It was a great marketing location for business and a perfect family community to settle in, says Effy. It has not stopped since!

Jim's is a proud sponsor of youth soccer, baseball, lacrosse and is a great supporter of many charitable events.

After 25 successful years in Port Hope, Effy decided to return to Peterborough to assist her parents. They have now opened their newest location in Port Perry

The Kotsovos family says, "I'll say our first 40 years of business success serve as the inspiration for the next 40 years! We extend our sincere thanks and appreciation to all staff, colleagues, customers and other businesses. You made it possible."

Please join them at their new location and enjoy a taste of Jim's Pizza tradition!

126 Water Street, Port Perry, Ontario
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Ask Sue-Ann

by Sue-Ann Bavlanka



Dear Sue-Ann:

I have always thought that I believed in spirits. I have spent time reflecting on God and what it represents to me. I have listened eagerly in my lifetime to the stories told by friends about ghosts and events in their lives with spirit. Although I could identify and tell many stories in my life that reveal coincidence and sometimes even Divine intervention, I had never seen or experienced spirit personally. My Father who was very close to me passed. I was grief stricken for years and as I waited for the sign from him that he was OK time continued to pass and still nothing. I gave birth to my son and wondered if he saw and knew what was happening in my life. Then one day my son came down in the morning and described in great detail the man that showed up in his room the night prior. As the hairs on the back of my neck rose I listened to my three year old son describe his Grandfather, my Dad, in detail. As he said, "The man said to tell Mommy everything is OK and I love her too," a tear fell from my eye. I am overjoyed by what happened and believe it was my Dad. My question is why did he come to my son and not me?

Signed, Loving Daughter

I hear stories like yours with regularity. It is a blessing when our loved ones show up after their passing to leave a sign or give a message. There is no consistency from one situation to another of how the sign or message will come to pass though. One thing that is common is that people who are consumed with grief rarely get the message that they are longing for themselves. Grief is a very heavy energy and difficult for spirit to get through. Your son is a pure energy and he does not know fear or grief in a way that would prevent spirit from presenting itself to him. It is common for children to lose their ability to see spirit when they are taught to be afraid. Now that your grief is lifting watch your dreams for him to show up and speak to you. Don't fret about it, as it will push the outcome away. When he reveals himself, and he will, you will know beyond a doubt that it is truly him.

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

Go Ahead I Dare You

War, Famine, Financial Meltdown, Riots, Government Dissension, Bankruptcies, Murders, Accidents, Job Layoffs, Religious Disagreements, Natural Disasters!

Did I miss anything?

Are you overwhelmed yet by all the calamities and negativity?

I dare you to be different. Be selective about the news you watch and read or better still stop watching and reading about it. Decide right now in the middle of all this chaos, to start choosing to live the life you want.

What in your life have you been putting off; losing weight, getting into the best shape of your life? Is it starting your own company, a new hobby, better relationships, deepening your faith? What is it?

Do it now. Do not let all this negativity get you down. Do the opposite. Be brave, refuse to participate.

I recently read a page from a book by Dr. Ben Carson on taking risk. Dr Carson is a neurosurgeon who rose from abject property to become the foremost expert in his field. He is known for performing some of the most risky operations on infants, including separating Siamese twins.

In his book he talks about the four questions he asks himself before any difficult surgery, or taking any risk to better his life.

What is the best thing that can happen if I do this?

What is the worst thing that can happen if I do this?

What is the best thing that can happen if I don't do this?

What is the worst thing that can happen if I don't do this?

Simple questions he admits, however quite profound. Go ahead ask yourself these questions as you embark on the things you have being putting off.

Be honest, the answers will surprise and motivate you to get going.

Dare to live the life you want, no more holding back. What's the best thing that can happen to you?



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Your future from the stars

by Micki Lee

Pisces

October- Getting caught up in emotions will affect decisions you make.

November - Dinner with a friend or an evening with a loved one heals problem.

December- Enhance your sensitivities positively.

Aries

October- Reflect and be ready.

November - Don't worry about the task you can't complete.

December- You will be in the mood to retreat.

Taurus

October- Set up a new budget before you spend too much.

November - Dinner with a friend or sibling can restore good feelings and bring rousing support.

December- Too much of anything will be your downfall.

Gemini

October - Sidestep confrontations and avoid competitions.

November - To make it worth your while, you mustn't go over budget.

December - Renovate or simply change your living space

Cancer

October - Dinner with a companion restores harmony.

November- Say what's on your mind .

December- The better you will feel about who you are and what you accomplish.

Leo

October- Avoid direct confrontations.

November- A proposal may not live up to its promises.

December- Emotional encounters will change your life, allowing you greater freedom to explore.

Virgo

October- New friendships will turn into long-lasting relationships.

November - Nurturing friends and a caring partner bring aid.

December - You will discover valuable information if you network.

Libra

October- Indulge in your favorite form of escape.

November - Listen carefully and contribute what you can.

December - Love is on the rise.

Scorpio

October - Keep tabs on your money and your possessions.

November- Focus on physical activities and getting into shape.

December - The mood shifts to pleasure, play, romance and children.

Sagittarius

October- Set up a way to show your skills and promote your talents.

November - Step into the spotlight and show everyone what you have to offer.

December - Look for adventure and you will find it.

Capricorn

October- The mood of forgiveness is in the air.

November - You don't have to be the one to make changes.

December- Emotional encounters will change your life.

Aquarius

October- Shopping can be productive

November - Watch your ankles this month. ouch!

December- Find time to relax, you are going to need it.

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



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