



The Local Biz Magazine

Durham Region Community Publication

..... Autumn 2012

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*with Local Comedian,
Phil Hanley*

Tank Talk
from a 94 Year Old Vet

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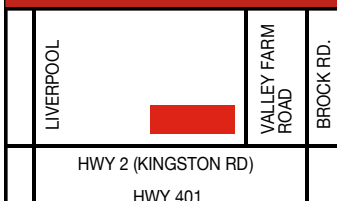
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Publisher/Creative Director Antoine Elhashem
Editor-in-Chief Sherry Hucklebridge
Art Director Vaughn Lal

Regular Columnists

Sue-Ann Bavlnka, Samantha Burtch Whitteker, Dennis Brown,
Corry Hamilton, Shirley Ouellette, Micki Lee

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President Antoine Elhashem
GM & Production Coordinator Kim Dobie
Advertising Consultants Carolyn Burtch,
..... Tod Melville, Tina Kelly
Admin Assistant Sherry Armstrong
Counsels Jerry Herszkopf - Jerry Herszkopf Law Firm

Mailing address

205-1691 Pickering Parkway
Pickering, ON L1V 5L9

To contact us

416.926.9588 or 905.231.9722
www.thelocalbizmagazine.ca

For comments, questions and advertising inquiries

inquiries@inspiredcreative.ca

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From the Publisher

Well, after what seems like an eternity, I can finally exhale. It took a lot of time, effort and love, but here it is: the fourth anniversary of The Local Biz Magazine! I know all our valued readers are just as excited as I am to turn the page and explore the the goings-on of our exciting and vibrant Durham Region, but please, if you would allow me a few minutes of your time;

Let me just start by saying how wonderful it has been to serve this community and to continue to have the opportunity to do so. The input of all Durham Region goes into creating this publication, but it is the experience of meeting and learning about the individuals of this beautiful area that makes this so special. We have covered only a small portion of the treasure trove of interesting stories and people that many of us don't even know surrounds us. I feel that being able to bring that to you, our reader, has made these last four years more than worth it.

But enough reminiscing! What you hold in your hands is possibly our finest work yet. This issue introduces Local Biz readers to Patrick Wakisaka, who has spent this month living with, interviewing and sharing time with a Buddhist monk, and was gracious enough to give us the scoop. Our editor-in-chief, Sherry Hucklebridge, got a chance to interview the hilarious and all-around great comedian Phil Hanley, himself an Oshawa native. I know you will simply be unable to wait and catch a clip of him on Youtube after reading the interview, but can you do me a favour and finish the rest of the magazine after? As a treat for all our creative crafters, be sure to check out (nay, study!) Susan Armstrong's guide to making your own Hallowe'en costume. I know I am certainly going to be ready for October 31st!

And that's just scratching the surface, we have all of your favourite regular contributors and columns just a page turn away. Make sure to check out our website too if you're itching to read some of your past favourites, or to just see how much our awe-inspiring Durham Region has changed since we started three years ago. Wow. It still feels weird hearing that. And yet, here we are! SO, I am sure I've kept you long enough. Please, without further ado, turn the page to start the 2012 Fall issue of The Local Biz Magazine!!!

Antoine Elhashem
Publisher

In This Issue

- 7 An Interview with Comedian Phil Hanley Sherry Hucklebridge
- 11 Talking Tanks with a WWII Vet Linda Calder
- 16 Preserving the Harvest Shirley Ouellette
- 21 Daeung Sunim, Traveling Buddhist Monk Patrick Wakisaka
- 26 ...Mom, Dad, I neeeeed a costume! Susan Armstrong

Regular Features

- 15 Film Talk Emmanuel Lopez
- 19 Autumn Events Calendar
- 25 The Right Stuff Stephanie Pommells
- 31 Is This Neighbourhood Right For You? Ryan Smith
- 32 Tasteful Talk Shirley Ouellette
- 33 Teens, Tweens & Inbetween Samantha Burtch Whitteker
- 34 Taking The Lead Corry Hamilton
- 35 Ask Sue-Ann Sue-Ann Bavlnka
- 36 The Coach Corner Dennis Brown
- 38 Horoscope Micki Lee


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From the Editor

So it is fall, and our long, hot summer has finally drawn to a close. As much as the loss of warm weather pains me, I must admit that I am looking forward to that transitional phase where the foliage starts to change and the temperature is just perfect. It's really a great time to get out a camera and capitalize on Durham's scenic areas. After traveling and vacationing in the summer it is nice to settle down here at home and still be able to appreciate the natural beauty that is all around us. One of my favourite places for nature photography is the cluster of hiking paths around Duffins Creek. I am also a big fan of Claremont Conservation Area, which brings back fond memories of grade school trips I took there. I can't get too caught up in picture taking, however, or we won't be able to release The Local Biz Magazine winter edition! Oh well, it is a labour of love.

This issue was an interesting one for me because I got to contribute an interview with comedian Phil Hanley. It was a nice break from the pile of editing I usually get to do and I have always liked working on interviews. I think they are particularly good at connecting people and communicating their stories. It also gives us a chance to showcase members of the Durham Region community that deserve recognition, so it is a really valuable exchange.

The other interview featured in this issue is with WWII veteran Thomas William Donahue, and was actually a suggestion from Diane, one of our readers. We really appreciate the dialogue we have with our readers and wanted to take this opportunity to demonstrate that your input is a big part of The Local Biz Magazine process.

Sherry Hucklebridge
Editor



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AN INTERVIEW WITH COMEDIAN PHIL HANLEY

By Sherry Hucklebridge

A few months ago I was lucky enough to get invited to see Comedian Phil Hanley perform live at Yuk Yuk's Toronto. When I contacted him after the show, he graciously agreed to give me an interview on how he came to be such a hilarious scion of Oshawa. If you want a little more context for this interview, although it is not required, you can check out Hanley's stuff on his YouTube channel; [FullHanleyExperience](#).

Hanley's act boasts quirky, unassuming failure-to-launch humour that hits home with anyone who has experience in a "multigenerational" household. Although sharp and self-deprecating, Hanley's jokes still had a softer side; he says he would never really complain about his parents, if it weren't for them he wouldn't be here. They gave him a drive.

S: When did you first know that you wanted to get into comedy, was it back when you lived in Oshawa?

PH: After high school I lived in Europe where I was a model, and while doing that it was suggested that I take some acting classes. So, I took an improv class and I got laughs in class and, all of a sudden, it just dawned on me that, wow, this just feels like hanging out and being a smart-ass with my friends. At that point I started taking more improv classes and ultimately decided just to try standup. So I tried it and after the first show, which was in Vancouver, I was like 'yeah this is absolutely what I want to do.' What I liked about it was, initially, it felt just like hanging out and making jokes with my friends.

S: What an unusual transition, from modeling all the way to professional stand-up. Where do you want to go with comedy? I know that a lot of popular comedians are known for big screen appearances. Since you have had training in acting, do you plan to expand into movies or television?

P H : My goal when I started was to, ultimately, move to New York, and that's where I live now. My favourite thing to do would be to always just do standup, but, you know, I've

done some writing and I would certainly be open to acting. I don't know if I see my career as acting, though. To me, nothing is as fun or as fulfilling as standup. It is my favourite thing to do but - on the other hand - if you do acting jobs it helps you to get your name out there and therefore you can do more standup. It's funny that it works like that, but the more things you do, like acting and writing, the more opportunities open up, definitely, like playing bigger venues and things like that. Where as if you are in clubs doing standup every weekend you just don't get that exposure, you are only seen by those people. I want to do more stuff here in the

...ALL OF A SUDDEN, IT JUST DAWNED ON ME THAT, WOW, THIS JUST FEELS LIKE HANGING OUT AND BEING A SMART-ASS WITH MY FRIENDS...

states too.

S: Do you take inspiration for your jokes from your personal life?

PH: I do. It seems like when something mental happens in my personal life that would ultimately lead to something on the stage. At the moment I don't really do - or am not inspired to do - political stuff or current event stuff, it is always something that has happened to me in my life, for sure.

S: What makes a good comedy set, and how do you know when you have one?

PH: I think, for me, what makes a good comedy set is a combination of presenting written, rehearsed material that I have done before and making it flow seamlessly into improvised stuff that is in the moment. I like to have a balance between things that are

happening in the room at the time and the jokes that I do every night.

S: When you are doing the same routine over and over again in different clubs, how do you keep yourself interested?

PH: I will get into the material a different way each evening, if I am talking to the crowd and they bring up a topic sometimes I can see 'ok, this is going to lead into a bit,' so, often I will approach a topic differently. Also some jokes are just really fun to tell, so you're just kind of excited to tell them. For a joke to be in my act it will be material that an audience can be connected with, so I will set something up and can just kind of feel the audience connecting with it and I lose the fact that

I have done it a million times because I really want to try and get into the moment. As soon as you feel the audience get engaged in a setup or a topic or whatever, I can do that.

It's almost like - you know when you have a certain friend that you will talk about a certain topic with frequently? That's what you and your friend have in common, so you're both always engaged. As I develop material I wouldn't keep a joke in my act that doesn't get laughs or that the audience just doesn't care about. It's like, with your friend, if you guys connected over music and then one day you bring up tupperware with your friend and they were like 'no, I don't know anything about tupperware,' you most likely won't bring up tupperware again.

S: That was a beautiful analogy. How do you know when it's time to retire a routine?

PH: I guess, ideally, in a perfect world, if something has been on TV, or if you've released it on a CD, then you want to start working on new material. If you have a five minute set and it's been on TV, in your head you kind of want to start developing something else, to start thinking about the next five minute set you want on TV, or the next 45 minute set if it's a CD you've done. I think I will be recording a CD this fall, or by



the end of this fall, at that point I will still have to do the old material, but will be trying to work in new stuff. For example, when you saw me in Toronto, in that set there was a specific five minutes that I was working each night to try and prepare to put on television.

S: Are you constantly writing jokes or do you just kind of bring new material in as needed?

PH: I write everyday, and in every set I want to try a couple new jokes here and there. I am quite particular, so I'll do a joke that is a few years old and I'll change a couple words and will be like 'ok, wow I didn't realize that before, it just works better.' You want to, you know, take words out and just get to the punchline as quick as you can. So yes, you want to constantly be generating material everyday and in each set try and introduce new jokes or take an old joke and try to improve it.

S: How do you deal with hecklers in the audience?

PH: I just did a show in Niagara Falls and there were lots and lots of hecklers, for some reason. A lot of times I just try to bring them into the show, some people are under the illusion that you are supposed to heckle, but it does disrupt things. I try to take what they say and get a laugh and just try to move on. I want everyone to have a fun night, and I realize that sometimes people shout things out and their intention isn't to be malicious, they just don't really get that the show is often best when everyone just sits and lets the comedian take control. You want to shut the hecklers down and not encourage them to continue, but it doesn't work for me to get mad. I'm never mean to a heckler, I just kind of try to prove the point that they really don't need to participate and get a laugh and move on. Was there a heckler at your show?

S: I wouldn't really call it heckling, but there was a bit of a dialog with one audience member who shouted something during one of your first jokes. I'm sure even that can be a disruption in standup comedy.

PH: I talk fairly slow, so there is a lot of room to heckle. For me it doesn't work to be on stage and scold people in the audience. Ultimately, if I get the opportunity to re-incorporate what they said into the show so it doesn't feel like an unfortunate incident, then I do my best to make it part of the show.

S: How much of a show do you think should be improv, and how much should just be a



regular routine?

PH: Some comics aren't interested in improvising, they don't have fun doing that. I personally really enjoy it, so I would say that in some shows I just go with what feels best and what the audience is enjoying in the moment. I would say some of my shows would be fifty-fifty (half improvised, half scripted) and then in other shows I really just kind of stick to my routine.

S: I noticed that you involved the audience in a lot of your improv, does your audience help determine how much improv there will be?

PH: Yeah, absolutely, sometimes I will start off and just try to talk to the audience and get to know the audience a little bit. I can sometimes see someone in the crowd, or a few groups of people that will do something interesting and there will be a back and forth

between myself and them through out the whole night. It's also based on whose in the crowd and how the energy is, If I sense that is what the audience wants. I play a lot of U.S. colleges in the states and they tend to really enjoy being incorporated into the show, so there would be a lot of crowd interaction in those shows.

S: What do you do during the down time between shows?

PH: Now that I am in New York, I write during the day and then I will do shorter sets, you know, like seven minute sets around the city.

S: At clubs?

PH: Yeah, there are clubs in the city that I play and then there are these independent rooms, where every Wednesday or so there will be comedy in the back room of a bar or something, those spots are really great shows in New York. There are just so many shows you could do, when I was back home in Vancouver you could do maybe five shows a week, but here in New York it is really unlimited how much stage time you can get. It's really a matter of the transit system, you can get to as many shows as you can get to. Stage time is kind of unlimited here, which is great.

S: What is your advice for people looking to get into comedy in Durham Region?

PH: I'm not sure, are there comedy nights in Durham Region? My advice for anyone getting into comedy is just wracking up stage time, so if there are bars and stuff that do comedy nights, I would do my best to get up there as frequently as possible. If there is not you can always start your own show. When I first started I was having trouble getting stage time so I started this show where I would host every week and try to invite more experienced comics to come down so people would come watch, just in a bar. It's just getting stage time by any means necessary.

Sherry Hucklebridge is the editor-in-chief of this very magazine (The Local Biz Magazine). In her spare time she reads, draws, and is a full time linguistics student at the University of Toronto.

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TALKING TANKS WITH A WWII VET

By Linda Calder

Possibly the oldest surviving WWII Vet in Durham Region, Thomas William Donahue (affectionately known as 'Gramps') was born on April 4th 1918. At a whopping ninety-four years old, I can't help think he is three years older than my dad would have been. Young at heart, Donahue is a great story teller who enjoys talking about his experiences. He has a great sense of humour and we shared quite a few laughs together;

Linda: When did you first join the army

Thomas: I was in the army before the war. I was in the Ontario Regiment. When the war broke out Sergeant Major Wright came to the hospital and wanted me to come down. He wanted me to be a Sergeant in the regiment.

Linda: Were you working at the hospital?

T: I was sick. I told him I didn't want to join the army. But two months later I went down and joined the Hastings Prince Edward Regiment. I came up and transferred into the Ontario Regiment. I loved the Ontario Regiment but, it was a long time before I was a sergeant.

L: What year was that?

T: 1940

L: You did your training at Hastings?

T: Yes. Five years and eight months in the army. I was never outside of anything, but in the tanks. Made me deaf, the sound of the darn guns going off inside the tank was loud.

L: So you were over fighting in Europe?

T: Yes. I was very, very lucky. I had people killed around me and beside me in the tanks. I had people killed outside, beside me. But I never ever got hit once. I was extremely lucky. I liked the army until I got into action. Then I didn't care for it much, after that.

L: Where were you in action?

T: We started off in Sicily, and then went to Italy. Later, we went over to Holland. We stayed in Belgium until they told us the war was over. Then, in three days they changed their mind and put us back in. We moved up Holland, we moved over into Germany for a few days and then back to Holland. So, we spent the last part of the war in Holland.

L: Was that in 1945?

T: Yes.

L: How long had you been fighting for?

T: Five years.

L: Five years of fighting in Europe?

T: The only fighting was when we went to Sicily, only for thirty days. Then we went over into Italy. We fought a long old battle in Italy. We went by boat from Italy and landed in France. We ended up in Belgium and fought the rest of the war in Holland. It wasn't bad. But, I was scared a lot of the time.

L: I can imagine. You lost a lot of friends?

T: At the airport, not far from Aquino. The airport was called Aquino. We got up in the morning, in the fog. We were fighting with the British/Irish fusiliers and we stopped and had coffee. The fog lifted and there were six or five anti-tanks dug in at that airport. We lost thirteen tanks. We only lost one man, a Sergeant Keyes, a soldier from here in Oshawa. We saw them coming and we only lost one man; that's a miracle. I was scared half the time.

L: I can imagine. Soldiers are just ordinary people.

T: After we got home, we had the reunion. This year I will be going to a reunion. Five of us will be there from the regiment. I'm the oldest one of them all. When enough people get up and cheer for you, it's the darndest feeling in the world.

L: I think people appreciate what was done.

T: Yeah, yeah. There are all kinds of people going to reunions. But they are associated with The Ontario Regiment. I tell you it's good to see them. I have two come here to see me every now and then. It wasn't a bad old war until it got serious.

L: While you were over there, did training continue?

T: When I transferred into the Ontario Regiment I

didn't have to do training. I'd done it all before the war. I was already good, so they just left it alone. I was troop commander when we got to Sicily and I had a tank of my own. We spent a month there; after we came back I was a corporal already. I gave my two stripes back and went to being gunner. I liked being gunner on the tanks.

L: How many people would be in a tank?

T: Five in each tank, a driver, a co-driver, a crew commander, a gunner and the fellow who looked after the guns and radio. So there are five of us. We were a regiment. We were very lucky. We lost tanks, but we were very lucky.



L: When the battle was over for the day, where did you go?

T: Lots of the time, we slept in our tanks. That day I was telling you about in Italy, we took down the day before and moved back. We went to move in the next day and German paratroop moved back in. It took us all day, and we lost four tanks taking that place. We stayed there for over a week. Thing is, we got too far forward. We had Germans at the side of us and around us and beside us. Snipers were there. We had some great experiences. Sarge and I went out and got a cow left in the barn. We hit it on the head. Knocked it down and took the rope off. When we turned around it was gone.

There were some good times in the war. There were some bad times too.

L: Did you fight with other regiments?

T: When we were in the fog, we were with an Irish Regiment. They were from England, but they were Irish. We all stopped and made tea. When the fog lifted we were in trouble. The fellow I told you about, who got killed, Sergeant Keyes, jumped out of his tank into a trench with a German. He said he looked at the German and the German looked at him and they both ran.

L: What did you do?

T: When the fog lifted, we were walking towards guns. They were knocking us off, I tell you. The next day I went through a place where there were English tanks, fifty seven of them. In the field there were rifles stuck up from where the dead were lying. That day I remember we were sitting and eating. We had the tank stopped.

There were two dead around us. The truck would come by and pick up the dead. When they were picking up the dead a regiment went past us. I heard a voice and the fellow was from Whitby, his father was a fireman. I never saw him again. I knew him quite well. We had a little chat, but I never seen him again.

L: What was the food like?

T: Most of it was shipped in little boxes from England. It wasn't the worst, but it wasn't the best either. Now and then we'd get back to the regiment and we'd have a pretty good meal.

There's one thing to this day I don't eat; mutton. The fat was two inches thick in the top of it. We had to eat it because you had to eat something,

but when I came back home I never ate it again. Our cook was pretty good. But cooking mutton, you just had to boil it. We had a mess kit for the mutton and you had to put the mess kit in the water to clean it. When you brought it out there was just as much grease on it as when you put it in. After the guys put it in the whole thing got greasy. It was devil of a job to clean your mess kit.

L: Did the mess tent move around with you?

T: No. We ate lots off the land too. You're not supposed to. That's against the rules, but we broke the rules lots of times. We ate all kinds of fowl and we ate cows which you're not supposed to do.

L: Did you have some food that you just had to add water too?

T: No. We had some real good stew. Our cook was a good cook. If he had the right stuff, he was good. We never blamed him for the bad stuff because he couldn't do nothing about it. That was an awful job, cooking.

L: Did you take care of tanks too?

T: No, we had a special bunch of guys. That's all they did, look after tanks.

L: If your tank was hit, was it able to be repaired?

T: The drivers that looked after the tanks were pretty good with the tanks. They could fix a track and they were all steel. But the fellows that come to fix the engines and that, they were good fellows. Not one of them is alive. When I think of when we went to the first reunion you could hardly get in. Five guys left now. It's amazing when you see them.

L: Were you just in one area or was it separate little compartments?

T: Two down the front - the driver and co-driver. Three in the turret; the crew commander looks after the tank, the gunner handles the gun and

the fellow who looks after the radio puts the ammunition in the gun too. You get to be a bunch by yourselves, so you get to know each other pretty well.

L: So what was the ammunition like?

T: It was big stuff.

L: Cannon ball type?

T: We carried two with us. Ammunition was for knocking out tanks, fired a ball.

L: How far could you shoot?

T: I personally had a vendetta against the army for the tank that we had. The tank we had was an American tank. They did not compare to German tanks. Germans had better tanks. They could knock us out, but we couldn't knock them out. We took an awful beating after we got to Europe. I wasn't involved in that. We had a regiment that was involved in Dieppe; Calgary's landed tanks. After a while they stopped landing them, they got in trouble.

L: The Germans were further ahead with their tank building?

T: Yeah, quite a greeting that day.

L: If your tanks couldn't knock out a German tank, what did you use them for?

T: At over two miles they could still get you. We had to be real close to them to hurt them. Usually if we saw a big German tank we tried to hide, we tried to get out of the road. Not a good thing to do.

We were lucky we didn't have the losses other regiments had. That one day we had twenty-three wounded and one killed and that one was killed right beside me. He wasn't in the tank. He was driving the E.M.O.s, the medical officer. He got out to talk to us and they got him. He was from Whitby and his brother from Whitby were both killed. They ran a little shop; it was kind of a newspaper or something.

L: Thanks for talking to me. I had a great time listening to your stories.

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.

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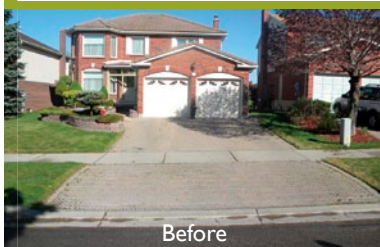
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Film Talk

by Emmanuel Lopez

The Fall Movie Season

Hello movie lovers! This is my premiere article for The Local Biz Magazine and it feels great to be sharing my passion for movies with you. Films have been a huge part of my life growing up and they have saved me over and over again during extremely challenging times. Some top favourites include: *Groundhog Day*, *Pleasantville*, *Contact*, *Peaceful Warrior* and *The Shawshank Redemption*. I've discovered that the movie heroes that resonate with you can mirror your own hidden strengths, skills and gifts and I believe this is the secret power of cinema!

The fall movie season is very exciting and I will share some key titles to look forward to. Who knows? The films that interest you may contain a motivational message perfect for exactly when you go see it. I believe in the magic of synchronicity, so you may discover a film that entertains you AND gives you thought-provoking insights just when you need it most.

I love sci-fi, fantasy and animated films and this fall there is an abundance of them all. For fans of *Finding Nemo*, here comes the 3D version. This animated family film features the voices of Albert Brooks and Ellen DeGeneres and has been a big hit for Pixar since 2003. Another animated family feature, *Hotel Transylvania*, is about a vacation hotel for famous monsters such as Dracula, Frankenstein, The Mummy and The Invisible Man. The film features voices from Adam Sandler, Kevin James, Selena Gomez and Andy Samberg.

Time travel movies also intrigue me and the

film *Looper* has an interesting time paradox story. The film stars Joseph Gordon-Levitt playing the younger version of Bruce Willis's character. Levitt's character's job is to be stationed in the past and assassinate and dispose of criminals sent to him from the future. But what happens if his future self is sent back for him to eliminate? What to do, what to do?

For fans of TV shows like *Glee* comes the comedy musical *Pitch Perfect* starring Anna Kendrick and Brittany Snow. The story follows an all-girls a cappella group as they make their way to the collegiate championship. And it's also their mission to challenge the boy groups!

Another comedy is a film called *Butter* starring Jennifer Garner, Alicia Silverstone and Hugh Jackman. I love butter so I'm looking forward to this one! It's about a young orphan who discovers her talent for butter sculpture and challenges the reigning champion (Garner) in the annual butter sculpture competition. You already know there's going to be a lot of delicious butter in this movie!

As a big fan of the creators of *The Matrix* movie, I've been eagerly awaiting their new, ambitious film called *Cloud Atlas*. This sci-fi drama is described as an epic story of humankind in which the actions and consequences of our lives impact one another throughout the past, present and future. The ensemble cast includes Tom Hanks, Hugh Grant, Halle Berry and Susan Sarandon; they all play different characters AND genders in the multiple story lines. As with *The Matrix*, this movie is sure to be intricate, thought-provoking entertainment.

Ben Affleck blew me away with the film he directed and starred in called *The Town*, so I am looking forward to his latest drama thriller *Argo*. It's based on a true story of the 1979 Iran hostage crisis and how the six hostages were rescued under the ruse of a film crew scouting the area for a fictional movie titled *Argo*.

The Man with the Iron Fists stars Russell Crowe and Lucy Liu and looks like an action, martial arts extravaganza based on the thrilling movie trailer. It's about a 19th century blacksmith in China who makes elaborate weapons for a small village.

Robert Zemeckis directed some of my

favourite movies such as *Contact* and *Forrest Gump*. He returns with a mystery drama called *Flight* starring Denzel Washington as an airline pilot under investigation for his emergency landing that saved everyone on-board. Zemeckis is very creative with his cinematic storytelling, so expect a visually interesting ride.

For fans of James Bond movies comes the long awaited instalment called *Skyfall* starring Daniel Craig in his third outing as Bond. Javier Bardem plays the film's villain this time. If you are a fan of the Bond series does the plot even matter? Expect lots of action, adventure, exotic locations, cool cars, cool spy gadgets and beautiful Bond girls!

The grand finale of the *Twilight* series will arrive in the Fall. *Twilight Saga: Breaking Dawn Part Two* is a fantasy drama starring Kristen Stewart, Robert Pattinson and Taylor Lautner. This story features the fate of Renesmee Cullen, the new born daughter of Bella and Edward.

The animated action-adventure called *Rise of the Guardians* looks really fun, based on the adventurous movie trailer. The story is about some of our childhood icons coming together like a superhero team to save the children of the world. Hugh Jackman is the Easter Bunny, Chris Pine is Jack Frost, Isla Fisher is the Tooth Fairy, Jude Law is the Boogeyman and Alec Baldwin is Santa Claus. Does this sound cool or what!?

So there's your treasure chest of movie choices for the fall season! There's even more movies to choose from coming out, I hope you discover a film that will entertain AND inspire you. Either way, movies can be magical and powerful. Movies can energize your spirit. Just let yourself enjoy the cinematic ride!

EMMANUEL LOPEZ a.k.a. MOTIVATORMAN is an author, speaker, social media consultant and movie blogger featured in *The New York Times*, *The Washington Post* and *The Globe and Mail*. He provides "movie prescriptions" for those going through difficult times. He has written over 500 tips on his *Movies that Motivate* blog and has done motivational talks at TD Canada Trust, Royal Ontario Museum, Lululemon Athletica and The Art Institute of Boston. Emmanuel recently released his first eBook "15 Movies To Help You Overcome Difficult Times" available as a free gift at: www.motivatorman.com



Preserving the Harvest

By Shirley Ouellette

In Canada we are lucky to have a suitable climate to grow a wide range of fruits and vegetables. The season of young, fresh vegetables starts in May and continues through to the end of October, with stored root vegetables and orchard fruits available throughout the winter months too. Shaping the Durham Region are many small family farms, some have been there for several generations, growing produce without the use of harmful pesticides. During the fall, a great many of the fruits and vegetables grown locally are harvested, giving us the chance to buy in bulk, creating savings and the opportunity to preserve the excess.

Preserving is a very satisfying pastime. Not only does it give you tasty homemade treats right through the winter, it also saves you money. Making fresh fruit jams, chutneys, pickles and sauces costs a fraction of the price you would pay in a store, and it is better quality without the artificial colours and preservatives you may find in the popular brands available. You are also supporting local farmers when buying the produce directly from the farm, farmer's market or roadside store.

Contrary to what you may think, preserving does not require a lot of equipment, nor is it a complicated process. It does take time to prep your ingredients however, so it's not a five minute job. Here are a few items you do need for preserving:

A heavy bottom preserving pan is a good investment. They tend to be larger than the average saucepan giving lots of room for making large batches. Preserving jars and lids are really important. The jars will

last a life time and can be reused over and over, but the screw rings and seals should only be used a couple of times before replacing, as they can get damaged, which may mean they are not giving a proper airtight seal. They can also become corroded from the vinegar in pickles and chutneys. You can also use a wax disc placed directly on the hot contents of the jar, wax side down, before you place the metal disc and the screw ring on. This is not essential, but it does help to stop the contents drying out if you store them for a long time.

I strongly advise using waterproof oven gloves as you will be handling hot glass jars and spooning very hot contents into them. Jam is particularly dangerous, as it has so much sugar. If it splashes on your skin it can give you a nasty burn. Other useful items are a jar lifter, funnel, plastic ladle and jug.

The word chutney is derived from a Hindu word 'chatni' which means condiment. Preserving fruits and vegetables in vinegar and sugar is an ancient practice dating back as far as 500BC. Most chutneys are a combination of fruit and/or vegetables with sugar and vinegar cooked down to a reduction, giving a thick, sweet, and sometimes spicy sauce. We make several different chutneys, including apple and raisin, piccalilli, tomato and an Indian style spiced apple. Ingredients like fruit and vegetables should be clean and firm with no sign of damage or bruising. Chutneys are best stored in a cool dark place for at least three months before using to give the flavours a chance to mature and mellow. We have a cupboard in the basement that works well for us,

but you could just put them in a sealed cardboard box in the coolest part of the house.

The word pickle is derived from the Dutch word 'pekel' meaning brine. Pickling is believed to have begun in India dating back to 2000BC. The pickling or salting process was used for preserving vegetables and meat for future use, especially for long journeys. Today we still pickle vegetables, but more for the taste than the need to preserve. It is a great way to have crunchy, young vegetables at the dinner table in the heart of winter. If you expect to keep pickled vegetables for longer than three months, it is best to salt them first. You do this by layering them in a clean plastic or glass bowl and sprinkling each layer with salt. Leave overnight. The next day rinse in plenty of cold water, then dry with a clean cloth or paper towel. If you intend to eat the pickles quickly you can dispense with the pre-salting, which does make the process shorter. There are several types of vinegar suitable for pickling, malt and cider are our favourites. You do not need to add any additional preservative to your pickles as when they are left to ferment, the vegetables produce a natural preservative.

Jam is essentially preserved fruit. When fruit is in good condition and slightly under-ripe, it contains a natural setting agent known as pectin. When you boil the fruit with sugar it releases the pectin and natural acid which, during the reduction process, becomes concentrated, reaching a setting point. You must use good, firm fruits that are not bruised or squishy, under-ripe fruit contains more natural pectin than over-ripe fruit, so it sets easier. If you are using fruits that have very little acidity then adding lemon juice will ensure the jam sets. The term 'jam' is used for a preserve that has both the juice and the pulp of the fruit either whole, chopped or mashed. Some people prefer to remove the pulp of the fruit by straining through a cheese cloth or gauze, but this then becomes 'jelly.' The only addition to your equipment list that is useful is a jam thermometer, which ensures that the mixture has come up to the right temperature before you jar. This is essential for purification as well as setting.

Here are some helpful hints for all you novice preservers to assist you with the following recipes.

- If you don't have a preserving pan, use the biggest saucepan you have, ensure it does not have a narrow opening and never put the lid on.
- To check if chutney is thick enough, drag a spoon across the surface of the mixture in the pan to make a channel, if the imprint stays there without filling up with vinegar for a few seconds it's ready to jar.
- When pickling vegetables, layer in pickling spice or dried chilies to give them an extra boost.
- To get a zesty pickling vinegar, add pickling spice, chilies, peppercorns or Allspice berries and bring to the boil. Allow to cool and infuse for four hours, then pour over the vegetables in the jars.
- Pickles should be left for at least four weeks before using or they don't taste pickled, in a pinch you can speed this up by putting the vegetables into the pan with the vinegar and bringing them to the boil, immediately pour into hot jars. When you use this method you can eat them in a week, but you should use within three months or they lose their crunchiness.
- For jam, tough, skinned fruits such as plums, apricots or gooseberries should be simmered and softened before the sugar is added, as the sugar has a hardening effect. For soft fruits like strawberries that tend to disintegrate when cooked, you can soak them in sugar first to harden, which helps to keep them whole.
- If you don't have a jam thermometer, chill a couple of small plates in the freezer, when you have boiled the jam as per the recipe drop a teaspoonful on a cold plate, let it cool for a minute then push with your finger, if a skin has started to form it's ready, if not continue boiling for another five minutes and try the test again.

Now we are ready, let's get started;

Apple Chutney

What you will need...

- 4 lbs apples, peeled, cored and roughly chopped
- 8 ozs cooking onions, peeled and roughly chopped
- 1 lb raisins
- 2 cups malt vinegar
- 1 ½ lbs brown sugar
- 1 tblsp kosher salt
- 8 16oz Mason or other preserving jars, washed and dried

How it's done...

Place all the ingredients into your preserving pan, very gently bring to the boil. Turn down to the lowest simmer and cook for 90 minutes stirring occasionally. Once you have carried out the channel test and are ready to jar, put the clean jars in a warm oven 350F for five minutes. Using waterproof oven gloves take out the jars and ladle in the chutney. Place the wax disc if using, then screw on the lids and leave to cool. You will hear a popping sound as they vacuum seal, this may take up to 15 minutes. For a variation on this recipe, add a table spoon of whole Garam masala to the mix, this will make it spicy and goes perfectly with Indian curries.

Pickled Vegetables

What you will need...

- 2 cauliflowers, broken into small florets
- 1 lb pearl onions, peeled
- 1 lb green beans, trimmed and cut in half
- 1 lb carrots, peeled and cut into 1" batons
- Kosher salt
- 1 oz pickling spices
- 5 bay leaves
- 7 cups cider vinegar
- 5 16oz Mason or other preserving jars, washed and dried

How it's done...

Place the prepared vegetables in a plastic or glass bowl and sprinkle with salt, leave overnight. Wash in cold water and dry. Mix the vegetables and place them into jars layering with a sprinkle of pickling spice and a bay leaf. Pour the vinegar in to just before the top of the jar and screw on the lids. Leave for at least four to six weeks before using.

Strawberry Jam

What you will need...

4 lbs fresh strawberries
3 lbs pure cane sugar
(you can use regular sugar but cane sugar has a lower melting point and does not foam up)
Juice of 2 large lemons
½ oz butter
6 16oz Mason or other preserving jars, washed and dried
How it's done...

Remove the stalks from the strawberries and wipe clean with paper towel. Layer the strawberries in a heavy bottom preserve or saucepan sprinkling them with the sugar. Leave overnight. The next day place the pan over a low heat to melt all the sugar. Stir very gently so as not to break up the strawberries. When the sugar has dissolved add the lemon juice, then turn up the heat to get



the pan bubbling. Allow a fast boil for 10 minutes.

While this is happening put the jars into a warm oven for 5 minutes. Remove the jam from the heat once it has reached the correct temperature on the jam thermometer. If you are not using a thermometer try the cold plate test. Once you are confident it has reached the setting point stir in the butter this will disperse any scum that has formed. Allow to cool slightly for 10 minutes. Wearing your waterproof oven gloves, pour the jam into the clean warm jars and screw on the lids firmly to seal. As they cool you will hear the vacuum seals pop. You can use

any soft fruit for this recipe or a combination of fruits.

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.

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The Fab Four

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October 20th

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November 16th - December 1st

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Downtown Oshawa
www.oshawasantaclausparade.ca

November 22nd

Matt Dusk - Good News

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Regent Theatre Oshawa|
www.regenttheatre.ca

November 23rd

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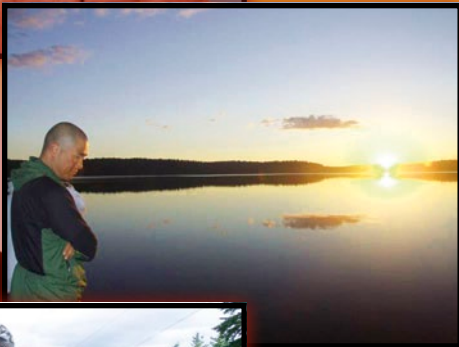
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Daeung Sunim, Traveling Buddhist Monk

By Patrick Wakisaka



Daeung Sunim, a Buddhist monk from Seoul, Korea, is on a journey of a lifetime. Over the next two years, he will spend his time cycling 30,000 kilometres across North, Central and South America. Sunim (the formal title for a monk in Korea) began his odyssey in April 2012 in Vancouver and plans to reach Ushuaia, Argentina, which is commonly regarded as the southernmost city in the world. Not only did he arrive in Canada with only one or two contacts, but he has limited English skills, no Spanish skills and travels with only what he can strap onto his bicycle.

Sunim became a monk when he was 19 years old, giving up his birth name, possessions and even his family, which he has not had any contact with in the last 24 years, that he has been spending in various temples. He has had no cycling or any other physical training before leaving Korea for his trip. He decided to embark on his journey in order to test his spirit and reaffirm the fact that there is kindness in humanity, despite all the negative things that

have been happening around the world. Due to his limited funds, he does not stay in motels unless the weather is extreme and instead relies on the generosity of others. If there is no one to offer him a meal, he survives each day by eating sandwiches for breakfast, lunch and dinner.

In the first weeks of his journey, Sunim faced a flat tire in a ditch by Vernon, British Columbia. A local man, Dave Pope, thought he saw someone and stopped to help. Dave has since taken on the responsibility of finding Sunim a cold drink, meals, beds to sleep in and any other help that people have been willing to offer. He has been so instrumental in the organization of the trip that Sunim believes that his journey truly began when he met Dave. He created and manages a Facebook page that tracks and provides updates on Sunim's progress. The power of social networking has been crucial in finding hosts and donations, since Sunim does not have the time to actively search for help while on the road. Dave Pope has since helped Sunim find at least two dozen homes that have

been willing to give him a bed for the night, one being in Durham.

My family was contacted by a friend who had hosted Sunim in Manitoba, so we offered him a place to sleep. What was originally planned as a one night stop before heading towards Ottawa turned into a four day break from cycling due to the unfortunate theft of Sunim's laptop and GPS navigator in Toronto. Since his GPS was the only thing that contained his route of the Americas, we offered him a home for as long as he needed in order to reprogram his route and rest his body.

The truly amazing thing is that I had met Sunim less than 24 hours after two of the biggest assets in his trip were stolen, and yet he still had the most vibrant smile on his face. Even after asking him how he felt about losing his possessions, he could only smile, saying that "I hope whoever took it needed it more than me." He also mentioned that he was happy that he lost his electronics in Toronto, as there were plenty of stores around where he could easily find replacements.

Despite weather that felt like 40°, Sunim decided to tour the city of Toronto alone for sightseeing and the general observation of Canadian people and society. From what he has observed on his journey so far, he has found that Canadians live up to their stereotype of being polite, kind and generous. After a day of roaming the city, he decided to cool off and rest up by taking a nap under a tree in Queen's Park where he found the atmosphere was very peaceful and calming.

Following his rest, Sunim met up with a host who took him on a tour of the architecture of the University of Toronto, as well as the Royal Ontario Museum. Sunim especially admired the Gothic style buildings, particularly since that style of architecture is nowhere to be found in Korea and he could finally see the style of buildings that he's only seen in pictures and movies. In the ROM, he was very pleased to find that there were Buddhist sculptures in the Gallery of Chinese Temple Art.

When he stopped at a restaurant for dinner, he was immediately recognized by a staff member who had seen his picture in that morning's issue of the Toronto Star, which published an article regarding the theft of his laptop and GPS. Although the article was published in an attempt to help track down his belongings, Sunim was quite embarrassed and shy about having his picture seen by so

many people. The publication has definitely helped in networking and rallying support for his odyssey, as many readers came forward to donate money in order to replenish the emergency fund he had used to replace his things. One reader met up with Sunim a few days later in order to provide him with a prepaid cell phone and a mobile internet stick. The anonymous reader has also paid for an upgrade of Sunim's replacement laptop, as well as offered to donate the shoes off his own feet so that Sunim wouldn't have to cycle in sandals.

It was a life changing experience to spend time with a person with such a positive outlook on life. I realized that he had spent the majority of the last few months cycling eleven hours a day only to sleep in a cramped, one man tent on the side of a road and yet he still woke up every morning with a bright smile, ready to do it all over again. Being in his presence truly opened my eyes, since I'm sure that we have all experienced being put into a foul mood from things as simple as a rainy day. I can only imagine where I would be in life if such minor things had no effect on my outlook.

Sunim departed along the Ajax waterfront trail towards Port Hope on a wonderfully sunny day with a nice cool breeze from the lake. He has since spent time in Ottawa, where he took a few days off of cycling to tour the nation's capital. Surprisingly, Sunim had his first taste of

Tim Horton's in Ottawa after being in Canada for over three months, noting that he's seen at least one location in every town he has passed through so far. He has also taken brief sightseeing stops in Montreal and Quebec City and as I am writing this he is currently in Rivière-du-Loup, Quebec, which is roughly one day's worth of cycling away from New Brunswick.

Since meeting Sunim, I have been trying to look at any negative situation in a more positive light. I hope that by sharing the story of his journey and trials, others will be able to apply this simple philosophy to their everyday lives which would make the world a much happier place.

By the time that this article is published, Sunim will be in either New Brunswick or Prince Edward Island, heading towards the east coast of Newfoundland. From there, he will come back east to Maine where he will begin the American leg of his journey towards Los Angeles. Sunim's general progress can be followed at www.facebook.com/journeyofspirit.

Patrick has spent the majority of his life in Ajax and has developed a natural talent for writing after admittedly leaving his schoolwork incomplete until the last minute. When he's not playing video games or guitar he can be found browsing the shelves of the local comic book store. He hopes to either find a career path that will hold his interest or win the lottery, but who wouldn't want that?

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The Right Stuff

by Stephanie Pommells

*Is your
bathroom cabinet
full of stuff you
don't use?*



You've got anti-frizz; anti-dandruff, heat-protectors, smoothers, curl controllers and moisturizers. Well you're not alone. Many of us spend hundreds of dollars just trying to tame our manes. I've come to the conclusion that we may need some products to deal with specific hair and scalp issues, but if we have the right shampoo and conditioner to start with we wouldn't need so much other stuff.

If you have dry or damaged hair, look for a thicker and heavier shampoo. Products like Shea butter, silk proteins, and oils will help to rehydrate and repair your locks. Avoid sodium laureth sulphate which can be drying.

Recommendations: L'oreal Absolute Repair, Moroccan Oil Moisture Repair

Oily or limp hair does well with a clear coloured shampoo (opaque coloured shampoo tends to be heavier). Finer hair textures need something that is hydrating, but doesn't weigh the hair down. Wheat proteins can help to plump up the hair. And don't forget, use conditioner. If your hair is flat by the end of the day, you are using the wrong one. Conditioners will maintain your moisture and prevent damage.

Recommendations- Goldwell Ultra Volume, Aveda Pure Abundance

Coloured hair needs shampoos that will maintain pH balance and also protect your hair from fading. Bonus if it has UV filters to protect against sun damage. Coloured hair also tends to be porous, so a product that is too heavy will weigh it down. A rich enough conditioner is also needed to put moisture back in.

Recommendations- KMS Colour Vitality, Redkin Colour Extend

Coarse/curly haired boys and girls are wonderful, but over-washing is a big mistake. Wetting and conditioning daily is good, but keep the washing to no more than every 3 days or so. Look for shampoos with silicone proteins and silk proteins. Oils can help to seal in moisture as well. I strongly recommend using a leave-in conditioner along with shampoo and conditioner.

Recommendations- Mixed Chicks Shampoo, Conditioner and Leave-in Conditioner, Curl Keeper Silk Shampoo Conditioner and Curl Keeper (made in Canada!).

.....
Stephanie Pommells is a hair dresser and salon owner. With her artistic sense and impeccable attention to detail she enjoys working with clients to give them what they need. She enjoys writing and researching the latest techniques in order to expand her expertise.

www.puresensesalon.com

...Mom, Dad, I neeeeed a costume!

by Susan Armstrong

Oh, those words. It seems no matter how much we swear each year we will be ready; Halloween creeps up on our families like those monsters that make us jump in the movies. Then the negative thoughts start; 'Oh no, if my child doesn't have a costume they will remember this for the rest of their life, their self confidence will be shattered, they'll hate school, I'll have failed them as a parent, they will carry the emotional scars forever!' Ok, maybe that's a bit melodramatic, but the moments of neurosis can be a struggle as we try to balance all the daily requirements of raising children with our personal daily lives.

As a mom who has ridden the Halloween costume ride for over twenty years now I can safely say that there are many ways to produce that perfect costume for your eager trick-or-treaters and all of them are achievable and appropriate. At the end of the day, Oct 31st, the sugar rush and candies will be in the bag, and so will the costume.

So let's get started. There are several steps to this process, the first one being the most important;

1 Ice Cubes

Fill the ice cube tray with water and put it in the freezer. I'll get back to why later in the article.

2 Reality Check

Protect yourself from the disappointed child.

Let's face it, we love our children and the successful execution of those childhood memories means the difference between therapy (yours and/or theirs) and the perfect story of "when I was young Halloween was the best!"

I have often received the costume call at the last minute. At least once over the years, each of my four children, and occasionally their friends, have come home with a notice they forgot in their desk on a Thursday, then advised me they need a costume Friday afternoon. Nothing puts terror into the heart of a parent as a night before 'best-parent-in-the-world' roll call.

Whether you receive the request last minute or have a bit of warning, it pays to accept a child's first costume request as gospel. After a heartfelt "yes I'll try," I recommend you proceed to take a few minutes with your child and, together, come up with a couple of great backup costume ideas. I have always taken this approach and it has saved many a Halloween horror story. For example, when that request for the 'Gorgozon Dragon Lizard the Destroyer, with laser eyes' can't be fulfilled because eyes that fire real lasers can't be found, (apparently schools frown on children firing real lasers from their eyes...go figure), I am able to apologize profusely and move on to costume idea number two. It pays to have a second and/or third enthusiastically received costume. Just a caveat - make sure one of the options is a Ghost or Roman Goddess - I'll get back to this point later, along with the ice.

Ok, so believe it or not, the worst is over. I have found that once my child has realistic costume expectations, I can get on with the easy part...producing a costume.

There are several types of 'best Halloween costume ever' techniques I have used over the years;

3 The Costume

Sewing

Success depends on your ability and time. If you're a sewer, there are a couple of options. Depending on how confident you are sewing, you can whip up most costumes in a night. There are several levels of costume making I have used, depending on my funds and patience level at the time;

The Structured Sewing Approach

These days there are an unprecedented amount of patterns available from Vogue, Butterick, Burda and other pattern companies. With popularity of Anne Geddes photographs and the popularity of movies with costumed stars an, ample variety and sizing options have become available for both genders of adults and children alike. Durham Region is fortunate to have fabric stores located in many of its retail centres. A few years I made one for my now very tall teenager that earned him his lifelong nick name – The Mouse! (a quiet, fast little guy that eats everything right under your nose and can hide in any corner when there's work to be done).

The first step is selecting a pattern. Regardless of your costume choice, keep an open mind. A witch costume with some substituting of white and pink silk can be transformed into a princess or fairy pattern. A gymnastic pattern can become a Spiderman costume with red fabric and blue paint. Be sure to measure your child very carefully before picking a size of pattern, more than once I have sewn a costume just a tweak too small and had to start over.

Given that most costumes have little lead time, don't be afraid to cut a few pattern corners. For example, if a pattern calls for a lining, it may not be necessary. Most pattern companies always allow for a liner in order to make their designs last. A costume with a one or two time use does not need all that extra time and effort. All patterns are rated with a difficulty level; if time is an issue, as it usually is with me, pick an easy to moderate level of pattern difficulty. Even a seasoned sewer needs a lot of time to complete an advanced pattern and the intricate details of these patterns coupled with exhaustion and impatience almost always creates an unrecoverable situation.

Another tip is not to be too married to the pattern's suggested

fabrics. I once sewed an Anne Geddes bear pattern that suggested felt or faux fur. I was short on time and money so I used old brown towels as my fabric, and the costume turned out great! Most fabric stores have a clearance section at the back of the store with ends for less than five dollars. If you're willing to think outside the pattern you can get the right amount of fabric for under twenty dollars. Also, I almost always forget to buy thread and zippers for these projects, so I use any thread in the house that is close and make simple ties in place of zippers or buttons.

Time is another area that you can cut corners on pattern sewing. I suspect the purists will be cringing right about now, but an iron is more of a guideline than a rule. Many a Halloween costume have been sewn in my home with the pattern being cut out, laid out on the dining table over top the hand smoothed out fabric, pinned with a couple of pins and simply rough cut. Close counts. In fact I have sewn several costumes without ever using an iron or finishing the seams. I figure, it's Halloween, as long as they look like who they want to be they're happy, besides no one will be inspecting the wrinkles or seams in the dark.

The Guerrilla Sewing Approach

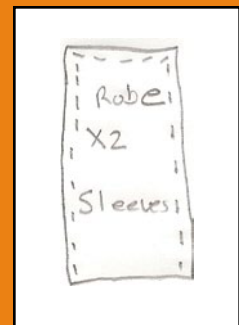
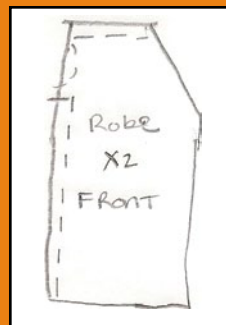
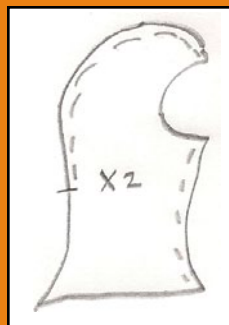
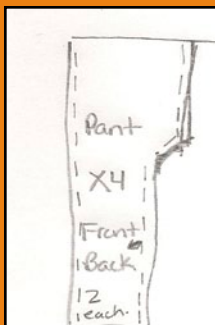
This sewing process is not for the faint of heart. It takes a strong knowledge of fabrics, pattern structure and courage to pull this one off. But, it can be done, mostly with a cup of audacity.

Some costumes lend themselves to guerrilla sewing more than others. For example, a ninja pattern or a simple robe dress can be done in about an hour. I literally draw my pattern with a coloured pencil right on the fabric and cut. Tailored bodice style costumes, like those of princesses or super heroes, are more complicated. The basic robe pattern, ninja/harem pants and robe dress all have the same type of measurement to cut size approach;

The Basic Guerilla Ninja Pattern

Below is a rough sketch I would draw right on the fabric (except I would actually make straight lines-sort of)

- The sleeves are desired length plus 1"
- Pants are desired length plus 3" with a drawstring hem.
- The robe length is front and back is nape of neck to the desired length plus 2".
- For the belt I cut a long length of fabric 4x the width of the robe back. Sew it into a tube, and turn it inside out.
- The robe width is shoulder to shoulder plus 4 – 6".
- All hems are rolled to an appropriate length and top stitched.

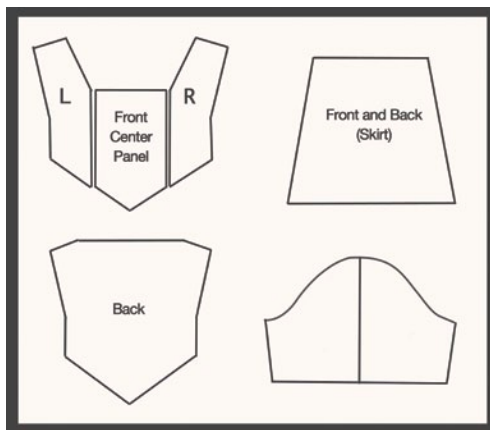


When making your cuts for these patterns, double or even triple check that the right side of the fabric is folded so that the right side and left side of the garment are mirrored! Most fabric stores close at 9:30 and if you make a mistake, there may be no recovery. If it's late and the worst has happened (that is, one half your garment is inside out due to a bad cut) there is only one alternative; the 'Sound of Music' approach. Older drapes and sheets can make great fabrics. If you're privileged enough, there is always that old bride's maid dress from years ago that may be in the back of the closet.

Guerrilla sewing requires a basting stitch (a loose, easily removable stitch) for all initial panels. After the basic shape of the piece has been sewn, have your child try it on inside out (yep, you may have to wake them up). With the costume on inside out you can carefully pin any adjustments to the seam side of the costume and save moving the adjustments to the inside of the garment. Just a note, it is better to make these costumes a little larger to allow for undergarments and movement, especially

on a cold Halloween night, global warming hasn't quite hit October yet. You can always tack on a belt, button or Velcro to allow for size adjustment.

If you want to guerrilla sew a bodice based costume like the Snow White one I did for my daughter, I would be sure to allow at least two or three evenings (and an ample amount of patience). If there isn't that amount of time, you may want to switch to an alternate costume idea, or see if you can switch to a robe style pattern and make due.



Simple Bodice Pattern

Bodice and formed costumes take knowledge of pattern structure. Your basic pattern elements can be chalked or white pencil crayoned directly on the inside of the fabric. Each piece will be cutting through two layers of fabric, creating its reverse. Like the simple patterns, make sure that you have mirrored your fabric so the sides of the pattern will be handed.

These are the basic elements to a fitted pattern for girls. For each one I usually add $\frac{3}{4}$ of an inch for seams, so I have lots of room for adjustment when I am sizing the costume.

Ideas

The web is a great resource for guerrilla sewing costume ideas. The Snow White costume I recently sewed and several costumes for an Aladdin play at our local public school all started with Cosplay sites on the internet (Cosplay is the term for teenagers that are into comics and animation and comics that dress up for shows parties and comic fairs).

My littlest one in Guerrilla costumes made for a recent school production of 'Aladdin'

Here is a Cosplay site for a Princess Peach costume I reviewed partly for this article, as well as in anticipation of this Halloween's panic with my youngest daughter (she is really in to Super Mario Cart); meowaboutcosplay.com/guides/tutorials/peach1.htm, to try to get ahead

of the October rush (like that's ever happened for me!). The site suggests you order the hoop for the skirt on the internet, but a simple hula hoop or duct taped, shaped coat hanger should be just as effective.

Be sure to take your child's back length, as fitted patterns may need a few inches added/removed to the waistline to allow for length. My children have particularly long backs and I always have to add at least two inches.

When you mark out the pants or skirting for a fitted pattern, always add an inch or two to the top and bottom of the pattern. You can always cut some off after the first fitting but it's often difficult to add it in.

Crafting

Using a glue gun, old clothes and things from around the house approach is the most fun and interactive, in my opinion. Any miscellaneous materials can be picked up at the local dollar store, hardware store or discount department store. I would love to see more of these lovingly made costumes at my door on Halloween. If you have a choice, this is the best part of Oct 31st. Just a few collective minutes on any of the below and your family costume project is underway! The self-esteem your child receives and the quality time (without electronics) that you will have as a family will be priceless.

Just a few costume Ideas our family has produced in the past;

Butterfly and caterpillar: Black tape around a colourful infant bundle suite coupled with mom or sibling wearing homemade wire butterfly wings

Raining cats and dogs: A nice rain coat, rubber boots and umbrella with small stuffed dogs and cats attached to them

A Bag of Jelly Beans: A clear plastic yard debris bag with holes in the bottom for the legs, filled with small coloured balloons and gathered loosely around the neck.

A Lego Block: A large cardboard box with four or six glued paper plates paper plates on the front, holes for the arms and legs, painted red yellow or blue.

A Three Musketeer costume made of old blue fabric cut into three rectangles, white paint, a large piece or black Bristol board and a glue gun.



Buying

Buying a costume well in advance is always a challenge, let alone last minute. Many stores around Durham Region offer costumes, from various party supply stores, major discount department stores like Wal-Mart and, of course, Value Village. There are even a couple of costume specific stores in Whitby and Oshawa. The fit of these costumes is always a challenge. If your child is not a perfect size you will need them with you to check for fit. I have a variety of body types with my own children, from large boned to extraordinary thin and from tall to short. The larger sized child is actually easier to buy for, as simply a size or two larger than usual will do. The very tall, thin shape is, in my opinion, the hardest, as a larger size is required for the arm and leg length but, short of home alterations, the waist and chest size leaves the costume hanging off the body. If that one costume needed is eluding you, a trip to the downtown Toronto costume stores may be necessary. Don't forget good old Kijiji or Craig's list. I have found many an item last minute on these community web sites, often acquiring them within hours.



'I'm Out of Time' Plan B (or C)

This method of costume making is for those of us who are not always compulsively organized. Many of my friends who are parents have at least once in the last twenty some odd years had to employ this method. Also, if your child is old enough, empowering their own creativity through the out-of-time plan is great for their self esteem.

So here are the basic quick homemade fixes. I'm sure there are a few nostalgia moments for many of you in these costumes;

The Hobo: A tie, older shirt, jacket and oversized pants held up with a cinched belt. If the clothing can be permanently spared, make a few cuts in them to show wear and/or rub the cuffs and collars with a cheese grater to make them look thread barren. Add some dirt paste (water and plane soil or cocoa powder mixed with hand cream) to the face, it and voila, instant Hobo.

The Roman Goddess: Find an older sheet, preferably in a solid, light colour. Make sure it's a flat sheet, not fitted. Lay the sheet down length

wise. Bunch it and tie it tightly in the centre with an old, light coloured shoe string. Drape the sheet, with the gathered centre at the shoulder, over your child. Sew, pin, and/or glue the sides from the under arms down. Cinch the waist to create a gather with a thin rope or belt. Weave rope throughout the hair and wrap in a criss cross pattern down the arms. Ta da! Roman Goddess.

The Ghost: Take an older sheet, again, preferably in a solid light colour and flat not fitted. Hot glue, pin or sew the centre to a baseball cap. Place the centre of the sheet attached to the baseball cap over the head with the cap on backwards (this is for safety so the costume won't move and limit eyesight). Cut two holes for the eyes, preferably as large as possible, and a hole for the mouth (optional). Cut two holes for the arms (this will also help to keep the costume positioned for safety). Put on the costume with a long sleeve, light coloured shirt. Add 'new sheet' to your shopping list. BOO! You have a Ghost.

4 The Ice Cubes

Job well done! You have successfully completed your 'parent of the year' requirements for October and can rest knowing that it only took blood and sweat to make your child's life emotionally stable. Your reward is the joy of the experiencing a happy Halloween with your child, and pinching a candy or two out of the sac after they have gone to bed.

Ready for it? The Ice cubes;

- Put a few of those ice cubes in a glass
- Fill it with your favourite beverage
- Sit down and Put your feet up
- Have a sip

Relish in the fun of Halloween, as these years go by so fast. The most wonderful treat we can have at Halloween is passing on the fun. Enjoy!

(sans neurosis).

Susan Armstrong is a professional piano teacher located in Ajax. She is a proud mother of four and, in her spare time, she enjoys writing, reading and experiencing all that life has to offer.



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Is This Neighbourhood Right For You?

by Ryan Smith



When people think about their dream home, many have an image of the huge workshop in the garage, the pool in back yard, the high tech entertainment room, the ultimate chef kitchen etc. But many people neglect the other half of the equation; the neighbourhood. We're going to be talking about how you can actually find the right neighbourhood for you.

4 Crucial Tips To Uncovering The Answer!

1) Look at Public Services: With big budget cuts and taxes raising and falling, many towns and cities have cut back on the public services they offer.

What can you do? Drive through a potential neighbourhood and then through the town and look carefully for signs of upkeep. Are the streets clean? Are the parks in good condition? Is the grass cut?

2) Look at Schools: If you have kids, then the quality of local schools is a huge issue. Even if you don't have children or you plan on teaching a homeschool curriculum, schools still matter simply because when it comes time to sell, your buyers will likely have kids.

What can you do? Research the local schools. Talk to a local Realtor® who knows the area, check out the school board online and read reviews or talk to other parents you know. It can also be helpful to attend a PTA meeting to talk with local parents. They'll tell you candidly how well (or badly) the schools are doing, and if they're having budget troubles as well.

3) Examine Clues: A great detective always looks around for clues to help them build a bigger picture. You can also do this to get an idea of what your life would be like in a particular neighbourhood.

What can you do? Picture yourself in the neighbourhood. Go through your daily routine to make sure you'll still have the same quality of life. For instance, if you run every morning, are the roads safe enough for your morning jog? If you bike to work, are there bike lanes for you to use?

4) Talk to People: Remember, you can always make home improvements to your house if there's something you don't like. But changing your neighbourhood? It's not so easy.

What can you do? Talk to your potential neighbours. Find out how they like living there and what they're like. Ask them about the pros and cons of the neighbourhood. Again, talk to a local Realtor®, they should know the area like the back of their hand.

Getting to know the neighbourhood not only helps you find the right one for you and your family, but also helps you get a great deal too. Take a tour of five to six homes in the area you are searching in. Not only will you find older listings that are easier to negotiate on, but you will also become a market expert at the same time. So now that you know how to find the right neighbourhood, go find that dream home!

Ryan runs a real estate team serving the Durham Region. In his free time he is actively involved in many charities and community events. He is the current president of JCI Whitby and sits on number of local charity boards. When he is not selling houses he is giving back to his community.

Tasteful Talk

by Shirley Ouellette



How was your summer? Filled with warm sunny days, barbecues with family and friends enjoying all the wonderful local produce available, I hope. We built a new deck last fall, mostly using repurposed wood, and we were very keen to show it off to our friends so we volunteered to be party central this summer. We also purchased a hot smoker that now sits happily alongside our barbecue.

Last fall I explained what a Community Supported Agriculture (CSA) program was and how to sign up for one. We signed up with Svetec Farms last year for their chicken program, which gave us two gorgeous free-range chickens a month. We smoked them and served with thick slices of homemade bread, crunchy pickled vegetables and chutneys from last year together with colourful fresh salads, which blew everyone away. The funny thing is, it was so easy! When you start with high quality produce it's hard to go wrong.

As we drift lazily into fall, ensure you don't miss the opportunity to stock up on the abundance of produce that is still available at all the local farmer's markets. To find out where they are and what they have available check out the Durham Farm Fresh website. Tomato season is in full swing now, so it's a good time to consider jarring your own tomato sauce, or freezing oven dried tomatoes. We did both last year and it was really worth it, we will definitely be doing it again this year tenfold, as we have so many requests from friends! We bought large bags of roma tomatoes from our farmer's market for a very reasonable price. For the oven dried tomatoes, we slice them in half lengthways, place on a baking sheet cut side up, drizzle with olive oil and a pinch of salt, then place in the oven at 300F until they have shrunk to about a third of their original size, approximately an hour. Turn off the oven and leave them to cool in the oven for a few hours or overnight. Freeze them on a clean tray in layers with parchment paper. As soon as they are firm put them into freezer bags. Use them all through the winter tossed into pastas, stir-fry and salads, they are intensely sweet and delicious.

When it comes to the food you put into your body let there be no compromise; fresh and local produce are without a doubt the best. Farmer's markets are growing and thriving because of local shopping; we have the power Durhameers, vote at the cash register my friends, and vote local. 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.

Mari-Ann Britt, DD

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Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

Dance like no one is watching and sing like no one is listening

- Anonymous

I love that saying, because I love dancing. I believe that you should be yourself no matter what anyone says. Everyone is different and people like different things. This summer I tried lots of different things;

Summertime is great. You get off of school and you can sleep in and relax. Sometimes you have to work, but you have to deal with that. This summer I did many activities. I think summer is the time to try things you wouldn't do on a regular basis.

I went to a camp where you jump on trampolines all day! I went last year too and this year I liked it so much I went twice; once in July and once in August. It is so much fun because you go on day trips, too. I went to a place where you do mini activities up in trees. There are ladders, bridges, zip-lines and more. I went to my friend's cottage and had friends up to mine. I went boating, tubing, swimming and shopping.

I am fourteen now and I needed a way to make money big time. I buy a lot of my own stuff, so I babysat for the first couple weeks of summer. If you want to make money that is a good way to do it. The little girl came to my house and she was a friend of my sisters so they swam and played all day, it was easy and relaxing.

Although, to me, summer went by way too fast. It seemed like I woke up on July 1st excited for two months of a break and the next thing I knew, July was over and it was August 1st. I remember my friend texting me saying we have 38 days left until school...all I thought was eww.

I mean, school is fun sometimes but there is a lot of homework in high school. At least I won't be a minor-niner this year; I will be in grade 10. When it gets close to school, I go back-to-school shopping. I like that part. It seems like this column is similar to my last one but to tell you the truth I meant to write that one for fall. I write all my columns close together so I got mixed up and thought I was writing my last one for fall. Oops, oh well we all make mistakes.

Hope you are all ready for school and hopefully you had a good summer.

Samantha Burtch Whitteker is a 14 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

Fall Food for our Four Legged Friends

Crispness in the air, long walks through the forest and eating comfort food; these are just some of my favourite things about autumn. For this issue, I have decided to include a couple of recipes that dogs seem to love this time of year.

The first is a meatloaf that can be made from ground chicken, turkey, beef, or bison;

- 1 lb of ground meat**
- 1 cup oatmeal**
- 1 egg**
- ½ cup parmesan cheese**
- Pinch of garlic powder**

Mix all the ingredients and place in a greased loaf pan. Cook for 30-35 minutes at 350 degrees. Slice into pieces. Leftovers can be frozen.

The second recipe is for Pumpkin/Apple Muffins;

- 2 ½ cups white flour *you can substitute rice flour if your dog has a gluten allergy.**
- ¼ cup vegetable oil**
- 1 tsp pure vanilla**
- 1 tsp baking soda**
- 1 tsp baking powder**
- ½ cup all natural apple sauce (no sugar added)**
- 1 egg**
- 1 cup pumpkin**
- ¼ cup honey or maple syrup**

Mix all the ingredients until blended. Spoon the muffin mixture into greased muffin tins (¾ full) and bake at 350 degrees for 25-30 min. Muffins are done when a toothpick is inserted into the centre and it comes out clean.

Enjoy!

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 single parent of two children. I have been separated from my husband for over a year. In the beginning it was stressful on my children, but they appear to be adjusting now. Recently one evening both my young son and daughter were having difficulty sleeping and climbed in bed with me. I awoke to my son punching my daughter in his sleep. He has never done this before. I am concerned that he is suffering from anger issues and it is playing itself out in his sleep. He has never done this since, but I continue to be watchful and concerned. Is this the beginning of a problem with anger?

Signed, Concerned Mom

Sometimes this behaviour is not what you think. I certainly understand your concern and this is absolutely something that should be monitored. I would suggest that you consider starting a dialogue about dreams. Starting a conversation in the morning and sharing what you dreamt about and asking what your son dreamt about could be quite revealing. You may find out that in the dream he was climbing something and the action of that was the cause of the punching that you were awakened to. If he is not displaying any other symptoms of anger during the day that are of concern to you then this is another way to facilitate communication. He may not remember his dreams right away but be patient, over time he will.

Dear Sue-Ann:

My husband passed away a year ago. We had a long and happy marriage together and we loved each other very much. When he was alive he made it very clear that he did not believe in psychics or mediums. If I went for a reading to a medium, may he not show up because of his beliefs when he was alive?

Signed, Widow in Oshawa

It has been my experience that has never been a problem. I can tell you that who they were when they were alive they are when they are dead. If a person's demeanour is difficult in life it will continue in death. Most often the dead will reveal their personality quite clearly. He would probably show up and use that clue as an identifier to prove it was him. Only you would know how he truly felt about it when he was alive. I believe the love that you had/have for each other will be the reason that he will show up to let you know that he is there with you and all is well. The love that he had for you in life extends beyond the grave.

Blessings,
Sue-Ann

Sue-Ann is a mother of 3 and resides in the Oshawa area. She chooses to utilize her undeniable psychic ability to assist you in resolving all of life's issues. You may see her on Divine Lane, Rogers Durham Cable 10, Tuesday's at 9pm. You can find out more and forward your submissions to Sue-Ann at www.divinelane.com

Living the Best in You

You are not good enough. Why don't you do it this way? Why can't you be like your sister, brother, or even the neighbour down the street? Blah, blah, blah.

Do you have the feeling that someone always wants you to do things differently? Telling you your ideas are not right or good enough? To be someone else?

Are you sick and tired of this but too scared to do something about it? What are you afraid of? As Debbie Ford said in a recent article I was reading, "Who are you afraid of disappointing, who are you afraid of saying no to?"

Let today be the day that your struggle is over; the struggle between trying to please others rather than pleasing and loving yourself first!

A lot of this struggle is rooted in how we personally feel about ourselves. How is your self-esteem? Do you believe you are good enough, smart enough, good looking enough? How do you honestly answer those questions and all the other self-doubting questions you have?

One of the things I have discovered in my many years of life-coaching is that how a person shows up on the outside rarely matches how they feel about themselves on the inside. A lot of times we encounter individuals whose lives we envy, whether it's their looks, fame, wealth, circle of friends, or other traits they might have. We often wish we could switch places with them. You would be surprised to have an honest conversation with a lot of these individuals; they would tell you how much about themselves they don't like.

Our outside self will only go so far in covering up the real or perceived shortcomings of our inside self. A lot of this "stuff" has been there from early in our lives. So, if we had no or very little choice in our early circumstances and influences, why were they given to us? I believe our responsibility is to recognize them for what they are, and admit how much they are influencing your current reality. Now ask yourself: if I'm no longer afraid, who would I be? What and who will I say yes to? What and who will I say no to?

What am I willing to give my very best to? Now make this the vehicle that will take you to your true inner complete self!

From today forward, do not let others or circumstances deter you from being the very best you can be. Trust in your God-given abilities and talents.

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Horoscope

by Micki Lee

Aries

Sept: They may still need your shoulder to lean on.

Oct: Instant romance could be yours if you get out with friends.

Nov: You need to share some of the dilemma.

Taurus

Sept: Take the time to educate yourself on the fundamentals.

Oct: Sleep on it, and listen to your dreams.

Nov: You subconscious can open new doors of discovery.

Gemini

Sept: Be careful not to let playful teasing turn into anything more than that.

Oct: You can't live your life for others. You must challenge yourself.

Nov: You can make new friends if you get involved in group activity.

Cancer

Sept: Be direct about your opinions, but be careful of the impression that you leave behind.

Oct: If something in your life isn't working take action.

Nov: This is not the time to lend or borrow money or possessions.

Leo

Sept: Someone close to you may disappoint you or hurt your feelings.

Oct: You may need to make a choice. Don't feel guilty.

Nov: You may not be able to solve all your problems, but you can start by making changes.

Virgo

Sept: Enjoy the attention, be confident in who you are and where you are going.

Oct: Changes in your home will be beneficial to all involved.

Nov: Your professionalism will shine.

Libra

Sept: Watch what you say to co-workers, because you may inadvertently offend someone.

Oct: The Golden Rule has never looked more attractive.

Nov: It's not easy to put anything over on you, but someone may try to do just that.

Scorpio

Sept: You may decide to have less to do with the person who tried to put something over on you.

Oct: You'll need to relax yourself with comforting activities.

Nov: Now that you know what's possible, do what's necessary.

Sagittarius

Sept: It will be difficult to maintain your balance throughout this emotional time.

Oct: Physical as well as mental hobbies can put you back on the right track.

Nov: A problem may erupt that you have to deal with.

Capricorn

Sept: Apply your honest approach to your personal life and you'll be able to relax at home.

Oct: Don't allow your tension to cause you to make a wrong move or a false start.

Nov: It's a pain, but don't over react.

Aquarius

Sept: In your professional life, you may feel a little overworked and undervalued.

Oct: Someone you've known a long time may contact you from a far distance.

Nov: Social gatherings will have a way of putting you back on track with those around you.

Pisces

Sept: Hunt for bargains for the house.

Oct: You'll be able to accomplish tedious tasks you've been putting off.

Nov: You and your mate should spend some quality time together.

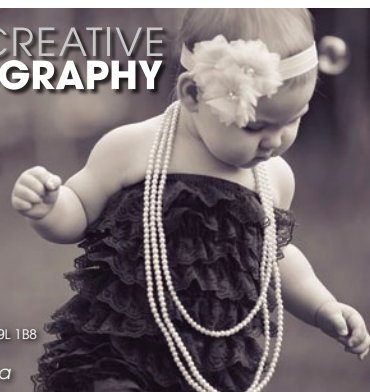
Micki Lee is a business woman from Oshawa who uses the stars as a guide for in her daily life.



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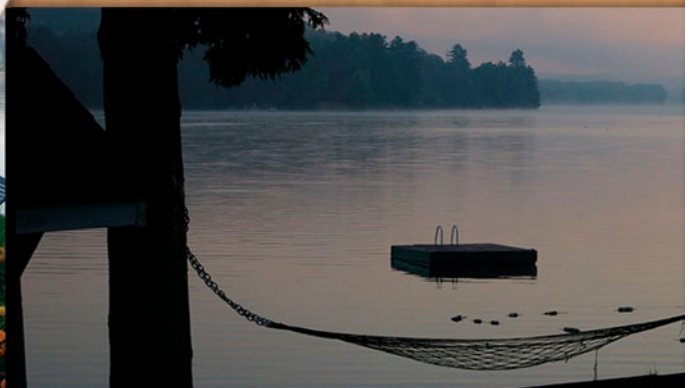


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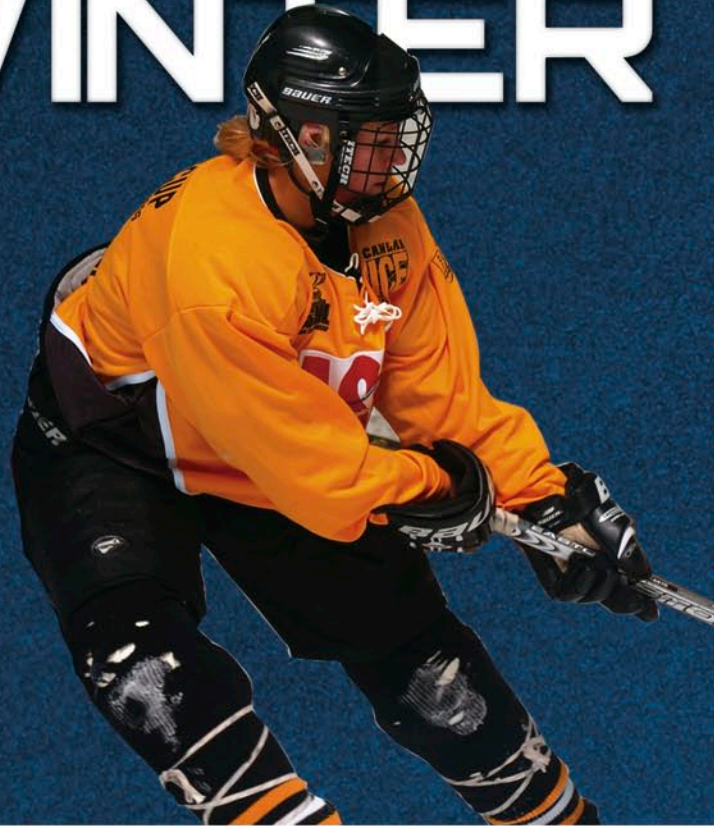
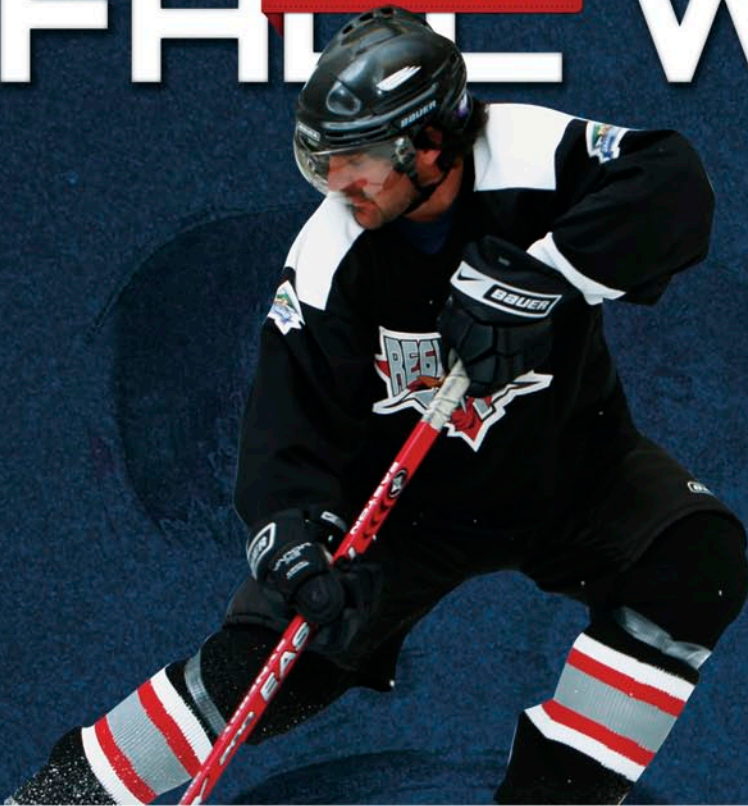
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