



The Local Biz

Magazine

Autumn 2010

FREE

Durham Region

IN THIS ISSUE

We take a look at the upcoming elections

We learn about wool alternatives

PLUS: *We remember our war heros... and so much more!*

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The Local Biz Magazine Autumn 2010

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Published by

INspired Media Inc.

Operating: INspiredcreative, Your one stop shop for all your marketing, advertising, graphic and web design needs. Publishers of The LOCAL BIZ Magazine, The Pink Pages Directory, and Pink Play Mags. www.inspiredcreative.ca

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Cover Photography: Cover photo by our "Taking the Lead" columnist Corry Hamilton.

Correction: In the summer issue we credited Peter Duarte with the photography for the cover. Both the photography and design were by Darryl Bouley. We apologize for any inconvenience and embarrassment our mistake may have caused.

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From the Publisher



To go along with the fabulous comments we've had about The Local Biz Magazine, we received some even better news, news that is far more important to us. You may recall a special appeal we put into the Autumn issue last year about Lina Spencer, a local woman in desperate need of a liver transplant. Well, Lina received her transplant and is now back to work. That makes all our work worthwhile.

We also learned recently that one of our columnists, Sue-Anne Bavlnka, will be appearing every other Wednesday on Rogers Daytime TV. Congratulations Sue-Anne.

You will notice another young writer in this issue, Megan Suggitt. Megan's first article, a listing of the candidates for Regional Council, is here and we expect to see more of her. She's a journalism student and we are fortunate to have her joining us. Actually there are quite a few young writers because "We're Going Back" was written by 13 to 16 year olds. We asked them about going back to school and it's here in their own unedited words.

We also have a special article on Remembrance Day, a day to pray for peace.

As you know by now, there's always something from the farming community. In this issue we discover our own local alpacas that provide a fantastic alternative to wool when you are knitting those Christmas gifts for special people.

We were pleased to hear from one of our readers that he had gone back to an issue from 2009 and wanted to let us know about the positive things he found. If you want to go back and you don't have the hard copies still around, you can find them all at www.localbizmagazine.ca. They're all there along with every advertiser that appeared in that particular issue. So if you want to reread something or even read it for the first time, come on over and take a look.

As always, we are looking for ideas for articles that you want to read. Give us a call or send us an e-mail. We may even decide to have you write it yourself.

Antoine Elhashem
Publisher



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Laura Gatto, Instructor
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From the Editor

TAKE THE TIME.



For those of us who like it hot, this has been a wonderful summer. We got enough rain that many of the crops are more plentiful than usual and the farmers' markets have been a source of all types of goodies for the table, the freezer and the pantry. It's not over yet. We still have the Fall veggies and apples to anticipate.

But something far more important is heading our way at the end of October, October 25 to be exact. Municipal elections.

Now here's the problem. The people elected to municipal office have the largest impact on things that happen close to home, like waste disposal, policing, fire protection and pot holes. Yet we virtually ignore them. In 2006 less than 30% of the eligible voters in Durham Region took the time and effort to cast a ballot. In fact, not a single area within the Region had a 50% turnout. That's disgusting.

How long does it take to go to the polling station and vote? Half an hour? What the elected officials do has a direct effect on you every day. Take the time to find out who is running for mayor, municipal council, regional council and school boards. Then invest that half hour in your everyday life. Go out and vote.

One of the most common excuses for failing to vote is "There's nobody worth voting for". I think that is sometimes a valid comment so in Canada we have a method to send that message. Go to the voting station and refuse your ballot. If you spoil your ballot, that just goes down as someone who couldn't understand the instructions. Refused ballots are protest ballots.

This year there is an additional reason to vote. The few voters who turn out will be asked if they want the Regional Chair elected in future or continue to have the position filled by appointment. Consider the pros and cons of each position and have some input into the way the Regional Council is run.

So please make an effort this year. Durham is your region. It's your government. It should be your decision.

David Drane
Editor



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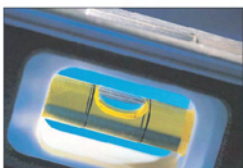


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WHO WILL YOU BE VOTING FOR?

By Megan Suggitt



ON OCTOBER 25 THE RESIDENTS OF DURHAM REGION GO TO THE POLLS TO ELECT THEIR MAYORS, MUNICIPAL COUNCILORS, SCHOOL BOARDS AND REGIONAL COUNCILORS.

Since the candidates for most positions have their local communities as their primary focus, we are concentrating on the people running for regional council only. We attempted to contact each candidate registered as of August 20, 2010 and asked them to comment on two things as follows:

1. *What is your position on the election or appointment of the regional chair?*
2. *What is the most important issue facing the region in the immediate future?*

We have attempted to remain neutral on the issue of the election or appointment of the regional chair and we do not officially support any candidate. Also we avoided noting the incumbents as we do not believe that information should influence your vote.

This year there is a total of 51 candidates running for the 20 positions across Ajax, Brock, Clarington, Oshawa, Scugog, Uxbridge, Pickering and Whitby.

AJAX

Candidates in Wards 1 & 2, one to be elected:

Shaun Collier expressed three important matters he would like to resolve. "The three hot buns for me are policing, public safety, transit and the incinerator," . . . He also expressed no doubts or worries about the regional chair, he says he supports the decision of the electorate 100%.

Scott Crawford said, "My main issue is community safety in Ajax." In relation to the regional chair, Crawford is in support for what the citizens want.

Khari Gaynor also wants to make public safety his priority. He believes that the Regional chair should be elected.

Candidates in Wards 2 & 3, one to be elected:

Kim Dowds said, "I fully support the direct election of the regional chair and will be voting yes on October 25th.

"The number one issue facing Durham region is maintaining high quality services while we experience rapid growth."

Colleen Jordan said, "I have unwaveringly supported residents' democratic right to choose their Regional Chair. I advocated strongly for the question to be put on all Durham ballots

"We must not develop lands in North East Pickering as development will escalate the risks of flooding. Our planning of communities must provide efficient movement of goods and people for economic prosperity."

BROCK

One to be elected:

Debbie Bath said that as a result of the recession she wants to initiate stability of economic development in rural communities. "The only way to create employment is to encourage people to start business in the rural areas," Bath expressed fear for Brock when it comes to the Regional Chair. "If you vote by population for Regional Chair, you will never see the north represented as larger areas will. Who would want to vote for someone that is in a rural community?"

John Grant. According to Mr. Grant, "What I really want to change in the election is that counselors all think for what is important for the region as a whole."

Grant agrees with Bath on the position for the regional chair in Brock. "Our voice will get smaller, and the balanced representation won't be there."

Alan Simpson was not available for comment.

CLARINGTON

Ward 1 & 2, one to be elected:

Don Macarthur says, "I want the ability of our counselors to get along with each other so we can develop a consensus." He is in favor of the elected Regional Chair.

Lynn McCullough says she would like to abolish the incinerator. "It's because of the air quality and cost to run it," She believes the Regional Chair should be elected.

Mary Novak says she would like to resolve the 407. "It's not something I can resolve, but I'd want to have the ability to. I also want to create serviced employment lands in Clarington." She expressed no opinion on the Regional Chair question.

Ward 3 & 4, one to be elected:

Gord Robinson wants to create employment lands. "It's one major issue we suffer with in Clarington," He did not express an opinion on the Regional Chair question.

Willie Woo. Two main priorities in the election for Mr. Woo, are accountability and transparency. "These are broad stroke issues so we are elected officials," Woo supports the direct election of the Regional Chair.

OSHAWA

Seven to be elected:

Trevor Bardens said "It should only be fair that the citizens of the Region have the right to elect their Regional Chairman." He also sees the necessity of bringing in more industry and businesses to the region so that our citizens can find suitable employment closer to home. "We must also protect our farmlands and our green belts for our future generations."

Brian T. Clabby stated, "This is the most powerful position in our region and the person responsible for over a billion dollars in tax payer money and it has been appointed since the time of its inception. Where is any of the democracy in that? So yes I do firmly believe that this position must be an elected position and not a runner up prize for someone who was voted out of office."

"There are numerous problems facing the region. Something I will be concentrating on is the issue of our roadways. We need to prioritize what we are to be doing with those tax dollars and not wasting money on things we are not required to be doing till all other things are up to standards and those standards are maintained."

Nancy Diamond stated, "I support the direct, at large election of the Regional Chair. The public should have the opportunity to cast their votes."

"For the City of Oshawa, I would say the greatest need is to control taxes, stop overspending and regain financial control"

Bill Harris says, "I feel that the position of Regional Chair should be appointed by regional council. As councilors we must demonstrate financial responsibility and listen to the voters."

Doug Hawkins stated on the issue of the election or appointment of the Regional Chair, "It (my approach) would combine the best elements of both methods. My solution is halfway between appointment and direct election. We would ask each of the 8 duly elected Mayors to serve 6 months as Chair." Concerning other issues, "the incinerator....this will have a tremendous impact on our environment; and on the health of our citizens and the economy....we need to be competitive; and provide an affordable community for people"

Joseph B. Kolodzie said that he has several priorities in the election. "Leadership, making tough descions about taxes, core programs about municipality and Cullen Gardens because the taxes are hanging on us all the time," He said that the Regional Chair should be elected.

Jeremy N. Large is undecided about the Regional Chair issue. He said, "There are too many pros and cons to both sides that I have yet to decide how I will vote on this matter on Election Day." Concerning other issues he stated, "Transportation, the region and cities need to develop a more comprehensive plan to develop the cities with better public transportation, more paths and bike lanes."

Lt. (Ret'd) Robert Lutczyk stated, "I believe that the Regional Chair should be required to stand the test of the electorate at large. The biggest regional issue is the quarter billion dollar proposed trash incinerator which is not required today, nor any time in the future."

John Neal. According to Mr. Neal taxes are the main priority. "Some of the spending is questionable; such as city hall, Cullen Gardens and new furniture for the General Motors centre. What needs to happen is more thinking for today, and building for tomorrow,"

He feels that the Regional Chair should be elected

Brian Nicholson stated, "I have and will continue to support the direct election of the Regional Chair. The most important single issue facing Durham residents is the dangerous and expensive incinerator project. It is a direct threat to the health of our citizens (of all ages) and the environment."

Nester Pidwerbecki declined to give an opinion on the issue of the Regional Chair simply stating, "I believe the voters will decide and I will honour their choice." On other issues, "Hold the line on taxes. Most home owners can't afford further increases on services."

Bruce Smith said "The voters of Oshawa are telling me that they want the Regional Chair elected."

"The most important issue will be growth in the Region. To manage this growth we must ensure that all the infrastructure such as roads, sewers, water, and transit are in place. We must also ensure that the appropriate green space is protected for our future generations."

We were unable to contact or received no response from **John R. Aker, Kevin E. Brady, Bob Chapman, Amy England, Debbie M. Grills, Brandon J. Harris, Tito-Dante Marimpietri, Johnny Milosh, Bonnie A. Powers-Edgar, Bob Rutherford and Bill Steele.**

PICKERING

Ward 1, one to be elected:

Bonnie Littley has many issues she wishes to resolve she said, "Growth, aging infrastructure, climate change, sustainability for the economy and environment and public transit." Littley wants the public to decide the Regional Chair issue. "I put the motion forward for the question on the ballot."

Jennifer O'Connell said, "I feel that we have a very serious revenue problem which must be addressed. Eighty five percent of our tax base is coming from the residential homeowners, with only fifteen percent from the commercial base. We need to find a better balance." In regards to the position of the Regional Chair, O'Connell says she strongly opposes direct election.

Ward 2, one to be elected:

Bill McLean. Mr. McLean could not be contacted for comments.

Ward 3, one to be elected:

According to **Rick Johnston**, "Employment is the key issue which needs to be resolved. We need to create more jobs across the region," As for the Regional Chair, "The Durham 2010 election will take place Monday, October 25th with the choice now resting in the hands of the public to decide."

Peter Rodrigues. Mr. Rodrigues was unavailable for comments.

SCUGOG

One to be elected:

Bobbie Drew when considering the Regional Chair told us, "We feel that in the north we don't get the attention we deserve, as people would be voting for the larger areas." On other issues, "The main priority is service of the industrial area."

Donovan Smith said, "If you elect the chair person, the percentage goes down, compared to urban areas we have less say." He views his issue in the election from a township perspective. "We need a broader tax base and more industry in order to get serviced industrial lands."

UXBRIDGE

One to be elected:

Jack Ballinger. "I want to retain the quality of life in Uxbridge we have enjoyed for so many years," Mr. Ballinger said. Besides the environment being the main priority for councilors in Uxbridge, Mr. Ballinger dreams about building harmony for residents. On the Regional Chair question Ballinger says, "I feel it's like a captain of a hockey team or the mayor. The Regional Chair should be an elect the leader."

Ted English says, "I'm in favor of the public voting for Regional Chair." He also says he has an environmental focus for the election.

Kathy Wasylenky said she wants to deal with the sewage treatment in Uxbridge. "It needs to either be expanded or built in a better location. The smell is potent to the residents."

"I feel that the Chair of the Region should be chosen by his or her peers on regional council,"

WHITBY

Three to be elected:

Lorne Coe said, "I want to ensure that tax payers receive the best possible value for the town of Whitby." Mr. Coe said, in order to achieve this, he will work to develop industry and business so that Whitby will become less dependent on regional taxpayers and housing or, developmental charges.

He has consistently supported the election of Regional Chair by Durham citizens.

John Dolstra said, "Taxes are the number one, but then we also have Cullen Gardens, the Whitby hospital, the places to grow, plan and affordable housing for seniors."

He says he feels the Regional Chair should be elected.

Joe Drumm believes that there should be a new hospital built in Whitby. As for the Regional Chair, Drumm says it's fine the way it is.

Don Mitchell said, "I want to manage growth in a way that's easy on property taxes."

He also stated, "I've always voted to have Chair directly elected."

Dave Sansom. Accountability and transparency are two issues in which Mr. Sansom would like to resolve. In the future, Sansom foresees that it's going to be a lot of money for the members of council who will be running for Regional Chair. At the moment, Sansom says the Regional Chair should be elected.

.....
There is a brief summary of what the candidates had to say and what they are thinking. We encourage you to take a closer look at the people running in your area. Take the time to meet them and then make your decision. For contact information go to www.durham.ca and click on 2010 Municipal Election. This will take you to the link for your local candidates.

Now here's a hint for the voters in Oshawa and Whitby. In Oshawa you can vote for up to seven candidates, in Whitby, three. But you don't have to vote for the total number. If there is one candidate you want elected, you can vote just for that person. You are not wasting your other votes. You are getting the best value out of the one that you do cast because you are not voting for your favourite's competition.

But what ever you do on October 25, take the time to cast your ballot. Wouldn't it be great for Durham Region to have the best voter turnout in Ontario?

.....
Megan Suggitt is a lifelong Durham resident and a second year journalism student at Cambrian College in Sudbury. She has been writing since the age of six and has a love of politics which she has displayed quite adequately in her coverage of the candidates for the Regional Council election.

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EDITOR'S NOTE:

We wanted to give you a different angle on the whole back to school issue so we asked a group of girls who were hanging out together to tell us what they thought about it. Here are their comments, unedited, in their own words. Some changes were made but they are all in brackets. By the way, Mackenzie put her own brackets in at the end of her comments. Those are her words, not ours. This is what was going through their minds two weeks before the big day.

Since school is coming up there (are) all these commercials on TV that keep reminding you of school. Last year I was going into grade 9 and I was nervous about it, but now that I'm going into grade 10 I am hardly nervous about it. I am excited to go back to school to see my friends, but other than that I am not excited about going to school. I don't mind school but I would rather do other things like sleeping in a little bit in the morning and hang out with my friends. Well luckily, I still have a few weeks of summer left and lets hope this school year will go quicker than the summer.

KAYLA (Age 15)

Summer is ending and school is starting up again. Well, for me, I am starting high school, a new year at a new place. Yikes! Oh gosh I am scared to death. Everything is just so new: New teachers, students, and worst of

all, homework. But there is nothing to worry about; I hear grade 9 is fun. There (are) really cool after-school things to do. I am going to Paul Dwyer. They have so fun stuff there and the uniform is awesome. Anyway, enough about my school. There is nothing to worry about. Yeah, the first day might be scary, trust me I am scared, but as long as you stick to your friends and get along with the teachers everything will be fine. This is Enya going into grade 9. Have (an) awesome summer.

ENYA (Age 14)

I am happy to go back to school because I get to see all my friends and it's something to do in the day, but there are also kids at my school I don't like as much. And the teachers (are) always getting me in trouble, causing trouble.

HAILEY (Age 15)

When I was little, going back to school was fun, but now that I'm going to high school I get nervous. It is a good thing that I have friends going there too. It is my first time going to high school too. Buying new school stuff is fun. I can't wait to see my friends. I like school but not the work.

NICOLE (Age 13)

Most teens my age want to hold off school as long as possible. Not me. I was ready for school in the middle of July. I was only ready for school because this is my first year of high school. High school is going to be a totally different world from my old school. I can't wait to get back to school to see what it's like.

MORGAN (Age 14)

I'm looking forward to going back to school, mostly because I miss some of (my) friends (that) I can't see during the summer. Also, I get the chance to get my marks higher than they were last year. There are going to be so many new people to meet and new experiences. Grade 11 will be so much fun.

BRITTANY (Age 15)

High school. I have so many emotions about going back. I am excited to see my friends, but I am also nervous (about) the comments or remarks I may hear from people walking the halls. I am excited (about) grade 11 and hope to do my best, achieve my goals and receive high marks in my classes. I am enjoying the summer but am hoping there will be no hassle with the way I look or my size when (I) go back to school. Grade 9 and 10 were definitely hard years to go through. That is why in grade 11 I am hoping to be more confident and not care what people say. Grade 11 here I come.

VANESSA (Age 15)

I never thought I would be so excited to go to school! I can't wait to see my friends and meet new ones. High school has so many more opportunities for me to get involved, and I'm ready to start! I'm a little nervous (about) my first day, but so is everyone else. After the first couple of days are over with, I'm sure I'll feel more comfortable. I still can't believe there (are) only a few weeks left until I start high school.

KATERINA (Age 14)

Graduating elementary school is very exciting. I can't wait to go to the States to buy my dress. The only reason I would like to go back to school is to see my friends. Although I love math, I'm not very good at it. I very much would like to be in my favourite teacher's class. I've been in his class 2 years already and I don't want to be in the other class because I don't want to be in a split class. This is my last year in this school, (and) I want to make the best of it, so I want to be with my friends in grade 8 and have fun this year. Graduating will be awesome!

GEORGIA (Age 13)

High school can be filled with emotions, but I'm very excited to be going into grade 11 at O'Neill C.V.I. While it's great to be away from the work and pressures, it's horrible to be away from your friends. And sure, you can get together, it's hard, especially at my age, because most of us are working. To be at school, able to see all my friends, and to go on trips (Washington), I think I can handle the work. Let's just hope I can handle the girl dramas (boys, boys and more boys!!).

MACKENZIE (Age 16)

.....
These girls were attending a summer camp and gave us their honest thoughts about going back to school.

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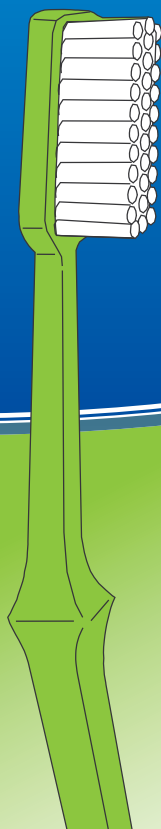
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Woolly Alternative

Photography and article by Corry Hamilton

When most people think about farms in the Durham Region, they think beef, poultry or fruit and veggies, not alpacas. We are very fortunate to have 2 well known alpaca farms in the area-Spinning Wheel Alpacas in Enniskillen and Heronview

Spinning Wheel Alpacas is owned by Nancy and Garth Hutchinson. They were looking for an animal that they could have on their 10 acre property that would qualify for farm status. Because they tend to name all their animals and become attached, they did not want to choose an animal that they would have to send off for food. They did their research and came up with the alpaca. Now 50 head later, they have championship blood lines that produce incredible fibre. Nancy has the fibre spun down and turned into a variety of products that she sells in her store. She also has several therapy alpacas that travel to seniors' residences and to special needs schools.

Heronview Alpacas is owned by Lori and Ed Dzingala. Beside raising alpacas, Lori also raises Canadian Sport Horses and Leonberger dogs. She is incredibly devoted to educating people on feeding raw diets and teaching them about alpacas. Lori has a love of genetics and she loves to learn more about the different bloodlines in the alpaca family. She also has a store on site and she offers classes for people who want to learn how to spin, felt, or weave.

For those people who have never heard of alpacas here is a little background information. They are originally from the mountains in South America and have been in

North America since the early 80's. They are extremely intelligent and inquisitive. Unlike other livestock, they have a communal poop pile, making it very easy to clean up. They are extremely hardy and adapt easily to Canadian weather.

Alpacas are great additions to hobby farms, as they do not require a lot of acreage and they get along with goats, sheep, donkeys, horses, cats, and dogs. They graze on grass in the summer and eat pellets and hay in the winter. Alpacas come in a variety of colours ranging from white, gray, black, brown, fawn, and any combination of these colours.

They live to be 20-25 years old and have one baby a year known as a cria. They are ovulating animals, so it is possible to time when they give birth, which is especially helpful with harsh Canadian winters.

There are two types of alpacas, the huacaya, and the suri. Although these alpacas are identical in body type, they produce very different fleece types. The huacaya is teddy bear like in appearance and its fleece grows perpendicular to the body and is crimped and ridged. The suri's fleece hangs down from the body in ringlets and is very smooth, giving the fleece a high luster.

Alpacas are known for their exquisite natural fibre. It is soft, silky, and smooth to the touch. It is as soft as cashmere and warmer and stronger than sheep's wool. Alpaca fibre is a natural, eco-friendly product. It is grown organically and therefore contributes positively to the growing green market. The variety of colours minimizes the need for dyeing and the absence of grease or lanolin in alpaca fibre makes it a wonderful choice for people who are allergic or sensitive to sheep's wool.

Alpaca fibre is naturally water repellant and is very warm making it an ideal product for Canadian weather. It is also extremely versatile and is desired by the textile industry and high end clothing manufacturers around the world.

Alpaca farmers have the option of selling raw fibre to artisans or having it spun down at a custom mill for clothing such as sweaters, hats, socks, mitts...

I have been lucky enough to stay and work on Nancy and Garth's farm. It is always an incredible feeling to be able to walk amongst the alpacas and have them come up to me with their inquisitive faces. They are incredibly loving, especially when they know you are about to feed them or fill up their wading pool in the summer. They literally jump for joy.

The herd can be grazing in the back forty but as soon as they hear the barn doors open, they start to head back. They wait somewhat patiently for me to clean up the poop; usually one to two wheel barrels full and then the jockeying for position at the feeding stations start. Everyone wants to make sure that they get the best spot. I make my way from the stud muffins, to the therapy boys and finally onto the ladies and the moms and crias. It is truly a joy to be out on the farm.

If you are looking for an amazing experience stop by one of the farms and see what all the fuss is about. Please call ahead, as they are working farms and may not be able to accommodate drop-ins.

Spinning Wheel Alpacas

1857 Regional Rd #3 Enniskillen L0B 1J0
Email: nancy@spinningwheelalpacas.com
Phone: 905-263-2098
Store hours Fridays and Saturdays or by appointment - can shop online

Heronview Alpacas

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Email: leolvr@sympatico.ca
Phone: 905-665-5747

.....
Corry Hamilton is our "Taking The Lead" Columnist





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Lest We Forget

The Day of Remembrance

By R.W. Coe



Silence. Two minutes across Canada. And then it is gone until next year.

At the eleventh hour of the eleventh day of the eleventh month each year Canada and many other nations take time out to remember those who made the ultimate sacrifice for their country. They died so that we might have the freedom that we have, that we take for granted every day.

What would Canada be like if those men and women had stayed home 95 years ago, 70 years ago, 60 years ago, last year?

Remembrance Day is not a day to remember war but to celebrate peace and pray each in our own way for world peace in our lifetime.

War is horrible. There is nothing glorious or honourable about it. People die in horrific ways. Bodies are torn apart by instruments that are designed with no purpose other than the destruction of human lives.

But peace is the reason every one of these men and women died. Freedom is the reason every one of these men and women died. Not their own peace and freedom, yours and mine. Because of these unselfish people you can express your opinions openly. You can worship in the church of your choice. You can walk down the street and earn a living as you see fit.

Remembrance Day is not just for the dead. It is also about the living, the survivors of war. They still live with the horror of watching their friends die, seeing the terrifying reality of war. Some are still able to march in the parade to the memorial. Others are brought by friends or family to sit and recall their fallen friends. To recall the good times and possibly receive a little more healing for the scars suffered so long ago.

For those of us who have never suffered through a war, who have lived safely here in Canada with only the newspapers, radio and television stories to tell us about the misery and tragedy, Remembrance Day

will never let us feel the full impact of the cold mud going on for weeks and miles on end or the dust and heat, day and night without relief always with the dread that around the next curve someone is waiting to kill you. We won't feel the pain of watching the person beside us crumple into a torn bloody mass where seconds before stood a strong and faithful friend.

We have a nice dry home, cool in summer, warm in winter, snacks in the fridge, our friends and family close by, safe, comfortable. We have the stores where we can buy what ever we want, the office or factory where we work. We can choose our leaders whether through an election or simply by following them. We can make choices. Good or bad, they are our choices and we are free to make them.

Is an hour too much to ask? That's about how long it takes to go to the local cenotaph, watch the parade arrive, listen to the service, watch the parade depart and show our local veterans that we care, that we are grateful for the sacrifices they made so many years ago. So recently.

It may be bright and sunny or cold and damp allowing us to recall the summer or anticipate the coming winter. Your mind may wander to dinner last evening or "what's for lunch?" But up at the front sitting stoically or in the ranks of veterans on parade, the minds are a long way away. Tear blurred eyes are watching something else, somewhere else. Hearts are feeling pain and pride, sorrow and gratitude and yes, they are remembering.

And you? Will you take that hour to stand with the veterans, to thank them, to think for just one hour about a Canada without freedom?

At the eleventh hour of the eleventh day of the eleventh month will you stand with those who fought for you and say a prayer for peace?

R.W. Coe

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Autumn Events Calendar

Friday, October 1 - Saturday, October 16

Arsenic And Old Lace
Oshawa Little Theatre, Oshawa
905-723-0282
www.oshawalittletheatre.com

Friday, October 1 - Friday, November 26

Travelling Exhibit from Guelph Museums, Remembering John McCrae: 1872-1918
Oshawa Community Museum,
Oshawa
905-436-7624
www.oshawamuseum.org

Sunday, October 3

Durham Healthy Living Trade Show
Ajax Community Centre - HMS
Room, Ajax
905-922-2028
www.zoomz.ca

Sunday, October 3

Fall Family Festival
Pickering Museum Village, Pickering
905-683-8401
cityofpickering.com

Monday, October 4 - Sunday, October 17

O'Marra Squared
The Art Gallery at Ontario Shores
Centre for Mental Health Sciences
700 Gordon Street, Whitby
905-668-5881
www.ontarioshores.ca/artgallery.htm

Wednesday, October 6 - Wednesday, October 27

Spirit Walks (every Wednesday)
Bowmanville
www.claringtonmuseums.com

Friday, October 15

Zoom Singles Dance - Warm Fall Nights
Ajax Community Centre - HMS
Room, Ajax
905-922-2028
www.zoomz.ca

Saturday, October 16

Arsenic And Old Lace
Oshawa Little Theatre, Oshawa
905-723-0282
www.oshawalittletheatre.com

Saturday, October 16

Ajax Pumpkinville
Greenwood Conservation Area, Ajax
905-619-2529
www.townofajax.com

Saturday, October 16

The Fab Four
Class Act Dinner Theatre, Whitby
905-668-2229
www.classactdinnertheatre.com

Saturday, October 16

Apple Fest Outreach
Downtown Bowmanville,
Bowmanville
905-623-2734
www.claringtonmuseums.com

Sunday, October 17

16th Annual Port Perry High School Antique Show & Sale
Port Perry High School,
Port Perry
905-985-8840

Sunday, October 17

Fall Bridal Dreams Wedding Showcase!
Ajax Community Centre - HMS
Room, Ajax
905-922-2028
www.zoomz.ca

Sunday, October 17

Music We Love
65 King's Cres., Ajax
905-686-1325

Tuesday, October 19

Dine Out for Community Care Durham
East Side Mario's at the Oshawa
Shopping Centre, Oshawa
905-430-5613
www.communitycaredurham.on.ca

Saturday, October 23

Cemetery Walk
Bowmanville Cemetery, Bowmanville
905-623-2734
www.claringtonmuseums.com

Saturday, October 23

Pumpkin Bee
Clarke Museum, Bowmanville
905-623-2734
www.claringtonmuseums.com

Saturday, October 23

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

Sunday, October 24

Heart of Country Craft Show
General Motors Centre, 99 Athol
Street East, Oshawa
905-426-4676
showsduhamregion.com

Sunday, October 24

Halloween at the Harbour
Oshawa Community Museum,
Oshawa
905-436-7624
www.oshawamuseum.org

Thursday, October 28

Pickering Stars Auditions
Petticoat Creek Community Centre,
Pickering
905-420-4660
cityofpickering.com/teen

Thursday, November 4 - Saturday, November 13

'The Love List' by Norm Foster
Ajax Community Theatre -
Village Community Centre
22 Sherwood Drive, Ajax
289-892-4132
www.ajaxcommunitytheatre.com

Saturday, November 6 - Tuesday, December 21

'What's Cooking For Christmas!'
Class Act Dinner Theatre, Whitby
905-668-2229
www.classactdinnertheatre.com

Saturday, November 13

Port Perry High School Christmas Craft Show
160 Rosa Street, Port Perry
905-985-8840

Thursday, November 18 - Saturday, December 11

The King And I
Oshawa Little Theatre, Oshawa
905-723-0282
www.oshawalittletheatre.com

Friday, November 19

Christmas Crawl - Treelighting
Downtown Port Perry, Ontario,
Port Perry
905-985-4971
www.discoverportperry.ca

Saturday, November 20

Friends of the Museum Craft and Bake Sale
Sarah Jane Williams Heritage
Centre, Bowmanville
905-623-2734
www.claringtonmuseums.com

Sunday, November 21

Christmas in the Village
Gallery on the Farm/Timeless
Essentials, Enniskillen
www.galleryonthefarm.com

Sunday, November 21

Beautiful Baby, Parents & Tots Trade Show!
Ajax Community Centre - HMS
Room, Ajax
905-922-2028
www.zoomz.ca

Sunday, November 21 - Friday, December 24

Santa's Magical Castle
Oshawa Centre, Oshawa
905-686-6408
www.oshawacentre.com

Saturday, November 27

Brooklin's Christmas in the Village
Downtown Brooklin, Brooklin
905-430-4306
www.downtownbrooklin.ca

Saturday, November 27

Teen Art Show - Awards Night
Petticoat Creek Community Centre,
Pickering
905-420-4660
cityofpickering.com/teen

Sunday, November 28

Christmas In Clarington Country
4720 Old Scugog Road, Bowmanville
905-263-2944
www.thesprucetree.com

Sunday, November 28

Christmas Craft Show
Kingsway College - 1200 Leland Road
(Hwy 2 and Townline), Oshawa
905-426-4676
showsduhamregion.com

Monday, November 29

Art in Public Places - PineRidge Arts Council's 12th Juried Art Show
McLean Community Centre, Ajax
pineridgearts.org/mclean.html

Friday, December 3

Edwardian Christmas Open House
Bowmanville Museum, Bowmanville
905-623-2734
www.claringtonmuseums.com

Friday, December 3

Whitby Tree Lighting
Whitby Civic Square, Whitby
905-430-4306
www.downtownwhitby.ca

Saturday, December 4

JCI Whitby Santa Claus Parade
Whitby
905-435-0102
www.jci.cc/whitby

Saturday, December 4

Annual Lamplight Tour
Oshawa Community Museum,
Oshawa
905-436-7624
www.oshawamuseum.org

Sunday, December 5

Pointsettia Tea
Pickering Recreation Complex,
Pickering
905-420-6588
cityofpickering.com/greatevents

Sunday, December 5

Christmas in the Village
Pickering Museum Village
Pickering
905-683-8401
cityofpickering.com

Sunday, December 5

Christmas Spirit Gift Showcase!
Ajax Community Centre - HMS
Room, Ajax
905-922-2028
www.zoomz.ca

Tuesday, December 7

Make a Joyful Noise Music Night
Council Chambers, Civic Complex,
Pickering
905-420-4620
cityofpickering.com/greatevents

Thursday, December 9

Edwardian Christmas Tours
Bowmanville Museum, Bowmanville
905-623-2734
www.claringtonmuseums.com

Thursday, December 9

Make a Joyful Noise Music Night
Council Chambers, Civic Complex,
Pickering
905-420-4620
cityofpickering.com/greatevents

Saturday, December 11

Ganaraska Region Conservation Authority Holiday Nature Crafts
Ganaraska Forest Centre,
Campbellcroft
905-797-2721
www.grca.on.ca

Sunday, December 12

In The Nick of Time Artisan Show
Ajax Community Centre - HMS Room
75 Centennial Rd, Ajax
905 426-4676
showsduhamregion.com

Friday, December 31

Cinderella
Whitby Centennial Theatre (Also
known as Courthouse Theatre),
Whitby
905-665-8764
www.risaproductions.com

Friday, December 31

New Years Eve Family Skate
Iroquois Park Sports Complex,
Whitby
905-430-4310
www.whitby.ca

Tasteful Talk

by Shirley Ouellette



Wow! Where did the summer go? Although it has been hot and dry, we have also had those tropical rainstorms to refresh our gardens. My pear trees have been outstanding this year, and I am really looking forward to spring 2011 and tasting the wine we put down.

For some reason, Fall makes me think about the Pioneers, our valiant forefathers who shaped this land. Pioneer life was not easy and the daily art of juggling chores, vegetable gardening and cooking kept everyone extremely busy! Most settlers had to butcher their own meat and make as many preserved dishes as they could to ensure nothing was wasted. Large gardens yielded produce for canning, pickling and other preserves. They also had root cellars where they stored potatoes, carrots, and onions. They even learned to separate milk to produce both cream and butter.

Bread was a staple in their diet and they quickly learned to use corn flour, as corn was the prevalent grain available. Family meals were the highlight of the day serving hearty food, nothing was wasted. Any leftovers were quickly made into other dishes.

Farm animals were very important to our pioneers. They relied on the animals for both food and clothing. You can see why they embraced the new celebration they later named "Thanksgiving" first celebrated in 1578 in North America.

Ok, hold that thought. I don't know about you, but this sounds like a great life! Isn't this what we are often looking for? Back to "family values" home producing and cooking? Why do we try to "escape" to the cottage or camping? I really believe it is time to get back to local food; growing, purchasing and cooking. Available right now at your farmer's markets and roadside produce vendors are the most wonderful flavourful and colourful squash, and here's what you can do with them!

Every part of the squash plant can be eaten, including the leaves and tender shoots. We are going to make a wonderful soup.

Winter squash comes in numerous shapes, round and elongated, scalloped and pear-shaped with flesh that ranges from golden-yellow to brilliant orange. Most winter squashes are vine-type plants whose fruits are harvested when fully mature. Squash benefits from roasting as this releases the sugars and that wonderful syrupy flavour we all know and love.

Cut your squash in half, scoop out the seeds and rub it with vegetable oil. Now place the cut side down on a baking tray at 370°F until tender. Let cool then remove the skin. Sauté garlic and onion until soft, add either vegetable or chicken stock, (2 parts stock to 1 part squash) dried cumin, coriander, turmeric, white pepper and sea salt. Once you are happy with the flavour add the skinned squash and puree or mash it.

To make a little more decadent add some fresh cream and serve to friends and family.

We have the right to know where our food came from "Durhameer's" and we can exercise that right at the cash register. Buy local, my friends. Salute!

.....
Shirley Ouellette, joint Owner and joint Executive Chef of Cuisine in Motion grew up in England. Living in Cornwall 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.

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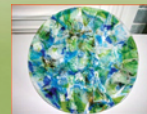
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by Sherry Bridge

The Most Dangerous Game?

You have to learn the rules of the game, and then you have to play better than anyone else? - Albert Einstein.

The emergence of teen life in the nineteen fifties created an economic ripple. Suddenly there was a huge new target market, with new interests, desires and influences. Consider this age of the teenager alongside the many technological advances of the late twentieth century and the result is obvious, the advent of video games. The effects of these games on youth and society remain a source of debate, both in the home and the political arena.

Common anti-gaming platforms include the idea that video games perpetuate violence, prohibit intellectual development, and result in addiction. If these positions hold true, then parents have good reasons to approach with suspicion. However, popular beliefs on games fold under scrutiny.

In reality, only nine percent of young gamers are clinically addicted. Although this statistic appears high, it is incomparable to vices like nicotine which claim 70 percent of young users. The Harvard Medical Center performed a study on the subject of violence and games, which concluded that there was no correlation between the games and violent youth crimes. Increased exposure to such games did not cause increased violent tendencies, but rather, violent youth are more likely to play violent video games. In fact, these games provide a healthy outlet for negative inclinations such as anger and frustration, and can increase the ability to regulate emotion. Most underage gamers do not play high-violence games, as seventy percent of video games have no more violence than the board game Risk. Those that do are subject to a standardized, government regulated rating system that restricts youth access.

As for video games turning young brains to mush, several studies assert that the opposite is true. When presented with standardized tests, gamers consistently out-performed non-gamers in pattern recognition, systemic thinking, patience and gratification delay, effective use of resources and strategic planning, as well as attention span and focus. Test results were so positive that gaming has been endorsed by the Federation of American Scientists as an effective way to increase corporate skill.

So the next time a parent second guesses the value of video gaming, reassure them that you're advancing your education and improving your quality of life with every level.

.....
Sherry is eighteen years of age and recently graduated from Pickering High School. She is currently pursuing a bachelor's degree in psychology at the University of Toronto.

Ask Sue-Ann

by Sue-Ann Bavlnka



Dear Sue-Ann:

I am a single female who has job security, my own home and friends but... I never have any luck with love. Until recently I have not dated for a few years. I have started to date someone whom I work with. His marriage just broke up and he wants to take things slow. Patience is not my strongest quality. He is a really nice man but I don't want to end up with a broken heart again. Will this one work out?

C.G.

If you have difficulties with patience, situations that require patience will present themselves. This man has many things to work through before he will truly be available to give his full heart to a relationship. Patience is the key and understanding a very close second. You may want to give some thought as to why you have chosen someone who is not ready to give his full heart to a relationship. If you look within yourself you may find that you are not ready to give your full heart either. Successful relationships are not built on a half hearted effort. While you are waiting for him and learning patience you may want to work on identifying the reasons why your other relationships have failed. This will be a positive step forward to enable you greater success in love.

Dear Sue-Ann:

I am turning 30 and I am not married and have no intentions of marrying. I made the choice to live single a long time ago. I have a great career and freedom that I would not have in a committed relationship. Another of my friends is marrying and some have kids already. Lately there has been a great deal of pressure. They do not understand that marrying and kids may be fine for them but it's not for me. Am I wrong?

C.T.

You should be commended for knowing who you are and what you want and not accepting what others desire for you. Living what you desire for yourself is the first step to happiness. Daily I have clients that complain that they are extremely unhappy and have lived their entire lives for others putting their needs and desires second. They are full of discord and regret and find themselves lost and not knowing who they really are. The choices that you make are your own to make. I applaud you for knowing what you want and living it.

.....
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



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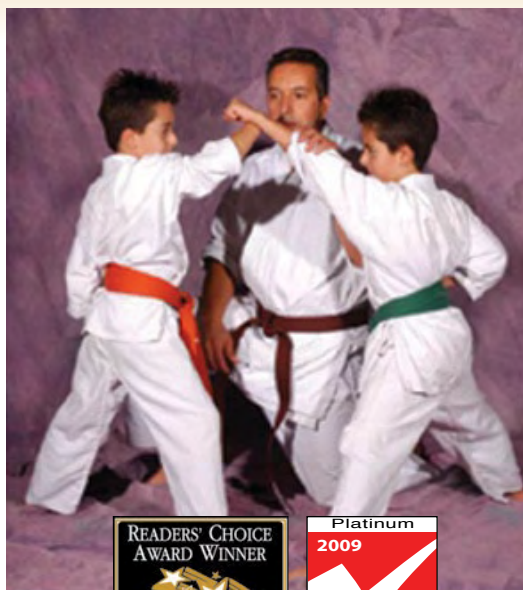
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Taking the Lead



by Corry Hamilton

I'm taking a different approach to this column because one question keeps coming up over and over. The easiest way, and most understandable is to simply give you the question and then answer it. So here goes.

Q: My partner and I have recently gotten a puppy. We've noticed that when we leave that the puppy gets quite anxious when she's put in her crate. Is there anything we can do to make things easier?

A: Absolutely. There are a number of ideas that you can try out. The first one is to limit how you leave and return home. If you make a big deal out of coming and going, the puppy will pick up on the energy and become more excitable or anxious. Do your best to make it as boring as possible.

Secondly, if you always read the paper or check emails before putting the puppy in the crate, change your routine. By switching things up, you keep your puppy on its toes.

Other ideas to consider:

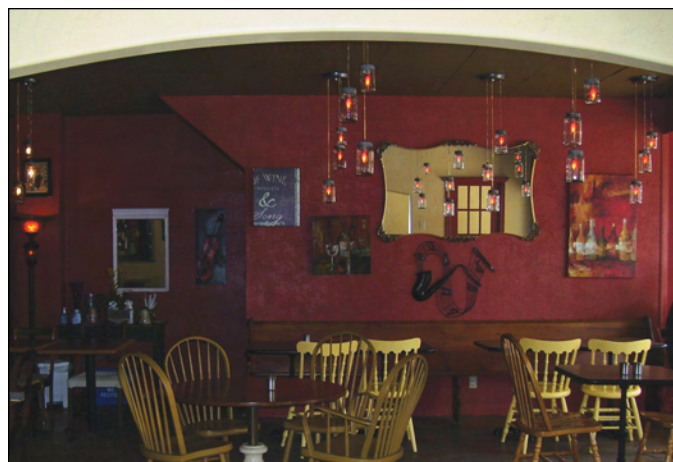
- You can place an old sweater or t-shirt with your scent into the crate.
- Try putting lavender oil or Roman chamomile in a diffuser or add Rescue Remedy to the water.
- Buy a plug-in from your vet or pet store that contains the same pheromones as a mother nursing.
- Make sure that the puppy is getting plenty of play time or exercise, as that has a calming effect.
- Get a heated pillow toy and place it in the crate with her.
- Look at leaving the TV or radio on.

I'm sure by implementing some of these options, your puppy will be less anxious and so will you.

Have a pawsitive day.

Keep the questions coming to info@takingthelead.ca

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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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BOOMERS

by David Drane

We've seen a lot of changes during our lives. Plumbing came indoors. Bath tubs moved from the middle of the kitchen floor to a room of its own. Well, sort of. The room is shared with a toilet. Hot water comes from the tap not from a huge container sitting on top of the wood burning stove. Do you remember your first shower? If you're a boomer, it wasn't at home unless you were really rich.

Polio, flu and measles don't kill kids any more like they did for some of our playmates. Yes children died from illness not accidents.

But kids were allowed to be kids. We didn't have everything organized for us. Of course there were some organized activities like hockey, baseball, cadets, scouts, girl guides, (C.G.I.T. if you were Catholic), church and, yuk, school. During summer, school yards served as parks, some with swings, slide and teeter-totter but all with a ball diamond. And that ball diamond was always in use.

We didn't have helmets for anything. We were allowed to scrape our knees and elbows, take a few stitches from time to time but more often cuts got a bandage and pressure until the bleeding stopped. Yep, we got scars.

When we did play organized sports, there were winners and losers and no mercy rules. If you got beat fifteen nothing in hockey, that was the score. At school, if we didn't do the work, we failed and had to repeat the year. Can you imagine the motivation to work harder when you are stuck with the students you had always considered to be "the little kids"?

But by the time we became teenagers we learned social responsibility. Listen to the music of the late fifties and sixties. We protested against all types of social injustice. Some of our friends went to the southern U.S. to fight against segregation, a few were at The Bay of Pigs and over 1000 Canadians died in Viet Nam.

But then there were the rest of us. Sex, drugs and rock and roll. The rallying cry of the sixties. This was the other side of the street, rebellion rather than reform. Self indulgence taken to the extreme, sometimes to the ultimate extreme, death by stupidity.

But then we grew up. Or at least we got older. Many of us remained selfish, reluctant to earn things before getting them. We learned about consumer debt. Buy now. Pay later. Or go bankrupt.

And there were those who decided to make their lives better than their parents had ever dreamed was possible. They built businesses. They made discoveries. They invented things. Ultimately they made all our lives better.

Maybe. Maybe not.

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David Drane is the editor of the magazine you're holding in your hands.

How is your Love Life?

For most of us, when we read the above statement we tend to think about our physical love life. We usually answer, "Oh it's great" or "It's not very good". However love takes on many different forms. There are three different forms of love referred to by the early Greeks.

The first is Eros love. We get our modern word erotic from this word. This type of love is of the sensual, sexual nature. A great part of today's society revolves around this. One doesn't have to look very far to see evidence of this. Much of today's advertising revolves around it. It's in all aspects of the media; it can lead to breakdown in marriages, as well as to many forms of destructive behavior. This kind of love however, in its proper context is meant to be most enjoyable.

The second type of love is Philia. We get our modern word Philadelphia from this. This refers to brotherly love. We now come to know the reference to Philadelphia as the "City of brotherly love".

This kind of love, takes on the form of great friendship. This is where the people involved care deeply about each other's well being. They put the other person's interest ahead of their own, and are willing to do anything for that individual. This kind of love can last a life time. We see this where two people became friends at a very young age and can maintain this friendship for life.

The last type of love is Agape love. This kind of love is the most difficult kind of love to maintain on an on going basis. It is unconditional love. You love the person no matter what.

This kind of love comes from who you are. It's your character. To maintain this kind of love on our own abilities is difficult if not impossible. This kind of love is the kind God shows for us. (John 3:16) It is who God is, God is Love. This love is developed and nurtured over a lifetime. First one has to believe God's love for you the individual. With this understanding we can now begin to love others at this higher level. This is who we become, our character.

This kind of love is patient and kind. It is not jealous or boastful, proud or rude. It does not demand its own way. It is not irritable, and keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. (1 Corinthians 13:4-7) When these qualities are who you are, your life will truly be great.



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



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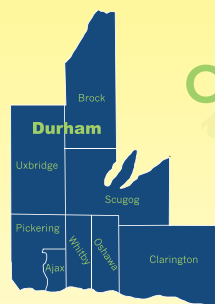
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