



# The Local Biz

## Magazine

Spring 2010

FREE

Durham Region

## IN THIS ISSUE

**Durham Region Teen Dance Star**

Local wine and beer

**And Introducing**

**Taste Full Talk**

*Our new food column*

**Boomers**

*Our new column for and about boomers*

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# The Local Biz Magazine Spring 2010

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**Cover Photography:** Darryl Bouley and Peter Duarte collaborated on the cover with Pete doing the photography and Darryl, the art work.  
**In Picture:** The electricity of Jenna's dance lends illumination to the spring garden.

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## From the Publisher



In the Autumn issue I told you that we were re-evaluating our goals for Local Biz. Well that process took a little longer than we expected and that's why you didn't receive your Winter issue. We didn't publish it because we were concentrating on the revitalization of our magazine.

The first thing you will notice is that Local Biz is bigger and has more photos in it. We think it is much more attractive than before. We're continuing with all the columns from the old Local Biz, The Coach Corner with Dennis Brown, Chock-full of Awesome with Sherry Bridge, Taking the Lead with Corry Hamilton and Ask Sue-Ann, plus we are adding two new ones, Taste Full Talk with Chef Frans Thé, which promises to take us on culinary journey in every new issue, and Boomers by David Drane, which will address topics of interest to the boomers generation.

There are some terrific articles in this issue about people and places in Durham Region. We just had to do an article on Jenna Lynn Higgins after seeing her on "You Think You Can Dance Canada" and followed it up with another article of interest to teens and parents on building confidence. Of course the article on fitness goes right along with those two.

For a change of pace we take a look at the wines and beers made right here in Durham. For your Saturday morning enjoyment, why not try visiting some yard sales? We've provided some tips to make sure your bargains aren't just junk. So there's something for almost everyone in this issue.

In our Summer issue we will be introducing a calendar of events in Durham Region so if you have something happening during the summer, let us know about it so we can include it. We also have plans for telling you about more of the exciting people and places right here at home in Durham.

But most of all, we want to hear from you. Let us know what you think about the new Local Biz magazine. Send us your comments and ideas for future stories so that we can give you more of what you want.

**Antoine Elhashem** Publisher

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## From the Editor

Durham has it.

We're very fortunate in Durham Region because we can get almost everything we need or want right close to home. Most of us are familiar with the five km wide strip along the lake but the Region goes a long way north to some very interesting places.



We have vacation destinations for fishing, camping, hiking swimming, boating, skiing, almost anything in the great outdoors. If you want to stay inside, we have spas, hotels, bed and breakfast, casinos, live theatre, galleries and museums.

If you want to eat out, try our fine dining, diners, ethnic restaurants or even fast food. When it's time to eat at home in addition to traditional and exotic grocers we have farmers' markets, specialty stores, organic produce and in season, farmers selling from their gates. When was the last time you had a fresh ripe tomato still warm from the sun in the field where it grew?

Services? What do you need? It's here from your choice of multinational companies, franchises and local businesses but all of them can be delivered by people making their living and their lives in Durham Region.

The Local Biz Magazine is committed to bringing the consumers and businesses together in the Durham Region. If you can get it here, why spend the extra time and money to get it some place else? The businesses operating here are your neighbours, often your friends working to make our community a better place for all of us.

So while you are reading the articles, columns and stories, take a look at the ads. See who is here to meet your family's needs. Maybe take an afternoon vacation at one of the many events right in your own neighbourhood and stop along the way to enjoy our home.

Relax. Explore. Enjoy Durham Region.

**David Drane**  
Editor



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# Self Confidence through Education, Experience...

## AND FUN

By Pete Duarte

When an aspiring model comes in for her first photo shoot, she is usually nervous and insecure. She desperately wants to succeed and is concurrently afraid to fail. As the photographer, my most important job is not lighting, wardrobe selection, or posing the model correctly, although these are all vital elements of a successful photo shoot; rather, my focus is on educating and encouraging the model, making her feel comfortable, as this leads to self-confidence which in turn allows her to maximize her potential.

You have probably heard that fear is the greatest obstacle to success. One manifestation of fear is of course a lack of self-confidence. For developing self-confidence there is no substitute for education and experience.

Think back to the last time you felt a lack of confidence in a situation. Perhaps you hadn't practiced something enough. Maybe you wondered if you had the skill to do it, felt that others present were better at it than you were or feared the consequences of failure. I believe that self-confidence comes from knowing that you have the proper training and experience to do something well. You can never have too much education or experience.

The difficulty is that most young people are socially very vulnerable. They usually are developing new skills. The keys, therefore, are opportunity, encouragement and fun. Young people must be given the opportunity to learn as many skills and engage in as many positive experiences as possible. Not only does this develop positive and constructive habits, but it gives them the skills to feel confident when interacting with peers in many different situations. Being socially accepted is a very important part of self-confidence so developing skills at a young age can be a great advantage.

Of equal importance is the way we respond to young people when they are first developing new skills. It is not enough to explain what to do, we must also explain

why. Understanding why something is done a certain way makes it easier to do it correctly. Then we must provide a supportive and patient environment that includes a large dose of fun, and eliminates all consequences of failure while sincerely celebrating even minor successes. Just as a baby learning to walk is encouraged and continues to try, children and teens will be far more inclined to keep trying if they are having fun and feel encouraged.

The aspiring model stands in my studio. It's a new experience for her, an opportunity to learn a new skill and gain confidence. She is nervous, but excited. I explain some key elements of posing, and tell her why they work (like lifting a heel to add shape by tightening her calf). Then we begin. I'm patient as she grows comfortable, and encourage her when she tries something new. If it doesn't work, there is no consequence. If it works, I praise her, and show her the photo on the LCD screen. She's growing confident....and it's clear, she's having fun.

*Pete Duarte is the President of PNK Promotions Incorporated, a modeling school and promotional modeling agency based in Oshawa. Peter has photographed Misti Vogt (Miss Montana 2009), Rebecca Fenech (Miss Teen Canada Petite 2007) and Jenna Higgins*







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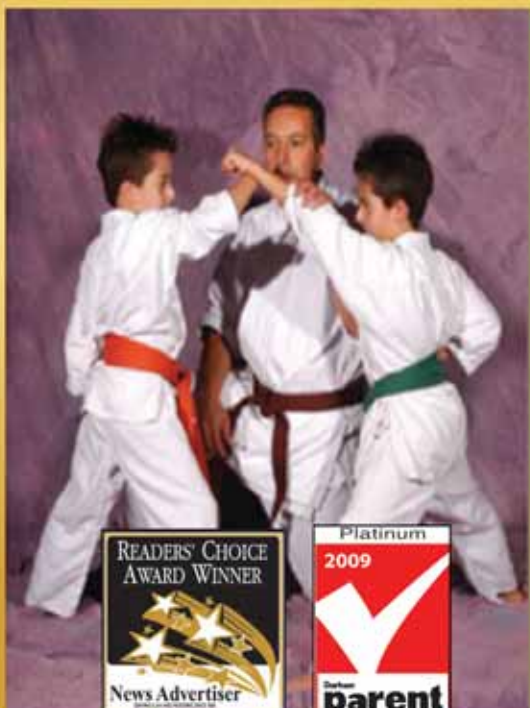
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# EASY FITNESS

By Richard Lewis

Fat, fragile or fit. Few of us are truly happy with our weight. With movie stars, models, and athletes for comparison, no wonder our heads are spinning. It's time to stop, get a grip, and understand one thing. Fitness is as personal as grooming. We don't all wear the same hair cuts or perfume. We are all individuals. We each need to find what is right for our own body makeup and lifestyle.

Look for a program that combines strength, coordination, balance, and agility, along with impacting your reflex action, hand/eye coordination, range of motion, and flexibility. Some basic routines are designed to give both strength and overall fitness. Once that happens, your heart, liver, kidneys, other major organs and circulatory system improve. They all work together to give you an overall better physique and a much better quality of life. You don't have to bench press two hundred pounds or curl eighty pounds to get the chest and arms you want. You also don't have to jog for 5 or 10 k's. It only takes forty minutes for good conditioning or weight regulation.

What you do have to do is find a light easy maintenance program that fits into your schedule, one that you will do consistently at least twice a week, minimum. For best results, three to four times a week. If you would like to push it to an hour and a half to build and have strength conditioning, that is fantastic. Forty-five minutes is ideal for maintenance.

People that work out at a gym for three to four hours are wasting a lot of time, or they are stripping their muscle fiber that already exists. This is not beneficial in body structure maintenance. For example, my high performance athletes who do this for a full time job get everything done in an hour and a half. Anything more than that would be detrimental to their systems. Strains and sprains happen when your body is fatigued.

With weight lifting there is an old saying; no pain no gain. That must have been made up by a doctor. Does that mean you should feel no pain at all after a work out? The next day beginning athletes should feel a tightness or stiffness in areas that have not been used for a while. That is normal, after a few more work outs that will be gone. It's your body readjusting to its new program.

We suggested two things in your workout. First, hydrate yourself regularly during your exercises. Stop and drink water which still happens to be the best source for fluid replacement.



Second, if you get tired, rest for a moment. If it hurts too much, slow down. Your body is saying "Hey, we are not that world class athlete yet but we're coming."

So forget about looking like Hulk Hogan or Angelina Jolie. We already have one of each.

Look at yourself and find the best person that you can make from that image. Be that person. Last time I checked we needed a few more of those.

*Richard Lewis is in his fourth decade as a world renowned boxing coach and trainer, physical fitness instructor and youth counselor. He works with competitors in the fields of full contact sports and has several world champion teams and individuals in his resume. He currently works with four time world champion female boxer Lisa Bad-News Brown and was in her corner for her WBA world title bout on March 27. He also is the program director, chief coach and instructor at World Class Boxing and Fitness Canada.*







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# JENNA LYNN HIGGINS:

## Durham Dancing Darling

By Sherry Bridge

Charming, graceful and charismatic. That's how she was on 'So You Think You Can Dance Canada,' and that's the same Jenna Lynn Higgins who shared with me some of her Ajax experiences and television wisdom.

Jenna was born in North York and raised in Ajax where she attended Lincoln Alexander Public School and Pickering High School. She is the oldest in the family and has three younger brothers. One of them did take some dance classes, Hip Hop, but he didn't stay with it for very long.

Jenna Lynn started dancing at about the same time that she began school. Christine Travaris got her started at the McLean Centre in Ajax. Later she was introduced to Denise Lester and joined the Denise Lester Dance Academy in Pickering, the oldest dance school in the region.

Almost as soon as she could dance she entered her first competition at age six. She still recalls that she danced to "Working Day & Night" but she wasn't on stage by herself. She was almost 13 before her first solo competition. Jenna and her teacher, Wendy Scharien chose "Push" by Prince. Not only did she win but according to Denise Lester she had the highest score for an intermediate solo in that competition.

According to Denise, "Jenna always had the 'IT FACTOR'". When she was competing the teachers from other schools would make sure they watched. We always encouraged her to make a career of dancing because she has such fantastic stage presence.

"Jenna was always a team player and an inspiration for other members of the team. Even at an early age she always tried to do what the older students were doing"

Jenna Lynn was eighteen when she auditioned for 'So You Think You Can Dance Canada.'. She quickly captivated the judges with her mesmerizing audition. When she took the stage, the audience quickly learned to love her and her dancing. Although she was voted off in week three, she made a lasting impression and still hears regularly from many of her fans. She was eliminated number 16 but out of the thousands who

started this incredible journey at auditions across Canada, number 16 is really quite amazing.

Of course she was disappointed but she is continuing to give the gift of her dancing as well as practicing to keep improving.

"I pretty much just love to dance. Right now I'm auditioning a lot, teaching as much as I can. I'm just trying to keep busy."

Having recently turned nineteen, Jenna reflects on her years as a Pickering High School student. "My Pickering High School experience was interesting. I liked it a lot. You know the first year of high school you're so excited, and scared, but afterwards you think it's a piece of cake."

Even at that time, Jenna was honing her skills. "I was always involved. I actually ran the dance troop for a couple of years. I helped choreograph for Grease, the annual play. I love track, I ran track with Mr. Sahadath he was my favorite coach."

These high school activities provided her with the experience needed to gain an edge over other dancers auditioning for the show. "It helped me because I got to choreograph. I ran the dance troop so I got used to working with different people and how they moved. I didn't choreograph on that show, but I was working with other people and seeing the way that they dance helped me."

During 'So You Think You Can Dance,' Jenna would have to overcome many difficulties behind the scenes. "Mentally, physically and emotionally it was really hard. The hardest thing was being positive all the time. It's stressful and everyone around you is stressed." She recounts it being challenging on a personal level as well. "I think the hardest thing for me was just to be myself and not stress so much because it's fun too and I'm doing what I love to do. I figure I shouldn't be stressing over something that is so wonderful."

For anyone considering auditioning for 'So You Think You Can Dance,' or doing anything else in life for that

matter, she has some advice. “Just be yourself, no matter what anybody says. Be yourself. I think that was the hardest thing for me. Do what you want to do and don’t be afraid to pursue your dream or what you’ve been working towards. Whatever you believed in just continue doing that.”

“The show did affect my life today,” Jenna muses. “I have a lot of job opportunities. I’m going to be judging at a couple competitions coming up in the next year. That’s going to be really cool because I have never judged before. Being on the opposite side is going to be so weird.” In addition to judging, Jenna Lynn is helping other dancers prepare for competitions as well as doing some choreography. She is a fully qualified teacher and will be teaching the jazz session at the Denise Lester Academy this summer.

The show also gave her an inside look at what may be in store for her in her future dance career. “The show was a big eye opener for me, with T.V. and production. It opened my eyes when I got an opportunity to be in that environment and I actually saw what happened behind the scenes. It gave me a better understanding of the bigger picture, and I like that because I’m still so young and have so much to learn. Even though I didn’t make it to the finals I still had that fantastic opportunity to see a side of dancing I had never seen before.”

Throughout the show and still Jenna Lynn receives unwavering support from her friends and family as well as the community. “Every day I have fans still telling me how great I was. They support me so much. On my birthday a lot of them wished me happy birthday on facebook, which is really cool. I appreciate every one of them.” Jenna also claims that her mother is her biggest fan and supporter but her teachers are right up there as well.

To all her supporters she says, “Thank you so much. Thank you to my family, my friends, and especially Durham. I had people emailing me and messaging me on facebook saying, “Hi, I’m from Durham, I just want to say congratulations, we’re voting for you.” So I just want to say thank you because even though I didn’t make it, it was the biggest thing that has ever happened to me in my entire life. I’m so happy that I had the opportunity to show people who I am, so I’m just really thankful.”



In regards to a long term career, Jenna remains open minded. “I eventually want to go to LA, obviously, like every other dancer. Or New York, and hopefully be in Broadway. I really love anything like that, musical theatre, all that kind of stuff. I’d love to be in videos. Honestly, it’s where ever the future takes me.”

Jenna is making plans to go to New York to take additional dance training in preparation for her career as a dancer. “It’s not just what I do. It’s a huge part of who I am. As far back as I can remember I’ve been dancing. I can’t imagine not dancing.” Jenna also told me that she will be going to LA. She doesn’t know when but she will be going there.

No matter where Jenna Lynn Higgins ends up, one thing is certain. This dancer has a bright future ahead of her.

*Sherry Bridge is a grade twelve student at Pickering High School and regularly contributes “Chock-full of Awesome” to The Local Biz Magazine*





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# Amazing Wine and Beer is close To Home

By Darryl Boulley

The tantalizing taste of great wine or mouth watering cold beer is closer to home than most Durham Region people think. Most of us may think that the LCBO is the best place to find your favourite drink. Well as I discovered, Durham has some delicious hidden secrets.

**Archibald Orchards & Estate Winery** in Bowmanville is the first stop on my little tour. It really had to be. After all, where else can you go to taste wine, eat some really yummy apple pies - that's right I ate more than one, play a round of golf and pick your own apples all in the same place? In amongst about ten thousand apple trees Archibald's is a place that seems to be constantly growing and changing. Since 1968 Archibald's went from a part time apple picking farm



to what it is today, a real family entertainment place.

Fred Archibald and his family-run estate is like stepping into your own little paradise. While I was there I heard some great stories from the owner, Fred, and learned a lot about what his orchards are all about. I'll admit I never really knew anything about fruit wine... I really mean nothing. One thing I did learn was how much more difficult it is to make fruit wine as opposed to the more familiar grape wine.

The passion behind this more than full-time business has lead the family to be constantly thinking on their toes to keep bringing new things to do at the estate. I know my wife was excited when I told her they have a ladies golf league with wine tasting included. Not to mention my kids can play golf there for free (or go in the orchards looking for my ball).

Now to do a little taste testing. The wines are amazing. Oh and this is coming from the guy who is allergic to raw apples (lucky for me once fermented I can drink the wine). With about 20 different fruit wines to select from I honestly couldn't tell you my favourite



but I can tell you that they will help you select the right wine for the right occasion.

The dedication that this family has put into their orchard is incredible. Fred told us a story about how he was trying to find apricots. He finally found them but the only time the farmer could deliver them was on his way to Ottawa and he'd be passing through the Bowmanville area around 1am. So imagine Fred on the side of the highway at 1am waiting for his apricots to arrive. If that's not dedication I don't know what is.

Next stop I headed to **Ocala Winery** near Port Perry. As the 41st Winery of Ontario and celebrating their 15th year, this is another must see or taste if you will. Ocala started as a fruit wine winery until about 10-years ago when it began to grow grapes. Once again some tasty wine on the racks at their very historic looking winery.

With roughly 25-30 different wines I wanted to know what the favourite was. But it's not that easy. As owner Alissa Smith told me it all depends on your mood. Her husband Irwin works hard and making that choice becomes a little easier by offering such a great selection.

Irwin, unlike his father, wasn't much of a cattleman so he sold the cows and took his hobby of making wine into a full-time passion.



Ocala also has many things going on. I found this place to be another little undiscovered escape. Undiscovered to Durham residents that is. Most of their customers come from Toronto. When I heard about their “Dine in the Vines” event I knew this was a must attend. Nowhere else can you enjoy a four course dinner with matching wines while dining in the vineyard and orchard. Then there is their Harvest Festival, a guided wagon tour through the vineyard/orchard. This is now a new weekend destination whether it’s for a romantic wine tasting or taking the kids on a wagon ride. So on your next trip up Highway 12, head straight for Ocala.

Finally as a good ol’ faithful Canadian I was pleased to hear that there is a brewery in Durham. I was quickly saddened when they refused to connect me directly to the beer tanks through intravenous. I did learn a few things however on my trip to **County Durham Brewing Company**. Available at LCBO and Beer Stores these fine tasting beers are another Durham secret. Most of their business comes from pubs in Toronto so I was shocked to find out that pubs in our area haven’t caught on yet.



With 15 different beers this brewery has transformed from hobby to full-time passion for owner Bruce Halstead. While making home beer, starting when he was 18-years-old, he discovered he had more than a hobby on his hands. Many years later and many different types of home brew Bruce turned his hobby into his passion in 1995. Now with two bottled beers and 13 draught I was ready for the taste test again.

With more of a British-style taste, this beer certainly can fit into any night at the local pub. Bruce’s favourite beer? Same answers I’d been getting all day, “It all depends on my mood”.



Looking for something to do some Saturday afternoon? Visit County Durham Brewery, Ocala Winery and Archibald Orchards. And don’t forget to take home some of the best beverages you’ve tasted in a long time.

*Darryl Boulley is a former television producer and writer who has been attached to such television shows as **Degrassi: The Next Generation**, **Instant Star**, **ReGenesis** as well as feature films **Snow Cake** and **Steven Spielberg’s Catch Me If You Can**. He currently is the owner of **Creatively Green Design** -an eco-friendly printing and graphic design company in Whitby as well as an Assistant Coach with the Men’s UOIT Ridgebacks hockey club.*

# Treasure Hunt

By Rosemarie O'Halloran



Before the last snow disappears from the lawn and the crocuses are in bloom, they start popping up in driveways and garages across the region, yard sales.

You might think that going to a few yard sales is a simple thing, but some of us take it very seriously. And yes, it is true. One person's junk is someone else's treasure. That's why I go to yard sales and have one a year myself. I collect treasures from other people but I get rid of my junk. My husband has been known to buy stuff at one yard sale just to sell it ours and he usually makes a profit in the process. And have you ever wondered why so many antique and collectibles dealers are out there at 7:00 a.m. every Saturday?

Preparation is most important. Start with the local paper and go through the listings. Mark the sales in the area you want to cover. Another option is searching a site on the computer like Craigs list. Read the ad and note the date, start time and items for sale. Make sure to check the date. It's embarrassing when you arrive a week early.

I make a list throughout the year of items I want to buy. I keep this in mind as I go through each ad. For example if I am looking for kid's stuff I would cross out an ad that said antiques only. My husband would want to go to that one.

Some people have sales for their favourite charities. Some have really great deals but at others you are simply making a donation to the charity. Street sales are always good because you can park once and walk to a dozen or more sales.

Next I look up my addresses so I know exactly where they are. Sometimes I put a number beside each sale in the order that I plan on going to them. Now that I was given a GPS for Christmas I will program them into that.

On Saturday morning I am ready to go. A snack is prepared, water and fanny pack filled with change and small bills. The car is filled with gas and my sister in law is knocking at my door at the crack of dawn. We start by letting each other know what we are looking for. And remember the early bird catches the worm! By

the way, you may want to listen to a local radio station in the car. They sometimes tell you about the sales for that day as well.

Once we are at the sale we do a quick scan of the tables and all areas where the treasures are located. Don't forget the boxes and stuff tucked under tables. If there is something of interest, grab it so you can look at it more thoroughly after the quick once-over. If it's not in your hand, somebody else could get it before you get back to it.

After you are more familiar with yard sales, within a few seconds of walking up to the sale you will know if you are going to walk away with a great deal or leave saying "that was a waste of time." Some people think that if they paid fifty dollars for a lamp they need to get forty five at the sale.

It is very rare that I pay what they are asking, except in the case of an item costing twenty five cents. If you are buying something electric ask if you can check to make sure it works. I remember when my sister in law bought a box of rope lights and I asked if they worked. She said, "I guess so." I politely asked the woman if we could plug them in and not one of them had continuous lights through the strand. The lady gave her the money back. This embarrassment can be avoided if you try before you buy. Sometimes one person's junk really is just that, junk.

The best part of yard saleing is all the great deals you can pickup. If it's on your list I can almost guarantee that you will find it by the end of the season. Last year my husband got a full set of golf clubs, a bag and a cart for \$25 and he used them all season. None of that was on my list.

Oh and you would be surprised at how many old friends, and a few new ones, you will meet along the way.

*Rosemarie O'Halloran is a registered nurse, mother, grandmother and avid yard sale enthusiast.*





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# TASTE FULL TALK

By Chef Frans Thé

## What do you want in a restaurant meal?

This is the most common question I get from my culinary arts students. What do customers really want?

My students are generally a diverse group, most are mature, many are restaurant owners, caterers, personal chef practitioners, or professionals seeking their red seal certification. But whether they are about to enter, or are already in the industry, what they all have in common is the search for new ideas and a competitive edge in a competitive market.

In the food service industry, meeting consumers' needs often means making your products more attractive. For many restaurants, service and ambience are two main ways to distinguish your business. I emphasize the concept of "differentiated foods".

Consider several restaurants offering fresh, healthy, delicious food. Differentiated foods are items that enjoy higher added value through "eye appeal." They give the menu offerings an edge.

The flavour profile, texture, colour, the shape, and geometry of food components can benefit from the personal treatment of the skillful chef. I encourage my students to draw upon their individual life experiences, personal strengths and skills in order to develop the unique culinary signature.

Think about an ordinary "comfort food". There are many ways to "repackage" them. If it draws upon the chef's enjoyable experiences for its presentation, the result can enjoy wide based acceptance from the shared cultural memory.

Another way to draw on the concept of differentiated foods is to tap into the wider spectrum of cultural values. Consider economic, social, and environmental issues. Polls have consistently demonstrated the commitment of Canadians to these.

Menu offerings can become differentiated foods by addressing these concerns. Look for foods with ingredients that are purchased and processed in an ecologically, environmentally, and socially responsible manner. Some restaurants form strategic alliances with growers, producers, suppliers and distributors in the community in order to increase the availability of such foods.

Durham Region is blessed with a rich and diverse community. The food service industry reflects this diversity, and we enjoy a wide range of culinary options. In this column, we're going to introduce you to some of the unique and innovative possibilities available to you right here at home.

*Chef Frans Thé, chief instructor at Liaison College of Culinary Arts, Durham Campus is a graduate of Humber College Chef de Cuisine program and served as Executive Chef at the Five Star Ramada Hotel in Toronto and numerous other fine restaurants over the past 25 years.*



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## chock★full of awesome

By Sherry Bridge

**Spring is bringing not only good weather but a plethora of exciting new entertainment.**

If you're a hard core fan of children's animated movies, as I am, then you've probably already seen DreamWorks *How to train your dragon*. If you haven't yet, I would highly recommend it. This movie has received extremely positive views, including a 98% rating on the online review website Rotten Tomatoes, and is shaping up to be the next children's classic. The story is a tale of friendship that transcends cultural boundaries; a young Viking trained to kill dragons befriends one after wounding it. Many adventures ensue, and a charming and entertaining film is born. The movie is loosely based on the 2003 book of the same name, which was written by Cressida Cowell.

*How to Train your Dragon* is not the only book adaptation to see this year. Others include the third installment in the *Twilight* saga, *Eclipse*, *Harry Potter and the Deathly Hollows*, and *The Chronicles of Narnia: The Voyage of the Dawn Treader*.

In late April Disney's documentary *Oceans*, premiered, as well as a remake of the 1984 cult horror film *A Nightmare on Elm Street*. With even more action but hopefully not as much horror, on May 2nd *Iron Man 2* blasts into theatres. Robert Downey Jr. will reprise his role as Tony Stark, and face multiple comic book enemies including Whiplash and War Machine.

Probably the most exciting movie (by my standards) that comes out this year is *Scott Pilgrim vs. The World*. Based on the comics of the same name, Scott Pilgrim, a young guitarist, must fight the seven evil ex-boyfriends of Ramona, the girl of his dreams. The lead role is played by Michael Cera with music by Canadian band Metric.

Speaking of which, recently I had the misfortune of completely wearing out my iPod classic and was forced to put up the money for a new one. While I was reloading this new iPod with all my old favorites I ran across some relatively new music that I hadn't heard before. The first thing I found was Tegan and Sara's 2009 album *Sainthood*, which includes their hit single *Hell*. It has been several months since it was released, and I'm sure that all die-hard fans have already heard it. However, I encourage everyone looking for good music to listen to this work of art. Some albums to watch for include; MGMT's *Congratulations*, on April 13th, Keane's *Night Train*, as well as Tokyo Police Club's *Champ* on May 11th.

With several popular sequels, major label films, and new albums coming out, this Spring looks like a good time for media.



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# Ask Sue-Ann

by Sue-Ann Bavluka



**Dear Sue-Ann:**

*Q. I am 22 and I have not had a successful relationship yet. My parents divorced when I was in my early teens and their marriage was not good prior to that. I want to meet the right person and live happily ever after. Any advice for me?*

S.R.

**A.** The lack of a functional relationship in the home often leaves you without a model to formulate your choices. Take the time to write down the qualities you would like in your perfect mate. Understanding exactly the type of person you are and the type of person you would like to be with gives your relationship a far greater chance of success.

**Dear Sue-Ann:**

*Q. I am 14 and everything around me is negative. TV, news, movies, video games, and my friends. My friends even talk about each other in negative ways. How do I stop myself from being so sad and becoming like them? Is there any hope for me?*

C.A.

**A.** It is very challenging to remain positive in this world, at this time. You are half way there by wanting to be more positive. Choice plays a huge role in the outcome of life's circumstances. Everything starts with you making the choice to become and remain positive. Choose what you allow into your life. Don't participate in negative actions. You can only control how you feel and if you feel good about you, there is less room for negativity in your life.

**Dear Sue-Ann:**

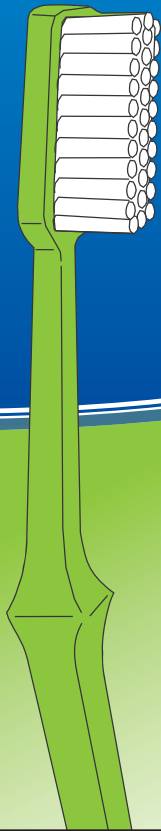
*Q. My girlfriend always seems to get asked out on dates and I don't. I don't get it, what's so special about her and not me. Please help.*

Dateless

**A.** You say that you are ready for dating and your guides say that you fear it a great deal. This is what is keeping those dates away. You need to look within yourself deeply and face your fear(s). The fear of rejection is so strong within you that you are putting an invisible barrier between you and any potential dates. Truly understanding and knowing that you are someone who is caring, interesting and independent will set the stage for life. Look in the mirror and reinforce to yourself who you are with confidence and believe it. Make it clear in your mind the person you would like to spend time with and they will come.

*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](http://www.divinelane.com)*





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## Making your Dreams a Reality

By Corry Hamilton

When people find out that I am paid to work with animals, they seem somewhat jealous. They tell me that when they retire, they would like to work for me. They never thought that someone could make a living playing.

In high school, I always thought I would be a clinical pathologist; solving medical mysteries like "House", but life had other plans for me.

Animals have always been a huge part of my life, so really it is no surprise that I ended up with my own holistic pet care company. I get to combine my love of the outdoors, with my passion for animals and the ability to puzzle solve. Throw in the chance to write and work on my photography and I am a very happy girl. Hey, I have even appeared on TV.

The idea for the business came from running a pet store. The best part of my job was using my degree in biochemistry to help people's pets with their health and nutritional concerns. It was extremely gratifying, having someone come back and tell me that his or her dog or cat was doing much better on the new food or that the natural remedy I had recommended.

Many people thought I was crazy to start my own business. They could not see how I would be able to support myself by working with people's pets. They did not have my passion, drive or vision. When I look back on everything, I am happy I did not listen to all the naysayers.

As you are thinking about what you want to do with the rest of your life, think about all the things you are passionate about. What do you do that causes you to lose track of time, that you would do even if you were not paid a dime?

Those are the areas to explore. Maybe you will enter a trade, go to college or university or even start your own business looking after other people's with pets. Whatever you decide, make sure you are passionate because when you can take your passions and turn them into a career, the money will follow and you will never work a day in your life.

So that's how I got started and now I'm here to help answer questions about your pets.

*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](mailto:info@takingthelead.ca)*



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# BOOMERS

By David Drane

**Ok, here's the deal.** If you want to be one, you are. Nobody can decide who baby boomers are anyway.

Some say boomers were born between 1944 and 1954. Others stretch it another 20 years. Does it matter?

Let's say the boomers started in 1944. That makes me one. So what makes us different?

We're better educated. Well we stayed in school longer. Whether that translates into better educated is open to debate. Sociologists say we are either more traditional or less traditional. No that's not different sociologists. That's what they all say. We're both.

But growing up in the sixties was definitely different from anything that went on before. Is it possible that the events of that decade really define the boomers?

Maybe it wasn't the events. Maybe it was our heroes. Sports personalities, celebrities, politicians and people we saw every day. We looked up to and admired them. Of course some of them disappointed us.

These were everyday people who did what they did because they loved it and believed in it. Most sports personalities had jobs outside of sports. Politicians said what they believed was true and apologized when they were wrong. Stars lived the life they believed to be right. And our parents brought us up the way they believed we should live.

I'm not suggesting they were perfect. I'm just saying we had people we could look up to as role models and they were positive role models.

So what do you think?



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## Chef Instructor Frans Thé

***Chef Frans Thé is an inspiring Culinary Arts Instructor, team builder both at work and in the classroom.***

Frans Thé B.A.S.Hons was born and raised on the tropical island Java.

He is an alumnus of York University (BAS Honours), St.Clair College Windsor (Architecture Honours), Liaison College Culinary Arts (Advance Honours) under Chef Mick Elliott CCC and trained at the Ramada Hotel Downtown Toronto and Humber College.

He studied architecture at Carleton University(Ottawa), Hospitality Management at George Brown College and Computer Applications in Architecture and Interior Design at University of Toronto.

He completed Certified Chef de Cuisine program at Humber College. He is a Red Seal Chef with marketing, business management, architectural and interior design background.

**“...we come across many chef instructors, but none have we met yet, that can raise the culinary enthusiasm of his students to the level with which Chef Frans can. His own creative flair and skill sets him apart from other instructors and we are very lucky to have him with us...”**

**Directors of Liaison College: Chef Mick Elliot C.C.C**

### **Other accomplishments:**

include professional work with architectural and interior design firms in Toronto.

Projects include York University Student's Centre and Beth Avraham Yoseph Synagogue at Vaughan and medical facilities in downtown Whitby.

Chef Frans is a life long student of Latin and Ballroom dance and is working towards certification of proficiency in International Style.

He currently studies under Maria Golovanevski Master of Arts, Canadian National American Ballroom Champion 2008-2009.



### **Professional Chef Accomplishments**

As a former Executive Chef of Ramada Hotel Toronto Downtown, (then a 5-star hotel in early 1980's), Chef de Partie at Delta Hotel Toronto East and as a former Sous Chef at Executive Learning Centre Schulich York University and several fine restaurants.

Recipient of numerous high academic achievement awards from various colleges, Chef Frans prefers continuous self-development to participation in competitions.

His greatest passion is to witness his students' professional growth in culinary arts.

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By Dennis Brown

## FEARLESS LIVING

You're afraid. This is one of the most common reasons most people have for not living the life they desire. The ironic thing is that most people would never admit they are afraid, yet it doesn't matter how well hidden it is, the bottom line is fear.

What about public speaking, meeting that new person, leaving the job we dislike, trying a new adventure, following our dreams, what keeps us back? Fear

Where does this fear come from? We were born with only two fears, the fear of height and loud noises. The bible records over three hundred and sixty five times not to be afraid. For most of us we were taught to be afraid. We are programmed for failure. The world system is designed to keep us from realizing our full potential. Let's look at one area for example, money.

We are conditioned to spend money that we don't have, on the things we really don't need to impress people who don't really care. You buy something today and in a very short time, the model you have is now outdated. Don't you dare get caught with that outdated model! It doesn't take very long until you are caught in the endless credit crisis. You cannot really follow your dreams, because now you have all those bills to pay in order to keep up with the Joneses. You have the house, the car and all the toys to pay for. Most people live their life way beyond their needs. We are not content. We fear getting left behind. The bible states however that Godliness with contentment equals great gain. (1Timothy 6:6)

We need to peel back the layers and find out what it is we really fear. Were you told you were not smart enough? I can relate. How about not wanting to look bad? Fear of failure or success, not good enough, the list goes on.

Did you get laughed at when you went out on a limb to try something new when you were young, and it appeared you failed? Did you then vow consciously or unconsciously to never try anything risky again?

As I coach, so often I see and hear the many negative things said or done early in peoples' lives, still hindering their growth into adulthood.


It's a new year, how about endeavoring to live fearlessly. Make every effort to search within, uncover what it is that you are afraid of. Work with a life coach, or do some deep honest soul searching on your own. You cannot afford to keep allowing the potential for a wonderful life to keep passing you by.

What's my challenge to you this month? Find something you have been avoiding because you are afraid, and then do it. Keep repeating the process with new challenges every day. You will begin to transform your life towards success.

It's time to live fearlessly. Psalms 23

I would love to hear some of the outcomes, email me at [dennis@welisten.ca](mailto:dennis@welisten.ca)


*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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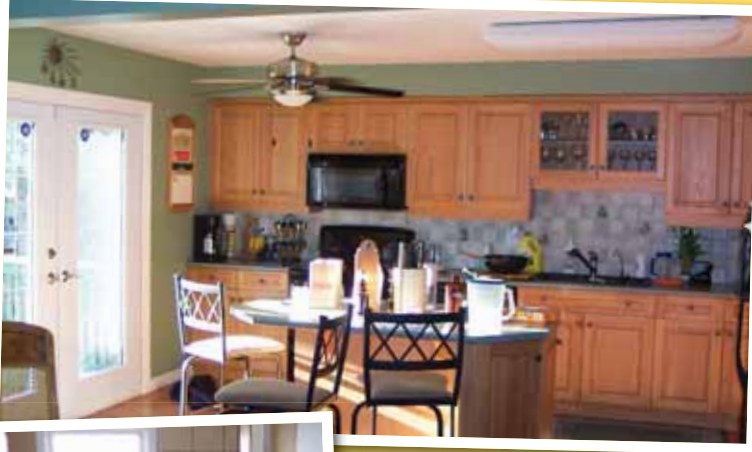
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