

The Local Biz Magazine

FREE

Durham Region Community Publication

• • • • • Spring 2012 • • • • •



**A Little History
& Future Insight**
*as told by Oshawa Mayor
John Henry*

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Published by

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The LOCAL BIZ Magazine, The Pink Pages Directory, and Pink Play Mags.
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From the Publisher

Welcome to The Local Biz Magazine Spring 2012 edition!

I would like to welcome back Linda Calder, who previously contributed "A Soldiers Story" to our autumn 2011 issue. In this one you will see her sit down with Oshawa's Mayor John Henry for an interview covering topics from history to plans for the future. Also returning to us is Justine Wallace (author of "Durham Region Winter Wonderland" in our previous issue) and Satrohan Rai ("She Shoots, She Scores"). Justine will explore fresh ways to work off that winter fat and get in shape for summer, as well as the fitness opportunities that Durham Region has to offer. Satrohan will guide you through basic bicycle maintenance, and give you a peak into the world of trick biking in Durham. New to The Local Biz Magazine team this issue is comic artist David Meehan and his mischievous 'Season Bot.' What trouble will this inquisitive character cause for an unsuspecting resident of Durham? Look inside to find out.

You can check up on the season's movie premiers with John Foote in "Film Talk," or get advice on spiritual matters from Sue-Ann Bavlnka's "Ask Sue-Ann." Corry Hamilton will provide information on how to deal with a pets spring time allergies in "Taking the Lead," while teen columnist Sam Burtch relates the trials and travails of spring cleaning. Don't forget to take a look at "Coaches Corner," where Dennis Brown will shed some light on perseverance and 'reaping a harvest.' Shirley Ouellette's spring edition of "Tasteful Talk" will address sustainability, as well as local foods and how to get the most out of them.

Thank you so much to our faithful readers, who have enabled The Local Biz Magazine to grow. We now have nearly forty distribution centres in each Durham municipality and only plan to increase this number in the future. If you can't get to a distributor to pick up an issue, or want to review an old favourite, remember that you can download your free copy from our website under 'archives.' As always, we appreciate all of your feedback and will continue to incorporate your ideas into the content of The Local Biz Magazine.

Antoine Elhashem
Publisher

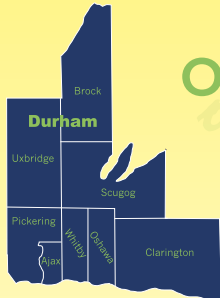
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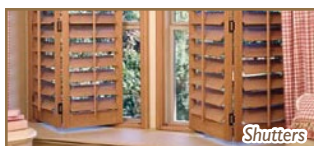
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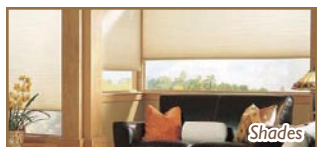
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From the Editor

It's spring! Or, at least, the first signs of a seasonal change are appearing. Therefore let me congratulate you, Durham, on successfully making it through another Canadian winter. The last time I sat down to write an editorial – for the winter issue – I toyed with the idea of talking about New Years and it's accompanying resolutions. However, the concept was so incredibly novel and outlandish that I didn't dare.

I'm kidding! In reality I settled on a short and sweet introduction for my first issue as editor. Regardless, New Years Resolutions have remained in the back of my mind with the cobwebs. There I was, the other day, brainstorming for this current issue of The Local Biz Magazine and doing some spring cleaning, and low and behold I came upon my idea for a New Years editorial. What, you may be asking, does that have to do with The Local Biz Magazine Spring 2012?

Well, when I was editing the teen column by Sam Burtch I started thinking about spring cleaning traditions and what they symbolized (thank you Sam). It's true that houses occasionally need a thorough cleaning, but there are many opportunities for that throughout the year. Why do we feel compelled to do it, en masse, as soon as the ground thaws out and the first greenery appears? Apart from practical reasons, I thought maybe it had something to do with the ideas of growth, renewal and re-birth that we associate with spring. The conclusion that I ultimately reached is that spring cleaning bears a striking resemblance to New Years Resolutions. The transitions from one year to the other and from winter to spring offer us a fresh beginning, and we make a commitment to taking advantage of that by sort of shucking off the past and promising to improve our lives in one way or the other. In fact, every season seems to offer that chance, in its own way, and it makes me wonder; how many chances do we really need? Are they each their own opportunity to improve in small ways, or are they excuses to put things off? It's probably something everyone needs to decide for themselves but, ruthless procrastinator that I am, I think I'll look forward to the seasons for their unique scenery and try and make my attitude towards improvement as consistent as possible.

Sherry Hucklebridge
Editor



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The City of Oshawa

*Past,
Present and
Future*

by Linda Calder

When it comes to Oshawa, Mayor John Henry is a man who wears his heart on his sleeve. He is a man who loves his city, and is enthusiastic about its future. Before we look to that future, it's good to look at the past, to see where the City of Oshawa has come from.

A lot of people think of Oshawa as ‘the lunch bucket city,’ but it’s much more than that. Oshawa has a history that dates back long before the arrival of ‘horseless carriages’ (automobiles). If you are in Oshawa now, take a look around. Had you been in the same spot about three hundred and fifty years ago, you would be in the middle of a forest. What is now called Oshawa Creek ran through the middle of that forest, and was wider, back then, than it is now. It was like a small river and went all the way from Lake Scugog to Lake Ontario.

The Mississauga First Nation was living on what is now called Scugog Island, in the area where the town of Port Perry is today. They fished, hunted and each spring walked from Scugog Island to Lake Ontario, around where Lakeview Park is, bringing the furs with them. Some stories report that they walked in bare feet, others that they wore moccasins. Then they got into canoes and traveled along the shores of Lake Ontario to what is now Port Credit on the other side of Toronto. This is where they traded their furs with French fur traders and acquired many useful supplies.

The first building in Oshawa was a French trading post. Around the year 1750, French settlers built a log cabin next to Oshawa Creek where it runs into Lake Ontario. Oshawa Harbour is there now. This is where they traded with the native people but, after about ten years, the French moved away and only the building was left. It wasn’t until about thirty years later that people came to Oshawa to stay. The first to arrive was the Benjamin Wilson family in 1794. Initially they lived in the old log cabin while they built a house. The house that they built is long gone, but other houses nearby are still standing. These are named after the families who lived in them; the Henry, Robinson and Guy families. Although the early settlers in Oshawa died long ago, you can still see their names in a little cemetery not far from where they lived. Their homes are now a part of The Oshawa Community Museum, a great source for discovering the history of Oshawa.

From this small beginning, Oshawa became the big city it is today. Like many communities in southern Ontario, Oshawa grew around King Street (the name Kingston Road/highway 2 goes by in Oshawa). Oshawa started out as ‘Skae’s Corners,’ and took its name from Edward Skae, who had a general store near four corners in Oshawa. When he wanted to open a post office, he was told that a better name was needed. Skae apparently got the name ‘Oshawa’ from some Ojibway First Nations. There are a couple of translations commonly seen; “where we must leave our canoes” and “that point at the crossing of the stream where the canoe was exchanged for the trail”. The community by the Lake was known as Cedar Dale. It later became known South Oshawa, and then Oshawa.

If you headed down towards Lake Ontario on the Whitby/Oshawa border during World War II, you would have probably been stopped by the military.

If you headed down towards Lake Ontario on the Whitby/Oshawa border during World War II, you would have probably been stopped by the military. War wasn’t taking place on Canadian soil, but the training of spies was, and so civilians were not allowed in the area. The site was selected by Sir William Stephenson, who was a friend of Winston Churchill. It was an ideal site for several reasons; there was an airport in Oshawa so people could be flown in easily, it was only a few miles from Ajax, which had a munitions plant, and access by water was easy too. It’s also across the lake from the U.S.A. A lot of spies were trained there before being sent off to various countries. Ian Fleming, who wrote the James Bond stories, trained there.

Once, there were many buildings on the site. Unfortunately, they were used for firefighter training and there is only one left. There is a memorial that marks the exact location of the camp, which is in Intrepid Park. Lynn-Philip Hodgson, who is a local author from Port Perry, has written a great book about it called “Inside-Camp X.”

Mayor John Henry was born and raised in Oshawa, in fact, his dad still lives in the house he grew up in. He went to R.S.

McLaughlin High School, then went on to study at Durham College and George Brown College. The only time he lived away from Oshawa was when he was at school. His background is technical, which serves him well in today’s world. Henry was an Oshawa businessman long before he became mayor, due to his faith in Oshawa as a growing community. The mayor’s wife Kathy owns and runs a Shopper’s Drug Mart at Ritson and Taunton, where she is also the pharmacist.

When he’s sitting at his desk, Mayor Henry can look over to a bookcase where there are a couple of pictures of his two daughters, which is why he picked the spot. His pride in his daughters and his love for them is obvious. He mentioned that, one time, he was the only man learning how to do makeup for dance class because his wife was out of town. Both of his girls are doing very well as they move along the road of higher education. Mayor Henry is at his office by 7:00 most mornings, and is often on city business until nine or ten at night. Because his daughters are grown and away at school, he can devote his time to being mayor without neglecting his family and he often sees people quite early in the morning.

The mayor drives his own car and pays for his own gas and insurance. He pays for 100% of his bills and his office budget is down 19%. Because he is a business person, he runs his office like a business. However, it is not a business without a heart. Henry was so pleased that his office, members of city council and the people who work at City Hall had adopted several families to make sure that they would have gifts and food for Christmas.

I asked him if he were a tour guide, where would he take tours in Oshawa? The Mayor would start his tour at the Oshawa Memorial Park, which commemorates the cities involvement in WWII. The

lakefront would also be a part of the tour, Lakeview park is used for many special events and is a great park to take the family to. An added bonus is Oshawa Museum is also right there. Other stops on Mayor Henry's tour would include The Robert McLaughlin Gallery, the Main Branch of the Oshawa Library and The Canadian Automotive Museum. This would be followed by a selection of one of Oshawa's many restaurants to suit your taste.

Mayor Henry is very enthusiastic about the future of Oshawa. Not many communities get a second chance for growth the way Oshawa has. There are four areas that Mayor Henry thinks are important to Oshawa and he is working on expanding these to create new jobs. There is education, one of the main sources of the mayors pride in his city. Durham College, U.O.I.T, Trent University, and, lately, Queens University all have a presence in Oshawa. U.O.I.T boasts the worlds largest wind tunnel and is a centre for automotive research. Queen's University will be working with the Oshawa Hospital as a training site for medical personnel, as the Oshawa medical field is growing.

Manufacturing has always been important to Oshawa, ever since Colonel Sam McLaughlin started building cars there. The mayor continues to work at attracting new commercial ventures; one of the latest to be announced was Costco. Part of what the mayor does is convince business that Oshawa is the place to be. After all, there is a highly educated labour force, and a high quality of life in an affordable place to live. It has the feel of a small town connected community and is a perfectly sustainable community that is rebuilding and redefining itself. He will continue to be proactive to get business for the city.

The Mayor has arranged with Ontario Premier Dalton McGuinty that the 407 highway will extend to 115/35. There will be a second ramp at Harmony Road, as well as the one at Simcoe Street. He is continuing his battle against the ethanol plant being built at the lake, as there are problems with the soil and the plant should be built close to where it will be used. Other municipalities in the area have received funds from the Federal and Provincial governments to improve their lakefronts. Oshawa needs a share of this funding to make the lakefront an even better place.

Mayor John Henry is a charming gentleman, who knows his city well. He believes in Oshawa, in Durham Region, and that they will both continue to grow towards a bright future. Oshawa is a hidden gem, a diverse community with the third fastest growing economy in all of Canada. The population of Oshawa will eventually reach about 200,000, and Mayor Henry will be working to make sure that it continues to grow as a great community for it's people.

Linda Calder has great respect for those who serve our country in uniform. Her Dad was in the British Merchant Navy in WW11. A great uncle from Wales, a sailor, earned a Victoria Cross in WW1.





The Girl Guides 84th Pickering Unit Trip to England

by Peggy Albright aka Sunshine, 84th Pickering Rangers

Girl greatness starts here! It is a wonderful and true to heart expression of the Girl Guides of Canada Organization. Girl Guiding is the largest movement for girls and women worldwide. It offers opportunities, activities, adventures and challenges that foster leadership development, global awareness, environmental stewardship and artistic expression within a safe, all girl environment.

Coming from a family with a long time involvement in guiding and scouting, I am very proud and honoured to be part of this organization as a volunteer leader with the 84th Pickering Ranger Unit. This wonderful and dynamic group of girls aged 14 to 18 are joining with some younger girls of the 84th Pickering Pathfinders to travel to England this coming July. These girls have all been working hard for two years, preparing, planning and fundraising to help turn a good idea into a great success. Bingo & bowling nights, BBQ's at Walmart, evenings serving patrons at Boston Pizza, garage sales and,

of course, our well known Girl Guide Cookie sales are just some of the activities we have engaged in, with all the enthusiasm and grace of our girls.

Fundraising is an important way for these girls to get involved in the process and help earn their way financially. It enables them to participate in this adventure and see for themselves where in the world this movement they belong to first got its roots. One of the significant points of interest for us in England is a visit to PAX Lodge, one of the four World Centres owned and operated by WAGGGS [The World Association of Girl Guides and Girl Scouts]. The other three World Centres are located in Switzerland, Mexico & India. Girl Guides worldwide have 145 member countries.

We would like to take this opportunity to thank our corporate and community sponsors who have generously provided prizes and gifts which have helped to make our fundraising activities so successful; The City of Pickering Recreation Centre, Good Life Fitness, Violet Blooms, Pampered Chef, Avon, Tupperware, Lia Sophia

Jewelry, Albright Electric and many others. We would also like to thank our parents for all their hard work and efforts, with your support and encouragement we take on this challenge. Last, but not least we thank our Girl Guide Leaders, without whom none of this would be possible. The time and work that you have committed as volunteers to these girls and this organization is truly awesome.

We have a few months left before we go to England and more fundraising activities to plan, such as an upcoming "English Market Place" event coming in April. Please watch for news of it in community advertising venues and try to join us. I would also like to encourage everyone to be supportive when you see any of the Girl Guiding Units out in your community this spring, selling the Chocolate & Vanilla Classic Cookies

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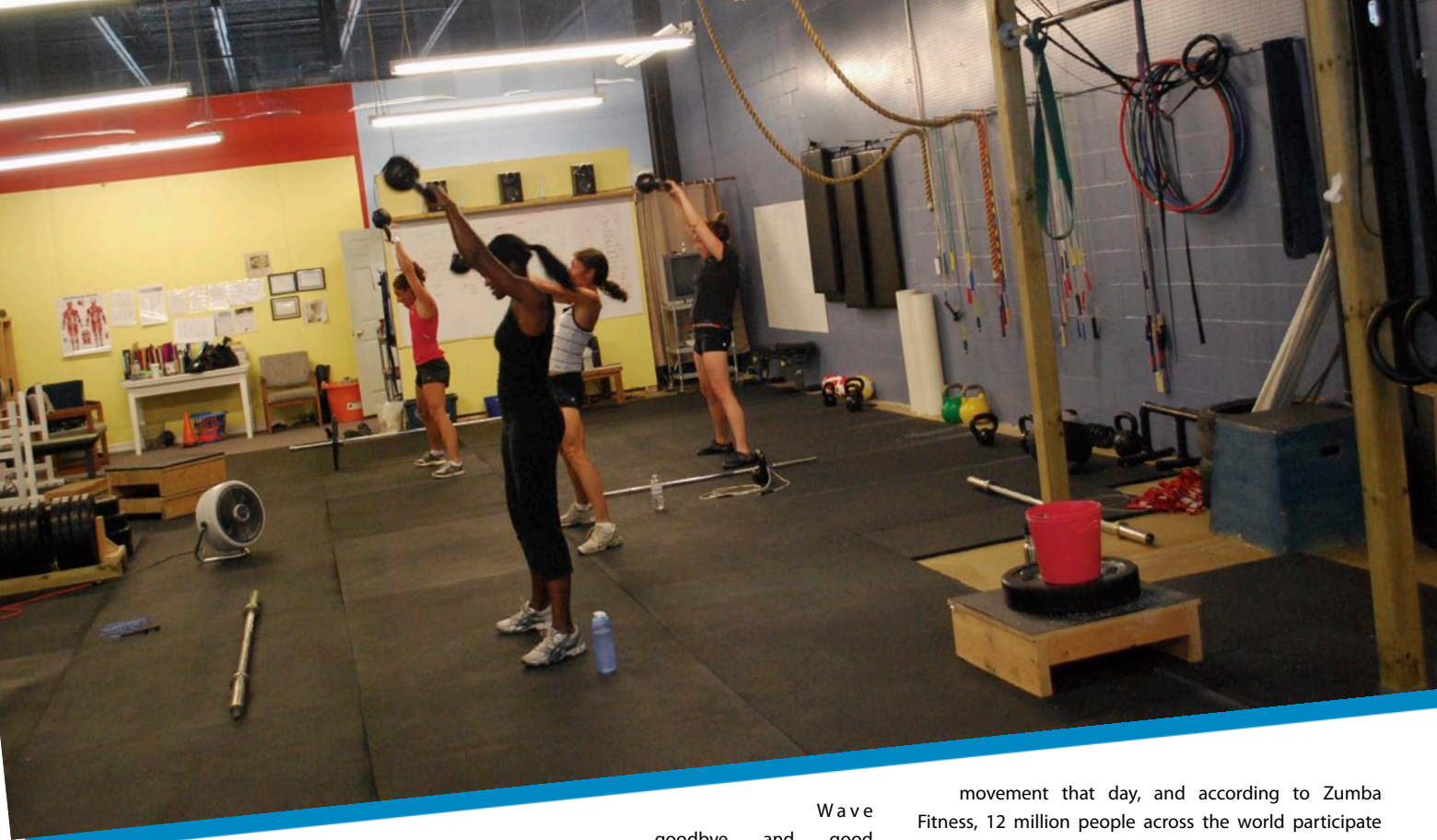
Get Ready for *Summer*

Fitness in the Durham Region

by Justine Wallace

**Exercise in Durham consists of a myriad
of fun and exciting ways to get your
body ready for the summer.**

Find your fit!



Wave goodbye and good riddance to failing two-week diets, and cramming in five hours at the gym on June 1. The holidays of winter months brought many goodies, which, unfortunately, leave their mark. Finding the drive to leave home and make the journey to exercise, when it feels like heavy weights and dumbbells are all that await, can be difficult. With the summer ever approaching, some begin to lose hope. But never fear, Zumba, Yoga and Crossfit fitness are here!

If you love the fast, hot moves and the international flavour of Latin music and Latin dance, then Zumba may just be your fit. Exhilarating dance moves are set to the beat of music by Grammy award winning producers, and participants have fun and dance those excess calories away. Are you turned off by the monotony of a closed circuit? If spontaneity is more your speed, then even the origin of Zumba may intrigue you. In the mid 90's, a fitness instructor name Alberto "Beto" Perez in Cali, Columbia was at his aerobics class and ready to begin, when he realized he neglected to bring the necessary music to the class. He scavenged the remaining music of his collection and retrieved salsa and meringue. He led the class with spontaneous dance moves, allowing the music to inspire the moves, rather than counting reps over the traditional music. Beto started a new

movement that day, and according to Zumba Fitness, 12 million people across the world participate in Zumba weekly. While being moved by the music, participants are reaping numerous health benefits, and toning their body to attain their ideal figure. Zumba is great exercise for fat burning. It increases your heart-rate, which in turn, increases your metabolism, even during resting periods. This leads to improved cardiovascular health and weight loss. Each pound of weight is equivalent to 3500 calories. Zumba burns around 500 calories each session and, with an added burning of 100 calories, you are set to begin healthy weight loss. In addition to weight loss and increased cardiovascular health, your stress level decreases. While you dance, your body produces serotonin and dopamine, which lowers stress levels and restores feelings of peace. Participants increase bodily awareness and coordination, and routines can be adapted to any fitness level and age group, so it is never too late to join in. Zumba always takes place in a social environment; bring a friend or two and meet several more. Classes are offered in group settings in gyms across the Durham Region.

For some, the tranquility and serenity of yoga is more appealing than the quick steps of Zumba. There are six branches of yoga, but the most common western practice of yoga is called Hatha Yoga, or Yoga of Postures. Hatha Yoga uses physical poses, breathing techniques and meditation to the betterment of physical health and spiritual development. The movement is thought to have originated from an era called "Sat Yuga", or "Golden age" about 26,000 years ago in India. This era was recognized for its peacefulness, and thus explains the tranquil nature of yoga. The word Yoga derives from the word





"Yuj," which translates as "the means and the end". This is in reference to the belief in the necessity of attaining unity with the "universal spirit," which stems from the Hindu religion. The search for spiritual peace comes with many health benefits. Similar to Zumba, participants gain body awareness. It tones and shapes muscles while normalizing weight, and has also been proven to help stabilize sleeping patterns, and improve depth perception. Yoga is excellent for both physical and mental health. Also like Zumba, Yoga helps to improve moods. Attention span is increased, while levels of hostility and stress decrease dramatically. Furthermore, it can decrease anxiety and depression in certain individuals. The ability to concentrate is heightened, and social skills are said to be subconsciously developed. If exercise linked to spiritual and psychological peace interests you, than Hatha Yoga may be your fit! Interest in Yoga has spread quickly across Durham in the past few years, and there are many facilities that now allocate space for yoga classes.

If the monotony of weight training causes you to lose interest in the gym experience, but you seek an intense hard core fitness workout, then Crossfit Fitness may be your unique fit. Crossfit Fitness is a fun, challenging full body work out. Unlike the gym, Crossfit Fitness has no machinery, mirrors, or TVs. There are no distractions and no audience members. Class sizes are small, and led by certified Crossfit instructors. Surprisingly to some, this hard core work out has more female than male participants. It has been described as a basic and minimalistic style of training that focuses on engaging the entire body in primal movements. These work outs are designed not to overwork those just

beginning their exercise regime, while simultaneously providing seasoned athletes with enough challenge and stimulation. In addition to the fitness program, a large part of the Crossfit program is dedication to nutritional education. This knowledge allows you to bring your new dedication to health and fitness home with you, so that you can continue to see results. According to Marta Blaze STOTT Certified Pilates Instructor, Certified Crossfit Level 1 Trainer "Simply put; it's bars, balls, boxes, bells, bumpers, racks, free weights, body weight, and a whole lot of sweat and hard work". Health benefits of Crossfit include improvement in fitness level, stamina, strength, agility and endurance.

Zumba, Yoga, and Crossfit fitness are only three, fun-filled ways to get into your best shape this spring. No matter what your variances in fitness level, availability, and interest may be, Durham Region provides many opportunities to get active and meet your fitness goals. Many local community centres provide lists of fitness activities, such as swimming, ice skating, dancing, and martial arts. It is time to find your fit, and get fit, because exercising and staying in shape does not have to be a chore. Plus, it has diverse benefits; physical, psychological, and spiritual in nature. Invite a friend or two and see what wonders exercise can do for you. Before we know it, the sun will be shining and we will all be flooding the malls, shopping for our new, slim summer wardrobes. Sign up today, and let the fun begin!

Justine Wallace is a senior student in high school, attending Notre Dame Catholic Secondary School in the Durham Region. Having lived in Durham for her entire life, she has benefitted from the region's programs and events. She hopes to help set an example of unity and fellowship for the global community.





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THE RETURN OF THE BICYCLE

by Satrohan Rai



The frozen world of winter has receded, and left a vibrant new spring in its wake! The changing of season provides a new chance to get outside, get active, and live up to some of those forgotten New Year's resolutions to shed pounds....



And if not for that reason, exercise and physical activity can be a great way spend time with significant others or forge bonds between friends or family. One of the best and most approachable recreational sports is biking. A reasonably low investment combined with the ability to partake in it anywhere a sidewalk or trail exists makes it one of the most popular sports in the world.

After sitting dormant for so long, there's a few basic forms of maintenance one should carry out to not only ensure the longevity of your bicycle and get the most out of it, but also to avoid risks to your safety. Properly maintaining your bike is a necessary, and not at all time consuming, part of being a cyclist. These include checking and truing your wheels, testing and resurfacing brakes, and inspecting the bike frame.

The wheels are the most important, and sometimes most frustrating, component of your bicycle. To start the process of cleaning and fixing them up, you should disconnect the brakes and remove both wheels. Doing so is the best way to clean the frame and wheels. Using water, or gentle soap, clean the rims, hubs and spokes of your wheels. This is useful to remove grime and dirt buildup between these small parts that are a natural part of outdoor riding.

Truing, aligning the spokes (the long metal threads that go through the centre of the wheel) so that the wheel is completely round and straight, should be your next step. Not every bike wheel needs to be trued, and the best way to tell if this is necessary is through simple observation. If the wheel looks oblong or rubs against the brake pads, then truing should be applied.

Before you take your bike apart though, make sure you have a spoke wrench. A spoke wrench is a small tool used to turn the spoke nipples (the small joints that connect the spoke to the outer rim), are typically inexpensive, and can be found at most big box retailers or suppliers of bikes and bike supplies. To true your wheel, suspend the bike so that the wheel can spin freely (upside down or by a rope, for instance).

Identify the spokes that are causing the wheel to lose shape; it's usually a group of them rather than an individual spoke, and are most likely all together in a section. The spokes on a wheel all work together, so what you do to one side may indirectly affect the opposite. Tighten or loosen spokes slowly, usually about a quarter of a millimeter, until the spin of the wheel improves and the wheel shape becomes circular again. A good guide to use if you do not have a truing stand are the brake pads, if the wheel spins evenly between and does not rub against the brake pads, it is in riding condition. Truing a bicycle wheel is a lot like tuning a guitar; it can take a lot of tweaking to get it just right. A spoke should neither be too tight, nor too loose. It can be a long, delicate process but speaking from personal experience, neglecting to do so on a regular basis will lead to worse problems later on that are completely avoidable.

Make sure to tighten all the bolts on the bike back to their factory condition. Important places to check for this are the seat, brakes, pedals, gear shifters and handlebars.

Last, the brakes. After regular use, brake pads get worn down and smoothed over, and become less effective as this inevitably occurs. To combat these effects, first remove loose thread and rubber hanging off the brake pad, if any. To resurface the pad itself, rub it over with rough sandpaper. This increases the friction on the rubber, and recreates the original hold the brakes started with, as well as cleans it of grime and dirt buildup. If metal is showing through the brake pad, or it's simply worn down too much, they will need replacing.

Once you put the whole thing back together again, all that's left is the test drive. Recreational bicycling is only half of the fun of the sport, however. Durham Region has an awesome freestyle biking scene, the star of which is Michael "The Man" Dimartino.

Originally a skateboarder, Dimartino moved onto the world of freestyle biking five years ago. His reason? "You just get more air on a bike." In the last year, he's started attending freestyle and jumping competitions, placing third at the Havok Jam in Newmarket, and getting another solid third at his

most recent event. Though a newcomer to the competitive scene, Dimartino uses competitions as a playground to test the skills and tricks he's been working on for years.

"The first one I did was a jump-based format," Dimartino tells me about the Havok Jam, "first there's a big drop in, then a main jump, a follow-up jump, and you do as many good tricks as you can." The contest judged participants on how impressive the tricks were, as well the amount of air a competitor gets on their jump. "The next one was basically a skate park, but had a lot more transition than the last competition," I'm told about Dimartino's latest event, "doing tricks and technical stuff were more important than jumps."

Following his passion for freestyle biking, Dimartino sends in videos of his skills to bike companies, and is currently looking to get picked up by North Shore Bike Shop in Vancouver. He did not start out making these videos to gain attention, "I just wanted to see what the jump looked like from another perspective, like if someone's just watching me, to see what I can do better and improve on," Dimartino tells me modestly. After honing his craft, and editing together footage of his most impressive feats, did Dimartino even consider sending a video off to a company, "I used to do a little riding for a company called Division 26, it was a clothing company. I sent them a video online, like a resumé, and got



a response." His video got him some recognition from the company, and they gave him discounts on their products so he would represent their brand in his videos. His aspirations are more than clothing discounts however, "The next video I'm working on is for a serious biking company, NS Bikes, and hopefully they'll sponsor me if they are impressed."

It's not an easy or painless road to get where Dimartino is. Many of his videos online show footage of him wiping out or bailing when a jump goes wrong, and it takes a lot of practice to land each trick. "I started out just landing jumps, and getting comfortable with that. Once you start hitting a jump a bunch of times, it's like, 'okay, now how can I spice things up?'" Dimartino adds, "by taking your hands off [the handlebar], or taking your feet off the pedals, stuff like that. Now it's gotten to 360 barspins and tailwhips, kicking

the bike in a circle and landing on it." Impressive tricks to be sure, but not without a lot of practice and dedication, "sometimes you wake up and it's a nice summer day and all you want to do is ride," Dimartino tells me from personal experience, "but your body's still sore from yesterday, and you're just aching too much to get out there."

He usually goes through a bike every year, the cost of which is substantially more than regular street bikes. "I spent \$2000 on mine," Dimartino tells me about his current ride, nicknamed 'Beauty,' "it's got no brakes and one gear that's specifically tuned for me. The extra money for lighter parts is worth it though, you can find really good quality parts if you're willing to spend the money." He sells off the parts from last season's bike to build the current year's, "I don't want to have something that's too old, 'cause if I land a jump and something snaps, that can be really bad," Dimartino informs me of the stress freestyle biking puts on the components, "but they're still in good shape, so I can sell it to people just starting out." His favourite place to get new parts, as well as his current place of employment, is Bay Cycle Sports in Pickering.

Your friendly, neighbourhood Satrohan can usually be found either running up and down Highway 2, or furiously writing an article minutes before it's due. He is currently studying at the University of Toronto, and hopes to switch into Ryerson for Journalism.

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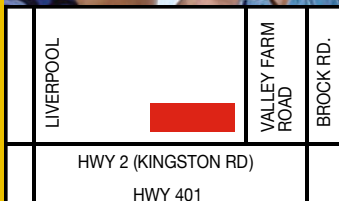
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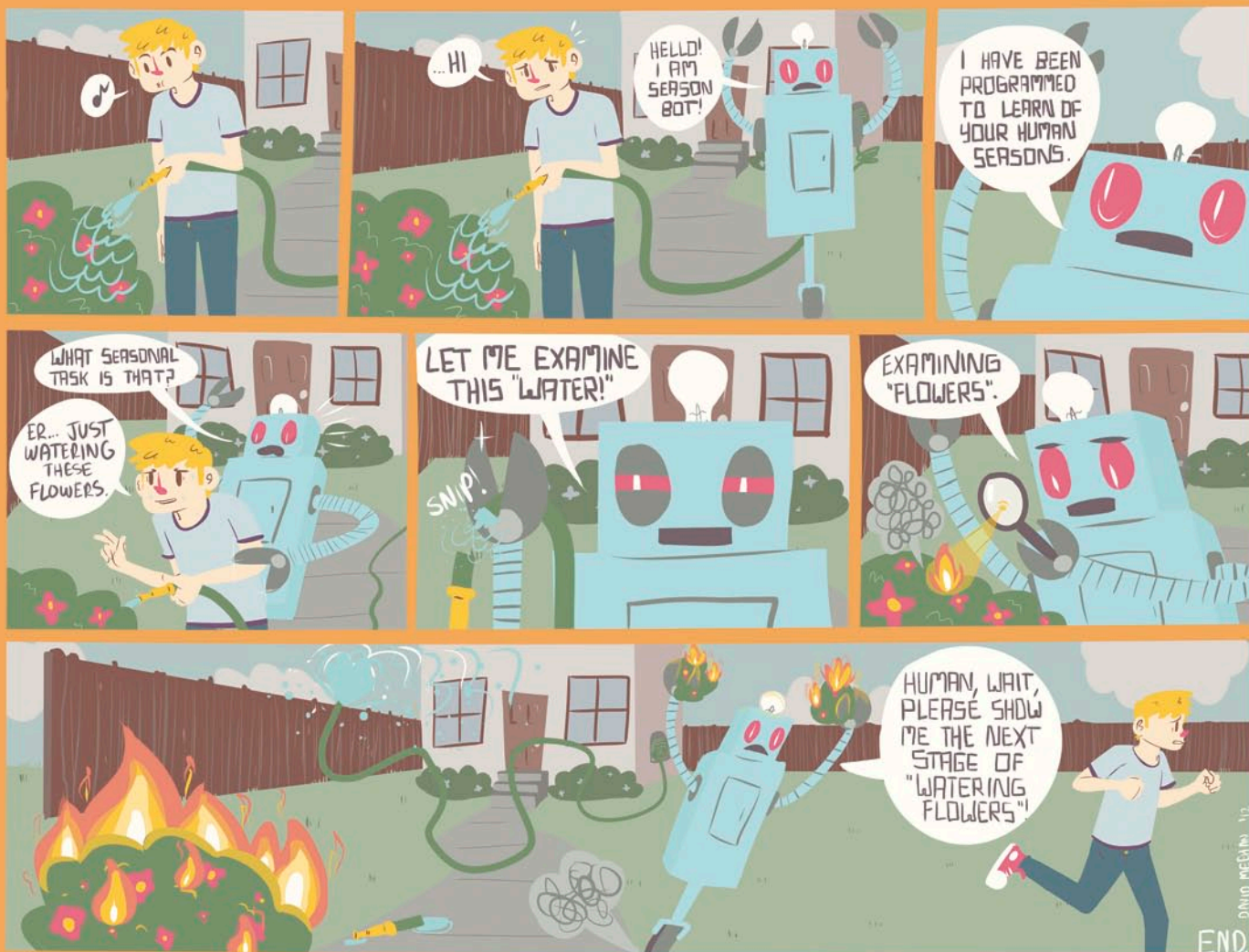


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SPRINGBOT

by David Meehan



David Meehan, 19, is an aspiring artist. He is currently working and saving money to attend a post-secondary graphic design program in the upcoming fall semester. To see more of his work, visit his blog at <http://drdavidphd.blogspot.com>

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Spring Events Calendar

Feb 18th –8th April

Meryl McMaster: In-Between Worlds

Whitby
Station Gallery
www.whitbystationgallery.com

March 10th –18th

Purple Woods Maple Syrup Festival

Oshawa

Purple Woods Conservation Area
www.cloca.com

March 12th-May 18th

The Doctor Will See You Now

Port Perry
Scugog Shoes Heritage Centre & Archives
www.scugogshoeshermuseum.com

March 15th

Emerson Drive LIVE at The Regent Theatre

Oshawa
The Regent Theatre
www.facebook.com/events/310103539021071/

March 22nd

Durham Board Show Opening

Oshawa
The Robert McLaughlin Gallery
72 Queen Street, Civic Centre
www.rmg.on.ca

March 23rd-24th

8th Annual Silverbirch Charity Concert

Uxbridge
Uxbridge Music Hall, 16 Main St. S
www.silverbirchcharityconcert.ca

March 30th-31st

March of Quilts

Whitby
Heydenshore Pavilion

March 31st -April 1st

Sunderland Maple Syrup Festival

Sunderland
Main St.
www.maplesyrupfestival.ca

April 7th

Easter Parade

Pickering
East on Annland St. at Liverpool Rd. to Krosno Blvd. and along Krosno to Bayly St.
cityofpickering.com/greatevents

April 18th

Scott Woods Concert

Bowmanville
Garnet B Rickard Recreation Complex
www.claringtonolderadults.ca

April 26th

Drawing for Art 2012

Whitby
Station Gallery

May 3rd-5th

Uxperience 2012 is taking you "Out of this World"

Uxbridge
Music Hall
www.uxperience.ca

May4th-5th

Ontario Writers Conference

Ajax
Deer Creek Golf Club
www.thewritersconference.com

May 10th

Johnny Reid "Fire It Up, Let Love Live Again"

Oshawa
Oshawa General Motors Centre
www.generalmotorscentre.ca

May 12th

LMMSO Home and Garden Show

Uxbridge
St. Paul's Church Regional Road 1 north of the store
www.lucymaudmontgomery.ca

May 18th-20th

Victoria Day SpeedFest

Bowmanville
Mosport International Raceway
www.mosport.com

May 18th - 20th

Cosmic Campout Music Festival

Calington
3388 Concession, rd 3
www.cosmiccampout.ca

May 21st-Nov23rd

The Sea Shanty: Oshawa's Ship History At The Lakefront

Oshawa
Oshawa Community Museum
www.oshawamuseum.org

May 24th

Mike Berube Lecture

Oshawa
The Robert McLaughlin Gallery 72 Queen Street, Civic Centre
www.rmg.on.ca


May 26th

Artfest on the Esplanade

Pickering
Esplanade Park (Behind the Pickering Civic Complex
cityofpickering.com/greatevents

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

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• Changing Thinking ... Transforming Lives

Film Talk

by John H. Foote

Been away, but I'm back. Sherri continues her war with brain cancer, and I will be with her every step of the way through this nightmare. And being the girl she is, she convinced me to get writing again.

2011 is not going down in the annals of film history as a particularly strong year at the movies. That said we did have some brilliant movies from some great directors, four of them among the greats of the seventies, still hard at work doing what they do best, making great films that are embraced by audiences. Woody Allen was the most surprising with *Midnight in Paris* (2011) a lovely valentine set in that love filled and cultural city, his best work since *Match Point* (2005), and one of his best movies. From Martin Scorsese we were given the gift of *Hugo* (2011) an immensely beautiful family film that was as much an adventure film as it was a journey through early film history. Clint Eastwood gave us *J. Edgar* (2011) which divided audiences and critics, despite a superb performance from Leonardo Di Caprio and last, but certainly not least, Steven Spielberg gave us not one, but two excellent films. The first, and current frontrunner for the Oscar as Best Picture is *War Horse* (2011) based in part on the famous 1982 book, and the more recent stage play about a boy and his horse set against the backdrop of the First World War. Spielberg also gave the current frontrunner for Best Animated Feature, *The Adventures of Tin Tin* (2011), teaming up with Peter Jackson to create this outstanding adventure.

Allen, Scorsese and Spielberg seemed likely Best Director nominees for their work, and each of their films should be among the nominees for Best Picture as well. We could see an interesting split win, with Scorsese taking Best Director while Spielberg takes Best Picture.

That is if he can get past the French film *The Artist* (2011) which audiences and critics have adored from the moment the film first screened. It is in my list, but further down, as I struggled with the gimmick aspect of the picture. Undeniably stunning to look at and infused with an energy that is a wonder to behold, it did not do for me what it did for others.

Shame (2011) was among the darkest films of the year and one of the very best, bolstered by a stunning performance from Michael Fassbender who brings echoes of Brando's work in *Last Tango in Paris* (1973).

The best for me was *The Descendants* (2011) which I first screened at TIFF back in September, and I have not seen another picture that is stronger. Alexander Payne does stunning work, guiding George Clooney to a career best performance, showing for the first time a vulnerability and naked rawness that he has never allowed audiences to see before. I wept openly during the film, joined by others around me, and have since seen the film twice more, which only deepened my admiration for the movie.

Harry Potter and the Deathly Hollows: Part Two was the finest of the series and I felt a deep pang when the final credits rolled because it truly brought an end to an amazing cinematic adventure. The final film had everything, but mostly a deep emotional connection to the characters that had been built over ten years. The young people in the major roles were perfect and Ralph Fiennes was superbly evil as Lord Voldemort.

Moneyball finally made it to the big screen though not under the direction of Steven Soderbergh who worked on the film for several years before leaving the project. Brad Pitt is superb in the film, nicely directed by Bennett Miller, taking us behind the scenes of pro ball in a manner no other film ever has.

There was a lot of love this year for *The Help* (2011) and one should count on seeing some of the ladies within the film (Viola Davis, Octavia Spencer and Jessica Chastain) land Oscar nominations. Meanwhile Meryl Streep again displayed her astonishing talents with an uncanny performance as *The Iron Lady* (2011), which could bring her a second Oscar for Best Actress. Equally good was Michelle Williams in *My Week with Marilyn* (2011), giving an extraordinary performance as Marilyn Monroe. Rooney Mara was superb in *The Girl with the Dragon Tattoo* (2011) directed with the expected precision and brilliance by David Fincher.

A little off the radar was *Contagion* (2011) a genuinely frightening film about a plague that threatens humanity, and Werner Herzog's disturbing documentary about the death penalty in the United States, *Into the Abyss*, which sadly will not be competing for an Oscar.

The Best Actor category will be jammed this

year, Clooney and Pitt leading the way, though Woody Harrelson could prove a threat with his corrupt cop in *Rampart* (2011) and Michael Fassbender seems a likely nominee in *Shame* (2011).

Breakout star of the year has to be the lovely Jessica Chastain, so good in *The Help* (2011), *The Tree of Life* (2011), and *Take Shelter* (2011). It's been quite some time since a new actress exploded onto the scene with this much force.

Of course there was a lot to dislike, *The Green Lantern*, *Thor*, *Breaking Dawn Part 1* (just terrible), *Your Highness* (Portman follows her Oscar with this??) *Friends with Benefits*, and the list goes on and on. How low can one go?? Al Pacino, the once great Pacino, slumming in *Jack and Jill* (2011) one of the very worst films of year. And I was again left with the burning question... how does Ashton Kutcher still have a movie career and why??? Please, why??? The single most unnecessary film of the year? *Cars 2*. I mean really?

But this article is about the best of the year, so here they are, my ten best of the year, with eight runners up.

1. THE DESCENDANTS
2. HUGO
3. WAR HORSE
4. SHAME
5. MIDNIGHT IN PARIS
6. MONEYBALL
7. THE ARTIST
8. RAMPART
9. HARRY POTTER AND THE DEATHLY HOLLOWES PART 2
10. SUPER 8

Runners-up; *The Adventures of Tin, J. Edgar, Coriolanus, The Help, Into the Abyss, Win, Win, Contagion, Jane Eyre.*

See you at the movies!!

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

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

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

Tasteful Talk

by Shirley Ouellette



So here we are in the infamous 2012. Although I do not believe we will be seeing the end of the world as we know it, I do think we should all be looking at the way we live, our commitment to the environment and at our understanding of how the food we eat arrives at our tables.

Did you know that approximately 30% of greenhouse gas is produced by agriculture? The sad thing is, it doesn't have to be that way. Farming, including livestock, can be sustainable and humane; in fact, if we all turned into vegans overnight we would upset the balance of the eco system, which would be unsustainable. Having produce travel thousands of miles, however, is unsustainable whether it is organic or not, as it gobbles up fossil fuel and adds to the carbon monoxide in the air.

So what can you do, right now, to help? Practice eating local and seasonal food. We have to realize that eating strawberries and tomatoes in March is not realistic, nor do they really taste like the real thing. A friend of mine who specializes in local, seasonal eating put it like this; if we continue to eat fruit and vegetables that have been force-grown, picked unripe, then travelled thousands of miles before you see them in your local supermarket, you will forget what the real thing tastes like and begin to accept the "clone" as the norm. What a loss that would be.

Go out and forage; join a mushroom hunt, in spring there are many varieties in the woods just waiting to be found. Or look for ramps (wild leeks). Last spring I challenged you to grow vegetables in your own gardens; did you do that? If not, why not? Not only is it a fulfilling pastime, it is also very cost effective and, last but not least, local!

We are planting new beds this year, built up by straw bales, a technique we learned from the Brickworks in Toronto. Not only are the walls of your vegetable garden natural, they will also be the perfect compost when you dig them into your spent vegetable plot at the end of the season. We will keep you updated on our garden at our website; www.cuisineinmotion.com. Come on my fellow Durhameers, we can do this and, as always, vote at the cash register, buy local my friends. Salute!

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

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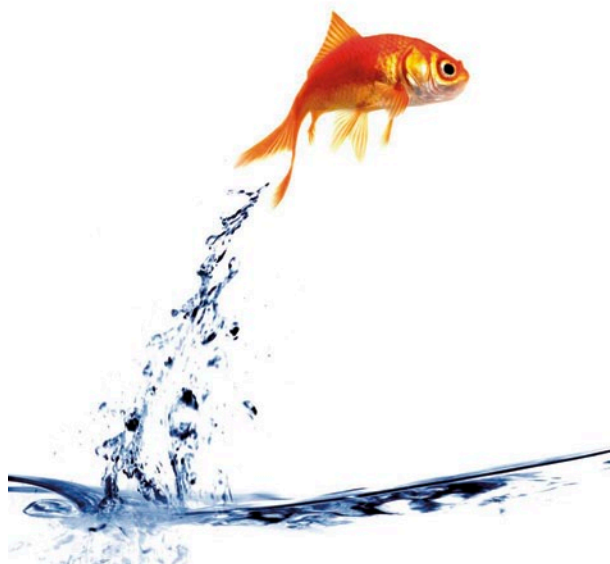
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Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

*You don't get anything clean without getting something else dirty.
– Cecil Baxter*

It's that time of year again and you know what time of year I am talking about! No, it's not Christmas or Easter. It's time to do some spring cleaning. Every spring it happens. We get out the buckets, the rags, the cloths, the brooms, the sprays and polishers, the gloves and, last but not least, our families.

We're dragged out of bed early in the morning to clean. Who wants to clean at 8:30 in the morning? Maybe our parents do, but us kids are BORED. We're all assigned different chores to do throughout the day. Someone's assigned to vacuum, clean the windows, clean the bathrooms or sweep the floor.

When it's time to spring clean, the list of different chores you can do can go on and on, both inside and outside the house. For example;

Inside chores:

- Vacuuming
- Dusting furniture
- Cleaning inside windows
- Washing or mopping the floor
- Cleaning bathrooms
- Sweeping floors

Outside chores:

- Clean the car
- Water flowers
- Clean the outside windows
- Get out lawn chairs and patio furniture

Spring cleaning may not be fun, but it has to be done. Sometimes you just have to suck it up and get to doing the chores. It doesn't have to be boring, you can always have fun if you use your imagination. If you have to clean the car, start a water fight, that's fun. If you have to clean windows, have a race with someone else. As long as the chores are finished in the end, and you don't get carried away, then you're fine.

What I use to do when it was spring cleaning time, and I still do it sometimes, is I trick my younger sister into doing a job that I don't want to do. For example if I am assigned to sweep the floors and she has to dust the furniture then I would trick her into thinking my job was easier or more fun and I would dust and she would sweep. I would be done first and I would get to play. It didn't always turn out like that because I sometimes got caught but it didn't mean I didn't try to get away with it.

All I am saying is spring cleaning may not always be fun but if you use your imagination you might just be able to enjoy it. Crazy right? Well good luck to everyone out there and hopefully you get the job done. (I hope I do too this year.)

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

Taking the Lead



by Corry Hamilton

The scratching, wheezing, and runny eyes can drive you crazy this time of year...

No, I'm not talking about *your* allergies, but those of your pets.

There are five known types of pet allergies; contact, flea, food, bacterial and inhalant. The most common type of allergy is the inhalant. This type of allergy is similar to our allergies, in that they occur seasonally (spring to fall) and include such things as pollens, molds, mildew and mites.

While we tend to present more with respiratory symptoms, our pets will generally present with severe, persistent itching. They can lick and chew their skin raw. In light coloured dogs that can produce a reddish tinge to their fur, especially between their feet.

It can be difficult to determine exactly what is causing your pet's allergic reaction. For some it may correspond with a particular plant blooming cycle (seasonal), while for others they may have year round allergies. Generally, as your pet ages, they develop more allergies, so that while they once suffered only from seasonal allergies, they now suffer from year round allergies.

There are several options to explore when treating allergies. Some pets respond well to holistic therapies such as adding essential fatty acids, Vitamin A, D, E, and Zinc to their diet. Pre- and probiotics, as well as bee pollen and natural anti-inflammatories such as quercetin and bioflavonoids, can be effective, as can trying homeopathic remedies. Anti-inflammatory drugs + steroids can get a severe reaction under control, but do not treat the allergy, only the symptoms. You must be under the care of a vet to monitor the dosage. Antibiotics may also be needed for the pets who scratch themselves raw, predisposing them to a bacterial infection. Shampoo therapy, such as oatmeal or tea tree oil may help pets who absorb the allergens through their skin. It is thought to reduce the amount of antigen exposure, but it will only give temporary relief. Finally, there is hypo sensitization, where your pet is given allergy shots, weekly, once a specific allergen has been identified as the offender. The purpose of this type of therapy is to reprogram the body's immune system; to make it less reactive to the allergen.

Whatever therapy you decide is right for your pet, remember to be patient. They took months or years to develop these allergies; it can take just as long to get them under control and strengthen their immune system.

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

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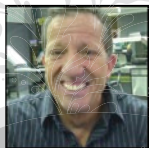
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Ask Sue-Ann

by Sue-Ann Bavlnka



Dear Sue-Ann:

My son, who is three, told me this morning that his friend Joe (he has no friend named Joe) has been talking to him, and the details he gave me he would have no way of knowing. He has been mentioning this Joe on and off over the past year. I checked at our church and his daycare and there are no Joes. We have no Joes in our family. Then he started to refer to Joe's kids and named them; Sasha and Nicko. It could be total silliness, but seems unusual talk for a 3 year old. Would you have any idea what this is about?

Signed, Concerned Mom

Quite often spirits will attach themselves to a person. Especially if that person can hear and see them. It is even more common for a child to pick up an invisible friend. You want to talk to your son about what he is being told and what he is seeing. Most often the invisible friend will choose to move on at some point, or the incidence of the appearances decrease as the child gets older. This is a spirit that has passed on and your son is speaking to it. In most cases it is completely harmless. Monitor the situation like you would anything else. Start to get your son involved in extra activities and busy him with other things so it becomes less of a focus in his life.

Dear Sue-Ann:

I have a reoccurring dream that I win the lottery. Will I?

Signed, Hopeful in Ajax

You have no idea how often I get asked that question. There is not a person who has not had that fantasy of winning millions of dollars. When there is a great contrast between your day-to-day life and what you are dreaming, then your subconscious mind is trying to relieve you of the stress and regret that you are feeling in your daily life. The Divine is trying to show you, through your dreams, that good things can happen to you if you can perceive them. If you are dreaming of winning in your sleep and while you are awake you are focussing on how you always lose, then how is it possible for any type of a win to find you? There are several things that you can do to draw positivity into your life. Focus on the fact that you have the potential to win in your waking hours and anything is possible.

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

The COACH Corner

by Dennis Brown

What Kind of Harvest are you expecting?

Back in January, a lot of us made the traditional new years resolutions. We make plans to lose weight, get better jobs, be a better person and the list goes on. How are you doing with yours? One of the hardest things, for most people, is keeping those resolutions.

We try getting a spot on the gym equipment in January, only to encounter a line up. It's now a couple of months later, little or no line up. The only people left are the ones determined to achieve their goals. What makes some people succeed while others fail at achieving their resolutions? A recent article I had read said only 12 percent of people making new years resolution actually achieved them.

I know there is an abundance of scientific research that tells us why people fail, and lots of the theories are very complex in their explanation. I would like to use a simple analogy; Let's look at a farmer. First he has to decide what his goal is. Is it to reap corn or peas? He chooses one. He does the research to tell him what he needs to ensure the best results. Once that has been determined he prepares the land, and plants his seeds. As time goes on he waters, fertilizes, weeds, prunes and does all that is necessary to ensure a harvest. The farmer then realizes in order to get optimum results, the most crucial element in the process is TIME. He has to allow the seeds time to grow. What can we learn from the farming process in achieving success with our resolutions?

Determine what you want. Set your goals. Do the research as what it will take to achieve your goals. Spend the time doing the work necessary to have your goals come to fruition. This is the most important step; realize it's going to take time. Take baby steps, don't try to do it in large steps. The farmer cannot rush the growing process and neither should you. Stick to your plan.

There will be days when you feel it's too hard and you will feel like quitting. Remember the plants have days when they have to endure rains, wind, hot sun, pruning, some times even droughts. These elements contribute to making the plant stronger.

There will be all kinds of elements that will come against the plant trying achieving it's goal. The plant, however, continues because it knows success only comes in the harvest, so it perseveres.

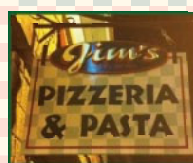
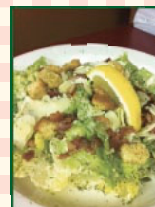
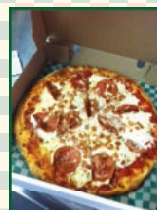
Apply these principles to all areas of your life and you will see success. Don't see difficulty as a negative thing; see it as the thing that will get you to your goals.;



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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Horoscope

by Micki Lee

Aries

April: You may discover a true friend with similar feelings.

May: Don't judge a book by it's cover.

June: Don't get involved in their state of mind. Be yourself.

Taurus

April: Don't let others talk you into things that you really don't want to do.

May: Take a few risks and you could double your money.

June: You may be questioned and made to look foolish if you haven't done your research.

Gemini

April: Once you climb off your emotional roller coaster, things will become easier.

May: Get into self-improvement projects.

June: You may begin to feel the need for a change.

Cancer

April: Doors open for you, and there is a new road that is well worth exploring.

May: Don't break promises that you made to children, or difficulties will surely erupt.

June: Others recognize that you are making an effort and will do the same.

Leo

April: You have to make your mind up about personal issues.

May: Concentrate on your financial investments.

June: Your reputation may be affected if you get involved in secret love affairs.

Virgo

April: You can truly make things happen this month.

May: Work out a budget that will help stabilize your financial situation.

June: Be cautious how you handle both your business and your emotional partnerships.

Libra

April: You have the key to open a door to something new and exciting.

May: Opportunities to meet new individuals may develop through educational pursuits.

June: Don't retaliate verbally or tempers will escalate.

Scorpio

April: Start doing research now and it will serve you well.

May: Secrets come out from their hiding and ghosts spring from closets this month.

June: Focus on getting ahead your own way.

Sagittarius

April: Don't let your space be invaded. Learn to put your foot down.

May: family gathering or reunion could be causing some strain.

June: Don't be afraid to make a U-turn.

Capricorn

April: Your financial situation will suffer if you try to expand your interests too quickly.

May: Your stubborn nature may cause you to lose a friend that you care about.

June: Try hard to keep your calm, or the silent treatment will be sure to follow.

Aquarius

April: An acquaintance whom you look up to may have a decisive influence on your career.

May: Don't be too eager to let others in on your personal secrets.

June: You find you are constantly frustrated in close friendships.

Pisces

April: Be prepared to show your work, you will get support.

May: There are considerable savings to be made on domestic bills if you pay closer attention.

June: Take care of all those chores that have been building up.

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

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Spring Season

Start date: March 26, 2012

End date: June 28, 2012

Coaches meeting date: March 22, 2012 at 7:30 pm

Games guaranteed: 12

Playoff games guaranteed: 1

Individual price (including jersey): \$300

Full payment required to register as an individual

Team price: \$3,000

Deposit: \$500 due upon registration

Teams must be paid in full no later than March 16, 2012

Summer Season

Start date: July 3, 2012

End date: August 30, 2012

Coaches meeting date: June 28, 2012 at 7:30 pm

Games guaranteed: 7

Playoff games guaranteed: 1

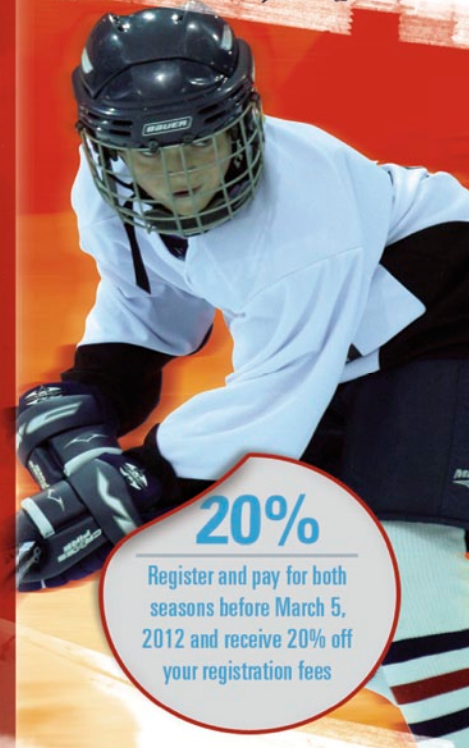
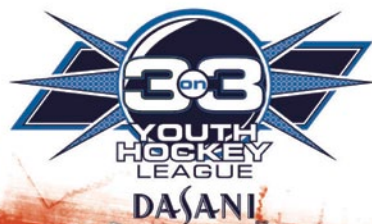
Individual price (including jersey): \$200

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