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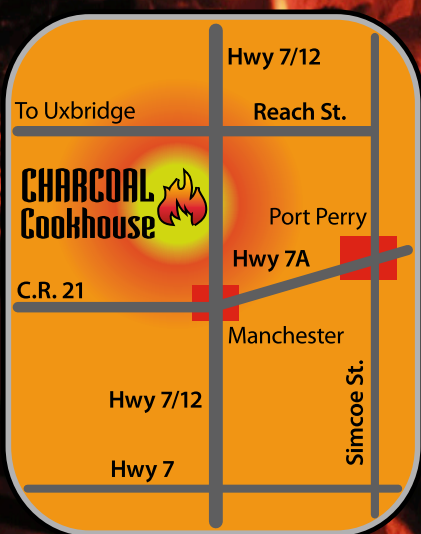
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Summer 2011

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From the Publisher

Summer is the time to just lay back and let life do its own thing but we decide that's not good enough for The Local Biz Magazine. We're going to give you lots to ponder starting with an article on setting a price on your house when you decide to sell it.

But then we added a way to work at relaxing. In summer everyone loves the water and swimming so we're bringing you a story about a water sport that is often neglected and not well understood, synchro swimming. Durham Region has a well established group that is highly competitive on the international level and contributes fantastically to the self-esteem of the young women who work so hard at their sport.

In keeping with our commitment to the young people of the area we have a new writer in this issue. Samantha is taking over the teen column because Sherry graduated school and moved on to pursue her higher education, so she no longer fits in the teen category. Sam is a wonderful young talented person and we are sure you will enjoy the tidbits of life she will be sharing with all of us in every future issue.

The Town of Ajax is sharing some of the work they are doing to keep businesses growing in Durham. There are a lot of opportunities with all of our municipal governments so, if you are in business, give them a call to see how they can help you.

Last year we did an article about CSA farming and in this issue we have a story about the way that one family is putting it to use. Who knows, it may not be long before one of your kids wants a cow and here's a way to get it while you stay in the city.

As always, we are looking for your ideas for the issues to come. Three of our articles this summer are the direct result of readers' suggestions so please keep telling us what you want so that we can continue to deliver.

Starting with this issue we are increasing the number of copies that we are printing. Now it should be easier for you to get your own copy and our advertisers will love the news because this means there will be more readers.

Thank you Durham for keeping us growing..

Antoine Elhashem
Publisher

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From the Editor

Here's something for you to think about while you're enjoying all those good times. There are people who don't have the chance to enjoy these things like you and I do. They may be elderly, maybe a little crippled up or they just don't



have anyone to go out with. What about including some of them in your activities? Maybe you have an elderly aunt, uncle or grandparent. Give them a call and pick them up to come over for that cookout.

You'll be amazed at how enjoyable the time will be for you and your children, particularly the younger ones. If you get them started on the stories of the family you could find out that mom or dad or that saintly Aunt Maggie weren't always the way you see them now. You could even hear that famous line from our family, "My mother did that?"

You could really be surprised and find out that the stories that mom and dad have been telling about themselves are, well you know, a little different from the versions you've been hearing since you were twelve. But most of all, you will be giving someone a lot of pleasure for very little effort.

If you are new to the area and don't have anyone nearby, give the senior centre a call and see about adopting a grandparent. There are a lot of seniors who don't have anyone either. You may be able to just take a walk around the neighbourhood or go down by the lake. Talk to people. They won't hurt you. Older people love to talk. Often all you need to do is say hello and you'll have a conversation. And what a wonderful way to spend a few minutes, or more, enjoying the outdoors and having a pleasant chat with someone for no reason other than having a chat.

Here's an idea. We all know that Durham Region is the centre of the universe so why don't we just make it the centre of the FRIENDLY universe?

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 Editor

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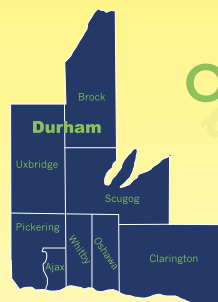
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DURHAM SYNCHRO CLUB



Climbing New Heights In and Out of the Pool

by Catherine Logan-Major

Her legs slowly break the surface of the water without a ripple, toes en pointe, extended high above the water line snapping through a series of gestures with scissor like precision then quickly disappear from sight. Suddenly she shoots up out of the water with a radiant smile and pinched nose – not one sputter.

Captivated by this young, up and coming athlete the crowd is enchanted by her lyrical interpretation of a contemporary song leaving them in a hushed silence. In less than three minutes, this soloist delivered a theatrical aquatic ballet seemingly effortless to those in the crowd unaware of the flurry of acrobatics happening below the smooth surface of the water. Fluid performances combined with sequined

bathing costumes, exaggerated makeup and gelatin coated hair comprise some of the visual elements of this deep water sport but it's what happens beneath the water line that is most impressive. Synchronized swimming is gaining notice as a sport that demands raw power and musicality from its athletes. With a history as colourful as the glamorous costumes adorning swimmers this is a sport that empowers girls and young women by nurturing their confidence and strengthening their bodies.

Once called 'water ballet' or 'ornamental/scientific swimming', synchronized swimming or synchro had its first recorded competition in 1891. Historically, synchro was performed exclusively by men but

gradually evolved into a female sport when it was discovered that the nature of the physical movements were more compatible with the female physique. Marie Sarah Kellerman, an Australian professional swimmer and early synchro pioneer, performed world famous water shows in elaborate glass tanks throughout 1907. Later she became an advocate for the change in women's swim wear. Peg Seller was crowned synchronized swimming's first champion during a North American competition held in Montreal in 1924. Coined 'synchronized swimming' during the "The Modern Mermaids" water show at the World Exhibition in Chicago (1933-1934) the sport retains this title to this day. But it wasn't until Esther Williams, famous for her swimming displays in movies, who



brought the sport into the Hollywood limelight during the 1940s and 1950s that synchronized swimming began to receive recognition as something more than just pool tricks. First demonstrated during the 1952 Olympic Games, synchronized swimming eventually became an official Olympic sport during the 1984 Los Angeles Olympic Games. Canada's own synchronized swimming history was shaped during the 1920s and 1930s by the influence of the Royal Life Saving Society which incorporated several tricks into swimmers' skill and agility testing in programs run by the YWCA. Synchro may presently be associated with females, but many countries have official male synchronized swimmers who perform with females or in male only competitions.

Similar to figure skating and gymnastics, synchronized swimming is a judged sport. A panel of judges award points from 0-10 in one-tenth point increments. As a dynamic expression of the swimmers' strength, agility and aerobic endurance routines are judged on synchronization, difficulty, technical merit and artistic impression as established for each age level according to national guidelines set by Synchro Canada. The ability to maintain a position or figure in deep water is a crucial element. As the swimmer ages, the length of time and

complexity of the position is increased. With benign names like Dolphin, Albatross, Front Pike and Sailboat to name a few, it's hard to believe the complexity involved in achieving the correct appearance of each figure. Members of a team, soloist, duet or trio perform three to five minute routines choreographed to music. Spending much of their time upside down underwater, sculling, egg beater kick and lifts are basic skills synchronized swimmers learn to master. To understand how a lift is performed in deep water synchronized swimmers use egg beater kicks to propel teammates through the water and assemble themselves strategically to create a human pyramid underwater. The Pushers, stronger and larger swimmers, comprise the bottom. The Base tends to be smaller swimmers with great core and leg strength who create the platform onto which the Flyer, the smallest, most agile team member, must stand in order to be hoisted above or launched entirely out of the water. As actors, swimmers use heavy makeup, dramatic movements and exaggerated expressions to communicate emotions, dynamics, mood and rhythms of a routine in order to create an emotional connection with the judges and audience. Because competitive teams are small and spend countless hours together training,

teammates develop strong bonds. Each member is a cornerstone in a routine therefore a missing swimmer can weaken it.

Incorporated in 1989, the Durham Synchro Club Inc. (DSC) was founded initially as Oshawa Synchro and is a member in good standing with Synchro Swim Ontario. Currently the founder of Oshawa Synchro's daughter, Holley Lundmark, is DSC's Head Coach and a two time recipient of the Synchro Swim Ontario National Stream Award for coaching excellence. During her time with Durham Synchro she has seen the sport evolve with more opportunities for all levels of athletes to compete in provincial, national and international competitions.

For those looking for alternative methods of exercise and to improve their swimming skills synchronized swimming is a good fit bringing elements of physical fitness, good nutrition and positive body image into the fold. Durham Synchro has produced internationally recognized swimmers such as Julia Maclean. In 2008, Julia was awarded the opportunity to try out for the London Olympics and has competed internationally. In December 2010, Julia was bestowed with the honour of a new award in her name at the annual Lisa Alexander Figures Competition. Awarded to swimmers exemplifying the characteristics that Julia has displayed throughout her career, young athletes are encouraged to push beyond what they believe are their limitations. Now as an award winning coach she encourages





the next generation with her invaluable experience and serves as an inspiration with the artistry of her work.

Despite the few hours of down time between balancing school work, jobs and practices, synchro athletes don't appear to tire of swimming. The endless hours dedicated to perfecting their craft has reaped countless rewards. In July 2010, the Masters Team won the silver medal during the XIII FINA World Championships held in Sweden. That same month, duet team Rachel Nickerson and Alycia Halyk represented Canada in San Juan, Puerto Rico winning gold during duet finals at the Loyola Cup Invitational. Duet team Kionna Whyte and Sarah Masters gave a gold medal performance in Lima, Peru at the Aquatica Cup. Stephanie Geller, a member of the Jr. FINA National Team, recently competed at the 2011 Canada Winter Games in Halifax capturing a bronze medal as part of Team Ontario. Recently, provincial level coach, Kirsten Femson, was awarded

the Ontario Coaching Excellence Award by the Coaches Association of Ontario (CAO) in Developmental Coaching.

As a small club, DSC has accomplished great things in its short history with its competitive teams continuing to achieve first place rankings throughout Canada and award winning coaches earning respect and recognition amongst the synchro community. In addition to producing top caliber athletes, public education about synchronized swimming through community partnerships and awareness has become a top objective. Athletes from both the Recreational and Competitive programs participate in the annual Burning Bright for Breast Cancer Awareness fundraiser. In addition, local women's shelters have benefited from the fundraising endeavours of club events. Water Shows, open to the public, invite not only swimmers' families but also those wishing to learn more about this sport. Each water show is a venue for swimmers

to demonstrate their progress. Swimmers sometimes perform in a pink bathing cap and "spacing suit (bathing suit designated for practice times prior to routine meets) or in the familiar ornately decorated routine suits custom fit to each swimmer.

DSC's Recreational Program boasts a number of programs adapted to every age group and ability including adults. Swimmers, as young as 5 years old, can learn synchro basics under the careful guidance of well trained coaches who are usually competitive swimmers themselves. Although not focused on competition the Recreational Program offers swimmers opportunities to compete in novice competitions within Southern Ontario at least twice during the season. The Competitive Program is comprised of Provincial (ages 5-18 Years), National (ages 13 and up plus Junior FINA level) and Masters (ages 18 and over) levels. Competing in at least four meets within Ontario and Canada, competitive

swimmers train a minimum of nine hours per week in addition to dry land training. These athletes enhance their swimming skills with dance, yoga, gymnastics and speed swimming.

In a period when female role models are few and girls are bombarded with unrealistic expectations of body image and roles, synchronized swimmers and their coaches serve as examples of empowered females. DSC aims to create a fun atmosphere yet instill self confidence within each girl and pride in the sport. Girls learn how to care for their bodies physically through exercise and nutrition. Emphasis is placed upon the fact that every swimmer has a role to play. A strong, tall female body is just as valuable within a team as a small, lithe swimmer. Locker rooms buzz with activity as swimmers and parents help one another with hair gelling, makeup and adjusting headpieces prior to competitions.

Synchronized swimming spawns a special breed of athlete. It's not all fun and glory however. Countless hours underwater upside down infringing on social activities, occasional kicks in the face from a teammate and tight bathing caps restricting blood flow to the scalp can be a deterrent to some but not to those looking to combine their love of the water, music and movement. Unfortunately, synchro still suffers from dual stigmatism of being an easy female sport since athletes make it appear as such. Synchronized swimming remains somewhat of a fringe sport that is growing in popularity despite a weakened economy. Sometimes the performance smiles are forced but many are genuine as the athletes joyfully understand that they have skills that many could not master which give the art of synchronized swimming a polished flawless look.

For more information about Durham Synchro Club please visit www.durhamsynchro.com.

Catherine Logan-Major became involved with the Durham Synchro Club in 2008 when her daughter began taking lessons. Currently, she volunteers her time writing articles and doing promotional work for the club. Catherine is also a Reiki healer, graphic designer and amateur artist.

PERSONAL VIEWS FROM DSC ATHLETES

Samantha Low (DSC 11-12 Yr. Old Provincial Team)

My name is Samantha Low and I'm 12 years old. I am part of the Durham Synchro Club and this is my fifth year swimming.

I think this sport is great because it's unique. Synchro is a combination of dance, gymnastics and swimming. It requires grace, strength, flexibility, athleticism and good sportsmanship. My sport also requires dedication. This year I swim six days a week. I feel there is a lot of pressure on me to try and manage practices, do well in school and keep up with my social life. I also feel like I put a lot of pressure on myself to do well in competitions.

All the club members and coaches in Durham Synchro are really nice and supportive. The coaches all help each other to help other swimmers even though they may not be on their team. They've made me a stronger swimmer by pushing me to do my best and encouraging me.

Synchro used to be really unpopular. Some people still don't know what it is. In our recreation program it gives an opportunity for girls to try and see if they like synchro. Bring a friend day spreads the word more about synchro and the club. Synchro as an Olympic sport makes it more popular and I'm glad because people who watch the Olympics can see how tough and unique synchronized swimming is. I hope in the future there are more girls competing in the sport.

Swimming and doing well in competitions makes me happy and I feel good about myself. This competitive sport keeps me in shape and also very busy. It takes up a lot of my time but I don't mind. Doing this sport I've made lots of new friends.

I love this sport and I'll do it as long as I can!

Stephanie Geller (DSC Jr. FINA National Team, Team Ontario for 2011 Winter Games)

When people think of synchronized swimming they usually think about bedazzled costumes, makeup, and smiles. However, as an athlete in the sport, I can tell you that it is so much more. Synchro is unlike any other sport! Its uniqueness is the reason that I love it so much. We combine the artistry of a dancer, the

strength of a speed swimmer, and the flexibility of a gymnast all into one sport, and on top of that we even make it look easy! I first got involved in my sport after watching a television program on synchronized swimming. I immediately convinced my parents to sign me up with the Durham Synchro Club. It's been 8 years since then, and it may sound funny, but I have found my place in the water. Many people ask me how I can dedicate upwards of 18 hours a week training, but honestly it has just made me a more focused student and well-rounded person overall. I make the most of my time inside the pool and out, and I'm proud to say that even as an elite athlete I have been able to maintain straight A's throughout high school, and I am happy to say that I have maintained a full social life! Some of my best friendships have been made through synchro, my greatest role models are from my sport, and I have been able to travel across Canada and even as far as Peru to compete! I have found my passion in synchro and wouldn't trade my experiences in this sport for anything! So my best advice to young people: try something new, you won't regret it!

Katherine Gagnon (DSC Jr. FINA National Team)

Synchronized swimming plays a really big part in my life, and at this point I think I would be lost without it. The friends that I've made are very special and my team has practically become my second family. The combination of swimming, strength, artistry, and great friends make it my passion and my favorite pastime. The coaches are there supporting us every step of the way and encourage us to continue harder everyday. As a club, we are very supportive of each other cheering each other on at competitions and at day-to-day practices. Although it is a challenging sport that requires lots of days sacrificed at the pool, it is totally worth it! As a national level swimmer, I train daily and although I am really busy with synchro, my academics haven't been affected because of the discipline I have learned through this sport. Some of the best moments have been spent at the pool with the girls I relate to the most and can have a good time with. Our hard work and determination definitely pays off at competitions and we still manage to have lots of fun doing the thing we love most. This is definitely a team sport where everyone plays as big of a role as the next, and team bonding is very important.

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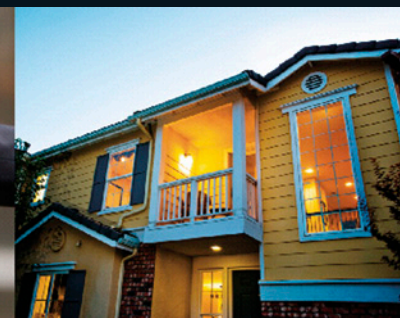
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Ten Tips on

Pricing Your Home

by Dima Fakhoury

Selecting an asking price can cause a lot of anxiety. Realtors offer their clients a thorough education in pricing strategy and current marketing conditions. Once you have all the facts and understand how to interpret them the stress is significantly reduced. You can select your own selling price based on the facts. However, in the final analysis the true market value of any property is only established when a willing buyer makes an offer that a seller is prepared to accept. Every other number is just a best guess!



FOR
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Here are some of the main points on setting a price.

1 Be objective. This is hard to do, especially when you are so attached to an asset. However, prospective buyers will view your home in comparison to others in a very objective manner. If you can do this too, you will have a winning perspective. Many sellers will only get an objective opinion after six months of trying to sell. By that time they have normally lost some money as a result.

2 When comparing... be very careful what you compare to. If you are going to compare your home to others to help ascertain an asking price, you must select and inspect that comparable property with great care. Be aware that there are sometimes influences that affect a selling price which cannot be seen at first pass. If the house identical to yours three streets away was sold in a huge hurry because the owners had to leave town, it is not a good comparable. It will often be better to pick a home that is not so identical that sold under normal circumstances and adjust pricing.

Several things can affect sales that are not obvious on casual inspection including financing and relationship between the buyer and seller. You should also inspect the comparable home where possible. Simply selecting properties from a computer exposes you to a lot of potential risk.

3 There is no correlation between cost and fair market value. What you paid for the home has nothing to do with its current value, unless you bought recently. Recently being defined as within a time period where market conditions, influences and pricing have been stable. Sometimes a month is not recent and sometimes six months can be considered such. It is dependent on market volatility. To illustrate this point, imagine you won your property in a home lottery. The ticket cost just one hundred dollars! You could sell a home you won worth \$500,000 for one thousand and make a great return on investment! Forget what you paid for

your home when pricing.

4 You cannot charge a premium for maintenance or modernization. If your home is twelve years old and you just bought new carpets, you cannot add the cost of the new flooring on to your list price. Of course your home will probably sell quicker with nice new flooring. However, home owners are supposed to change worn out carpet. This does not mean that you should not invest in these kinds of improvements prior to sale. A prospective buyer will subtract an amount from a reasonable market value to account for new carpets or other obvious defects associated with wear and tear. The same is true for outdated decor. Be mindful that purchasers will tend to overestimate the cost of improvements in order to minimize their risk, so it is almost always less expensive to do them yourself. If you choose not to, you run the risk of eliminating prospective buyers who cannot see past flaws, or those on a tight budget.

A Real Estate consultant can advise you on how to ensure the home is the most sale-able with lowest investment in maintenance.

5 You can price too low. There is a school of thought that states you cannot price a home too low because if you do there will be multiple offers that will drive up the actual selling price. This is true in a hot market. However, in some markets setting a price too low will just facilitate a fast sale for below fair market value and set the benchmark lower for other home owners looking to sell for the best price in your area. Sometimes a really low price is needed based on personal circumstances. However, before setting a price too low carefully balance your motivations and the costs of not selling with the capital you will likely pass up.

6 There is no benefit to pricing too high. Over 90% of all purchases require financing. Banks will require an appraisal and will not finance a home for more than it is worth. In the unlikely event an overpriced home gets an offer it

will be very unlikely to pan-out.

7 Testing the market at a high price is risky. As stated above, you are almost never going to be paid more than a fair market value for your home, so there is no benefit in setting an asking price too high to "test" the market. Your home will get the most attention within the first thirty days it is for sale. During this time those in the market looking for a home like yours will form an opinion of the value your property represents and decide if they are interested. Even after you have lowered the price, your initial mistake can still cost you. Those coming into the market later will factor in how long your home has been for sale as part of their evaluation. You must discipline yourself to make a good decision early.

8 Put the asking price in perspective. If you are getting less than you wanted for your home, you still have a chance to make that difference up on the new purchase. If you are upgrading in a down market you will likely come out ahead once you have factored in both transactions. If you are down-sizing, you will likely free up some capital to invest elsewhere. The sale of this asset, as big as it is will not normally determine your entire financial future.

9 Once the price is set, don't think about it for 30 days. There is no point thinking too much about your asking price. This is because in the end, the only price that matters is what someone is willing to pay for the property. After 30 days you will have been educated by the market as to whether your home is priced correctly. Wait and watch.

10 An appraisal is sometimes a good investment. If you do not feel good about the pricing, spend a few hundred dollars on an appraisal. It will give you a sense of what a bank will look at in regards to your home and it can act as a powerful negotiating tool.

Dima Fakhoury is a Licenced realtor who works for Century 21 Percy Fulton – rated the #1 in production in Canada for the past 30 years. She has extensive real estate knowledge especially in the Durham Region.



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Jenn Fay of CIBC Durham Centre branch

Getting Social in Ajax

Through a collaborative partnership, the Town of Ajax launched a series of social marketing workshops for businesses. Since January, attendees have been learning how to best use various social marketing tools and why they are a vital part of a company's marketing plan. Each session includes hands-on training with the experts from the award-winning *Search Engine People*.

"The Town of Ajax should be commended for its commitment to the community and businesses in the community. This 10-course undertaking gives businesses a tremendous advantage online," said Jeff Quip, CEO for Search Engine People Inc.

With the support of CIBC Durham Centre Branch, the Ajax Public Library and the Search Engine People, the series was designed to provide monthly hands-on training to local business leaders. The first workshop was held on January 5 and focused on the basics of developing a business Facebook page, why a business needs 'fans', and how to create momentum in developing a business following. February 5, saw Advanced Facebook application training for the popular social media site.

The series continued with LinkedIn for business, Twitter, YouTube and SEO. In the fall, Ajax continues the free workshops for businesses with Local Search, Google Analytics, Google Adwords and Paid Search. Wrapping up the year is a 'Blogging for Business' session.

In addition to the Social Marketing series, the Town of Ajax Business Development team provides specific services to the small and medium business community. Quarterly, the team hosts 'Ajax Business Network' events. These early morning events feature a local business leader who shares and teaches specific business-related skills or tools. A few of the past speakers include Sue Sutcliffe of *A Web That Works*, Richard Gauder of *CMS Web Solutions*, Barbara Crowhurst of *Retail Makeover*, and Jeff Quipp of *Search Engine People*. The 2011 lineup of speakers so far includes Rory Sheehan of *Positive Strategies* and Robert Weese of *B2B Sales Connections*.

"We are extremely fortunate to have strong local partners that have volunteered time and resources to bringing key tools and techniques to the business community," said Lisa Hausz, Manager of Business Development & Marketing for the Town of Ajax.

The Ajax Business Development & Marketing team is dedicated to assisting in business and employment development within Ajax and the Region of Durham. From one employee to over 600 employees, each local business can be connected to customers and resources to enable growth. The Ajax Business Network is free to join and open to all businesses in Durham Region. For more information email: priority@townofajax.com.

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prepared the food—right here in Durham Region. They're happy to chat with you and your family about what's in season, favourite recipes, and how the food gets from the farm to your table.

When you buy from a local farmer's market, you can feel good about supporting your local economy. Economic impact studies indicate that every dollar spent locally generates two dollars of economic activity.

By buying from a local farmer, you also protect Durham Region's prestigious farmland and beautiful countryside. You will be helping farmers stay viable, which ensures that your children and grandchildren will have access to high-quality food, fresh air and clean water.

For more information on locally produced commodities or Durham Farm Fresh, visit www.durhamfarmfresh.ca.



Farmers' Market

Location

Season & hours of operation

Clarington	Newcastle Arena 103 Caroline St. W.	Sundays from 10 a.m. to 2 p.m. May to October
Oshawa Centre	Oshawa Centre parking lot 419 King St. W.	Fridays from 8:30 a.m. to 4 p.m. May to October
Zellers Plaza	Zellers Plaza 555 Simcoe St. S., Oshawa	Tuesdays to Saturdays from 9 a.m. to 3 p.m. May to October
Uxbridge	Uxbridge Arena 291 Brock St. W.	Sundays from 9 a.m. to 1 p.m. June to October
Whitby	Old Fire Hall Downtown Whitby, Brock Street	Wednesdays from 9 a.m. to 4 p.m. May to October
Port Perry	Mary Street parking lot on Water Street	Saturdays from 8 a.m. to noon May to October
Vandermeer Nursery	Vandermeer Nursery parking lot 588 Lakeridge Rd. S., Ajax	Thursdays from 2 to 7 p.m. June to October
North Oshawa	Legends Centre parking lot 1661 Harmony Rd. N., Oshawa	Saturday from 9 a.m. to 2 p.m. June to October
Courtice Market	Courtice Flea Market 1696 Bloor St., Courtice	Saturdays and Sundays Year round
Sunderland	Sunderland Arena parking lot 20 Park St..	Fridays from 2 to 7 p.m.



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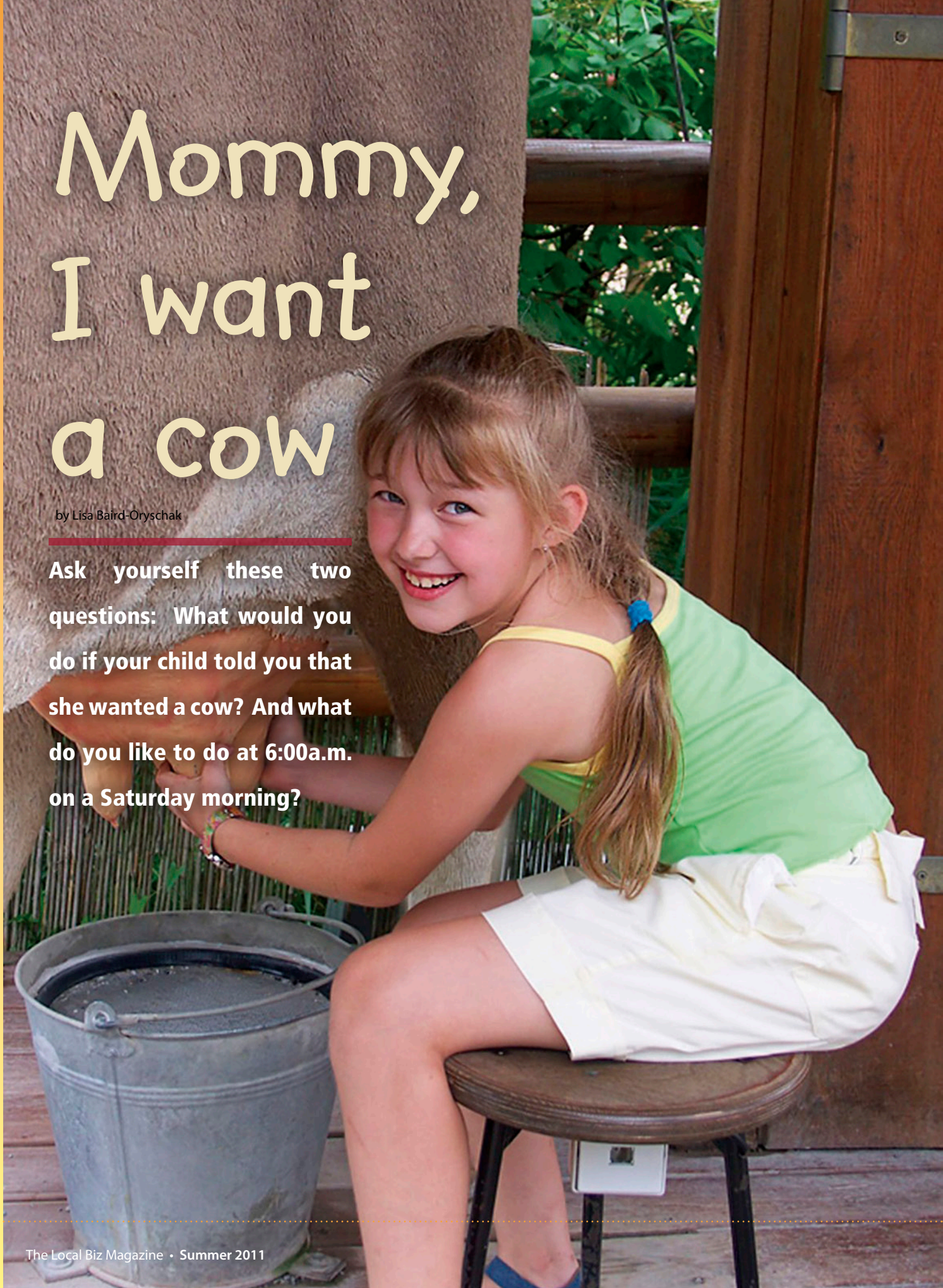
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Mommy, I want a cow

by Lisa Baird-Oryschak

Ask yourself these two questions: What would you do if your child told you that she wanted a cow? And what do you like to do at 6:00a.m. on a Saturday morning?



I'll tell you what I did and what we do.

I did what most wouldn't and I went to the Found Farm at 1246 Prestonvale Rd and spoke with Mary Ann and Stan Found. I told them that my daughter wants to have a cow. I asked them how much a cow would cost and if we could buy a cow and keep it on their farm.

Well, we didn't buy a cow. We were offered something so much better. We get up with the roosters at 5:30 a.m. and head off to the Found Farm. By 6:00 a.m. we are busy fulfilling Stephanie's dream of having a farm. We are busy feeding the animals and mucking stalls, the chicken coop is the worst. Stephanie loves to collect the freshly laid eggs from under the hens and play with the kittens. Yes, I go with her and muck the stalls too. I really enjoy seeing the smiles on Stephanie's face as she is doing what she loves.

Mary Ann is wonderful at teaching us about the different animals in the Learning barn. Mary Ann is a retired school teacher and has a teaching program at the farm. She has various groups come to the farm among them are students, scouts and seniors. She also offers birthday parties at the barn and who wouldn't want to have a party there?

The Found Farm was established in 1882, and Stan inherited the 80 acre farm from his father. Stan and his son Brad also work and farm land in the Oshawa and Courtice area.

Stan & Mary Ann are a wonderful couple who offer you the opportunity to eat from their farm. You can purchase a wide variety of meat, poultry, eggs and even corn when in season. There's nothing better than farm fresh eggs and when Stephanie picks them you can't get them any fresher.

If apple cider is something that your family fancies, take a drive and visit Geissberger FarmHouse Cider at 5345 Langmaid Rd just outside Mitchell's Corners. Here you will meet my childhood friends Garry & Gord Geissberger. Please say hello to them for me when you see them. They have been pressing apples for over 40 years and make the best cider I ever tasted. Best of all, you can get it all year round and it freezes great too. If you like sparkling

cider they make it in seven different flavours. But watch out introducing it to your kids, our daughters drink it all before my husband and I get a chance to. It's that good! Geissberger FarmHouse Cider is all apples nothing else added not even water. They get their apples from the local farms in the Durham Region and sell their ciders at various locations in the Durham Region. They are at the Saturday Farmer's Market at the Legend's Centre and along with custom pressing for Pingle's Farm Market, Gord and Garry are actively attending other fall events in the area such as the Orono Fair, Knox's Pumpkin Farm and "Christmas In Clarington" at Gallery on the Farm.

Another great place to visit is the Svetec Farms owned and operated by Paul and Jenny Svetec. Their farm is located at 2024 Concession 7, Clarington.

Paul and Jenny offer many different programs ranging from eco tours, to farm fresh markets at various locations throughout the GTA and Community Supported Agriculture.

Paul and Jenny's promise to you, as a CSA customer, is that you will receive the best of their all natural weekly harvest, picked fresh just for you, and that you may substitute any produce available throughout their growing season whenever you like! You should take a look at what they are planting for this harvest,

over 300 different vegetables. I didn't know that there were so many kinds.

The beauty of living in the Durham Region is that we do not have to travel very far to provide our families with a wide variety of fruits, vegetables and meats. When we sit down to our tables we should all give thanks to the farmers who have worked the long hours in their field, working both day and night in all kinds of weather to sow and harvest the crops that put food on our plates and nourish our bodies.

Lisa Baird-Oryschak lives in Courtice with her husband Will and their two wonderful girls Julia and Stephanie. Lisa & Will enjoy taking their girls on outings throughout the Durham Region and when they find a great place they like to share it with others.



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Summer Events Calendar

July 2-9

Great Waterfront Trail Adventure

Throughout Durham Region
www.waterfronttrail.org

July 8

Blackstock Truck And Tractor Pull

3440 Church St., Blackstock
www.blackstockfair.ca

July 9

Oshawa International Festival

Oshawa Valley Botanical Gardens,
Oshawa
www.oshawa.ca

Newcastle's One Of A Kind Art And Artisans Show And Sale

Bond Head Parkette, Newcastle
www.agitof-art.com

July 13

Theatre In The Park

Esplanade Park Gazebo, Pickering
www.cityofpickering.com/greatevents

July 14

Northland Ramblers Bluegrass & Gospel Band

Millennium Park, Pickering
www.sonicbids.com

July 15

Durham International Festival

Lakeview Park, Oshawa
www.oshawa.ca

Broken Arts Fair 3

The McLaughlin Public Library (65
Bagot St.), Oshawa
www.brokenarts.ca

July 15-17

Uxbridge Legion Annual Ribfest

Elgin Park, Uxbridge
www.uxbridge.com/ribfest

July 16-17

Dog Days Of Scugog

Scugog Shores Museum Village, Port
Perry
www.scugogshoresmuseum.co

July 17

Sunday On The Porch - Marcia Masino

Silverstone Gallery, 617 Liverpool Rd.,
Pickering
www.silverstonegallery.org

July 21

Whitby Brass Band Summer Concert

Heydenshore Pavilion, Whitby
www.whitbybrassband.com

Ron Moore In The Key Of Elvis Concert

Memorial Park Bandshell, Oshawa
www.songsinthekeyofelvis.com

The Highlands Of Durham Games

Elgin Park, Uxbridge
www.highlandsofdurhamgames.com

July 21-24

The Grand Prix Of Mosport

Mosport International Raceway,
Clarington
www.mosport.com

July 23

Harbour Day

Port Whitby Marina, Whitby
www.whitby.ca

July 24

Beaverton Thorah Eldon Historical Society Heritage House Tour

Beaverton and area
www.btehs.com

July 27

Wiggles Big Birthday Tour

General Motors Centre, Oshawa
www.generalmotorscentre.com

Aug. 4

Whitby Brass Band Summer Concert

Heydenshore Pavilion, Whitby
www.whitbybrassband.com

Aug. 7

Rag Dolls & Ragtime (Formerly Known As Kids' Day)

Pickering Museum Village,
Greenwood
www.cityofpickering.com/museum

Brits On The Lake

Downtown Port Perry
www.britsonthelake.com

Aug. 8-12

Art In Public Places

McLean Community Centre, Ajax
www.pineridgearts.org

Aug. 13

The Fab Four LIVE

The Regent Theatre, Oshawa
www.werockentertainment.ca

Aug. 14

Sunday On The Porch - Inese And Don Poga

Silverstone Gallery, 617 Liverpool Rd.,
Pickering
www.silverstonegallery.org

Brock's Big Bite

Downtown Beaverton
www.brocksbigbite.ca

Scugog Pioneer Day

Scugog Shores Museum Village, Port
Perry
www.scugogshoresmuseum.com

Aug. 18

Whitby Brass Band Summer Concert

Heydenshore Pavilion, Whitby
www.whitbybrassband.com

Aug. 19-21

Parts Canada Superbike

Doubleheader Weekend
Mosport International Raceway,
Clarington
www.mosport.com

Aug. 20

Summer Breeze Music Festival

Downtown Port Perry
www.discoverportperry.ca

Festival of India's Heritage

Esplanade Park & Pickering Rec.
Complex
www.iccadi.org

Aug. 20-21

Art in the Park

Elgin Park, Uxbridge
www.uxbridge.com/lionsart

Aug. 26-28

Autofest Weekend

Downtown Oshawa and Lakeview
Park, Oshawa
www.oshawa.ca

Aug. 27

Blackstock Fair

3340 Church St., Blackstock
www.blackstockfair.ca

Aug. 27-28

40th Annual Heritage Days

Uxbridge Historical Centre,
7239 Concession 6, Uxbridge
www.uxbridgehistoricalcentre.com

Aug. 28

Ride 4 United Way

2440 Regional Hwy 2, Clarington -
Cycling throughout Durham Region
www.ride4unitedway.kintera.org

Sunday On The Porch - Inese And Don Poga

Silverstone Gallery, 617 Liverpool Rd.,
Pickering
www.silverstonegallery.org

Sept. 3-5

Port Perry Fair

Port Perry Fairgrounds
www.portperryfair.com

Sept. 8-11

Orono Fair

2 Princess St., Orono
www.oronofair.com

Sept. 9

Murder Mystery Evening

Scugog Shores Museum Village, Port
Perry
www.scugogshoresmuseum.com

Sept. 9-18

Savour The Season Culinary Festival

Around Durham Region
www.durhamsavourtheseason.ca

Sept. 9-11

Uxbridge Fall Fair

Elgin Park, Uxbridge
www.uxbridgefair.ca
Oshawa Rotary Ribfest
Lakeview Park, Oshawa
www.oshawa.ca

Sept. 13-14

Sunderland Fall Fair

Sunderland Fair Grounds
www.agfair.ca

Sept. 15-17

Durham Region Comedy Festival

Around Durham Region
www.drcf.ca

Sept. 16-18

Oshawa Art Association Fall Art Festival

Camp Samac, Oshawa
www.oshawaartassociation.com

Sept. 17-18

Uxbridge Studio Tour

Uxbridge and Port Perry
www.uxbridgestudiotour.com/
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Sept. 17

Pickering Recreation Complex's 28th Anniversary

1867 Valley Farm Rd., Pickering
www.cityofpickering.com/greatevents

Sept. 24-25

Doors Open Oshawa

Throughout Oshawa
www.heritageoshawa.ca

Sept. 25

Waterfront Half Marathon & 5K

Ajax Community Centre - Waterfront
Trail
www.townofajax.com

Celebration of The Harvest

Downtown Port Perry
www.discoverportperry.ca

Sept. 30, Oct. 1 and 2

Culture Days

Around Durham Region
www.culturedays.ca

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

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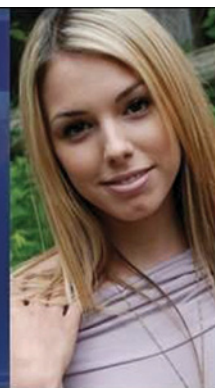
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Film Talk

by John H. Foote

The summer movie season

officially began in 1975 with the release, and extraordinary success of Steven Spielberg's *Jaws* (1975). A twenty six year old wunderkind, he grabbed the film and turned it into the top grossing film of all time, as well as a masterpiece that is still among the very best of his career. Two years later George Lucas knocked Spielberg's film out of first place as *Star Wars* (1977) stormed its way to the top and ten Academy Award nominations! Both films revolutionized the manner in which films are released. While both *Jaws* (1975) and *Star Wars* (1977) were nominated for Oscars as Best Picture, it's rare for a summer film to earn a Best Picture nomination. Instead, the films released May through August are meant to fill the coffers allowing for the prestige films to be made, those pictures that win Oscars.

Through the years films such as *Grease* (1978), *The Empire Strikes Back* (1980), *Arthur* (1981), *Raiders of the Lost Ark* (1981), *E.T.* (1982), *Indiana Jones and the Temple of Doom* (1984), *Back to the Future* (1985), *Who Framed Roger Rabbit?* (1988), *Batman* (1989), *Ghost* (1990), *The Lion King* (1994), *Spiderman* (2001), and *Up* (2009) are all prime examples of strong summer blockbusters that made hundreds of millions and earned critical acclaim.

Rarely films have gone on to Academy Award glory from a summer release. Clint Eastwood's *Unforgiven* (1992) had great lasting power with the Academy voters, as did Steven

Spielberg's *Saving Private Ryan* (1998), though Best Film was not among its awards. Most recently *The Hurt Locker* (2009) earned Best Picture, proving that sometimes it really is a great film that wins the award despite when it was released.

Then there are delightful surprises that come from nowhere to make a star out of an actor or director, *Jaws* (1975) being the biggest of them all. *Risky Business* (1983) had that impact when released and made the career of Tom Cruise. Three years later Cruise reached superstar level with summer release *Top Gun* (1986). Spike Lee's drama *Do the Right Thing* (1989) was a summer release, as was Brian De Palma's astounding *Casualties of War* (1989) though in the case of the latter, nobody went. That is the issue with releasing a serious Academy contender in the summer, it might get lost amidst the blockbusters. That has happened more than once with films such as *Blow Out* (1981), *Dragonslayer* (1981) and *A.I.: Artificial Intelligence* (2001).

This year? Who knows, though my money is on the final installment of the Harry Potter franchise, *Harry Potter and the Deathly Hallows Part 2* (2010) to be the big summer movie, and finally earn that franchise some long overdue Oscar attention.

See you at the movies, and don't be afraid to say hello...just not during the movie.

JOHN H. FOOTE...is an internationally known film critic/ historian, with a reputation for telling it like it is, be it in the reviewing or in the interviews with actors and directors. A self professed film junkie, he studied acting and film in university, and though film was his first love, managed to direct more than forty stage plays. In the early nineties he was co-host and co-producer of Reel to Real, Canada's longest running movie review program.

John left the program after seven seasons in 1999 to pursue print criticism, and has since written for many different magazines, and has been quoted in the Los Angeles and New York Times, London Guardian, the Globe and Mail, Chicago Tribune, and the New York Post.

He is the author of two books, Clint Eastwood: Evolution of a Filmmaker, and Steven Spielberg: American Visionary, Volumes One and Two, and is currently at work on two others. His next, The New Millenium American Cinema, 1996-2010 should be in stores by January 2012.

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

Through the years he has interviewed such actors and directors as Meryl Streep, Francis Ford Coppola, Sofia Coppola, Heath Ledger, Tom Cruise, Robert Duvall, Martin Scorsese, Clint Eastwood, Morgan Freeman, Jessica Lange, Hilary Swank, Natalie Portman, Jeff Bridges, Tom Hanks, Benn Affleck, Al Pacino, Robert de Niro, Peter O'Toole and countless others.

John lives quietly outside of Port Perry with his wife and daughters. It's not unusual to see them heading off to cinemas around Durham Region to catch a "first night" just so he can see the reactions of the "Monday morning critics."

Tasteful Talk

by Shirley Ouellette



Summer is here and so is an abundance of local produce. The next three to four months are when you can not only get amazing fresh local everything; you can also pick your own at many farms. Picking your own produce not only allows you to choose exactly which succulent fruit or vegetable to go for it also gets you in touch with your food and where it came from. When I get my produce home and wash off the dirt ready for cooking I feel a connection with the farmer as well as the food I am about to prepare.

Now let's cook! Cooking at home is a great first step toward going green and ultimately saving money. Not only will you pay more attention to the ingredients you use, you will also be less tempted to swing by McD's. Once you are in the habit of home cooking you will be more likely to consider whether your food is organic, how locally it was grown, whether it's in season or how far it has travelled.

It is a fallacy that whole foods take more time and expertise to cook; all you need is planning to stay away from the processed foods that tend to be loaded with high-fructose corn syrup and other calorie-heavy ingredients, preservatives and an array of artificial colours, many that are not only unnecessary but harmful to your body. I would like to suggest a wonderful book to get you started "Earth to Table" by Jeff Crump and Bettina Schormann, where you will find seasonal recipes from an organic farm plus an amazing insight into local eating.

On that note I will leave you to venture through the summer on your quest for local farm produce. Strawberries are almost over, so go now, pick your own and eat until you are fit to bust, I will be having a mountain of thick Devon cream on mine, available now in most good grocery stores. Don't forget to make jam, it is easy, anyone can do it. Then you will be the proudest Durhameer as you pop that lid in the dead of winter and smell your summer strawberries.

As always don't forget we are the consumers. We hold ultimate power. If we do not buy it, they will not stock it. Vote at the cash register my friends. Do not become an accomplice to the death of our local farming communities.

.....
Shirley Ouellette, joint Owner and joint Executive Chef of Cuisine in Motion grew up in England. Living in the country most of her life, Shirley often went with her father to collect meat directly from the farms, so understands the importance of supporting the local area. Sourcing local produce here in Durham, is one of her favourite responsibilities, along with creating original recipes and keeping the local theme coupled with environmental sensitivity alive in the kitchen for Cuisine in Motion. Check out their blog <http://roger-shirley.blogspot.com>.



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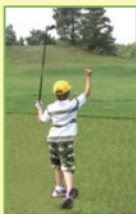
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Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~ James Dent

What is summer? It's when the sun shines and is so bright you need sunglasses. It's when the air has a soft cool breeze causing the temperature to be just right. It's when you hear the birds singing and chirping their soft melodies. (Yes I am sounding like a Disney movie) I am one of the many people who love summer.

Summer is a big topic, which is why I find having to write about it as my first time column is hard but with the help of a few people I did it. Thinking along the way about how I have to really focus in and narrow down on what summer really is about, I've done this in a way that hopefully shows you all just how much fun summer really can be!

Summer is a time of the year to just forget about your social problems. You can relax and just think about right here, right now. You can explore the depths of places you can't go during the year mainly because of jobs and school. For me, summer is the best time of the year. You can try so many new things and go to places you have never been before due to holiday!

Like last year I learned how to scuba dive over summer. It was quite fun. I learned with my best friend. We spent around 2 weeks studying for the big test. We had to memorize so much. A lot of the times we wanted to just quit, but I am so glad we didn't. We had to go to some special office to write the test and in the end we both got the same mark, 98%. All our hard work paid off. We went to Mexico and while we were there we finished off the test by going on two dives. Now we have our licenses and we can scuba dive any where we go. Summer is a way to open doors up to things you would not even think of trying before!

This summer be adventurous, spend time with the people that you love, have fun and keep your eyes open because you never know what is possible until you try it. Hope your summer is filled with fun safe activities.

.....
Bio: Samantha Burtch Whitteker is a 13 and 1/2 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

Hydrotherapy—Not Just for Humans

Many people have not heard of canine hydrotherapy. They can look at you like you have two heads when you suggest swimming as a viable exercise option for dogs.

People who have heard of canine hydrotherapy generally have an overweight dog, an arthritic/paralyzed dog, or a dog that has recently undergone surgery.

The benefits for swimming are limitless. For healthy dogs, it can be used to increase strength and stamina. Many dogs that enjoy flyball or agility will benefit from swimming by putting less stress on their joints and recover faster from an injury.

For dogs with medical conditions or those that are recovering from surgery, swimming can be extremely beneficial. Swimming in warm water will aid with blood circulation and relaxation. This will help improve the range of movement and reduce the chance of muscle spasm. Because water resistance is greater than air resistance, the muscles have to work harder than they would on land. According to Dr. Arleigh Reynolds, a veterinary surgeon, one minute of swimming is equivalent to four minutes of running. It also increases strength and stamina.

For your overweight dog, swimming can increase their metabolism and burn calories.

Just like us, you need to start slow and build your stamina. Your dog may want to dive in and get swimming, but it is more effective to swim for a few minutes, take a break, and continue than to go full steam ahead.

You can check out YouTube and type in swim therapy for dogs to view videos and see what canine hydrotherapy is all about or you could head up to Gore's Landing (north of Port Hope/Cobourg), where Shari has her own facility. You can contact Shari via email sharisquest@yahoo.ca. Always consult your veterinarian or animal chiropractor to see if this form of exercise is right for your dog.

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

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Ask Sue-Ann

by Sue-Ann Bavlinka



Dear Sue-Ann:

I continue to pick the wrong relationship. I pick the man that has more than one woman, every time. I am aware of it when the relationship begins and find myself being talked into giving the situation a try. My last relationship was again with a married man. He tried to convince me that if I waited a couple of years he would leave his wife for me and we could live happily ever after. Then, I found him having a relationship with yet another woman and I ended it between us. I cannot take this anymore. Is there a love out in the world that is just for me?

*Signed,
Signed, Longing for Love*

I would like to say you have started the process in a positive way by accepting that you need more than what you have been allowing into your life. Have you considered that you have not allowed a monogamous relationship to exist because you are not truly ready to settle down yet? You know how to give love but when it comes to receiving it you accept less than what you truly desire. This is why you have settled. You need to allow yourself time to consider what a loving and healthy relationship looks like. It is unique to everyone. When you decide how you need to be loved then you will be able to attract the perfect relationship for you.

Dear Sue-Ann:

I have just started to meditate and I love how it is making me feel. I find that I am dealing with stress much better now. I have heard that meditating outside can change the experience but I am unsure where to go and how to start. Any suggestions?

Namaste from Whitby

Meditation is a great tool to relax and connect to Divine source. Taking it outside is a wonderful way to connect to energy in a different way. There are so many visuals around to incorporate into your meditation experience. Living in Durham Region provides you with several lovely locations to choose from. Sitting at Lake Ontario and looking into the horizon where the sky meets the water is an excellent meditation. It opens the mind to limitless possibilities. Sitting by the water and feeling the vibration of it will provide a perfect way to clear away stress and negativity. Taking a moment to stop on a forest trail and allow the vibration from the trees to take away your stress in the breeze is not only invigorating but cleansing as well. While exploring Durham Region you will find many spiritual locations that will easily invigorate the body, inspire the mind and replenish the spirit. Enjoy!

.....
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

Throw off your Coat

There is a wonderful story in the bible that tells of the healing of a man by the name of Bartimaeus. This man spends his time sitting by the roadside because he is blind.

One day he hears Jesus is going by. He starts yelling over the crowd who were following Jesus, asking Jesus to help him. The crowd tells him to be quiet, however he persist.

Jesus hears him and he tells the crowd to get Bartimaeus. Upon hearing this he gets up, throws off his coat and runs towards Jesus. When Bartimaeus gets to Jesus, Jesus asks him what would seem like an obvious question. The question, what do you require of me?

Bartimaeus replies, Lord I want to receive my sight, Jesus commends him for his faith and tells him to receive his sight. He receives his healing.

As I thought about this story I thought, "What lessons can we learn from this story?"

When we require a change in our present circumstances, we must seek help from the people who can help us, in spite of what the crowd says. Next we have to get up from our present situation, throw off all the old habit and ways that keep us bound up. We must move away from the people and negative circumstances that weigh us down. We must throw off the coat.

Once the burden of the coat is removed we must run towards what we truly want. We must know what we want. It is not always obvious. Take the time to know what your purpose and your goals are.

We need to trust and believe, have faith in what is possible for us.

Be determined, get up, and throw off your old ways. Now with determination and purpose run towards the life that you truly want. It is waiting for you.

Receive that which you seek and desire.



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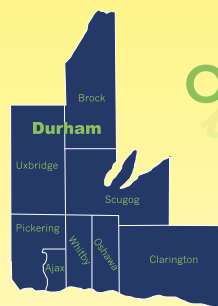
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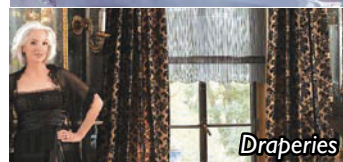
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Your future from the stars

by Micki Lee

Pisces

July ~ This is right time to make decisions pertaining to your career.
August ~ There are high possibilities of you getting into problems with your colleagues.

September ~ Possibility of travel with family is foreseen.

Aries

July ~ An easy going month at work.
August ~ Communication will be the key, both at work and at home.

September ~ Don't lose any business opportunity coming your way.

Taurus

July ~ Finance and romance on your mind and in your life too.

August ~ Life should be full of wonderful surprises.

September ~ Energy might come out as aggression too.

Gemini

July ~ This month will bring in a few challenges in the start.

August ~ Short trips during weekends are not ruled out.

September ~ Your ideas and team building attitude will cause things to turn your way.

Cancer

July ~ Caution is advised during the third week of the month. Health issues might creep in.

August ~ Personal and professional life will blossom during this period.

September ~ You will be in the spotlight because of your hard work and dedication.

Leo

July ~ Keep fingers crossed for exciting career opportunities coming your way!

August ~ Personal life will see a strong boost through meeting old friends and making new acquaintance.

September ~ Money is sure to find its way to your bank account.

Virgo

July ~ You will get considerable support from team mates and colleagues.

August ~ Might get a bit slow and frustrating.

September ~ Traveling is in the cards for business.

Libra

July ~ Health could be the biggest cause of concern.

August ~ Keep patience and take things as they come.

September ~ There will not be much success coming in even after much hard work and long working hours.

Scorpio

July ~ Work done in the office will show up and will upgrade your position in front of your superiors.

August ~ Those in love can expect some forward movements in their relationships.

September ~ Don't lose any opportunity to show your gesture to those for whom you care.

Sagittarius

July ~ Welcome note in the form of less work pressure and stress.

August ~ Rely on your intuition in making important decisions at work.

September ~ Some not so good news will be coming your way at the end of the month.

Capricorn

July ~ Those looking for a change of job or a career hike might get an opportunity.

August ~ Singles awaiting marriage might get lucky finding their life partner in the first half of the month.

September ~ The month will be full of social events and activities.

Aquarius

July ~ It's the right time to increase your skills and knowledge through some advanced programs.

August ~ Money and finance will not be a problem, but the spending might be!

September ~ You will not be able to give much of your time at home with your family.

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

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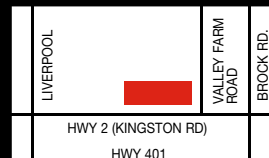
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