

# The Local Biz Magazine

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Durham Region Community Publication

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Corry Hamilton, Shirley Ouellette, Micki Lee

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## From the Publisher

Welcome to the summer of 2012! We are pleased to present you with the Art Issue of The Local Biz Magazine this season. Inside you will find a host of some of the fantastic creative opportunities that Durham Region has to offer. Stephanie Regan sits down with Greg Murphy, the Dean of Media Art and Design at Durham College to talk about investing in your artistic talent locally. Durham's local fashion scene is sampled by Heather Swanson in the article "Beautiful and Local." Lana-Nolan Bolton provides and overview of the live music scene, and Satrohan Rai returns once more to shed a little light on antique cars.

We are pleased to announce the arrival of our new columnist Stephanie Pommell, who will be exploring aesthetics and self-care in "Treat Yourself." Stephanie is replacing John Foote and his column "Film Talk," as, sadly, John is leaving The Local Biz Magazine Team for new horizons. All of us here at The Local Biz Magazine will miss his insightful expertise on the movie business.

In honour of the artistic theme of this issue, Corry Hamilton will share some tips on how to photograph your pet in "Taking the Lead." Shirley Ouellette shares a recipe for Wild Mushroom Risotto and a wine pick to accompany it in "Tasteful Talk," and Sue-Ann Bavlnka de-mystifies the presence of apparitions in "Ask Sue-Ann." You will hear an update on Sam Burtch's navigation of high-school in her column "Teens, Tweens and Inbetween." This issue's "Coaches Corner" has Dennis Brown addressing how to move past and resolve dilemmas.

The Local Biz Magazine now has forty distribution centres in each Durham municipality, all of which are listed on our website for your convenience. If you can't get a hold of a hard copy of The Local Biz Magazine, you can download a free copy under 'archives' at [www.thelocalbizmagazine.ca](http://www.thelocalbizmagazine.ca). Thank you, once again, to all our readers for your feedback, support and suggestions.

**Antoine Elhashem**  
*Publisher*

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## From the Editor

This summer the team at The Local Biz Magazine has decided to tackle the arts of Durham Region. As art has always been a special interest of mine, I have personally been looking forward to this issue. I have been drawing and writing since I was a little girl, and am even known to dabble in music from time to time, albeit not with as much skill as I would like.

I know art is of interest to a lot of people and helps to enrich the lives of those involved in it. However, its influence often moves beyond the domain of experience and self-expression. Communication is, perhaps, the simplest definition of art. Living, as we do, in a time heavily influenced by mass media and popular culture, it is important to pay some attention to local art and what it is saying. What better way to gauge the opinions, beliefs, wants and needs of a community than by looking at the message present in the art that thrives there?

When I say 'art' I'm not referring solely to fine art like painting and drawing, but to the arts that encompass our daily lives; what we wear, what we listen to, and what we work on for example. Its easy to bypass these aspects of life when we think about art, so here is an opportunity to consider them more closely and to appreciate the imprints of creativity that can be found here.

Art is one of those topics that everyone has their own opinion on, which makes it a difficult topic to address in a community/business publication like The Local Biz Magazine. We hope we have fairly represented different points of view and their interests, but drop us a line if there is a topic you hoped to see covered and didn't.

**Sherry Hucklebridge**  
*Editor*



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# Expressing Yourself in Tough Economic Times

by Stephanie Regan

*"You have to really be courageous about your instincts and your ideas. Otherwise you'll just knuckle under, and things that might have been memorable will be lost."*

*- Francis Ford Coppola*

In these tough economic times, one question artists and creative people of all sorts are asking is whether investing education in their artistic talent is a safe enough bet. At first glance, it might seem obvious that a steady job or a business diploma would be more practical than fine arts. Durham College's Dean of Media, Art and Design, Greg Murphy, gave a thoughtful answer to this question, which, no doubt, he has been asked many times;

"People go to college to learn about themselves and only part of that involves their career path," he says, "that being said, there are many areas of creative endeavour that have very good employment prospects, and fine arts offers a solid foundation, improving the student's likelihood of success. Education in any discipline will help a student to think critically, articulate their ideas in several media, and give them the confidence to lead when required to do so. It will help a student become a high functioning member of a team, when that is required of them. These are the skills common to all contemporary employment and the fine arts teach them well."

Durham College's School of Media Art and Design (MAD) dismantles the myth of the starving artist in favour of a vision of artistic careers that are realistic, practical and community-based. "Plus," he says, "animation, gaming, web development, advertising, graphic design and many other art-based careers are both lucrative and have high demand." MAD programs take a real-life approach by mixing creativity and business, bringing the arts into the 21st Century. Students leave the School of Media Art and Design with both technical and life skills.

Murphy holds a Master's in Fine Arts (MFA) from the University of Calgary and his own work sits in galleries and private collections, and so he knows first hand how to take arts talent and training and spin it into a living. He wants not only to share what he knows about art, but a bigger vision of how students can use their skills to make a contribution to their communities.

"In general, MAD students receive a strong foundation in communications, creative theory and practice, as they prepare for careers as artists, designers and media specialists. Students use industry standard hardware and software to capture and manipulate images and develop technical and entrepreneurial skills required for a variety of careers, as they learn how to communicate effectively and meet client needs."

As the School of Media Art and Design is focussed on allowing students to turn their creative skills into a living, students are mentored in the creation of realistic business plans: business-financing, risk and return in the creative industry, finding international opportunities, and professional ethics.



In most MAD programs, students learn how to register and operate a small business. This includes bookkeeping, business protocols, pricing, estimating and invoicing of assignments and how to protect their copyright. Students also learn how to design presentation portfolios and animation reels for different markets. Fine Arts students can start networking and get involved right away with local cultural organizations as they work with community groups and not-for-profit organizations.

If you're a parent helping your son or daughter apply for school, or a mid-career adult day dreaming about going back to school, MAD's emphasis on entrepreneurialism, citizenship and community means you don't have to choose between business and your artistic bent. Whether you're a budding painter or emerging writer, with solid, affordable training offered right here at our local community college, an artistic temperament doesn't necessarily have to mean the life of a lonely, starving artist toiling away in obscurity.

## MAD courses, programs and workshops at Durham College

MAD offers options for any schedule, from weekly, evening drawing courses, part-time certificates in web design and interior design, and even a full-time three-year diploma in Fine Arts. Want to work in the music industry? There is a course for that at Durham College. It's called *Music Business Administration*. Want to turn an obsession with

gaming into a job one day? Durham College offers a course for that too, in its three-year *Game Development* program.

For full-time students, MAD offers practical, hands-on learning in fourteen, full-time diploma programs:

- Advertising and Marketing Communications Management
- Animation
- Digital Photography
- Digital Video
- Fine Arts - Advanced
- Foundations in Art and Design
- Game Development
- Graphic Design
- Internet Applications and Web Development
- Journalism
- Multimedia Design
- Music Business Administration
- Public Relations

MAD also offers an array of evening courses through the school of Continuing Education. Continuing Ed. courses are both exciting and practical, whether you take courses for personal interest or career development. Most of these courses can be taken individually, while some make up a certificate and have prerequisites. Mr. Murphy wants to be clear about the mature student thinking about enrolling in a full-time program in MAD: you're more than welcome, and are even an asset. "Most years we have 2-3 over-thirty students in a program. I find they bring a lot to a program. They tend to be the most engaged in the discussions, the most committed to their studies, and tend to have well-formed opinions."

Whether you want to dabble in drawing or jump into graphic design, advertising or journalism with both feet, there are many outlets for your creativity, right here in Durham through Durham College's School of Media Art and Design.

## One-day workshops on campus

Here are some course highlights from the Spring-Summer 2012 calendar (see the latest course calendar for the latest offerings

[www.durhamcollege.ca/wp-content/uploads/continuing\\_education\\_course\\_calendar.pdf](http://www.durhamcollege.ca/wp-content/uploads/continuing_education_course_calendar.pdf)):

### Staging Your Home (DESN 1900)

A general interest workshop that covers many aspects of how to stage your home so you and your real estate agent can maximize exposure to potential purchasers and gain top dollar for your home in a quick period of time.

### Introduction to Mac (COMP 1357)

A workshop that teaches an overview of the fundamentals of the Mac OSX operating system. Students become familiar with the fundamentals of the Macintosh Graphical User Interface (the Finder), file management, shortcuts and tips for becoming a more confident user of the Macintosh.

### Evening Courses on campus

These evening courses generally meet once a week in a classroom or lab. To register or see the latest offerings, see the School of Continuing Education web site

(<http://www.durhamcollege.ca/academic-schools/school-of-continuing-education/>)

### Adobe Illustrator I (DTP 2351)

A component of the Graphic Arts and Web Design Certificate

Programs. Using Illustrator Creative Suite 5, learn the basics of digital illustration and the most common tools of this application as used in the industry. Class exercises include creating logos, illustration and magazine, brochure and flyer package page layouts. If you like working with Adobe, you can develop your skills even further. The School of Continuing Education also offers evening courses in Adobe Illustrator levels II and III

### Layout & Design I (DESN 1351)

A component of the Graphic Arts Certificate Program, this course aims at encouraging the exploration of visual communication concepts and design principles allowing you to develop expressive ways of solving communication problems. Theory of line, pattern, weight, colour and form are provided to give you an understanding of the structure for design.

### Creative Courses Online

Self-directed learning from home on your own time is a convenient way to further your



artistic skills, and many of these courses start year-round. Here is a sampling of some of the online MAD courses that are offered throughout the year. For more information see [www.durhamcollege.ca/academic-schools/school-of-continuing-education/](http://www.durhamcollege.ca/academic-schools/school-of-continuing-education/)

### **Drawing Realistic Subjects in Coloured Pencil (DRAW 1981)**

Students learn to create realistic coloured pencil subjects, with step by step demonstrations. Learn about layering, burnishing and selecting colours.

### **Adobe Indesign Basics (COMP 1288)**

This course covers the fundamental aspects of this rising star in the desktop publishing and design industry. Topics covered will include: creating master pages and single and multiple page documents with single and multiple text columns of text; importing text from various sources and flowing it into linked columns of various shapes and sizes; proper kerning/leading and spacing of text and combining text with imported photos and graphics.

### **Writing Short Stories (WRIT 1082)**

*Writing Short Stories* is an introductory course for the aspiring story writer which focuses on the literary genre. Character development, narrative unity and plot construction are explored by analyzing selected short stories and participating in writing exercises.

### **Adobe Photoshop (COMP 1080)**

This online course on Adobe Photoshop is your opportunity to learn Photoshop Elements Version 4 using Adobe-approved course material. This hands-on course will introduce you to loading, organizing, editing and sharing photos, repairing and retouching photos and adding text and style effects to your photos. You'll learn how to create slide shows, calendars and much more.

### **Writing for the Web (WRIT 1086)**

Writing for the Web takes students inside the fast moving world of writing on the internet, looking at a range of the work assignments and working environments they can expect to encounter. On successful completion of the course, students will have a good grounding in the basics of writing for the web as it is currently practiced, including

writing for emphasis and visual impact, the basics of Search Engine Optimized writing, sourcing images and video. Students will examine the various styles and requirements involved in writing for blogs, online magazines, commercial websites and social media. Students will use create their own blogs and learn how to find writing opportunities.

## *Part-time Certificate Programs*

### **Certificate in Website Creation and Design**

Web design skills are always in demand, and according to the MAD course calendar, the field will only become more professionalized. The certificate in Website Creation and Design is offered through a mix of evening and online instruction, making this certificate accessible to someone who is already working but wants to upgrade his or her skills to upgrade or change careers. The certificate program is made up of seven courses. Many of these courses start every month, meaning you could finish this program in as little as two years. The core courses of this program are *Design Basics*, *Dreamweaver Introduction*, *Dynamic Web Sites*, *HTML Introduction* and *Photoshop I*. Two electives round out your training with your choice of *Dreamweaver Advanced*, *Flash Introduction*, *JAVA Intermediate*, *JAVA Introduction* and *JAVA Script*.

### **Interior Decorating**

For those with a flair for design, light and colour, Durham College offers a part-time certificate in interior decorating. The program is recognized by the Canadian Decorators' Association (CDECA) and focuses on residential decorating. A trained interior decorator can run his or her own business, or work as part of a bigger design team in architect's offices, interior design offices, restaurants, hotels, model homes and home builder's décor studios. You could make the shift into your new career through part-time evening classes.

Core courses for this certificate are *Basic Drafting*, *Colour Theory*, *Decorating with Light*, *A History of Furniture*, *AutoCAD for Interior*



*Decorating*, *Illustration and Presentation*, *Perspective Drawing*, *Materials and Finishes*, and *Decorating: Beyond the Basics*. The program winds up with *Business Practices*, offering some practical office skills and training to get your decorating business started.

### **Creative Correspondence Courses**

Durham College's Correspondence courses start monthly. Like online learning, correspondence courses allow students to work at their own pace with regular feedback from their instructor. A certificate through distance education can be earned through correspondence, online courses or a mix of both. Correspondence students receive a study kit couriered to their home. Assignments are sent by mail or fax; students consult with their instructors by phone.

### **Graphic Arts Certificate by correspondence**

The correspondence version of the Graphic Arts program is presented in two stages. The Foundation of the program is made up of *Adobe Illustrator I*, *Digital Imaging I*, (*Photoshop*), *Digital Photography* and *Drawing I*. The second level features *Adobe Illustrator II*, *Drawing II*, *InDesign*, *Layout & Design I* and *Typography I*. A third level of study comprises *Digital Imaging II* (*Photoshop*), *Layout & Design II* and *Prepress Production*.

Other creative correspondence courses include *Website Creation and Design*, and *Marketing Management*.

- With files from Durham College 2012-2013 program calendar

**Stephanie Regan is a professional writer who lives in Oshawa, and loves school. If she won the lottery, she'd go back to school full-time, just for the fun of it.**

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# Beautiful and Local

## Home Grown Fashion in Durham Region

by Heather V. Swanson



There is a growing movement across Canada to “shop locally, not globally,” and for those of us who live in the suburbs of the country’s largest city, that can be a challenge. At first glance, Durham Region may not seem like a place you’d be likely to find much in the way of hidden fashion gems. It’s easy to think that the only way to get clothing that is high quality, trendy, and conscious of the environment would be to traverse the urban jungle of Toronto’s downtown core. Not so. As it turns out, all one needs to do is look a bit more closely, and a bevy of designers and shopkeepers for both clothes and jewellery are scattered clear across the area. You don’t have to sacrifice what’s hot in order to shop close to home; it’s only a matter of knowing where to look! We’ll help you get started;

If you’re someone who is conscious of this year’s summer trends, you’ll want to take note of some of the more popular movements being seen in both mainstream and boutique clothing and accessories. “The throwback” is in full swing, pulling influence from decades past, primarily the 1960s. Take a stroll through one of the region’s largest shopping malls, the Oshawa Centre or the Pickering Town Centre, and every storefront’s displays will subtly underscore the “swinging sixties” theme. Men’s shops are carrying shorter jackets with thinner lapels for officewear, formalwear and more casual looks, along with old favourites like penny loafers, and shirts and ties in bold colours. The shops that cater to women are a mix of old and new, and local designers can certainly attest to the eclectic mix that is considered “in” this season.

Mary Anne Vanstone, a native of Durham and based out of Bowmanville, is a professional clothing designer and dressmaker. She has worked with the likes of Heather Moore, another local designer with Centre Stage, as well as the renowned international designer and fellow local-girl-makes-good, Sarah Houston ([www.sarah-houston.com](http://www.sarah-houston.com)). Vanstone frequently uses her skills to not only custom design clothes for every shape and size, but also enjoys “revamping” older pieces. She often either incorporates or overhauls older pieces into new designs, which serves not only a sentimental purpose for the client but also adds to the “back in the day” feel that is so popular at present. When asked what seemed to be the most common request from her customers right now, Vanstone says with a laugh, “Well, the dresses are shorter!”



She speaks the truth. Minis and micro-minis are once again at the fore in ladies' fashion, so be ready for a scorcher of a summer, in both the weather and the visuals. Even if that doesn't sound like the most welcome return, keep in mind that Vanstone can also replicate what's hot in the department stores in such a way that it can fit just about any body type. If you want in on the trendiest of trends but haven't found the right shop that carries your size or shape, or if you're all about "keeping it local," contact her ([sew-perfect@hotmail.com](mailto:sew-perfect@hotmail.com)) to see what she can stitch together for you.

Another local designer also has her fingers on the pulse of what's hot this season. Erika Mullings, owner of a 3,500 square foot manufacturing facility in Bowmanville, has an educational background in Fashion Design, and employs local women to cut and sew the garments in each collection she designs. She says that "skinny pants" are once again a must-have item for women's closets, and that the trend of colour blocking and statement prints is carrying through from spring into summer. With the addition of some bold colours, a spring wardrobe can easily transition into what everyone will be wearing, come June. Mullings' "Fever" collection is especially flexible in that she has sizes available that can't be found in the average store, which makes this year's styles much more accessible to everyone.

No seasonal attire would be complete without the proper accessories. Aside from the designer handbags in colours that pop, what is the biggest must-have this summer for every outfit, male or female? Bracelets. In another nod to the popularity of the throwback, wrap bracelets have become ubiquitous, and charm bracelets are the old-but-new-again piece that seems to feature in 2012. Wrist adornments of all sorts have made the top line, and it just so happens that Durham Region can proudly boast some local talent in that arena as well. Her name is Diane Smith.

DB Silversmith Designs is, as one customer aptly put it, "a gem of a jewellery store," located facing the waterfront in Port Perry ([www.dbsilversmithdesigns.com](http://www.dbsilversmithdesigns.com)). It feels as homegrown inside as it does outside, owing to Smith's warm and welcoming decor, not to mention the breathtakingly beautiful bracelets, necklaces, rings and more that greet you at every turn. The shop itself was established in April 2011, but Smith has been designing and making her own jewellery for the better part of a decade. "All of the pieces you see here were handcrafted by me," she says, gesturing to the many sparkling cases throughout the boutique. But, true to the spirit of supporting local business even from within the community, "Sometimes there'll be a few pieces by additional local designers as well."

Each piece made by Smith is different, as she crafts them by hand, on site. She uses traditional silversmithing and free-form chainmaking techniques, the result of which is a truly unique artifact each time. Her bracelets, which fit the bill for what's in this season, rival anything found in a pricey jeweller's boutique in the city, but customers are very often surprised at the high quality she provides for less than what even a mall outlet chain would charge. Another big plus: While the pieces are of the sort that will be in great demand for summer, Smith

prides herself on making jewellery that is, in a word, timeless. Snapping up one of her creations for this year's must-haves is a good investment, as there isn't a season or an outfit for which the pieces won't work.

One great way to check out DB Silversmith Designs, as well as many other shops of interest in Port Perry, is to take full advantage of the town's annual Moonlight Madness (taking place this year on June 22nd, starting at 6 p.m.). All of downtown keeps its doors open late for people to come in and browse, and the tight-knit feel of the community comes alive through local music and welcoming shopkeepers. Smith's storefront on Water Street is one not to be missed, especially if you're on the hunt for just the right bracelet for your summer wardrobe!



Mary Anne Vanstone, Erika Mullings and Diane Smith are but three great examples of where to look in order to get high quality fashion without having to set foot outside Durham Region. Each of the women consider staying local a very important choice, despite the flexibility and easy translation of their skills to anywhere else in Canada and beyond. Smith's professional life before opening her shop was right in the heart of downtown Toronto. Vanstone works on her own designs primarily out of her home in Bowmanville, and while she branches out to work at Sarah Houston's new Yorkville bridal location, the heart and soul of what she does remains here. "I'm a local girl, and I like having a list of customers that has built up around me over the years by word of mouth," she says humbly.

The same can be said for Mullings ([www.feverwear.com](http://www.feverwear.com)). "I was born in Port Perry," she states, "and later

moved to Clarington, where I reside today, just down the street from my parents." Being active in Durham's business community and making their services available to local clients who want to look just as good as their downtown Toronto counterparts is fundamental to the work ethic of each lady.

"It is extremely important that I oversee the manufacturing and that all the clothing is made in Canada. Better yet, in Bowmanville!" Mullings is quick to say, and she applies it as part of her business model as well. "We have to teach consumers to look behind their labels at how, and where, products are made. By having Canadian made clothing we are keeping jobs in Durham, contributing to the Canadian economy, and staying true to my core values such as the environment."

On the subject of the environment, Mullings points out that big city business is no more likely to adhere to a strict "green" code than those located right here in Durham, nor does it lessen the quality of the product she delivers to her local customers. "All of Fever's clothing is quick drying and wrinkle free. Many of our products are made out of the natural fibre Bamboo." She goes on to explain: "Bamboo wick moisture away and is said to be 60% more absorbent than cotton. Bamboo can grow 30cm in 24 hours in favourable environments without the use of harmful pesticides. At Fever we print on FSC certified paper, package our product in a fashionable biodegradable OXO-Bag, give back to environment causes and strive to lessen our carbon footprint."

Knowing that we don't have to sacrifice in order to stay true to the "buy locally" ideal is an important message for Durham residents, both for those who've only recently moved to our growing community and those who have been members for generations. There has not been much information made available before now about just how unique the fashion landscape is east of 'The Big Smoke,' so we're glad to have been afforded a look behind the designers' curtains and bring their stories to you!

With these starting points in mind, you're set for summer. If you're looking further ahead than that, you may want to check out the fashion shows that take place a few times a year at many of the shopping malls in the area (notably the Oshawa and Pickering locations), and take a look at each town's websites to see when their version of "Moonlight Madness" events are taking place. They're the perfect way to get yourself acquainted with what each area has to offer, and you'll doubtlessly discover some new local talents who might find their way into your closets in the years to come.

No matter what you're looking for this or any season, you can find it much closer to your front door than you may have realized. You can dress with the best, accessorize just the way you like, and support Durham's local businesses, all while looking as though you've walked off the pages of a catalogue. It's out there, right in our region, and now you know where to start shopping. Enjoy a fabulous-looking summer!

*Heather V. Swanson is a pop culture enthusiast and freelance writer who is currently working on her first novel. A Toronto native, she has now proudly called Durham Region home for nearly half of her life.*



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# Durham Region's Thriving Music Scene

by Lana Nolan-Bolton

With the field of technology advancing every moment, live music can begin to seem a thing of the past. Every adult and child now has their music just inches away from them on their laptop or iPod. Still, it is undeniable that live music shows offer a unique, thrilling experience. Where better to find live music than our own Durham Region? From jazz bands to the GM Centre in Oshawa, there's no doubt that Durham's music scene is livelier than it has ever been.





With the help of local music societies and businesses, Durham has no shortage of musical festivals and live shows, which showcase the region's own talent. The Durham Region Music Society is just one of several of the organizations that support local talent and promote the performing arts in Durham. The Music Society is a non-profit organization that organizes annual music events, such as musical performances and workshops. This year, the society will be hosting a music festival in Port Perry on July 21st that is sure to be a great day to appreciate the talented musicians from the community.

One of the many talented musicians that has performed at a Durham Region Music Society Festival is Oshawa-born Terry Blankley. Last year, Blankley performed at the Whitby Harbour Festival at the Whitby Marina, where he won first prize for male vocalist. Blankley is the present Durham Region Music Society vocalist of the year and is receiving national and international acclaim for his jazz and piano music. Blankley is currently on the Australian Indie Jazz Charts with his single, "Money Talks," holding down first place. His music and compositions were also featured on Fashion Television and CBC television series.

Another music festival in Pickering is the Waterfront Concert Series. In a collaboration between The City of Pickering and the Ontario Power Generation, the Millennium Square Park will hold weekly live concerts every Thursday in July and August. What's better than a warm summer night featuring local musicians? These free lakeshore concerts are a great way to appreciate the Pickering lakeshore, as well as supporting local bands. Residents of the Durham Region will also find local talent at venues across the GTA that regularly feature a variety of different genres of live music. Some places even encourage open-mic night for those more adventurous types.

For those who have a passion for jazz music, Simcoe Blues and Jazz is a Jazz Bar located in Oshawa, Ontario. Simcoe Blues and Jazz showcases local musicians seven nights a week, while also regularly featuring new local talent in local-mic

nights and karaoke. With live music and new talent seven nights a week, you are bound to see some great Durham region local talent. For a variety of musical genres, The Jukebox Live Resto-Lounge is a restaurant/bar in Pickering that also features live music on a weekly basis. Every Friday the resto-lounge features a live band on their stage, with a "concert-like" atmosphere, according to the lounge's website. Several other bars, while not featuring local music on a weekly basis, occasionally put on live shows. For example, on Friday March 2nd, the punk-rock band Ill Scarlett graced the stage of Oshawa's bar The Roi—putting on a great show and attracting many people, young and old, from Durham region and other cities.

For larger-scale concerts, Oshawa's GM Centre is your place to go. Oshawa's growing population and the recently built GM Centre has been attracting more than local talent lately. On May 10th critically acclaimed, two-time JUNO winner, Johnny Reid will perform at the GM centre in Oshawa as part of his Fire it Up, Let Love Live Again tour. The show is bound to be an unforgettable night for all who attend, as Johnny Reid performs songs off of his brand new spring 2012 album.

The GM centre has also been host for major musicians such as Elton John, Selena Gomez, and Hedley, just to name a few. As the GM centre website said, "The General Motors Centre has received a nomination for "Major Facility of the Year under 8,000 seats" over the past two years at Canadian Music Week, and was recently ranked number 18 in the world by Venues Today Magazine in their "2011 Mid-Year Top Stops" report for venues of 5,001-8,000 capacity".

However, these are only a sample of the many bars, clubs, and restaurant that feature live music in Durham. For a comprehensive look at Durham Region music's scene and upcoming live shows, [durham-live.com](http://durham-live.com) is an excellent source for live entertainment. The website shows featured live bands on a daily basis.

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**Lana Nolan-Bolton does not have a bio...**



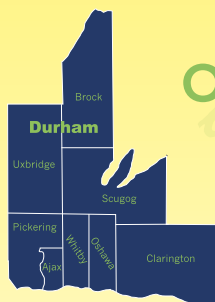
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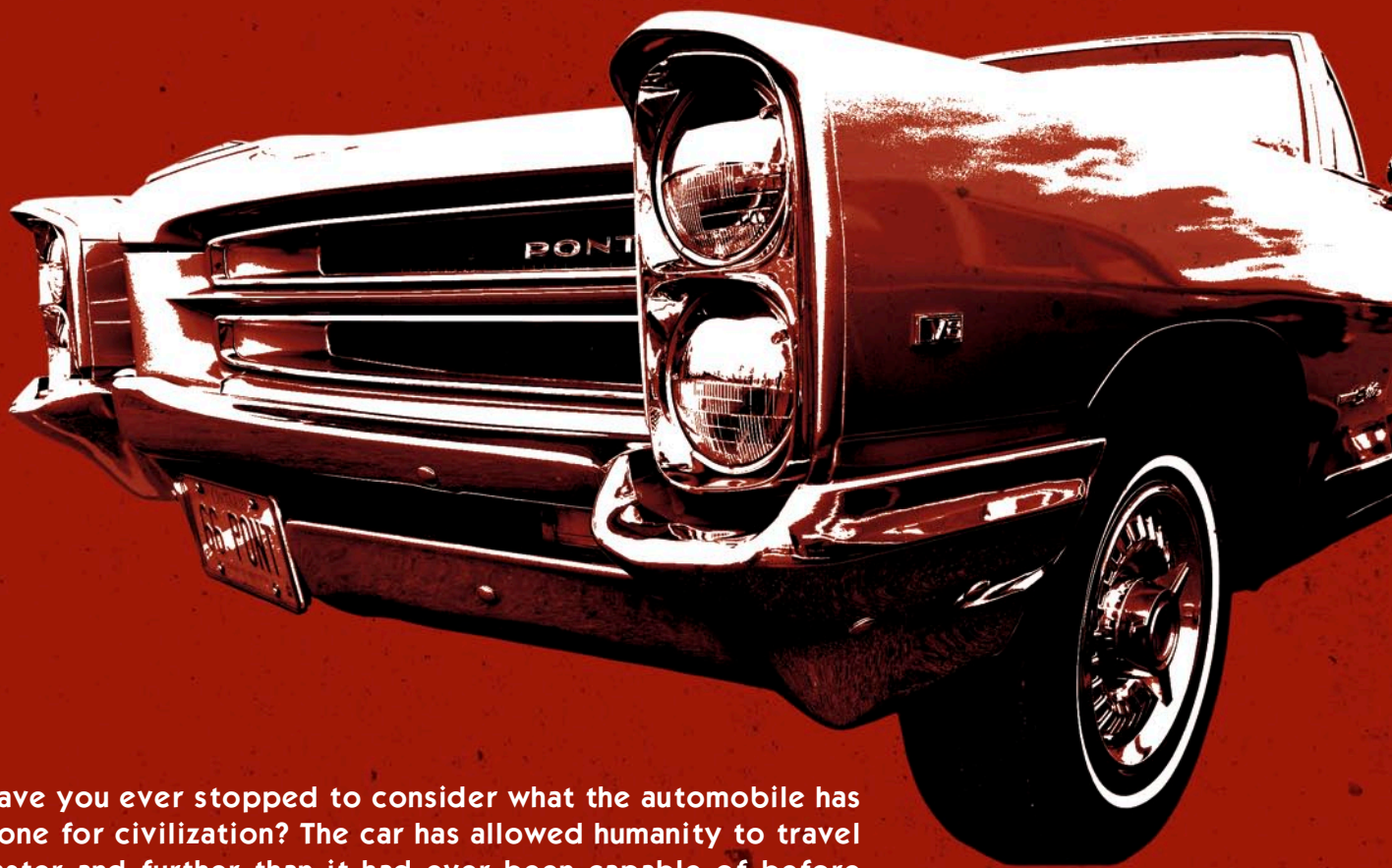
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# Kawasaki



# *Lets Talk About Cars, Guys*

by Satrohan Rai



Have you ever stopped to consider what the automobile has done for civilization? The car has allowed humanity to travel faster and further than it had ever been capable of before that point, not to mention the everyday conveniences of transportation it grants us. Cars have become such an ingrained part of our society that there are now countless enthusiasts dedicated to purchasing, restoring and showcasing vehicles from every era of the automobile age. With the summer weather already here, some of you may have already caught vintage speedsters cruising around your neighborhood. Many of these collectors can be found right here in Durham Region, along with clubs they form to encourage and share in the passion of vintage and classic cars.



There is no concrete definition of the phrase "classic car," aside from describing vehicles that are older than the current generation, though Rob Horsburgh, a local car enthusiast and admirer of Volkswagens, would say that it is a "car that has been restored, brought back to its original state, that has character and appeal." Whether it be British, German, Japanese or even American manufacturers, the wide range of makes and models that have persisted throughout decades of innovation means that anyone can find a car that reflects their own personal interpretation of character and appeal. A lot of individuals also choose specific eras to focus on, for instance muscle cars from the 1970s (your Pontiac Trans Am, Chevrolet Novas, Ford Mustangs) or cars from before World War I (Ford T Model Monacle Speedsters, various Rolls Royce models). Many collectors were born with 'grease in their veins,' meaning that cars have been a lifelong passion of theirs, and it is easy to see why; it is a hobby that can start right from childhood and continue for an entire lifetime. Many kids start out just noticing the different makes and models of cars around them, sparking the curiosity that leads them to explore the mechanics and details as they grow older. Others bought cars as teenagers that carry sentimental value, deciding to keep and maintain it throughout the years. For many collectors who did not develop a passion for cars as youths, they simply enjoy buying old junkers and restoring them back to their former glory.

Car restoration is a huge part of the classic car scene. Chances are that older cars, especially those used for leisure, need a lot of work and replacement of parts to return it back to factory conditions, the goal of a restorer. Some go so far as to restore a car, and then add a body kit or different modifications to suit the specific image they are trying to create. The first thing an individual should be aware of before they attempt to restore a car is the cost. It differs for every car, depending on model, year, rarity, and the amount of parts you need. Restoring a car to stock, how it looked right as it left the factory line, can cost anywhere from a couple hundred to a couple thousand dollars, eight thousand typically being the upper limit. Custom kits however

run a much higher cost, ranging anywhere from ten thousand to forty thousand, and even above that depending on how much a collector wants to build their creation. In fact, a lot of restorations start out as stock, but eventually become custom builds. For many enthusiasts, getting the money is the easy part. Finding the actual parts is where the challenge comes. There are little to no manufacturers of original, branded parts for classic cars, which is not surprising as production stopped on those models decades ago. There are the lucky few who can find parts from other junkers that no one else wants, but those are also in a very limited quantity. Rather, many custom manufacturers, businesses that create reproductions of discontinued parts, facilitate restorations. EMPI for example is a leading supplier of thirty years worth of discontinued Volkswagen catalog, and have retailers and dealers that sell their products. Stores for most any classic car can be found online, making car restoration much easier now than it has ever been in the past, once you know exactly what you need. This does create the question, however: who can you trust when looking to purchase classic car parts, and more broadly, classic cars in general?

There are several options for collectors looking to expand their assortment, or a newcomer to the scene looking to start her or his first project. Most car hobbyists eschew the use of sites like eBay and Kijiji, where the risk of buying a misnamed or damaged part runs high. There are also public auctions that provide a great price, but once again, can lead to difficulties concerning the condition and restoration of the car due to the sheer lack of information available before making your purchase. Rather, many enthusiasts are turning to hobby groups and car clubs as a source of information and guidance when restoring and maintaining their classics.

Car clubs are groups of individuals who gather on a regular basis to talk about the progress on their current project, discuss past cars and favourites, and are a great place to share in a passion with many likeminded individuals. They are also great for people who are unsure how to start a restoration, or seek advice on problems they encounter when maintaining their classics. These



organizations usually start out as small groups of avid collectors, which then grow as more and more people start to take notice of club events and showcases, convincing others to take an interest. "Some of the guys that come into our club have no car at all," Horsburgh tells me, "[they] end up buying after a while just by virtue of the people they've met." Car clubs in Durham Region are open to all ages and levels of collectors, and you may have even caught a group meeting up in a parking lot near you. When purchasing a classic car, clubs offer many advantages over buying online or from a private seller. Veteran members can have junkers that were bought with the intention of restoration, but because they lost interest or could not find the right parts at the time, are willing to sell it to someone who can take care of it. A club offers sellers that can provide a detailed history of your purchase, and give insight from their own personal experience with the car. Even if there is no one in a club to buy from, they can still provide reputable advice on finding sellers and sources for parts. One cannot forget the great social aspects being a member of a car club brings as well. Many clubs organize cruises every year, events where collectors can bring in their prized models and most impressive members of their classics to show off, let others see what they have been working on, and view pieces of history that you could not find anywhere else. Durham Region's Volkswagen club holds events every year in Manchester, at Haugen's Barbeque Restaurant, that lasts an entire weekend. Activities there include a Dynoday, where owners can use a dynamometer to gauge the power, torque and RPM output of their cars, a measure of their success at restoring and maintaining a classic car. After that is a parade of cars to the Canadian Tire in Pickering, where collectors get to drive alongside their comrades and give an impressive show to all the motorists they pass. This leads up to the showcase on Sunday, the pièce de résistance, where attendees can get close and really explore and get a first-hand look at the classics. It also allows them to talk with the owners and learn more about what went into restoring the vehicle, and what makes their car special and unique. Many

people do not realize the amount of effort it takes to keep a classic car looking like new and in showcase condition, and the list of maintenance requirements that all classic cars need can appear quite daunting. "With a collector car," Horsburgh tells me, "since you don't drive as much as a regular car, things deteriorate: rubber, brake fluid, oil, gear oil. There are certain things you can do, a vapor barrier in your garage, overinflating your tires slightly so they don't get flat spots, changing fluids more often, adding stabilizer to the fuel so it doesn't go stale; it's all about having the knowledge to care for a vehicle that is used less frequently than a daily driver."

Cruises dot Durham Region all throughout the summer. The aforementioned Manchester cruise occurs every Wednesday night in May, along with Thursday night rides just for motorcycles, and runs right through to the fall. Oshawa is home to perhaps the biggest event in any Durhamite car enthusiast's calendar, Autofest. Held over August 24-26 in Lakeview Park, the event gets over a thousand cars every day, and is simply a massive event for any gearhead to take a look at the finest cars in the area. It is a huge meeting place for collectors to meet up and see classic cars that they have never been exposed to. The most popular type of classic car you will find is also perhaps the most well-known, the American muscle cars, but there are collectors that specialize in all different types of cars, especially those made in Europe, and cars made before the 1970s, when muscle cars started taking over. There is also the Pre-War Tour on August 12th in Port Hope, along with a plethora of events the Antique and Classic Car Club of Canada hosts in Durham, a full list of which can be found on their website. Whether you are a veteran of the classic car world, someone looking to restore an old junker in their off time, or simply like looking at really cool cars, Durham Region provides wonderful opportunities to create and foster this passion.

***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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# Summer Events Calendar

**June 2nd - 3rd**

**Beaverton Antiques and Collectibles Show and Sale**

Beaverton  
Beaverton-Thorah Community Centre,  
176 Main St.  
[www.btehs.com](http://www.btehs.com)

**June 6th - August 29th**

**Whitby Music in the Park**

Whitby  
Rotary Centennial Park  
[www.whitby.ca](http://www.whitby.ca)

**June 8th - 10th**

**Art At The Waterfront**

Port Perry  
Latcham Centre, at the foot of Queen  
Street  
Email: [ppartists@yahoo.ca](mailto:ppartists@yahoo.ca)

**June 9th**

**Taste Festival 2012**

Whitby  
Holy Family Parish  
[www.holyfamilywhitby.ca](http://www.holyfamilywhitby.ca)

**June 16th**

**Everything Equine Exposition and Trade Show**

Uxbridge  
Elgin Park  
[www.uxbridgehorsemen.com](http://www.uxbridgehorsemen.com)

**June 16th - 17th**

**Peony Festival**

Oshawa  
Oshawa Valleyview Botanical Gardens  
[www.oshawa.ca](http://www.oshawa.ca)

**June 22nd - 24th**

**Mosport Sports Car Doubleheader Weekend**

Bowmanville  
Mosport International Raceway  
[www.mosport.com](http://www.mosport.com)

**June 23rd - 24th**

**Metis Heritage Celebration**

Oshawa  
Memorial Park  
[www.oshawadurhammetis.com](http://www.oshawadurhammetis.com)

**June 30th**

**Ajax Caribbean Day**

Ajax  
Greenwood Conservation Area  
Email: [damfoods@rogers.com](mailto:damfoods@rogers.com)

**July 1st**

**Canada Day**

Oshawa  
Lakeview Park  
[www.oshawa.ca](http://www.oshawa.ca)

**Canada Day Celebration**

Beaverton  
Beaver River Museum,  
[www.btehs.com](http://www.btehs.com)

**July 1st**

**Community Connection Canada Day Fireworks**

Whitby  
Victoria Fields  
[www.whitby.ca](http://www.whitby.ca)

**July 3rd - August 28th**

**Celebration Square Series**

Whitby  
Whitby Public Library  
[www.whitby.ca](http://www.whitby.ca)

**July 8th**

**Teddy Bear Day on the York-Durham Heritage Railway**

Uxbridge  
Uxbridge Train Station,  
[www.ydhr.ca](http://www.ydhr.ca)

**July 11th**

**Luncheon Tea and Workshop**

Leaskdale  
Historic Leaskdale Church  
[www.lucymaudmontgomery.ca](http://www.lucymaudmontgomery.ca)

**July 19th - 22nd**

**Mobil 1 Presents The Grand Prix Of Mosport**

Bowmanville  
Mosport International Raceway  
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**July 22nd**

**Beaverton Thorah Eldon Historical Society House Tour**

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# Treat Yourself

## A Client's Five Step Guide for a Fabulous Salon Consultation

by Stephanie Pommells



**Going to a new salon, or even your present one, may evoke feelings of anxiety for many.** It doesn't have to be that way. Through a good consultation with your stylist you should be able to come up with a look that not only suits your sense of style, but your lifestyle as well.

I've had many clients come into my salon with horror stories of other salons where the stylist didn't listen to them. They wanted a trim, but got five inches off! Sound familiar? The art of a good consultation can make the difference between having a good experience or a bad one. You, as a client, have a right to a good consultation. You are paying for the stylist's expertise. Here is the client's five step guide to maximize the productivity of your consultation;

### 1. Bring Pictures... lots of 'em.

- Not only do the pictures show what you want in regards to color, cut, etc., but they can also give the stylist an idea of your personal style. Are you classic, punk, hipster or hard rock?
- The visual can also allow the stylist to give you realistic expectations. If you brought in a picture of Gwen Stefani and you have hair that is black and super curly, you may have a hard time achieving your goal.

### 2. Avoid peak hours for major consultations.

- If you're going in to do pretty much the same old thing, then time is no big deal. But a major style or color change needs time and attention. When the stylist is busy it can be hard to dedicate the client care necessary for a thorough discussion. The last thing you need is for your hairdresser to hear 'eight inches off, please' instead of two inches off because he or she was distracted. This may seem like an exaggeration, but believe me when I say many clients would KILL me if I did this to them.

### 3. Specify what you don't want.

- It's very easy to recognize something you want, but recognizing what you don't want is easier and usually so specific that if your stylist is listening and avoids all the things you HATE you'll usually be left with what you LOVE.

### 4. Be Honest about previous services

- Often times, a person will play with their hair at home and not want to let a stylist know that they've been naughty (I don't know why some do this). Or they may think that the color they got done a year ago is all grown out now. Not telling your stylist these things can lead to disastrous results! Any chemical service that was put in the hair in the last three years can affect new services. Not to threaten you (although I am) a stylist can usually see all the past chemical things done in the hair when they apply their color. So anyone out there that used henna, home dye, bleach, perm, relaxer, etc., make sure to let your stylist know. The best results can only be achieved when the stylist is aware of all the details.

### 5. Make Sure to understand the maintenance involved

- Some things you do to your hair will require more maintenance than others. Usually the standard upkeep for everything is 6-8 weeks. However, in my experience, the farther away you go from your natural hair (i.e. you want flaming red hot chilli pepper hair) the more your maintenance increases significantly.
- Pre-book your next appointment. You know that every six months you have to go in for a dentist appointment, so you book it before you leave the office after a cleaning right? You also know that you may need a cut every seven weeks, so why not book it before you leave the salon? This is essential for getting the time that works for you and helps you to maintain the look you're trying to achieve.

The relationship between you and the stylist is a special one. We are not only your stylists; we are your artists, therapists, customer service reps and, hopefully, friends. We love giving our clients the gift of fabulous hair. It's a relationship like no other, but like all relationships, it requires communication, and sometimes we just don't know how to do it. I hope this guide will help to nurture that bond.

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

[www.puresensesalon.com](http://www.puresensesalon.com)



# Tasteful Talk

by Shirley Ouellette



I can hardly believe summer is here. Now is the season to get organized for the winter. Sounds crazy, thinking about winter now, but the next three to four months are when you can not only get amazing, fresh local everything, but you can also pick your own at many farms. Picking your own produce not only allows you more control over its quality but it also helps you stay in touch with where it came from. Having that face to face with the farmer, either on the farm or at the farmer's market, makes you appreciate the skill and passion that goes into producing your food. Farming is an art, not an industry.

When choosing fruit and vegetables, go for lots of colour and variety. Many farmer's markets also sell meat, eggs and cheese so take along a cooler with ice packs to ensure everything stays cold. Go for adventures across the region on a quest for local farm produce. Once you get your beautiful produce home make sure you store it appropriately for maximum freshness, ask advice from the stall owner if you are unsure. Start working on making jam, pickles and sauces while there is such an abundance of produce available, you will really appreciate it during the winter.

During this wonderful weather, get out and about in the Durham Region. We must support our community or it will disappear leaving us fewer options, we are the consumers and we hold the purchasing power, use that power wisely my fellow Durhameers. Have a wonderful summer.

## Wild Mushroom Risotto

Serves 8

*You will need...*

- 2.5 cups Arborio Rice
- 10 cups Chicken or Vegetable Stock
- 2 cups Chopped Mushrooms, use a selection of white, cremini and portabello
- 1 large Onion finely chopped
- 2 large cloves of Garlic crushed
- 3 tablespoons of Extra Virgin Olive Oil

*How it's done...*

To start place the stock in a saucepan and bring up to simmering point, you should always add hot liquid to risotto. Now heat up the olive oil in a large roomy saucepan and stir-fry the onion, garlic and mushrooms until the onion is soft. Now add all the rice at once. Stir for a while, and then add one ladle of stock. You will need to keep stirring with a wooden spoon to bring out the creamy starch from the rice and to stop it sticking. Now each time the rice absorbs all the liquid add another ladle of stock until it is all gone. This can take up to 40 minutes so make sure you have time to stand there! The Risotto is finished when it has a creamy texture and the rice is tender (If you think the dish is too "sticky" don't be afraid to add more liquid as necessary, if you do not have any extra stock, you can always add a little boiling water). Serve immediately with Fresh Parmesan.

*Wine pick for this dish?*

You will find that a good complex white wine fits this dish like a glove. I suggest Malivoire Chardonnay 2010, from Niagara and comes at a snip for \$18.95. 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.*



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# Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

*Tan skin, crazy days and late nights sound like summer to me!*

– Cecil Baxter

Well I can't believe it has already been a year. It feels like just a month ago I was writing my very first column for the Local biz. I was so nervous that no one would want to read the column or be interested in what I had to say. Now summer is back! The weather has been so weird lately, warm some days, cold some days and hot other days. However odd, it is kind of nice. To be honest I didn't actually know what I was going to write about in this column, but I got an idea, and I have written it out for everyone out there to enjoy.

In my first issue, last fall, I talked about back to school and how I was going to high school and was so NERVOUS! I promised I would write about how it went and whether or not it is as scary as it is made out to be. Well, to keep that promise, I am writing about it today. High school is big, and can seem scary. You can seem so small in a huge place. All of these things are true but they only are for a little while. When I first went to high school I was nervous about getting lost because the school was so big. Being there for 8 months now I realize it isn't that big anymore, and it definitely is not that scary. I never got lost once, (not to say that it won't happen). Although, one thing is true, I was only 5 foot when school started so there were a lot of tall people and I seemed pretty small, but I have grown and it isn't so bad now.

School is close to the end now and I can't believe I am saying this, but I am going to miss it. I mean, not the getting up early, or the homework, but things like my friends and some of the classes and teachers. Maybe if I am lucky I will have them again next year when I am in grade 10 (gasp).

So since this is the summer issue and I mainly spoke about school, I thought I would also mention a couple things that I like about summer. I love to go tanning and swimming, I like going on vacation, even though it is already warm where I am I still like warm vacations. I love to sleep, hang with friends and most of all no homework! (Again because homework is sad) So make sure you all have a safe summer and talk to you again in the fall!

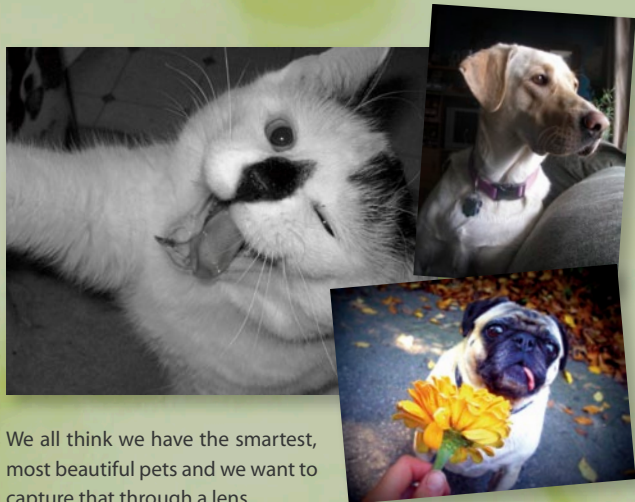
*Samantha Burtch Whitteker is a 14 and ½ year old with long blonde hair and blue eyes. She loves to shop; babysit to make money to go shopping, read and write. When she can't express herself through words she writes. She loves living in Port Perry with her family.*

# Taking the Lead



by Corry Hamilton

## Capture your Pet's Personality in Pictures



We all think we have the smartest, most beautiful pets and we want to capture that through a lens.

As an amateur photographer, I have the best of both worlds; I get to work with animals all day and I have the chance to work on my photography skills.

Over the years, I've learned a few things and I'd love to share them with you.

- Use natural light. It will reduce the chance of red eye. If you do have to use a flash; tape a piece of cheesecloth over the flash. It will help diffuse the flash.
- Work every angle. Sometimes you'll find me nose to nose with an animal or climbing a tree to get that magical shot. See the world from your pet's point of view.
- Know your pet. What makes them different than other animals? Their wacky and weird habits can result in some of the best photos.
- Tell a story. Does your pet love to hang out with the pigs or sleep wrapped up in newspaper? Have your camera on hand to capture the moment.
- Keep it simple. Make sure that your pet stands out, not the background.
- Make noise. A squeaky toy or whistle can make your pet perk up their ears and widen their eyes.
- Want two animals to cuddle? Rub a little food on one of their ears and be prepared to work fast. Treats can also be a great motivator.
- Finally, be patient. Sometimes you have to shoot 50+ shots before you get that one that speaks to you.

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

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## Ask Sue-Ann

by Sue-Ann Bavlnka



**Dear Sue-Ann:**

**I have a vivid memory of when I was young. It was around the age of five that I saw two men standing at the end of my bed every night for weeks. I would scream and call for my mother and they would vanish. It was so real to me but nobody believed me. I am a mother now and sadly my mother has passed. While cleaning out her house I found a picture of the two men that I saw when I was young. It was a very old picture of my grandfathers standing with other family members. It gave me chills. I never met them and there were never any pictures of them around the house growing up. It is possible that it was the grandfathers that I was seeing?**

*Signed, Concerned Mom*

Absolutely it is possible, in fact this occurrence is more common than you may realize. We co-exist with the unseen world. When loved ones pass they will quite often come and check in on us. They were probably checking on the whole house and you were the one that actually saw them. It is quite common for children to have the ability to see spirit. In most cases the ability gets lost as the child develops a strong sense of fear. If you grow up in a family that does not believe in the possibility of the unseen and you are told that with regularity you would ignore anything that you would see because you were told it does not and could not exist. Now you know with certainty that it can and does.

**Dear Sue-Ann:**

**For the last 8 years my dog has always slept with me on my bed. I had a clearing done on my house to expel some negative energy quite a few months ago. Since then she no longer sleeps with me. She comes in the room looks at the ceiling of my bedroom and she now goes and sleeps in the corner of the room. Whenever my boyfriend stays over she is back on the bed between us. The change in her behaviour since the clearing is frightening me. Can you explain?**

*Signed, Hopeful in Ajax*

It is not what you think. The dog no longer feels the need to protect you in the night since the clearing. When she enters your bedroom she can sense and see that you are well protected. When you have your boyfriend over that is when she feels the need to be between you and potential harm. When she grows more familiar with the new circumstances she will recede back to the corner of the room. I hope you can find some relief in knowing that everything is safe in your environment.

*Sue-Ann is a mother of 3 and resides in the Ajax area. She chooses to utilize her undeniable psychic ability to assist you in resolving all of life's issues. You can find out more and forward your submissions to Sue-Ann at [www.divinelane.com](http://www.divinelane.com)*

## "Why me?"

One of the most asked questions, when we are going through a difficult time or situation, is the "why me?" question. People who believe in God and the even ones who say they don't, will ask God, "why me?" in the middle of hardship.

This is one of the hardest questions to answer especially when the question is asked of you. Recently I encountered some really tough situations and hardships that people were going through. Stories of sudden death, family upheaval, sickness, financial problems, devastation, uncertainty and the list go on.

Where do you find an answer for these difficult situations?

The only answer that I have found myself offering is the necessity of trusting the sovereignty of God.

I know, "God" you say. Let me explain. We are given free will as human beings; a lot of the struggles we go through are a result of our own choices. We make wrong decisions or choices and then we suffer the consequences of our actions. Other situations are totally out of our control, but likely as a result of someone else's choice or decision.

In order to move beyond and resolve our dilemmas, we need to look beyond our selves.

For example; if we have difficulties with our finances, we should seek the counsel of someone who is more knowledgeable and astute with the handling of money, an expert, to help us solve the financial problem. When our car has a mechanical problem; we would seek a qualified mechanic to have the problem corrected. We should seek out professionals' or experts' help.

So what about life's biggest challenges? I recently found myself offering the only solution that made sense, in one of the most difficult life situation I have encountered. In light of that very difficult situation, the only appropriate solution was to seek the ultimate counsel of God. As I help to make sense of the situation a verse from the bible came to mind.

The verse came from James chapter 1 verses 3 to 4. "For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything."

Now I know most of us would prefer not to have to go through a difficult situation. However the next time you are in a difficult situation, why not seek to see how this can grow you as a person. Consider the why me, as this is my opportunity to grow stronger.



*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.*

Disclaimer: The beliefs of the author of this article are his own and do not necessarily reflect the beliefs of the rest of The Local Biz Magazine Team or the broader community.

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# Horoscope

by Micki Lee

## Aries

June: Don't get involved in their state of mind. Be yourself.  
July: Don't rush any big decisions.  
August: You need to be cautious about who you trust.

## Taurus

June: You may be questioned and made to look foolish if you haven't done your research.  
July: Regrets have a way of softening the hard edges.  
August: No one ever said it was going to be easy, but you know it'll be worth it.

## Gemini

June: You may begin to feel the need for a change.  
July: New friends can lead you to new avenues.  
August: You may feel torn between the two stories you've been told.

## Cancer

June: Others recognize that you are making an effort and will do the same.  
July: You can count on your friends for their honesty.  
August: Don't jump to any conclusions right away.

## Leo

June: Your reputation may be affected if you get involved in secret love affairs.  
July: Collect & study the facts.  
August: Changes are in order, so you better look at your own interests.

## Virgo

June: Be cautious how you handle both your business and your emotional partnerships.  
July: The closer you get to someone, the less your differences matter.  
August: Set the standards, keep the flow positive.

## Libra

June: Don't retaliate verbally or tempers will escalate.  
July: Gatherings may be heated, refuse to take sides in family disagreements.  
August: You'll experience a surprising amount of passion.

## Scorpio

June: Focus on getting ahead your own way.  
July: Hasty actions could be worse for you than not acting at all.  
August: The more detail you put into it the better.

## Sagittarius

June: Don't be afraid to make a U-turn.  
July: Excel by applying your passion to whatever you do.  
August: Prepare a new, shorter list to help direct your work.

## Capricorn

June: Try hard to keep your calm, or the silent treatment will be sure to follow.  
July: Be yourself & you'll be accepted & loved by all.  
August: The key now is to see past the emotions & see the positive reality that exists.

## Aquarius

June: You find you are constantly frustrated in close friendships.  
July: Take the plunge and get involved in a joint venture  
August: You will be tempted to overspend, so leave money in the bank.

## Pisces

June: Take care of all those chores that have been building up.  
July: Take a moment to study the situation from all angles.  
August: There's no point in pretending to be objective, but at least you can be fair with your feelings.

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

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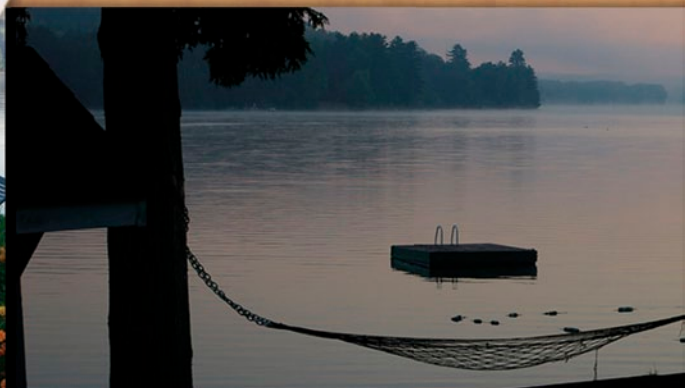


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