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From the Publisher

Welcome to The Local Biz Magazine Summer 2013 Issue!

In this edition we once again welcome back a few of our regular contributors; Heather Swanson provides the low-down on how to kick back and relax in Durham Region this summer with "The Art of the "Staycation": Maximizing Your Summer Vacation While Minimizing the Stress!" as well as an accompanying entertainment guide - "Summer Blockbuster Fever: How (and Where) to Survive Movie Withdrawal." Susan Armstrong takes us on a journey through this years most exciting summer cocktails as she explores how to mix-up our regular pool-side staples. We would also like to welcome Jan Lovelock of Community Care Durham, who is joining us in order to bring awareness about some of the excellent work that her organization does in our community, provide information about ways that you can contribute, and fill us in on the spectacular fundraising garden tour that they will be hosting.

You can check up on the seasons movie reviews with John Foote, returning to us after a brief hiatus, in his "Film Talk" column. Come get advice on detecting messages sent by loved ones in the beyond from Sue-Ann Bavlnka's "Ask Sue-Ann." Corry Hamilton will provide information on how to protect your light-coloured pet from the harsh summer sun in "Taking the Lead," while teen columnist Sam Burtch relates her experience with the difficult process of acquiring a first job. Don't forget to take a look at "Coaches Corner," where Malachi Brown will shed some light on reaching inside yourself to become the leader within. If you're searching for a new look this summer, Stephanie Pommells' "Treat Yourself" will guide you through the process of getting back to your hairs natural beauty instead of over-styling. Ryan Smiths turns his attention to looking for a property that will help you unite home and office and meet the needs of both in "Consumer Report." Shirley Ouellette's spring edition of "Tasteful Talk" will address all of the sustainable farming that can be found in Durham Region. She also passes on a delicious recipe for 'Summer Vegetable Stir Fry.' Mmmm!

Antoine Elhashem
Publisher

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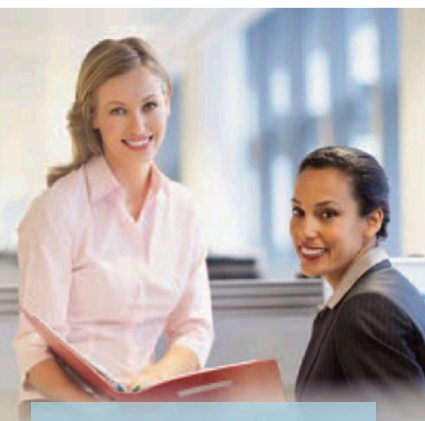
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From the Editor

Summertime, and the livin' is easy.

At least, it's easy for now; word on the street is that we will be experiencing record heat this summer. Which, on my part, is a thing to be dreaded, as I am sans air conditioning for summer 2013. Luckily, I have plenty of copies of The Local Biz Magazine to leisurely leaf through and fan myself. This is just one of the many innovative features we have included to facilitate a smooth and enjoyable summer for all of our Durham Region readership. The Local Biz Magazine Summer 2013 Edition includes a guide to your stay-cation experience, the lowdown on movie-esque entertainment, a wide selection of novel cocktails, a fantastic opportunity to contribute to the community via garden tour, and a built-in cooling system. I should have been a comedian, haha.

All jokes aside, stay safe and keep abreast of the heat advisory situation as the summer comes to a boil. I remember the first time I got heatstroke as a child and all the unpleasantness that accompanies it. The beautiful, albeit unpredictable, Canadian climate is definitely a double edged sword, especially when you consider all of the skin cancer studies in recent years. It's not a topic I'm intimate with, but it certainly seems to be cause for alarm. Although, sometimes it seems that even things as simple and non-threatening as getting out of bed in the morning are now known causes of cancer. How much of this is crying wolf, only time will tell. Still, better safe than sorry, they say; so make sure to enjoy all of the amazing opportunities that the summer offers to our community, and to stay safe!

Sherry Hucklebridge
Editor

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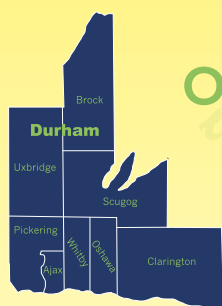
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The Art of the

STAYCATION

By Heather V. Swanson

**MAXIMIZING YOUR SUMMER VACATION
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According to public lore, the term “staycation” was coined by Canadian funnyman Brent Butt on an episode of the Saskatchewan-based “Corner Gas” a decade ago. Since then, with changes in the average family’s finances and the growing hassle of travelling outside our borders, the concept of spending one’s leisure time within driving distance of home – while still fully utilizing that time away from work and school in true vacation mode – has gained an enormous amount of popularity. Rather than wasting a day or two of holiday time in airport lineups, or having to save up for months in order to enjoy a week off, choosing to stick closer to home-base is an option that can be more than practical:

IT CAN BE JUST PLAIN FUN.

A one-size-fits-all approach to the staycation, however, isn't especially helpful. The ways we choose to while away our precious free time, particularly during our fleeting but blissful summer months, are as unique as the individual making the plans. As residents of Durham Region, we often think the best places to stay or see lie beyond our borders. Usually within the confines of Toronto, a city which anyone who normally commutes to work would prefer to avoid during downtime. This is a guide that will help you tailor your perfect local staycation to maximize fun and minimize cost and headaches, no matter what you like to do or with whom you're planning on spending your break!



Fun for the Whole Family

Parents with school-aged children often find summer vacation a bit of a struggle, trying to find ways to keep the kids entertained without feeling the strain on both the wallet and the mood. Fortunately for both parent and child, there are countless inexpensive and exciting things to do right here in Durham all season long, and the variety of activities will appeal to any family.

For an outdoorsy bunch, you can keep it super-simple; pool parties, barbecues, or even organizing a block party with neighbours whose kids are also looking to hang out with people their own age. You can also venture just a bit farther from home while still making it back before bedtime - there are plenty of bike trails that weave along the shores of Lake Ontario, many of which have historical scenery or stops along the way. The only limit is your stamina! Check out www.bikenet.com to see the series of detailed Durham-centric maps available, and choose the ones that appeal most to your family. If you opt not to cycle it, many of those same trails are popular walking spots as well, with parks like Heydenshore in Whitby offering rest stops and places to bring a picnic lunch (or barbecue something fresh on one of their public-use grills). There are also lots of conservation areas in the region, like Brooklin's Heber Down, Petticoat Creek in Ajax, and Pickering's Altona Forest, each of which features breathtaking scenery, a chance to scope out local wildlife, and clearings that are ideal for picnicking or playing a simple game of catch with the kids, all while enjoying the sunshine and fresh air. These locations will make you feel as though you're a world away from home, with the added benefit of costing little to nothing and taking only minutes to return to your house before night falls.

If you're looking for something a little more immersive and adventurous, Darlington Provincial Park offers the same features mentioned above, but also gives you the option of camping overnight. Even if you're a novice when it comes to all things outdoors, Darlington is a great place to visit: they frequently run a "Learn to Camp" lesson during peak season, which will make your introduction to Durham's wilderness smooth, painless and enjoyable. The park also appeals to the most seasoned campers, easily reachable right off the 401 highway but maintaining its otherworldly quiet and beauty. Whatever your interests, from fishing and canoeing to sunbathing and roasting marshmallows, it's worth your while to check Darlington out on www.ontarioparks.com to see which of their many experiences will help you make the most of your outdoors adventure.

What about families who love the sun but would rather skip the bug spray? Durham's got plenty to offer there, too. Most of the towns and cities within the region have festivals and events running through the summer, and some are popular enough to attract people from all over Ontario. The annual Brooklin Spring Fair, for example, runs for three days on the first weekend of June every year. There are carnival games, rides for both children and adults, market stalls where local vendors display and sell their unique crafts, a traditional spread of barbecue fare, a petting zoo, tractor pulls, and even a parade after the year's

'Miss Brooklin' has been crowned. It's a refreshing country experience that takes place right in the heart of a rapidly growing town, and no resident of Durham - of any age! - should miss out.

Another annual tradition is Port Perry's "Dog Days of Scugog," taking place this year between July 20 and 21. If your family includes a pup, this is the place to be; if it doesn't, here's your chance to take the kids and watch all sorts of canine hijinks. Events include fashion shows, competitions, and pet-friendly crafts all weekend. Strolling the pretty streets of Port Perry is a lovely experience at any time of year, with lots of shopping and quaint eateries around every corner, but for family entertainment value, the Dog Days are among the most fun.

An activity that many of us forget is available to us is one which evokes nostalgia for parents and creates new memories for kids. What better way to spend a gorgeous summer day than apple-picking? Thanks to Durham's longstanding rural and farming community, there's no shortage of places to visit nearby. Algoma Orchards and Watson Farms are but two of the most recognizable spots, and no suggestion of apple-picking would be complete without the mention of Colborne's "Big Apple," a popular tourist spot along the highway that features a bakery and a petting zoo alongside its can't-miss-it attraction: The world's biggest apple, complete with an observation deck.

Of course, there are families who would prefer to relax inside an air-conditioned facility once in a while, too, and there is no shortage of places and goings-on that fit the bill for the indoorsy folks. Many of the local libraries - Whitby and Ajax at their central locations, in particular - offer free summer programs for kids of all ages. Ajax's main branch has morning story-time sessions starting in June, aimed at younger children, while the Whitby Public Library features special events aimed at both kids and their parents all summer long. You can look into what's on this season at their websites: www.ajaxlibrary.ca and www.whitbypubliclibrary.on.ca have calendars chock full of things to do.

Durham's sports community makes up "cool" in its presentation where it may lack in temperature. No staycation would be complete without checking out at least one of the exciting sporting events that take over the region all summer. A best bet would be making your way down to Iroquois Park one summer night to watch the Brooklin Redmen or the Whitby Warriors duke it out on the lacrosse floor. These teams feature some of the best players Canada has to offer, many of whom spend their winters playing for the Toronto Rock and other National Lacrosse League teams throughout North America, so attending one of the inexpensive and action-packed games right in Whitby is a big thrill. There are usually contests and prizes for kids during intermissions, and the players are often happy to stick around to sign autographs after the game, which is sure to be a big draw if you have a little sports fan in your family. The lacrosse season runs between May and August, giving you ample time to have a gander at what these local sports heroes can do.



Summers (and Staycations!) of Love

Now that we've covered the family-oriented ideas for your summer holidays, it's time to branch out into how best to spend couple-time close to home. Everything already suggested would be great for twosomes without having any kids along, too – long nature walks and camping and picnics are suitable for any group of any age – but if you're looking for ideas that are a little more grown-up and romantic, never fear, because Durham's got you covered...

Sometimes the best part of a staycation is knowing that you don't even have to leave the house for a week, and there are certainly things you can do in preparation for hibernating with your sweetheart. If you have a hot tub, great! You can stock up on champagne or sparkling water and spend evenings just relaxing under the stars. Even without the tub, it can be simple to make your house over and turn it into a haven. Keep the dining simple – a backyard barbecue for two can be lovely – and catch up on all of those movies you've been meaning to see. Spend lazy mornings reading together and switching from breakfast to brunch, even if it's a weekday. Make your home feel like a hotel by adding little indulgences, like chocolates on the pillows of your bed, or bringing out the fancy wine glasses, no matter what you're drinking. Turn off your phones and abandon the internet for as long as possible to avoid outside world distractions. Staying home and decompressing without any outside world interference can make a world of difference and will reinvigorate you, and it doesn't have to cost more than a few dollars to feel as though you've both been on a fabulous voyage.

Cooking at home – and the resulting dishes! – may not be up your alley. Spoiling yourselves by dining out can be another addition to a great staycation. No matter what your tastes, there's bound to be a restaurant in your area that will appeal to whatever mood you're looking to set. For something casual and fun, you might want to try Three Steps Up, a new addition to Whitby's Four Corners district that boasts freshly baked desserts, organic coffee, and a wide variety of sandwiches, a perfect kind of dinner if you're off to a movie at one of Durham's many movie theatres. An excuse to dress up and make an evening of it can be found at restaurants like The Brock House, Harpo's, or The Waterfront Bistro. Wherever you live and whatever you like, you're sure to find the right dining experience. An excellent resource for menus and reviews is at www.yelp.ca, which will advise you of where best to go for anything from martinis to a four-course meal to dessert, and everything in between.

If a weekend at home is enough for you, and the idea of truly "going away" for part of your free time is appealing, there are some great options nearby that don't require months of planning, stressing, and saving up to pull off. Durham is home to many quaint Bed and Breakfast accommodations, scattered right across the region so you won't have far to go in order to get away. You can find a comprehensive list of B&Bs at www.durhamtourism.ca to get an idea of which places best suit your tastes and budget.

All of the money you've saved by not having to account for travel expenses – airfare, fuelling up your car, taxis and airport limos – can also be put toward a little bit of luxury during your staycation. If you'd like to splurge a bit, you may want to look into some of Durham's finest resorts and spas. Breakers on the Lake, an inn located in Cobourg, is a popular getaway spot for a night or two, and is close enough to home no matter where you're coming from within the region. Another place of interest is the Highfields Country Inn and Spa in nearby Zephyr, which offers packages such as couples' massages, aimed at giving both of you a chance to unwind together without having to face a long drive home at the end of the day. The Durham Tourism site can be helpful in finding scores of similar places that will be your perfect escape not far from your front door.

Anything you choose to do as a couple during your downtime will serve to replenish your stores of energy, so here's hoping some of the suggestions above can add to a very special break together, whether it's two weeks or just a weekend!



Single and Staycationing

People who haven't paired off or become parents – or who just prefer to spend their time off alone! - need ideas, too. In addition to what's been covered here, there are some innovative suggestions for folks who like to spend their time away from work and school on their own, or with friends.

Fans of the nightlife who want to take full advantage of being able to sleep in can rest assured that there are numerous venues for dancing and live entertainment in Durham Region. One need only take a stroll through the downtown core areas of Whitby or Oshawa to find scores of nightclubs and pubs that offer different attractions each night of the week. An especially helpful website when planning your night's activities is www.laggie-durham.ca, which not only gives a list of establishments but also breaks them down by city or town, gives details on how to do further research on each place, provides a basic rundown of what to expect from a venue (i.e. whether it's got music by a DJ or features a live band on any given night), and even has information on how to reach a taxi or set up a designated driver service in advance, should you so desire. Be sure to check out the site to set up your night of partying in the most foolproof way possible!

An activity that has grown exponentially more popular in recent years, and one that will certainly appeal to adventurous staycationers, is geocaching. If you've never heard of such a thing, here's the basic definition: Geocaching is like a grown-up version of a scavenger hunt, with a decidedly modern orienteer-adventurer twist. It's been a rapidly expanding outdoor recreation activity since it began in 2000, and there are estimates placing the number of active geocachers worldwide at over 5 million. Participants use a Global Positioning System (GPS), which now includes most of the newest smartphones, to hide and seek "caches." In the true spirit of the scavenge hunt, these caches are generally little toys or trinkets of very little value (keychains, pencil erasers, anything that catches the cacher's fancy and is unique to him or her) and are hidden or buried in containers all over cities and towns in various locations. If this sounds like an interesting game to start playing and get you out of the house during your time off, it's easy to start! www.geocaching.com has all of the details you could possibly need, and yes, it's a thriving pastime in Durham Region. Because of our mix of rural and urban landscapes, Durham is considered a great place to both hide and seek, and the idea of connecting to a global community while physically staying within your own holds great appeal for those looking for a new game to play. As a bonus, you can participate with friends, you can post on the Geocaching site seeking "teammates" from your area, or you can do it all by yourself. It's a fun way to get out there and explore your neighbourhood and beyond.

A different kind of exploring during your downtime is even simpler. How often do we ever really visit the notable places right outside our walls? A staycation is one of the best possible times to act like a tourist in your own town. Durham is replete with historical spots and notable attractions, but while many of us know what to recommend to visitors, few of us have visited these places ourselves! Whether you go prowling the streets with friends or choose to venture out alone and open yourself to meeting new people on your way, checking out the biggest tourism draws in the region is a nice way of unwinding and learning about the place we call home.

There are a few obvious choices when considering where to start. Parkwood Estate, the auto magnate's mansion in Oshawa that has been the filming location of several blockbuster movies, is a picturesque spot that draws thousands of out-of-towners each year. As a local visiting such a place for the first time, you may be surprised at how much you'll learn about your surroundings and the fundamentals upon which Durham Region was built. Then there is the aptly named Station Gallery (called such because it was originally a gallery that was built entirely within a train compartment), a charming house of art near the shores of Lake Ontario that most kids who grew up in Durham have visited on school trips; if you're newer to the area, it's definitely worth stopping in. Another notable must-see for visitors and residents alike is the Whitby Historical Society, which, contrary to its limited title, houses over 9,000 history-rich artifacts from all over Durham Region, and is staffed by locals who are well versed in every area of how our communities have grown over the last century and more. These are but three examples of locations everyone – perhaps especially those of us who consider Durham home! - ought to visit, and what better time to do so than while enjoying said home instead of leaving on vacation?



"Staying Home" is the New "Going Away"

The term "staycation" may have started as an amusing play on words, but in the past decade it has gained a life of its own. So valid a word – and the sentiment behind it – that it was even added to Webster's Dictionary in 2006. It's the sentiment that keeps the term in such heavy circulation. With gas prices soaring, international flights becoming pricier and more of a headache for even the happiest of travellers, and the necessity of getting or renewing one's passport to get even as far as the American side of Niagara Falls, it's no wonder people are seeking alternative ways to spend their hard-earned time away from day to day obligations. When vacations started to become more work than play, the staycation was born. Mercifully, with all of the options outlined here – and the countless others that were not – "taking a staycation" no longer has to be second best to a bona fide holiday. It can, in fact, be the best of all options. If we take half as much care in planning our stay-at-home vacations as we once did when planning grand getaways abroad, there will be much fun to be had this summer, right in our own backyards!

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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Ode to the Summer Cocktail

By Susan Armstrong

We spend our entire winter and fall (with the exception of holidays) watching our carbs and getting to the gym keeping fit just to make it through the grey, cold grind of the 'working season.' Our reward for enduring the never ending weeks of grey, the endless trudging back and forth with heavy, coat laden backs is the sweet warmth and relaxation of summer. Our homes breath just a little easier as school gets out and the workplace lightens up as the pressure of deadlines mysteriously lightens up with vacation season. One of the greatest rewards of the long road to summer...the sweet sound of the clink of that first cocktail of the season.

Whether you're a back yard, porch or cottage cocktail aficionado, there is always something so civilized about a well crafted beverage. Oh sure, the ice cold beer after a challenging project around the house, or a glass of wine to wash down dinner is always a nice thing. But that perfect moment occurs when a well mixed drink is placed against ones lips, the beads of flavour wash over the taste buds and then, finally, the icy liquid washes down the throat, cooling and hydrating. You exhale, the tension in your shoulders drop, and ahhhhh...a summer moment, nothing else to do but put your feet up and watch the world go by.



The Vessel

The dollar store makes it easy to add a bit of style to the summer cocktail. Interesting glass ware can take an ordinary cocktail to new heights. The last few years have provided interesting trends in the area of serving ones beverage. At first it was simply putting that liquid refresher in its appropriate glass, for example the margarita in the margarita glass or the martini in the martini glass. Now for a couple of bucks you can get several varieties of glass ware from fish bows and small vases to preserve jars. I'm particularly fond of the new trend in stainless steel beverage ware, especially for outdoor use around the pool. All conventions are off when it comes to what is stylish in drinking vessels. When you and your company enjoy that cocktail together it's more than just the drink, it's the fun way of presenting it. Here are just a couple of examples;

The Perfect Jimmy Buffet

Margarita...

In a Mason Jar (it doesn't get better than this!)

Ingredients:

- 1 oz gold tequila
- 1/2 oz silver tequila
- 1/2 oz triple sec
- 1/2 oz orange curacao
- 1/2 oz lime juice
- lime wedges
- salt on a plate

Rub the jar rims with a lime wedge to moisten, roll the rim lightly with salt. Combine ingredients in a shaker filled with ice. Squeeze limes and add to tin. Shake vigorously and pour into a Mason Jar. Drink.

A Hurricane...in a Fish Bowl.

Ingredients:

- 2 oz light rum
- 2 oz dark rum
- 2 oz passion fruit juice
- 1 oz orange juice
- juice of a half a lime
- 1 tbsp simple syrup
- 1 tbsp grenadine
- orange slice and cherry for garnish

1. Squeeze juice from half a lime into cocktail shaker over ice.
2. Pour the remaining ingredients into the cocktail shaker.
3. Shake well.
4. Strain into small fish bowl or vase.
5. Garnish with a cherry and an orange slice.
6. Add a straw.

The Beverage; Classic, New Or No-Alcohol?

Our house hold usually picks one or two drinks to enjoy for the summer, preferably with similar ingredients. Consequently there are some tough choices to make. The classic Martini and Margarita are always kept as a standby, but it's always interesting the have that special drink of the season. Some of our family members like a drink with alcohol and some do not, so we always try to have non-alcohol versions of the cocktails we make. The trend this year in cocktails seems to be leaving the pre-bottled mixed drink and returning to the crafted sophisticated cocktail. I recently discovered some twists on the martini that will most certainly be in our household's summer repertoire, the recipe below uses tequila instead of vodka. Who knew? My two favourite drinks blended into one! A family member recently had a Ginger beer Mojito and has shared the recipe, if you try one drink this summer, this is the one! The great thing about this cocktail is it can also be made with non-alcoholic ginger beer and have the rum omitted or substituted with rum flavouring from the supermarket.

The Ginger Beer Mojito

Ingredients:

- 2 oz light rum
- 5-7 mint leaves
- 1-1 1/2 ounces of fresh lime juice
- Ginger beer
- Lime wedge

1. Muddle torn fresh mint leaves (a small handful – about 5-7 leaves) in a glass. Here's a trick: I use the butt of a knife, since I don't have the fancy mojito tool!
2. Top the muddled mint with about 4-5 ice cubes
3. Pour about 1-1 1/2 ounces of fresh lime juice over the ice
4. Add about 2 ounces of rum (not dark rum!)
5. Fill the rest of the glass with a good quality ginger beer (about 3 ounces)
6. Garnish with mint leaves and lime wedge

Tequilatini

Ingredients:

- 1 1/2 oz tequila
- 1/2 oz triple sec or cointreau
- 1 oz fresh lime juice
- Lime wedge for garnish
- Salt or sugar to rim the glass (optional)

1. Pour the ingredients into a cocktail shaker with ice cubes.
2. Shake well.
3. If desired, salt the rim of a chilled margarita glass.
4. Pour contents, with ice, into the glass.
5. Garnish with the lime wedge.

The 'It' Cocktail Of 2013!

I've never subscribed to the 'in' thing, I didn't order fried brie in the 80's and I never thought drinking beer from a hose was a good idea, not even in university. There is always an 'it' drink of the season, sometimes they're not bad and sometimes I think they were invented by aliens. The LCBO has the best mixologists possible (speaking of trendy, mixologist is the new name for bartender now). I highly recommend on your next trip there you pick up their Food & Drink summer edition. I must confess it's my dirty secret to diligently read their summer edition to get amazing ideas for summer cocktails, but it doesn't mean I'm a trend follower, it just means that being open minded makes for great summer beverages. This year seems to feature a lot of flavours that are savoury and floral at the same time, which is great for me as I've never been too fond of sweet drinks. As a perpetual watcher of my, weight the less sugars in a cocktail the better! Adding ingredients like cilantro or a teaspoon of bitters to a drink will create a refreshing effect. There is also a trend towards minimalism in cocktails; two or three ingredients at best, the recipe below is a great example of both these trends.

Cilantro Martini

Ingredients:

Heaping handful fresh cilantro
Juice from 1 lime
1/2 oz Simple Syrup
2 oz citrus flavoured vodka
1/2 oz gin

1. Fill shaker with crushed ice, cilantro, lime juice, and simple syrup. Muddle well.
2. Add vodka and gin shake well.
3. Strain into a chilled cocktail shaker and enjoy

The Classics

There's no school like the old school. For those of you who have fond memories of youth, and would love to revisit them, below are a couple of summer day's recipes that may inspire you to throw all caution to the wind in both calories and alcohol consumption. I must confess the long Island Ice tea recipe is very tempting, as there were a couple of summers by the lake that vast quantities of this were consumed. I think this summer I might just have one of these, after all is summer, and I've been good all winter!

Long Island Ice tea...in a Mason Jar

Ingredients:

1/2 oz triple sec
1/2 oz light rum
1/2 oz gin
1/2 oz vodka
1/2 oz tequila
1 oz lemon juice
Cola
Lemon wedge for garnish

1. Pour the spirits and sour mix into the mason jar with ice.
2. Put on the lid and shake
3. Take off the lid
4. Top the glass off with cola.
5. Garnish with the lemon wedge.

Planters punch

Ingredients

3 ounce(s) dark rum
3 ounce(s) spiced rum
1 1/2 ounce(s) grand marnier
6 ounce(s) orange juice
6 ounce(s) pineapple juice
1 1/2 ounce(s) lime juice
1 1/2 ounce(s) simple syrup
4 dash(es) bitters
2 ounce(s) grenadine
1 orange wheel

1. Add in a pitcher dark rum, spiced rum, grand marnier, orange juice, pineapple juice, lime juice, simple syrup, bitters, and grenadine.
2. Pour into shaker and add ice.
3. Shake and strain into an ice-filled highball glass.
4. Garnish with orange wheel.

It's All About The Garnish

What separates us from the animals is debated by many. It has always been a running point of humour in our home is that the garnish is the difference. Any summer cocktail whether crafted or bottled can be made just that more special with a garnish. Keeping frozen fruit in the freezer or slicing just about any piece of fruit or even some vegetables makes a drink just that more special. Berries when frozen can double as ice and slowly add flavour to the cocktail as they thaw. A slice of orange or lime can create a savoury or sweet finish to any drink. So step up summer cocktail compadres, pay homage to our ancestors and make sure that no summer cocktail goes un-garnished!

Buy Canadian!!

Just about every type of base alcohol for cocktails is made in Canada. Tag Vodka is as good if not better than Grey Goose, it's also more reasonably priced. Canada is known and awarded all over the world for its whiskies and wines. We even have a rum made down east! While it may not always be possible to buy Canadian ingredients first, I heartily encourage my fellow cocktail drinkers to seek Canadian made or blended ingredients. Be a good citizen and support your fellow countrymen in your elbow tipping endeavours!

Susan Armstrong is a professional piano teacher located in Ajax. She is a proud mother of four and, in her spare time, she enjoys writing, reading and experiencing all that life has to offer.



Film Talk

by John Foote

Academy Award Winners/ Nominees Hit Blu Ray/ Dvd

The best films of 2012 are slowly making their way to Blu Ray and DVD this month and next, with the years best picture (though not really) *Argo* (2012) released several weeks back. Simply put, this is one of those years the Academy blew it with Best Picture, giving it to an inferior film that will not be discussed in forty years as some of the nominees will. It reminded me of 1976 when *All the President's Men*, *Network*, and *Taxi Driver*, were bested by *Rocky*, a little *Cinderella* film that touched millions. It seemed to me that *Argo* had lost all momentum until director Ben Affleck was not nominated for Best Director and then that all encompassing guilt set in with the Academy and they just had to honour the film. It is a good film, just not a great film. The films discussed within this article are the real best films of 2012.

LINCOLN (***)** An American masterpiece from director Steven Spielberg, who tosses out everything he does Spielbergian as a director and allows the story to rule the day with the performances of Daniel Day-Lewis and Sally Field proving astonishing. Working from a literate and beautiful screenplay from Tony Kushner (who wrote *Munich*), the director focuses on the final weeks in the life of Lincoln, as he tries to abolish slavery in the dying days of the Civil War. Knowing he must do it before the end of the war, Lincoln proves to be a shrewd talker in the back rooms of the White House, merging his folksy charm with that of a razor sharp intellectual.

As one of the most iconic American figures (if not the most) in the history of that proud nation, Day-Lewis embodies Lincoln with everything we need to believe he is the man but, most importantly, gives him a soul. After researching the role for nearly a year, the gifted actor slowly slipped under the skin of the 16th US President, finding his reedy voice and powerful presence and bringing those qualities to the screen. I left the film believing I had encountered Lincoln in my lifetime, and the actor won a much deserved third Best Actor Oscar (the only man to achieve that) for his performance. His equal throughout the film is Sally Field as the grief stricken Mary Todd Lincoln, having not forgiven her husband for allowing their son to go to war, where he perished. He understands her mental instability as she understands him; they were born for one another.

What I admired about the film beyond the genius of the performances was the very quiet manner in which director Spielberg, in carefully thought out decisions, shows this generation what a great President is and does. They might like to see that after suffering through George W. Bush. Without question this is one of Spielberg's best films, and the best film I saw in 2012.

ZERO DARK THIRTY (**)** Incredibly, I could not decide which film was the best of year; *Lincoln*, or *Zero Dark Thirty*? So I tied it for the first time in twenty-five years of writing about film. Kathryn Bigelow, who won an Oscar for *The Hurt Locker* (2009), (the first woman to do so) is back with a searing, unsettling film that explores how the American military and CIA found and killed Osama Bin Laden. Many will be surprised to know it was a woman in her late twenties who led the charge to find this murderer. In the film she is known as Maya (Jessica Chastain), who is singularly focused on finding Bin Laden. Outside of the CIA she has no life, it is all about finding this man who attacked the United States. She condones and takes part in torture because she believes it to be a necessary evil, and bullies her way against her superiors to get a group of soldiers under her command to attack. For over a decade she searches until she finds where he might be. Nothing definite but her gut tells her he's there.

So she moves.

In the dark of the night we watch the Navy Seals move ever closer to the compound, land and move in to attack. There they find him in an upstairs room and there his life ends. At last, Bin Laden was dead. Yet the toll it took on Maya was extraordinary. When it is over she sits in the back of a massive plane and weeps, possibly for her part in the violence it took to find this man, possibly in relief that he is finally dead and Al Qaeda has been struck a devastating blow.

Bigelow's direction is crisp and taut, perfect for this sort of film, and everything in the film was well researched and factual. The woman is simply one of the most gifted directors in American film. Chastain is a revelation, as Maya gave a performance that earned her an Oscar nomination for Best Actress. Though the picture was nominated for five and won one for sound editing, it did not receive a Best Director nod, which is to the eternal shame of the Academy. A tough movie to watch, it is one that has brought out great debate in North America, but a masterpiece nonetheless.

LES MISERABLES ()** What could have been the greatest musical ever made is betrayed by the director; an Academy Award winner who fails to trust his actors. Tom Hooper was awarded an Oscar for Best Director for his film *The King's Speech* (2010), but watching this film he makes all the errors of a first-timer. Actors act with their entire body and they use that same body to suggest emotions through positioning and movement. Hooper seems to have forgotten that and films most of the songs in a tight close up, not permitting the actors to use their substantial gifts of body language in the film. He does one thing right; allowing the actors to sing as they act, so the songs were sung live to film, bringing out a greater degree of much more honest emotions. That works like a dream, but those faces in tight close up drove me crazy.

You have actors doing some very good work, Anne Hathaway giving the performance of her career as Fantine, singing 'I Dreamed a Dream,' and for the entire song, ALL OF IT, we are tight on her face. It grew tiresome looking at the pores of the actors, and it

weakened the drama within the film.

The stage musical was astounding. Sherri and I saw it in 1990 and were in tears by the end of it with the rest of the audience...it moved us deeply. None of that is present in this film. We have Hugh Jackman woefully miscast and trying his best to give a great performance (not a chance) while Russell Crowe struggles as Javert. Hathaway soars as Fantine and Samantha Barks from the stage musical is exquisite as Eponine.

As awkward as it all is, you can always close your eyes and listen to that incredible music, and you can hear the people sing...

SKYFALL (**)** Having never been much of a Bond fan, I must confess to being amazed at the quality of *Skyfall*, the latest edition in the fifty-year-old franchise series, with Daniel Craig as James Bond, 007. The debate rages as to who was the best bond and for my money it is this new one, Craig, who for the first time suggests that he does indeed have a license to kill, which is what a 007 agent is. Sean Connery was a good Bond, but always winking at the audience as if to say, "isn't this all damned silly?" while Roger Moore was a sissy boy in a tux and terrible. poor George Lazenby had one stab at the part and was not all that bad, but never asked back. Timothy Dalton was a fine actor who seemed, like Connery, above the whole thing and the less said about Pierce Brosnan the better...again a pretty boy in a tux.

Craig looks lived in, beat up as though he has gone through several missions and barely escaped with his life. I believe him as Bond, which is something I could never say of any of the others. When he re-booted the series with the excellent *Casino Royal* (2008) suddenly there was hope for the character.

In this one, Bond will experience genuine loss, and there is tragedy throughout the film giving it a greater weight than we ever felt in a Bond film before. The villain, portrayed superbly by Javier Bardem, who, being a former agent strikes at the heart of the organization Bond works for (Her Majesty's Service). He goes after Bond's boss, M (Judi Dench) who declares Bond for duty after sustaining injuries she also knows he is not yet recovered. His job is to protect her, so he takes her to his boyhood home, *Skyfall*, where the villain will track them.

Craig brings a sense of courage and yet melancholy to the part that the other actors never touched. Dench is superb as tough talking, M, a woman in a man's world but not the least bothered by it because she knows herself to be right.

Directed by Academy Award winner Sam Mendes, it is the first Bond film with genuine heart, and for the first time watching such a movie, I was deeply moved.

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

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

John lectures Film History and Film Genre at Humber College, and is former Director of the Toronto film School. He also writes for Awards Circuit, one of the web's top movie sites, and freelances for The Wrap, the top industry site.



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How (and Where) to

Survive Movie Withdrawal

By Heather V. Swanson

REMEMBER HOW YOU FELT THE LAST TIME YOU CAME OUT OF A REALLY GREAT SUMMER BLOCKBUSTER? THAT SENSATION OF HAVING JUST GOTTEN OFF A THRILL RIDE, RATHER THAN SIMPLY WALKING OUT OF THE AIR CONDITIONING OF A THEATRE? THE ADRENALINE RUSH AS YOU ENTHUSE TO YOUR MOVIEGOING COMPANIONS ABOUT HOW FANTASTIC THE FILM HAD BEEN, AND HOW IT HAD LIVED UP TO ALL ITS HYPE? If you can answer yes to having experienced that scenario, you're probably familiar with what comes afterwards: the inevitable summer blockbuster crash. It feels worse than coming down off a coffee or energy drink binge, and all you want to do is turn around and pay another fifteen dollars to recapture that special kind of movie magic.



Graphic novels, video games, portable apps and even Whitby's Movie Express can help ease your withdrawal symptoms.

Even the hardest hard-core film geeks, though, can only get so much out of staring at the big screen a few times in a row. And that's without considering the cost these days. On an average visit, your evening at the movies will add up to at least twenty dollars per film fanatic, if you dare get something to drink before you settle in for your three-hour epic. There ought to be something more accessible to help recapture the feeling, to regenerate the buzz. It just so happens that there are a few places you can visit as soon as you've left the parking lot of your nearest cinema, places that embody the spirit of the major motion picture masterpiece you've just watched. All it takes is a little bit of imagination and a guide like this one to tell you just where to look.

Most of the biggest summer films have always had tie-in merchandise to go along with them. If it's a movie for kids, there's little doubt you'd have found everything you can think of at Toys 'R' Us with favourite characters' faces plastered on every available surface. That's still very much true today, but what about the movies geared to the slightly older set? How can you get your fix after the lights come up?

A big trend that has begun to appeal to all ages is collectible memorabilia of your favourite hit. Walk into a place like Worlds' End, a collector's dream store in Oshawa, and you'll find comic books for movies you may never have thought possible! No longer is it a case of superhero movies being turned into films; nowadays the movie might come first, and the right store will have exactly what you're looking for. The same can be said for your favourite video games, too; a quick browse might surprise you when you discover that your director hero or gamer maven has opted to create a graphic novel after the fact, giving you more of the story you loved and letting you hang onto that giddy sensation for longer. Even walking into a video game store in the area can hold some great surprises; in recent years the number of video games based on big-budget movies, formatted for your computer, console or smartphone, has skyrocketed (think of the award winning games put out after the success

of "The Dark Knight"!)). Comic Book Addiction in Whitby is another great example of where to go to find books, comics, posters, and action figures of the characters you just watched onscreen, and it's no longer limited to the Superman and Batman sets. Of course, if your favourite movie last summer was "The Avengers," it doesn't hurt your chances of finding something you simply can't leave without (you'll also want to check out Heroic Dreams in Pickering if superheroes are your one true love), but books and comics (and, yes, even figurines) of more varied characters from a broader sample of popular movies and television are at every turn in these stores. If you want something tangible to take home and remind you of just how awesome that flick turned out, you'll find it in comic book shops. Comic Book Addiction is a great example of a once-niche community that has opened its arms to the non-geek public and given all of us a chance to live the magic a little longer.

There is, of course, an obvious choice, but one that became nearly impossible for most Durham residents over the past year: The fine art of browsing in an actual video store. True film fans have always found comfort in knowing that, after dark, you could simply take a stroll or hop into your car and spend a leisurely half hour or more wandering up and down the aisles, checking out prequels and sequels to your main movie of the moment, and maybe looking around to see what else those big-name actors have released in the last while. With the mass closure of first Blockbuster and then Rogers, many movie lovers were left adrift. Sure, there's internet piracy, but who wants to do that? There's something so much more rewarding about actually holding a DVD or Blu-ray in your hands, knowing it can be yours for the night, or forever. For a while it seemed the only options for folks wanting to get more out of their summer movie experience were either illegal or extremely limited, such as the case of "on demand" services with tiny catalogues and long waits until release day, or your local corner store, which usually stocks so few titles that you breeze through them at first glance and leave unfulfilled yet again.

Imagine the community's delight, then, when Movie Express opened in January, right in the Whitby Mall. A real live video store! An actual shop, just like the (not so) olden days, where you can get a membership and rent to your heart's content, or buy movies brand new on the day they come out. New releases, older films, hidden gems, and displays set up to help you find whatever it is that will tide you over until the next instalment in your beloved franchise. Not only do you get to look around, but you're also likely to run into fellow cinephiles who'll happily recommend something that will raise your pulse again, and the owners are quick to let you know what's new and what you'll want to come back to get next week, too. For people who like to build their collections at home, there are places like Liquidation DVD Centre in the heart of Pickering. If you want it, they've probably got it, and you can lose hours drifting from one shelf to the next. It's harder to come out without buying a stack of discs than it is to leave empty-handed.

Let's be honest: nothing can truly top the impact of a 3D IMAX experience at our local theatres. Whether it's Empire, Cineplex or Famous Players, you're sure to get an unforgettable ride when you finally see that one film you've been hearing about all winter long. But when you're met with the scorching heat as you make your starry-eyed way to your ride home, it's good to remember that there are ways you can enhance your viewing experience, even after the fact. Comic books, video games, tie-in novels, movie posters, figurines, and even copies of every film your summer hero has ever made, all in those slim plastic cases we've loved for so long... They each offer you an extension of that crazy rush you got from your most anticipated blockbuster. And those things are definitely more than enough.

Until the next big film is announced, that is. Is it summer 2014 yet?

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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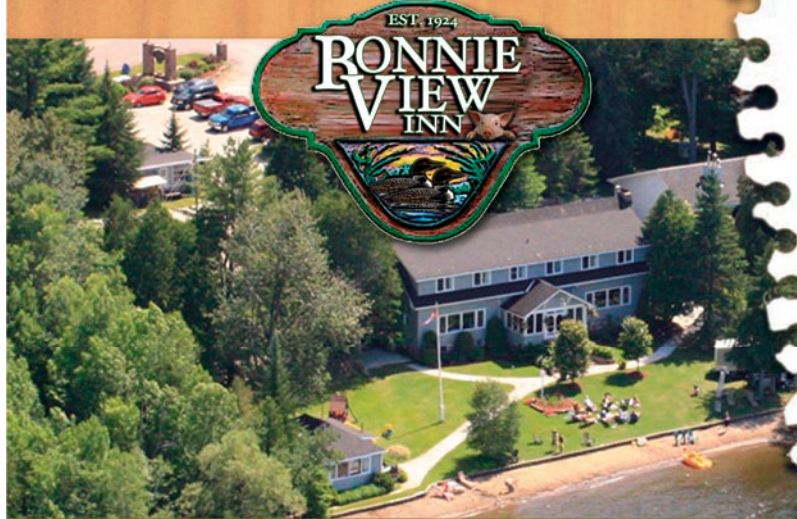
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Summer Events Calendar



May 31st - June 2nd

Pickering Rotary Ribfest

Pickering
Pickering Civic Complex
www.pickeringribfest.com

June 2nd

D-Day Parade and Ceremony

Pickering
Pickering Civic Complex: Courtyard, One the Esplanade
pickering.ca/greatevents

June 6th - 8th

2013 OFSAA Track and Field Championship

Oshawa
Oshawa Civic Recreation Complex
www.ofsaa.on.ca/championships-festivals

June 6th - 9th

Pickering Village JAM! Festival of Jazz, Art & Music

Ajax
Historic Pickering Village on Old Kingston Road in The Courtyard
pickeringvillagejam.com

June 6th - 9th

The Innocent Eye Test

Whitby
Class Act Dinner Theatre
class-act.ca

June 8th - 22nd

Freemasonry: A History Hidden in Plain Sight

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

June 5th

(Every Wednesday night until September 4th)

Downtown Oshawa BIA Pedals and Throttles Show and Shine

Oshawa
Behind City Hall in staff parking lot downtown Oshawa
Angela.dobia@rogers.com

June 22nd

Durham Caribbean Festival

Ajax
Greenwood Conservation Area
Patbarnes@rogers.com

July 1st

Canada Day

Durham Region
Venues Across Durham

July 4th - August 29th

Waterfront Concert Series

Pickering
Pickering Lakefront, Millenium Square
pickering.ca/greatevents

July 9th - 21st

2013 FIL Women's Lacrosse World Cup

Oshawa
Oshawa Civic Recreation Complex
www.2013worldlacrosse.com

July 12th - 14th

Whitby Ribfest

Whitby
Victoria Fields
www.whitbyribfest.com

July 13th

Community Care Durham - Uxbridge's Gardens of Uxbridge Garden Tour

Uxbridge
Gardens in and around Uxbridge
www.communitycaredurham.on.ca

July 18th - 21st

Mobil 1 Presents The Grand Prix Of Mosport

Clarington
Canadian Tire Motorsport Park
www.canadiantiremotorsportpark.com

August 9th - 11th

Canadian Superbike Doubleheader Weekend

Clarington
Canadian Tire Motorsport Park
www.canadiantiremotorsportpark.com

August 10th

Celebrate Ajax Waterfront Festival

Ajax
Rotary Park, Carruthers Marsh Pavilion
www.ajax.ca/en

August 10th

Tank Saturday M551 Sheridan

Oshawa
Ontario Regiment Museum
www.ontrmuseum.ca

August 18th

Driftwood Theatre Presents Homer's Odyssey

Port Perry
Scugog Shores Museum Village
www.scugogshoresmuseum.com

August 23rd - 25th

Autofest 2013

Oshawa
Lakeview Park
www.autofestoshawa.com/

August 24th - 25th

Annual Heritage Days

Uxbridge
Uxbridge Historical Centre
Museum@town.uxbridge.on.ca

August 30th - September 1st

NASCAR Camping World Truck Series Weekend

Bowmanville
Canadian Tire Motorsport Park
www.canadiantiremotorsportpark.com

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.



See Beyond the Gate at the *Gardens of Uxbridge* *Garden Tour!*

By Jan Lovelock

Why not indulge yourself this summer, and spend a day in some stunning gardens? Community Care Durham-Uxbridge hosts its 17th Annual Gardens of Uxbridge Garden Tour on Saturday, July 13th.

Gardening is officially the most popular hobby in North America. The 2006 Travel Activities and Motivation Survey, commissioned by Federal and Provincial Tourism Ministries, indicates that a whopping 27 million Canadians and Americans visit the gardens of Canada in any given two-year period! Gardens of Uxbridge is a self-guided tour offering a variety of garden ideas, for small yards and large properties, urban and rural. Everyone can be enriched by participating in a garden tour; from the novice to the experienced gardener; from an apartment dweller with a few houseplants to the homeowner with an enormous space. Even the non-gardener can appreciate the beauty and serenity. You can experience all this, and at the same time you can support a great cause – Community Care Durham!

Your ticket allows you to “see beyond the gate” of private gardens that might otherwise not be open to the public, and are chosen for their diversity in style, size, setting and site conditions. Many of the gardens include water features, adding sparkling movement and the soothing sounds of cascading water. Past tours have included rock gardens, woodland gardens, and low maintenance urban oases. Focal points include impressive garden structures such as gazebos, pergolas, arbours and bridges, whimsical birdhouses and statues, and spectacular plantings of the best annuals, perennials, shrubs and trees for our climate. The homeowner is customarily available to share experiences and expertise and answer garden-related questions. This is a great way to find out what does or doesn't work in a Durham Region garden.

The gardens are open from 10:00 a.m. to 5:00 p.m., allowing you to take your time to enjoy each amazing garden. Tickets are \$25.00, which includes a delicious box lunch to take on the road or enjoy at the Uxbridge Seniors Centre (75 Marietta Street, Uxbridge). Washroom facilities are available at the Seniors Centre. Purchase tickets by July 10th to be entered for a chance to win the Early Bird Draw, dinner for two at The Tin Mill Restaurant, Uxbridge. Tickets are available by phone (905-852-7445) and after June 1st at the following locations:

Uxbridge: Blue Heron Books (62 Brock Street West), Garden Artifacts (752 Ball Road), The Tin Mill Restaurant (53 Toronto Street North)

Cannington: Jingles Gifts (16 Cameron Street East)

Port Perry: Branching Out (158 Water Street)

Investors Group is a long-standing sponsor and supporter of the Gardens of Uxbridge. On the day of the Garden Tour, there will be a raffle for a chance to win an original watercolour “Golden Moments” by Canadian artist, Christl Niemuller. Christl has been painting for over 20 years, and her work has

been exhibited in local juried shows including the Toronto Watercolour Society and the Markham Group of Artists. She has been a regular exhibitor on the Uxbridge Studio Tour for the last 15 years. Christl says “nature is the major influence in my work.”

All proceeds from Gardens of Uxbridge go to support the programs and services of Community Care Durham. Community Care Durham, established in 1977, is a multi-service, registered charitable organization providing home support, respite (caregiver relief) and mental health services to more than 8,000 adults and their caregivers who have needs related to aging, physical and/or mental health. Home Support services include Meals on Wheels, Luncheon Out, transportation, home help, home maintenance, friendly visiting, telephone reassurance, and foot care clinics. Respite services offer Personal Support Workers who are trained to maintain a safe environment and provide personal care and assistance with the activities of daily living for clients anywhere in Durham Region. Adult Day Programs, located in Bowmanville, Pickering, Whitby and Uxbridge, are available to clients across Durham Region, and offer activities, exercise, social interaction and nutritious meals and snacks. COPE Mental Health provides individual and group support to adults with emotional and/or mental health concerns. In individual support, a trained volunteer is matched with the client to work toward achieving the client's identified goals. Group support provides staff and trained volunteers who facilitate support, coping skills, and educational and social/recreational groups such as social recreation, anxiety/depression/stress management and caregiver support. Community Care Durham also offers the Home At Last service, a no charge service that assists clients with settling into their homes safely and comfortably after a stay in hospital. Community Care Durham services are provided free of charge or for a minimal fee, and are administered through offices serving the communities of Ajax, Brock, Clarington, Oshawa, Pickering, Scugog, Uxbridge and Whitby.

Community Care Durham services are provided by staff and a roster of over 2,000 volunteers. In fact, Community Care Durham says their volunteers are the heart and soul of the organization! There are many interesting volunteer opportunities, from delivering Meals on Wheels to clients at their homes, to assisting with support groups. Volunteers say that they receive as much from the experience as they give. Community Care Durham invites you to join their very special team of volunteers. Whether it is a few hours a week or a few hours a month, you can make a difference in someone's life. As a volunteer with Community Care Durham, you can determine your level of availability. If you are interested in becoming a volunteer, please call 905-837-0017 ext. 237. Volunteering enriches your life!

The Gardens of Uxbridge Garden Tour is one of several fundraising and awareness-raising events organized by Community Care Durham. Another major event is the Walk



for Mental Health Awareness, which takes place in May at Heydenshore Park in Whitby. This family-oriented event allows participants to collect pledges and walk or run 1, 2, or 5 km. along the scenic Waterfront Trail to support Community Care Durham and mental health awareness. The event begins at 9 a.m. with registration, and includes a complimentary barbecue lunch, entertainment, music, children's activities and great prizes. To participate or for further information, please visit www.ccdwalk.org, or call 905-985-0150 ext. 237.

Participating in a garden tour is a great source of entertainment even if you are not an avid gardener. Observing others' gardens can give you positive reinforcement, encouragement and ideas, and gives you a chance to soak in all those beautiful, lush, garden colours! Many of the gardens you'll see are creative and daring. Most importantly, use this break from your own garden to rejuvenate your enthusiasm and interest.

“The most noteworthy thing about gardeners is that they are always optimistic, always enterprising, and never satisfied. They always look forward to doing something better than they have ever done before.” Vita Sackville-West

For tickets and event information, please visit www.ccdgardensofuxbridge.org or contact Lorrie Houston, Administrator, Community care Durham-Uxbridge, 905-852-7445, ext. 23, lhouston@communitycaredurham.on.ca. For more information about Community Care Durham, please visit www.communitycaredurham.on.ca. As past attendees have said “Always the best garden tour!”.

Jan Lovelock is a freelance writer with a background in health care. She is an enthusiastic home gardener, who has lived in Scugog for almost 25 years. When not gardening or writing, Jan loves spending time with her grandchildren and going for long walks with her husband and their dog.



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Treat Yourself

by Stephanie Pommells

Texture is taking over

I hope that everyone has enjoyed spring. I loved the low ponytail trend, and some of the lighter products that launched as well, but now that summer is on the way I'm excited about the sun! As well as something else that is on the horizon; texture is now taking over!

So, in the past while talking to some of my clients I noticed something that would happen over and over again; when my curly hair girls had an interview, special event or even simply went shopping for new clothes etc., they wanted to blow dry their hair straight. Now I personally love a curly do, so I would ask "why?" Their hair was already so beautiful, why change it? Many would reply with something like "I just feel more professional, or finished, or put together." So of course I would do the job and get that do straight. Sooo sad.

I wanted to investigate this phenomenon further so I did some research and checked out some forums (there are tons, by the way) and my suspicions were confirmed. Many (not all) girls felt prettier with straight hair! Ahhhh! This is simply not true!

The history of hair is really quite fascinating, I'll get into that probably at some point, but for now trust me when I say that our ideas as a society about curly and straight come from biases built into us from a long time ago. I'm talking generations back. It's interesting that if a curly-haired girl wears her hair straight one day she feels like she is taken more seriously and is viewed as being more professional. Then, if she decides to wear her hair curly she is viewed as wild, fun, and sassy... hmmm. Same girl? So assuming that she doesn't have multiple personality disorder, this opinion of her comes strictly from her hair. Ask any of your curly-haired friends and I'm sure they will confirm this.

However, one of the great shifts in hair history is happening right now. It's the return of wearing hair in its natural texture. The past few years have been really about manipulating your hair into shapes and forms using a hot tool or some really sticky product, but now more than ever we are seeing people embracing their natural hair. A celebration is in order for this one.

Now in my previous article I made mention of hot styling tools and many of you must have seen that viral video on youtube of that poor girl burning her hair off. I warned you of the use of these tools, didn't I? But really, this is a problem that is happening more than ever. Girls with burnt hair are getting fed up of being slaves to the styling, so the tools are being put on hold, and chemical straightening is performing a disappearing act. Then enters the hair that God gave ya! I realize that it may take years to get hair unfried and unchemicaled, but many are taking on that battle, and I encourage you all to do the same. Getting back to basics and taming our hair with a brush and blowdryer is so liberating. Even more liberating is just using some of the fabulous products out there designed to nourish natural curls and texture (forget about the blowdryer).

Really it's about not just being identified by your hair, and conforming to outdated ideas of beauty. It's embracing who we are as unique people that come together to glorify our diverse, and dynamic society.

Stephanie Pommells is a hair dresser and salon owner at Pure Sense Salon. 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.

Consumer Report

by Ryan Smith

Buy Your Next Home With Your Office In Mind

Think of the perfect job! Now, think of that job if you were working from home! The flexibility afforded by a “zero-commute” combined with the skyrocketing price of gasoline has strengthened the case for full time teleworking and telecommuting. According to an Environmental Protection Agency study:

“North Americans spend an average of 46 hours per year stuck in traffic. Gridlock produces more than \$63 billion in congestion costs per year”

When you look at it that way it's kind of scary, isn't it?

Those of you in the artist community may have been well acquainted with the use of work/living spaces for years, but improvements in technology have made the benefits of teleworking and occasional telecommuting more attractive to the general public. According to the key findings from the International Telework Association & Council (ITAC) study:

“Home-based teleworkers also have larger homes, on average, than non-teleworkers; the difference amounting to about 500 square feet. The most popular place for an office in these larger homes is a spare bedroom, with the living room a distant second. The primary home telework activity is computer work (55% of total activities), followed by telephoning, reading, and—averaging 7% of the time—face to face meetings.”

As you begin the search to purchase your next home, there are certain factors to consider when looking for a new home office:

Make sure that your high-tech needs can be met. Have a qualified electrician inspect the wiring of the house to see if the system can handle the extra power load that your home office requires. Shop around for your telephone/internet provider—in some cases, business service bundles may be more cost effective than regular residential service.

Designate where your office space will be. Determine the amount of space you will need to accommodate your work style and space. In many cases a spare bedroom or living room space can be used, if a formal den option is not available. If your work requires heavy telephone usage or just heads-down concentration, you may want to consider utilizing a room with a door and is away from the hustle and bustle in the house.

Plan your office blueprint to include all required furniture, bookcases, computers, fax, and printers. Make sure to allow for filing and storage space for files and extra office supplies. Lighting is critical for computer or assembly work, so make sure to allow for direct sunlight along with any specific task lighting that may be necessary. Select flooring options that will allow you to work comfortably—you may wish to go with hardwood or laminate flooring to allow for your chair to move smoothly across the floor. Install enough phone lines to cover your home, business and fax machine's needs.

Is the office easily accessible? If you will expect regular package deliveries, make sure that the front door of the home is easily accessible from your designated office. This is also necessary if you will need to meet clients or visitors in your office and would like to ensure a professional appearance for your business.

Find out about local business requirements. Some cities have zoning restrictions and guidelines for work/living spaces along with tax implications. Make sure to check with your local government to determine if special restrictions exist.

In summary, working from home can be very rewarding, efficient and fun. You can't over shadow the importance of really putting thought into your next office if you want to get all of these benefits. Good luck and happy office hunting!

Ryan runs a real estate team serving the Durham Region. In his free time he is actively involved in many charities and community events. He is the current president of JCI Whitby and sits on number of local charity boards. When he is not selling houses he is giving back to his community.

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Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

"The difference between ordinary and extraordinary is that little extra." - Jimmy Johnson

Getting your first job can be hard. You don't know where you want to work, you have to apply and wait until someone hires you and if it is not something you like doing you're going to hate it and want to quit. Plus, it can be a little scary trying to find a job, you won't know anyone right away and the paranoia of messing up is there in the back of your mind too.

Being a teenager and wanting to buy stuff is difficult. Our parents don't want to pay for everything and unless you have a job you will have a bit of a problem. Life is expensive, and everything costs money. I know how hard it can be not having a job and no money. It is very annoying which is why I thought it was time for me to get a job of my own and I am going to tell you some things that can help you out if you're in the same boat I was in.

First you have to make up a résumé. They are not that hard to write up, and there are examples on the internet if you want to get some ideas. I used one and it was a lot easier. Résumés can only be one page. No more than that, otherwise employers won't look at them. You don't have to write a ton of stuff in a resume, just some good working skills you might have like organization or self-motivation. You should include any jobs you have done before, whether it's cutting someones lawn or babysitting, it will all look good.

Another thing is to be positive. You will have to hand out resumes to a few businesses you're interested in working at and when you give it to the manager it's a good idea to show them that you would like to work there and you would be good at the job. If they are interested in hiring you they will set up an interview with you. This made me a little nervous but it's nothing to be afraid of. Just be yourself and relax, and everything goes fine.

I know it can seem a little stressful to have a job during school which is why it's a good idea to start off with a summer job as your first job. I just started working at the end of April, on weekends, so it is not that bad. Just remember that you have to be the one to put yourself out there and sooner or later you will be a pro at your job.

Samantha Burtch Whitteker is a 15 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.



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Tasteful Talk

by Shirley Ouellette



Welcome to summer! With so much fresh produce available it is sometimes harder to meal plan, as I want to incorporate everything and not miss an opportunity to taste the crispness of colourful vegetables and the sweet succulence of summer fruits at every turn. This is a very busy time on the farm, keeping a close eye on crops and the delicate summer harvest.

Farmers in the Durham Region understand that a sustainable food system must not only address their economic wellbeing and their consumers, it must also consider the environmental impact. By creating an Environmental Farm Plan, farmers can assess up to twenty-three different areas on their farms, this gives farmers the opportunity to identify their environmental strengths and any areas that call for improvement. The Plans allow local farmers to take back control of their farms and rely on the means of their forefathers, using humane farming methods and treating nature with respect. Sustainable growing practices include mixed farming, which allows the farmer to use cattle manure to fertilize crop fields, reducing the need for synthetic fertilizer. Growing crops on mulch beds, where possible, reduces the need for weed control and preserves the moisture in the soil, which minimizes the amount of watering required. When it comes to harvesting, hand picking not only ensures better quality control, it also reduces the amount of gasoline required to run machinery, with the added bonus of more work for the local community.

Another great stride forward is Integrated Pest Management. Instead of blanketing fields with chemicals, a human Scout is sent out on a weekly basis to check crops. Regular examinations help identify potential problems during the growing season recording vital information that will assist in getting a full crop yield. Only when absolutely necessary will crops be sprayed to control disease, helping the environment and offering less potential for consumers to ingest harmful chemicals when eating fresh produce. Check the Durham Farm Fresh website to see what's happening on your local farm, or better still, go to your local farmer's market and talk to the farmer, ask what they are doing to reduce the farm's carbon footprint. The way of the future is transparency, we all deserve to know where our food comes from and how it is grown, as always, vote at the cash register Durhameer's and support your local farmer.

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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Tasteful Recipes

by Shirley Ouellette



Summer Vegetable Stir Fry

Serves 4

You will need...

1lb of Baby Potatoes, scrubbed
1 Cup Fresh Sweet Green Peas
1 Cup Mixed Colour Bell Peppers, chopped
½ Cup Green Onions, chopped
½ Cup Radishes, thickly sliced
1 Garlic Clove, crushed
½ Cup Vegetable or Chicken Stock
¼ Cup of Fresh Herbs, chopped (mint, parsley)
2 Tblsp Plain Greek Yoghurt
Sea Salt/Black Pepper to taste

How it's done...

Summertime is bursting with new vegetables; instead of using pasta or rice in your stir fry, try baby potatoes for a lighter dish. Place potatoes into salted water and bring to the boil slowly; let simmer very gently so they do not split for 20 mins. Turn off the heat, but leave them sitting in the hot water. Place the peas in salted water; bring to the boil for 2 mins then strain. In a large sauté pan warm 1 tblsp of olive oil on medium heat, add the garlic and gently cook, do not burn, remove from pan and set aside. Slice the warm potatoes in half long-ways and add to the pan with another tblsp of olive oil, sauté until brown (about 5 mins). Now add the bell peppers, radishes and green onions; sauté for further 3 mins. Add the stock and turn up the heat until it reduces by half; add the peas and cooked garlic to warm through. Take the pan off the heat and stir in the herbs and yoghurt, season with a little sea salt and fresh black pepper. Serve immediately with garlic bread.

Wine pick for this dish?

For a summery fresh wine try, PINOT GRIGIO VQA, REIF ESTATE WINERY, Niagara-on-the-Lake, \$16.95.

Taking the Lead



by Corry Hamilton

Summertime Tips

The weather has warmed up and you and your dog are getting out more and enjoying the gorgeous weather. You always apply sunscreen before you leave the house, but should you apply it to your pet?

Cats should never have sunscreen applied, but for dogs or horses, possibly, if they are white or are very thin-skinned. The problem with sunscreen is that pets love to lick and may ingest the chemicals, causing a toxic reaction. There are sunscreens made for pets but there is a debate on if they are truly safe.

It would be effective to limit their time outside or, if they are outside in a pen, to make sure that you have a sun block top to reflect the harmful rays.

Heatstroke is another summer hazard to be on the look out for as the temperatures rise. Unlike humans that sweat to cool off, dogs cool down mainly by panting. It is not terribly effective and can quickly progress to a life-threatening condition.

Be on the look out for increased heart rate, diarrhoea, vomiting, the gums changing colour from brick red to purple/blue and seizures.

Short-nosed breeds such as pugs are more susceptible to heatstroke.

Contact your veterinarian and begin cooling them down by wrapping them in cool towels focusing between their legs and around their neck. There are also cooling beds.


The easiest way to prevent heatstroke is to keep them indoors or in shady parts of the yard and, of course, never leave them in your vehicle.

Burnt pads are quite common in the summer. While we love to be outside, the hot pavement can easily burn your pet's paws, especially if they have been swimming. The water will soften the pads and make them more susceptible to burning.

The easiest way to prevent this is to have them walk on the grass instead of the sidewalk, limit their time outside between 10-2, or have them wear booties; yes, they're not just for winter.

Follow these simple yet effective tips and you and your pets will have an awesome summer..

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.




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Ask Sue-Ann

by Sue-Ann Bavlnka



Dear Sue-Ann:

My Mother passed a couple of years ago. We were very close and I miss her every day. Often we talked, before she passed, about how if she could get a sign to me from the other side that she would. I have not noticed anything. No real sign. I have felt her energy around me from time-to-time, but that is about it. I have noticed that I feel her at Christmas or my birthday, but the other day I just randomly felt her around me. Is this normal or am I missing something?

Waiting for a sign

That is a very good question and I get asked it quite often. When loved ones pass there is often not that grand gesture from beyond, that big sign or signal. The fact that you feel her around you from time-to-time is your sign. Only you would know what she felt like. It is especially valid when you have had no thought of her and suddenly you feel her around checking in on you. Acknowledge her presence and be grateful that you were blessed with her in life and that her love for you transcends death by her making her presence known to you. You may want to consider on special days setting a place setting for her at the table and include her. It will absolutely assist you in drawing her energy in and giving her memory a respectful moment.

Dear Sue-Ann:

I am engaged to be married to a lovely man. I never got to meet his father who died several years ago. He was killed suddenly in an accident and the family suffered for a long time after his loss. They have always had kind things to say about him and I deeply regret not getting the chance to meet him. The other night I had a dream that was so real I felt really weird when I woke up. My fiancé's father came to me in my dream and introduced himself. He stood before me and spoke about my fiancé when he was a little boy. He told me stories that I had never heard before. He spoke in great detail. He welcomed me to the family and told me that I was good for his son. When I woke up I told my fiancé what happened and the stories I was told. My fiancé confirmed the stories. Is this possible?

In short, yes it is quite possible. The confirmation is that the information was confirmed by your fiancé. This information was not known to you prior to having the dream. Your future deceased father-in-law was a lovely man and recognized the importance of welcoming you. They hear all our thoughts and words on the other side and he responded to your request and put your mind at ease. Know that his presence will be felt at the wedding. He too will be there for the joyous day.

Blessings,
Sue-Ann

Sue-Ann is a mother of 3 and resides in the Oshawa area. She chooses to utilize her undeniable psychic ability to assist you in resolving all of life's issues. Host and Community Producer of Divine Lane on Rogers Cable 10, Tuesday's at 9 pm. You can find out more and forward your submissions to Sue-Ann at www.divinelane.com

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The COACH Corner

by Malachi Brown

Who Me?

One of the questions we ask ourselves from time to time is; can I make a difference? Am I leader?

For most people, our ability to make a difference, or to be an effective leader, is usually answered by how we see ourselves. The people who make a difference are the Gandhis, the Mandelas, the corporate titans, sport heroes and the well-known movie stars, but never little me.

What were you told as a young child? Were you told you had what it takes?

Before I go down that road and talk about our pasts, let me just stop right here and say that it does matter, however it doesn't matter. It happened, yes, and we can analyze it to death and, yes, it's serious and it does impact how we live our lives. Despite that, decide as of today that you are going to take leadership over your situation. Choose to be a leader; I'm declaring right now that you have inside of you all you need to succeed, to make a difference in your life as well as in the lives of others around you.

I recently attended the funeral of a teacher and saw the huge crowd in attendance; it was obvious this person, over a twenty-plus year career, had a profound impact on a lot of people. Was he a leader? He went about doing his job knowing that he could have a profound impact on others. Was he famous? Yes, to the people who knew him. He chose to make a difference.

As I looked around and observed the interactions of students, who have now graduated and gone on with their lives, and other teachers attending, I saw how satisfying this must be. You too can impact your life and the life of others.

But you don't know my story. You are right, we all have our own stories. As a coach, I know how deep and painful some of those past hurts are. Is it easy to move past them? No, it can be very difficult. My challenge to you however is to say enough is enough. As of today, tell yourself; **'I am choosing to become a leader, I have what it takes,'** then start believing this fact today.

Choose to change your life if it's not currently what you want, and then help others do the same. Take the lead in resolving past hurts, even if the situation was not your fault. Stop allowing others to hold you hostage. Celebrate the goodness of who you are. You did not choose those early experiences. Ask the question 'how can I grow and learn from them?'

Romans 12 verses 2 in the bible says, "do not conform to the ways of this world, but be transformed by the renewing of your mind, then you will be able to know what God's perfect plan is for your life."

If the old way isn't working, isn't it time to try something new?

Be strong, be courageous. Do not be afraid or discouraged. You have what it takes. When it's your funeral, let it be a cause for celebration, because you made a difference, you were a leader, your life mattered..



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Horoscope (June 2013 - August 2013)

by Noanie Beregi

Aquarius (Jan. 21st – Feb. 19th)

You are spending too much time in a state of worry, which means you spend most of your time in your past or in your future. Stay in the moment and handle the issues at hand, rather than use the distraction of worry.

Pisces (Feb. 20th – March 20th)

Following one's passion or bliss is the headline for you, dear Piscean. You move forward in joy and in doing so you become an inspiration.

Aries (March 21st – April 20th)

Put your sword away, as nothing has ever resolved itself with conflict. Pay attention to the details, telling the truth, and not being attached to the outcome. Everything happens for a reason...look for the reason.

Taurus (April 21st – May 20th)

There is an awakening of seeing the deep and authentic aspects of self; mainly pertaining to beliefs. Changes will take place as if you are renovating parts of yourself, and restoring yourself through diet, lifestyle, exercise, and healing.

Gemini (May 21st – June 21st)

The closing of one door leads to the opening of a window. Letting go of something that you may not want to may seem sad, but in the bigger picture it is the beginning of understanding that something even better awaits your arrival. Allow the doors to close and be joyful of the many windows that shall appear.

Cancer (June 21st – July 21st)

You are holding on to past experiences or events and they are bringing great sorrow to your present moment. Release this deep seated sorrow by letting go of old thinking patterns in the next three months in a step-by-step balancing process. Change is good.

Leo (July 22nd – Aug. 22nd)

A time to reflect to yourself honestly; "as within, so without." You have passed through so many creative changes and enhanced your talents. You are able to draw upon these abilities and gifts at this point in working with children or with career issues from a balanced emotional place.

Virgo (Aug. 23rd – Sept. 22nd)

You are looking at yourself and external situations from a place of maximum integrity, honesty, and no compromise. Do not move forward in new directions until you are aligned in all three areas; body, mind and spirit.

Libra (Sept. 23rd – Oct. 22nd)

You are gifted with logical, rational, scientific thinking, and you can use it to communicate about a subject that is new and needs to be put forth in a clear, objective way that will be understood and well received.

Scorpio (Oct. 23rd – Nov. 21st)

A wonderful summer ahead, as your cup is running over with feelings of joy and happiness. This happiness is fulfilling internally as well as externally is associated with health, finances, work, creativity or relationships.

Sagittarius (Nov. 22nd – Dec. 21st)

In the next few months you will impart your gifts of information and inspiration on those that seek learning, as you are the teacher. There is a desire to share creativity, to have it seen, to experience being stretched with new experiences.

Capricorn (Dec. 22nd – Jan. 20th)

You have achieved balance and integration through the creative process or by working with your hands; your talents are drawn from the depth of your soul and emotional insights, and you marvel at your finished project.

A long-time resident of Durham, Noanie is guided by our planetary mix. Her connection with her intuitive process allows for this entire concept to materialize. Enjoy reading your horoscopes and with each and every word she sends out the power of healing to all that are intrigued.



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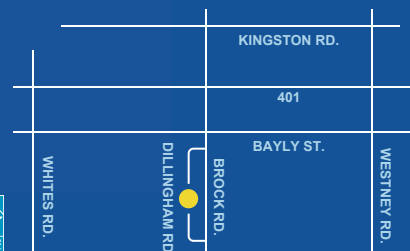
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