

# The Local Biz Magazine

Summer 2010

FREE

Durham Region

## IN THIS ISSUE

We take a look at Community Supported Agriculture

We learn about keeping our kids safe this summer

**PLUS:** We hear from a volunteering dog... and so much more!

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# The Local Biz Magazine Summer 2010

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## Published by

**INspired Media Inc.**

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**Cover Photography:** Darryl Boulley and Peter Duarte collaborated on the cover with Pete doing the photography and Darryl, the art work.

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## From the Publisher



## MAKE IT YOUR OWN!

WOW! What a phenomenal response to our new format! I was amazed at the number of people wanting more copies for customers and friends. One man came back three times because people kept taking his only copy off his coffee table at home. Everyone we have asked for an opinion has told us, "It's about time that Durham Region had its own magazine." So we're making The Local Biz Magazine Durham Region's own.

The changes in this issue are relatively minor. We have a new food columnist who is totally committed to using as much local food in her restaurant as she possibly can. Shirley Ouellette is the co-owner and co-executive chef at Cuisine 'n' Jazz in Whitby. As far as we know Cuisine 'n' Jazz is the only pub in Durham Region selling beer brewed right here.

Again for this issue we have gone for a visit with the farming community that makes up a huge part of the region using a suggestion from a reader. Although community supported agriculture has been around for years, it's relatively new to a lot of us around here. Deb Rankine shares some of her experiences as a chef using her farm to create new recipes. Darryl Boulley helped us find some really cool places for the kids to play and even shared his ideas on ways to find the good parks. Lucien Atkins then gives us some ideas for keeping the family safe for the summer.

As we promised, another new feature is the community calendar provided by Durham Region Economic Development and Tourism. Every issue will now have this listing. Unfortunately we don't have room for everything that's going on but this feature will get you started.

But most of all we want you to feel at home with The Local Biz Magazine. Make it your own. Tell us what you want to read about and what you want to see.

And please keep telling your friends about us.

**Antoine Elhashem**  
*Publisher*



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## From the Editor

### TAKE IT IN!

If Spring was any indication, we're in for a beautiful summer this year, at least for those of us living in the cities. Unfortunately our farming neighbours need some rain and a lot of it. I don't think they really care if it comes during the week or on weekends as long as they get it. But even with the lack of rain many of them will have some fantastic goodies for us all summer long.



Take the kids out to pick some of their favourite fruits and vegetables at one of the many locations around the region. There will be peas and beans along with strawberries, raspberries and tomatoes. And as the summer draws to a close, the apples will start. Check the Durham Region Tourism web site for a pick your own location near you and find out what is available. Don't forget that fresh produce changes frequently so if it's not available today, try again next week.

But summer is really the time to get outside and enjoy the fresh air and some exercise. Unplug the television and video games and send the kids, or better yet, take the kids out to play. Use the backyard, a park or even the street if it's not too busy. There's always something going on our street, hockey, basketball, even games that haven't been invented yet. It doesn't need to be organized as long as it's fun. You'll be amazed at some of the things available to do even in the rain, or according to our grandkids, especially in the rain.

You can get a chance to meet new friends when you take a walk or bike ride around neighbourhood. They look a lot different when you're not in your car. Some of them may even stop you for a chat even in the rain. Take the time to smell the flowers and the newly cut grass.

Take in some of the sporting events that are going almost every evening, baseball, soccer, football and who knows what else. Visit a skate park or take a hike along one of the dozens of trails that are readily accessible all over the Region. You could even go swimming, boating, water skiing or fishing on or in any number of lakes or rivers between Lake Simcoe, Lake Scugog and Lake Ontario.

But what ever you do, make this the year that you get active, get healthy and check out some of the fantastic things that Durham Region has to offer.

**David Drane**  
*Editor*

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# Disco the Volunteer Dog

by Linda Calder

"Hi Disco!" is usually the cheery greeting as I enter the lobby of my Mam's nursing home. This is sometimes followed by a little add on, "Oh, hi Linda".

It's the same as I go down the hall to my Mam's room. Residents and staff always greet Disco with enthusiasm.

They then acknowledge my presence. That's okay, Disco's the star of the show.

Just over two years ago, my sister and I had to make the difficult decision that our Mam needed to go into a long term care facility. While we were signing all of the paperwork, I asked if dogs could visit. We were told they could.

Disco is a pug. A couple of centuries ago, the Chinese were trying to breed a dog that looked like people. Pugs are the result. They were bred for the wealthy Chinese as companion dogs. Some of them had their own servants! (Actually, when I think about it, they still do.)

They expect attention which makes them a perfect dog for visiting people in long term care facilities.

The first time Disco and I went in, she assumed that the people sitting in the lobby were waiting for her. Before we could head to my Mam's room, she had to make her rounds. She checked out rooms as we walked by, just in case anyone was looking for her. She also introduced herself to staff members when she spotted them.

It didn't take her long to figure out where to sit next to the wheel chairs. She soon knew who wanted to pet her. She cheered up staff members too. She had found her calling in life.

Before long, she had become a therapy dog with a list of people to visit. She also added people to the list.

Disco makes people smile. She makes them feel special. Pugs were bred to sit on the Emperor's feet to keep them warm. Disco sits on people feet. A lot of them think that they are the only one she does that to. It makes them happy.

Older folks will remember John F. Kennedy's speech



when he said that he was the one who had accompanied Jackie to Paris. I tell people that I'm the one who accompanies Disco to Fairview.

But why not listen to what Disco has to say about the whole situation.

*I love to go to visit Nanna. When we go in the front door,*

*there are a whole bunch of people waiting to see me. It's hard to know which one to go to first. Sometimes I get treats from a couple of the people. One day I even found something they call a Timbit under a chair. I keep looking but I haven't found another one.*

*People like to pet me. If they are sitting in a chair I sit on their feet to make sure they can reach me. If they are in a chair with wheels I have to find a spot where one of their hands can touch me. People smile at me all the time. They tell me I'm cute. If people are in bed, I get onto the bed and cuddle with them.*

*Some of the people I see work there. They can bend down to pet me. I roll over on my back so they can rub my tummy. After awhile, they say they have to get to work. I don't know why they have to do that when they could be petting me!*

*Sometimes we go to a birthday party where there is music and birthday cake. There are lots of people at those. I visit as many of them as I can. I like to meet the singers too. One day one of them had two glasses of water on the floor. I had a drink out of one of them. I help to clean up pieces of cake that sometimes get dropped.*

*Some days I am kept very busy. They have something they call a tour. When people come in for the tour, I have to make sure I meet as many as I can while they are waiting for the tour to begin.*

*I like to visit Fairview. I miss it the days I don't go.*

I think pet therapy is wonderful. Disco is just one of many dogs who take part in the program. There are dogs of all shapes and sizes that visit. If you take a dog, you have something to talk about with the residents. Most of the long term residences have pet therapy programs. If you have a pet you think might enjoy visiting people, get in touch with your closest nursing home and find out how your pet can be involved. You might even be invited to come along.

.....  
*Linda is a retired teacher who has been a volunteer since her teens. Joining with Disco to make people smile has been a most rewarding experience.*

*Disco is a ten year old pug who loves being a volunteer. She allows Linda to accompany her because she needs a ride.*



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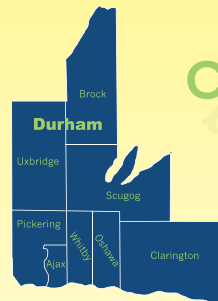
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# Community Supported Agriculture:

## Living La Vida Local

by Deborah A. Rankine

As a national food writer and author of the cookbook series, *The Fridge Whisperer*, I'm always on the hunt for new culinary adventures that force me to think outside the proverbial recipe box. Such is the case with Durham Region's Community Supported Agriculture (CSA) program. The CSA program empowers one to think and act locally and is designed to help keep family run farms out of the hands of new home developers and mega agribusiness bullies.

The CSA program was developed in the 1920's by Austrian, Rudolf Steiner, and took root throughout Europe during the '50s, '60s and '70s. In 1986, two farms in the USA (Indian Line Farm in Massachusetts and Temple-Wilton Community Farm in New Hampshire) – completely independent of one another – adopted Steiner's ideas, thus forming the first CSA's in North America. Since then, the CSA movement has been constantly growing and evolving.

CSA is a system of growing and distributing locally grown produce that restores the link between farmers and the surrounding communities. Successful in Japan and Western Europe since the mid-sixties, today's CSA program operates on thousands of farms all across North America.

Each early spring, area chefs, caterers, restaurateurs, foodservice professionals and Joe-Public-at-large

purchase advance "shares" of that year's harvest from a local CSA-participating farm. CSA "shareholders" pay for their produce at the beginning of the growing season. This provides the necessary start-up capital for farmers to purchase seeds, supplies and soil amendments and helps eliminate their reliance on expensive "seed money" bank loans.

CSA farmers are a unique lot. From the types of crops they grow, to their length of season, to their share costs and terms of share payments, CSA farms work in tandem with their shareholders to provide a weekly or bi-weekly cornucopia (Mother Nature permitting!) of local-licious just-harvested ingredients; oftentimes organically grown.

"Diversity" and "dedication" best describe a CSA farming family. Dedicated to working their lands in the most soil conserving ways, most CSA farms will sell – in addition to its still-warm-from-the earth produce – eggs, organic free range chicken, pastured beef, homemade preserves, artisanal breads and other baked goods as well. This tour de force of offerings helps offset the cost of non-soil-depleting farming methods and ensures healthy soil for healthy produce and products for generations to come.

CSA is a system that benefits everyone.

The farmer gains a healthy, economically viable farm business; the consumer receives affordable, fresh, healthy food; the local economy is strengthened; and the local environment becomes healthier as CSA's cut down on transportation and packaging.

A case in point is Steve and Lisa Cooper, owner-operators of Cooper's CSA and Maze in Zephyr, Ontario, who were bestowed Ontario's 2010 Outstanding Young Farmers Award. Recipients of this coveted honour are chosen based on a number of criteria... environmentally safe and sound farming practices, crop/livestock production history, innovation in farming methods and customer focused initiatives, to name but a few. These touchstones of exemplary farming practices won the nod from judges Brian Little (retired from RBC), Jack Gilliland (retired from John Deere) and Tom Van Dusen (agricultural journalist).

The Cooper's win is a love story of sorts. Having met at the University of Guelph's Ontario Agricultural College (upon graduation), the couple's "love of the land" found them taking over a family cattle and sweet corn business. But unpredictable weather, low commodity prices and a diminishing cattle market would test their love affair with the land, its financial stability, and their desired to farm fulltime.

What did the Coopers do next? Diversify of course!

This dynamic duo ventured into direct marketing, helping establish farmers' markets in Uxbridge, Newmarket, Aurora, Gravenhurst and Oshawa while adding an "agri-entertainment" corn maze component and entering into the CSA program back at their farm.

This fall, the Coopers will proudly represent Durham Region and the province of Ontario at the nationals being held in November in Victoria, British Columbia. There they will compete for the title of Canada's Outstanding Young Farmers.

It's stories like the Cooper's that made me want to get my CSA groove on.

Enter Paul and Jenny Svetec from Svetec Farms in Hampton, Ontario. My shares into their farm's CSA program this year will pave the way for recipe creation, development and testing for my third cookbook in the series, *The Fridge Whisperer: Gate Meets Plate*, to hit bookshelves in September of next year.

I had the good fortune of meeting Paul and Jenny in person this past May at the Durham Region Economic Development and Tourism-sponsored Chef & Farmer Event at Ocala Winery in Port Perry, Ontario. Just as exciting was having the privilege of working with a couple of their amazing free range organic whole chickens. When all one sees in the marketplace these

days are emaciated agribusiness farmed rotisserie birds, having the opportunity to break down fully mature birds was, for me, absolute culinary joy: the meat just tastes sweeter. The result from animals that were treated ethically and allowed to do what chickens were put on this earth to do... ruffle their feathers, peck at the ground, have a good bird life and, yes, be on the lower rung of the food chain. The meaty white breasts were used to create my Fridge Whisperer recipe for Mediterranean Stuffed Chicken with Creamy Pan Sauce. This dish I shared with the Svetecs and the other participants at the event. The dark meat found its way into a heavenly potpie and the carcasses were slow simmered into a rich chicken broth. I assured Paul and Jenny that every bit of their chickens were respected and honoured in my kitchen.

To get to know the Svetec Family (Paul, Jenny and their five kids, and an accoutrement of farm hands, chicks, ducklings, egg layers, free range chickens, Charolais pesticide-free pastured heifers, et al) is to appreciate all the hard-working CSA farming families within the Region. I honestly don't know how they manage it all. In addition to working one terrific all-hands-on-deck farming operation, they find time to blog about farm happenings at [www.svetecfarms.com](http://www.svetecfarms.com), run eco-friendly-themed birthday parties, host "Our Gate's Open" events, man their cornucopia of seasonal wares at several local farmers' markets, "put up" and sell homemade jams and jellies and whip up batches of decadent double chocolate brownie bars, bountiful berry muffins and "Amy's Amazing Chipper" cookies!

Next time I'm out at the Svetec's farm I must remember to ask Paul and Jenny how many hours of 'seasoned' sleep they get every night.

.....  
*National food writer, Deborah A. Rankine, has covered the food scene in Canada for the past 15 years. The author of The Fridge Whisperer Cookbook Series, Rankine also teaches ethnic-themed cooking classes at professional cooking schools throughout the Region and Toronto's GTA. Visit Rankine online at [www.thefridgewhisperer.com](http://www.thefridgewhisperer.com) for your daily fix of foodie musings and inspiration.*

## CSA News-you-can-use:

- Svetec Farms, Hampton, Ontario, [www.svetecfarms.com](http://www.svetecfarms.com)
- Coopers CSA & Maze, [www.coopersfarm.ca](http://www.coopersfarm.ca)
- Ontario's CSA program, [www.csafarms.ca](http://www.csafarms.ca)
- Ontario Farm Fresh Association, [www.ontariofarmfresh.com](http://www.ontariofarmfresh.com)
- Ecological Farmers' Association of Ontario, [www.efao.ca](http://www.efao.ca)
- Cooper's CSA profile, [www.newsdurhamregion.com/business/article/152087](http://www.newsdurhamregion.com/business/article/152087)
- "Deb's Daily Dish" food blog at [www.thefridgewhisperer.com](http://www.thefridgewhisperer.com)



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# I wanna go to the park, Daddy!

by Darryl Boulley

It's Saturday morning and already ninety degrees outside. The kids are climbing the walls and are begging to go outside. You, on the other hand, want some down time after your busy week. Where can kids and parents go and get the best of both worlds? The park!

I know you just questioned my answer but before you say "that dingy park down the road with the burning hot, warped metal slide and the swings that are just hanging chains", have some faith that I will divulge the secrets to finding some great parks in the Durham region.

Luckily for me I moved into a newly developed neighbourhood, which built a small but really nice park. But where do you look when there isn't a great park across the street? For

me, Google Maps has become my life savior. Whenever I'm out and about I make a mental note of new developments (but close to when they are finished being built) and then either I take a ride around the neighbourhood or I use Google Maps to find the newly built park within the neighbourhood (luckily for us, builders usually build a fancy park as part of the selling features).

Don't want to do all that work or Google Maps scares you, well ask around. Friends, parents and even kids know where a great park is.

For me I asked my son's little friend down the road where his favorite park is and he told me of a park I hadn't heard of. Another option is to pick up a New Homes Magazine that is free all over the region. You might have to wait six



months for that magazine to come in handy but it's worth it.

As for my favourites, well these parks are both for kids and adults. For the kids they are loaded with fun and really cool things. For us adults they have nice places to relax whether you want to bask in the sun or sit in the shade, or like me go down a giant slide. Here are my nominees for Best Parks in Durham.

**The Space Ship Park... oops, I mean Baycliffe Park (Baycliffe Dr and Twin Streams Rd in Whitby):** This place has sun, shade, a basketball court, a musical ground, a splash pad, a big kid and small kid playground and two of the fastest racing slides you'll find around.

Oh and this spinning thimble thing that my wife loves to go on and makes her look pretty silly.

**McKinney Park (right behind the McKinney Centre - Taunton Rd and McKinney Dr in Whitby):** Where to start with this park, well a skateboard park, tennis courts, basketball court, a pretty cool splash pad and a very cool playground. They have a swing that fits a few kids at a time and a spiderweb type climbing thingy that for some

reason attracts 30-year-old men to play on. Ok maybe it's just me.

For your newly potty trained kids the McKinney Centre has washroom entrances on the outside of the building for everyone's use.

**Cedar Park Resort (Cedar Park Rd and Concession Rd 6 in Bowmanville):** Unlike my other favourites, this park has an admission fee but don't worry it is well worth it. This place has mini-golf (the only time I feel like a real golfer), a tennis court, a large swimming pool, two small children's wading pools with some pretty cool splash pads that should be called soaker pads and my favourite - three water slides.

I remember as a kid I used to always use the excuse "there is nothing to do today" but I will never let my kids use that excuse; especially when there is so much fun to be had in Durham. See you at the park!

.....  
*Darryl Boulley is the father of two pre-school children. He is a graphic designer, writer and assistant coach of the UOIT Ridgebacks men's hockey team. He's also just a guy who refuses to act his age around playgrounds.*

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# Keep Our Kids Safe This Summer

by Lucien Atkins

*In 2009, unintentional injury was the leading cause of death in children and young adults. Last year alone, there were approximately 2,800 children, ages one to 14 years that died from unintentional injury<sup>1</sup>. This summer keep safety at the top of mind while planning your children's play.*

## Start with the End in Mind

Think like a child! Get down on all fours and peek into every corner and crevice in our backyards the way your kids do. "You'll never believe the interesting things you'll find, from nail-clippers to lost shoes, but most importantly there may be sharp objects that could really bring harm to your child or a pet," says Sharena Ernstberger, experienced mom of 3.

This forward thinking mom suggests checking the patio bricks to see if any have come loose - a most dangerous hazard when you least expect it. As well, test the play equipment, swings and slides, to ensure that they are sturdy and ready for another round of summer play.

## Backyard Buffer Zone

Experts say there should be a six-foot buffer zone between any equipment and any obstructions such as garages, fences, trees, utility poles, or wires<sup>2</sup>. I like to suggest practicing the "out of sight, out of mind" routine. Keep barbecues, fire pits, and all garden equipment in the shed when not in use. You never know what mischief wondering eyes can find. Another good tip would be to fence up your children's play area. Make sure the kids know that anyplace outside of the fenced zone is off limits!

## Backyard Jungle-Gyms

Falls are the leading cause of unintentional injury for children. Children ages 14 and under account for one-third of all fall-related visits to hospital emergency rooms<sup>3</sup>. When buying the backyard Jungle-Gym, don't buy play equipment bigger than your pre-schoolers thinking they will "grow into it". Buy pieces that are the right size and add larger pieces later. If your play equipment must accommodate older siblings as well, supervise the younger ones carefully, or, better yet, set up their own "just my size" jungle gym.

Using woodchips or sand to buffer the fall? Whatever the material you use under the jungle-gym, consider going at least 6 to 7 feet out from the equipment.

## Shock Absorbency Rules!

Most playgrounds lack a shock-absorbing surface under the equipment. No matter how well the equipment may be designed, nothing cushions a fall like a soft place to land. In 2002, Durham hospital statistics showed that girls were more prone to require hospitalization due to injuries resulting from falls<sup>4</sup>. In fact, of the approximately 200,000 children treated in emergency rooms each year for playground injuries, about three quarters were hurt in falls to the ground or onto other equipment; often resulting in broken bones<sup>5</sup>.

Rubbery mats and tiles are the better alternative to mulch, chips, sand and pea gravel. Most mats come in a variety of synthetic materials and require little maintenance. They don't hide sharp objects or animal waste as loose fill can.

The disadvantage is that mats cost a lot more initially and require professional installation.

## Water Safety - Backyard Pools

Drowning is the second leading cause of unintentional injury-related death among children ages one to 14. The majority of drowning and near-drowning occur in residential swimming pools and in open water sites. However, children can drown in as little as one inch of water<sup>6</sup>. Kids need constant supervision around water - whether the water is in a bathtub, a wading pool, an ornamental fish pond, or a backyard swimming or wading pool<sup>7</sup>.

In-ground pools require a fence that will completely isolate the pool from the home. It should be at least five feet high with self-locking and self-closing gates around the pool.

Young children are especially vulnerable - they can drown in less than 2 inches (6 centimeters) of water. That means drowning can happen where you'd least expect it - the sink, the toilet bowl, fountains, buckets, inflatable pools, or small bodies of standing water around your home, such as ditches filled with rain water. Always watch children closely when they're in or near any water.

## Water Safety Gear

Invest in proper-fitting, life vests (CSA approved is the only way to go) and use them whenever a child is near water. Check the weight and size recommendations on the label, then have your child try it on to make sure it fits properly. For kids younger than 5 years old, choose a vest with a strap between the legs and head support - the collar will keep the child's head up and face out of the water. Inflatable vests and arm devices such as water wings are not effective protection against drowning<sup>8</sup>.

Always keep poolside rescue equipment and a cordless, water resistant telephone close to the pool area.

Looking for more ways to ensure your home and garden are safe havens for play? Visit [www.mysafehome.net](http://www.mysafehome.net) for a virtual tour.

Summer can be an enjoyable time for the entire family, but only if we have our safety eyes open underneath our summer shades!

### Footnotes

[1] [www.lpch.org/DiseaseHealthInfo/HealthLibrary/poison/stats.html](http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/poison/stats.html)

[2] [life.familyeducation.com/safety/playground-safety/48154.html?detoured=1](http://life.familyeducation.com/safety/playground-safety/48154.html?detoured=1)

[3] [www.lpch.org/DiseaseHealthInfo/HealthLibrary/poison/stats.html](http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/poison/stats.html)

[4] "Injuries At A Glance", Health Department, Durham Region, Last Updated September 2009

[5] [life.familyeducation.com/safety/playground-safety/48153.html?detoured=1](http://life.familyeducation.com/safety/playground-safety/48153.html?detoured=1)

[6] [www.lpch.org/DiseaseHealthInfo/HealthLibrary/poison/stats.html](http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/poison/stats.html)

[7] [www.homesafetycouncil.org/AboutUs/Media/media\\_w015.asp](http://www.homesafetycouncil.org/AboutUs/Media/media_w015.asp)

[8] [kidshealth.org/parent/firstaid\\_safe/outdoor/water\\_safety.html](http://kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html)



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# Summer Skin Care Tips

by Lauralee Gatto

If you ask dermatologists, they will tell you that one of the most important things you can do to protect your skin in the summer months is to use sun protection. Not only is a great sun screen product one of the best anti-aging tools you will ever find, there are also major health benefits for your skin. While we all love to soak up the sun's warming rays and get valuable Vitamin D from them, the sun also gives off damaging UVA (aging) and UVB (burning) rays that can cause permanent skin damage that will show up years later in the form of age or sun spots, wrinkles and skin cancers. So it is imperative to protect your skin from these damaging rays with a sun screen with a SPF (sun protection factor) of 15 or higher. If you are fair-skinned, an SPF of 30 or higher is recommended.

Summer's heat and humidity also cause our skin to release excess sweat and oils. Therefore, as part of the summer skin care regimen, skin must be kept clean, clean, clean! A proper skin cleansing routine will begin with washing your face morning and night with an appropriate cleanser designed for your own skin type. (i.e. dry, oily, or combination skin) This will remove any oils and impurities from the surface of the skin. Gently cleanse with your product, then use a toner that is also designed for your skin type. The toner will keep your skin at its proper pH level. That means it will have enough oil and water in balance to keep it supple and moist and keep it from dehydrating. After toning, apply a moisturizer. For summer, it is great to use a moisturizer with a

built in SPF of 15 or higher. An additional step in the cleansing routine is to exfoliate the skin twice a week to remove any dead skin cells. This will also help your other skin care products to penetrate much better into the skin.

And men's skin needs just as much attention in the summer as women's does. These days there are many great products on the market for men. Men can cleanse daily with a two in one cleanser and toner. They can exfoliate twice a week and this will also help reduce irritation from shaving. Then you can throw on a moisturizer with a built in SPF and you're ready to go!

Remember that it is equally important to hydrate your skin internally as externally, so drink your 6-8 glasses of water daily to keep your skin looking great!

Your summer skin care routine is different than your winter routine, so be sure to change your products according to the season. Hindsight is always 20/20, especially when it comes to your skin. What you do today will be seen in your skin in years to come. So take good care this summer, and your skin will thank you.

Enjoy your summer and your summer skin care routine!

---

*Lauralee Gatto is an Esthetician and Make-up Artist who teaches part-time at PNK Promotions Inc. - a modeling agency based in Oshawa ON.*



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# Summer Events Calendar

**Saturday, July 24 -  
Sunday, July 25**

*Northern Anime Festival*  
Durham College Campus,  
Oshawa

*Marsh Awareness Weekend*  
Darlington Provincial Park  
Bowmanville

**Sunday, July 25**

*Beaverton Thorah Eldon  
Historical Society Heritage  
House Tour*  
Beaverton and area

**Wednesday, July 28**

*Music in the Square*  
Heritage Square, 65 Harwood,  
Ajax

*Whitby Music in the Park*  
Rotary Centennial Park  
800 Brock Street South, Whitby

**Thursday, July 29**

*Brooklin Music in the Park*  
Grass Park  
41 Baldwin Street, Brooklin

**Saturday, July 31 -  
Monday, August 2**

*Pioneer Days*  
Darlington Provincial Park  
Bowmanville

**Wednesday, August 4**

*Dine in the Vines*  
971 High Point Rd., Port Perry

*Whitby Music in the Park*  
Rotary Centennial Park  
800 Brock Street South, Whitby

*Kids in the Square*  
Heritage Square  
65 Harwood Ave. S, Ajax

**Thursday, August 5**

*Brooklin Music in the Park*  
Grass Park  
41 Baldwin St., Brooklin

**Saturday, August 7**

*Celebrate Ajax by the Lake*  
Lion's Point, Lake Driveway,  
Ajax

*Movies in the Park*  
Rotary Park, Ajax

*Canadian Natural Nationals*  
Regent Theatre  
50 King St E, Oshawa

**Sunday, August 8**

*Brits on the Lake*  
Downtown Port Perry, Port Perry

**Monday, August 9 -  
Monday, September 27**

*Art in Public Places - Mike  
Butler*  
OPG Info Centre, Pickering

**Tuesday, August 10**

*Twelfth Night*  
Celebration Square, Whitby

*OPG Tuesday on the Trail  
Outreach*  
Bowmanville

**Tuesday, August 10 -  
Thursday, August 12**

*2010 Ontario Senior Games  
- Actifest*  
UOIT/Durham Campus, Oshawa

**Wednesday, August 11**

*Music in the Square*  
Heritage Square  
65 Harwood Ave.S, Ajax

*Whitby Music in the Park*  
Rotary Centennial Park  
800 Brock Street South, Whitby

**Wednesday, August 11**

*Twelfth Night*  
South Village Courtyard  
UOIT Campus, Oshawa

*Cemetery Walk*  
Bowmanville

**Thursday, August 12**

*Brooklin Music in the Park*  
Grass Park  
41 Baldwin Street, Brooklin

**Friday, August 13**

*Midnight Madness Outreach*  
Bowmanville

**Saturday, August 14**

*Sciensational Snakes Program*  
Darlington Provincial Park  
Bowmanville

*Orono Antiques & Art Street  
Fest*  
Downtown Orono

**Wednesday, August 18**

*Whitby Music in the Park*  
Rotary Centennial Park  
800 Brock Street South, Whitby

*Kids in the Square*  
Heritage Square  
65 Harwood Ave. S, Ajax

**Thursday, August 19**

*Brooklin Music in the Park*  
Grass Park  
41 Baldwin St., Brooklin

**Friday, August 20**

*Zoom Singles Dance*  
Ajax Community Centre  
HMS Room, Ajax

**Wednesday, August 25**

*Music in the Square*  
Heritage Square  
65 Harwood Ave. S, Ajax

*Cemetery Walk*  
Bowmanville Cemetery,  
Bowmanville

*Whitby Music in the Park*  
Rotary Centennial Park  
800 Brock Street South, Whitby

**Thursday, August 26**

*Brooklin Music in the Park*  
Grass Park  
41 Baldwin St., Brooklin

**Saturday, August 28**

*Blackstock Fair*  
3340 Church Street, Blackstock

*Blackstock Fair Demolition  
Derby*  
3340 Church Street, Blackstock

**Sunday, August 29**

*Ride4United Way*  
Garnet B Rickard Recreation  
Complex, Bowmanville

**Wednesday, September 1**

*Spirit Walks (every  
Wednesday)*  
Bowmanville

*Kids in the Square*  
Heritage Square  
65 Harwood Ave. S, Ajax

**Saturday, September 4 -  
Sunday, September 5**

*Monarch Migration Weekend*  
Darlington Provincial Park  
Bowmanville

**Thursday, September 9**

*Mike Mandel*  
Class Act Dinner Theatre,  
Whitby

**Thursday, September 9 -  
Sunday, September 12**

*Durham Central Agricultural  
Fair Outreach*  
D.c.a.s. Fairgrounds, Orono

**Friday, September 10**

*Murder Mystery Evening*  
Scugog Shores Museum Village  
Port Perry

*Uxbridge Fall Fair*  
Elgin Park, Uxbridge

**Saturday, September 11**

*Brooklin Harvest Festival*  
Grass Park, Brooklin

*Fall Garden Glory Tour*  
Clarington, Bowmanville

**Sunday, September 12**

*Union Cemetery Tour*  
Oshawa Community Museum,  
Oshawa

**Tuesday, September 14 -  
Wednesday, September 15**

*Sunderland Fall Fair*  
Sunderland Fair Grounds,  
Sunderland

**Thursday, September 16**

*Meridian Credit Union /Ajax  
Rotary Charity Golf Classic*  
Heather Glen Golf Club, Ajax

**Friday, September 17**

*A Spirit Walk*  
Pickering Museum Village,  
Pickering

*Zoom Singles Dance*  
Ajax Community Centre  
HMS Room, Ajax

**Friday, September 17 -  
Sunday, September 19**

*Fall Art Festival*  
Camp Samac, Oshawa

**Saturday, September 18 -  
Sunday, September 19**

*Uxbridge Studio Tour*  
Uxbridge and surrounding  
communities

*Harvest Festival*  
971 High Point Rd Port , Port  
Perry

**Saturday, September 18**

*Whitby Heritage Day*  
Downtown Whitby

*Vaudeville Exhibit Opening*  
Sarah Janes William Heritage  
Centre . . . . .  
Bowmanville

**Friday, September 24**

*A Spirit Walk*  
Pickering Museum Village,  
Pickering

**Saturday, September 25 -  
Sunday, September 26**

*Doors Open Oshawa*  
Throughout Oshawa

**Sunday, September 26**

*Cemetery Walk*  
Bowmanville Cemetery,  
Bowmanville

*A Spirit Walk*  
Pickering Museum Village,  
Pickering

*Celebration of the Harvest*  
Port Perry

# Tasteful Talk

by Shirley Ouellette



Summer 2010 and the Durham Region farmers' markets are bursting with life. What a great opportunity to share my love affair with food and the meaning of "Gastronomy". Together we will explore the delights available to us locally and how we can support the community by creating our own "Local Food Movement" right here, right now. For now not only is it the perfect time, it is also the desperate time as we see our beloved Canada fall into the obesity trap along with our US cousins.

Not wanting to sound too dramatic and have you turn the page before we've even been introduced let me tell you what you can expect of me. I was born in England and grew up in a small village with a history steeped in farming and fishing. One of the things I learned very early in life is that eating, or as we like to call it "breaking of the bread" is a social activity. We live to eat, not eat to live. Once I moved to Durham I was so happy to find the local farmers, engage in mutually beneficial relationships and get to know my food. That's right, actually get to know my food, like you would a friend. I want to share those friendships with you, share the research and what is available, when and where and also the recipes I have created with the copious fresh produce available in the Durham Region.

So let's not waste any more time and get to it! Currently in our local area we have almost everything you can imagine, from salad greens, to beautiful berries! Moving into August we will also start to see fresh apples and pears from this season. To find the closest Farmer's Market to you, check out the Durham Farm Fresh website.

One of the things we have noticed with our own personal dinner parties is how much our guests appreciate the time and love we have put into preparing a dish. It's not about the monetary value. Time and love are priceless. So let me give you a great tip on preparing local potatoes that will be sure to leave your guests smiling.

Buy the smallest new potatoes you can find, assorted colours make this dish really attractive. You will also need chives and bacon. Boil the potatoes whole until just soft; don't let them go to mush. Meanwhile cook the bacon in the oven until crisp and most of the fat has rendered off. Wipe with paper towel and chop. Snip up the chives. Now I make hollandaise sauce, but you can buy some great packaged varieties if this seems too daunting. Once the potatoes are ready, mix with the chives, hollandaise sauce and bacon, and serve. Perfect with any BBQ!

Now all we need is a local wine.

We have the power. Vote at the cashier. Buy local.

Salute!

.....  
*Shirley Ouellette, joint Owner and joint Executive Chef of Cuisine 'n' Jazz grew up in England. Living in Cornwall most of her life, Shirley often went with her father to collect meat directly from the farms, so understands the importance of supporting the local area. Sourcing local produce here in Durham, is one of her favourite responsibilities, along with creating original recipes and keeping the local theme coupled with environmental sensitivity alive in the kitchen of Cuisine 'n' Jazz.*



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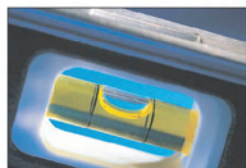
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## chock full of awesome

by Sherry Bridge

### Money, Money, Money

During this coming summer, many students will turn to part or full time jobs to satisfy their summer financial need or save for post-secondary education. However, the current economic climate can make it difficult to get a job. This is especially true if you have never had a job before. Businesses are less likely to give inexperienced youth a chance with so many older, experienced applicants also on the hunt for work. Tough economic times mean that fewer establishments are looking for hands due to decreased business and increased financial burdens. A lot of students, especially those in early high school, will face difficulty finding a job or may end up without one. If this is you then fear not, there are many fast and easy ways for you to fund your summer, and maybe even have a little left over.

1. Market and Auction Web Sites: You have probably accumulated things that you don't want or need, so instead of throwing them away why not sell them and profit? Anything can be posted for sale on Ebay or the Canadian auction site Kijiji. You also can make your own goods using household items. Easy craft ideas include; paper flowers, origami, sewn and knitted goods, crochet, and woven or beaded jewellery. All of which can be posted on the craft market social commerce website Etsy.

2. Recycle: When you bring recyclable goods such as cans or bottles to a recycling location you can be reimbursed. Usually, the amount for a can or bottle is only about five cents, but this can still cushion your income. In order to make a larger profit you would have to collect recycling. Identify locations that would traffic many recyclables (e.g. restaurants), and ask permission to collect from them.

3. Neighbourhood Service and Sales: Dog walking and babysitting are common jobs for youths that can become lucrative if the services are well marketed throughout the neighbourhood. Young people can also sell Avon Make-up products. If you are under eighteen, Avon will allow you to sign on as a co-applicant. This means you can sell make-up and receive commissions with the help of your parent to act as the primary applicant on paper.

4. Saving Money: A good way to save money is to open a bank account. This way you can save your money in a safe place as well as create a withdrawal limit that will help you avoid the temptation to spend. Many banks offer reduced rates or special banking offers to students. For example, the Bank of Montreal provides free banking for students while they are in school.

5. Spend Wisely: Look for deals and bargains when you spend. Save with an SPC (Student Price Card) which can provide you with discounts at numerous popular stores and restaurants. It can be purchased for around ten dollars in many stores, including Shoppers Drug Mart. The SPC web site even has a free iPhone/Blackberry application that will send information on different sales and deals directly to your mobile device.

Regardless of your employment status, you can still round up enough dough to have an enjoyable, entertaining summer vacation. Please remember to consult your parent or guardian if you are under the age of eighteen.

.....  
Sherry is eighteen years of age and recently graduated from Pickering High School. Next year she will pursue a bachelor's degree in psychology at the University of Toronto.

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# Ask Sue-Ann

by Sue-Ann Bavlnka



Dear Sue-Ann:

I recently rescued a Basset Hound from my local pound. Even while I was there I wondered at how fecal life is. I knew that this dog would be going to a good home and that he would be loved but what about all the other dogs and would it be the same for them? I can't help but wonder why some will go onto a better life and some will be euthanized. What determines this? Is this just a roll of the cosmic dice or could this be God's plan.

Veronica

All living things are on a spiritual course of evolution. The human experience has a varied response regarding the role and responsibility relating to the care and love of domestic pets. The outcome of all of God's creatures is monitored as well as is the human condition and how they relate to each other. Every outcome has its own role and responsibility to the evolution of every soul. Torture and mistreatment of animals is a result of man's behaviour and contributes to the ongoing negativity within the human condition. Many times I have had clients express to me the reasons they choose the specific animal that they brought home. The reason why you ended up in the shelter, that day and chose that animal may appear to be random from the outside but it is not random at all. We are guided to be where we need to be and when we listen we assist in the balance of life in a positive way.

Dear Sue-Ann:

Recently my husband and I were driving in Toronto. We heard the sirens of a police car coming up behind us and proceeded to pull to the right to clear the path. As we watched the police car go by we both noticed that it was a 1960's edition vehicle and to our astonishment watched it vanish before our eyes. We were the only ones on the street at the time but we both witnessed the same event. Can you explain what happened?

K.A.

You were witness to an imprint of an event that was left behind from a highly energetically charged moment in time. Another way to explain it is that there was a merging of the past and the present in that one moment of time. It is likely that it is an event playing itself out again and again in many ways. Quite often spirits remain here after their passing living their final moments or repetitive events that happened during their lives. It is quite probable that the policeman driving that car is reliving his final chase and has not left this earth plane but remains here to relive his final moments. These stories are excellent proof of the existence of the other realm and the coexistence between the other side and our present life conditions. It proves once again that there is more than what goes on in our day-to-day living taking place around us.

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

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# Taking the Lead



by Corry Hamilton

## You Are What You Eat

Do you ever feel overwhelmed when choosing a new pet food? You're not alone. Between your vet and pet food companies, all telling you that they have the best pet food, what is a pet owner to do?

The easiest thing to do is to imagine that you are designing your own line of pet food and make sure that all the ingredients you'd like to see in the food are actually there. Whether that means making your own food or buying it, you want the best ingredients that money can buy.

By knowing your pet, it makes it much easier to design a pet food for them. Are they a senior but still act young? Do they have health concerns? Do they have foods they love and would do anything for? That is a great place to start.

Proteins, glucose and fats are all mainstays of a balanced diet and they are the foundation for creating your ideal food for your pets. Proteins are composed of amino acids and they are important for the growth and repair of tissue. When choosing a protein you want to look for hormone and antibiotic free meats. If you are looking at making your own food, you can easily find these meats at family run farms or local butcher shops. Choose animal proteins over plant-based proteins as plant-based proteins are generally lacking one or more essential amino acids.

Glucose is important in not only providing energy but also in regulating how much fat will be broken down and used by the body. Glucose can be obtained through ingesting carbohydrates or through gluconeogenesis where amino acids from protein and fats are converted to glucose. Too many carbohydrates can result in excess stored fat, which is part of the problem with obesity today. Fruits and vegetables make great treats and grains should be kept to a minimum, especially if there are skin sensitivities or your pet is battling cancer or diabetes.

Fats are important for promoting healthy cell function, as a source of essential fatty acids, and aiding in the absorption of fat-soluble vitamins (A, D, E and K) and of course make for a nice shiny coat. It is important to have the right balance of omega 3, 6 and 9. Choosing a liquid fat over a solid fat will give your pet a better balance of essential fatty acids. They are also more readily absorbed. Cats do need animal fat, as it is a source of arachidonic acid—a fatty acid that dogs can manufacture but cats cannot.

Once you have the three staples of your diet, you can then decide if you would like to add other supplements, extra vitamins and minerals...

Pet foods do not need to have tons of ingredients to provide the right nutrition for your pets. The old adages of "quality over quantity" and "you are what you eat" are very important to keep in mind when looking for a new pet food.

There is so much more information that could be discussed but this is a good place to start. If you have questions, please don't hesitate to contact me or to speak to your vet about choosing the food that is "just right".

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



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# BOOMERS

by David Drane

Boomers are the driving force behind our present economy and our entire society. There are an awful lot of them. Us. And yes, I know that some of you call yourselves Zoomers. Give me a break. Changing one letter doesn't change who you are.

We have an awful lot to do with the things that are going on in your lives. And some of those things are pretty crazy.

For example, our healthcare system is suffering from the effects of people living longer with unhealthy lifestyles. Our technology has improved so much that people who would have died around forty are still alive at 60, 70, even 80. But the self-induced illnesses they have like obesity, cardiac disease, hypertension, stroke cost a lot to treat.

But that same system is having difficulty coping with the problems being brought on by the healthier life styles of some of those boomers. Sound nuts? Some Boomers are trying to stay younger by taking on strenuous exercise programs. Now they need corrective surgeries for injuries caused by that exercise, hip replacements, shoulder repairs, and other sports injuries. Whether they're healthy or not, they're running up the costs in the health system.

But what about retirement? Some of them have a really weird concept of retirement. They stop doing what they have been doing all their lives in order to do something they've always wanted to do. They'll give up a \$200,000 a year job to do something that will max out at \$50,000? Why? Because we love it so it doesn't seem like work. That's why.

Money. There's a good one. How do we look at money? Our parents wanted to leave a jackpot for the kids. Do we? Or do we want to enjoy it while we're alive and let the children have the opportunity to earn their own? Like so many other things we can't decide. Some of us want to slide in to heaven at the last minute and say, "Man, what a ride" while others want to follow the example of their parents and have a nice quiet retirement and die in their sleep leaving the kids on easy street.

There are even companies that want us to think we can have it both ways. They offer something called a reverse mortgage. They give you a portion of the equity in your home with no payments as long as you stay in the home. Sounds sweet until you do the math.

You borrow 40% of your equity, say \$160000 on a \$400000 home. Right now mortgages are around 5%. That's about \$8000 a year in interest depending on the compounding frequency. If you live for 10 years, the estate pays back \$240000. 20 years? \$320000. 30 years? Bye bye house. If interest rates go to just 7%, after 20 years there may be enough residual value in your home for your funeral. Maybe.

And yes, this little scheme was dreamed up by a boomer.

Pain in the butt, aren't we?

.....  
*David Drane is the editor of the magazine you're holding in your hands.*

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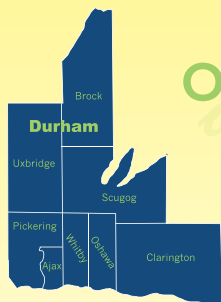


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The **COACH** Corner

by Dennis Brown

## Same Old Same Old.

Do you find you're in this place more often than you would like? How often are you sick and tired of being sick and tired? If you are like a lot of people you get to the point of saying to yourself I need to make a change. This change could be in your career, a bad relationship, a friendship that no longer works, your health, your diet any number of things.

You start off whether it's as a new year's resolution or after yet another bad weekend. Things go well for a while and then BAM, you hit the wall. Before you know it you are back doing the same old same old. How frustrating.

How do we get out of this destructive pattern?

For most of us these patterns and habits have been in development for a long time. This is who we have become. We have attracted friends, relationships, lessons on how to handle finances, eating and health habits throughout our lives to the present time.

For most people these habits and patterns are taught to us by individuals who might not necessarily be the best teachers. To break these habits we require a totally new way of thinking, disciple and perseverance. In a society bent on having everything now, this presents a problem. A lot of people are in love with their current stories. They know it's not serving them but the fear of moving temporarily into an unknown territory scares most people. Let me just stay with what I know.

So instead of having the life we want we settle for the same old same old.

We stay on the same old roller coaster; some times we're happy sometimes we're not. The space between our current life and a life of freedom lays uncertainty, fear, and the great unknown. This stops us from moving forward. What if? The reality is, as you step towards this place of uncertainty, and stay with it a new more powerful you will emerge.

As you continue to walk through this place you will get to where you need to be.

In the Bible Psalms 23 verse 4 states, Even when I walk through the valley of the shadow of death I will not be afraid. For most people there is the mind set that once I enter that place of uncertainty I will get stuck there. The verse directs us to walk through, not to stay there.

How is this possible, the verse continues to state God is with you, he will comfort and protect you?

Be bold step out and claim the life you want, you can't fail. God is with you.



*Dennis of Dennis Brown & Associates applies his passion in helping others unlock their full potential, enabling them to live the abundant lives they were created to have.*



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