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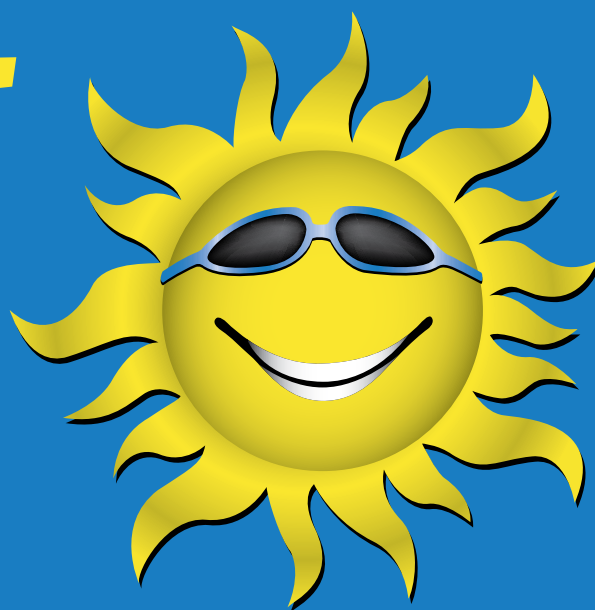
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**Correction:** In the candidates coverage for the Regional Council we misspelled the name of candidate, Ted Eng. We apologize for any inconvenience or embarrassment caused to Mr. Eng.



## From the Publisher

Winter is a very special time of year, partly because it includes the best holiday of all but also because a fresh blanket of snow covers imperfections that may be visible during the rest of the year. But there are people who really don't like the cold weather so we decided to give them something special, a story about volleyball, that's winter volleyball in Durham Region and another about a super way to get really warm on a cold night, hot tubs.

For those of you who do like winter we have a very special article about snowboarding from a young enthusiast. There are excellent winter sports facilities in the Region, both inside and outdoors so why not give them a try?

If you are a regular reader of The Local Biz Magazine you have noticed that we always have an article about the agricultural community. The reason is simple. Considerably more than half the Region is north of Taunton Road and those people have a lot of interest in farming and related activities. In this issue Durham Farm Fresh tells us what they do for all of us. I didn't know that many chefs are members of the organization. After reading this article you'll know how the agricultural community can make your life better.

Of course winter starts with Christmas so we have a very special story from our editor, David Drane. All of us at The Local Biz Magazine hope that all of you will have a safe and happy Christmas and a very prosperous 2011.

Every issue we invite you to send us ideas for articles. The stories about winter volleyball and snowboarding both came from readers. But here's something a lot of you didn't know. The Local Biz Magazine does not charge you to have a story about your business or organization in the magazine. We charge for advertising. It's our advertisers who bring this beautiful publication to you four times a year. So when you read it, remember the people who paid for the enjoyment you get from it. If you've never heard of them before, tell them how you found them.

**Antoine Elhashem**  
**Publisher**

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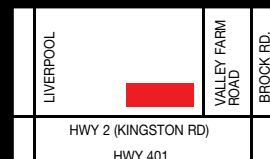
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## SEASON'S GREETINGS

from Mari-Ann Britt  
and Debbie



Mari-Ann Britt, DD

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## From the Editor

Winter is here, maybe not officially but I consider that winter has started when the Grey Cup is over. The calendar says the season starts on December 21 but I think of it as half done by then. Well at least I hope it is. I am not a winter person.



But winter brings with it a need for extra care, caution and most of all, consideration. The ice and snow make walking, driving and outdoor activities hazardous because of hidden dangers. For pedestrians and motorists it's the ice lying just below the pristine snow covering all the nasties left over from the fall. Suddenly and often without warning there is no traction. Stopping becomes next to impossible. Standing becomes a challenge.

Care and caution when walking and driving may not be good enough. Consideration for other people walking on the path or driving on the road will give you the extra margin of safety that may just get you home in one piece. It really doesn't matter if you have the right of way if letting the rude or impatient person go first gets you home in one piece, does it? But that doesn't give you the excuse to be like them. Small indiscretions can turn into big bumps, dents and injuries very quickly.

Now here are a few things that will help make life easier and safer for both you and those around you.

1. Be aware of handicap parking areas and leave them for the people who need them. Walking that extra twenty feet may be a small inconvenience for you but it could cause an elderly or disabled person an injury or worse.
2. Obey "No Parking" and "No Stopping" signs particularly in school zones. You or your child may need to walk a little further but the rest of the kids won't need to worry about the view of the road being blocked by vehicles parked where they shouldn't be.
3. Slow down. Just because the speed limit is 60 doesn't mean you need to go that fast. When the light turns green you don't need to be the first out of the blocks.
4. Courtesy doesn't cost anything. Try it. You'll like it.

And now for outdoor sports enthusiast. Please use common sense. If nobody else has been across that patch of ice, you don't need to be the first. Maybe there is a good reason no one else has gone there. Remember to dress appropriately even if you are only going out for a few minutes. Frost bite hurts. I've tried it and it is definitely not fun.

But above all, enjoy the winter. There are a lot of great things to do in Durham Region, skiing, snowboarding, ice fishing, snow mobiling, hiking, skating, even sleigh rides and tobogganing. If you prefer to stay indoors, there are theatres, spas, fine dining, darts, pool, swimming, baseball and we're not sure what else because we just keep finding more.

So have a safe and wonderful winter enjoying this fantastic Region we call home.

**David Drane**  
Editor

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# Winter SPORTS



## Snowboarding

by Andrew Van Klink

Is it the feeling of the freezing cold wind in my face as I fly down the hill that keeps my adrenaline going?

Or maybe thinking back to that first trick I landed? Whatever it is it works. That feeling is like nothing in the world and I love it.

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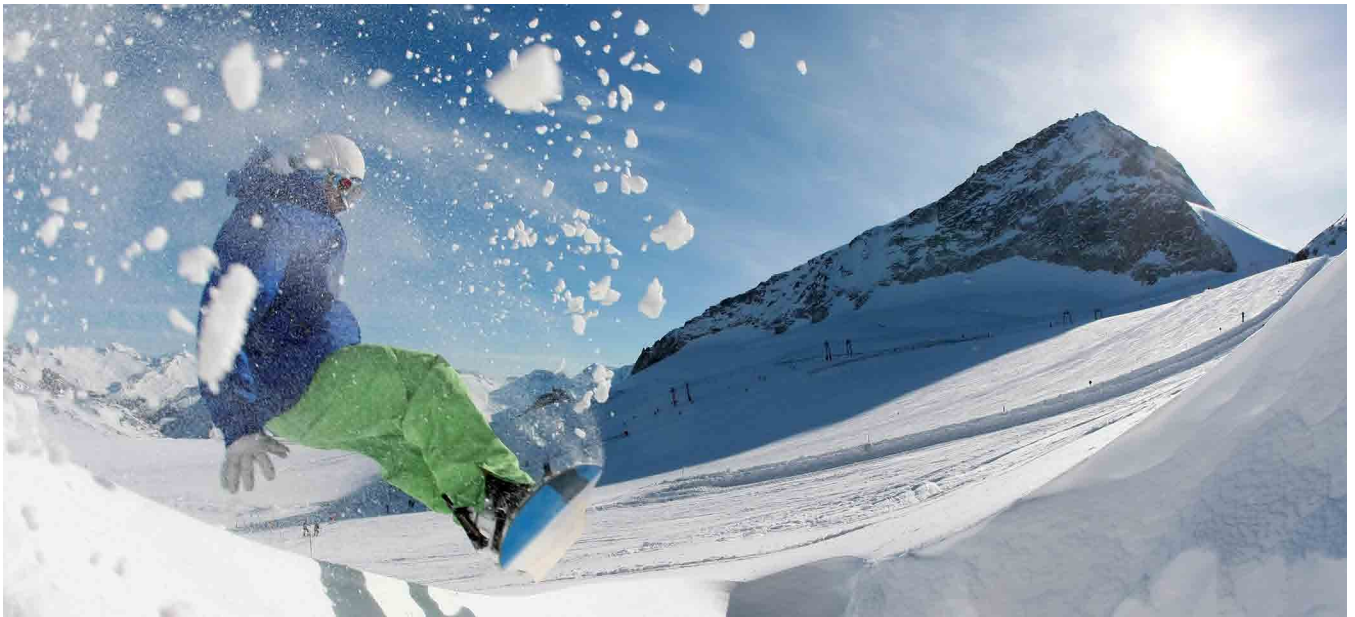
## Volleyball

by Zuby Shaikh

When people are asked to list their favourite winter sports, most are inclined to name the typical ones, featuring ice, snow, slipping, sliding, and (often) crashing. And while they are all noble sports, bursting with enjoyment and capable of providing hours of pleasure, there is one sport that often gets left off the list, simply because its existence does not rely on the presence of snow and ice. That sport, of course (if you read the title), is indoor court volleyball.

Continued on page 9





## *Snowboarding* (continued from page 7)

I first started snowboarding two years ago when I heard about the snow club at my school. I could have tried skiing but I did a lot of skateboarding and I thought snowboarding was more like that. My mother's first concern was about safety but think about it. Snow for the most part is soft so how hurt can you get?

Safety is a huge concern in all sports especially snow boarding. With a large variety of jumps and rails you could get seriously hurt. If you're careful for the most part you should be safe. The major things that keep you safe are your equipment and your ability to see and hear the people around you.

Another big part of snowboarding is equipment. This can be very expensive but looking in the right stores can save you a lot of money. One good place to look is online or a used sporting goods store. The main piece of equipment of course is the board along with boots, bindings, helmet and goggles. Boots and bindings are for ankle support and to attach you to the board. Bindings are two metal clips to clip to your boots. A helmet is very important obviously for head protection. It's not mandatory but it is smart to wear one.

One of the best parts of snow boarding is being with your friends and meeting new people. There are tons of skiers and snow boarders on the hills to meet. Also many people communicate on the chairlift or in the chalet or lodge. I'm always making new friends and talking to people.

I think snow boarding is a great sport because it's individual and you don't have to rely on a team like soccer or hockey. It's doing your best not your team's best and I think that's the most important thing.

Maybe snow boarding will take me somewhere in life. Maybe not but if not it's something I can do for ever. Many people enjoy skiing and snow boarding as a vacation, a hobby or a career. But overall it's an amazing sport to learn and take up.

Anyone can grab a board and hit the hills.

*Andrew Van Klink is a grade eight student at West Lynde Public School in Whitby and a member of its SNOW CLUB. The coming winter will be his third year as a snow board enthusiast.*

## *Where to Snowboard*

As sports go, snowboarding is very young being recognized as a sport in 1985 and accepted into the Winter Olympics in 1998. In the early years few ski resorts allowed snowboarding and those that did sent them to separate hills from the skiers. But now most resorts not only accept boarders but welcome them to the slopes. According to one source there were almost 7 million boarders in the United States alone by 2005.

Snowboarding enthusiasts tend to be younger than skiers which is logical because the sport is only 25 years old. Professional lessons are highly recommended since a disproportional number of injuries are sustained by first time boarders who have not had lessons. While injuries to experienced riders are considerably lower they tend to be more serious.

All of the ski resorts we contacted in Durham Region are open to snow boarding but we strongly recommend that you contact the facility you intend to use before going to the hills.

## Volleyball

(continued from page 7)

In fact, there's a massive sub-culture of volleyball players in our backyard – the Durham Region. While skaters, skiers, snowboarders, and puck-handlers are whizzing by us on the ponds, hills, half-pipes and ice rinks, through the brick walls of local high school and college gymnasiums, one can hear the muted cheers and 'out' calls of volleyball players playing their hearts out. This passion is alive and well in our communities. You may be surprised to learn that the Durham Region has one of the largest concentrations of volleyball players in North America. That is, there are more people playing volleyball in the Durham Region than there are in almost any other similarly sized region in Canada, the United States, and Mexico. With club organizations, college teams, as well as countless community and private organizations, if you want to play local volleyball and enjoy all it has to offer – you can do it right here at home and at the appropriate skill level (whether you're a novice or a pro).

Part of the reason that volleyball attracts so many people from various backgrounds is the sport's versatility. You can play men's, women's, co-ed, 2s, 4s, or 6s. You can even play it in the sand (but that's a whole different article). This same versatility makes volleyball so much more social than some of the more commonly thought of winter sports. There's not much socializing on the ice or ski hills during the game or downhill run, but you can share the odd story or chuckle on the volleyball court in between points, even in the most competitive of matches.

Volleyball also offers the 'rush' associated with all great sports. There's the high of winning or pulling out that final deciding point and, of course, the frustration of losing after you've battled for so long. There's no better feeling than leaving the court drenched in sweat; your quads a little tight, and your ego in check, thanks to the hard cross-court spike you delivered into the back corner, or the soft, unexpected tip you drifted over top of the panic-stricken blocker and into the middle of the abyss that was the other team's defensive formation. Am I sounding too dramatic? Maybe so, but volleyball players (of all levels) know exactly what I'm talking about; they've all been there.

For years, the only place for Durham residents to get their volleyball 'fix' in the dead of winter was to hop on the 401 and make the trek to some part of Toronto (often the west-end), play for about 70 minutes, and then get right back in the car to make the long, lonely commute back along the jam-packed Queen's highway. I was one of those stories. Almost every weekend and plenty of weeknights, my friends and I were taking those trips, and while the sport of volleyball is always worth the drive, it was becoming a bit of a drain on the wallet and our time. That's when I decided enough was enough.

It was January 2003 and I had an idea. There was almost nothing in this area for me or players of a similar background. I was a former varsity volleyball player in university and still sought

to get my competitive juices flowing on the court. It was tough to find a local, organised league that wasn't just for recreational players; a place where we could play, spike and serve without holding back. It's not fun for anyone if there are two poorly matched teams on the court. Both sides are bored out of their minds! The experienced team doesn't enjoy the lack of competition and the recreational team is wondering how the heck they ended up on the court with these rabid gorillas! That's when we knew that we could do something right here in Durham and make sure that the gorillas stayed with the gorillas and the teams out for a good time could find just that.

Invado Volleyball leagues were born that same year in the gymnasium at Courtice Secondary School (the high school I graduated from). I never would have dreamed that our little Co-ed 4s League, consisting of only 8 teams would balloon into what it is today. Last year, for example, we had over 200 teams playing in our Oshawa leagues and ran events in support of The James Fund (for research at SickKids) and The Children's Wish Foundation of Canada. All because of the passion of Durham area residents and their desire to get out, get in shape, meet new people, and have a great time. Whether they sign up as a team or as individuals, they all come out to feel that rush and be a part of their winter sport. We feature three floating tiers, so strong teams move up and play other like-skilled opponents, while intermediate and recreational teams filter into their appropriate skill divisions and do likewise. It keeps the leagues safe, fair, and fun for all those involved.

That's another unique aspect about volleyball when compared with other winter sports. You can still have a decent time snowboarding, skiing, or even playing hockey if those around you aren't of the same calibre, but in volleyball, if you're on the court with someone way better than you or way worse than you, it can be boring, downright intimidating, or exceedingly dangerous. That's when we realized that having teams' records from each night dictating who they would play the following week had to be the formula for people to get anything from our leagues. The sport can become very frustrating very quickly if you're playing in a league or association that doesn't acknowledge or take that into consideration.

It's hard to say why the people of Durham love volleyball so much. Not because the positives are hard to pin-point, but more so because there isn't enough room. The health aspects are easy to identify. It's a great anaerobic workout that features start-stop movements and killer quad and calf building from the explosive jumping your body is forced to do. It is also a great way to get a nice, detoxifying sweat going in the months when we're least likely to get off our butts and do something active. Of course, there's always the fact (like many other sports) that it offers us a quick, airplane-free opportunity at good old-fashioned escape. We're not the guy or girl at the office who had the crappy day or the manager stuck in a meeting about workplace procedures. We're out on the court jumping and moving in any direction we want to, just like we did when we were kids; just like we were supposed to be

doing since the day we were born.

*Zuby Shaikh has been playing and coaching volleyball for over 25 years. His volleyball career began in high school on 2 LOSSA championship teams. Zuby continued his playing career on the varsity squad at Trent University, picking up 'Rookie of the Year' honours. Zuby is active on the indoor and beach tours of the Ontario Volleyball Association (OVA), as well as various competitive men's and co-ed tournaments in the GTA. Zuby is a nationally certified volleyball coach (NCCP) and has instructed at the high school, club, and provincial level*

## Invado Volleyball

Invado Volleyball offers year-round indoor and beach volleyball leagues, clinics, and tournaments in the Durham Region for players of all levels and ages. The leagues are tiered from week-to-week so players are always matched up against like-skilled opponents. Invado also uses their leagues and tournaments as a springboard to support worthy local and international causes, including local food banks, Right to Play, The Children's Wish Foundation of Canada, and The James Fund (at SickKids). In addition to leagues and tournaments, Invado Volleyball features a non-sweatshop clothing line, supplying team uniforms and accessories, as well as retail apparel for their online store patrons.

Invado's goal when they began in 2003 was to have a company with a conscience. That is, they posed the question: Can a company make money and still be ethical? Invado (which, incidentally, means 'to attack' in ancient Latin) sought to generate a solid and loyal customer base, set a trend, and force other companies to adopt similar, ethical standards to hold themselves to. So far, it's working. They have found themselves in the running for major university and college clothing contracts and have even seen their (much larger) competitors adopt policies akin to their own. Is it directly because of Invado? Even their management would say, 'Not likely.' But they have found that once customers realize it is possible to make and retail clothing in ethically sound environments, they will demand it.

For more information on Invado Volleyball and any of their leagues, tournaments, clinics, or their clothing line, feel free to head to [www.invado.ca](http://www.invado.ca) or email [info@invado.ca](mailto:info@invado.ca). You can also reach Invado staff toll free by calling 1-877-9-INVADO.



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*Season's Greetings*



# Coming Home for Christmas

Fiction by David Drane

**I pushed the seat back just a bit and sipped the ruby red wine from the crystal goblet.** I chose to go home by train because I love trains and I didn't feel like driving on Christmas weekend. The town was small so cab fares would be cheap and I could afford it anyway.

I chuckled to myself. "Going home? What a joke." I knew I would be spending my time wandering around the old haunts if they were still there.

I had reservations at the best hotel in town as well as for dinner Christmas Eve and Christmas Day.

The past year had been a disaster. The divorce, loss of several friends, one died, the others decided not to see me because of my ex. At least I still had my business. The economic downturn was good for me. More people needed to be fired, sorry transitioned into new employment. The kids were busy with their own lives and were spending Christmas with their mother.

So I decided to go back to the town where I was raised and I have no idea why.

As the train came to a smooth halt, the station exactly as I recalled it. There were several taxis out front so I grabbed one, told him where I was going and sat back. It was less than a ten minute ride.

At the hotel I changed into jeans and pulled on a pair of really warm boots. I'd need them in the snow and slush. I spent the afternoon wandering around downtown, took the walk to the neighbourhood. So much had changed. So much was the same.

As darkness fell the Christmas lights twinkled into life and I headed for the restaurant. The place was almost empty except for the staff. The waitress was very attentive and as I was enjoying my coffee she struck up a conversation.

"I've never seen you before. Are you new in town?"

"Just visiting for the holidays."

"So you have family here. What's their name? I know almost everybody."

"No family here anymore. I was raised here so I come home for the holidays." I said the last with a chuckle that didn't feel the least bit funny.

"So what are you doing this evening?"

"Pardon me?" I couldn't believe she was trying to pick me up. She was young enough to be my daughter.

She blushed, "I guess that didn't come out quite right. What I meant was that if you're just going to be sitting around your hotel room you're

welcome to come to Christmas Eve services with our family."

"I think I'd like that. Where's the church and what time do I meet you there?"

"Well it starts in about half an hour so I'll walk over with you. It's only about five minutes. We'll meet my family there."

The singing drifted to us before we could see the church. As we rounded the corner I saw about 50 people of all ages, all bundled up, some with flashlights and song sheets. We were quickly joined by a young man and two little girls of about five or six.

As we sang the carolers started walking up the street into a residential area that gradually deteriorated. Even small towns have areas that most people want to ignore and this was the one in my home town, an area very familiar to me. I had spent most of the afternoon here. I had spent most of my childhood here.

As we were walking a couple of vans pulled up and people started separating from the singers, extracting baskets from the vans and taking them to the houses. Some houses got a single basket, others two or three.

I knew what was in those baskets. Christmas was in those baskets. Without them there would have been no Christmas in most of those houses. I didn't find out until I had children of my own that sometimes Christmas had arrived at our house just like that. My brother and sister had kept it from me for all those years.

I couldn't sing any more because of the lump in my throat and the tears clouding my vision. But I knew what I had to do even though it was late.

Back at the church everyone pushed into the church hall and dipped into pots of steaming hot tea, coffee and hot chocolate. There was also a table piled with sandwiches, and all kinds of sweet goods. And the singing continued until a middle aged gent went to the centre of the hall and started to read the Christmas story.

The room went quiet except for that gentle voice reading from his Bible about Mary and Joseph having to sleep in a stable, how Jesus was born there, the angels telling the shepherds who were terrified at first but then went to see this baby who was the king that had been prophesied for generations. Then there was the part about the wise men who came with their really expensive gifts.

As he finished reading someone started singing "Joy to the world. The Lord has come" and everyone joined in.

There was general confusion as everyone began leaving and the man who did the reading came

over to me, shook my hand and introduced himself as the pastor. I pulled him out of the hearing of anyone else and began, "I noticed there were some houses you didn't drop baskets at. Was there a reason for that?"

"Yes. We didn't have enough money for any more." He was almost in tears.

"Is there any way you could get the baskets to them tonight if that little problem was solved?"

"Nothing is impossible."

"I have some people to say thank you to and I'll be right back. Start the wheels."

I went over to the waitress and her little family and thanked her for the wonderful evening and told her I hoped to see them all again some time. Then I went back to the pastor.

It was slightly after 9 o'clock as we jumped into his van to drive the three blocks to the loading dock of a very large supermarket. There were two other vans there all ready and a dozen men and women just going through the door.

I was introduced to the owner of the store and handed him my credit card. "How much do you want to put on it?"

"What's it gonna take? It doesn't have a limit."

For the next hour groceries, clothes and toys were stuffed into bags and boxes along with a turkey or ham and shuffled out the door.

"O.k. Buddy. Let's saddle up and go play Santa to some good little boys and girls."

A light snow was starting to fall as we drove the five minutes to the neighbourhood. It took less than ten minutes until there were two baskets and one house left.

"Last one is for you, my friend. You've earned it."

But it was the one house that I didn't want to go to. It held too many memories, my family, my dog, my room, my entire childhood. I grabbed one basket and the pastor took the other one.

The snow was falling harder now. At this rate there would be almost a foot on the ground by morning. I balanced the basket on my knee as I knocked on the solid but needing paint door.

Back at the hotel I felt better than I had in years. I just wanted to sing and celebrate. I had come here to do, I don't know what. I had found what had been missing from my Christmas for so long, giving. But not just giving, giving from the heart with no expectation of ever receiving anything in return. Yet I had received so much that I will never be able to repay.

And yes, you're absolutely right. It was the little waitress who answered the door of that last house.

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# Winter Oasis

by Ro Mehta

Winter is the perfect time to enjoy a hot, luxurious soak in your hot tub. Nothing gets rid of that “chilled to the bone” feeling the way a hot tub can. Whether you have been shovelling snow, trudging through slush, playing hockey or finishing your evening workout, a hot tub provides the comfort, relief and warmth everyone needs in the cold weather. Submerging yourself in the heated water, surrounded by the massaging jets and aromatic scents, looking up at the star filled sky, is an experience everyone should try during the winter months. Instead of curling up by the fireplace, try huddling in the hot tub. Using a hot tub during the winter season can be a refreshing and relaxing time for all.

Here are some hot tub tips that will make this winter warm and toasty.

Keep hot tub supplies handy. There is nothing worse than having to get out on the road when it's slick, icy or snow covered. Why risk the drive when you don't have to? Having enough hot tub supplies to last through the winter will let you relax when those winter storms hit. Be sure to have lots of hot tub chemicals and filters kept in a dry area. This way you'll be stocked instead of scrambling.

Protect your investment. Keep your hot tub in good condition. Although it is easy to forget to maintain your hot tub in the winter, it's extremely important to continue upkeep even if you're not using it as much as you would during the summer. Inspect all the hot tub parts and filters to make sure they are clean and in good working order. Also make sure to inspect your hot tub cover for any tears, leakage, or other deformities. Your hot tub cover is one of the most important pieces of equipment in ensuring hot tub protection.

If you plan on being away for an extended period of time during the winter months there are many things to consider. The addition of a spa alarm will notify your neighbours in the event the power should go off. You may also want to consider winterizing your spa. Although the coldest months are the best time to use your spa, many still consider winterizing. Due to our climate and the freezing conditions we get in the winter, having your hot tub professionally winterized is always recommended. If you choose to winterize your hot tub yourself you must remember that depending on the model of hot tub, you may have up to 3 jet pumps and over 700 ft of plumbing line that must be drained of all water to prevent freezing.

Winter is also a great time to look for those little extras that make your hot tub experience all that more enjoyable. Make your hot tub area frosty and festive. While many people enjoy a beverage while soaking in a hot tub, they often find there is no place to put their glass. There are plenty of accessories that add an extra touch of convenience by giving you a place to set your drink, your towel or that good book you've wanted to enjoy.

Spa towel trees, spa caddies, cedar bars and stairs are designed specifically with spas in mind, so they are durable, water resistant and slip resistant. Getting out of a hot tub should not be risky business. If someone in your family has difficulty getting in and out of the spa, secure handrails can be a worthwhile option, adding an extra measure of safety. After soaking in your spa, your muscles will be warm and relaxed. You don't want to lose that feeling by slipping on your way out!

Regular maintenance and a few safety features can provide your family with an oasis of heat and comfort on even the coldest winter nights in your hot tub.

*Ro Mehta is co-owner of Arctic Spas Durham in Whitby and has been enjoying his own hot tub and helping others to do the same for over 8 years*







# Ladies' Fashion

**When it comes to fashion,** staying on a budget can prove difficult at the best of times. As the months grow colder many people find themselves longing for the warm days of summer, light dresses and inexpensive stylish sandals. Instead you are stuck with trying to stay warm and comfortable while still looking stylish and trendy. This would not be such a big deal except for one thing; your budget.

While it is easy to buy trendy fashion forward items for your wardrobe in the warmer months, it becomes more difficult in the winter because these trendy items tend to cost more, much more. However don't fret; with some careful planning and a little bit of guidance even the most budget conscious fashionable can still look hot and stylish even in the coldest months.

One of the reasons your winter fashions can run a higher bill than summer fashions is that you are now not only shelling out your hard earned dollars for your clothes but you need a whole outerwear wardrobe as well. Suddenly you are buying two full wardrobes instead of just one. This is the first mistake made by many people.

The day-wear fashions in your wardrobe and your outerwear fashions should be selected and purchased as if they were one full wardrobe of clothing. All of the pieces (of clothing) in your wardrobe should be interchangeable and compliment one another.

Before you go shopping for your new wardrobe you first want to take an inventory of your last season's wardrobe. There should be many pieces in there that are classics and can transition from one season to the next.

If you do not have all or any of these pieces in your wardrobe they are definitely a great investment. For day-wear, a dark and medium wash jeans in a boot and/or straight cut. Remember these are classic pieces not trendy ones so stay away from extreme silhouettes such as super wide or super skinny jeans when building this part of your wardrobe. One pair of black or dark coloured wool slacks. One long sleeved white dress shirt, one black or grey  $\frac{3}{4}$  length 3 or 4 button cardigan sweater, one black or dark pencil or A-line skirt.

For outerwear you should have one ski jacket and one black or dark pea coat, waist or mid thigh length and at least one matching set of gloves, hat and scarf in a neutral colour such as light cream or grey. This part may not seem all that exciting but it is the foundation on which you can create a cohesive wardrobe that is all your own and accented with fun, fashion forward, trendy items.

After you have written down what basic items you have and what you need, take stock of the rest of your winter wardrobe. If your wardrobe is full of pieces that were so trendy last season (or four seasons ago) and they are not in style any more at all then get rid of them. They will only make it more difficult for you to see what you really need to get for this season's looks. Second hand stores that sell gently used clothing on consignment can help supplement your budget!

# On A Budget

Before you step into a mall or your favourite clothing store set yourself a budget and make sure you stick to it. Knowing exactly what you can spend is crucial in not overspending and sticking to a reasonable budget that won't break the bank. Make sure that you also have your list and that you stick to it!

When shopping for both your day-wear and outerwear pieces you want to remember one key component to creating a ton of different looks without buying a ton of different outfits - accessories. Accessories have the ability to turn one outfit into as many different looks as you can imagine.

First we will focus on your day-wear. You have your basic pieces and you will want to add pieces based on your personal style. Think about pieces that can transition through your day, you want to be able to put on one outfit in the morning and be able to wear it into the evening with minimal changes. Choose sweaters that have convertible collars such as oversized turtleneck sweaters where the collar can be turned down to create an off the shoulder style that is perfect for an evening out. Opt for legging style tights instead of nylons, not only are they warmer and more trendy but you can change out of the skirt you wore for work, put on some tall boots and you are ready for girls night out.

Now for some bling! Accessories are always fun to shop for, as long as you keep one rule in mind: Don't shop for your accessories until you have finished buying all of your outfits. The reason for this is because many women find themselves pulled in to buying the glamour and sparkle of long necklaces and fun earrings only to go home and realize that they have nothing to wear it with. Like everything else in your wardrobe you need to have a plan as to what you are going to purchase. If you find it too overwhelming to figure this all out in one trip remember its okay, and fun, to spread your shopping out over two or three visits to the mall. The bottom line with accessories is that you want to pick items that will work with at least 1/3 of the clothing items in your

new wardrobe and be interchangeable with the other accessories that you decide on.

Outerwear is where winter wardrobes can get pricey. First and foremost do not make the common mistake of buying yourself a new, expensive, winter coat when you have a perfectly good one sitting in your closet already. You may think it is last year's style when in reality it is probably just a case of wanting something fresh and new! So take a close look at what good quality pieces you have and instead of getting completely new and fresh ones think of ways to make the coat you have look and feel new and fresh! Take it to a seamstress and have new buttons sewn on, get new mitts, hats and scarves or a great pair of new boots.

The key to spending less on your winter outerwear every season is to invest in some timeless good quality pieces that will last for three to four seasons. The pieces that you want to invest in are things such as a great wool coat and one item not mentioned above is a good quality leather pair of boots and waterproof ski boots. The reason you want two pairs of good boots is because you want a pair that you can wear out when you want to look fresh and stylish and you want to have a pair to wear when you run from shovelling the driveway to picking up your kids from hockey practice.

In outerwear, just like with your day-wear, you want to look for pieces that can interchange and that are convertible. On your list you can have a few jackets and shoes that are more on the trendy side, just keep in mind that these items will most likely only last one season, two at best before you look back at them and wonder what you were thinking. For this reason you want to spend a small amount of your budgeted money on them. Most women like to have tall leather or suede boots in the cold months, look for a pair that have the top that can turn down to reveal a fur cuff and immediately it is like you are buying two pairs of boots instead of just one. The same concept can be applied to jackets, look for coats and jackets that have removable faux

fur collars. Faux fur is a big "it" item this year but if you find a great pea coat with a fur collar remember that if the fur is not removable you may only be wearing that pea coat for one season.

Finally the fun part, the trendy pieces. The best advice you can follow when adding these items to your wardrobe is to remember that you may not want to keep these around too long so don't spend all of your hard earned money on them! Make sure the bulk of your money goes into your timeless items that will last you numerous seasons. A perfect example of this are Uggs. If you buy the branded Uggs you will pay between \$300-\$400 for one pair of boots. While you may love the look of them and they are still very popular you need to remember they are not waterproof and definitely not timeless. Instead of going with the brand names with these types of items go for less expensive but just as stylish knock offs. That's why they make them!

Some of the big trends for fall/winter 2010 are: jackets and coats with shoulder pads, coats with  $\frac{3}{4}$  length sleeves worn with long to the elbow leather gloves, high waisted pleated slacks, trench coats and coats with removable collars and fur.

Always remember when shopping for your winter wardrobe to make a list of what you have and what you need. Set a realistic budget for yourself and stick to it, make sure everything you buy is interchangeable and don't forget to accessorize.

Oh, and have fun!

---

*Jillian Prentice started studying fashion in grade 11 then went on to fashion design at Ryerson University studying under Canadian fashion icons such as David Dixon, Arthur Mendonca and Lucian Matis. After finishing school, Jillian designed a collection of swimwear and coverups for Destineau, a swimwear company in Toronto. Jillian enjoys sharing her fashion knowledge with children who aspire to follow in her footsteps, teaching fashion courses within the Durham Region and Toronto. Now pursuing a career as a personal image consultant and stylist Jillian is completing a hairstyling and makeup apprenticeship at Orchid Salon and Spa in Brooklin to round out her education in personal style.*

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# Buy Fresh! *Buy Local!*

by Erin O'Connor



*Durham Region is home to incredible farms, chefs, and retailers producing and using fresh, local produce. Over 50 Durham Farm Fresh members harvest more than 30 different fruits and vegetables right here in Durham!*

**Back in 1993 a group of local farmers** thought a marketing association to support Buy Local! Buy Fresh! was the next step in promoting agriculture in Durham Region. These individuals decided to start the Durham Farm Fresh Marketing Association. Now the membership has swelled to 56 farmers and producers. They all have these three things in common:

1. They all live and work in Durham Region
2. They all provide high quality products for the residents of Durham (and beyond)
3. They all want you to experience the high quality produce of our Region.

These local farmers and producers are committed to bringing the highest quality food from their fields to your table. The association has a collective mandate: "To improve awareness of agriculture in Durham Region by fostering more effective direct marketing."

One way Durham Farm Fresh serves the consumer in Durham Region is through the DFF Hotline, where interested consumers can call in and ask questions like where to get farm fresh sweet corn. However, we want to set the record straight right off the bat! Let's clear some things up...The Durham Farm Fresh hotline receives a lot of enquiries about what Durham Farm Fresh grows and where our farm is located. What a lot of people do not realize is that we are an association of farmers, producers and retailers who are committed to supplying Durham Region with the highest quality, fresh produce produced right where we live. Durham Farm Fresh is a marketing association made up of farmers right across the region - from Beaverton to Pickering right over to Newcastle.

The largest marketing strategy that DFF uses is the annual Durham Farm Fresh Guide. This handy brochure can be picked up at regional libraries, town halls, city centres, malls, farmer's markets, farm gate markets, local fairs or through contacting the DFF hotline, 905-427-1512. The guide lists farm locations and the fresh produce they offer. The guide also has farmers' market information as well as different retail locations that feature local farm fresh items

either on their menu or at their location. The guide makes it easy for families to plan an outing to a farm, farmers market or retail store where they are guaranteed to get the best, freshest, highest quality locally produced food. Farms within the association are featured throughout the guide in alphabetical order. Paired with the Durham Farm Fresh website, [www.durhamfarmfresh.ca](http://www.durhamfarmfresh.ca) the interactive map can give you quick and easy directions to any of our featured farm gate markets around the region. DFF can get anyone out to farm-gate markets and jump start your Buy Local! Buy Fresh! experience.

Durham Farm Fresh members offer a wide variety of produce year round. Everything from strawberries and apples to pumpkins, squash, and Christmas trees are locally grown and sold at farm gates and markets across OUR region. Visit a farmers' market or farm gate market throughout the growing season (generally from June to October) and you can be sure to receive the highest quality, freshest fruit, vegetables, eggs and meat grown and produced minutes away on a local farm.

Start 2011 off with some local produce, visit a Maple Syrup bush in March and taste the difference local makes. Use the DFF Guide and [www.durhamfarmfresh.ca](http://www.durhamfarmfresh.ca) to locate farm gate markets that sell Maple Syrup and experience late winter at its finest. Throughout the winter and into spring, stock the freezer with farm fresh beef. Make sure to visit a DFF egg producer to ensure the freshest eggs and start your morning off on the right foot.

Summer has officially begun when asparagus starts appearing on market shelves, followed by strawberries, raspberries, potatoes, beans, carrots, cabbage, peas, peppers, onions, tomatoes, cauliflower and SO much more. School is around the corner with the onset of corn in August and then apples in September. And with squash, pumpkins and gourds in October it is safe to decorate the house for Halloween and prepare the pumpkin pie for Thanksgiving. Make sure to visit one of the tree farms listed in our guide to finish off another year with all

your festive holiday decorating needs.

Durham Farm Fresh has members that also offer organic produce including meat, eggs, fruit and vegetables. Some members offer a service known as Community-Shared Agriculture. CSA's operate during the growing season. Interested customers buy in each season for a weekly or bi-weekly produce box of farm fresh produce available on the farm that week. Check out the DFF Brochure for more information about organic producers and CSA's.

Durham Farm Fresh is committed to staying on top of current trends. Each year the producers travel to a different part of the province to tour and learn what other farm market and agri-tourism farms are offering their customers. Producers both from Durham Region and the tour area, discuss and share different marketing strategies, new innovative ideas, crops and of course...the weather! By exploring different farms and farm markets around the province, Durham Region's producers ensure that they are on the leading edge of the market experience. You are ensured the highest quality product, customer service and experience when visiting a member of Durham Farm Fresh.

The members of Durham Farm Fresh have the opportunity to participate in industry workshops to stay on top of regulations, customer service, technology and new ideas. These workshops are offered to the producers and their staff in order to bring the highest quality product and service to the customer. Durham Farm Fresh members know their stuff!

Durham Farm Fresh supports local agriculture in a number of different ways including travelling to different regional fairs that include; Brooklin, Blackstock, Port Perry, Orono, Uxbridge and Beaverton, to display all that DFF has to offer! The DFF display engages and educates the consumer on available produce.

Each year DFF gives a student the opportunity to work in the agriculture industry as the Durham Farm Fresh Marketing and Promotion Intern. The position not only has the student taking

initiative and learning about marketing, but also furthers their knowledge of agriculture, specifically in Durham Region. The Marketing and Promotion Intern works to organize brochure distribution, is a liaison between the members and board of directors, and as well, oversees the educational display at local fairs and shows. The Marketing and Promotion Intern puts out a number of press releases over the summer season outlining the produce available at various locations. The DFF Marketing and Promotion Intern is also in charge of organizing and running the producer tour.

Durham Farm fresh is celebrating its 18th year as a Marketing Association in 2011. The members are committed to bringing fresh, quality produce to your table with the best experience possible. For more information



or to inquire about the 2010-2011 DFF Guide please contact Erin O'Connor, Durham Farm Fresh Coordinator, 905-427-1512 or [info@durhamfarmfresh.ca](mailto:info@durhamfarmfresh.ca) and visit the DFF website at [www.durhamfarmfresh.ca](http://www.durhamfarmfresh.ca)

### Durham Farm Fresh Pumpkin Pie

- 2 Cups Brown Sugar
- 1 Tsp Salt
- 1 Tsp Cinnamon
- ½ Tsp Ginger
- ¼ Tsp Cloves
- 4 Eggs (Slightly beaten)
- 4 Cups FARM FRESH PUMPKIN PUREE
- 1 Cup Milk
- 1 Cup Cream

Mix together ingredients and pour into pre-made pie crust. Bake at 450 F for 20 minutes and reduce to 350 F for 20 minutes

### Durham Farm Fresh Apple Crisp

- 4 Cups Peeled/Sliced FARM FRESH APPLES
- ¾ Cup Packed Brown Sugar
- ½ Cup All-Purpose Flour
- ½ Cup FARM FRESH QUICK COOK OATS



- 1/3 Cup Melted Butter
- ¾ Tsp Cinnamon
- ¾ Tsp Nutmeg

Heat oven to 375 F. Grease an 8-inch square baking pan with butter. Slice apples into pan. Mix the remaining ingredients in a medium sized bowl. Sprinkle over apples and bake for 30 minutes or until golden brown. Enjoy with ice cream or whipped cream.

*Erin O'Connor grew up in Durham Region on a farm. She attended the University of Guelph where she completed a Bachelor of Arts Honours Degree. Recently, Erin returned from Australia with a Graduate Diploma in Education and is now working with the Durham District School Board. Throughout her undergrad Erin worked as the Marketing and Promotions Intern for Durham Farm Fresh and more recently has become the Durham Farm Fresh Coordinator.*

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# Winter *Events Calendar*

## Wednesday, December 22

### ***Boppin Heads At The Library***

Oshawa  
 905-579-6111  
[www.oshawalibrary.on.ca](http://www.oshawalibrary.on.ca)

## Friday, December 31

### ***New Years Eve Family Skate***

Iroquois Park Sports Complex,  
 Whitby  
 905-430-4310  
[www.whitby.ca](http://www.whitby.ca)

## Friday, December 31 - Saturday, January 1

### ***Clarington Polar Bear Swim***

Newcastle Waterfront, Mill Street  
 South, Newcastle  
 905-436-2082  
[www.claringtonpolarbearswim.com](http://www.claringtonpolarbearswim.com)

## Friday, December 31

### ***Whitby New Years Eve Free Skate***

Iroquois Park Sports Centre - 500  
 Victoria Street West, Whitby  
 905 430-4310  
[www.whitby.ca](http://www.whitby.ca)

## Friday, December 31

### ***Oshawa Celebrates 2011***

Legends Centre, Oshawa  
 905.438.3146

## Friday, December 31

### ***Town of Ajax Family New Year's Eve Party***

Ajax Community Centre, 75  
 Centennial Road, Ajax  
 905-619-2529  
[www.townofajax.com](http://www.townofajax.com)

## Thursday, January 27 - Saturday, February 12

### ***Play On! - A Comedy***

Oshawa Little Theatre, Oshawa  
 905.723.0282  
[www.oshawalittletheatre.com](http://www.oshawalittletheatre.com)

## Saturday, January 29

### ***Songwriters Music Festival***

Whitby Centennial Building, 416  
 Centre St. S., Whitby  
 905-668-2646

## Saturday, February 5

### ***Teen Floor Hockey Tournament***

East Shore Community Centre,  
 Pickering  
 905-420-4660  
[www.cityofpickering.com/teen](http://www.cityofpickering.com/teen)

## Sunday, February 6 - Thursday, February 24

### ***St. Mary Catholic Secondary School Art Show***

Civic Complex, Pickering  
 905-420-4620  
[www.cityofpickering.com/greatevents](http://www.cityofpickering.com/greatevents)

## Saturday, February 12

### ***Odyssey Ball***

Ajax Convention Centre, Ajax  
 905-430-6507

## Thursday, February 24 - Sunday, March 6

### ***Moon Over Buffalo - A Comedy***

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# Tasteful Talk

by Shirley Ouellette



Winter is here and with it the promise of enjoying cosy evenings by the fire or sitting down to dinner with candles lighting up your table and the sound of family chatter. Many people do not like the winter here in Canada, in fact, if situations allow they will "fly" south until it passes. I think we are blessed with the season changes and running away is a missed opportunity to experience a full cycle of nature and the bounty that the changing seasons bring, from the glorious colours we see in the indigenous plants and trees to the nip in the air and the smell of snow on the way.

OK enough of the reflections I hear you say, what are we going to eat? I know as the winter sets in the local eating menu will become more of a challenge but let's not fall back into global eating when we know there are good winter fruits and vegetables available some still fresh and many more from cold storage. Being organized is the key, planning slow cooked menus and stocking up on dried items will supplement what is still available in the stores. We have also stocked up our freezer with local, free range chicken, turkey, beef and lamb. To find out where local meat is available go to the Durham Farm Fresh website.

If you think root vegetables are boring, think again! Try cutting a mixture of vegetables into 2" size chunks do not peel. I use parsnips, carrots, rutabaga and turnips. Choose small beets and keep these whole so they do not bleed, shallots or pearl onions and small potatoes should also be kept whole, do not peel any of them. Toss them with a little vegetable oil, salt and pepper and roast in a hot oven at 400°F until soft about 45 minutes, turning them a couple times to stop sticking to the roasting pan. You will be amazed at how sweet and tasty they are. Use them as a side dish to meat or fish, or mixed with whole wheat pasta, tossed with olive oil and herbs and topped with feta cheese. This is a great time to try new cooking techniques and different herbs and spices to turn our everyday root vegetables into a veritable feast fit for a king. Buy a new recipe book for a cuisine you have never tried.

One thing you may find useful are supplements during these cold winter months. Right here in Durham we have the Bee Man who not only sells the most amazing honey he also has propolis and bee pollen both of which are renowned for their healing properties, propolis for its natural antibiotic and anti-inflammatory qualities and bee pollen for its energy value and natural anti-histamines. My family have started taking them this week and we have already felt a boost in our energy. As the evenings draw in we find ourselves with less to do outside so snuggle up indoors, embrace the spirit of this beautiful slow season; take the time to read, reflect on your year and plan the next one, for all too soon it will be over; and please remember we have the right to know where our food came from "Durhameer's" and we can exercise that right at the cash register. Buy local, my friends. Salute!

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



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by Sherry Bridge

## Don't Suffer for Fashion

With the onset of snow, new weather appropriate clothing must be purchased and worn.

One of the most crucial guards against the elements is a pair of boots. A good deal of body heat can be lost through the feet, not to mention their need for protection from the harsh environment. This being said, many of us fall into the marketing trap of buying inappropriate winter footwear. Last year I convinced my parents to buy me a pair of knee high suede boots with fur trim.

They were beautiful - and they lasted about two weeks. The sleet, snow, -5 degree temperature, and salted roads promptly demolished them. While I was wearing them, I noticed that the shape of the shoe was distorted by use. Needless to say my parents were zero percent pleased when I informed them that the winter boots they had consented to buy me were now in need of replacement.

In order to dodge my parents' wrath and avoid discomfort, I decided to investigate boot criteria before buying a pair this year. The first thing to consider is daily routine. Does it involve a lot of walking, time outdoors or strenuous activity? I wanted to purchase shoes that support my life style, as well as looking good.

For myself, I have to walk at least to the bus stop and at worst half-way across Pickering. On a bad winter day I know I can expect this to involve knee high snow on an unpaved road, icy pavement, as well as the cold. So I want my boots to have the following qualities; water proof liner, salt resistant material, and thermal insulation up to -10 degrees. Balancing all of these criteria with price and good looks can be difficult, but it can be done. Some things to avoid in boots are; suede, which is easily damaged by water and salt, thin liner, which cannot stand up to the elements, high heels, which increase the chance of slippage, and soles that are flat or without grips.

Taking the environment in mind, and evaluating winter purchases can ensure comfort and protection, and will conserve your finances.

*Sherry is eighteen years of age and recently graduated from Pickering High School. She is currently pursuing a bachelor's degree in psychology at the University of Toronto.*

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# Ask Sue-Ann

by Sue-Ann Bavluka



Dear Sue-Ann:

**I have been in and out of relationships for 10 years. I have been engaged before and it ended because he decided he was not ready. I had a one year break before I met the man I am currently with. I think he is the man for me. Is he?**

*Blissfully in love I think?*

The guides are telling me that this man is the right man for you at this moment. But before you start hearing wedding bells they would like you to consider where you are at at this point in your life. Your career looks like it is evolving and needing direction. Your finances are compromised because of that. Guides are saying that you are not completely sure what you desire for your future and you have not resolved issues around your worthiness to be loved. When we can love ourselves unconditionally then others can also. Not knowing for sure who you are and what you want from life could jeopardize the long term outcome of this relationship. Make sure that you are taking a realistic look at who is standing in front of you instead of seeing what you want or need to see.

Dear Sue-Ann:

**I have a 3 year old daughter and an 8 year old son and they both complain of seeing scary things at night. It is so severe that they insist on sleeping together. I must admit that I do feel cold and hot spots in the house and I feel energy come and go and it scares me also. What do the guides say? Is this real or do we all have overactive imaginations?**

*Sleepless Mother*

We co-exist with many unseen things both negative and positive. Guides are saying that you yourself have spent much of your life living in fearful situations. Inappropriate and scary childhood experiences led to even more fearful and life threatening adult ones. Your childhood led to heightened sensitivities of the unseen world and followed you into your adult years. Life experience thus far has been extremely fearful and has provided the negative vibration for negative energies to present themselves. If we expect to see fearful things then we will. Your children are not only sensitive to the unseen but they are sensitive to your emotions. That is why they would see what would appear to be negative things. Focussing on the positive and not the negative will be a good start. Provide your children with positive visuals, pictures of guardian angels for example. This will reinforce that there are good things in the unseen world that are watching over them and protecting them. Empower them with the knowledge that help is only a prayer away. Once they see that you believe in and practise the power of positivity and all that it has to offer they too will relax and learn to believe. Remember negativity cannot exist in love. Learn to believe to your core that you are divinely protected. Practise identifying all the positive things that happen in your life. It is then that you can teach and reinforce to your children that they are safe and watched over.

.....  
*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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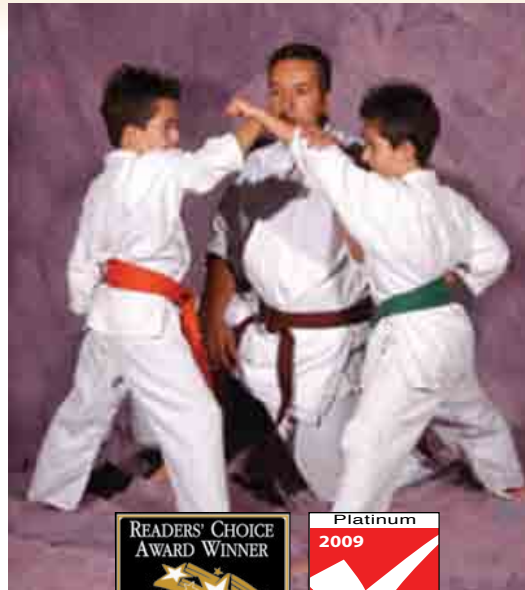
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# Taking the Lead



by Corry Hamilton

Do you have a pet that has digestive issues, that has diarrhea no matter what they eat?

While most people turn to medicine, white rice or pumpkin; probably the best food to give your pets with digestive problems is tripe. Most people think that tripe is a type of fish. It is actually the lining of the stomachs from a variety of ruminating farm animals; i.e. beef, sheep, goats and even venison.

Green tripe is high in chlorophyll, contains high concentrations of hydrochloric acid, gastric digestive juices, beneficial bacteria and essential fatty acids; all of which act together to improve appetite and aid in digestion. It can also improve the skin and coat, clean teeth and result in a firmer stool.

Do not be surprised if you open a can of tripe and see that it is grey in colour and smells bad. Most people think that this is a sign that the food has gone bad, but actually it is consumable. It can even contain bits of green because of the undigested plant material.

Beef tripe tends to be the smelliest but animals love it and will generally eat it up right away. Choose lamb tripe if you can't stand the smell. My cats devour it and I know several breeders who swear by it. It is a great addition to your pet's diet even if they are healthy.'

You can find tripe at your local pet store and it is called Tripett. You may also find it at your local butcher shop or family farm; just make sure it is unwashed or green tripe, not the kind for human consumption. If you feed raw, just ask your supplier if they carry it.

It is the perfect food for the pet that always seems to have something wrong with them.

Try it and it might just surprise you, how quickly you notice a change in your pet.

Have a pawsitive day.

Keep the questions coming to [info@takingthelead.ca](mailto:info@takingthelead.ca)

.....  
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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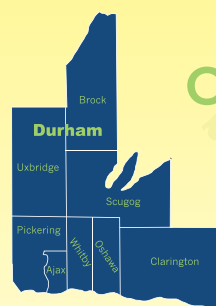
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# Boomers

by David Drane

Rinks were my favourite part of winter. Not the fancy indoor things with seats and all that stuff. Backyard and school yard rinks. Every one built with a lot of love and care by the kids and fathers who used them. We're talking the nineteen fifties here. The schools had hoses but most families didn't. Very few even had an outdoor tap. Water was carried out in buckets from the kitchen.

Our ice was the best in the neighbourhood because it was used for hockey only. No figure skates. The family across the road had one for girls only. Boys could use it but only if they wore figure skates and that didn't happen. Then there was a third one that was used for general skating, no hockey and no figure skating, just skating.

The only problem with our rink was the clothes line pole at the west end. It added a new element to hockey, sometimes challenging, sometimes downright dangerous. But at the end of hockey, everyone who was using the rink helped scrape, repair and flood it before going down the street to "just skate." At the end of the evening, usually around 9 o'clock, all the boys helped scrape, repair and flood that one before going home.

The school rink was a bit different. It was built and maintained by the grade seven and eight boys and there was a hose. We were lucky because our principal and vice-principal played "senior A" hockey and they were really particular about the ice. One time they even convinced the fire department to come over and flood it. That was quick.

But what I recall most often about those rinks are the lessons I learned, lessons like responsibility and privilege. The two could never be separated. If you wanted the privilege of using the rink you had a responsibility to help build and maintain it. There were no exceptions.

You also had to follow the rules even when you didn't like them. For example, the rink that was "figure skating only" was in the yard of the prettiest girl on the block and she was my age. I would have loved to have gone over there when she was skating by herself and skate with her but then she would have been able to come and skate on our rink. Her skates would have destroyed all the work that we had put into the hockey ice. I had to wait until she decided to go over to the general skating rink and by that time there would be all kinds of other kids around. No way was I going to skate with a girl in public!

So what was the point? All of us could have walked to the school with its much larger rink, in under two minutes. But we built these rinks. Our fathers were out there helping us every step of the way, teaching us, encouraging us and yes, making us do the work. They weren't out there with a beer in hand just standing around. They were hauling buckets of water, patching holes, showing us how to do it right. Sometimes the dads even came out to skate with us and teach some of the fundamentals of hockey.

What ever happened to those days? Were they really as great as I remember them?

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



by Dennis Brown

## Wake up Everybody

Remember when you would get arrested if you were to grope or touch someone inappropriately. Not anymore.

You can do it legally. Just get a job in airport security in the USA, Canada won't be far behind. I was reading and watching the new procedure for traveling through the airports in the States. You have the option of full body scan or a very intrusive pat down, no part of your body left untouched. Why should this be a concern?

If you slow down and take time to look carefully at what is going on around us, more and more of our rights are being taken away. We can no longer travel any where without the state being able to track our location. This is being done through GPS, our cars, cell phones, bank machines, credit cards, computers, Google to name just some of the ways. Did you ever give Google permission to photograph your house?

These things are marketed to us for our convenience but the flip side does not get a lot of air time.

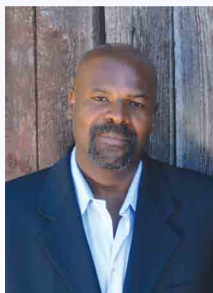
Are you aware that if it is necessary while you are in your car the engine can be immobilized, doors locked with you on the inside? Remember how the technology was marketed to us. Subscribe to our convenient service and if you ever lock your keys in your car just give us a call and we will unlock your doors no matter where you are. The reverse application also works. Cross the border into the states your cell rings or you are sent a text message welcoming you. How thoughtful!

Gas prices rise and fall for no rhyme or reason. Our Government dictates to us what is good for us and then gives us the privilege of paying for it. Ireland as a country was forced into bankruptcy. I didn't even know that was possible. We pay outrageous rates for services like cell phones that make absolutely no sense.

There are so many ways our rights are being eroded while we are being distracted. Now I know there are people out there who are saying if you are doing nothing wrong you shouldn't have to worry. What crime did you commit that allows them to grope you just to go on holidays?

A year ago while visiting Israel our tour guide was explaining how the Roman government of the day would work the people hard all week, but made sure they would have a lot of entertainment on the weekends. There were always lots of activities at the various coliseums. Roman baths and pampering was always popular, all kinds of decadent living to engage and distract the people while they carried out their agendas. Not much has changed.

We need to change our world. We can do it if we all lend a hand and work together.



*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.*



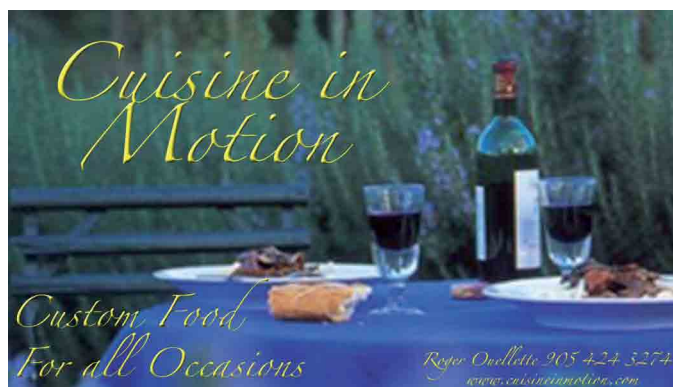
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