

The Local Biz Magazine

FREE

Durham Region Community Publication

..... Winter 2011



Lighting up the
Season

*Celebrating Our
Winter Wonderland*

Cosmopolitan...
Durham?

You be the judge

Rep Hockey in
Durham

*The girls are keeping
score*

www.thelocalbizmagazine.ca

Bringing Durham Region Together

We share the **SAME HOPES.**



State Farm warmly wishes you and yours a very happy holiday season.



Dean Yorke, Agent

118 Simcoe Street North

Oshawa, ON L1G 4S5

Bus: 905-725-7700

WeCare@durhaminsurance.ca

LIKE A GOOD NEIGHBOUR



STATE FARM IS THERE.®

Providing Insurance and Financial Services

P045132 12/05

State Farm® • Canada Office: Aurora Ontario • statefarm.ca®

Winter 2011

Publisher/Creative Director Antoine Elhashem
Editor-in-Chief Sherry Hucklebridge
Art Director Vaughn Lal

Regular Columnists

Sue-Ann Bavlnka, Samantha Burtch Whitteker, Dennis Brown,
Corry Hamilton, Shirley Ouellette, John Foote, Micki Lee

Published by

INspired Media Inc.

Operating: INspiredcreative, Your one stop shop for all your marketing,
advertising, graphic and web design needs. Publishers of
The LOCAL BIZ Magazine, The Pink Pages Directory, and Pink Play Mags.
www.inspiredcreative.ca

President Antoine Elhashem
GM & Production Coordinator Kim Dobie
Area Advertising Manager Diane Stoddart
Advertising Consultants Carolyn Burtch, Jo Ann Dodd,
Jayme Harper, Tina Kelly
Admin Assistant Sherry Armstrong
Counsels Jerry Herszkopf - Jerry Herszkopf Law Firm

Mailing address

205-1691 Pickering Parkway
Pickering, ON L1V 5L9

To contact us

416.926.9588 or 905.231.9722
www.thelocalbizmagazine.ca

For comments, questions and advertising inquiries

inquiries@inspiredcreative.ca

Notice: INspired Media Inc., The LOCAL BIZ Magazine, and its affiliate publications, the editors,
authors, photographers, salespersons, graphic and production artists shall have neither liability nor
responsibility to any person or entity with respect to monetary or emotional loss or damage caused, or
alleged to be caused, directly or indirectly, by the information or claims contained in this Publication.

All rights reserved. Any copying of material in this publication in whole or in part is prohibited unless
authorized by the publishers.

From the Publisher

Another year has come and gone, and its winter time again. Once we get past the joy of the holiday season, living in Canada sometimes ends up feeling like an eternity of winter. After all, it can last almost six months, and since there are only twelve in the calendar that can be a little overwhelming. But, luckily, there is always The Local Biz Magazine Winter Issue to guide you through the cold weather



and brighten your winter days. In the following pages you will see a few new faces, as well as some of your favourites. Most notably, we would like to introduce Sherry Hucklebridge, our new editor-in-chief. This is the pilot issue with Sherry, who is taking over for David Drane, and we would like to extend a warm welcome to her.

Susan Armstrong, who is writing with us for the first time, gets introspective on Durham Region after taking a look at the "52 beautiful Homes in Durham Region," project. How cosmopolitan is Durham, and how does it measure up to Toronto, an acknowledged urban cultural centre? Take a look at "Suburban Cosmopolitan: The Best of Both Worlds" and find out.

Justine Wallace takes us on a tour of the many community-focused events in Durham Region with "Durham Region Winter Wonderland." Do you crave a family-friendly holiday outing? Need to see Santa? Love theatre? It's all happening in Durham and the events are awaiting your arrival.

For those of you who love sports, we have two articles that may garner your interest; Satrohan Rai delves into the Durham Region hockey scene with an interview from Alyssa Gee, a local up-and-comer, in "She Shoots, She Scores," and last, but not least among this issue's features is our ski article, which will shed a little light on that old winter favourite.

And how could we forget our cherished regular columnists? You can check up on the seasons movie premiers with John Foote in "Film Talk," or get advice on how to deal with a less-than-amicable christmas from Sue-Ann Bavlnka's "Ask Sue-Ann." Corry Hamilton will provide information on how to lend your pet a helping hand this holiday through pet orthopaedics and prosthetics in "Taking the Lead," while teen columnist Sam Burtch relates the trials and travails of water-damaged cellphones. Don't forget to take a look at "Coaches Corner," where Dennis Brown will take you on a journey through a classic song and inspire you to make a difference, or Shirley Ouellette's empty-nester edition of "Tasteful Talk."

Thank you so much to our faithful readers, who have enabled The Local Biz Magazine to grow. We now have nearly forty distribution centres in each Durham municipality and only plan to increase this number in the future. If you can't get to a distributor to pick up an issue, or want to review an old favourite, remember that you can download your free copy from our website under 'archives.' As always, we appreciate all of your feedback and will continue to incorporate your ideas into the content of The Local Biz Magazine.

Antoine Elhashem
Publisher

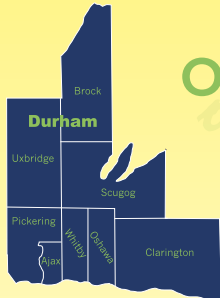
In This Issue

- 7 **Durham Region Winter Wonderland** Justine Wallace
- 12 **Suburban Cosmopolitan** Shirley Ouellette
- 15 **She Shoots, She Scores!** Satrohan Rai
- 18 **Skiing in Durham** Sherry?

Regular Features

- 21 **Winter Events Calendar**
- 23 **Film Talk** John H. Foote
- 24 **Tasteful Talk** Shirley Ouellette
- 25 **Teens, Tweens and Inbetween.** ... Samantha Burtch Whitteker
- 26 **Taking The Lead** Corry Hamilton
- 27 **Ask Sue-Ann** Sue-Ann Bavlnka
- 28 **The Coach Corner** Dennis Brown
- 30 **Horoscope** Micki Lee

Your customers...



our readers

The **Local Biz**
Magazine

**Advertise in the only glossy magazine
covering the entire Durham Region**

Book in our upcoming issues
Call:

Diane Stoddart, Regional Manager
905.231.9722

Published by INspired Media Inc.
Pickering, Ontario

PARKWAY COIN LAUNDRY



905 239 7637
1691 Pickering Parkway
Pickering, On
Wash & Fold Available

"Mention you saw us in the local biz"

Modern, spacious, beautiful, clean, all band
new top of the line machines. Ample parking.



If you wait too long to plant your tree, where will you hang your hammock?

Call me today about your tomorrow! I offer:

- ▶ One on One Free No Obligation financial assessment
 - ▶ Group setting in house, lunch and learn session
 - ▶ We put it in writing
- Services for Individuals and Small & large businesses

™Trademark owned by IGM Financial Inc. and licensed to its subsidiary corporations.

Insurance license sponsored by The Great-West Life Assurance Company (outside of Quebec).
Investors Group Guaranteed Investment Funds are segregated fund policies issued by
The Great-West Life Assurance Company.

MP1104 (01/2010)



HELENE ATA
"Your Success Is Mine"

helene.ata@investorsgroup.com
www.investorsgroup.com/
consult/helene.ata/english/

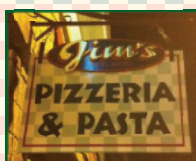
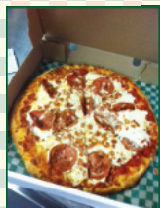
(905) 831-0034 ext. 326
1-866-476-1535
Cell: 416-919-3669

The Plan
by **IG** Investors
Group
IG Insurance Services Inc.

PIZZA *Jim's* EST. 1970 & PASTA



*Please join us at our new
location and enjoy a taste of
Jim's tradition*



126 Water Street, Port Perry, Ontario
905-985-9999
Dine-in - Pick-up - Delivery

From the Editor



Hello Durham!

I'm fortunate enough to have been working with The Local Biz Magazine since the fall issue of 2009, and so this winter issue seemed like the perfect opportunity to go back and re-read my first contribution. When I began writing the teen column I was seventeen years old, and had barely started my last year of high-school. Now I'm in my second year at the University of Toronto pursuing a linguistics major and, of course, things couldn't be more different. In fact, you could say that I'm probably a completely different individual, and it's strange for me to read over past issues and watch that change slowly occur. Obviously my writing skills were less developed, but so was my confidence in my own abilities. I think I owe a lot of the positive differences to not only experience and schooling, but to the coaching and encouragement of the team at INspired Media and Antoine, the publisher.

The Local Biz Magazine has become such an integral part of my life that I really can't imagine what life would be like without it. So when I was asked to be the editor I was excited, but if I had to pick one word to describe my feelings then, and in the intervening time, that word would be intimidated. For a moment I even felt like the same teen columnist from the fall 2009 issue again. However, it was only a moment, and once I got to work those insecurities immediately evaporated. It has been a really positive experience and I couldn't have asked to be part of a better or more co-operative group of people.

But enough about me, let's talk about you, Durham. In the past we have been lucky enough to receive a lot of feedback from you "Durhameers," as Shirley Ouellette, our "Tasteful Talk" columnist, might say. That is, honestly, the part of this job that I most look forward to, so I encourage you to send us your thoughts, opinions, and ideas when you are done reading through this issue.

Sherry Hucklebridge
Editor

**A GOOD SIGN
EVEN IN TIMES LIKE THESE.**



Everyone's looking for an encouraging sign in today's economy. The fact is, they'll see one in over 17,500 locations across North America. Because for over 86 years, State Farm® agents have been there helping people protect the things that matter most. That's why more people trust State Farm. And we consider that a very good sign.

**LIKE A GOOD NEIGHBOUR,
STATE FARM IS THERE.**



Nicole Currie, Agent

28 Toronto Street South
Uxbridge, ON L9P 1P3

Bus: 905-852-9300

nicole.currie.qsv8@statefarm.com

PROVIDING INSURANCE AND FINANCIAL SERVICES

State Farm, Canadian Head Office, Aurora, Ontario

P087082CN 11/08

CANLAN ICE SPORTS OSHAWA

HOLIDAY CAMPS

NOVEMBER 18TH & 25TH / DECEMBER 29TH & 30TH

JANUARY 2ND – 6TH

CHOOSE FROM

- Powerskating and Hockey Skills
- Hockey Tips for Tots
- Learn to Skate
- High Performance Hockey Skills
- *Girls ONLY Skating, Shooting and Scoring*



REGISTER ONLINE NOW!

www.icesports.com/oshawa

905.725.6951

1401 PHILLIP MURRAY AVENUE OSHAWA, ONTARIO L1J8C4





Durham Region Winter Wonderland

by Justine Wallace

 Our Durham Region community has encouraged unity and fellowship since its beginning in January of 1974. Today it continues to do so by hosting a variety of region-wide seasonal and cultural events. This winter there will be many opportunities to get involved, meet, greet and participate in your locality through fun filled, family friendly functions across all the Durham municipalities. In this issue of The Local Biz Magazine, we have decided to take a moment to highlight some of those opportunities for you, and to try to bring friends and neighbours a little closer together in the face of a long and cold winter season. While our time is short, and we can't possibly do justice to the entire winter events calendar, we think we have selected a few fantastic affairs that will give you a taste of the entertainment possibilities in store;

The Optimist Fantasy of Lights'

One of the newest events in Durham is "The Optimist Fantasy of Lights." Hosted by The Optimist Club of Uxbridge, this free illuminated exhibition has run for the past three years and is now embarking on it's fourth incarnation. The Optimist Club responsible for the event is composed of people dedicated to the betterment of their community, and the protection and encouragement of the coming generation. This organization has been making a difference in Durham for the past forty years through their focus on nurturing the youth of the area. They also sponsor other associations, such as Girl Guides of Canada, Scouts of Canada, Optimist Junior Golf League, Claremont Conservation Area, and the Uxbridge Youth Centre. Activities are provided by The Optimist Club of Uxbridge all year round, and the holiday season is no exception.

People from across Durham make the journey to Uxbridge to marvel at, or even partake in "The Optimist Fantasy of Lights." Participants put together beautiful displays of LED lights, and create scenes reflective of their personal interpretation of a celebration of the holiday season. Lots sized 25 ft. X 25 ft. are provided for the creation of the displays regardless of whether the display is an individual effort, or the collective effort of a group, business or organization. Certain lots may have trees on them, which partakers are permitted to incorporate into their scene. This year, display setup is held on December 10th and 11th in Uxbridge's Elgin Park. There is no fee to participate, however participants are required to provide their own materials. Any appropriate material can be used to create the display, as long as they are sturdy enough to withstand true Canadian winter weather for the duration of the event.

This year's opening ceremonies are on December 15, and displays will be up from December 15th to December 31st. "The Optimist Fantasy of Lights" can also double as a promotion groups, businesses

or organizations, as signage is provided for each lot with the name of participant or group responsible for the display. If visual arts just aren't your niche, then come on out and drive through. Or bundle up, park your car and take a leisurely walk with your family and friends through the beautiful display of lights. Remember to enjoy the show and the holiday spirit between December 15th-31st.

While there is no required fee to observe, donations will be collected by those who wish to give voluntarily. All funds collected by The Optimist Club of Uxbridge will go towards their efforts toward the betterment of youth in the community.

Are you interested in registering your group/business/organization in the fourth annual "Optimist Fantasy of Lights?" To register, or for more information, visit www.uxbridgeoptimists.com/fantasy-of-lights.



Annie: The Musical, presented by The Oshawa Little theatre

The Arts are encouraged across Durham through the productions of plays and musicals put together by organizations such as The Oshawa Little Theatre. For thirty years The Oshawa Little Theatre has run a program educating members on everything from vocals and music theory to

musical theatre etiquette. All the aspects of running a production are taught, which includes; lighting, directing, set design and construction. Membership is not limited by age, and performers from all walks of life participate in productions put on by the theatre group. In October of this year, The Oshawa Little Theatre presented "Jake's Women." The play received a fantastic response from the audiences, and received a standing ovation during the opening weekend show. If you missed their production of "Jake's Women" and you are interested in attending a musical, or if you did see the production, and the marvelous presentation has you wanting more, "Annie: The Musical" is now running in the Oshawa Little Theatre. The musical is a rendition of the well known drama of an Orphan named Annie left at an orphanage in New York City during the depression, who, through persistence and optimism, achieves her dreams of belonging to a family and a having a home to call her own. The classic story of Annie is entertaining for everyone ages one to one-hundred and one. There is a remarkable cast consisting of twenty-nine people, who are well-supported by up to eighty-seven volunteers responsible for keeping the show on its feet. The volunteers consist of hair and make-up artists, costume designers, and light and sound operators, and that is only to name a few. The theatre is located on 62 Russet Avenue in Oshawa and Annie will be running until December 10th on Thursday, Friday and Saturday evenings at 8:00 PM, starting on November 17th. If you prefer afternoon performances, matinee performances are on November 27th and December 4th. This production is proudly sponsored by the Oshawa Generals. Tickets are available at the box office at the theatre, or at the Kiosk at the Oshawa Centre. Tickets for adults are \$25.00, and a special student rate is given at the box office. For more information regarding the organization, "Annie: the Musical," or shows coming up in the New Year, such as a theatrical adaptation of the novel "To Kill a Mockingbird," visit www.oshawalittletheatre.com.



Snow White: A Rissa Theatrical Production

If you are a lover of theatre, you will not want to miss out on yet another opportunity to see a classic story in the Durham Region during the holidays. This season, Rissa Theatrical Productions will be presenting their rendition of the classic story "Snow White," at the Whitby Centennial Theatre in December 2011, and January of 2012. Rissa Theatrical Productions provides family oriented, quality performances in Durham. The captivating productions serve not only to entertain, but also to encourage and inspire the next generation of theatre by presenting captivating performances, and by providing priceless opportunities for local youth to be involved in a professional theatrical experience. In 2009, "Cinderella" was the featured productions, followed by "Aladdin" in 2010. There were many compliments and thanks given to Rissa Productions from teachers, principals, organizations, and individual audience members for the enchanting performances. Organizations, groups and schools are invited and encouraged to buy tickets for their upcoming production of "Snow White," online at www.risaproductions.com/shows. Rissa Productions is on a mission to bring theatre to all, even those who cannot otherwise afford the experience. When you book online, using the special code, Rissa Theatrical Productions will donate one dollar to Youth Division Events

and Tranquil Garden. Last year, in the name of holiday spirit, families from the GM Settlement House and the Durham Children's Aid Society were invited to enjoy the production of Aladdin. This gift of theatre during the holidays is now a holiday tradition. For more information regarding Rissa Theatrical Productions and this year's theatrical production of "Snow White," visit www.risaproductions.com. Bring your family and friends, or sign up your entire class or school to enjoy the upcoming performance.

The JCI Whitby Santa Clause Parade

Feeling the Winter Blues? Is holiday spirit being lost in the hustle and bustle of holiday shopping and parties? Well, you better not pout and you better not cry, because the 42nd annual JCI Whitby Santa Clause Parade is coming to town. The JCI Whitby Santa Clause Parade has been spreading Christmas Spirit since 1969, and it's contagious. This year's theme is "A Superhero Christmas." These heroes, however, are not necessarily household names like Batman or Spiderman. This theme is to honour true heroes, who have made real impacts on people's lives. It is a family friendly event and its entertaining for people of all ages. Floats will be creative and unique, and both children and adults are sure to have a wonderful time, reveling in the holiday's festivities as they take a break and simply enjoy the parade, and become aware of some of the organizations and activities occurring in their community. During the parade, there will be judges surveying floats, and they will choose a winner for the following categories: Best Community Float, Best School Float, Best Commercial Float, Best Band, and, last but not least, Best Walking Group/Majorette. The event takes place on Saturday, December 3rd, and runs from Brock Street at Manning Road in Whitby to Trent Street, downtown Whitby from ten to noon. Annually, between seventy and eighty groups, organizations and businesses participate in the event.

Some of the biggest sponsors so far this year include the Town of Whitby, Rogers TV, Williams Community, and Marigold. Interested in adding the name of your group, organization or business to the list? Registration is open until November 19th, and registration is available online, at www.jciwhitby.com. The fee is twenty dollars for all nonprofit organizations, and fifty dollars for all commercial businesses.

The JCI Whitby Santa Clause Parade won the award for 'Best Community Project' in 2010. Founded in 1944 in St. Louis, Missouri, JCI, or Junior Chambers International, is an international nonprofit organization dedicated to the improvement of the community and the world they live in. In February of this year, the JCI Whitby organization held a speed networking event for people between the ages of twenty and forty, which enabled participants to connect with other businesses and organizations in a productive environment. This speed-networking event also received the 'Best Community Project' award in 2011. For more information on upcoming events held by JCI Whitby, including the 42nd annual Santa Clause Parade, or if you want to get involved, visit www.jci.cc/local/whitby. Don't let the holiday hustle and bustle distract you from the fun and revelry you intend to have this holiday season! Come on out to the parade and enjoy the community celebration.



There are multiple ways to branch out and enjoy the benefits of living in such a diverse, interactive community-based region. There are organizations all over Durham that are dedicated to drawing people out of their homes to socialize and encouraging people to become part of something bigger: The Durham Region Community. For more information on other fun-filled family events, visit www.durhamtourism.ca.

Justine Wallace is a senior student in high school, attending Notre Dame Catholic Secondary School in the Durham Region. Having lived in the Durham for her entire life, she has benefitted from the region's programs and events. She hopes to help set an example of unity and fellowship for the global community.

INspired Media inc.

INspiredcreative

- Branding
- Logo design
- Marketing consulting
- Ad campaigns
- Media buying
- Graphic design
- Websites
- Printing

and much more...



the pink pages
directory

and publishers of

pinkplaymags

The Local Biz
Magazine



call 905.231.9722 or visit
www.inspiredcreative.ca

*Wishing you and yours a safe and
happy holiday season*



Jim Flaherty, P.C., M.P.

MEMBER OF PARLIAMENT, WHITBY, ONTARIO
701 Roseland Rd. E., Suite 204, Whitby, ON, L1N 8Y9
www.jimflahertymp.ca
E-Mail: jim@jimflahertymp.ca
Tel: (905) 665-8182 Fax: (905) 665-8124



Christine Elliott, M.P.P.

MEMBER OF PROVINCIAL PARLIAMENT, WHITBY, ONTARIO
114 Dundas St. E., Suite 101, Whitby, ON, L1N 2H7
www.christineelliottmpp.com
E-Mail: christine.elliottco@pc.ola.org
Tel: (905) 430-1141 Fax: (905) 430-1840



Mount Kirby Skis & Boards

Rental and High Performance Demo Centre

**RENT TOP QUALITY SKIS
AND SNOWBOARDS
AT LOW, LOW PRICES.**

HIT THE SLOPES AND WHEN YOU
RETURN THE EQUIPMENT,
GET A **FULL CREDIT** TOWARDS
ANY IN-STORE PURCHASE AT
ANY OF THEIR LOCATIONS!

**THAT'S LIKE
RIDING FOR
FREE!**



**MOUNT KIRBY
SKIS & BOARDS**

Rental & High
Performance
Demo Centre
Kirby

Mount Kirby
495 Taunton Rd. E.
Oshawa



Just 3KM West of Kirby Ski Club

7084 Old Kirby School Rd., Hwy #115 & Durham Rd. 9

905-983-9000 (Formerly Kirby Burger)

www.mountkirbyskisandboards.com

HAPPY HOLIDAYS

Budget Blinds

a style for every point of view™

Serving North Oshawa,
Scugog & Clarington

Great Selection of Top
Quality Brand Names

Vast Product Variety

Superior Service

"Expert Fit" Measuring
and Installation

Stylish Colours

Smart Upgrades

Accessories

Gift certificates
Available

**FREE IN-HOME
CONSULTATION**

GET
INSPIRED
@ OUR
ONLINE
GALLERY!



Blinds



Draperies



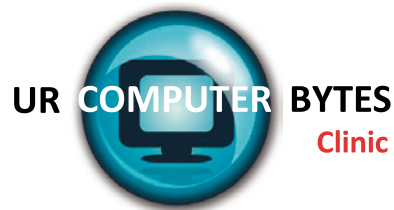
Shutters



Shades

Joe Gibson, Blackstock
1-888-98-BUDGET or 905-213-2583
www.budgetblinds.com/portperry

SATISFACTION
GUARANTEED



Computer Sales, Service & Repair

- Specializing in Virus, Spyware, Adware & Malware Removal
- Computer Cleanup & Tune-up
- Router/Network Configuration
- Data Recovery & Backup
- Upgrades, Repairs & New Computer Setup
- Custom Built Computer Systems
- In-home appointments available

905-655-3000

71 Baldwin St N Unit 3 Brooklin

We've moved (same building) BIGGER unit.

New Showroom Computers, Hardware & Cables.

Christmas is coming! Specialty items can be ordered.

Call us for details

Creative stone
M A S O N R Y

Quality Service and Craftsmanship



Quality Custom Masonry Work
Residential & Commercial
Natural Stone

Free No Obligation Estimate

Visit our Website to View our Gallery

Call Matt: 905.925.9080

Serving Durham Region and Greater Toronto Area
creativestonemasonry@gmail.com • creativestonemasonry.org

Happy Holidays

Open the doors to an organized life.

Provide your clients the organized space they
desire utilizing our key advantages:

- Free in-home consultation • 3D design preview
 - Professional and prompt installation • Lifetime warranty
- from design to reality



walk-in closets • laundry rooms • reach-in closets
wall beds • pantry • home office • garage

throughout Ontario - locally owned and operated
contact us by phone **1.888.777.4397**
or visit us: **www.kwikklok.com**

Suburban *Cosmopolitan* The Best of Both Worlds

by Susan Armstrong



The acceptance of downtown Toronto as a cosmopolitan centre is without question, both here in southern Ontario and abroad. But what about the idea that Durham Region is a cosmopolitan centre? Is it a place familiar with and at ease with its many different mother-countries and cultures? Recently I was forwarded the website of Durham homes featured for their character and style. As I viewed this site I saw homes that were unique and exemplified many periods and cultures. I have been advised by friends and family living in downtown Toronto that Durham region is known for its cookie-cutter urban blandness in both housing and shopping malls. After reviewing some of the homes I couldn't believe that these marvelous places were in Durham and not the 'hip' areas of Toronto. It got me to thinking; maybe I should take a look at Durham Region from another perspective.

Are we cosmopolitan? I set out a few premises' to disprove or prove. Do we have architecture that is creative and different, yet at ease with contemporary architectural style? Do we have unique shopping and food opportunities that are multicultural and popular? Lastly, does Durham have an active night scene that caters to the variety of tastes that a cosmopolitan culture might have?

The Web site I was sent, "52 beautiful Homes in Durham Region," is run by Ryan Smith – a real estate agent, and Peter Chatterton – a photographer. The site is a work-in-progress documenting the variety of beautiful homes that Durham Region has to offer,

that will recognize your face and remember what you ordered last time. One feels like an individual in these shops. I am, indeed, embracing different countries and cultures.

Ahhh, the night scene. As a parent of four children in suburban Durham I always thought that my weekend club and entertainment days would be over. To my pleasant surprise; not so. Over the last twenty years in Durham I have found many a pub and club that lets me escape the daily doldrums. A good example and a personal favourite of mine is the Lion and Dragon pub in Pickering Village. I have been to several other pubs and restaurants that offer wonderful bands, singers, and comedians every weekend, such as Yuk Yuk's in Ajax. Of course, let's not forget the increase in the number of Starbucks locations. That is a tell tale sign of cosmopolitan. Often, I have found myself wondering what food to eat. Literally every culture in the world is represented in one venue or another in Durham. My weekend decisions on where to have that evening drink or dinner meet me with more options than I ever thought possible. Do I go to Pickering Village? The boardwalk at the bottom Liverpool? Further east to Whitby? There are so many choices. After an evening stroll after an amazing meal and a few drinks I am left to wonder if indeed this is suburbia or the beaches. The upcoming St. Francis Theatre and Arts Centre opening on Church Street in Ajax now gives me hope for more plays and displays of music. This is in addition to the several other dinner theaters already operating in

cos·mo·pol-i-tan/, kăzm'pălitn/

Noun: A person who treats the whole world as his or her country; a person with no national attachments or prejudices. m17.

Adjective: 1 Belonging to all or many parts of the world; not restricted to any one country or region. m19.
2 Free from national limitations or attachments; having characteristics suited to or arising from an experience of many countries. m19.

and it captivated me. To date I have viewed detailed homes and landscaping that reflect styles from a modern Toronto, Old Rosedale home to a quaint downtown brownstones house. I dare say that if I did not know where the homes were located I would have assumed they were right out of the older regions of Toronto. The architecture and style that these homes embraced was indeed unique and cosmopolitan. These abodes are not your cookie-cutter style homes. If you would like to take a look at the "52 beautiful Homes in Durham Region" project, visit their website at www.52beautifulhomes.com.

My next task in assessing our cosmopolitanism was shopping and food. I thought about all the big-box stores and shopping-malls we have and reviewed how much time I have spent there. To my surprise, I realized that I wasn't there often. I shop for my fresh fruit at Pickering Produce, a place not unlike the small fruit stands on the streets of downtown. There is something wonderful about going daily to pick out one's fresh fruits and veggies. The Pickering Farmers Market offer a 'St. Lawrence Market' experience of grocery shopping. A leisurely weekend shopping trip to the bustle of the Pickering Flea Market is full of finding that perfect purse, that neat picture for the wall, or some fresh produce from the vendors, to fill the need for culinary diversity on the weekend. I also find that Durham has an ample share of individual butchers and bakeries

Durham. I can't wait to take in some of the local arts scene in the months ahead.

Urban Toronto started out as a few business and cookie-cutter houses, in its day, and evolved into the bustling cosmopolitan centre it is now. We are, at light-speed, becoming an equally bustling cosmopolitan centre with many resources to fulfill our need for culture and to fill our time-off moments.

Next time you are out and about, take a few extra minutes and turn up that older street in Durham Region and see one of the many architectural gems we have. Instead of going to a chain-restaurant on Saturday, or ordering in the same-old, same-old, throw on a nice pair of jeans and go to that little restaurant down the way and see what band is playing. Durham Region has an urban cosmopolitanism that is unique to us. We live in a community with diverse architecture, a broad and active range of shopping opportunities and a multicultural, multi-faceted, weekend dinner and entertainment scene. It's good to be living in a cosmopolitan centre.

Now if I can just get a sitter for this Friday.

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

PICKERING SQUARE DENTAL

We Take Pride In The Level Of Care We Provide



We Welcome New Patients & Emergencies

- Preventive Dentistry (Cleaning, Fluoride & Sealants)
- Cosmetic Dentistry
- Periodontist (Gum Specialist)
- Tooth Whitening For Life (Bleaching)
- Call for your complimentary consultation for all new and existing patients
- Root Canal Therapy
- Implants
- Crowns & Bridges
- General Anesthetic Available

Excellence in Family Dental Health Care

SAME DAY EMERGENCY SERVICE

EVENING & SATURDAY APPOINTMENTS AVAILABLE

Hours: Mon, Tues, Thurs 9am-9pm, Wed 8am-4pm, Friday 7:30am-3pm, Saturday 9am-2pm

FREE TOOTHBRUSH | LASER DENTISTRY | FREE DENTURE CLEANING

Drop In - Exchange Old For New

Call To Schedule

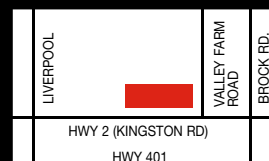


Dr. Marvin Lean & Associates
905.420.1777

1450 Kingston Rd.

Conveniently located at the corner of Kingston Rd. & Valley Farm Rd.

www.pickeringsquaredental.com



SHE SHOOTS



SHE SCORES

by Satrohan Rai

Chilling winter temperatures may have many Durhamites migrating south this year, but for others the season opens up a whole new world of ice and snow.



This second group includes, of course, the many members of Durham's competitive hockey teams, right now in their 2011-2012 season. Competitive hockey is not an easy game and, as a cornerstone of Canadian culture, it can appear intimidating to those who are just entering into it. Rising star Alyssa Gee offers her perspective on the game and on playing AA level Girls Hockey locally.

Born and raised in Ajax, Gee may look young at only 14 years of age, but she already has an impressive list of accomplishments to her name. Along with playing on the Durham West Lightning team, she has been a part of the Canadian Cyclones, the Viper Selects, and was recently awarded with the MVP (most valuable player) award at an Oshawa tournament. Her main position is being a fantastic centre, like her hero Sidney Crosby, but she can also play right wing or go on defense when the need arises.

Apart from her natural talent and devotion to playing, Gee's success may be attributed to hailing from a whole family of hockey

players; her dad played when he was around the same age, and her brothers are busy carving their own paths in Ajax Boys Hockey. However hockey was almost not even a part of her life, "My parents put me into skating first, but I felt more at home when I started playing hockey" she revealed. Gee began playing in a youth league when she was four and, just like that, her passion for the game was ignited.

"The topic of gender and hockey has been a hot topic in recent years and Gee was happy to shed light on the subject..."

Of course, at four years old she wasn't the award-winning competitive hockey player she is today. The kind of skill and stamina required to play at more advanced levels must be acquired through years of practice. "You start off in house league, and play

all the other teams in your league," Alyssa explained, "you get two points for a win, one for a tie, and no points for a loss. The team with the most points wins at the end of the season." House league teams are split into age brackets. The earliest kids can start playing is at ages 3 and 4, in the Timbits division. After graduating Timbits they can move up through the Pre-Novice (5-6 years old), Novice (7-8), Atom (9-10), Pee wee (11-12), Bantam (13-14), Minor Midget (15), Midget (16-17) and, finally, Juvenile (18-20). House leagues are open to players of any skill level.

House league is typically the first stop for any new player, regardless of age. The teams you play are all from your city or town and until they reach the Pre-Novice level, around five to six years old, both boys and girls can play on the same team. The younger teams are set up this way because size is an inconsequential factor at such a young age. On top

of that, practices and games are aimed more at teaching basic skill and developing them, rather than winning and losing. Players who are extremely good for their age level may get the chance to 'play up,' meaning they are put in a higher age bracket, but there is no

alternative for a weaker player to 'play down'. Once your skills are sharp enough however, it's time to move up to a select or even rep league.

Rep (short for 'representative') teams travel to other regions, sometimes even other countries, and play against other rep teams of a similar age and skill level. Basically, that would be any team with a letter before it, from C level teams, all the way up to AAA. Of course, these teams are still split into age brackets, just like house leagues. There is also an intermediate group between house league and rep called a select team. Gee's former team, the Viper Selects, is a good example. This group is made up of good players from the house leagues that are organized into teams of their own, and have extra practices and games. Getting onto a rep team can be difficult, says Gee, with tryouts starting right after the season ends; "I was really nervous at my tryout. Lots of people show up, and you don't know your results until they mail them to you." Although, she must not have been too nervous since she made it all the way up to AA. Having to go through such fierce tryouts, and then waiting weeks for your letter can be a tense and unsure time. After all, the hard work you put into your tryout is only the beginning. "We have practice six or seven nights a week, and two of those are games. Practices are an hour and a half long, we have one day for dry land exercises, and do a lot of weights and cardio" Gee recounted. If you don't make the cut at the tryout, you may still be placed on a rep team, though one ranked lower than what you went for. If you really blow your tryout, or just haven't practiced enough, you may even be sent back to house league, although that's more common for C and B level teams.

Once on a rep team you begin traveling to other cities and regions to play their local teams. Gee was more than excited about the game she just had in Kingston, and looks forward to her next one, which will have her traveling all the way to Michigan. As stressful as it sounds traveling so often and so far, Gee is completely happy with it, and enjoys the time with her teammates, as well as getting to play at completely different venues.

The topic of gender and hockey has been a hot topic in recent years and Gee was happy

to shed light on the subject. When asked if she saw hockey as a male-dominated sport, the only response she needed was "Oh.Yeah." Rep teams for girls only go up to AA, whereas boys go up to AAA. But it's not like girls are being shoved into a corner, rather, girl's hockey is only just beginning to gain ground; the only thing the boys have on them is time. Before the 1980s, it was rare for girl's teams to even exist, and the few girls that did get to play were typically stuck on boy's teams. The discrepancy between boy's and girl's hockey also comes down to numbers. After all, there are many more boys playing hockey than



girls, and therefore it's necessary to have more teams and skill levels to divide them into. It may be surprising to learn that the rules are different for girls than boys, especially in how hits are regarded. "If you hit another girl, it's an automatic penalty," Gee says, "we still play really aggressively, but stick handling is way more important because of that." Size doesn't play as big a factor in girl's hockey as it does in boy's, and may in fact become a liability, since it affects how nimble and quick you are on the ice. As a result of the no-hit rule, stick violations are a lot more common in girl's hockey, as it is the sole way of separating an opposing player from the puck, "We still have a lot of girls that play aggressively and get right in there, you just can't hit anyone."

Let's say, like Gee, you started at the bottom of

the ladder, playing house league in the Tyke division, moved your way up to select, C, B, A, AA and, if you are a boy, AAA. Where do go you from there? At her level of hockey, having scouts from professional teams coming to your games is not an odd sight; "I've had a few scouts come to see my games" says Gee. At only fourteen, Gee is no stranger to this practice, and has participated in exhibition games meant solely to showcase strong amateur players. "I played in a PROSPECTS tournament" she recalls, "They would split you into teams, and you'd just play in exhibition games so the scouts could pick out who they like best."

PROSPECTS is an organization whose focus is bringing together the best young hockey talent in North America and Europe, and show-casing them in front an immense gathering of hockey scouts itching for new players. PROSPECTS has been working with up-and-comers since 1995. Since it's conception it has had over two-hundred alumni move onto the NHL, as well as over fifteen-hundred alumni go onto Major Junior Hockey, which is a professional hockey league for players age 16-20. PROSPECTS only recently started female hockey tournaments in 2001, recognizing the growing popularity among young women in the sport, and have had over 400 individuals participate in the new programs.


For now, Gee is still in Ajax, and has just started attending Pickering High School. She's hoping for a hockey scholarship when she graduates, though she doesn't know what post-secondary school she wants to attend. Her plans for the future will take her all over Canada and the world, "I've always wanted to play for Team Canada," she said, smiling, "but before that, I want to play in a junior women's league."

Gee's final word on hockey is a piece of advice for players new to the sport; "Enjoy yourself and work hard. If you want to move up, put time in at home, practice stick handling, shooting, anything you can."

Your friendly, neighbourhood Satrohan can usually be found either running up and down Highway 2, or furiously writing an article minutes before it's due. He is currently studying at the University of Toronto, and hopes to switch into Ryerson for Journalism.

Put Away Your Bats

by Junior Ramdeo



Put away your bats, basketballs and tennis rackets, because for the next three months, you're not going to need them. Winter is a time that restricts us, but also allows Durhamites to enjoy activities only viable in the extreme weather the season brings. Two of the biggest draws in winter is skiing and snowboarding. Both are very fun and rewarding sports to participate in, but of course there are people who prefer one over the other. It may have to do with the unique equipment each sport utilizes, the athletic merit they each provide, or perhaps just the cost they incur. In any case, a comparison of some of the differences between the two may be necessary for anyone debating their upcoming winter activities.

It's no surprise that snowboarders and skiers need similar equipment, both sports take place in the same environment with the same conditions. There are pronounced differences, however. Snowboarders are more prone to joint and upper body injuries; snowboarders don't have the option of catching with a free foot during a fall, forcing them to use their outstretched hands. This leads to more ankle, wrist, and upper body injuries. It's advised that snowboarders, especially those new to the sport, use wrist and knee guards to protect from harsh collisions. Using a body harness as well reduces the

impact to your upper body. Soft boots, though preferred by newcomers due to the degree of ankle movement they allow, actually double the chances of injury to the joint. Hard shell boots should be used to protect the ankles. Beginners should keep their bindings loose while still learning, to better protect the knees, but can gradually be tightened as you improve and gain more control over your board.

In terms of actual board size, it's down to your height and foot size. The length of your board should come up between your collarbone and chin for a short board, and your chin and nose for a medium board. Anything longer than that is considered too big. Width as well depends on your foot. The shorter the board, the more maneuverability you have, something beginners should keep in mind.

The most unique part of a skiers range of equipment is, of course, the actual skis. Choosing a good set of skis, and accompanying poles, is a crucial part of preparing for the sport, and it's advised that you rent your first couple of times, just to get a preference and feel for the type of equipment you need. Skis are sold according to different terrain types, ability, and size, as well as preference. Any good salesperson or renter can inform you of the skis you need for a particular resort, and in this way, skiing is much more customizable than snowboarding,



if a bit more daunting at first. A good set of poles should be a lightweight pair made of flexible material. REI, a leading seller of skiing and outdoor equipment advises to “stand in your ski boots. With your poles upside down—grips touching the floor—grab the pole beneath the basket so that the top of your thumb touches the basket. Your elbow should now be at a 90-degree angle. If the angle is less than 90 degrees, get a shorter pole. If the angle is greater, get a longer pole.”

The great thing about choosing either sport is the amount of physical activity and muscle strengthening both promote. Skiing is an excellent promoter of leg (especially your quads, hamstrings, glutes, calves, and thighs), abdominal (for those of you looking for that six-pack), arm (biceps and triceps), and back muscles. Snowboarding uses a similar group of muscles, but emphasis is placed more on your stomach and back. This is due to the increased balance necessary to keep your board upright. The added strength needed to keep you balanced is a fantastic workout for your core, as it stresses muscles in ways they are not typically used.

Cardio also plays a huge part in skiing and snowboarding; you’re going to need a ton of endurance to make it through long hills and tracks. Of course, like any skill, this is something you have to build up to and develop; no one is an expert right

off the bat. Going for runs or long walks is a great way to build this needed endurance, as well as another way to keep fit.

The cost of either sport varies wildly. It depends on the brand and quality of equipment you buy, as well as the shop you purchase it from. Luckily for Durham, skiing and snowboarding is a favourite pastime of many of our residents, and the local snow and ski shops that dot our community reflect that. This makes it easier to find good equipment, as well as avoid big retailer prices. The average cost of basic snowboarding equipment (board, bindings, boots, goggles, gloves) is around \$800 on the richer side. Skiing equipment is marginally more expensive by a couple hundred dollars, but of course it all depends on the type and quality of equipment bought. You’ll be set for months, if not years, however, so the steep price is worth it. Most, if not all, ski and snowboarding resorts also offer rentals for every piece of equipment you may need, and do so at much more reasonable prices.

Whatever winter activity you choose, be sure to use proper equipment, stay fit and active, and just enjoy the time of year while it’s here!

Junior Ramdeo is currently working full time while he pursues a career in reporting. He focuses primarily on sports journalism, as he has always had a strong passion for sports and competition.

Durham Marketplace

RE/MAX

TERESA HILTON
 SALESPERSON
 Tel: (905) 655-1144
 E-Mail: THILTON@ROGERS.COM
www.hiltonfirst.com
 Fax: (905) 655-3726 • Toll Free: 1-877-520-3700
 31 Baldwin St., 2nd Floor, Brooklin, On L1M 0A7
 RE/MAX FIRST REALITY LTD., BROKERAGE
 EACH OFFICE INDEPENDENTLY OWNED AND OPERATED

db silversmith designs

 handcrafted sterling
 silver jewellery
 166 Water Street * 905.982.8778
www.dbsilversmithdesigns.com
jewellery ~ express yourself

**Your
Ad
Here**

**YOUR
ONE
STOP
BUSINESS
SHOP**

 ☑ Faxing
 ☑ Copies
 ☑ Printing
 ☑ Graphics
 ☑ Shipping
 ☑ Shredding
 ☑ Binding
 ☑ Packaging
 ☑ Invitations
 ☑ Laminating
 ☑ 24/7 Mailboxes
 ☑ Office Supplies
 1869 Scugog St.
 Port Perry
 905 982 2700
Envoy
 BUSINESS SERVICES


I invite you to...
**REDISCOVER
COMPUTERS**
 416-839-6051
 Mon-Fri 6am-midnight, emergency
 service available, on site service,
 no job too small, upgrades/new
 systems, backup solutions, 12
 years experience, A+ certification

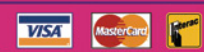
**Your
Ad
Here**

INspired Media Inc.
INspiredcreative
 • Branding • Media buying
 • Logo design • Graphic design
 • Marketing consulting • Websites
 • Ad campaigns • Printing
 and much more...
 and publishers of

 call 905.231.9722 or visit
www.inspiredcreative.ca

It's about Time!
 Size 14+ consignment stores serving the GTA
*Curvaceous
Consignments*
Because every body is beautiful
Size 14 and up
 8108 Yonge St., 66 Commercial Ave.,
 Thornhill, ON Ajax, ON
 905.764.0099 905.231.1091
www.curvaceousconsignments.com

Red Ribbon

Family Restaurant
All Day Breakfast
Merry Christmas
 Shari, Terri, Arlene, Alannah,
 from Linda, Sandy, Carol, Samantha,
 Jordan, Rachael and Emily
 20-22 Water St., Port Perry • 905-985-1210

**Flawless
DRY 2 CLEANERS INC.
& ALTERATIONS**
 14500 SIMCOE ST., PORT PERRY
 (SOUTHGATE PLAZA)
 905-982-1122

 MONDAY/WEDNESDAY/THURSDAY: 7AM - 8PM
 TUESDAY/FRIDAY: 7AM - 6PM
 SATURDAY: 9AM - 4PM
15% OFF
 WINTER COATS
 (EXCLUDING LEATHER)
20% OFF
 Duvs/Comforters
*Must present coupon. Not to be combined with any other offers or discounts. Expires June 30/2011

Go Green. Save Green.
 AIRPLUS is proud to offer home heating and cooling options that save money and the environment. For a limited time, save up to \$5,000 with government rebates.
24-HOUR EMERGENCY SERVICE!
 • FURNACES • AIR CONDITIONERS
 • HEAT PUMPS • AIR PURIFIERS

 Ajax: 905-619-9978
 Toll Free: 1-800-650-9522
airplus.ca
 Family Owned & Operated • Senior's Discount

You Don't Pay Unless We Collect!

 Barry L. Evans, B.A. LL.B.
**FREE INITIAL CONSULTATION
OVER 33 YEARS
COURT EXPERIENCE IN:
SERIOUS INJURY CLAIMS**
 Motor Vehicle • Slip & Fall •
 Insurance Claims • Off Road &
 Boating Injuries • Dog Attacks
 905-433-1200 • blevans@interlinks.net • www.barrylevans.com

Winter Events Calendar

Dec. 2

Tree Lighting Event

Esplanade Park and Civic Complex
www.cityofpickering.com/greatevents

Dec. 3

JCI Whitby Santa Claus Parade

Downtown Whitby
www.jciwhitby.com

Dec. 3 and 10

Cinderella (play)

Brougham Community Hall
www.cityofpickering.com/museum

Dec. 6 and 8

Make a Joyful Noise music night

Civic Complex, Council Chambers, Pickering
www.cityofpickering.com/greatevents

Dec. 7

Smile Theatre- "Tis the Season"

The Beech Centre, Clarington
www.claringtonolderadults.ca

Dec. 10

John McDermott concert

The Regent Theatre, Oshawa
www.werockentertainment.ca

Dec. 11

Christmas in the Village

Pickering Museum Village
www.cityofpickering.com/museum

Dec. 14

Mayor's Light Tour

Around Pickering
www.cityofpickering.com/greatevents

Dec. 15

Clarington Concert Band Christmas Concert

Clarington Beech Centre
www.claringtonolderadults.ca

Dec. 15 – 24

Fantasy of Lights

Elgin Park, Uxbridge
www.uxbridgeoptimist.com

Dec. 31

New Year's Eve Family Party

Ajax Community Centre
www.townofajax.com

New Year's Eve Family Countdown

Pickering Recreation Complex
www.cityofpickering.com/greatevents

Oshawa Celebrates

Legends Centre, Oshawa
www.oshawa.ca

Jan. 1

Tim Horton's Free Skate

Pickering Recreation Complex
Pickering,
For more info call 905.683.6582

Jan. 1 to 7

Snow White

The Whitby Centennial Theatre
Whitby,
www.risaproductions.com

Jan. 1 to Feb. 28

Rouge Park Guided Tours

Pickering,
www.rougepark.com/hike

Jan. 2

Movie Mornings: Gnomeo & Juliet

Ajax Public Library, Main Branch
Harwood Avenue South, Ajax
www.townofajax.com/library

Jan. 3

Movie Mornings: Tangled

Ajax Public Library, Main Branch
Harwood Avenue South, Ajax,
www.townofajax.com/library

Jan. 7

Annual Port Perry Polar Plunge

Palmer Park
Port Perry
For more info call 905.985.6002

Jan. 9

The Palaeo-Eskimos Exhibit

Scugog Shores Museum
Port Perry
www.scugogshoresmuseum.com

Jan. 25

D.I.L. Public Scanning Day

Ajax Public Library, Main Branch
Ajax
www.libraryinfo@townofajax.com

Jan. 28

8th Annual Cannington Dog Sled Races & Winter Festival

MacLeod Park
Peace Street, Cannington,
www.canningtondogsledraes.com

Claremont Winter Carnival

Claremont Community Association
Claremont,
For more info call 905.649.2653

Feb. 5

Ajax Winterfest

McLean Community Centre
Ajax
www.townofajax.com/Page3005.aspx

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

1-855-87-PRIDE (77433)



PRIDE LINE
DURHAM
let's talk it out

Helpline:
1-855-87-PRIDE (77433)
Hours of Operation:
6pm – 10pm 7 days/week

Office: 905-430-3511 x34
Office fax: 905-430-1381
erica@distresscentredurham.com
www.distresscentredurham.com

Prideline Durham
"Providing support for LGBTQ issues in Durham Region"
306 Brock Street North, Whitby, ON L1N 4H7



D • B • A
DENNIS BROWN & ASSOCIATES

Dennis Brown
Life & Business Coach
dennis@welisten.ca

- Individual Coaching
- Group Coaching
- Corporate Workshops
- Inspirational Speakers

905-428-8040
www.welisten.ca

• Changing Thinking ... Transforming Lives

Taking the Lead

Treating your pets like they're part of our family



- Dog Walking
- Pet Sitting
- Nutritional Consults

SAVE \$5 off
your first booked service

Corry Hamilton 905-697-2788
info@takingthelead.ca www.takingthelead.ca

Take your Life Back

All things are possible when you trust and believe



Sue-Ann Bavlnka
Psychic/Medium

Phone: 905-619-6898
Email: sue-ann@divinelane.com
Web: www.divinelane.com

Private readings, telephone readings,
parties, functions

A Clean Home Sparkles

Deborah Myles
289.600.9194

Free Quotes

www.wix.com/cleanhome/main1



DURHAM FARM FRESH

Discover the local difference!

www.durhamfarmfresh.ca

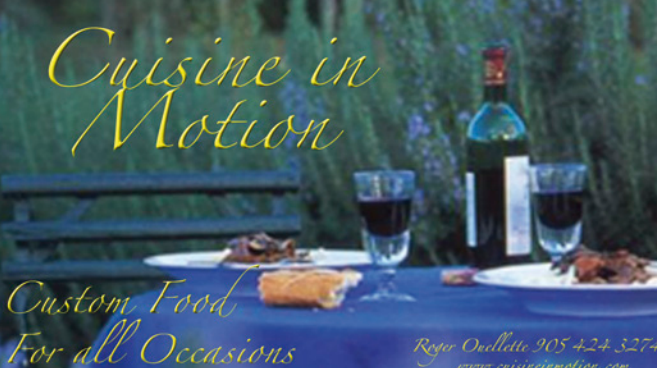
Print & Web solutions designed to Grow Your Business



MAVERICK MEDIA

P. 905.442.3334
W. maverickmedia-online.com

Cuisine in Motion



Custom Food For all Occasions

Roger Oudlette 905-424-3274
www.cuisineinmotion.com

Film Talk

by John H. Foote

PRESTIGE MOVIE SEASON

From the beginning of October through December 31, the major and minor studios will be rolling out their prestige films in the hopes of winning those precious film critics awards. These, of course, include honours from the Hollywood Foreign Press Association (Golden Globes), the Screen Actors Guild Awards, Directors Guild of America Award, or the big one; the Academy Award. While an award of this nature certainly adds esteem to a film, it also brings untold millions of dollars to the box office.

The executives and marketers will, in turn, spend millions trying to get the attention of these organizations in a bid for an award or at least a nomination.

The best part of my job as a film critic is the screeners (advanced screening of a film) that begin arriving in early December. These are films that have not been released in theatres yet, sent in the hopes of a strong review or a spot on my ten best list for the website I write with out of New York.

The next few months will see films from some of the best directors working in movies, including two films from Steven Spielberg; *The Adventures of Tin Tin*, and the adaptation of the World War I epic *War Horse*. Martin Scorsese will give us *Hugo*, based on the beloved children's classic. David Fincher will offer the long awaited *The Girl with the Dragon Tattoo*. Roman Polanski has adapted the play *Carnage* to the screen, with a powerhouse cast. Alexander Payne guides George Clooney through the best performance of his career in *The Descendants*, while Clint Eastwood gives us *J. Edgar*, the story of FBI chief J. Edgar Hoover.

Which will be among the Oscar nominees? If I was a betting man, I would count on Spielberg's *War Horse* being a major candidate, and frontrunner for the Best Picture prize. Spielberg and war go together well; he has twice won Oscars for helming films set during the Second World War and the film industry has been long awaiting a great film about the First World War. The advance word on his animated film *The Adventures of Tin Tin* has been too strong to discount, leaving him in the enviable position of having, perhaps, two nominees for Best Picture. *The Descendants* was the finest film I saw at the Toronto International Film Festival this year, and could challenge Spielberg for best picture. Although it will more likely have George Clooney winning Best Actor for his splendid performance. Clooney's toughest competition will be Leonardo Di Caprio as J. Edgar Hoover in Eastwood's period epic, which explores the controversial crime fighter rumoured to be a cross-dressing homosexual. Look for Meryl Streep to go toe to toe with Glenn Close for Best Actress. Streep is a candidate for her work as Prime Minister Margaret Thatcher in *The Iron Lady*, and Close for her work in *Albert Nobbs*, the story of a woman passing as a man in Victorian England. Michelle Williams will give each of them a run for their money for her role as Marilyn Monroe in *My Week with Marilyn*, which has been earning rave advance reviews.

Academy Award winner Martin Scorsese tackles the beloved children's book *Hugo Cabret* in *Hugo* which, while being a story for children, is also about the birth of the motion picture, the real draw in getting Scorsese on board. Roman Polanski has a cast to die for; Kate Winslet, Jodie Foster, Christoph Waltz and John C. Reilly in *Carnage*, a story about parents squabbling over their fighting kids in a film that is toxic and full of rage.

And, of course, there will be a film that comes out of nowhere to grab some attention and nominations; likely the Sundance hit *Martha Marcy May Marlene*, with Elizabeth Olsen as a recovering cult victim. Mary Kate and Ashley's little sister is clearly the talent in the family, as her performance is Oscar bound.

See you at the movies!!

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

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

John lectures *Film History* and *Film Genre* at Humber College, and is former *Director of the Toronto film School*. He also writes for www.awardscircuit.com, one of the web's top movie sites, and free lances for www.thewrap.com, the top industry site.

Tasteful Talk

by Shirley Ouellette



Once again winter has arrived here in Durham, towing the holiday season close behind. The summer came and went, followed by only a brief fall which gently coerced us into cold weather. I love the ever-changing seasons, they always provide an opportunity to make new resolutions and fresh starts. Just like the earth, people need to constantly recreate themselves in order to grow and evolve.

This winter is especially new for my husband and I, as we find ourselves "empty nesters." Our daughter, Michaela, is going to Europe for a year and leaving the week before Christmas. Of course, we are delighted at the prospect of her adventure, although admittedly a little apprehensive. But when it comes to Christmas, what to do? We toyed with the idea of going away, but finally decided to stay home with Lizzie, our beagle and Just Pete, our rabbit.

Now to decide what to have for Christmas dinner. We don't want a massive turkey like we had for Thanksgiving but we do want something special, and so we settled on Cornish Hen. Not only does it have a gamey flavour, but it is also small and easy to cook. There are several local suppliers of Cornish Hen including Bruno's in Pickering; you can also ask your butcher if he can order one for you.

So here are some tips for a wonderful, romantic Christmas Day meal for two; whether you are empty nesters like us, or maybe still considering feathering your nest at a later date. First off, be prepared, just like you would if you had a big crowd. Make anything you can ahead so you will have time to savour the whole day together. Choose simple but elegant canapés like smoked salmon, lobster salad fillo cups or goat cheese and caramelized pear. For an appetizer, choose something you would not normally do, the same goes for the sides. Stretch yourself to find new ideas, have fun with the menu and plan well ahead. Make sure you decorate the table and put out crystal glasses and candles. Most importantly, relax and enjoy a perfect Christmas Day. You can find the full menu for our holiday dinner at www.cuisineinmotion.com on the Cuisine 'n' Green page after December 1st.

During the winter months, ensure you support local food as much as possible. It is still available, though not as prolific. We "Durhameers" have the right to know where our food came from and we can exercise that right at the cash register. Buy local, my friends. Salute!

.....
Shirley Ouellette grew up in the far south west of England. Since living in Canada she has been actively involved in promoting the Local Food Movement. Sustainability concepts on a broad spectrum are close to her heart and she encourages everyone she comes into contact with to consciously practice sustainable living habits. She is married to Roger Ouellette with whom she is a joint-owner of Cuisine in Motion. They cater all types of parties using local produce whenever possible. Shirley also works with a consulting firm that design, implement and manage product stewardship programs. Enrolled in Ryerson University in their Food Security Program, Shirley brings a wealth of knowledge on many subjects.



MOJO VINO

FINE WINE & TAPAS RESTAURANT

Cheers | Slainte | Sante | Salud | Salute | Ganbei
Prost | Le Chaim | Kanpai Lechyd da
Vashe Zdorovie | Stin igia sou

**"May you live as long as
you want, and may you
never want as long as
you live"**



**Once discovered...
Never forgotten**

Lunch Tues-Fri: 1130am to 3:00pm
Dinner Tues-Fri: 5:00pm to 10:00pm
Dinner Saturday 5:00pm to 11:00pm

**Live Entertainment on selected
days of the week!**



120 Brock St. North, Whitby, ON L1N 4H2

905.666.3005 | www.mojovino.ca

Reservations highly recommended



Medical Office Administration

This program will prepare you to work in a medical environment such as a doctors' or insurance office, hospital, medical clinic or in a medical

records department. You will gain a thorough knowledge of medical terminology, basic anatomy and physiology, medical billing, medical transcription, and patient charting for medical office and hospital settings.

Food Service Worker

This program provides the training required by the Ministry of Health and Long-Term Care to be employed in a Food Services Department of a commercial, institutional or long-term care facility.



Call today for more information.

www.durhamcollege.ca/coned | 905.721.2000 ext. 3776

Sunday Buffet Brunch

The popular Sunday brunches are back at Wooden Sticks, but only for a few weeks!

Enjoy a variety of freshly prepared items, salads, breakfast favourites, carving stations, desserts, plus so much more...

Brunches run until December 18th, 2011



For more details and reservations please call 905-852-4379 or visit www.woodensticks.com



Special Holiday Luncheons
December 16th & 21st

40 Elgin Park Dr, Uxbridge, ON

Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

The colour of springtime is in the flowers, the colour of winter is in the imagination. -Terri Guillemets

Snow is falling, the days are becoming shorter, and everything is cold and damp. As the holiday season approaches, you listen to stories of this time of year and feel the excitement in the air. You can smell the fire as the wood crackles away, while the orange flame licks it down to nothing but a piece of black charcoal. Yes, these are all hallmarks of the winter season.

Some parts of a Canadian winter are joyous and others are a little unpleasant, but in the end people always seem to make it work. The unpleasant parts would be the cold temperatures, the freezing rain, runny noses, the wet, wet snow. Just thinking of wet snow reminds me of a story;

It starts with cell phones. What a joy and, to most people, a life saver. I love my cell phone, or so I did. It was about a month ago and I, like many people, spent most of my time texting everywhere I went, including the bathroom. I know what your thinking; bad idea right? Bingo! You got it. Anyways, I was in the bathroom with my phone in the back of my jeans. I went about my business, not even thinking that when I stood up, my pants would push my phone up and out of my pocket. However I heard a small 'clink' and I turned to look, to my horror my phone was in the toilet. Immediately I reached down and yanked my phone out. I then set it on the counter and actually thought about what I should do next wash my hands or go put my phone in rice. I chose the rice (although I did end up washing my hands afterwards).

So I did this but it didn't seem to be having an effect. After a few days, when my phone still wasn't working, my mom called the phone company. They gave her a list of various ideas and things to try. I tried every one; none of them worked. After a few weeks I kind of stopped missing my phone. But then, my mom found this company that was able to fix it and once I got it back I really, truly realized how much I had missed it.

Unfortunately I lost all of the data. All of my contacts, photos, videos, you name it. Lost. All gone. Never to be seen again. That is my little tale for you and, I imagine, if you drop your phone in wet snow the very same thing will happen. If it does be sure to call Cell Tel Wireless at 905-668-5050 to get it fixed.

Happy Holidays Everyone!!

.....
Samantha Burtch Whitteker is a 13 and ½ year old with long blonde hair and blue eyes. She loves to shop; babysit to make money to go shopping, read and write. When she can't express herself through words she writes. She loves living in Port Perry with her family.

Taking the Lead



by Corry Hamilton

Increasing Quality of Life Through Custom Orthopaedic and Prosthetic Devices

Our pets make our lives complete, so is it any wonder that, when they get old, or sick, we move heaven and earth to make them better?

In the past, as our pets got older and lost their mobility, there wasn't a lot we could do to relieve their suffering. Nowadays, however, pet owners have access to the best diets, supplements, and complimentary therapies for their beloved companions. One therapeutic option for lost mobility in pets is prosthetic and orthopaedic devices.

External orthopaedic braces offer support to weakened limbs and joints, while prosthetic devices serve as a partial limb replacement.

There are a number of reasons why a pet may benefit from an orthopaedic device. In some cases they are too old, or have an underlying health condition that prevents surgical correction of the issue.

Perhaps they underwent surgery, but still require immobilization or extra support to allow the affected limb/joint time to heal. Your pet may even have a neurological or nerve condition that could benefit from extra support to keep the affected limb in a neutral position, making walking that much easier.

Prosthetic devices are reserved for pets who have either lost a limb to trauma, cancer, or were born missing a limb. While most animals can adapt to having three legs, it can cause muscle imbalances and injuries later in life.

Visiting a veterinary consult is the first step in determining if your pet could benefit from an orthopaedic or prosthetic mobility device. If they think it is the best option, they will refer you to a specialist such as Janice Olynich from Pawsability. Olynich offers custom orthotics and prosthetics out of her office in Toronto. There she utilizes a three step process; casting, test fitting, and finally, providing your pet with a finished mobility device.

If you are interested in learning more about Pawsability and Janice Olynich, visit www.pawsability.ca or give her a call at 647-888-6809.

.....
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



RE/MAX
 All-Stars Realty Inc., Brokerage
Each Office Independently Owned and Operated



Dianne Olsson
 SALES REPRESENTATIVE

 47 Brock St. W. Box 1298
 Uxbridge, ON L9P 1N5
 Bus: (905) 852-6143 • Fax: (905) 852-5696
 Email: dolsson@trebnet.com

Pager/Office
1-877-855-6143



Season's Greetings

Salvatore's Trattoria & Café

Now Fully Licensed • Live Entertainment Weekly
Daily Specials • Open Window Seating

905 985 3500 • 263 Queen St., Port Perry Ontario, L9L 1B9
Book Your Christmas Party Now!

Brooklin's One Stop for Mortgages, Insurance, Investments & Income Tax Preparation. Never pay posted rates! Shop for the best mortgage rates and products to suit your needs. Are you paying too much for insurance? Call us today for a competitive quote on Home, Car, Life & Living Benefits or Commercial Insurance



905-425-4537 | www.hlf4u.com
 71 Baldwin Street N, Unit 2 Brooklin, Ontario
 Email: office@hlf4u.com
 Walk-ins welcome and appointments available after hours





PEACE OF MIND Home Inspections Inc.
Our Name Says It All!

Don McKechnie
 Certified House Inspector
 WETT Certified



905-655-6363
don@peaceofmindhomeinspection.ca
www.peaceofmindhomeinspection.ca





UXBRIDGE MANOR & SPA

Come as a guest, leave as a friend

5 Star Healing Retreat

A Luxury Spa, Bed & Breakfast Manor in Uxbridge, ON



★ Facials ★ Massage ★ Bridal ★ Just For Him
★ Romantic & Overnight Packages

Complementary Afternoon
Tea is served in the Manor
every Sunday from 1 - 4

Christmas & Valentines Gift
Certificates & Packages
Available

Open Sundays

Phone: 905.852.6047 Toll Free: 1.877.214.7272

321 Feasby Road, Uxbridge, Ontario, Canada, L9P 1R1

Email: info@uxbridgemanorandspa.com | www.uxbridgemanorandspa.com

Seeing is believing



N&C
SOAPSTONE
COUNTER TOPS

Be sure to visit our showroom

8 Paisley Lane, Unit 2, Uxbridge

905.640.6213 or 1.866.421.4425

www.soapstoneontario.com

Ask Sue-Ann

by Sue-Ann Bavluka



Dear Sue-Ann:

I have several family gatherings to go to over the next few months and, honestly, I dread them. There is always tension and arguing. If I could, I would go on holiday and avoid it all, but I can't. Do you have any advice on how to get through the holiday season gatherings with as little stress as possible?

Signed, Seasonally Challenged

'Tis the season to see the family. There are some families that only get together on major holidays, weddings and funerals. The rest of the year they avoid each other. Quite often if the dynamic between the siblings was poor in their youth, it travels into the adult years. Old patterns of behaviour will leave the situation void of anyone looking to pick up resolution. I suggest that you spend time thinking about the family gatherings of the past and revisit the arguments and uncomfortable situations that involved you. Look at why that emotional button exists and do what you can to resolve it. If the button isn't there then you will not hear the same old comments in the same way. You cannot do anything about the arguments that go on around you between others, but you can be in control of what happens to you. Be grateful that you have family to spend the holiday season with. Bringing a guest or two that are not known to the family with you may also defer the tension.

Dear Sue-Ann:

I have been so worried, confused and depressed for the past few years. I have been married for 20 years and for the last 5-6 years, things seem to always go wrong. My partner does not give me any reason for his emotional distance. Even my daughter has no respect. I feel alone and many times I feel there is something wrong with my health, even though tests reveal nothing. I am thinking that someone has put a hex on me and my family. Can you help me?

Signed, Depressed in the UK

When our thoughts become depressive and they continue for some time they turn into a physical manifestation. That is why you would be feeling so unwell. Also, when in depression we do not want to eat properly and we cannot sleep properly. Over time the body wears down, it gets tired, and that does not support any desire to do positive things for the self.

No, there has not been a hex put on your family. Your daughter's selfish behaviour existed long before your depression set in, and your husband is just suffering from emotional withdrawal. Him not giving you an answer may mean he does not know what is truly bothering him either. You cannot assume that he would know. For the same reason that you do not know the true cause of your sadness at this time, he doesn't either. You have spent a lifetime looking after everyone else and not giving yourself a second thought. You are someone who needs to stay busy with things and feel needed. You may want to consider finding something that you feel passionate about. Volunteer your time to those who could use it. Once you start to focus on what can be done instead of what is not being done the grey cloud can lift. Remember everything begins with that first step forward.

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

Wake Up Everybody

As I pondered what my subject would be for this issue's article, one of my favourite songs came online. It was Harold Melvin and the BlueNotes' 'Wake Up Everybody,' and I thought; that's it.

Over the last little while we have seen discord and insurrection all around the world. There was the uprising in the Middle East, economic turmoil throughout Europe, unrest in Africa, changes of government in the Caribbean, and upheaval in the United States. The list goes on.

However, the one great occurrence amidst all these troubling events is the awakening of the population. We are coming to realize, more and more, that if changes are to be made it has to come through the collective will of the people. We are realizing that we're all connected, and its no longer those people over there. We are those people and we are all in this together.

Working together and looking out for each other is the only way we can make our world a better place. After all, where does our world begin? It begins with us, the individual, then expands to include family, friends, neighbourhood, community, province, country and, finally, the world-at-large. John F Kennedy once said that "Few will have the greatness to bend history, but each of us can work to change a small portion of the events, and then the total — all of these acts — will be written in the history of this generation."

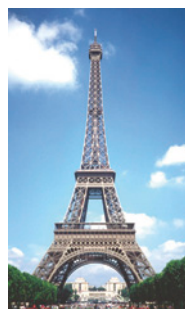
I will leave you with my inspiration, the words to 'Wake up Everybody' by Harold Melvin and the BlueNotes;

*Wake up everybody, no more sleeping in bed
No more backward thinking, time for thinking ahead
The world has changed so very much
From what it used to be so
there is so much hatred war an' poverty
Wake up all the teachers time to teach a new way
Maybe then they'll listen to whatcha have to say
Cause they're the ones who's coming up and the world is in
their hands
when you teach the children teach em the very best you can.
The world won't get no better if we just let it be
The world won't get no better we gotta change it yeah, just you and me.*

*Wake up all the doctors make the ol' people well
They're the ones who suffer an' who catch all the hell
But they don't have so very long before the Judgement Day
So won'tcha make them happy before they pass away.
Wake up all the builders time to build a new land
I know we can do it if we all lend a hand
The only thing we have to do is put it in our mind
Surely things will work out they do it every time.
So Lets all do our part to make this world a better place
We are all in this 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.*



Parlez-vous Français?

Whether it's for work, travel or just for fun, learning another language can make your experiences more enjoyable. We offer:

- American Sign Language
- Chinese - Mandarin • Dutch
- French • Italian • Japanese
- Spanish

Teaching and Training Adults Certificate

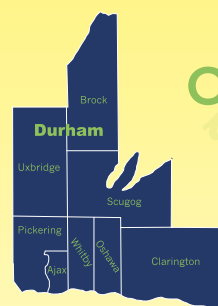
This program will train you to teach or facilitate adults in any capacity, whether you teach in a formal classroom setting, facilitate seminars, train employees, or teach a general interest program.



Call today for more information.

www.durhamcollege.ca/coned | 905.721.2000 ext. 2496

Your customers...



our readers

The
Local Biz
Magazine

Advertise in the only glossy magazine
covering the entire Durham Region

Book in our upcoming issues
Call:

Diane Stoddart, Regional Manager
905.231.9722

Published by INspired Media Inc.
Pickering, Ontario

AWARDED THE BEST WINGS IN PORT PERRY!



KJ's Shack
NIBBLES AND DRIBBLES



A Great Kids menu that includes our
popular "Build Your Own Sundae!"

Live Acoustic Entertainment
every weekend 9pm to 1am

905.982.2737

56 Water Street, Port Perry, ON ~ www.kjsshack.com

Season's Greetings

VALUE

CAR & TRUCK RENTAL

www.itsaboutvalue.com

Value Car & Truck Rental services Pickering, Ajax, Whitby & Oshawa. At Value you will experience exceptional customer service. Value Car & Truck Rental is about building a relationship with our clients by offering competitive prices and valued service

- Daily, Weekly or Monthly Rentals
- Weekend Specials
- Free Pick-up & Return
- New Cars & Trucks
- Moving Supplies Now Available

1600 Bayly Street,
Pickering, ON
905-421-9777

181 Bond Street W.
Oshawa, ON
905-434-9777

"Insurance Replacement Specialists"

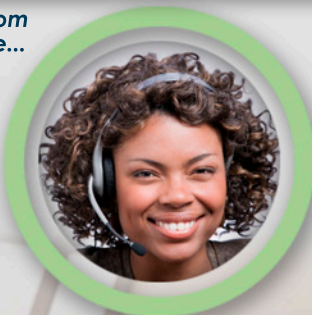


Working From home could not be easier...

Be your own boss and work from
the comfort of your own home...

Just think...

- No commuting
- Work the hours that suit you
- No extra cost from travelling to work
- More spare time in your life



"Customer Service Work
From Home Experts"



www.atacinc.ca
1-888-909-6022



It's about Time!

Size 14+ consignment stores serving the GTA

Curvaceous
Consignments
Because every body is beautiful

Size 14 and up

8108 Yonge St.,
Thornhill, ON
905.764.0099

66 Commercial Ave.,
Ajax, ON
905.231.1091

Ajax now accepting XL & Up Men's Wear

www.curvaceousconsignments.com

Your future from the stars

by Micki Lee

Pisces

January: Watch for tension or idle chit-chat
February: Some of you may enter a business partnership.
March: Watch for hurried speech and impulsiveness all month.

Aries

January : If you do eventually decide to move on, it can only be because the moment is right.
February : Hold back from making definite judgments.
March: You should try to be less critical of partners' ambitions.

Taurus

January: You must turn your attention to cash or career issues.
February: Take responsibility for your happiness.
March: Keep up the pace without straining.

Gemini

January: Sidestep confrontations and avoid competitions.
February: To make it worth your while, you mustn't go over budget.
March: Renovate or simply change your living space

Cancer

January: A fire is kindled deep down, that feels stronger than anything ever felt before.
February: It's a time for pushing your own personal projects.
March: It's a strong time to make an investment or to clear some debt.

Leo

January: You experience a renewal of energy.
February: Personal projects that you begin now are likely to blossom.
March: During this cycle, you are more communicative than usual.

Virgo

January: Take a break from the hectic pace of your life, and to reflect.
February: It is better to finish up projects and tie up loose ends.
March: It's a great month to do something entirely new.

Libra

January: The spotlight is on you and your ability to lead.
February: You are more gracious, well-behaved and likeable now. Take advantage!
March: Social interactions are more frequent.

Scorpio

January: You might find some great ideas through others now.
February: It's not the time to push ahead with brand new projects.
March: It's a good time for networking and settling disputes.

Sagittarius

January : Its a good time for research, quiet contemplation.
February: You are likely to require solitude, in order to get your thoughts together or to be mentally productive.
March: Be careful that you don't over-commit.

Capricorn

January: It's a time to shine . Be humble, but don't hide your abilities.
February: You are coming out of your shell, ready to perform.
March: Your popularity is on an upward trend during this cycle.

Aquarius

January: Place yourself in the best light in order to make a good impression on others.
February: You could find that your talents or skills are especially appreciated.
March: Take advantage of the increased spontaneity.

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

UXBRIDGE WEIGHT LOSS & WELLNESS

Featuring



Understand the science of losing weight!
Reduce your risk of serious health problems and learn to keep the weight off. We offer the medically developed *Ideal Protein* products together with 1 on 1 weekly coaching.

Susan is a caring life coach and wellness practitioner with a masters degree in science and is happy to coach and encourage people with their health and wellness.



SUSAN KERN, M.SC.

2 CAMPBELL DRIVE, SUITE 307A, UXBRIDGE ON L9P 1H6
416-274-9365
WWW.UXBRIDGEWEIGHTLOSSANDWELLNESS.COM
SUSAN@SUSANKERN.COM
WWW.SUSANKERN.COM

IMAGINE~BELIEVE~CREATE!



Fresh from the grapevine!

Exciting things are happening at Vintner's Nook right now. In addition to the many batches of fine wine aging to perfection, you'll find special pricing on your classic favourites, news about the upcoming Restricted Quantity kits, and the latest on this year's Hightail Wines. Don't wait another minute for your last chance to make a batch of your own wine for Christmas celebrations and holiday entertaining. Get a head start on your wines for summer entertaining.

Now is the time to start to let your wine "Age to Perfection"

Call 905.852.5499

Located at: 12 Spruce Street in Uxbridge
www.vintnersnook.com





MARTIAL ART DISCIPLINE



At The Harmony Center,
we believe that we can make
a positive difference in the
world, one student at a time.

WE OFFER:

After School program K.A.S.P.E.R

Zumba for Kids (Zumbatomic)

Karate • Tae Kwon Do

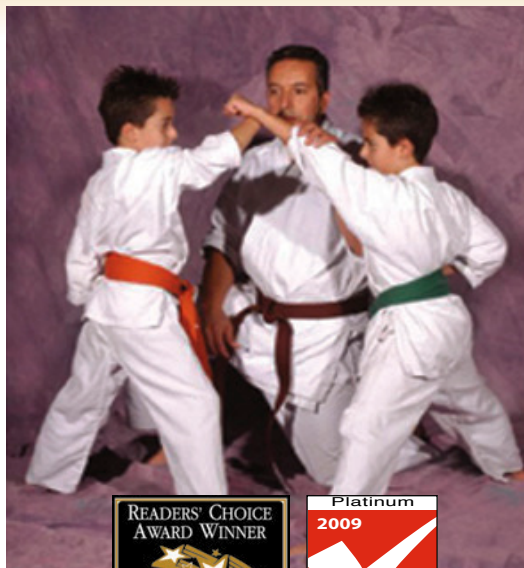
Kickboxing • Zumba

Bully Proof Canada

Street Proof

Sports Cross Training

Yoga • Boot Camp



**Register now for
after school care**

**1095 Kingston Road at Dixie Rd./Hwy #2
Pickering (behind Part Source)**

905-839-3488

www.theharmonycenter.ca

**CONFIDENCE,
SELF-ESTEEM,
RESPECT**

**25 Years of
Service**



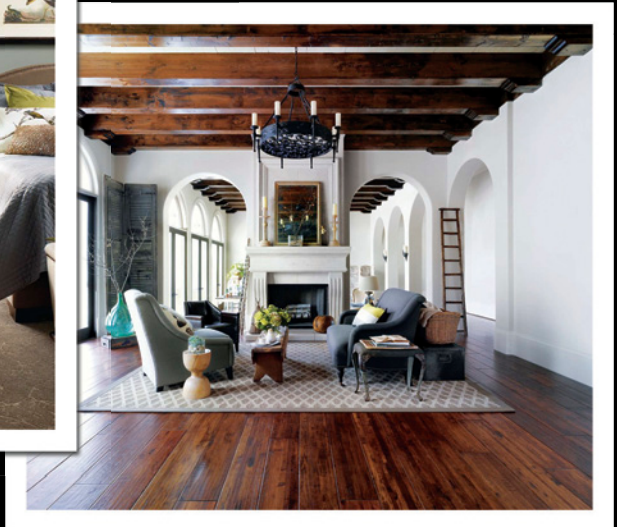
For the largest flooring Selection in Durham Region

Monster FLOORING.ca



A little out of the way, A lot out of the Ordinary

- Carpets
- Area Rugs
- Laminate
- Hardwood
- Bamboo
- Cork
- Vinyl / Resilient



We ARE The Flooring Experts...So You Don't Have To Be



Location

3280 Hwy 7 (between Salem and Lakeridge)
Pickering, ON L1Y 1C8
Phone (905) 655-3600
www.monsterflooring.ca

Store Hours

Monday - Friday: 9:00 am - 7:00 pm | Saturday: 10:00 am - 4:00 pm
Sunday: Closed