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Whitby's Greatest Fan

The Town of Whitby, and the late Bob Attersley, are synonymous. At 76 years of age, Bob passed away, after a lifetime of devotion, as a family man, politician, and hockey hero.

Younger residents of Durham Region will recognize the Attersley name from the signs on three tire outlets located in Oshawa, Port Perry, and Peterborough. Some men can change their world, and others, for the better. Bob was one of those men. Like all young boys then, Bob loved hockey. He dreamed of one day playing in the NHL, but, although his contributions to the game were great, he chose instead to help place Whitby on the map.

Bob became Whitby's longest serving mayor (1980-1991), and one of the community's most beloved statesmen. He coined the phrase, still used today, "Whitby is a great place to live, work, and play".

As a child, Bob's hockey career began in all the Little Leagues. He became a star player with the Oshawa Generals, at which time he was awarded the coveted "Red Tilson Award". After the fire that burned down the Oshawa arena, he played his final year of Juniors with the Guelph Biltmores.

His career progressed to the Whitby Dunlops, and after the 1958 win, he went into the tire business. He then played eastern pro league with the Kingston Frontenacs. Bob ran his business by day, and drove to Kingston at night to play hockey. Then he drove back to Whitby. Whitby won the Allan Cup, and the team was crowned as Canada's Amateur Champions. They represented the country at the 1958 world championships, where, thanks to Attersley's goal, with three minutes left to play, they eliminated the powerful Soviet Team to win the Gold Medal.

In 1960, Bob was added to the Kitchener-Waterloo Dutchmen, representing Canada at the Squaw Valley Winter Olympics, bringing home the silver medal. Bob was given an invitation to attend the NHL training camps of Boston, but he chose instead to play semi-pro in

Kingston until 1962. Bob's number 15, on the Dunlop Jersey, is honoured alongside modern-day players like Keith Primeau, Joe Nieuwendyk and Gary Roberts.

When in their teens, Bob met Joan. They married in 1955, and have two children. A daughter Janice, and a son, Gord. Gord is still active in the Port Perry business.

Being a perfectionist in all things, Bob set the bar very high in the tire business. He hired Mike Mackey, an eager young 19 year-old, and taught him the trade. Mike did not rest on his laurels, but built his own legacy on Bob's strong foundation. It is to Bob's family's great pride that Mike has held high the standards Bob set.

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These are some of Bob Attersley's Lifetime Accomplishments:

- Chairman of the Police Commission, Durham Region Police
- Past Member of Greater Toronto Airport Authority at Pearson
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The street, Robert Attersley Drive, in Whitby is named after him, of course.

Here's to you, Robert Alan Attersley. You were a light in the darkness and are sorely missed.

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From the Publisher

I enjoy this opportunity to communicate with you..

I want to start with a goodbye to Sherry Hucklebridge, our Editor-in-Chief, whose work you enjoyed over the last couple of years, and we enjoyed working with her. Sherry has been an integral part of the development of the magazine. Thank you Sherry for an incredible job, you will be missed.

I would like to thank Diane Stoddart our Guest Editor of this issue for stepping in to help. Diane has extensive Marketing and Writing experience, and she has always been a fan and an avid reader of our magazine.

What a fabulous fall we had. The weather was exceptional. Beautiful sunshine, and crisp, leafy walks. Those beautiful, colourful fall days are gone for another year.

Winter, however, can be just as beautiful. A terrific time of the year to enjoy those brisk winter days, white frosting on the trees, and the holiday season. You have to admit, when you are sitting by a fire, looking at the festive decorations, that wintry scene looks nice outside. Or, if you are a sports and/or fitness enthusiast, Durham holds many opportunities to get outside and enjoy.

Durham Region, covered in snow, is a beautiful sight. In this issue, Michaela McLeish takes you on a trip into Durham Region's Winter Wonderland. Michaela points out how and where it can be enjoyed, breathing in that wintry air, and getting some exercise. Perhaps wearing off that turkey, and all those goodies?

Sue Pitchforth helps with the festive decorations in her article on "Decorating for the Holidays." So delightful. A fun, shiny, and sparkly time of year with friends and family. Sue helps us prepare on a budget, and with less effort.

If you are planning a New Year's Eve celebration, why not an Hors d'oeuvres Party? After the turkey, and desserts, a lighter fare can be most welcome. Shirley Ouellette writes how to host an amazing New Year's Eve Hors d'oeuvres Party, sharing some of her tantalizing recipes with us. Shirley's fix-ahead hors d'oeuvres are favourites, giving the hostess the opportunity to mingle and enjoy the guests.

John Stoddart shares a touching human interest story, in his interview with David Burke. David is the epitome of resilience. He has dealt with adversity through his life, but has remained positive. I am sure you will love reading this piece.

Also in this issue, Noanie Beregi (Earthgirl) offers an interesting slant on eating healthy and avoiding obesity.

"The World of Entertainment", penned by John Stoddart, is a mix of film, music, theater, and popular entertainment.

Also, sadly, you will read Samantha's final Teens, Tweens & In-between column. I am afraid she has outgrown it. Another teen will be writing the column in our next issue. Thank you Samantha.

Delicious recipes, stories, events, holiday decorations, entertainment, and information on local businesses all make for a fabulous read during this holiday season. Sit back, take a look inside this issue, and enjoy!

From your friends at The Local Biz Magazine.....Happy Holidays, and we wish you a fabulous 2014!

Antoine Elhashem
Publisher

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DURHAM REGION'S *Winter* WONDERLAND

Written by: Michaela McLeish Photos by: MaryLynn Holmes of Mystic Tiger Photography in Oshawa

I moved to Canada when I was nine, in the summer of 2000. Coming from Cornwall in the far south-west of England, there had always been lots of outdoor activities throughout most of the year. Hiking, biking, horseback riding, swimming and surfing, but not so much in the winter. Snow was a rare commodity, and, if it did snow, it lasted hours rather than days. All that was about to change.

My first winter in Canada was truly a wonderland. It started in October and went on into April. I was in awe. It was that first year my brother bought me a snowboard. I have to admit I did not spend much time actually standing on it, but falling off was not so bad as the big bed of fluffy, white snow enveloped me. I was in heaven.

The following year I had skiing lessons. I really enjoyed that,

but I was determined to master the snowboard, and did, progressing over the years to bigger and better ski slopes. Skiing and snowboarding are not the only winter sports in the Durham Region. There is so much to do I defy anyone to be bored!

Township of Uxbridge

Durham Region's largest terrain park. It is located on Lakeridge Road in Uxbridge, north of Pickering and Ajax. That has to be one of my favourite places. It is so quick to get to, and always fun.

There is skiing, snowboarding, and a lot to offer for the whole family, including over 60 features in 4 progression parks.

Township of Brock

The Township of Brock operates three arena/community

centres – one in each of the three urban areas of Beaverton, Cannington and Sunderland. Each facility is used regularly by men's and women's leagues of all ages for hockey, figure skating, ringette and broomball. Public skating is also offered for moms and tots, and shinny hockey.

Beaverton Harbour and Park are open all winter. It is a popular spot for snowshoeing, cross-country skiing, snowmobiling, and ice fishing. Local ice huts are also in operation, and are located at the harbour to take groups out to experience ice fishing on Lake Simcoe. The day huts are spacious, and will comfortably fit 4 to 8 adults. No matter how crazy the weather outside, the insulated huts offer warmth and security for all the family. Most are equipped with a propane stove for heat,

and for cooking those lovely fresh fish straight from the lake into your sauté pan. If you have not experienced ice fishing, it's a must, at least once, to tick off your bucket list. For the more adventurous, you can rent an ice bungalow and try your skill at a little night fishing. A great weekend getaway for a group of friends or fun family experience.

Township of Scugog

Lake Scugog is an artificially-flooded lake

in Scugog Township, between the towns of Port Perry and Lindsay. It is well known for ice fishing, with many areas targeted for both walleye and jumbo perch. If you find yourself a little chilly after a day of ice fishing, you could try your luck at the Casino on Scugog Island. I know that is not a winter sport, but that depends who you ask, and a great way to warm up.

City of Pickering and Town of Ajax

Greenwood conservation area offers a chance to escape into a winter wonderland of nature along the banks of Duffins Creek. Some of the hiking trails are along wide paths and easy terrain, but can also turn into icy hills. Be prepared by wearing cleats, or you might find yourself stuck. That has happened to me and my family several times. Our dog has four-wheel drive and manages to negotiate with no problem. There are many interesting and somewhat hidden paths in the area. Great for cross-country skiing and snowshoeing.





We have seen herons, wild deer, and even a huge buck on one occasion. You can walk a small loop, taking less than an hour, or a ten-mile zig-zag loop that pretty much covers the area. Don't miss the annual Winterfest held at Greenwood where you can enjoy horse-drawn wagon rides, dog sled teams, group hiking, ice sculptures, lots of hot chocolate, and a bonfire with toasted marshmallows.

For indoor activities Ajax and Pickering also have community centres that offer skating, squash and swimming, along with saunas and whirlpools to soothe those aching muscles after a long winter trek.

Town of Whitby

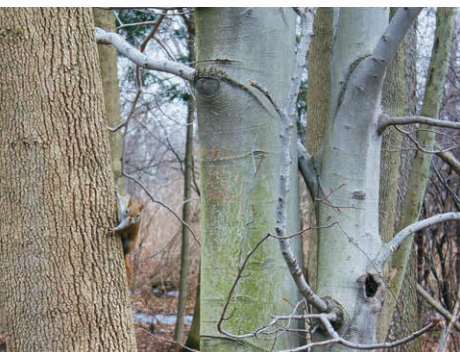
There are many ways to enjoy Whitby's natural environment. The paths are not always ploughed during the winter months, but are great for cross-country skiing and snowshoeing. We have walked these trails for years in just regular snow boots, or hiking shoes, and managed fine. It can get quite icy where the drainage is lacking, and a buildup of water, so beware in those parts.

The Town maintains 125 parks with 950 acres of parkland. Over 1,000 acres of open space, and approximately 60 kilometres of trails, offering beaches, gazebos and picnic areas.

City of Oshawa

Oshawa is the largest city in the Region of Durham, The internationally-recognized parks are beautiful. They offer over 2,627 acres of parkland. The trails total almost 27 kilometers of paved surface that provide an environmentally-friendly way to discover, and enjoy, the beautiful parks, culture and natural treasures. You can enjoy wildlife-watching in the Second Marsh, or dog-walking. There are many indoor and outdoor areas for skating, cross-country skiing, squash, hockey, and other various winter sports and activities.

No winter would be complete without visiting the Purple Woods Conservation Area for the Maple Syrup Festival. It is a 17-hectare sugar maple forest and open meadow located in the midst of the provincially significant Oak Ridges Moraine, on the border between Oshawa and Scugog. A short half kilometer trail allows for a quick stroll down into the hollow. That is where you will find the sugar shack, which is the heart of this operating sugar bush. Visit in mid-March, and discover how maple syrup production has changed from early native methods to the modern methods used today. Load up those pancakes with luscious maple syrup. There are also other maple syrup products available for sale.



Municipality of Clarington

If you are looking for a little more speed, look no further than snowmobiling on the edge of Clarington in the Ganaraska Forest Centre. A club was formed by a group of snowmobile enthusiasts who wanted to establish a network of good, safe trails. The Central Ontario Regional Snowmobile Association (C.O.R.S.A.) looks after approximately 1200 kilometers of trails, from Fenelon Falls in the north, to the Northumberland Forest in the east. The Forest Centre also offers hundreds of kilometers of trails, providing year-round opportunities for a variety of activities. Hiking, mountain biking, horseback riding, cross-country skiing, snowshoeing, and nature appreciation are popular activities throughout the forest area.

All this in the beautiful Durham Region in the winter, along with ski and snowboarding resorts to please beginner to pro skier. And, let's not forget the holiday parades and tree-decorating ceremonies.

So now try to tell me there is nothing going on in Durham over winter!

Michaela McLeish graduated from George Brown in 2011 with a college diploma in Food & Beverage management. She has worked with her parents in the Durham Region in their restaurant and catering business where they focused on using local farms for all their produce.

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DECORATING *Your Home for the* HOLIDAYS

by Sue Pitchforth

T

he holidays are right around the corner, and for many, it is a stressful and overwhelming time. I want to show you that planning for your celebrations can be fun, creative & enjoyable! Holiday decorating shouldn't be about totally changing your home. Why not just add warm, welcoming, festive touches that truly reflect your family's personality? I can help you do this without breaking the bank.

In preparing for this article, I posed this question to homeowners in our Region, "What is the one thing that you would like to read about in this article to help you plan your Christmas decor?" The answer, overwhelmingly, was that homeowners want to learn to decorate and plan for the holidays, without spending a lot of money. Ideally, they would like to use what they already have, blend old and new, and, if they need to add special touches, they then plan for them and purchase them.

Let's go on this festive journey together. Why not grab a tea or coffee? I hope that you become inspired along the way!

So many of us feel pressured to do everything perfectly for the holidays, from the decor of your home, the look of your Christmas tree, selecting those perfect gifts, and entertaining your family and guests. I've broken this article down into easy defined areas that I hope will assist you in your planning for the holidays. Hopefully, simplifying the process for you.

Christmas Curb Appeal: Most of us know how important curb appeal is when looking to purchase a home. Why not think of it being just as important for the holidays? As your guests arrive at your home, they usually have a first impression. What will your home say to them? Why not make it a warm and welcoming festive impression. This can be achieved in so many simple ways.

Exterior Christmas lights for some homeowners are a must. Where will you position them? Same as in years past, or will you do something different this year? Perhaps take them off the “house” and move them into your yard/garden area. Or even just highlight your porch with them. Will you use coloured or clear lights? Consider looking at the pathway to your front porch area. Is there something you can do with lighting there? Do you have an existing topiary tree or wrought iron forms? Why not add clear lights to them?

Front Porch Area: This area really is the first welcome your guests will have when they come to your home. It doesn't matter how large or small that porch space is, you can really make it have that festive feel. Take stock of what you have on your porch already. Is it summer furniture that has to be moved or can it stay and you work around that. You may want to add a festive arrangement on the table, and cushions on the chairs. Can you make it a quick makeover? Urns or large containers filled with greenery, festive baubles and ribbon, at the entranceway, are always a nice touch. Why not try to create your own arrangement this year? It's not as hard as you think! I enjoy hanging greenery around my exterior windows, along the rails, and even around the garage doors. Have some fun with creating a new holiday look for your porch! Want some inspiration? Venture into your garage or basement to see if you have a pair of skis, an old toboggan, a wagon, or even a pile of logs. They make great props for your porch. Just add some greenery and ribbon, and voila.....amazing Christmas exterior décor.

Back Porch/Patio Area: This is such a forgotten area when decorating for the holidays. Most of us don't even give it a second thought. A few years ago, we tried something different at our home. We decorated a tree, added lights and baubles and had it on our back porch. Each night we would turn on the lights and while having dinner, enjoying the new atmosphere. It is now one of my most favorite places to decorate and I am already getting ideas together for this year. We think of the back porch or patio as the “Outdoor Room” for the summer. Why not bring some of that thinking for Christmas as well?

Greenery for the Holidays There is nothing better than having natural greenery inside and outside your home, giving that true festive feel. Some of us have our one favorite, some like to mix it up and have an array of greenery with different textures in our arrangements. Classic types include: Blue Spruce, White Pine, Balsam and Cedar. Newer types include Boxwood, Magnolia and Seeded Eucalyptus. I encourage you to mix them up in your garlands, wreaths and seasonal arrangements. One of the big trends is using small touches of different types of greenery in the interior of your home. Along with greenery, I like to use various

branches in my decorating for the holidays. The most popular is Dogwood and my personal favorite is Curly Willow. I really like how the branches are curly and spread out – lends to a lot of creative things we can do! Why not take your garden gloves, your pruner and head out into your backyard and see what interesting branches you can find for your holiday decorating. You might be surprised at what you have in your own backyard! Let's now move into your home and get a sense of how we can decorate for Christmas and give it the special festive atmosphere.

Interior Foyer/Entranceway In most homes, this area is usually not that large so homeowners aren't quite sure how to decorate it. Consider these ideas: Have a bench in this area. If so, why not add a couple of festive pillows or a throw. Have a small table and mirror? You can add some greenery to the mirror perhaps adding on a few small baubles and ribbon. An old tray with candles, pinecones and clementine's is a perfect display for the front hall table. Have a glass vase? Why not add curly willow to the vase, add fake snow in the bottom, add small baubles and place in front of the mirror. What a nice touch! Be sure to do something festive in this area – let your creativity shine.

Fireplace Mantels Decorating mantels are very intimidating to most homeowners at the best of times, let alone during the holiday season. I always encourage homeowners to keep it simple. Simple does not have to mean boring! You can have three vases with dogwood inside them lined up in a row on the mantel, add greenery around the vases and fill in with small baubles and it makes such a fresh Christmas look. Some families like to hang their stockings from the mantle – if you like to do this then be sure to work around the stockings with your additional touches. You may want to add greenery, vases filled with colourful baubles or even a big mirror. Even a large wreath with an amazing ribbon bow over the fireplace, makes such a nice statement when you add in candles, greenery, more ribbon and baubles on the mantel itself to tie in. Take stock of what accessories you have already and how you can repurpose them for your mantel. You will be surprised and pleased with the end result!

Main Bathroom Be sure not to forget the bathroom your guests will be using on your main floor. These are usually very small spaces, and give us a challenge when decorating for the holidays. Not to fear, here are some tips for you: Bring out the Christmas hand towels; you may want to remove your artwork in the bathroom and replace with a real wreath made of greenery – add a nice bow that ties in colour-wise to the room for that added touch. Don't forget the back of the toilet. A glass bowl, vase, or even a low dish or platter, make a great holder for an array of Christmas items: Pinecones, greenery, a candle and other small Christmas ornaments. You may even want to include a Reed Diffuser in a Christmas fragrance. Just because a space is small doesn't mean that it can't look, and smell, amazing!

Dining Room For many of us, the dining room is only used during the special holiday seasons, leaving the room dormant for most

of the year. Let's breathe some warm, festive air into this space, making memorable family memories, and new traditions for everyone to enjoy. For your Christmas Décor, why not look at what you normally do and see how you can add to that, or, if you would rather, do something totally different. Being adventurous doesn't necessarily mean spending a lot of money. If you have windows in your dining room why not consider hanging a wreath in the centre of each window by a ribbon. This clean, fresh look brings the outside in, and of course has a wonderful fragrance. Have you ever thought to hang greenery or baubles from your chandelier? Make sure that the baubles are hung at different heights by beautiful ribbon. Your sideboard can turn into a wonderfully festive display. Bring in a couple of small Christmas trees with lights, and add them to the sideboard for something different. Place them on charger plates to tie into your Christmas table. Or bring in a collection of glass vases or cylinders of varying heights – add different nuts to the vases along with a candle and you have a unique display. Have some lanterns you used from the summer? Bring them in adding either battery-operated lights or colourful baubles and add them to your sideboard. It's always nice to have them lined up with varying heights to add interest and movement to your display. Pull the look together by adding touches of greenery under the lanterns to finish it off.

Tablescaping One of the buzz words over the last couple of years in the industry, which really means, setting your table in a unique and interesting way. I love tablescaping throughout the year, but my favourite time to do it has to be during the Christmas season. Select your look or Christmas theme and go from there. Why not try looking at your table in a different way this year and try some new ideas such as placing two or three runners across your table, over the tablecloth, instead of the usual way you do it, adds some interest. Use burlap as a tablecloth or runner for a natural look, along with greenery, pinecones, and berries. Layering your plates, even mixing solid and pattern together adds interest. Make individual place cards – perhaps a pine cone with the place card – is so easy to do. Having your table centrepiece on a plank, or a collection of mirrors purchased from the dollar store, in the centre of your table mixed with candles and greenery adds a unique touch. One of my favourite ideas is to have something hanging from the back of each chair. You can incorporate your place card area here – take a ribbon, tie it around a mix of greenery, and add a card with the person's name. Tie it around the chair back. For children, why not purchase a stocking at the dollar store, put some goodies inside, add their name, and tie it to the back of the chair. They will know where they are sitting, and they also get a special something for after dinner.

Be creative, be unique and, most of all, have fun dressing your table for the holidays!

Entertaining There is nothing better than Holiday entertaining. Everyone is in a festive mood and happy to share the holidays together. Appetizers are a big hit this time of year, as well as small "tapas"-inspired servings. Why not visit your local dollar store and be amazed at the various selections of glassware, spoons, and plates that you can purchase for showcasing your appetizers.

Chinese ceramic spoons, martini glasses, small miniature mugs, mini plates, and rectangular platters. The list is endless for ideas on how to showcase the individual appetizer/dessert portions for your guests. Have fun deciding what serving pieces you will use to showcase your appetizers. Why not share your favourite family recipes with friends? Try something new that might even become your family's new favourite!

Christmas Ideas with Ice This has to be one of my most favourite festive ideas! A few years ago I started working with ice, and thinking about how we can incorporate it into our Christmas celebrations. With our winters being so cold, decorating with ice, inside and out, really brings something uniquely different to our Canadian celebration of Christmas. You are probably wondering how we do this. Very simply, and you can even do this yourself. Take your mold, a block or bowl, add water, and then place in another, smaller, block or bowl. Weigh down with rocks, and place in the freezer. Remove the rocks, block or bowls and you have a fabulously festive ice lantern. Ice lanterns are so beautiful when they line a pathway and/or driveway. They also look amazing in the backyard, on the deck, or patio, in an arrangement with accents of greenery. You can either place a real candle inside, or a battery-operated candle placed in a small plastic container. Ice bowls also are a great idea to house shrimp, dips or appetizers that need to be kept cold. I like to add some cranberries and cedar into my ice bowls for extra interest. People are amazed at how easy they are to make, and how festive they look. If you want the look of ice, but not the worry of it melting, a tried-and-true idea that gives you the same look is purchasing some fresh cranberries, and some clear cellophane, from your local dollar store. Cut off a piece of the cellophane, wrinkle it up and place it into the glass vase, add cranberries. The cellophane will capture the berries in different areas. Add water, and you will love the look! It really does appear to be ice in a vase with cranberries.

Now how simple was that? And, very cost effective! You can purchase the glass vases, bowls and cellophane from the dollar store. Through this article my goal was to spark your creativity and inspire you to believe that you don't have to spend a lot of money in order to have a wonderful, memorable Christmas. I hope I accomplished that. By utilizing some of your own pieces, perhaps in a new way and by mixing and matching things you already own you with new found items, I hope this Christmas Season in the best one yet.

Merry Christmas and Happy Holidays from my home to yours,

Sue Pitchforth

Owner - Principal Decorator/Stager Room for Change

THE WONDERFUL WORLD OF ENTERTAINMENT

by John Stoddart

For the Holiday Season:

The Holiday Season is indeed the most wonderful time of the year in many homes. Each family has their own traditions to help make it magical. The turkey dinner, gifts, visits from friends and relatives. Usually, following a binge of overeating, they will gather in front of the television for their favourite holiday movies, such as "A Christmas Carol", and "It's a Wonderful Life". My favourites involve a Red Ryder BB Gun, and Clarke's malfunctioning Christmas lights. Or there's that loveable Elf, featuring comedy genius, Will Ferrell.

For the Movie Buffs:

The Heat, Sandra Bullock and Melissa McCarthy

If you like comedy, then see this. A female version of "Lethal Weapon" with hot TV property McCarthy, of "Mike and Molly" playing the eccentric, local cop who partners up with, by-the-book, FBI Agent, Bullock, with hilarious results. Adult viewing due to strong language, but a laugh-out-loud must see.

Shadow Recruit, At Theatres January 17, 2014

Tom Clancy passed away recently, but his talent lives on in Tom Clancy's Jack Ryan franchise. This story follows a young Jack (Chris Pine) as he uncovers a financial terrorist plot. The story follows him from 911, through his tour of duty in Afghanistan. Ryan goes from an analyst to becoming a spy. He believes he has uncovered a Russian plot to collapse the U.S. economy. Definitely great for spy-adventure, action film fans.

I, Frankenstein, January 24, 2014

200 years after, Dr. Frankenstein's creature, Adam, still walks the earth. Although, at that age, he is probably walking slower. He finds himself in the middle of a war over the fate of humanity. Adam discovers he holds the key that could destroy humankind. If I were you, I'd bolt to the theatre to see this. It's electrifying.

Live Entertainment:

Hypnotist Mike Mandel

Widely regarded as the world's greatest hypnotist, Mandel comes to Live Act Theatre on December 10th, 6:00-10:00 p.m. Dr. Mike Mandel has 18 nominations, and 6 awards for excellence

in entertainment. In June, 2000 he was presented with the COCA Hall of Fame Award, previously won by Sarah McLaughlin, the Tragically Hip, and Jim Carrey. I was hypnotized once into believing I was a chicken. My family wouldn't fix the problem because they needed the eggs.

The Regent Theater in Oshawa presents "Wonderful World of Christmas" at 8:00 P.M. on Friday, December 13th, starring the Canadian award-winning Elvis impersonator, Steve Michaels Kabakos. Steve will perform the King at his greatest, singing Carols and gospel. He's a hunka hunka burning love.

Music

The Stone Sparrows

Only recently did I have an opportunity to listen to this local band from Bowmanville and Newcastle, Ontario. Oliver Ward on the Fiddle, Meghan Patrick, Vocals and Guitar, Sam Balson, Vocals, Mandolin, Guitar and Harmonica, and Jim Gorry, Upright Bass. There is a tremendous amount of talent here. They have a very unique sound, mixing classical, funk, soul, blues, jazz, bluegrass and folk music. They could fit into almost any music venue. Can't believe I missed hearing them before. Fantastic vocals and instrumental.

Strange But True Hollywood

The British Board of Censors once rated a film with the harsh warning "Adults only". Their reasoning was that the film depicted an unmarried young girl living and keeping house for a group of working men. The film that caused all the scandal was "Snow White and the Seven Dwarfs".

John Stoddart is a winner of the Stephen Leacock "Literary Lapses" Award, an OCNA Award Winner, Historian, Writer and Speaker.

You may remember John from his former TV show entitled "Movie Magic"

Or, a regular on Chay Radio speaking on Entertainment

Or, as an Entertainment Writer for several newspapers

Or, you may have read one of his books "Life In The Slow Lane"

Even if you don't, in this regular column, John promises to take you into the world of entertainment while adding a bit of fun.

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THE **DAVE BURKE** STORY

Strength of the Human Spirit

Interviewed and Written by John P. Stoddart

At the beginning of the Baby Boomer generation, in 1948, Dave Burke came into the world in Oshawa. North America had changed drastically since the end of World War II. Manufacturers, such as the big three carmakers, changed their focus from producing military vehicles to leisure automobiles. They built everything from workhorses, such as

pickup trucks, to limousines. While young students may have struggled with Math and Science, you couldn't find a kid on the block who could not tell you the make and model of every vehicle that drove by. Dave Burke was no exception.

It didn't matter whether Dave was staring through the showroom window of the local Ford Dealership at that year's



While in the hospital, Dave visited numerous patients attempting to ins

latest model, or wandering through the knee-deep grass of a farm field looking at cars left to rust behind a farmer's barn. Dave saw hidden gems, much like a jeweler who has not yet polished a rough diamond. To Dave, there is no such thing as the words "beyond repair" or "restoration". We have all known many people like I have just described, but there is that intangible difference between a hobbyist and a hero.

Dave's childhood obsession with the automobile grew into a lifetime love affair. Our parents may have been satisfied sitting in front of that new invention called a television set, but to a young teenager, a car was the ultimate dream. It was freedom. The call of the open road, and adventures yet to come. It was the pride of accomplishment in doing our own repairs, ownership, and, more importantly, it was most teenagers' first introduction to sex in their own private world.

Dave, with the help of his son, found a rare discarded 1948 Ford F series truck. The first series Pickup. Why, you might ask, would this '48 truck be rare, buried as it was in a forgotten graveyard of metal relics of days gone by. To begin with, it was the first year for the Ford F Series that became known as "the first of the best". The first time a truck was mounted on a truck frame and not a car's. It was known as the "Bonus Built". The F

series has been in production every year since then, and is still a best seller. It came in two body styles in 1948, a four-door panel truck, and a two-door pickup truck. Your engine choices were a 226 cubic inch (3.7 litre) straight six, or a 239 cubic inch (3.9 litre) Flathead V8. Dave's was the latter. The transmission was a three-speed, on the floor. The layout was a front-engine, rear-wheel drive. A configuration that allowed for a wider cab. It had integrated headlights in the front bumper, a flat one-piece, and a "See Clear" windshield. The F1 was available with additional chrome trim, and a second optional horn. Until 1959 all F Series trucks were available with optional four-wheel drive, courtesy of Marmon-Herrington.

Dave met his true love, Susan, his wife of 42 years, at a car show. Susan and Dave have two grown children, Robert and Michael.

During the restoration process of Dave's prize truck, Dave was diagnosed with diabetes. He has since endured seven surgeries in five years. His left leg had to be amputated at the knee. Shortly after that, he suffered a near fatal heart attack. Following a lengthy recovery Dave returned to his restoration work. It was the thought of his truck that brought him through this traumatic time and kept him going.



inspire them with his stories of his life and his plans to restore his truck.

Once at home, after his heart attack, during a repair to the front grill of his truck, his foot was pierced by a piece of rusted metal. Once again, Dave had to stay in hospital. All attempts to save Dave's leg failed. His right leg was then also amputated at the knee.

During Dave's recovery, his youngest son Michael was involved in a head-on collision and almost died.

While in the hospital, Dave visited numerous patients attempting to inspire them with his stories of his life and his plans to restore his truck.

At that point in the interview, a sad look came over his face, and Dave said "You know, I only really inspired one man to come out of the darkness and back into the light, while I was in hospital". I told Dave that was one more than we had before, and nothing to feel guilty about.

Most of us would not be surprised to see a man who has been through these trials and tribulations turn to drugs, or hibernate with only a whiskey bottle for company. I asked him just that question. Dave looked at me, gave a little smile and said, "You can sit in a corner and cry, or carry on with your life."

In the modern world we tend to think of heroes as people who can score goals, hit home runs, or climb the highest mountains, but heroes to me are people whose spirits grow stronger even when the flesh grows weaker. Individuals that can rise above their handicaps and realize their dreams.

It was the love and help of his wife, Susan, and older son Robert that supported Dave through the hardships he endured. And, of course the love of his 1948 Ford Truck.

The work on the truck continues, and Dave's goal is to have it on the road next spring. If there are contests and trophies given out for courage, and overcoming adversities, in my opinion, Dave has already won first place. Congratulations.

John Stoddart is a winner of the Stephen Leacock "Literary Lapses" Award, an OCNA Award Winner, Historian, Writer and Speaker.

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Winter Events Calendar



December 1st

Christmas Market

French Canadian Community Hall
384 Hillside Ave, Oshawa ON, L1J 6L7 • Free

December 3rd

Inside Ride for Children's Cancer

Anderson Collegiate Vocational Institute, 400 Anderson Street, Whitby
Teams of 6, with each team getting a bike. Take turns riding to raise funds for the hospital. Each rider pays **\$30.00**

December 7th

Hillsdale Terraces Annual Winter Bazaar

600 Oshawa Blvd. N, Oshawa ON, L1G 5T9 • All Ages • Free

December 7th

Breakfast with Santa Fundraiser for the Blackstock Co-op Nursery School

Nestleton Community Center
3971 Hwy 7A, Nestleton Station, Scugog ON, L0B 1L0 • All Ages **\$7, \$5 or \$3** depending on plate size

December 7th

Whitby Santa Claus Parade

Time: 10:00 AM - 1:00 PM

December 7th

Toronto Welsh Male Voice Choir

St. Francis Centre for Community, Arts & Culture • 78 Church St. S., Ajax ON, L1S 6B3 • Adults **\$40** (includes HST)

December 7th

OSSC Troubadours Show

OSSC Conant Branch • 115 Grassmere Ave., Oshawa ON • Seniors **\$15**

December 7th

OPG's Family Winterfest Celebrations

OPG Information Centre, 1675 Montgomery Park Road, Pickering
Contact: Ontario Power Generation
Phone: 905.837.7272
Website: www.opg.com/community

December 8th

Durham Region Crafters Community Third Annual Winter Marketplace

Cost: Free
Location: Ajax Community Center - HMS Room • 75 Centennial Rd, Ajax, ON
Contact: Shandell Conboy 905-767-8173

December 11th

Mayor's Light Tour (adults 55+)

Address: 1867 Valley Farm Road, Pickering, Ontario • Contact: Kim Bradley
Phone: 905.420.6588

December 12th

Whitby Chamber of Commerce Christmas Open House at the Chamber office

Members are invited to come together to connect, celebrate their successes over the past year and enjoy complimentary food and wine. The Mayor of Whitby will swear in the incoming Chamber Executive for the coming year at this event.

December 12th

Ajax-Pickering Board of Trade Annual General Meeting and Christmas Lunch

Ajax Convention Centre
550 Beck Crescent, Ajax, ON L1Z 1C9

December 12th

6th Annual Turkey Drive

Volunteers gather at 8:30 am to assemble the dinners
Goal is to donate 1500 turkey dinners with your help • Pickup from 12:00-2:00 pm. • For tickets call: 905-430-2320 or email: cheryl@cherylgordon.ca

December 14th

Optimists Fantasy of Lights

Uxbridge's Elgin Park
For more information go to: www.uxbridgeoptimist.com

December 31st

Oshawa Celebrates 2014

Legends Centre
Free activities for the whole family!
Entertainment, jumping castles, swimming, skating, children's activities, music and MORE!
• Family countdown to the New Year begins at 8:45 pm. • Doors open at 5:45 p.m.

December 31st

New Year's Eve Family Countdown

Address: Pickering Recreation Complex, 1867 Valley Farm Road, Pickering, ON
Contact: Sharon Milton
Phone: 905.683.6582
Website: www.pickering.ca/greatevents

December 31st

New Years Eve Family Party

Ring in the New Year with children's activities, games, live entertainment, interactive experiences, face painting, ice skating with a DJ and more. • Cost: **\$3.00 - \$4.00**
Ajax Community Centre
75 Centennial Rd., Ajax, ON
Contact: Stacy Toole 905.619.2529 ext 7248 • Email: stacy.toole@ajax.ca

December 31st

New Year's Eve Family Skate

Iroquois Park Sports Centre, 500 Victoria Street West, Whitby
Ring in New Year's 2014 with a New Year's Eve Family Skate.
Free skating for the whole family and children's activities. Food and beverage concessions will be open throughout the event. Watch for additional information coming soon.

January 1st

Mayor's New Year's Day Levee

City Hall, One The Esplanade, Pickering, ON • Contact: Krystal Ferguson
Phone: 905.420.4620

January 1st

Polar Plunge

First Polar Plunge followed by a hot breakfast at the Uxbridge Legion. For more information and pledge forms, visit the website or phone. • Elgin Pond, Uxbridge

February 1st

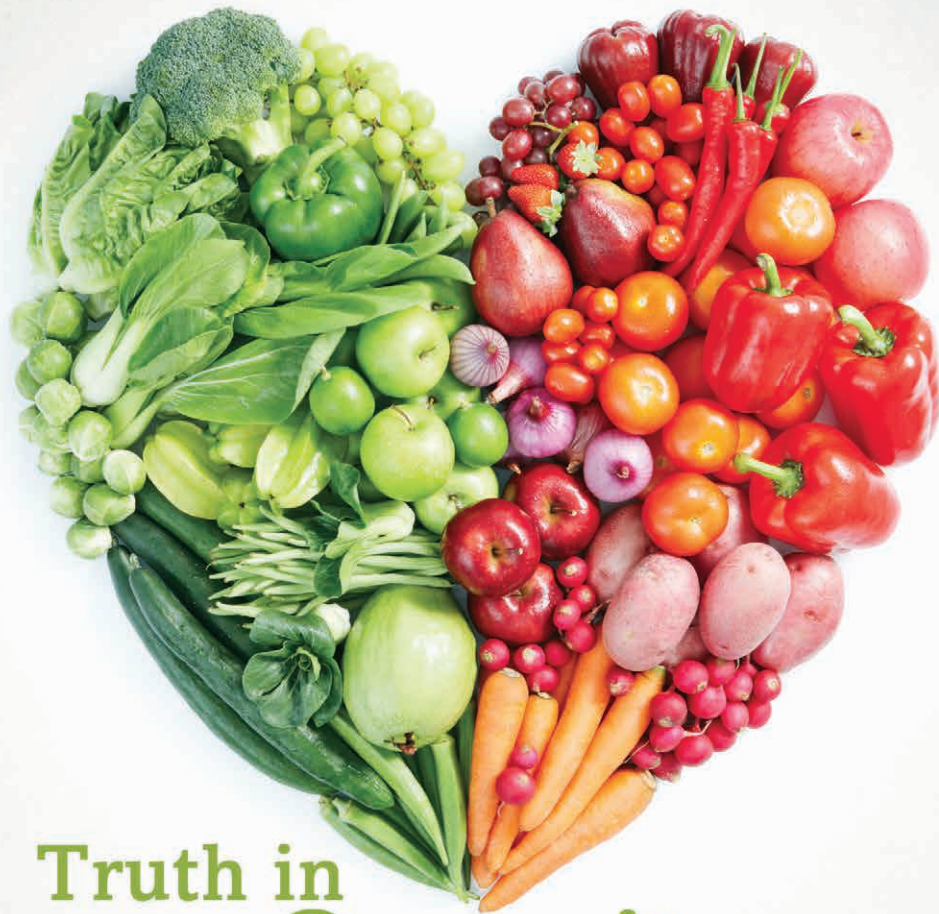
17th Annual Port Perry Antique & Nostalgia Show

Scugog Community Centre, 1655 Reach Street • Cost: **\$4.00** good for both days
Contact: Marilyn Pearce
Lake Scugog Historical Society
Phone: 905-985-9250
Email: info@silvercreekantiques.com

February 17th

Family Day

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.



Truth in Opposites EATING HEALTHY

by Noanie AKA Earth Girl

Have you ever believed in something so much that even if someone showed you piles and piles of evidence you would deny it, and not allow the new replacement knowledge to seep into your brain, and take its rightful place as fact? I have spent a lifetime of knowing that milk was a perfect food, that cell phones and microwaves are safe, that the government is always looking out for our best interests, that obesity is caused by eating too much, and that diets work. The greatest truth of all; the older we get, the wiser we become; laughing out loud as I type this sentence. Contrarily, the older we get, the larger the padlock we place on our set-in-our-ways beliefs. Almost hoarding them, and refusing to budge toward change.

A lifetime of disappointment has made me question everything. (Don't feel sorry for me, it's actually a good way to learn). Now, I play the opposite game. I look at the opposite idea or belief presented, and in doing so it usually leads me closer to the real truth. This concept of analyzing the opposite belief became a game that I was winning more than losing. The few statements that are listed above have come in question already in our society today and some people still assume that they are true.

Let's roll the dice on obesity and diets. With the game I play the opposite should be true. Here it goes; obesity is actually caused by not eating enough, and, if the game is to continue, diets do not work. Wow! Statements you would generally disagree with wouldn't you? Well, don't be so sure. As I began to explore these possibilities, the truths began to surface, and it was the answer that was the biggest surprise of all. Let me explain.

“

A lifetime of

disappointment

has made me

question

everything”

”

As a Nutrition Detective, I am witness to the fact that the body has an immune system built into it, and, when that immune system is firing on all cylinders, disease cannot exist. Charlotte Gerson, of the Gerson Institute for alternative, non-toxic treatment for Cancer, was the feature speaker at the Toronto Health and Wellness Expo a few years ago. She explained to me and all those that attended her lecture that, in her observations, “Disease is caused by only two factors; deficiency and/or toxicity”. What if obesity is a reaction to toxins and lack of nutrients within the body? Holmes and Watson would be proud of me right now.

The food chain is broken. Our soil is depleted, and most seeds no longer germinate so they have to be re-purchased every year and now come with the added feature of animal DNA spliced into them. The plastic synthetic stuff we put into our body is pretty toxic right? Toxins are stored in fat cells within the body. Are you getting the picture yet? What if the body is trying to protect us, and it stores these toxins in fat cells to stop the toxins from killing us? If you eat your food from a box, or you pick it up at a drive-thru window, you can be certain that there is little to zero nutrient value within that food stuff. This would mean the body is actually starving, which accounts for the constant hunger that drives most people to eat and eat and eat. North America is experiencing famine. Can you believe it? Well believe it folks because most foods today are poisonous. I was listening to a health food formulator from the USA speak the other day, and he said that we would need 40 heads of spinach today to be nutritionally equivalent to one head of spinach grown in 1960. He went on to say that our environment has become a cesspool of toxins, and our bodies are overwhelmed. The brain continuously screams for nutrients and we mistakenly think it just wants more food. And a huge fire of inflammation begins to burn. The body begins to retain water in an effort to put out the growing fire. The body swells up like a balloon to put out the fire. The immune system is mainly located throughout the digestive

track. When the body begins to get good quality foods; high in vitamins, minerals, anti-oxidants, complex carbohydrates, protein, essential fatty acids and fiber, the digestive track has the tools to repair itself and eventually heal itself. As more and more nutrients get absorbed into the body, the body begins to have less allergies and it begins to re-balance. Then weight loss occurs. With more of the right kind of foods, the Liver starts to work to detoxify the body, and slowly rids the body of toxins. With a strong immune system, the body can withstand any disease and go back to its natural normal size. Then health is achieved.

The game board (TRUTH IN OPPOSITES) coming soon to a store near you! Make life more exciting, and always question everything you hear, and then allow new improved information to replace old worn-out information.

Conclusively, diets do not work because they starve the body of nutrients that they need to repair, detoxify, protect and heal the body, and, yes, obesity is a reaction to toxins in the food we do eat. Weight loss will come when we supply the body with more of the right kinds of foods, eating them over the course of a day. The body needs to know that you love and care for it and you will supply it with the best quality chemical-free foods you can afford to buy, and it will then repay you with the vitality and beauty that you deserve.

Thanks from Earthgirl

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


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Treat Yourself

by Stephanie Pommells

Update You for the New Year

Having a fresh look for the New Year always makes one feel like they are turning a new leaf. Starting out on a high note. As a stylist, I am an advocate for change. Sometimes that can make us uncomfortable, but it's those changes that stimulate growth and evolving. Where would we be if everyone still had perms and acid-wash jeans? Nothing is more liberating than taking control and adopting a new extreme look. Lopping off those locks, or changing colour pallet completely. However, if this kind of thing makes your palms sweaty, not all changes need to be that extreme.

For some people, whatever the choice for change, some factors will still govern their decision. One factor may be maintenance. If you can't get back to the salon every 3 weeks to trim up that pixie, you might want to consider something else. Another may be for work or lifestyle. Walking into work with bright pink hair in a professional setting, might not go over well with the bosses.

A subtle change you could try is a Demi-permanent color. Demi-permanent colours are usually non-ammonia colour glosses that can add high shine, and depth to your hair. My preference is Goldwell's Colorance Demi-colour. It lasts about 2 months and fades out of the hair without a line of Regrowth. You can play with colour tones to achieve hints of red notes or gold tones, with minimal altering on your own hair shaft.

If that's not enough try a new do. An exciting trend we are seeing is shorter cuts. Think Michelle Williams in the Louis Vuitton ads. Simply fabulous! If that is too much for you, try layering your hair with something soft around the face, or a bold bang that says "here I am!"

If all else fails, nothing beats a new lipstick! Trends for the season are pinks and berries. I love stains. They last all day and feel like your lips. Try Stilla Cherry Crush Lip Stain.

Whatever your change, embrace it. Own it. Extreme or not. You might just learn something new about yourself. "Man cannot discover new oceans unless he has the courage to lose sight of the shore" - Andre Gide

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

Consumer Report

by Ryan Smith

7 Tips to Buy Real Estate without Breaking Your Budget

Buying a home can be a very stressful thing, especially when it comes to budgeting for it. There are some insider secrets that can save you money, and make sure you don't overspend. With the help of a real estate agent, you can apply these 10 insider tips and not break your budget:

1. Get Pre-Approved

Many people wait until they find the home of their dreams to start the approval process. Getting that in order before you find your home will not only save you money, but also time. You can lock in interest rates so you won't miss out on the best mortgage. Plus you will know exactly how much you can afford, and can make a stronger offer.

2. Look Into Creative Financing

Traditional mortgages aren't your only options. There are still programs like low down payments, blended interest rates, new to Canada, and first-time buyer programs that may help you get a better deal on your home. Just make sure you read the fine print. Sometimes there are stipulations and restrictions on these programs.

3. Sell Your Existing Home First

The thought of selling your home before you buy your next home can be scary, but if you are looking for a good deal, this can be a very beneficial negotiating tool. Having cash on hand to make a purchase, and not have to wait to sell your home, can give you the upper hand in negotiations. Having your finances in order, and the ability to move quickly, can give you the competitive advantage you may need.

4. Look For Empty Homes

Vacant homes can be a good sign someone NEEDS to sell. If the seller MUST sell, you can sometimes negotiate a better price or terms to help them achieve their goals. Keep in mind, the longer a house stays empty, the greater your negotiating power can be.

5. Watch For Cosmetic Makeovers

With the onslaught of shows on HGTV, many people are considering buying a home that needs a bit of TLC. With a few skills and some elbow grease, you can get your dream home for a fraction of the price. Just make sure you keep an eye out for those deals, and monitor the market so you know when a good deal comes up.

6. Buy A Major Reno

If you want to get into that hot neighbourhood but can't afford the large price tag, you may want to consider buying a true fixer-upper. You can buy low, and as you get the cash, fix up the home until you get the home of your dreams. If you do the right renos and buy right, you can build a ton of sweat equity pretty quickly (especially if you do the work yourself).

7. The Cheapest House In The Best Neighbourhood

If you want to get into a specific neighbourhood, you may need to compromise and find a more affordable home in the area. If you aren't in a hurry, you can wait it out and try to find the right place in the right neighbourhood. Once you get established, you can move up into a bigger home.

So if you are ready to buy on a budget, just know that it will require patience, research, and sometimes compromise, but once you move in and get your keys, you will be glad your hard work paid off.

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

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Teens, Tweens & Inbetween

by Samantha Burtch Whitteker

*"Remember me and smile, for it's better to forget than to
remember me and cry"—Dr. Seuss*

This column is going to be different. I am going to be talking about winter and Christmas, but, I am also going to be sharing some news with everyone today. Starting with winter and Christmas. It is almost here!

Winter can be a great thing, yet annoying as well. The wet, slushy snow is not fun to go to school in. Since I am in high school, I wear Uggs to school. They do not do so well in the snow. But I wear them anyway because I am not going to wear big, clunky winter boots to school. High school has trends that people tend to follow.

My friends that I hang out with at school, Allison, Taylor and Emma, all wear Uggs, so I don't want to look like the odd one out.

Snow can make the trees, and nature in general, look so pretty, especially in the morning. So, it is not always a bad thing.

With winter comes the cold weather that I don't love, though it is nice to have a break from the sweltering, hot, summer days and nights. Winter approaching means that so is Christmas. That means presents, Christmas trees, and hot apple cider. I love Christmas. In fact, I think it is my favourite holiday. I love getting together with family and hanging out by the fire.

Now I think it is time that I tell you my news. I am no longer going to be writing Teens, Tweens and In Between. I have been writing this column for 3 years now, and I am going to miss it a lot. There is just no way that I can keep up with it, along with homework, that I have every night, try and have a social life, and time for my family too. So this is my way of saying goodbye, personally, to everyone who reads this. The years really have flown by, and it feels like just yesterday I was trying to come up with a new name for my very own column I would be writing!

I had a great time writing this, and I feel like I definitely gained experience. Now I think I am a better writer, not just for writing this column, but in my classes as well. I appreciate everyone out there who read this regular column. It helped me gain more self confidence. Whenever someone told me they read my column and that they liked it, it made me feel really good about myself.

So, again, thank you to everyone there and goodbye.

Samantha Burtch Whitteker is a 16 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.

Tasteful Talk

by Shirley Ouellette



The holiday season is a busy time for most people.

We find that, no sooner have we finished cleaning up from Christmas dinner, and that even larger, family Boxing Day get-together, when New Year's Eve is upon us, and the cooking starts all over again. This year, instead of another great feast, why not host an hors d'oeuvres party? With a little planning, you won't have to spend all night in the kitchen. Instead, you will be free to raise a glass or two with your family and friends.

Here are some tips to help the party run smoothly.

- Don't do all the work yourself. Enlist others to help you make, and serve food on the night.
- If you have other family coming over, ask them to come early, and bring food too.
- Create different food stations around the house where you will be able to drop platters, instead of having it all on one table. It is easier to replenish smaller areas, and it also keeps it tidier.
- Remember, most of your guests will have already had a week of over-indulging under their belts. Treat them to some healthy snacks.
- Put out a little of everything you make, keeping back-up containers in the fridge for topping up platters as new guests arrive.
- Create your menu around things you can make ahead of time. That stops New Year's Eve panic buying!
- Make tart shells, crostinis and cookies ahead, and store in an airtight container.
- Another favourite nibble are Satays, which are basically anything on a stick. Chicken, turkey, pork, or formed, ground meat.
- Although we are aiming at a lighter style party, make sure there is enough food to offset the drinks. Having pita bread or pita chips, and assorted dips available, are a good way to do this.
- You can also offer assorted mini sandwiches, a great way to use up leftovers. Mix up various sandwich fillings, and keep in the fridge. Buy an assortment of breads to keep it interesting. Cut each sandwich into triangle quarters.
- Don't forget the veggie tray. Choose colourful combinations such as carrots, peppers, broccoli, cauliflower, celery, and cucumber. Serve with a light yoghurt dip.
- And fruit. Pineapple, melon, grapes, kiwi, strawberries. Toss apple and pear slices in lemon juice, and leave them in a bag until you are ready to serve, to stop them going brown. Steer away from the sweet dips. Fruit is sweet enough without adding all that sugar.
- Be a responsible host. Create a light, refreshing, non-alcoholic fruit punch, and make sure there are jugs of iced water available.
- And my final tip... Have fun. It's your party too!

Thank you 2013 for a wonderful year. Hello 2014. I know we are going to be great friends. Remember the Durham Region needs your support. Continue to vote for your homestead at the cash register, and buy local. Happy New Year Durham. Salute!

Shirley Ouellette grew up in the far south west of England. Since living in Canada she has been actively involved in promoting the Local Food Movement. Sustainability concepts on a broad spectrum are close to her heart and she encourages everyone she comes into contact with to consciously practice sustainable living habits.



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Shaved sunchoke, mint, topped with candied walnuts, shaved caprano goat cheese with a warm lemon butter dressing.



Chicken Supreme

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Beignet

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Tasteful Recipes

by Shirley Ouellette

Filo Pastry Cups

Easy to make. Light, flakey pastry cups, ready to accept the filling of your choice.

You will need...

Filo Pastry, defrosted
Butter

How it's done...

Pre-heat oven to 375°F. Take a miniature muffin tin and generously grease with butter. Gently unroll the filo. Keep it covered with a damp cloth when you are not working with it, as it dries out really fast, and will crack. Cut out 3-inch squares. You will need 6 squares for each filo cup. These are very light and crispy. Take a pastry brush and coat one side of a square with melted butter. Then place another square on top at a different angle. Your aim is to make a star shape eventually. Brush with butter again. Keep going until you have 6. Now start another one. Once you have 12, press them into the muffin pan to make little cups. Bake until light golden, about 5 to 10 minutes. Be careful not to burn them. Remove from the muffin tray and cool on a rack. If you have two muffin pans, you can be making the next tray, while the first ones are cooking.

For the filling...

Canned crab or tuna
1 Green Onion, finely sliced
Sour Cream
1 Lime, zest grated and juice
1 Tbsp. Coriander, finely chopped
Cayenne Pepper
Sea Salt

Mix the fish with the lime zest and juice, green onion, coriander, and enough sour cream just to mix. Don't overdo it. Season with salt and cayenne pepper to taste. You can make this mixture the day before and keep it in the fridge.

To serve, fill the filo cups with the fish mixture. You don't have to use fish, you can mix up your own cold, favourite fillings. They are so light and crispy they are sure to be a hit.

Hummus

Most people enjoy chickpea hummus, but Edamame is an interesting change. The brilliant green colour is a boost to any snack table.

You will need...

Fresh or frozen Edamame
1 Lemon juiced
2 Cloves Roasted Garlic, or ½ clove raw
Extra Virgin Olive Oil
1 Tsp. Fresh Mint, finely chopped
Sea Salt and Fresh Ground Black Pepper
Pita Bread, Chips or Rice Crackers

How it's done...

Cook the Edamame in boiling, salted water for approximately 5 minutes, until tender. Drain, and put into food processor. Process all the ingredients together until smooth, except the olive oil. Slowly drizzle olive oil in until desired consistency is reached. Keep tasting. Do not put in too much oil, or it will overpower the Edamame. You can always add a little water if you need to.

Did you know...

Edamame are soy beans picked before they grow hard on the vine. Just 100gms contains 436mg of potassium. That is more than bananas. Potassium is an essential nutrient used to maintain fluid, and electrolyte balance in the body. A deficiency in potassium causes fatigue, irritability, and hypertension.

Wine Pick

Ask friends to bring whatever they like to drink with them. Buy some lighter fruit wines to compliment. Make sure you have soft drinks available.

Taking THE Lead



by Corry Hamilton

Are your pets Flaky?

The snow is falling. You are sitting by a nice fire, when you notice that your dog or cat is a little flaky.

So, what can you do about it?

The easiest thing to do is, of course, brush your pet regularly. By regular grooming, you redistribute the oils, and work on improving your pet's skin and coat. Here are some other options you may not have considered.

Work from the inside out. Feed your pet whole foods that are high in vitamins, minerals, and essential fatty acids, and are anti-inflammatory. You have probably heard of the benefits of eggs, cranberries, salmon and oats. But, now there are two other powerful foods to consider. They are coconut and chia.

Coconut contains medium chain-saturated fats that can be a great energy source, as well as an amazing anti-inflammatory that also decreases bacterial growth.

Chia is a powerhouse in that it nourishes the skin from the inside out. It is high in B vitamins, protein, zinc, and alpha-linolenic acids (plant-based Omega 3 fatty acids). Both of these super foods are easy to introduce into your pets' diets. Simply sprinkle a little on their food every day.

Probiotics, digestive enzymes, and essential fatty acids are also critical to healthy skin. Probiotics play a huge part in maintaining balance in the intestinal tract. When they are out of balance, there is a tendency for yeast and bacteria that can cause a variety of skin conditions.

Digestive enzymes are amino acids that aid digestion, allowing the body to absorb nutrients effectively.

Essential fatty acids include Omega 3, 6 and 9 oils. Wild salmon oil, flax seed and hemp oils are excellent sources of EFAs. They help reduce inflammation, and maintain healthy skin and coat.

By trying some of these options, you are sure to find the right combination to keep your pet healthy from the inside out year-round.

We loved the name of Corry's business, so much, we decided to name her column Taking the Lead. Corry's furry family is full of special needs animals and when she isn't planning her next great international adventure, you can find her curled up with a book, snapping pictures or taking a nap with her cats.

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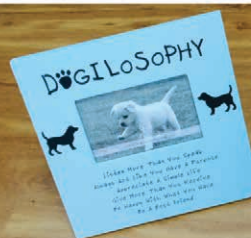


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Ask Sue-Ann

by Sue-Ann Bavlnka



Dear Sue-Ann:

I have been married for over 10 years, and have two children. Up until about 8 months ago, I believed that I was living a normal, happy life, like everyone else. My husband became irritated with me at every turn. One fight led to the next fight, and I started to realize that we do not, and have not, communicated well with each other for a long time. I have lost my sense of what to do next, and I am feeling lost and confused. Can my guides tell me what to do next? Signed: B.A. in Ajax

You have been living unconsciously, and just existing in your day-to-day life, never really taking an honest look at your feelings for a long while now. Communication issues between you and another are usually reflecting what already exists within. Take a moment to stop and meditate on the issue. If you quiet the mind, and listen, resolution will then have the opportunity to find you. Once you can hear yourself with clarity, and know who you are, you will then be able to communicate in a clearer manner, and life will then have a chance to return back to the peace and happiness you once knew. Quiet reflection on self is the key to resolution here.

Dear Sue-Ann:

Am I crazy? I think my house is haunted. My four-year-old son has been unable to sleep in his room ever since he was a baby. At first I thought it was because he was young and wanted to be with me. As he got a little older, I was able to get him into bed, but he would never make it through the night without waking and fearfully crying inconsolably. Over time he became fearful of going into his room alone. Every time I asked why, he refused to answer me, and had fear in his eyes. Then, last week, when I was walking by his room my eye caught a large, dark figure standing in his room. It was freezing cold, just standing at his doorway. It felt creepy, and unsettling. Since then, it feels like I am being watched. Can you help me? I want to live with my son in peace in my own home.

Signed: Fearful in Port Perry

There are many reasons that would explain these events. Bringing peace and calm back, are really the priorities here though. Reclaiming your living space as yours alone, can be done just by you. That can be easily researched. If that does not work for you, I would suggest you bring in someone from your religious community who could clear and bless your house. Staying present in your spiritual beliefs and faith, is tantamount to maintaining peace and harmony in the home.

Blessings,
Sue-Ann

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

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The COACH Corner

by Malachi Brown

What are you waiting for?

It's a new year. Get going. Let this be the year you not only make commitments, but have the courage to carry them out.

Why the tough demeanor?

Not long ago I went with a friend to visit his younger brother in a nursing home. Yes his younger brother! He is only sixty-two. Through a series of unfortunate circumstances, he suffered a major stroke. Without a family support system to care for him, his option was the nursing home. As I sat in the hallway at that nursing home, a number of residents made their way past me.

The condition of those people was quite shocking. Some were suffering from dementia. Some were physically challenged. Others looked very depressed, and some were wandering aimlessly. All kinds of physical limitations. As I observed the coming and goings, the thought struck me. A couple of years ago, those were very vibrant people, with all kinds of aspirations. Probably, having very little thought that this is where they would be only a few years later. They probably thought "Oh I have lots of time. I will do that trip, start that new business, mend that relationship", or whatever else they had on the list of things they would get to in time.

Don't we like to say "We will do that when...."

We allow circumstances, fear, and the thought that we can dictate time, to stop us from achieving much greater, satisfying lives.

Are you thinking "I want to do things differently this year?"

Do it NOW. Stop being afraid. I'm sure if I was to ask any of the individuals I saw at the nursing home if they thought their lives would get to this point so quickly, I know the answer would be "No".

As I watched their adult children push them around, I wondered how long before they will be in the same position.

I say this not to discourage you, but to inspire you to take action today. There is no second time around. As the cliché says, "This is not a dress rehearsal. This is the real thing."

What do you want to accomplish with your business this year? Be bold. Set high goals. Do everything in your power to make it happen. What will it take? More focus, bold risk, changing your social circles, taking better care of your health, eating right, getting more sleep? What positive actions will you commit to this year?

Whatever it takes, refuse to do the same old, same old.

Put the new you in action this year. Life is short. You can't guarantee the outcome. Your job is to live each moment fully engaged. No fear, and no reservation.

What are you going to do different this year, starting right now, to ensure having no regrets in the nursing home?



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Horoscope (DECEMBER 2013 - FEBRUARY 2014)

by Noanie Beregi

Aquarius (Jan. 21st – Feb. 21st)
Aquarius (January 21st-February 21st): Fearless is the word that comes to mind for you dear Aquarian. Courage holds no bounds for you as you take all the knowledge and understanding forward with you upon the journey that which you now manifest. Commitment towards attaining wholeness, higher creative power, and evolution is yours now.

Pisces (Feb. 21st – March 21st)
The only thing standing in your way is you and what you're holding on to. Release old concepts and blockages and burn away old beliefs. If you do not, you will miss the present moment, and you will see the future through the filter of past disillusion. Time to see the world as it is without the fog of illusion.

Aries (March 21st – April 21st)
Still in the midst of great change. The Uroboros, the snake that is the oriental symbol of wholeness, becomes the target in your life. You, Aries, are smack dab in the middle of a transformation that you have never experienced before in this lifetime. The caterpillar that cocoons into a butterfly, and a transition that will leave you whole and balanced so that you can see life from an entirely new dimension.

Taurus (April 21st – May 21st)
A little out of sorts Taurus. Time to organize all that is out of kilter, and this is better done by the use of the written word. Use the pen to organize your thoughts before you continue to tackle any new inventions or projects. Remember that a successful conclusion in any project is the foundation laid before the completion. Balancing the cheque book is needed at this time.

Gemini (May 21st – June 21st)
The ideas that have been perking in the neurons of your mind need to be presented to the public. Time to reveal that gift of logical, rational, and scientific communication so that you can present this idea in an objective way that is understood and well received.

Cancer (June 21st – July 21st)
Your heart swells with passion and deep love. You are guided by your regard for beauty and balance. Use that passion to build your relationship and

your creative outlets, such as an interest or hobby. There is a desire to fully experience and open oneself to this love at this point in time.

Leo (July 21st – Aug. 21st)
Congratulate yourself as you have finally reached the pinnacle of self-esteem and self-respect. Loving and respecting yourself allows you to see the light in others. Pay-it-forward, and give credit where credit is due. Let others see their own light, as you voice your accolades.

Virgo (Aug. 21st – Sept. 21st)
If you haven't already done it, the past due date is about to expire. You are shooting on all four cylinders and tapping into full power on all four levels: mentally, emotionally, physically, and spiritually. Make it happen now, while you're in your full power.

Libra (Sept. 21st – Oct. 21st)
You are experiencing sadness, and attempting to ease the pain by over-indulging in eating, working, drinking, smoking, drugs, or indiscriminate sex. Please reach out and ask for help as you are dearly loved by so many, and some time the balanced scales of Libra become weighted without notice.

Scorpio (Oct. 21st – Nov 21st)
Feeling an abundance of love for all those people in your life right now. What is stopping you from communicating those feelings? Let it out. Even if it does not come back, at least you allow it to surface.

Sagittarius (Nov. 21st – Dec. 21st)
Stop worrying about what people think of you. There is a long-standing pattern within you of self-restraint. Understanding that it is our vulnerabilities that make people love us more. Express yourself, and show your truth, and you will be surprised at how many more friends you will accumulate.

Capricorn (Dec. 21st – Jan. 21st)
Finally, emotional balance obtained. A strength that you can draw on right into the coming year. You have learned your lessons well, and stepped away from the emotional drama created by others. Stay away from all the gossip.

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



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