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Durham Region Community Publication

..... Spring 2015

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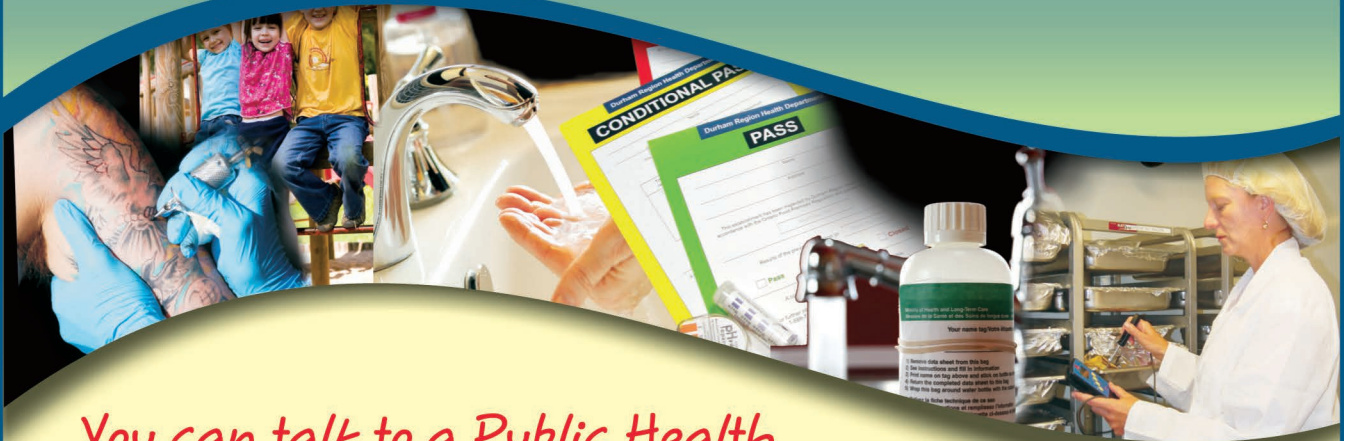
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From the Publisher

Welcome to the Spring 2015 issue of The Local Biz Magazine! I can't believe it will be spring soon! I am ready to store away my winter jacket for another year!

What's new in this issue? Firstly, I would like to take a moment to say goodbye to Ryan Smith. Ryan gave us some great advice in his "Real Estate Report" column and we will miss him here at the magazine but we wish him all the best in his future endeavours. At the same time, I would like to welcome Karl Marshall to our columnist family. Karl is our finance and insurance blogger on The Local Biz Magazine website and now he will be sharing his financial wisdom with us in the magazine in his column "Financial Fitness". He's got some great tips in his first column; it's definitely a must read!

What's in store with the rest of our columnists? Well, spring is when maple syrup production kicks into gear and maple products will be a plenty. Don't think maple syrup (or biscotti) is only for people; Corry Hamilton in "Taking the Lead" shares her recipe for Pumpkin Maple Syrup Biscotti for you and your four legged pal to both enjoy! Speaking of recipes, Shirley Ouellette tantalizes our taste buds with her Asparagus and Pea Risotto recipe. She also enlightens us about the benefits of ancient grains in her "Tasteful Talk" column.

Stephanie Pommells gives us a detailed lesson on salon lingo in "Treat Yourself". If you visit a stylist, you need to familiarize yourself with these fancy terms. And Victoria Cozza in "Teens, Tweens & In-Between" talks about the importance of time in our life and how it shouldn't be wasted or taken for granted. Good advice that even we adults need to heed!

Malachi Brown in "The Coach Corner" explains why surrendering to the fact that we don't know everything there is to know in life is actually a good thing. Malachi also wrote a great feature for us in this issue on goal setting, and related to this, Linda Calder in "The Golden Years" talks about how you are never too old to set goals and suggests goals that seniors might want to set in 2015.

Finally, be sure to read Stephanie Herrera's "At the Box Office" for the latest movies, Sue-Ann Bavlnka's "Ask Sue-Ann" advice column and Julie Antoinette's horoscope predictions for you. Don't forget to also visit The Local Biz Magazine website (www.thelocalbizmagazine.ca) and read up on what our bloggers are up to as well.

I hope you enjoy the 2015 spring issue of The Local Biz Magazine. See you in the summer!

Antoine Elhashem
Publisher

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From the Editor

Another spring is upon us and it's a special one for me because it marks a year since I became editor of The Local Biz Magazine. A lot has happened over the past year; we've redesigned our website, launched a new senior column, revamped our entertainment column and brought you many interesting articles on a range of topics. I truly hope you enjoy reading this magazine as I enjoy putting it together. My goal as editor has always been to provide content that is engaging, educational, family and community oriented and positive, and I hope that comes across to you.

Continuing with that trend, in this issue we have four feature articles for you that are very timely. First off, it's a New Year. Actually, it's 3 months into the New Year already. How are your New Year resolutions holding up? Are they long gone or are you still maintaining them? Was your goal to stay fit and eat healthier this year a distant memory? (Remember *'Tis the Season to be Healthy!*) If you're struggling with setting and maintain goals, Malachi Brown offers us a different perspective. It may require a bit of self reflection... That's all I'm going to say about it. You need to read his article yourself to find out more.

The season of spring in Canada is synonymous with maple syrup season. Do you like maple syrup? Have you ever wondered how it's made? Well, I've got you covered with an article that answers your questions about all things maple syrup and also shows you where to look if you are interested in attending a maple syrup festival in Durham Region.

Spring time also means Easter is just around the corner. How do you celebrate Easter? Do you know the reason for the Christian celebration of Easter? Do you know how the Easter Bunny came to be? You're soon going to find out the answers to these questions as writer Sam Lehman gives us a fascinating history lesson on the story of Easter.

Finally, sports enthusiast or not, I'm sure you are well aware that the 2015 Pan Am Games are coming to the GTA and Durham Region this summer. We know it's a bit early, but we wanted to give you a sneak peek of everything you need to know about the games and the events taking place so you can get your tickets early. Check out Sean Heeger's article and get ready for Pan Am fever! It is truly an honour for the GTA to be hosting an event of such magnitude and it's an amazing opportunity to be an athlete, volunteer or spectator at these events; you don't want to miss it!

I hope you enjoy reading this issue of the magazine, and as always, if there are any talented writers and bloggers in Durham Region who would like to join The Local Biz family, please feel free to contact me.

Wendy Chiavalon
Editor-in-Chief

Have Your Say

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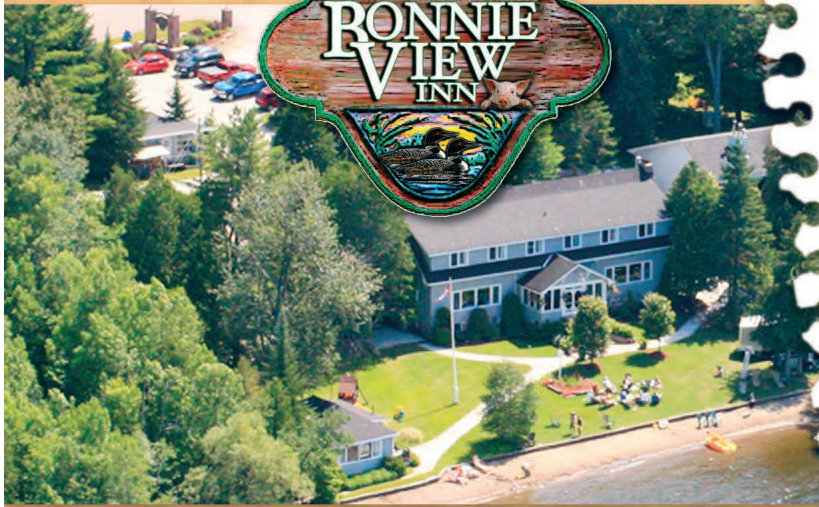
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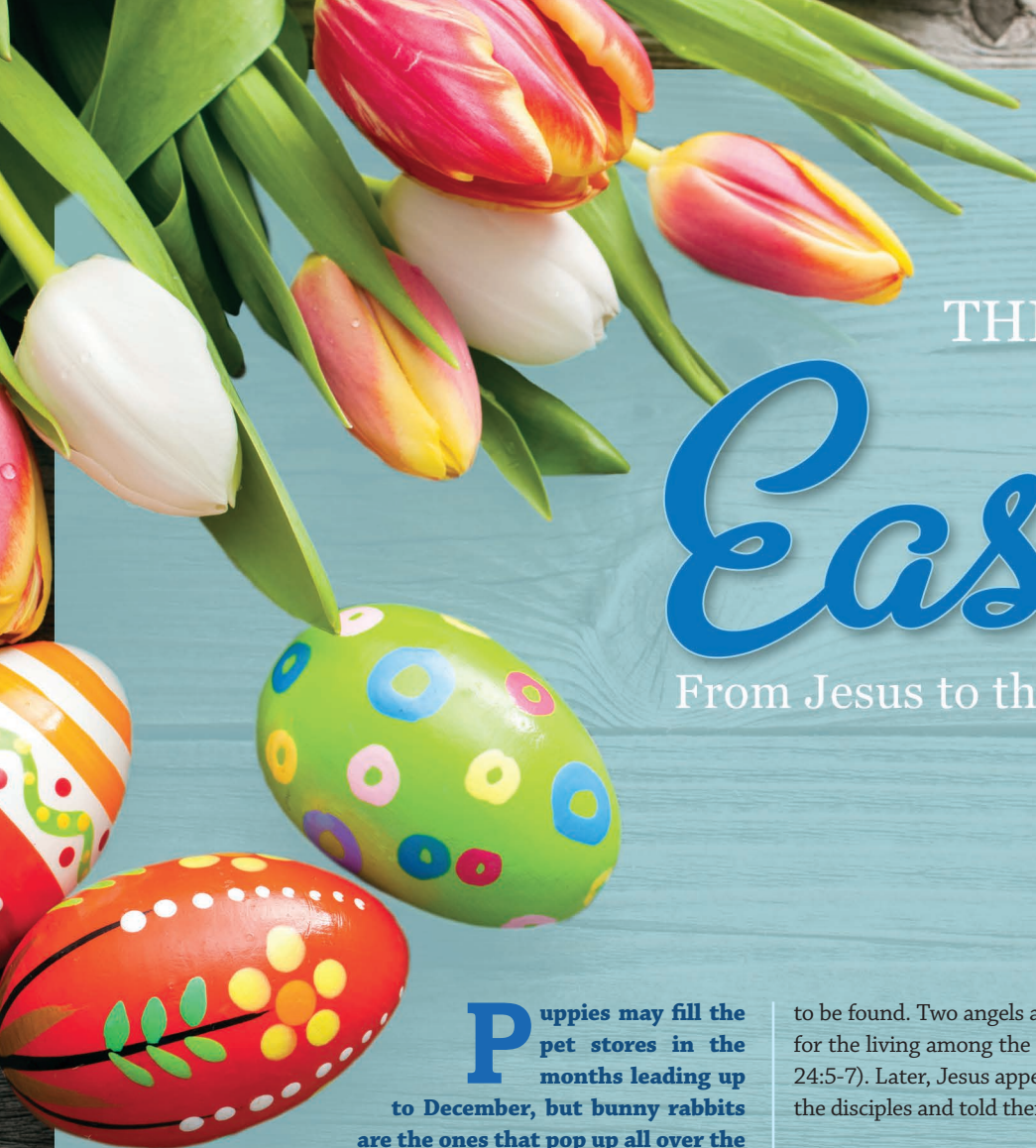
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THE STORY OF *Easter*

From Jesus to the Easter Bunny

Puppies may fill the pet stores in the months leading up to December, but bunny rabbits are the ones that pop up all over the place in March and April. Chocolate too is a common commodity in shops at this time, it comes in all forms and sizes be it bunny or egg shaped; these sweets are bought in preparation for Easter. But what is Easter about? Where did it come from? Did Jesus eat chocolate? And where did the Easter Bunny originate?

Christianity & Easter

Easter Sunday is the most important day in the Christian calendar (yes, even more important than Christmas). It is the celebration of the death and Resurrection of Jesus Christ three days after he was crucified. It is the cornerstone of the Christian faith and is observed by all Christians.

Easter occurs two days after Good Friday, the day on which Jesus was crucified on the cross. After Jesus died on the cross, his body was taken down and placed inside a tomb. There was no time to properly prepare Jesus' body for burial on the Friday because of Passover, so the tomb was sealed securely with a large stone and guards were placed at the entrance of it.

Early on Sunday morning, a woman named Mary Magdalene went to the tomb. She found the tomb open, but Jesus' body was nowhere

to be found. Two angels appeared and asked her, "Why do you look for the living among the dead? He is not here; he has risen!" (Luke 24:5-7). Later, Jesus appeared to Mary Magdalene, and she went to the disciples and told them, "I have seen the Lord!" (John 20:18).

This of course is a very condensed version of the death and Resurrection of Jesus Christ, however it contains elements central to the Christian faith. It reveals that Jesus is both a man and the Son of God because he rose from the dead. It shows that God accepted Jesus' sacrifice on our behalf (Jesus' death wiped clean the slate of sin for mankind), and that through Jesus' suffering, death and resurrection, God has given all believers new life here on earth and Eternal life with Him in Heaven. Put simply, without Easter, there is no Christianity.

Lent

Easter Sunday also marks the end of Lent. Lent begins on Ash Wednesday and lasts for 40 days ending on Easter Sunday. For Eastern Orthodox Christians, Lent or Great Lent begins on Clean Monday, which is seven weeks before Easter Sunday. (Ash Wednesday is not observed.)

The Lenten period is a time of repentance and spiritual reflection in preparation for Easter. Some Christians choose to abstain from a certain food, habit, or something they enjoy during Lent. For instance, they may give up certain foods (e.g. no meat), they may not eat certain foods on certain days (e.g. no meat on Fridays),

or they may abstain from alcohol, sweets, chocolates, TV or even sex! The point is that an individual chooses to give up something personal and meaningful, and that they use Lent as a time to reflect on the life of Christ, and their relationship with Him.

When is Easter?

The exact date of Easter is unknown and hence is found to be changeable, though most Christians choose the first Sunday after the spring equinox in late March. However, in general this means Easter can be held at any point between the end of March and the end of April.

Traditional or Orthodox Christians celebrate Easter in accordance with the Julian calendar. The Orthodox Church calls their Easter by the name “Pascha” which comes from the Jewish Passover. Passover celebrates the liberation of the Jewish people from the tyranny of the Ancient Egyptian Rule in the Old Testament. Easter takes place after Passover.

While Easter, like Christmas, has its roots in Christianity, the Easter Bunny that leaves chocolate (Easter eggs) everywhere for curious young children to find does not originate from the Biblical tradition. So how did Easter eggs and The Easter Bunny become intertwined with Easter?

Easter Eggs

Firstly, the long enjoyed childhood activity of decorating eggs dates back to around the 13th century, although the decorating was much more elaborate and technical than the tie-dye activities one does with friends or children nowadays.

And while the association of eggs with Christ’s resurrection may seem a bit odd, if you think about it, eggs symbolize the potential of new life – just as Christ rose from the dead the egg is born and then hatched. For some, the egg is also compared to the stone that was rolled away from the tomb. However, it is likely that the egg connection stems from ancient pagan traditions that pre-date the rise of Christianity. From the Ancient Egyptians to Hindu scriptures, egg imagery corresponds with stories of world building and spring rites that mainly focus upon the theme of rebirth.

The earliest eggs that we would have been able to identify as Easter eggs – according to our definition – were duck or hen eggs that were brightly decorated usually with floral patterns.

During the Victorian era, though they still maintained a certain celebratory reverence for eggs around Easter time, there was also a shift in the style and make of the admired Easter eggs. In fact, the entire holiday underwent a small materialistic change – there was more variety with regards to eggs, one could own satin covered eggs and cardboard ones too.

Finally in the 19th century, the most exalted eggs came onto the Easter scene; they were designed to be elegant and fine by Carl Fabergé. This too was the century when chocolate eggs were first made specifically for Easter celebrations in Europe. Among other countries both France and Germany took on the challenge of creating new chocolates, and egg shaped no less, with great fervor.

The Easter Bunny

But what about the Easter Bunny or as it’s less well known, the Easter Rabbit or Easter Hare? Well, German immigrants are credited with bringing this mythical creature to North America by bringing with them stories of a rabbit that lays eggs.

The rabbit himself is linked with the pagan past of Easter. Tying in with the idea of fertility and rebirth that was emphasized during the pagan rites of spring, the rabbit was originally brought by the pagan’s into their new religion, Christianity. In fact, it was not uncommon for those who made the choice to transition from one religion or belief system to another to bring with them pieces of their past ways of life. There are many elements in modern day religions, specifically Christianity, that stem from Druidic, pagan, and other spiritual traditions. The idea of combining different practices and rites helped people acclimatize to the rising spread of Christianity during the Common Era, and was a practice regularly used by missionaries to convert others to see the light of Christianity by demonstrating how Christianity and a miscellaneous pagan religion are so alike.


Whether you perceive the holiday through a secular or spiritual lens, Easter is a wonderful time of year. It often marks the beginning of spring with the melting of the snow and the growing of flowers. Easter is a time of rebirth – it signals a new start and a clean slate just as with Jesus’ death he wiped clean the slate of sin for mankind. It is a long weekend for some, and an important religious occasion for others. Regardless of what it means to you, it is a time to reflect, enjoy the gift of family, and maybe indulge in some chocolate too.

Sam Lehman studies at Carleton University where she is taking a combined honours degree in English and humanities in conjunction with two minors, religion and history. Her personal blog can be found through a quick search using the words, “Seekeachlight”. She lives to wonder, wander, and write.

For further reading check out, *Easter Symbols & Traditions* (www.history.com); *The Story of Easter and Easter Eggs* (www.cadbury.com.au); and *Where Did the Easter Bunny Come From?* (www.mentalfloss.com)

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GET READY FOR

PAN AM

FEVER!

A new year is a time for reflection of the past and a look forward for what's to come. The start of a new year brings us new hopes, opportunities and excitement. As we look back, 2014 brought us many great things from the German FIFA World Cup championship to Rocket the talking Raccoon in Guardians of the Galaxy. But this year promises us more than the last.

This year, we in the Greater Toronto Area and specifically the Durham Region have much to look forward to in terms of sports – because let's face it the Maple Leafs aren't going to give us much. I'm talking of course about the Pan American Games. The Pan American Games take place from July 10-26 this summer. Canada has hosted the games twice – in 1967 and 1999 – both times in Winnipeg, Manitoba, but this is a first time honor for Ontarians.

To give you a bit of context, the 2015 Pan Am Games are the world's third largest international multi-sport games since 1930, and is

the largest multi-sport event in Canadian history. It's three times larger than the Vancouver Olympics! Organizers expect 250,000 visitors to the province.

WHAT IS PAN AM?

While many people are familiar with the Olympics, they are less so with the Pan American Games, but the Pan Am Games have been around for a long time and are very popular in the Americas.

The Pan Am Games is a major sporting event featuring summer sports that are held in North and South America the year before the Olympic Summer Games. While the idea for creating the Pan Am Games came up in 1932 during the Summer Olympics hosted in Los Angeles, the first inaugural games did not actually take place until 1951 in Buenos Aires. These first games offered 18 sports to compete in and had over 2500 people from 14 countries; however countries that were part of the Commonwealth Nations



like Canada did not compete in them. Since these first games, the Pan Am games have been held every four years in different locales around the Americas. This time the honour of hosting the games goes to the great GTA region and by extension us here in the Durham Region.

WHAT IS PARAPAN AM?

The Parapan Am Games take place almost immediately after the Pan Am Games and are for athletes with a disability. Sports for athletes with disabilities have been around for over 100 years, however after World War II, these sports were used to assist in rehabilitating veterans and civilians injured during the war. Overtime, rehabilitation sport became recreational sport and then competitive sport. (The Paralympics evolved as a result.)

The first Parapan Am Games were held in November 1999 in Mexico City with 1,000 athletes from 18 countries competing in 4 sports. Since its inception, the Parapan Am Games have grown tremendously with more athletes competing from more countries in more events. The 2015 Parapan Am Games are the largest to date with 1,500 athletes from 28 countries competing in 15 sports. They take place from August 7-15 in the GTA.

PAN AM & THE OLYMPICS

There is a very close relationship between Pan Am and the Olympics. The Pan Am Games is governed by the Pan American Sports Organization (PASO), which is affiliated with the International Olympic Committee (IOC). The Pan Am Games uses the PASO logo on a white background to show the association between the International Olympic Committee (IOC) and the Pan Am Games. In 1988 the Olympic rings were added to the flag to further show this bond between the committees and games.

Similar to the Olympics is the ceremonial lighting of the Pan Am flame. Since the first lighting of the flame was lit by the Aztec people, an Aztec person also lights the torch of the first relay bearer; this is to start the torch relay that will take the flame to the host cities main stadium. The torch will be lit in a traditional ceremony in Teotihuacan, Mexico. The relay will last 41 days and travel through more than 130 communities before it arrives in Canada on May 30, and reaches Toronto on July 10 for the opening ceremonies.

Since 2011, the flame is required to be held in the stadium that hosts the most athletic competitions throughout the games which will be the Rogers Centre in downtown Toronto.

THE MASCOT

The 2015 Pan Am and Parapan Am Games mascot is “Pachi the

Porcupine” who was designed by four schoolgirls from Markham, and was selected by an online vote. The name “Pachi” comes from the Japanese meaning “clapping with joy”. Porcupines have more than 30,000 quills but Pachi was designed with only 41 quills (one for each of the participating nations), in five colours which represent the virtues: youth, passion, collaboration, determination and creativity. Pachi also wears a Pan Am Games wristband on his right hand, and a Parapan Am Games wristband on his left hand.

OPENING CEREMONY

The games will start with the hoisting of the Canadian flag and the playing of the Canadian national anthem. There will be artistic displays of music, singing, dancing, and theatre performances representing our culture and heritage.

Once the artistic display has finished, the athletes of each country will parade into the stadium starting with Argentina to honour the origins of the games – the same way Greece enters first in the Olympics. Nations then enter alphabetically according to the Spanish language. Finally, the host country – Canada – is the last to enter. After speeches and a formal opening of the games is given, the torch is passed until it reaches the person who will light it.

CLOSING CEREMONY

The closing ceremony takes place after all the games have ended. The flag-bearers from each country enter the stadium along with the athletes. Once the flags have been hoisted, the national anthems of the host country as well as the country of the next host are played.

After speeches from the president of the organizing committee as well as PASO, the flame is extinguished. The mayor of the host city passes the flag over to the mayor of the next host city and that mayor makes an introductory speech. The games finally end after a video from the next host city.

MEDAL CEREMONY

Like the Olympics, medal ceremonies are held after each event. The first, second, and third place finishers each stand on a podium and receive their medals.

The medals are given out by IOC or PASO members while the National flags of the three winners are raised and the anthem of the gold medal winner is played.

EVENTS & VENUES

There are many events at the Pan Am Games including aquatics, archery, bowling, equestrian, fencing, handball, modern pentathlon, weight lifting, wrestling and more. Events at the Parapan Am

DURHAM COMPETITION SCHEDULE

SPORT	LOCATION	TUE JUL 7	WED JUL 8	THU JUL 9	FRI JUL 10	SAT JUL 11	SUN JUL 12	MON JUL 13	TUE JUL 14	WED JUL 15	THU JUL 16	FRI JUL 17	SAT JUL 18	SUN JUL 19	MON JUL 20	TUE JUL 21	WED JUL 22	THU JUL 23	FRI JUL 24	SAT JUL 25	SUN JUL 26
Baseball	Ajax					•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Boxing	Oshawa												•	•	•	•	•	•	•	•	•
Softball	Ajax						•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Weightlifting	Oshawa					•	•	•	•	•											

Games include wheelchair basketball, rugby, and tennis, archery, cycling and lots more.

Events will be held in venues throughout Toronto and the surrounding areas, as well as at many athletic and University and College centres. Keep in mind; there are a number of naming issues due to sponsorship which may mean that you won't know where to go if you want to see an event. For example, BMO Field is now Exhibition Stadium, Rexall Centre is now the Canadian Tennis Centre, General Motors Centre is now Oshawa Boxing Centre and so on.

Durham Region will also be hosting several events at the following venues:

Ajax – Audley Recreation Complex – Baseball and softball

Oshawa – General Motors Centre – Boxing and weightlifting

Whitby – Abilities Centre – Boccia and judo (Parapan Am)

For a complete listing of events, venues and ticket information visit www.toronto2015.org

PAN AM IN DURHAM

The Pan Am and Parapan Am Games are expected to attract a lot of visitors to Ontario, as well as generate \$3.7 billion in new economic activity in the province. The Town of Ajax alone is expected to see 15,000 visitors a day and 125,000 visitors over the entire event.

Since events will be held at various venues throughout the Durham Region, this also means Durham has the opportunity to capitalize on the surplus of visitors in town to see the games. Paul Przybylo, president of the Ajax-Pickering Board of Trade has some simple advice for local business owners during the games. *“Speak highly of where you live, tell your customers and clients about the area and invite*

people to come visit during the Games,” he says. Bottom line? Help promote Durham!

WHY NOT VOLUNTEER?

Interested in seeing the games up close and personal? Volunteers are a crucial part of Pan Am—about 20,000 volunteers are required. To learn about opportunities visit <http://www.toronto2015.org/join-in>

While the Pan Am and Parapan Am games aren't as flashy or famous to the world as the Olympics, they do hold a special and significant place in the hearts of us here in Canada and the Americas. These games signify not only that we are a country that has immense talent in sports but that we have the fans and community to back us giving us such an important opportunity. The GTA is – in the mind of everyone that lives and loves this region – the perfect place to host these games and we will not do them wrong. We will show the world that is watching these games just how great we are, just how important these games are to us, and just how hard we want our athletes to win these games.

Sean Heeger is a 23 year old journalism student from Ajax. A once passionate law student, he finished studies at UOIT in the field of criminology, but discovered his love for journalism after he started and ran the UOIT Torch newspaper. Now ready to start in this field, he looks forward to finishing school for journalism and writing full-time. Sean also writes for The Local Biz Magazine online where you can read his sports blog 'For the Love of Goals'. Also look online to read the UOIT Torch newspaper.

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Spring Events Calendar

March 8, 2015

Collaboration Station *FREE* (Whitby)

Connect, collaborate and create! Working alongside other families, you will contribute to one of our cooperative constructions. Stay as little or as long as you want. You're welcome to drop in to this all-ages program, but pre-registration is encouraged. Drop in 11:00am – 3:00pm

Location: Station Gallery, 1450 Henry St.

Website: <http://bit.ly/SGCollab>

Email: art@whitbystationgallery.com

March 16 – 20, 2015

March Break Museum Training Camp (Bowmanville)

This year campers will have fun all while learning about local WWI and WWII history. Campers will decode secret messages, spend a day in the life of a Prisoner of War at Camp 30, make a war time meal using their ration coupons, build a submarine, diffuse 'bombs', go through basic training camp and much more!

Location: Clarington Museums, 62

Temperance St.

Website: www.claringtonmuseums.com

Email: jsteen@claringtonmuseums.com

March 16 – 20, 2015

March Break Camp (Whitby)

March Break campers can look forward to a fun-filled week of sports, crafts, games and group activities that are all themed around the 2015 Pan Am Games and the Parapan Am Games.

Ages: 4+; 8:30am until 4:30pm; \$187.50 for members of the Abilities Centre. \$250.00 for non-members.

Location: Abilities Centre

Website: <http://www.abilitiescentre.org/march-break-camp>

Email: snichols@abilitiescentre.org

March 17, 2015

St. Patrick Day Luncheon (Bowmanville)

Lunch with entertainment (\$8.05 members / \$11.40 non-members)

Location: 26 Beech Ave

Website: <http://claringtonolderadults.ca>

Email: coaa@bellnet.ca

March 19, 2015

Art Talk | It's All Relative (Whitby)

Does the artistic gene run in the family? This encore presentation is an intergenerational exploration of creative parents and their artistic children.

Location: Station Gallery, 1450 Henry Street

Website: <http://www.whitbystationgallery.com/What-s-On/Events/Art-Talk-It-s-All-Relative.aspx>

Email: art@whitbystationgallery.com

March 28, 2015

The Oshawa-Whitby Kiwanis Music Festival – "NIGHT OF STARS CONCERT"

Come and enjoy a special concert given by Finalists and Winners of last year's Kiwanis Music Festival!

Location: Hebron Christian Reformed Church, 4240 Anderson St. N.

Website: www.oshawawhitbykifest.ca

Email: info@oshawawhitbykifest.ca

March 29, 2015

Open Mic (Bowmanville)

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment. FREE

Location: 26 Beech Ave

Website: <http://claringtonolderadults.ca>

Email: coaa@bellnet.ca

April 3 - 5, 2015

2nd Annual "R" FARM Easter Egg Hunt (Newcastle)

The Easter Bunny will be visiting "R" FARM over the Easter weekend for photo ops and a challenge Easter egg hunt. 11 AM and 2 PM. This event is for children up to the age of 10. Depending on age, children will be given a challenge card to find eggs hidden in the woodlot, complete a small craft and receive treats. The cost is \$8 per child. Preregistration to let us know what day you would like to come and how many

children with ages is necessary to make sure we have enough supplies. BYOB Bring your own Basket.

Location: 3388 Con. 3

Website: www.rfarmfresh.ca

Email: ggbgibson3388@gmail.com

April 12, 2015

OPG Second Sundays: Free Family Fun! (Oshawa)

Inspired by the Jock Macdonald: Evolving Form exhibition, we will create watercolour paintings, unique abstracted pinwheels, silly sculptures and a collaborative abstract floor art.

Location: The Robert McLaughlin Gallery

Website: www.rmg.on.ca

Email: communications@rmg.on.ca

April 17 – 19, 2015

Pickering Swim Club Rainbow Classic Swim Meet

Pickering Swim Club hosts its annual Rainbow Classic Swim Meet.

Location: Pickering Recreation Complex

Website: www.pickswimclub.com

April 24, 2015

Festival of Authors (Ajax)

The Ontario Writers' Conference is proud to present...the Friday evening Festival of Authors!

All are welcome at this PUBLIC

EVENT! The exciting evening features:

entertaining interviews and inspiring author readings; opportunities to mingle with Canadian and fellow writers, presses, lit magazines and publishing reps; vote for the winner in our Story Starters Contest; exciting prizes and much more! All this in a café-style atmosphere with a cash bar and sweet endings. Buy your tickets online or at the door on the evening of the festival. Tickets \$20 per person.

Location: Deer Creek Golf & Banquet Facility

Website: www.TheWritersConference.com

Email: registration@thewritersconference.com

April 24 - 26, 2015

Spring Art Festival (Oshawa)

Location: Camp Samac, Conlin Rd., Oshawa

Website: www.oshawaartassociation.com

Email: anne@bluewillowstudio.ca

April 30, 2015

ARTiculate! Durham Catholic District School Board Exhibition

The annual student exhibition returns with works from students from the DCDSB. Join us in celebrating the work of young artists at the opening reception 7-9 pm. The exhibition runs until May 17.

Location: The Robert McLaughlin Gallery

Website: www.rmg.on.ca

Email: communications@rmg.on.ca

May 10, 2015

Mother's Day Tea (Pickering)

Enjoy a special Mother's Day tea served in the Redman House. Tea, sandwiches, and sweets are on the menu for this special day. Two seatings available: 12:00-1:00pm and 2:30-4:00pm. Every mother will receive a small keepsake. Tickets are \$21.50 per person and can be bought online

Location: Pickering Museum Village

Website: www.pickering.ca/museum

Email: museum@pickering.ca

May 31, 2015

Ajax Trailfest

Approx. 35 km Ride with the Mayor; Approx. 12 km Tour d'AjAx; Registration; Stroll the ARC Park (approx. 4km); Bike tune-up workshop; FREE BBQ* for registered participants hosted by the Ajax Rod and Gun Club; Learn safety tips for motorists, cyclists, and pedestrians; Bike decorating station for children; FREE Trailfest giveaways; Please bring a non-perishable food item to help support our local food bank; Don't forget to bring water in a reusable container

Location: Ajax Town Hall

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.




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SETTING GOALS

A Different Way of Thinking

Where there is no vision, the people are unrestrained, But happy is he who keeps the law.
(Proverbs 29:18)

As I thought long and hard about the topic of goal setting, a number of thoughts ran through my mind. It's a new year; we feel compelled to set new goals. Everyone else is setting goals, we should too.

As I watched all the advertising for exercise equipment that was going to help us reach the goal of losing weight for instance, I wondered, how come the promised results are rarely achieved? There is always the very fine print; the promised results had to be accompanied with something else in order to achieve them. The models used in the commercials you discovered later, did not necessarily get the advertised result from the particular weight loss

product they were promoting. Every month there is a new product on the market making new claims only to disappear in a short time. Every January the gyms are packed with new members only to be back to the regulars by March...

Why is it so hard to stick to a goal?

This was the year you were supposed to get that job that would have meaning to you. This was the year you would start travelling, or have better relationships with your spouse, children, extended family members and friends. This was the year you were going to embark on a deeper spiritual journey. Everything was going to be different, be better!

...Then you hit the wall.

What happened? Why is it so hard to reach your goals?

Different Methods

Over the years we have all heard of different ways of reaching our goals. One of the most popular is the SMART method. While there are plenty of variants, SMART usually stands for:

S – Specific
M – Measurable
A – Attainable
R – Relevant
T – Time

If you want to successfully achieve a goal, you need to set a SMART goal. For example, in my coaching practice I often hear clients state, “I want to make a lot of money” as their goal. I explain to them this is too vague. They need to be specific about the amount of money they would like to make; by when, and most importantly, why? Being specific, setting a time frame of when you would like to achieve your goal, and stating your goal in a way that can be measured all help you gauge whether or not you’re actually progressing towards your goal. For example instead of stating, “I want to make a lot of money”, it would be better to state, “My net income will increase by \$2000 extra each month by September 1, 2015”

But you still need a why

Without a why attached to your goal it becomes empty. Not knowing why will guarantee you will have a hard time when you hit a roadblock or have an off day. Determining ahead of time *why* you would like to make \$2000 extra per month will keep you moving towards your goal. Is it so that you can buy a new house, a more luxurious car, take a holiday, put your children through school? What is the reason? Making lots of money with no attached reason will not help in achieving your goal.

Be Accountable

Another way to ensure you achieve your goal is to be accountable to others. Now, I am not suggesting you announce to everyone you know that you are going to lose fifty pounds. By announcing to everyone you could be setting yourself up for failure. In the early stages of moving towards a new goal, we can be very sensitive; we are prone to thinking of failure and it might not take much to throw us off. The more people you tell, especially people who are not deeply vested in your life, comments from them (whether joking or potentially well meaning) during this early phase could be taken the wrong way by yourself, and might discourage you and make you give up. So don’t tell everyone, instead, find one or two people who will have a vested interest in helping you achieve your goals and tell them.

“If you want to successfully achieve a goal, you need to set a SMART goal.”

Write Down Your Goals

One of the mistakes often made when setting a goal is not keeping track of your progress. Are you on track or not? If there is no way of tracking your progress, you will quickly lose interest and give up.

This is why you need to write things down. I know many of you aren’t fond of this. Perhaps putting pen to paper and writing things down

requires too much effort. Our reliance on technology doesn’t help either. We’re used to just typing our thoughts down. But typing your goal on computer or on your smart phone is not the same as writing it down. Writing is powerful. For example write down, *On June 1, 2017, I will take a trip across Canada.* Then put this piece of paper in a place you will see every day like your dresser or your fridge so it serves as a daily reminder. By writing down your goal, it becomes real; it’s no longer just an idea you have in your head.

Stretch Yourself

Very often when goal setting, the temptation is to make the goal something you believe you can achieve without changing much about your current abilities. For example, let’s say you are a sales person and would like to do better with your sales achievements. Are you pushing and stretching beyond your comfort zone? Too often we are afraid to stretch. Without stretching however, you will never realize how good you really are. Set your goals so high that even if you miss it, your accomplishment will still be greater than if you didn’t stretch yourself. Michelangelo said it best, *“The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it.”* Dreaming big and thinking big are two necessary components to achieving greatness.

Change your Patterns

We tend to be creatures of habit. I’m about to watch television – oh yes, I always have chips and a pop. Out comes the chips and pop. This habit for instance, works against a successful weight loss goal. To succeed, change the pattern. Perhaps you have to start watching TV in another location or change the junk food into something healthy.

Even more drastic? Stop watching TV for a while. I know it's a scary thought for a lot of people, but you will survive. And if you can stay away from TV for a while, going back will not be as appealing. You will wonder why and how you were allowing this entity to waste so much of your time. If you still need a TV fix after this, you will be surprised how selective and protective you are with the amount of time and the programs you choose to watch. Find this hard to believe? The only way to find out is to give it a try.

How about starting that new project? Well, first I have to clear my desk, then I need find my favorite pen and pace around for a bit before I can start. Stop procrastinating! Change the pattern and get started on your project today!

Reward Yourself

One thing I constantly advise my clients that they often overlook? Reward yourself. A lot of people grew up feeling guilty about treating themselves. It's seen as selfish, so the idea of rewarding yourself seems wrong. It's always easier to reward others. However, when you are working towards your goal, for each accomplishment, you need to reward yourself.

Rewards for a goal can range from something simple to something more elaborate depending on the accomplishment. Treat yourself to a nice dinner, a movie, a day at the spa, a sporting event, a special holiday etc. I determine with my clients what would be an appropriate reward for reaching a particular goal. For example, say you decided that this is the year you will be starting your business. You have set June 1st as your opening day to move into your office space. Well when that happens, throw a celebration party for family and friends and invite potential customers!

Make the Big Decision

Ask yourself the tough questions. Why do I want to _____ (fill in the blank with your goal)? Do I have what it takes? If you can answer yes, then start laying out your vision.

I had a friend who would say you have to be so convinced and convicted of your vision and purpose, that if someone came to you with the most amazing idea and asked you to join in, your emphatic answer would be, thanks but no thanks, that's not what I do. Can you do that?

"Even more drastic? Stop watching TV for a while. I know it's a scary thought for a lot of people, but you will survive."

As I examine all the different methods one can go about achieving their goals, some backed by science, some based on common sense, some handed down tales, I am still left wondering... Success is not always easily attained; what makes it so difficult? For example, we all know how to lose weight. It's pretty simple and only requires two steps: eat less and exercise. That's it. So why is losing weight so difficult?

It's Too Easy!

Sometimes in life, if something seems too simple we tend to dismiss it. Complicating things make us appear smarter. The marketing hype is much sexier. Buy the latest gizmo instead. We all laugh at some of these contraptions, however, we keep buying into them, and companies keep producing them because we keep buying them. It's a cyclical effect.

We hear about the latest time saving system, the latest wonder fruit, the magic pill that will help us stay slim while we eat all we want! We were told that technology would make our lives easier and stress free. Has it? We were told we would have more free time for leisure. Do we? We have been marketed to death and we keep buying into it time and time again. Check out the video *The History of Stuff* to better understand what I mean.

Now What?

After reading this far, you may be wondering, "...Okay Malachi, now what? How do I go about achieving my goals?"

May I suggest that first you step off the treadmill, and take some time to observe and ponder?

You are unique; there is no one else on earth like you.

I know what you're thinking... "Malachi, what does this have to do with setting goals?"

Everything! In my opinion.

Let's look again at the example of losing weight. Starting in the middle of December each year, the chatter begins about losing weight. The TV ads gear up with new products and machines promising to be even better than last year. The pressure is on; everyone needs to and should lose weight.

Says who? May I suggest that you first not buy into the hype?

First things first. Who are you? What do you want? This doesn't have to look like anyone else's goals and desires. What is right for you? What if you don't or will never look like the model on TV. What if you are happy with who you are? What if you only had to lose five pounds, not fifty as they are suggesting?

Similarly, what if you are happy making twenty thousand dollars a year, not the hundred thousand they say will guarantee you happiness? What if the car you drive is just fine and the newer shinier model is not necessary? What if the corner office is not your thing?

Am I saying having any of these things are bad? Not at all. What I am saying is first find out who you are and what you personally want. Then, set goals to reach what you want (not what everyone else is saying you should have).

Where there is no vision, the people are unrestrained, But happy is he who keeps the law.

Once you figure out what is the vision for **your** life, then you will start to see you goals coming to fruition much easier. Without a vision for your life as the quote from Proverbs states, the people are unrestrained. This means any and every thing can easily pull you off your path. But once you have determined who you are and what you want, it's easier to tell others, with confidence, what it is you want. And then you will be able to work toward your goals (the law so to speak) and then you will be happy.

Results

When you know what is right for you and what you want in

"We have been marketed to death and we keep buying into it time and time again."

your life, you can use any, or a combination of the goal setting methods mentioned earlier to achieve the things you want. This applies to all areas of your life; your career, relationships, family, health, finances, your spiritual growth etc.

Define your vision that is specific for your happiness (not someone marketing an idea of happiness for you). Write out your SMART goal and devise a

plan for making it happen. Stretch yourself beyond your comfort zone. Change your patterns and replace old ways of thinking with new ones. Find one or two mentors that will help you along your journey and keep you accountable. Make the big decision to achieve your goal and be 100% confident in it. And finally, don't forget to reward yourself as you hit certain milestones along the way.

As you start working on your uniqueness and your strengths, you will start to see your goals coming to fruition. You will get excited about setting new and stimulating goals as your unique God given abilities and personality begins to emerge. You will surprise yourself about how amazing you are. You are not a marketing idea, nor do you need to find your identity through the group collective. Define the ideals you want for yourself, then your contribution back to the group collective will be far more powerful.

Who are you, and what do you want in life?

Malachi Brown is a certified life and business coach. His greatest joy is seeing people living balanced and healthy lives. Malachi is happily married to his amazing wife for over thirty five years. He is the proud father of four wonderful, adventurous children, and recently became a grandfather. Malachi recently also accomplished a lifelong goal of becoming a pastor. He writes *The Coach Corner* column for *The Local Biz Magazine*.



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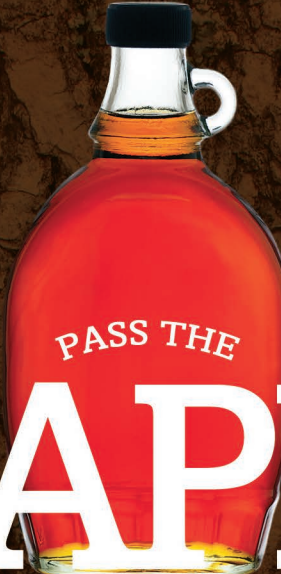
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PASS THE MAPLE SYRUP PLEASE!

I have a confession to make. The first time I had pancakes drizzled with maple syrup for breakfast, it wasn't the real deal. The pancakes came from a box mix and the maple syrup I had wasn't real maple syrup. Of course as a child, I was completely oblivious to this. My parents are oatmeal, eggs and toast kind of people, so having pancakes for breakfast (box mix or not) with maple syrup (real or fake) was a treat! I am not going to complain!

Many years later though, when I stayed over at a friend's house, I was introduced to real maple syrup at breakfast time and life hasn't been the same ever since. I hate to say; I've become a snob, scoffing at the fake sugary stuff. But I'm not alone. Die hard maple syrup eaters say there's nothing better than pure maple syrup – the fake stuff just doesn't cut it – and they're darn right!

So where does maple syrup come from, and how is it made? You probably already know that maple syrup begins as sap that is extracted from a maple tree, but did you know how that sap gets turned into delicious maple syrup? And did you know that there are health benefits to maple syrup? Yes, you heard right... Now that I've peaked your interest, read on to discover more about one of North America's prized natural products.

Where & Who

Maple syrup is only produced in Eastern Canada (Ontario, Quebec, New Brunswick, Nova Scotia and PEI) and North Eastern United States (Vermont, New York, Maine,

Wisconsin, Ohio, New Hampshire, Michigan, Pennsylvania, Massachusetts, Connecticut, and Minnesota). Canada is the largest producer of maple syrup in the world. The Federation of Quebec Maple Syrup Producers reports that Canada produces 71% of the world's supply of maple syrup, of which 91% comes from the province of Quebec. Canadian maple syrup is exported to approximately 50 countries worldwide; the United States is the largest importer.

The key ingredient needed to make maple syrup is of course the maple tree; but not just any maple tree will do. While the regular maple trees that line most of our curbs do contain sap, it's the sugar maple tree that is used to make maple syrup because of the high sugar content in the sap. In fact, syrup producers use the phrase "sugar bush" to refer to a field of sugar maple trees they get the sap from. Maple syrup can also be made from red, black and silver maple trees but it is less common.

How it Works

Maple syrup can only be made in the spring when the days are warm and the nights are below freezing. The best sap is at the start of the season when the sugar content is high, and it doesn't take a lot of sap to reach the ideal sugar level of 66% to make maple syrup. Production stops when the weather gets warmer and buds start to form on the trees as the sap turns bitter.

Sap is collected from the sugar maple tree by drilling a small hole into the bark called a tap hole. After the hole is drilled, a spile, with either a bucket and hook, or tubing is inserted into the hole. Ideal weather for the maple sap to flow is +5C

during the day and -5C at night. When the sap flows it is either collected in the bucket or pipeline system. The modern method of a pipeline system is more efficient as it does not require the buckets to be collected once or twice a day. Through the pipeline, the sap travels down to storage tanks in the Sugar Shack.

In the Sugar Shack, the sap is boiled in a machine called an evaporator. The job of the evaporator is to boil the sap, removing water, and bringing the sugar content from 3% in sap to 66% in the final product. To reduce cooking time and increase efficiency, some maple syrup producers use reverse osmosis, a process whereby part of the water is removed from the sap before it is boiled. On average, it takes 40 litres of sap to produce 1 litre of maple syrup.

Like baking, maple syrup production is an exact science. The evaporator boils the sap until the sugar content reaches 66% (i.e. 66% of the water in the sap evaporates leaving concentrated maple syrup.) If the sugar content is overcooked or higher than 66%, the sugar crystallizes; if it's undercooked or below 66%, there is the possibility of a mould. Pure maple syrup has a sugar content of 66%. Finally, before maple syrup can be bottled or made into other products, it must be filtered to remove any impurities.

Types of Maple Syrup

At the start of the season, sap has high sugar content and maple syrup is lighter in colour because it takes less sap to get to the 66% sugar mark. Towards the end of the season, maple syrup has a darker colour because more sap is needed to the 66% sugar mark. Maple syrup is graded based on colour and flavour and is then classified. There are three grades of maple syrup:

- **Canada No. 1** includes extra light, light and medium syrup. Extra light syrup is good for salad vinaigrettes, while light and medium are delicious on pancakes and waffles!
- **Canada No. 2** is usually made later in the season. It is amber in colour with a strong, almost caramel –like maple flavour. It is best used for cooking and baking.
- **Canada No. 3** is made at the end of the season. It is very dark in color with a strong, almost molasses-like flavour. It is used commercially.

The classification system in the U.S. is the same but the terminology is different. Americans classify maple syrup as Grade A, B and C, while Canadians use No. 1, 2 and 3.

Why Choose Maple Syrup?

When you tell someone that there are health benefits in maple syrup, they may not believe you. But pure maple syrup has nutritional value, and native people recognized this and use it as a source for energy and nutrition. In fact, native people were the first to discover “sinzibuckwud” which literally translates to “drawn from wood” and is the Algonquin word for maple syrup.

So what are some of the benefits of maple syrup? 100% pure maple syrup is as it states 100% pure and natural with no extra sugars or other additives. And in today’s world of highly processed foods, that’s a really good thing. Regular table syrups which are much cheaper in price often contain high-fructose corn syrup, colouring, artificial flavours and other food additives which aren’t good for us in an attempt to mimic true maple flavour.

Per 60 ml portion in %DV*	Maple syrup of Canada	Honey	Sugar	Brown sugar	Agave syrup
Manganese	100	3	0	9	0
Riboflavin (B ₂)	37	2	1	0	0
Zinc	18	2	0	1	0
Magnesium	7	1	0	7	0
Calcium	5	0	0	5	0
Potassium	5	1	0	6	0
Calories	217	261	196	211	256
Sugars (in G)	54	71	51	54	56

Legend : Excellent source of Good source of Source of

*DV: The Daily Value is the amount deemed sufficient to meet the daily needs of the majority of healthy individuals. Source: Canadian Nutrient File (Health Canada)

Nutritional Chart taken from: Promotional Spec Sheet, Federation of Quebec Maple Syrup Producers

Maple sugar is also a great natural alternative to refined white sugar in recipes. You can easily substitute maple syrup when a recipe calls for white sugar; just make sure to adjust your proportions accordingly. PureCanadaMaple.com suggests substituting ⅔ cup of maple syrup per 1 cup of white sugar, while reducing the overall liquid in the recipe by about a ¼ cup for each cup of syrup added.

Vitamins and Antioxidant Properties

Pure maple syrup contains essential nutrients we need in our diet. A ¼ cup (60 ml) of maple syrup provides 100% of the recommended daily allowance of manganese, 37% of riboflavin, 18% of zinc, 7% of magnesium and 5% of calcium and potassium. Maple syrup also ranks low on the glycemic index (GI) – a scale that determines how quickly a certain food raise your blood sugar. Maple syrup has a GI of 54. Foods with a GI of 55 or below are considered to be low glycemic.

Maple syrup is also an antioxidant. In 2011, Navindra Seeram, a researcher at the University of Rhode Island discovered 54 beneficial compounds in pure maple syrup, some of which contain antioxidant and anti-inflammatory properties which can help fight cancer, diabetes and bacterial illnesses. In his research,

Seeram found that maple syrup contains phenolics, a set of antioxidants also found in berries. He speculates that the sugar maple is wounded when it is tapped for sap and secretes phenolics as a defense mechanism. While sap has low concentration of phenolics, when boiled down into syrup the concentration of phenolics increases. Pure maple syrup contains the same classes of polyphenolic compounds present in other foods like berries, tea, red wine, whole wheat and flax seed.

Here's the thing to keep in mind though. By highlighting the benefits of maple syrup, researchers are not suggesting you consume a large quantity of it. As with all sugary substances which you eat, you need to do so in moderation. However, what they are saying is, if you do wish to drizzle your pancakes, waffles or crepes with maple syrup, stick to the pure stuff; at least then you'll also be gaining those beneficial qualities. As Seeram states, "Pure maple



syrup is not only delicious, it is so much better for you."

Maple Syrup Festivals

Maple syrup is part of Canadian culture. It comes from the maple tree, and nothing is more Canadian than a maple leaf (I'm referring to the actual leaf here not the hockey team) and a maple tree. So when spring hits and maple syrup production kicks into gear, maple syrup festivals are a plenty, and you don't have to travel far to attend one.

The Purple Woods Maple Syrup Festival takes place at the Purple Woods Conservation Area in Oshawa on March 7, 8, 14-22 (March Break), 28 & 29. The conservation area is a 42 acre sugar maple forest and open meadow located in the midst of the Oak Ridges Moraine. The festival is in its 40th year and offers lots of activities and fun for families. Visitors will be able to enjoy a walk through the woods to the Sugar Shack, experience interactive historical displays and learn about maple syrup production along the way. Visitors can also hop onto the horse-drawn wagon ride and travel back in time through the sugar bush. Maple syrup and other maple products can be purchased on site, and as with any maple syrup festival there will be pancakes! Pancakes topped with 100% pure maple syrup will be served with proceeds going to a local not-for-profit organization. General admission is \$5 per person; children under 2 are free. For information visit www.cloca.com

The Sunderland Maple Syrup Festival takes place on March 28 and 29 in Sunderland. The festival which is in its 20th year is a two day weekend event of family fun with outdoor entertainment, arts and crafts shows, bathtub races, tractor pulls, horse drawn wagon rides across town, face-painting, pony rides, a petting zoo and more. There will be bus tours to Harlaine Maple Products sugar shack where you can discover how maple syrup is made and purchase some yummy maple syrup and maple treats. Don't forget to also visit the Sunderland Legion for their famous all day pancakes. Admission is free, but there may be minimal costs for food and certain events. Proceeds from the festival are donated back to the community. For information visit www.maplesyrupfestival.ca

Ganaraska Region Conservation Authority's Maple Syrup Day takes place on March 28 at the Ganaraska Forest Centre in Campbellcroft. The 11,000 acre Ganaraska Forest is one of the largest blocks of forested land in southern Ontario. Visitors will get a chance to tour the sap collecting route and visit the sugar shack before creating crafts, having their face painted and playing pioneer games. Then settle in for some great live music while you enjoy a pancake feast! Tickets are \$12 for adult and \$6 for children (16 & under). For information visit www.ganaraskaforestcentre.ca

Downtown Bowmanville's Annual Maple Festival takes place on May 2, 2015. Featuring sidewalk sales, tasty treats, music, crafts and amusement rides, this is an event that is sure to be fun for the whole family! Enjoy a hot pancake breakfast and stroll through the historic town with its many boutique shops and services. Taste some delicious maple products while listening to some of the many jazz bands sprinkled throughout the town. Admission is free, but there may be minimal costs for food and certain events. For information visit www.bowmanville.com

Well folks, I hope this article has enlightened you about maple syrup as it did for me, and I encourage you to visit a festival this spring and discover more about the delicious world of maple syrup. I am proud to be a 100% pure maple syrup convert and I urge you if you aren't already one, to become one. Nothing beats 100% pure maple syrup; it's pure, simple and delectable; it's Canada's liquid gold!

Did you know?

Maple syrup has a very unique taste. Unlike other sweeteners which are classified as tasting "sweet," maple syrup is classified as "umami" which means savoury and wholesome.

Wendy Chiavalon is the Editor-in-Chief of The Local Biz Magazine. In her spare time, she doubles as a cake decorator, baking and decorating cakes for special occasions at Wendy's Cake Shoppe.

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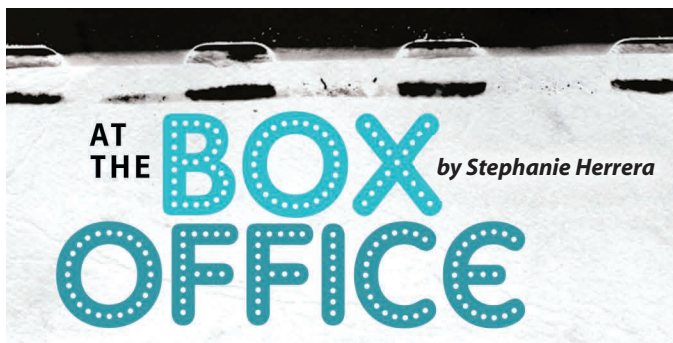
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We may be asking, "Where's the snow?" but we know one thing that's heading our way and that's spring movies!

Comedies

On March 27th, Will Ferrell and Kevin Hart kick off the laughs with **Get Hard**. When millionaire hedge fund manager James (Will Ferrell) is nailed for fraud and bound for a stretch in San Quentin, the judge gives him 30 days to get his affairs in order. Desperate, he turns to Darnell (Kevin Hart) to prep him for a life behind bars. But despite James' assumptions, Darnell is a hard-working small business owner who has never received a parking ticket, let alone been to prison. Together, the two men do whatever it takes for James to "get hard" and in the process, discover how wrong they were about a lot of things – including each other.

Melissa McCarthy is taking her comedy to the action level in **Spy**, opening May 22nd. Susan Cooper (Melissa McCarthy) is an unassuming, deskbound CIA analyst, and the unsung hero behind the Agency's most dangerous missions. But when her partner (Jude Law) falls off the grid and another top agent (Jason Statham) is compromised, she volunteers to go deep undercover to infiltrate the world of a deadly arms dealer, and prevent a global disaster.

Action & Adventure

Disney's **Tomorrowland** promises to deliver on May 22nd. The film is about a teenage girl (Casey Newton), a genius middle-aged man (George Clooney), and a pre-pubescent girl robot (Raffey Cassidy) who attempts to get to and unravel what happened to Tomorrowland, which exists in an alternative dimension, in order to save the world.

Fans are sitting on the edge of their seats for May 1st when **The Avengers: Age of Ultron** hits theatres. When Tony Stark tries to jumpstart a dormant peacekeeping program, things go awry and Earth's Mightiest Heroes, including Iron Man, Captain America, Thor, The Incredible Hulk, Black Widow and Hawkeye, are put to the ultimate test as the fate of the planet hangs in the balance. As the villainous Ultron emerges, it is up to the Avengers to stop him in an epic and unique global adventure.

Drama

Far from the Madding Crowd is a breathtaking cinematic journey into the life of one woman, Bathsheba Everdene (Carey Mulligan), who attracts three very different suitors: a sheep farmer, a handsome and reckless Sergeant, and a prosperous and mature bachelor. This timeless story of Bathsheba's choices and passions explores the nature of relationships and love – as well as the human ability to overcome hardships through resilience and perseverance. This dramatic love story starts May 1st.

The Sundance Film Festivals Official Selection **True Story** is a must see. When disgraced New York Times reporter Michael Finkel (Jonah Hill) meets accused killer Christian Longo (James Franco) – who has taken on Finkel's identity – his investigation morphs into an unforgettable game of cat-and-mouse. Based on actual events, Finkel's relentless pursuit of Longo's true story encompasses murder, love, deceit and redemption.

Stephanie Herrera is an Entertainment Specialist, speaking, teaching, and writing about Improv, Comedy and Life through her company, Durham Improv & Acting Studio. She is an award winning actor and singer performing regularly on screen and stage.

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Treat Yourself

by Stephanie Pommells

Ombrè, Sombè, and Balayage Oh My!!!

So what is up with the fancy foreign words for hair color? What happened to, "Can I have a color and highlights please?" Just like the language of texting has evolved over the past few years, salon lingo has changed as well. We are hearing words like ombrè, sombre, and balayage and a whole lot more! It's a lot to cover in one column, so I'm going to talk about it over two columns.

Let's start with ombrè, sombrè, chambrè and balayage. What exactly do these words mean and do I want them? I'll just make it easy for you right now and say, "Yes you do!"

Ombrè – This is a French word. Its translation is shadow or shade. Many celebrities over the past few years have been coloring their hair this way. Chloe Kardashian is a great example. It is done by having darker roots and gently transitioning to a color that is noticeably different in contrast. A medium brown that sweeps to a blonde for example. The contrast should be pretty bold in this technique to be done correctly. The key though is in the transition of colors. I've seen a lot of hair that looks like it's been dipped dyed; that is a completely different thing. The colors should shift very gradually bridging the two colors together like a shadow or shade. I love this option for brunettes. If doing an ombrè in this season try it in the new hottest hue of warm rich dark brown to sunny honey blonde.

Sombrè – This is pretty much like the former technique only more subtle. It's a good option for those who are a bit nervous about color play. This works great for both blondes and brunettes. The difference is in the contrast; the colors are only a few shades apart. For example a dark brown to a light brown, or a dark blonde to a light blonde. The transition is still very soft and sweeping from one color to the other.

Chambrè – This is like sombrè, but uses a color palette that you would see if you love champagne. Think pastels.

Balayage – This has been the hottest thing for the past two years. Balayage is a French word that means "to sweep". It originated in the 1970's, and like every trend has made its way back in a big way. This technique is all about free hand painting. It allows you to have the flexibility of creating boldness wherever you want. The one thing though is that it is still supposed to be subtle in the root area. It is a pretty unstructured technique, but I love how it allows for where your heart moves you to color. Bolder around the face? No problem. I'm Picasso!

Now that you know some of the basics in the lingo, you're ready to walk in the salon and communicate with your stylist to get your needs taken care of! Stay tuned next issue for splash lights and undercurl!

Stephanie Pommells is a hair dresser and salon owner of Stevie P's Hair Salon. With her artistic sense and impeccable attention to detail she enjoys working with clients to give them what they need. She also enjoys writing and researching the latest techniques in order to expand her expertise.

FINANCIAL Fitness

by Karl Marshall

Get On the Road to Financial Fitness

Spring is a season of renewal. The snow is gone, temperatures are rising (somewhat), flowers are blossoming and you no longer feel like hibernating. It is a time when you are probably evaluating your progress as it relates to your New Year's resolutions which may range from losing weight, to paying down debt or saving money.

The challenge many of us face is with the quality of our commitment to staying the course and achieving our goals, and the goal of this column will be to help you implement simple but effective strategies that will support your financial fitness goals.

I am passionate about helping Canadians protect what's really important to them, and insurance and financial products are merely tools that I use to accomplish that goal. I am in the people business providing insurance and financial services, and my mission is to challenge you to have the difficult conversations about money with yourself, your spouse, your partner, your business associates and even your financial advisor.

One of the most important steps you can make in your quest to secure financial fitness is to commit to a non-negotiable savings plan. One of my clients adopted the "Pay yourself first" concept of savings and treats savings as a bill he must pay every single month. How does it work? It's quite simple actually. He decided that each and every month his savings bill is \$300 and is the very first charge on his paycheck (his paycheck is approximately \$3,000 per month). This means he only has \$2,700 per month available to live on. This also means that he has made a decision in the interest of his long term financial fitness to pay himself before he pays his rent, his internet, cable, cell phone bill, car and apartment insurance etc.

If he works overtime, the extra pay also goes into savings. Not only does he save, but he also spends frugally. Being frugal doesn't mean you have to be cheap, nor does it mean you have to do without; it means you have to be smart with your money. The latte at Starbucks costing \$5 per day adds up to \$1,300 per year; the gym membership (that you never use) adds up to thousands per year, and I could go on and on. The point is if you commit to a non-negotiable plan (that accounts for emergencies), the amount of money you make becomes less important and the amount you keep becomes very important. If you make \$3,000 per month and I make \$10,000 per month, but you save \$300 per month and I spend all of my income and am broke at the end of each month, you are likely in better financial health than I am.

This spring, do yourself a favour and commit to a non-negotiable savings plan; it is never too late to get on the road to Financial Fitness.

Karl Marshall is President of Marmac Financial Services Limited, an independent insurance and investment brokerage. He lives in Durham Region.

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Teens, Tweens & In-Between

by Victoria Cozza

"It's the oldest story in the world. One day you're seventeen and planning for someday. Then quietly, without you ever really noticing, someday is today, and that someday is yesterday, and this is your life." ~ Nathan Scott - One Tree Hill

Hello readers! It's spring once again which means I have been your teen writer for a year now. There are no words to describe how amazing this journey has been for me. Writing is something I've always loved to do. I love being able to express myself through words when I can't say what I feel. Having the opportunity to share that with you guys is a dream come true, so thank you for sticking around.

I have to be honest though, this issue's topic didn't come easily to me this time around. Since it's been a year and I'm back to the first season I wrote about, I wanted this article to be special. I wanted it to mean something and I wanted it to be a memorable one for me. Naturally, I've had a harder time finding that perfect idea or thought to build my article on, especially since I have high expectations. Then I thought more about how the year has gone by so quickly when I realized that's my perfect topic; time.

Time is something that is very special to us mainly because we have such a limited amount of it. But I'm finding that more and more people these days are wasting time and taking it for granted. I for instance, always seem to think I have no time. I feel like I constantly have so many things to do and not enough time to do them. In reality, I'm just wasting the time I think I don't have. Like my quote says, one day you're planning your life and the next thing you know, you're living it! The scary thing is we don't even realize how fast time passes until we've run out of it.

So my advice to you this spring is, don't waste your time!

If you need to do something, do it. If you have to tell someone something, tell them. Spend time with people, tell them you love them, have fun, and live your life to the fullest. Don't waste a second! Don't be one of those people who look back at life and say I wish I had done that or I wish I spent more time with that person. Take risks, good and not so good ones. You will learn from the mistakes, but if you hold back in life I can guarantee that the biggest regret you'll have is wishing you didn't waste your time. Don't let your life pass you by; take the time you've got and use every minute. I promise it will be worth it! I hope you all have an excellent spring filled with opportunities! Remember, every second, every minute, every hour, and every day counts. Don't waste them!

Victoria Cozza is a 15 year old, grade 10 student in Ajax. She loves singing, playing piano and reading. She also has a passion for music and writing. She loves spending her free time with her family and friends.

Tasteful Talk

by Shirley Ouellette



Spring sees us Canadians coming out of our cocoons and foraging for fresh greens and vegetables to satisfy our cravings, after being locked away with only heavy meat and root vegetable stews while we wait out the winter months. This winter we decided to try something new and move away from the more common carbohydrates of white potatoes, pasta, rice and bread; instead we looked to ancient grains. Although ancient grains have been used across the globe for centuries and were the staple diet of our ancestors, many have almost disappeared from the stores and markets to be replaced by grains that can be grown quickly in vast quantities and have a long shelf life. The mainstream wheat we buy in various forms does not have the nutritional value it used to and is causing more and more people to develop sensitivities and allergies to the gluten contained in it.

Ancient grains are whole and highly nutritious and offer people with a gluten intolerance the chance to enjoy many dishes that would normally call for a wheat product. Flour blends from these grains and seeds are especially beneficial as now we can make bread, crackers and cereals all without a trace of wheat gluten. A lot of these ancient grains are not grains at all, they are in fact seeds and come from broadleaf plants. Quinoa, buckwheat, chia and millet are examples of gluten free seeds, also known as pseudograins. Traditional cereal grains are also seeds but they come from grasses like, farro, oats, spelt and rye.

Ancient grains are becoming easier to find, and as their popularity grows we are seeing them popping up in recipes and on restaurant menus. These nutty tasting grains add texture to meals and as complex carbohydrates they add fibre. Additionally, with a low glycemic impact, it won't spike your blood sugar which inevitably causes a crash and drop in energy. Ever felt like a nap after eating a heavy carb meal like pasta? That is the post-carb crash hitting your system. Ancient grains take longer to digest and offer a slow release of energy which helps keep your stomach satisfied and your brain sharper.

There are numerous advantages to eating ancient grains including higher levels of vitamins and minerals and disease fighting antioxidants. Some grains are complete proteins, like buckwheat (which is not a wheat at all, it is related to rhubarb!), chia and quinoa. You don't need to have a gluten allergy to enjoy these grains. Many people are moving away from gluten for overall health reasons or fear of GMO products. This in turn is helping to bring back different varieties of ancient grain, giving us more options and helping to support biodiversity in our farming lands. You can find some grains like spelt grown locally now and I am sure you will see many more in the coming years. So keep your eyes open and remember Durhameers, vote at the cash register and buy local. 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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Tasteful Recipes

by Shirley Ouellette

Asparagus and Pea Risotto (serves 4)

You will need...

- 1lb Asparagus
- 1 Cup Fresh or Frozen (defrosted) Green Peas
- 1 Cooking Onion, finely chopped
- 1 Clove of Garlic, finely chopped
- 2 Cups Chicken Stock
- ¼ Cup Dry White Wine
- ½ Cup Arborio Rice
- ½ Cup Farro
- ½ Cup Barley
- 1 tbsp Vegetable Oil
- 1 tbsp Fresh Thyme, chopped
- ½ Cup Parmesan Cheese Shavings



How it's done...

Rinse the farrow and barley under cold running water in a sieve. Put the grains into a saucepan and cover with water; bring to a boil then cover and simmer gently for 20 minutes. Once cooked, strain off any excess water and leave in pot to keep warm.

Add the vegetable oil to a large heavy bottomed sauce pan and warm on low heat. Add the garlic and onion and very gently cook until soft. Turn up the heat to medium and add the Arborio rice to the pan and let cook for 2 minutes. Pour in the white wine and let the rice absorb it. Now start adding the stock a ladle full at a time, stirring with a wooden spoon. Some recipes call for hot stock and some don't, some also say stir constantly; if you use hot stock and stir constantly you will release more gluten from the rice and it will be a thicker more porridge style consistently. If you use cold stock and just stir to incorporate each time you will end up with a looser style which is what I am aiming for here.

Trim the asparagus and cut into approx. 2 inch pieces then drop into boiling salted water. As soon as the water comes back to a boil, time the asparagus to boil for one minute, drain and leave to dry. If you are using fresh peas follow the same cooking procedure as the asparagus; defrosted frozen peas do not need any cooking. Once the stock is fully incorporated and the rice is tender but still has a slight bite to it, stir in the other cooked grains. It is a good idea to have extra stock on hand in case your risotto is too dry – there should be some liquid visible. Now add the asparagus, peas and thyme, stir and taste, then add salt and pepper as necessary. Stir in half the parmesan cheese and serve immediately, finishing each dish with the rest of the parmesan.

Did you know?

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Taking THE Lead



by Corry Hamilton

Dog Treat!

Tying in with our maple syrup theme this issue, I've decided to share a dog treat recipe that uses maple syrup. It's something that your dog and you (yes, you can eat it too) will enjoy!

Pumpkin Maple Syrup Biscotti

1 cup pure canned pumpkin

¼ cup maple syrup

¼ cup water

2 tbsp oil

1 large egg

1 tsp vanilla

4 cups all purpose flour (560g weight) OR 280g of coconut flour + 280g almond flour as gluten free alternatives

1 tsp cinnamon

¼ tsp baking powder

¼ tsp baking soda

Preheat oven to 350F.

In a large bowl, whisk together the first 6 ingredients.

Stir in the dry ingredients until well mixed.

Use hands to knead dough until it sticks together.

Transfer dough to lightly floured surface. Divide dough into 2 parts.

Shape each piece into a log. Flatten each log into a 4" wide piece.

Use a fork to poke holes in the dough.

Place pieces on a baking sheet, 4" apart.

Bake 35-40 minutes or until firm.

Cool on a rack for minimum 30 minutes

Lower temp to 300F.

Cut each log into ¼" thick slices.

Place slices cut side down about ½" apart.

Bake 30 minutes or until completely hard.

Cool completely and transfer to tightly sealed container for up to a month.

I've included a couple of gluten free flours that I like to use as an alternative to all purpose flour. Most pastry chefs will measure their flour by weight for a more accurate measurement. 140g is a standard weight for 1 cup of flour. With gluten free flours though, you may need to play with the recipe. If it's dry, add a little water or oil. Is it crumbly? Add an extra egg or some egg whites. Not enough flavour? Try a pinch of salt or more cinnamon. Make sure to note the changes you make so the next time you bake they're to your liking.

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



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Ask Sue-Ann

by Sue-Ann Bavlnka



Dear Sue-Ann:

I am a 62 year old woman. I am a widower who remarried 5 years ago. My husband was diagnosed with cancer. It has been devastating as we have been told that he does not have long. My husband does not believe in God and usually has a negative attitude towards most things. I on the other hand do believe in a God and a higher power. As he is progressing through his disease, he is working towards making peace with his passing. Recently, my husband alerted me that he is seeing visions of illuminated beings that are praying around him. He said that he was told the person praying his name was Michael. He was concerned because he did not know if they were good or negative. Please know that he is not medicated at this time and he does not usually talk in an impractical way. I don't know what to make of it. Any idea?

A. First of all let me say that I am so sorry for all that you are going through. Life is so difficult and as you know, having faith will support you through these moments of your life. We all eventually have to decide how we feel about our faith when it is time to transition. It is not surprising to me that he is seeing visions of what he believes to be people around him praying. It is his disbelief that is making him question as to whether they are negative or not. Interesting also, is that he said that the name that he heard was Michael. The name Michael means "who is like God". Michael is one of the seven archangels in Hebrew tradition and the only one identified as an archangel in the Bible. So, that being said it is not likely it was negative energy around him. We all have lessons put in front of us along our journey (and in this case right up to the end of his journey), to choose and decide what it is that we believe while we are human. Your husband was also given you and you are a woman of faith. His experience will deepen your faith I am sure, and hopefully help him begin to find his. I hope this brings you peace.

Dear Sue-Ann:

Everywhere I go I keep seeing the number 33. It is on the clocks; it will be my number if I have to wait; the total of what I am paying for. Sometimes, I will go an entire day and that number will be everywhere. What does it mean?

A. It is my understanding that because there is a repeat in the number that it is amplified. Number 3 also resonates with the energies of the Ascended Masters and indicates that the Ascended Masters are around you, assisting you when asked. They are helping you find peace, clarity and love within. The Ascended Masters will help you to focus on the Divine spark within yourself and others and assist you in manifesting.

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.

Surrender

"I give up! What is the answer already?" As kids or even as adults, we may ask others to guess the answer to a puzzle or a riddle.

It's always fun when you're the person asking the question because you already know the answer. This gives you great power as you watch the other person trying to guess the right answer. What great pleasure it is to say, "That's not the right answer!" After all you hold the cards; you have the answer.

You may even from time to time ask the annoying question, "Give up yet?" The other party would keep insisting, "Not yet," much to your frustration (or delight). More guesses, more wrong answers. Finally the magical words, "I give up."

As you gloated with the right answer – which by the way you probably didn't know until you read it somewhere or someone else had given you the answer – you felt that rush of superiority. How good was that feeling? How about the person who didn't get the correct answer? What if you were the person who didn't get the correct answer? Would that leave you feeling not so smart? What about if someone else got the answer and you didn't? How would that leave you feeling?

As we store up these experiences in our subconscious, they may affect us the next time we are in a situation where we don't feel smart enough or good enough. Are we afraid to take a risk? What if we shout out what we think is a brilliant response, only to discover it is wrong? Will this leave us living our life holding back, not taking a risk, afraid at being laughed at?

Whoa, let's try something different. Surrender! Let's challenge traditional thinking. It's okay not having to look brilliant in every situation. When I worked in the advertising industry, I had a client who when I first met her, my first reaction was this lady is not very smart. (I was much younger and a whole lot more inexperienced then.) She would ask the simplest questions, what I thought were really dumb questions and would give the impression she didn't know very much.

As I got to know her better, I very quickly realized she was one of the smartest people I knew. She wasn't afraid to ask simple, obvious questions. What I learned from her was that people were only too eager to demonstrate to her how smart they were, fill in the gaps where they thought she needed. This was the best way for her to get way more information than she would have gotten if she pretended she knew everything. Now, she is able to make a much better decision about her job.

So surrender; get rid of the walls. You don't know everything. There are always going to be people much smarter than you are; that's okay. Admit when you don't know something or require more explanation; it will get you the answers you need to live a much better life.



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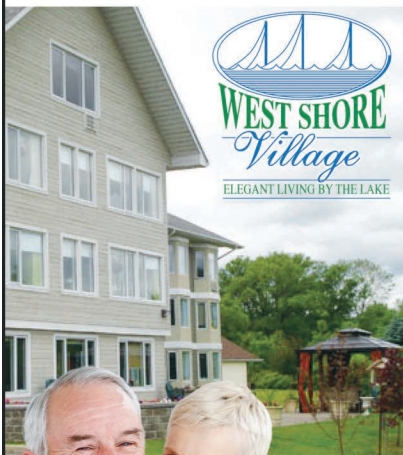
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The Golden Years

Back in the 'good old days', there were pictures of Granny knitting in her rocking chair while Gramps puffed on his pipe beside her on the front porch. That image isn't very relevant nowadays.

Baby boomers as they enter retirement have found ways to keep busy. I like taking a cruise once a year, enjoy dining out, going to plays, and getting together with friends, many whom I've known since the sixties. Many Snowbirds also like to head south for the winter.

Whatever our choices are, we need money to fund it. There is no magical way to produce funds. We can't wake up one morning, retired, and hope that money will be there just waiting for us. Hopefully, you have a pension, although let's be realistic, Canada and old age pensions aren't enough to support most of us. This is why we need to set financial goals. If you're not a senior yet, or haven't retired, time is on your side; start saving now. I've read that you need approximately \$25,000 for emergencies, \$10,000 for opportunities, \$10,000 for car replacements and \$5,000 for home improvements. That's a lot of money!

You also need to think about where you will live. Do you want to stay in your home with a lawn to mow and garden to tend to? Do you want to live in a condo and pay maintenance fees? Do you want to move into a retirement residence? Do you want to buy a home down south and live there for six months? These are all questions you need to ask yourself in advance, because you don't want to be forced into making a decision when your circumstances change, for instance due to death. As difficult as this may be, you need to be prepared for the inevitable death of you or your spouse. The goal then should be to make sure each spouse is equally aware of the family finances. Do you know all about your banking? Do you know where your wills and insurance policies are? Do your children know where important documents are kept?

You should also set goals for how you want to spend your retirement years. The financial part is important as mentioned earlier, but shouldn't be your main focus. Decide what you would like to do first, and then determine how you will fund it. Ask yourself, do I want to volunteer more? Travel more? Take up a new activity or hobby? After I retired, I started volunteering at the Oshawa Museum and St Vincent's Kitchen (which I only gave up when I damaged my knee). Now I'm looking forward to the opening of the new Whitby Museum where I plan to volunteer. I also look after my grandson whenever need be – a blessing for my son, as him and his wife both work.

Setting goals is important; it gives you something to aim for. There are lots of goals you can set in this stage of life. Pick goals that are both necessary and relevant, and start working towards them today! *You are never too old to set another goal or to dream another dream.* – C.S. Lewis

Linda Calder is a retired teacher. She likes to write and enjoys spending time with her family. She also enjoys going on cruises, taking pictures and scrapbooking.

Horoscope (MARCH 2015 - MAY 2015) by Julie Antoinette

Aries (March 21st – April 20th)
You've found your calling and now it's time to start your brand new journey. Focus on your goals to gain success. Financial success and security are yours but keep a cool head. Focus and concentrate rather than multitasking; this will avoid exhaustion and depression from scattering your energy. This is how you will achieve what you're meant to accomplish.

Taurus (April 21st – May 21st)
The spring season asks you to ready yourself for changes. For maximum excitement, reduce rigidity and increase acceptance as the changes flow with ease into your life. Work brings pressure. Calm your mind with alternative healing therapy. Keep your finances in check by being mindful of your spending habits.

Gemini (May 22nd – June 21st)
It's time to emerge from your comfort zone. Mundane activities bore you, but avoid haste and you will save yourself much trouble later. Letting go of your inhibitions and moving forward will assist with a difficult time of emotional insecurity. Communication with family and colleagues is messy. Aim for clarity to be understood.

Cancer (June 22nd – July 22nd)
It's time to make up your mind about achieving your goals. Make your decisions based on reality rather than emotions. Letting your feelings get the better of you will make you anxious and may affect your mental health. Read up on how to avoid panic attacks. Turbulence knocks on your door this season. Greet it with patience and hard work knowing that every situation presented to you will teach you something new.

Leo (July 23rd – August 22nd)
It's time for enjoyment, fun and frolicking Leo! Pull out your calendar and make travel plans. You are blessed in your career and financial security for the future is assured. You can rest in the confidence that your abilities of focus and hard work will remove all obstacles from your path. Ganesha, the Hindu god known as "Remover of Obstacles" is with you.

Virgo (August 23rd – September 23rd)
Thinking of starting a new business venture? Consider taking on a partner to assist you. Take care of your personal problems before they escalate. You may be very touchy and sensitive, reacting to the smallest issues. Going through this time of questioning in your life will be a temporary but pivotal phase. Remember to listen to your intuition. If you're looking for the answers, then you've got to ask the questions. When the question is asked, the answer will appear. Trust what comes to you viscerally.

Libra (September 24th – October 23rd)
You could make an important life-changing decision this season as your focus at this time seems to be planning for a safe future.

Your emotions and intuition are strong but your mind may not agree. It will be beneficial to "have a word with yourself" to feel sorted. Re-evaluate intuitively and realistically. Your need to make radical changes in your career and personal life may not be necessary to achieve the changes you desire. Change comes from within, so go within.

Scorpio (October 24th – November 22nd)
Spring signals a lucky time to start a new project or adventure. You may be thinking of changing your job or relocating to a new home or city. Your work is to come to terms with your deep brooding emotions. Identify your bad habits and leave them behind if you wish to move your life forward. Take care not to be extreme in your reactions as this may alienate you in your personal relationships and in your professional life.

Sagittarius (November 23rd – December 21st)
Take a rest Sagittarius. A little "me" time will do you wonders considering the recent taxing months you've just endured. It's time to understand the difference between fantasy and reality relative to your dreams. You plan to achieve so much, but is that realistic? Your exhaustion could cause you to become cranky and very irritable. Analyze your actions before losing your temper. A moment of patience saves you a lifetime of regret.

Capricorn (December 22nd – January 19th)
Rev your engines Capricorn. This season is a good time to start a new job or project. Exiting your comfort zone is necessary for your success. You will surely reap the benefits of your hard work over the past few months. The end of spring brings you lethargy. Your exhaustion is best remedied by deep therapeutic relaxation.

Aquarius (January 20th – February 19th)
New ideas and innovations flood your mind. Take realistic inventory before being carried away on some unattainable goal. Have patience with family and friends who might not understand your "out of the box" thinking. Pick up a new hobby or revisit an old one. This will help your mind relax and improve your concentration.

Pisces (February 20th – March 20th)
You are calm and stable and at peace with the world. You are keen at keeping your emotions in check. Your happy-go-lucky attitude attracts many social invitations. Encounters with people from your past are presented to you as a benefit; you will discover that you have the ability to see life from another's perspective.

Written by Julie Antoinette. Julie is a Sociology and Psychology graduate, a Psychotherapy Intern and a lifelong student of the psyche. In her free time, she is a crochet adventurer and musical muse. In writing this horoscope, she seeks to offer intuitive messages of guidance from the collective astrological archetypes. As above, so below.



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