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Durham Region Community Publication

Summer 2014

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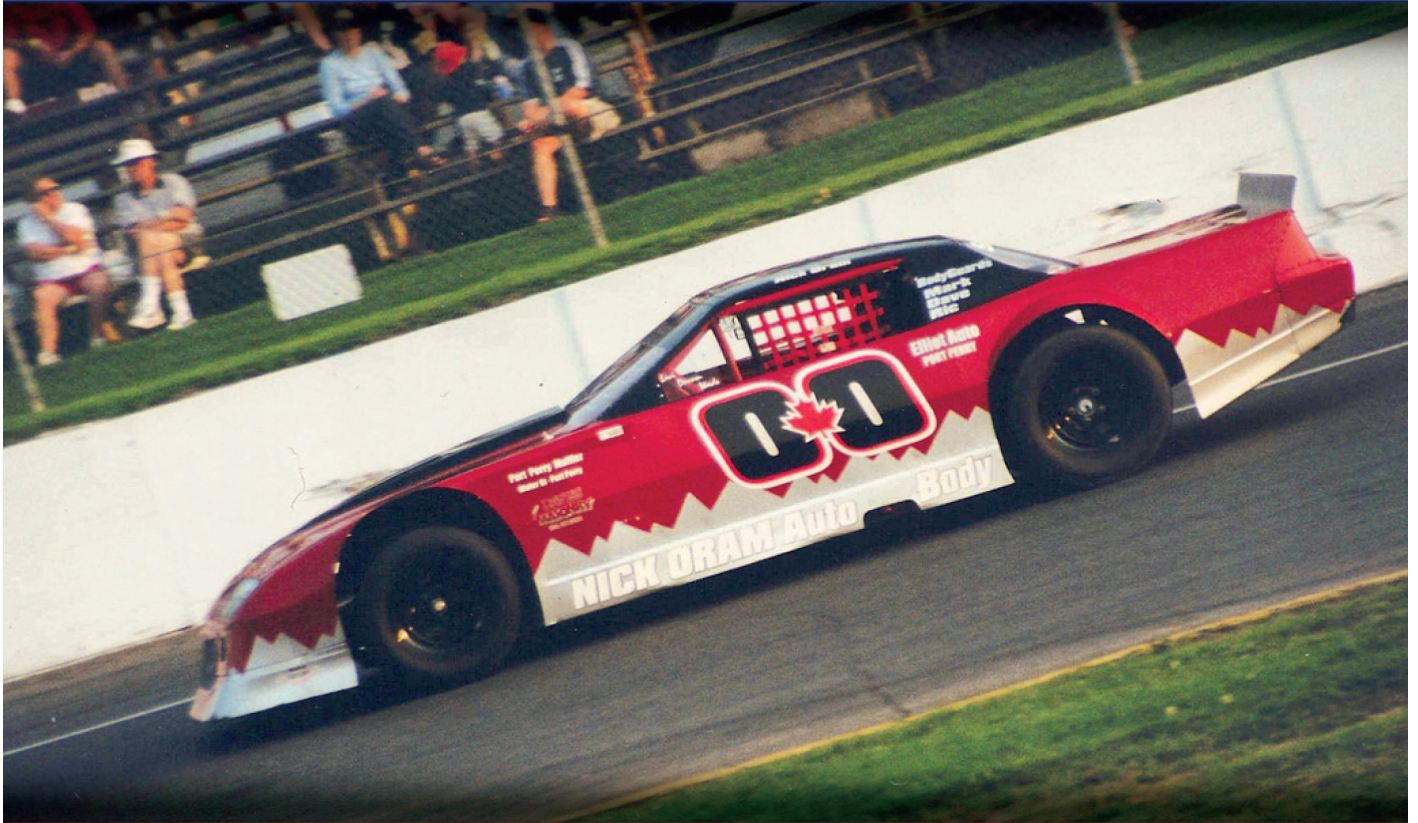
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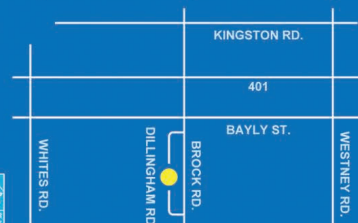
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## From the Publisher

Welcome to The Local Biz Magazine - Summer 2014 Issue! It's been an exciting year for us so far and our team has been pretty busy. Have you checked out our brand NEW website? It features dynamic weekly and monthly content from our wonderful guest and regular bloggers on topics that matter to you. We also have a PDF version of our magazine available online that you now can easily download to your iPad, Kindle, Galaxy, laptop or any other portable device! We're making it easier for you, so you never have to miss an issue again!

Speaking of which, we have some really interesting content for you in this issue. Corry Hamilton provides us with some important tips to keep our pets safe in the summer heat in "Taking the Lead". Malachi Brown in "The Coach Corner" challenges us to examine our lives by asking the right questions and being open to what answers may come. Linda Calder in "The Golden Years" talks about fun things you can do this summer with your grandkids. Our teen columnist Victoria Cozza in "Teens, Tweens & In-Between" challenges you to join her in trying one new thing this summer. Stephanie Pommells offers up tips on how to protect your shiny locks this summer from the sun, chlorine and salt! Ryan Smith talks about the benefits of adopting a positive attitude when selling your home in "Real Estate Report". Finally, Shirley Ouellette in "Tasteful Talk" shows you how to enjoy nutritious meals this barbecue season by cleverly introducing vegetables into your summer diet, along with a delicious recipe for Potato Salad in "Tasteful Recipes". Make sure to also check out Sue-Ann Bavlnka's "Ask Sue-Ann" column, as well as Noanie Beregi's horoscope predictions for you.

We also have some very relevant summer related features for you about swimsuits, barbecuing and the Caribana festival, but Wendy our editor will elaborate more about that in her letter to you. Finally, as you know, we at The Local Biz Magazine strive to support the Durham region and the wonderful community of people that are part of it. As such, we have a feature interview with local Oshawa resident, journalist, bird watcher turned mystery writer Steve Burrows about his newly published book *A Siege of Bitterns*. So check it out!

There is a lot to enjoy in the Summer 2014 issue of our magazine. So sit back, relax, and soak in the summer sun while flipping through a copy of The Local Biz Magazine. Or if you prefer, reading a PDF version of our magazine on your portable device! Cheers!

**Antoine Elhashem**  
*Publisher*

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## From the Editor

Summer is almost here and I'm sure I speak for everyone when I say, "it's about time!!" It's been a long winter and spring was a bit delayed and even slightly colder than normal. (Do you remember waking up to snow on April 15?!) But in a few weeks time, all will be forgotten as summer makes its entrance, and I could not be more excited! I am, at heart, a summer girl.

This issue, we have a great line up of articles for you which go along perfectly with summertime. First off, summer season is synonymous with swimsuit season. So we thought we'd give you a bit of a history lesson on the evolution of the swimsuit; one that takes you from the bathing costumes of the 1800's which left a lot to the imagination, to modern day swimsuits where often very little is left to the imagination! Summer is also the time when barbecuing kicks into full gear. We have a feature article which talks about the different types of barbecues on the market, maintenance tips, as well as food and drink suggestions you can serve up this barbecue season. We also have a feature article about Caribana, in particular how this festival came to be, as well as the food, music and costumes associated with it. Finally, since The Local Biz Magazine likes to support local talent, we have an interview for you with Oshawa resident Steven Burrows. Steve, a former journalist and avid bird watcher recently published his first book titled *A Siege of Bitterns*. Check out our interview with him and pick up a copy of his book!

I hope you enjoy the Summer 2014 issue of The Local Biz Magazine, and as always, please feel free to send us your thoughts when you are done reading through it.

I also wanted to mention that I am always on the lookout for talented local writers to join our team, so if you or anyone you know would like to write for us, please do not hesitate to contact me.

**Wendy Chiavalon**  
Editor-in-Chief

## Have Your Say

What do you think of the NEW Local Biz website?

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It's

# JUMP- UP

Time!

*Caribana  
is Here!*

When summer comes around, I often look forward to sitting on a patio, strolling along the Durham waterfront and visiting different neighbourhoods around the city. However, what I most look forward to is Caribana! Officially called, The Scotiabank Toronto Caribbean Carnival (the old school person in me will forever refer to it as Caribana), this carnival has become a wonder that brings millions of people from all over the world to Toronto. The energy, excitement, great West-Indian food and the diversity of people is what makes this time of year much anticipated for me. For many within the African Diaspora, Caribana provides the opportunity to showcase a culture and people full of exuberance and zeal for life. However, as much as Caribana ignites the city, behind the vibrant colours, high-energy music and in most cases, scantily clad individuals, lays a deep and rich history that is worth sharing.





## 1967 – The Year It All Started

In preparation for Canada's Centennial celebrations, the Government of Canada asked the Caribbean community to become

involved. This led to the first discussions of a West Indian themed festival that occurred in a downtown fire hall in late 1966. Organizers believed the one cultural expression found on every Caribbean island was the tradition of carnival, with Trinidad and Tobago serving as a model to follow. They agreed that the August long weekend was ideal because of the hot weather temperatures as well as the decreased chance of rain. They decided upon the festival's name Caribana, because it expressed notions of Canada, the Caribbean and just plain fun!

Fast forward to today; Caribana happens the first weekend in August which coincides with Simcoe Day, marking the abolishment of slavery in Upper Canada.

## The Music and Costumes of Caribana

The dominant music that is often heard during Caribana is calypso and soca, but there is also an eclectic mix from other musical types such as reggae (Jamaica), tassa drumming (East Indian tradition in Trinidad), cadence (Haiti and Dominica), zuk (St Lucia), Latin salsa, as well as pop, rap and R&B from America. In the past 20 years, participation by people from Central and South America, Africa, the Bahamas and Haiti continuously increases the multicultural aspect of Caribana.

Another aspect of Caribana that catches everyone's eye is the spectacular display of colourful costumes. The bright reds with the lime greens, hot pinks and vibrant yellows (just to name a few) reminds me of the islands. It conveys a freshness and takes you to another place. The costumes are generally prepared months in advance and are intricately crafted and designed. During the parade, participants are organized into masquerade groups with their own bands performing. These groups are led by 'kings' and 'queens' wearing the most spectacular and extravagant costumes. These costumes can be very heavy, but if you think you have the endurance and the quads to be a 'king' or 'queen'...go for it! Just remember the route along Lakeshore is about 3 miles long!

## Caribana 2014

Caribana kicks off with the Official Launch at Nathan Phillips Square on **Tuesday, July 8, 2014** from 12pm to 2pm & 4pm to 8pm. The Grande Parade will take place on **Saturday, August 2, 2014** from 9am to 6pm at Exhibition Place and Lakeshore Blvd.

## The Durham Caribbean Festival

Though most festivities take place in Toronto, Durham Region also celebrates Caribana with The Durham Caribbean Festival which will be taking place on **Sunday, June 29, 2014** from 10am to 9pm at the Greenwood Conservation Area in Ajax.

The Durham Caribbean Festival was created to raise awareness of cultural diversity within the Durham region, and to help dispel negative stereotypes of the Caribbean community. Their goal is to celebrate and promote diversity. The popularity of the Durham festival has grown over the years attracting over 10,000 people. This comes as no surprise given that Durham is a fast growing municipality. In fact, according to the 2011 census, 40% of the population in Ajax is a visible minority, with the largest minority group consisting of individuals from the Caribbean Islands.

The Durham Festival offers several events (or zones) that are worth checking out. There is the Food Zone offering a variety of savoury foods, sweet foods and drinks from vendors in the area. There is the Arts and Crafts Zone showcasing unique art, as well as music, clothing and jewelry specific to the Caribbean. The Stage Zone is where you will be able to check out the opening ceremonies and other musical performances. There will be surprise guest performances and exciting

giveaways, so you don't want to miss that. Finally, bring the kids along too, as there will be a Kids Zone featuring kid-friendly activities such as face painting, balloon artists, storytelling, folk dances, pony rides, games and so much more!

## Caribana and Beyond

What began as a dream of ten enthusiastic individuals has now become one of the most anticipated events of the summer. Who knew that a festival that initially drew 50,000 people now brings in over 1 million people? In 2017, Caribana will celebrate its 50th anniversary and I am sure that will be quite a fête!

I am sure many of you have read the challenges that Caribana has been confronted with over the years, but like any thing in life, there are challenges and triumphs, and in the case of Caribana, the triumphs surpass the struggles. What makes Caribana so unique is that it brings together people of all backgrounds to be immersed in a vibrant culture with a group of people that have such a diverse and rich history. For many of us within the African Diaspora, Caribana symbolizes our historical significance, inter-connectedness and pride. It provides the opportunity for different people from all over the world to learn about our heritage and culture while at the same time, eating some amazing food and having the time of their lives!

Phylicia Davis is a first-generation Canadian born to Jamaican parents. She currently works as a Placement Officer at Oxford College of Arts, Business and Technology in Scarborough and is the Founder / Program Coordinator of the KGO Adult Literacy Program. For more information about Caribana events in the Toronto and Durham area, visit: [www.torontocaribaneancarnival.com](http://www.torontocaribaneancarnival.com) and [www.durhamcaribbeanfestival.com](http://www.durhamcaribbeanfestival.com)



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# THE BASICS OF BBQ

## SEASON



**M**mm BBQ...! Homer Simpson was right on the money when he said those two words! Nothing says summer like the aroma of food being cooked on a barbecue! For some people, firing up their barbecue is an annual tradition that marks the beginning of summer. But did you know that not all barbecues are created the same? There are many different types of barbecues on the market to cater to your different barbecuing needs. Often times though, such an array of options can leave you feeling a bit overwhelmed. So this issue, we have decided to demystify barbecue lingo for you and share the basics you need to know when it comes to buying a new barbecue, or just familiarizing yourself with your existing one.

### Usage

The two most important questions to keep in mind when it comes to a barbecue are, (a) how often do you plan on using your barbecue, and (b) how many people will you be feeding from it? A person who uses their barbecue once or twice a week to cook a meal for two, has vastly different needs from someone who uses their barbecue everyday to feed a family of 5. Keep in mind too, that weekends are times when families and friends get together, so that means more food cooking



on the barbecue as there are more mouths to feed. You need to determine the right size barbecue for your needs. You don't want something so big that excess heat gets lost to the air, but at the same time, you don't want something so small that you don't have room to cook all the food you want on it, and have to cook in batches to complete a meal.

## BTUs

Heat on a barbecue is measured in BTUs (or British Thermal Units). BTUs are a measure of the maximum heat produced over an hour when all burners are on. The higher the BTUs, the hotter the grill can get. Experts however advise against assessing a barbecue solely on BTUs. They instead suggest looking at the size of the cooking area. This is because it's more important to get a barbecue that is the right size for you, so that any heat it produces is primarily used to cook your food and not lost to the air.

For those of you wishing to get technical though, there is a way to determine how BTUs relate to your cooking area. You can divide the number of BTUs by the cooking area to determine the amount of BTUs per square inch. For example, for a barbecue that is 40,000 BTUs and has a 450 square inch cooking area:  $40,000 \div 450 = 89$  BTUs / square inch. Ideally, 80 - 100 BTUs per square inch will result in adequate heat being generated for the size of your grill.

## Types of Barbecues

There are several different kinds of barbecues on the market, each with their own unique set of features. It is important to be mindful of this, because the kind of barbecue you have will effect the food that is cooked on it.

### 1. Propane Barbecues

A propane barbecue uses a propane tank. Propane barbecues are popular because they heat up fast and have multiple burners which can be controlled individually. You can choose to turn on / off a particular burner as well as regulate its temperature, so that different foods can be cooked at different temperatures at the same time! They also tend to come with side and back burners, as well as storage cabinets. Propane barbecues are portable, in the sense that you can move (wheel) them around if you wish.

### 2. Natural Gas Barbecues

Natural gas barbecues have similar features to propane barbecues. The main difference between the two is that natural gas barbecues do *not* use propane tanks, and instead need to be connected to your house gas line by a HVAC professional or gas fitter. This means that you will never run out of fuel when cooking on a natural gas barbecue, as there is no propane tank to be refilled! While you save on the cost of propane tanks, natural gas barbecues do tend to cost more than propane barbecues. Additionally, a natural gas barbecue cannot be moved around as much as a propane barbecue could, because it needs to remain near the gas line hook up.

### 3. Charcoal Barbecues

My husband and I use a charcoal barbecue whenever we go camping. (Makes camping just a bit more authentic!) Charcoal barbecues use charcoal lumps or charcoal briquettes to cook food. Although it takes longer to cook food on a charcoal barbecue, barbecue enthusiasts swear by the smoky, rich flavour the food has on account of the charcoal.

Charcoal barbecues however do require a bit of patience. Unlike propane and natural gas barbecues, they take longer to ignite. Lighter fluid is usually used to get the charcoals lit faster. Once the flames from the lighter fluid begin to smoulder, you may have to manually move around pieces of charcoal so that the entire cooking area is evenly heated. Some charcoal barbecues also have a heating platform that can raise or lower the charcoal closer or further away from the food being cooked; this helps regulate cooking temperatures.

### 4. Electric Barbecues

An electric barbecue or electric grill is powered via an electrical outlet. They tend to be smaller and more compact than propane, natural gas or charcoal barbecues. Certain electric barbecues or grills can be used both indoors and outdoors. They heat up easily and evenly. Some people however feel that while food cooked on an electric grill looks barbecued (because of the grill marks), it doesn't quite have that authentic barbecue taste.

### 5. Portable Barbecues

If you like to go camping or picnicking in the park, then a portable barbecue is your best friend. Portable barbecues are small barbecues that are lightweight and easily transportable. They can be charcoal barbecues, electric barbecues (that can be plugged in if electricity is available), or propane barbecues. Portable propane barbecues usually use much smaller propane tanks that are compact, lightweight and easy to transport than the regular sized propane barbecue tanks.

## Grills

Now that we've gone over the different types of barbecues, let's talk about the cooking area of a barbecue. The cooking area or grill is the area on the barbecue which you cook your food. Grills are usually categorized by their ability to absorb heat, hold heat and their durability. There are 4 types of grills:

**1. Cast Iron Grills** – Heat up quickly; lose heat quickly; tend to rust if not seasoned often.

**2. Porcelain-Coated Cast Iron Grills** – Take longer to heat up than plain cast iron, but once heated up retains heat well. Does not rust.

**3. Stainless Steel Grills** – Heat up quickly; lose heat quickly; resists rusting.

**4. Porcelain-Coated Steel Grills** – Takes longer to heat up than plain stainless steel, but once heated up holds heat longer. Does not rust.



## Heating Elements

Heating elements are found in-between the grills (cooking area) and the burners. Their job is to spread heat over the whole cooking area and prevent grease from dripping directly onto the burners. There are 3 kinds of heating elements:

**1. Lava Rocks** – Lava rocks mimic the effect of a charcoal barbecue, and are found in propane and natural gas barbecues. They heat up quickly and spread heat evenly to the cooking area. They catch the drippings from the food, decreasing the chance of a flame flare up.

**2. Ceramic Briquettes** – Ceramic briquettes hold and spread heat well. They are thought to stay clean because any residue is baked off during grilling. They are more expensive than lava rocks.

**3. Heat Plate** – A heat plate spreads heat evenly on the cooking area. It reduces the chance of flame flare ups, and tends to last a long time.

“Barbecued ribs for instance, taste amazing!”

## Maintenance

As with anything else you own, a little maintenance goes a long way. If you take care of your barbecue, it will last you through the years, and this is important, because barbecues can be quite pricey! Below are some simple tips on how to take care of your barbecue:

1. Check for damaged or worn parts on your barbecue and replace if necessary.
2. Remove the grills and heating elements and clean inside the barbecue with a barbecue degreasing product. Reinstall heating elements.
3. Use a brush and brush off any stuck on residue from the grills.
4. Wash the grills in warm water using dishwashing liquid and rinse. Install grills back in barbecue.
5. Before cooking, use a brush or paper towel and apply a coating of vegetable oil to season the grills.
6. After you have finished cooking, immediately scrape the grills clean with a brush to remove any stuck on food residue.
7. Once the barbecue has cooled down, protect it from the elements by using a barbecue cover.

## Barbecue Cuisine

Now that we've covered all the technical aspects of barbecuing, it's time to get to the good stuff - food! What kind of food can you cook on a barbecue? Well, pretty much anything your heart desires! Typically, most people think of hotdogs, hamburgers and steak when it comes to barbecue cooking, but there are so many options! Barbecued ribs for instance, taste amazing! Because rib meat can be tough, a lot of home cooks boil the ribs first to soften the meat. They then season the meat and place on the grill. The result? Ribs that are flavourful, tender and have that crispy exterior!

How about barbecue chicken? Wash the chicken, dry thoroughly and then marinate as you wish before you place on the grill. When barbecuing chicken thighs or legs, pierce the thickest part of the meat to make sure it is thoroughly cooked on the inside, as the outside appearance alone can be deceiving. There should be no red or pink spots!

What about fish? Seasoned grilled salmon on a cedar plank soaked in water (or wine!) on a charcoal or gas barbecue is heavenly! You need to try it once to know what I mean!

For best-tasting results, remember to always marinate your meat for several hours or even overnight, as it allows the meat a chance to absorb the flavours you've coated it in. You can choose to make your own marinade or buy a ready-made one, but really, making a marinade is a cinch! Be your own chef and experiment with different flavours you like!

Finally, don't forget those veggies! As Shirley Ouellette discusses in *Tasteful Talk*, vegetables add a healthy and nutritious option to any barbecue menu. They are also part of a balanced diet, which is something we have a tendency to forget during barbecue season. Consider barbecuing vegetables on the grill. Corn on the cob and thinly-sliced zucchini basted in olive oil and seasoned with salt and pepper can be placed directly on the grill. Even better is to include raw vegetables on your table. A salad adds a great side to any barbecue meal. Lettuce, tomatoes, cucumbers, carrots, cauliflower, broccoli, celery, can all be added to your salad. Or, you can use these vegetables as part of a dip platter. Hummus (pureed chick peas) or baba ghanoush (pureed egg plant) are healthy and easy dips to make. Served with raw vegetable for dipping, they pack quite a nutritious punch! And finally, who could forget the classic potato salad? Shirley Ouellette in *Tasteful Recipes* offers us her healthy version of creamy summer potato salad, a great side dish with any barbecued main!

## Drinks

A great meal is often accompanied by a great drink! White and rosé wines are very popular at this time of year, as are lagers, ales, wheat and fruit beers. For those of you who want to get a little bit more creative, how about mixing up your own cocktail (or mocktail if you don't drink alcohol)? Last summer, The Local Biz Magazine did an article on cocktails you can serve up in the summertime. Go to our NEW website and click on the Edition Archives tab at the top. You will be taken to a page that contains the current issue of the magazine as well as archived copies. The article I am referring to is, *Ode to the Summer Cocktail* by Susan Armstrong in our Summer 2013 issue.

I hope you have a great barbecue season this summer with your family and friends. From all of us at The Local Biz Magazine—Cheers!

.....

**Wendy Chiavalon is the Editor-in-Chief of The Local Biz Magazine. When not out enjoying the warm summer sun and delectable barbecue cuisine, she can be found baking and decorating cakes for special occasions at Wendy's Cake Shoppe.**





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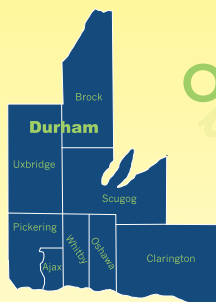
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# Summer Events Calendar



## June 7

### **Community Care Durham's 9th Annual Walk for Mental Health Awareness** (Whitby)

Walk 1, 2 or 5 km along the Waterfront Trail, Heydenshore Park in Whitby. Enjoy family fun, children's activities and a FREE BBQ lunch.

**Website:** [www.ccdwalk.org](http://www.ccdwalk.org)

**Email:** [rgoreski@communitycaredurham.on.ca](mailto:rgoreski@communitycaredurham.on.ca)

**Phone:** 905-985-0150 ext. 237

## June 13 – June 15

### **Art by the Waterfront** (Port Perry)

Original art by local artists  
**Email:** [theresa9030@gmail.com](mailto:theresa9030@gmail.com)

## June 14

### **History in Action Saturdays** (Pickering)

Experience History in Action every Saturday at the Pickering Museum Village. New theme every week! This week's theme is Once Upon A Saturday. Regular admission applies.

**Location:** Pickering Museum Village

**Website:** [pickering.ca/museum](http://pickering.ca/museum)

**Email:** [museum@pickering.ca](mailto:museum@pickering.ca)

**Phone:** 905.683.8401

## June 14 - June 15

### **Peony Festival** (Oshawa)

The 10th Annual Peony Festival showcases 308 varieties in the garden as well as a judged flower show in the arena. Musical and cultural performances, a taste of local cuisine, art and photo contests and works for sale by artisans.

**Location:** Oshawa Valley Botanical Gardens

**Website:** [www.oshawa.ca/peony](http://www.oshawa.ca/peony)

## June 15

### **Father's Day** (Uxbridge)

What better way to honour your dad than to take him for a trip on the York-Durham Heritage Railway. **Special Offer:** Dads ride for half price, when accompanied by their children.

**Location:** Uxbridge Train Station

**Website:** [www.ydhr.ca](http://www.ydhr.ca)

**Email:** [ydhr@ydhr.ca](mailto:ydhr@ydhr.ca)

**Phone:** 905-852-3696

## June 29

### **The Annual Durham Caribbean Festival** (Ajax)

Features live music, a variety of delicious Caribbean food, insightful art displays and theatrical performances that showcase Caribbean Inspired life. A family vacation to the islands less the airfare!

**Location:** Greenwood Conservation Area

**Web:** [www.durhamcaribbeanfestival.com](http://www.durhamcaribbeanfestival.com)

**Email:**

[durhamcaribbeanfestival@gmail.com](mailto:durhamcaribbeanfestival@gmail.com)

**Phone:** 416-876-4679

## July 1

### **Pickering's Canada Day Celebrations**

FREE family activities and entertainment. Activities include family stage, bouncers, senior strawberry social. Daytime event runs from 12:00 pm - 5:00 pm. Evening stage performance and fireworks start @ 7pm.

**Location:** Kinsmen Park, Sandy Beach Rd.

**Website:** <http://pickering.ca/greatevents>

**Email:** [events@pickering.ca](mailto:events@pickering.ca)

**Phone:** 905.420.4620

## July 2

### **Music in the Square - Police Tribute** (Ajax)

Kicking off on July 2 and running until August 27, Heritage Square at Ajax Town Hall becomes your Wednesday night FREE entertainment destination. Bring a chair to the square for Music in the Square (live concerts) and Kids in the Square (children's performances) alternating weekly.

**Location:** Heritage Square

**Website:** [www.ajax.ca](http://www.ajax.ca)

**Email:** [stacy.toole@ajax.ca](mailto:stacy.toole@ajax.ca)

**Phone:** 905-619-2529 ext. 7248

## July 6

### **Teddy Bear Day** (Uxbridge)

Children 12 and under ride FREE when carrying their Teddy Bear (all children

with Teddy Bears must be accompanied by an adult with a maximum of 2 children per adult). Dr. Bear will be checking out Teddys (and other loved plush animals) during our trips between Uxbridge and Stouffville to see that your Teddy can give lots more hugs and cuddles!

**Location:** Uxbridge Train Station, 19 Railway Street

**Website:** [www.ydhr.ca](http://www.ydhr.ca)

**Email:** [ydhr@ydhr.ca](mailto:ydhr@ydhr.ca)

**Phone:** 905-852-3696

## July 11 – July 13

### **3rd Annual Whitby Ribfest**

Carnival rides and games, live entertainment all weekend, marketplace vendors, ribbers, many other food vendors, rib eating contest and much more!

**Location:** Victoria Fields

**Website:** [www.whitbyribfest.com](http://www.whitbyribfest.com)

**Email:** [Yvonne.brady@rogers.com](mailto:Yvonne.brady@rogers.com)

**Phone:** 905.767.6955

## July 16

### **Concerts in the Park - Oshawa Civic Band**

Join us for an evening of big band sounds with the Oshawa Civic Band at the Memorial Park Bandshell. Bring a blanket, lawn chair, family and friends and enjoy a lovely evening out.

**Location:** Memorial Park

**Website:** [www.oshawa.ca/concerts](http://www.oshawa.ca/concerts)

**Email:** [saldred@oshawa.ca](mailto:saldred@oshawa.ca)

**Phone:** 905-436-3311 x 2124

## July 19 – July 20

### **Dog Days of Scugog**

Visit with local breeders to discover what breed would be the best fit for your family, explore unique gift ideas for your pooch from one of the many vendors or just have fun introducing your dog to some new friends.

Admission: \$7 adults, \$5 students and seniors, \$2 for children 5-12, FREE for children under 5 and all dogs. 2-Day Passes are also available.

**Location:** Scugog Shores Heritage

Center and Archives

**Website:**

[www.scugogshoresmuseum.com](http://www.scugogshoresmuseum.com)

**Email:** [museum@scugog.ca](mailto:museum@scugog.ca)

**Phone:** 905-985-8609 ext. 103

## July 29

### **Theatre in the Park - The Tempest** (Ajax)

The Town of Ajax is once again pleased to host the Driftwood Theatre in their 19th season of The Bard's Bus Tour.

Admission is "pay what you can" and don't forget to bring bug spray, a chair and/or blanket. Location: Rotary Park

**Website:** [www.ajax.ca](http://www.ajax.ca) or [www.driftwoodtheatre.com](http://www.driftwoodtheatre.com)

**Email:** [stacy.toole@ajax.ca](mailto:stacy.toole@ajax.ca)

**Phone:** 905 619 2529 ext. 7248

## August 3

### **Passenger Appreciation BBQ** (Uxbridge)

A&W (Durham Region) have generously offered to sponsor the York-Durham Heritage Railway Passenger Appreciation BBQ. A&W are providing FREE Mama burgers with all the fixin's and Root Beer to all Uxbridge and Stouffville passengers along with some fabulous coupons. Appreciation BBQ will be served to all Stouffville and Uxbridge passengers at the Uxbridge Train Station from 1:00 pm to 2:30 pm.

**Location:** Uxbridge Train Station

**Website:** [www.ydhr.ca](http://www.ydhr.ca)

**Email:** [ydhr@ydhr.ca](mailto:ydhr@ydhr.ca)

**Phone:** 905-852-3696

## August 9

### **Taste of Ajax**


Rotary Park becomes the "Taste of Ajax" where guests can savour flavours from local restaurants while enjoying great live entertainment, activities and community displays. Admission is FREE with nominal fees for food, beverages and some activities.

**Website:** [www.ajax.ca](http://www.ajax.ca)

**Email:** [stacy.toole@ajax.ca](mailto:stacy.toole@ajax.ca)

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](http://www.durhamtourism.ca).





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# THE EVOLUTION OF THE Swimsuit

Summer is officially going to arrive in a few weeks time and that means swimsuit season (like it or not) will soon be upon us too. Most of us don't give much thought to the swimsuits we wear today, but there is quite an interesting history behind this little piece of

fabric we don each summer. Over the past 200 years, men's and women's swimwear have undergone several major makeovers. In fact, what we now consider as swimwear only came to be around the early part of the last century.

## The 1800's

The 1800's was the period which marked the beginning of swimwear or "bathing costumes" as it was known at the time.

With the development of the railway, people started to visit the seaside more often and holiday visits to seaside resorts became very popular. This in turn created a need for clothing specifically designed for the beach and swimming. Swimwear however during the 1800's, didn't look like swimwear at all—at least not according to today's standards. Nor was it practical for swimming either. Wool was the material of choice, but wool was quite heavy when wet. Women's attire consisted of bathing dresses worn over stockings, which was very similar to regular street clothes at the time. More specifically, women wore long-sleeved bustled dresses with the skirt weighted down so it wouldn't float up in the water. Later on, they wore long-sleeved bloomed dresses, which were long-sleeved dresses over bloomers or pants. The bloomers stopped at a woman's knee as opposed to ankle as it did for their regular street clothes. In 1890, a short-sleeved version of the bloomed dress became a popular choice. Bathing slippers and a bathing cap were also used as part of these bathing costumes.



Micheline  
Bernardini wearing  
Louis Reard's Bikini  
(Source: Keystone  
Getty Images)

Men at the time wore bathing costumes that consisted of pants that stopped just below the knees, and a top with sleeves that stopped before or at the elbows. Pictures on the website Beefcake Swimwear also show men wearing short-sleeved rounded neck tops with trunks stopping just above the knee (similar to a T-shirt and shorts). A man's chest was not shown.

Keep in mind, bathing costumes during the 1800's reflected society during the 1800's. This was very much a conservative, modest period. It was the Victorian Era after all, the period during which Queen Victoria ruled from 1837 to 1901. Strict dress codes were still in place. For example, bathing machines were often used on the beach. The bathing machine was a changing cabin on wheels pulled either by a horse or man directly into the water. A woman would go into the cabin, change into her bathing costume and then go directly into the water so no one could see her in her bathing clothes.

## The Early 1900's

Towards the end of the 1800's and beginning of the 1900's, swimming was starting to be seen as more of a sport than just a leisurely activity.



“ A bikini wasn't a bikini unless it could be pulled through a wedding ring. ”

Indeed, swimming became an official sport of the Olympics in 1896. During this time, bathing costumes also started to get smaller, lighter, more fitted and reveal slightly more skin. In 1910, men wore tank suits in the water. The tank suits were solid in colour or had stripes. Later on, the tank suits became sleeveless.

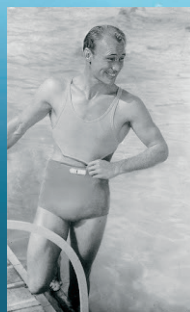
In the 1920's, women wore one-piece wool jersey sleeveless tank suits. This was basically a fitted sleeveless shirt that stopped just above shorts that were mid-thigh high. These tank suits were quite snug, hugging the curves of a woman's body, and they stood in contrast to the looser bathing dresses of the late 1800's. Given this, the 1920's one-piece suit was also a bit controversial. For instance, in 1922, girls on a beach in Chicago were arrested and charged with "offending decency" for wearing such swimsuits. By the end of the 1920's however, the one-piece swimsuit was becoming more acceptable.

Modesty was not just an issue with women but with men too. In 1917 in the US, the Bathing Suit Regulations was published

*Bathing Machine* (Source: Tim Gunn's Fashion Bible)



which stipulated that men's swimsuits had to be worn with a skirt (or skirt effect) outside of the trunks. This was done to conceal the male anatomy. Even baring the chest was still considered taboo and this sentiment lasted well into the 1930's. Interestingly, in the 1930's a convertible-style suit called "The Topper" was invented. The topper swimsuit allowed a man the option to show his chest (or not). The top of the



*The Topper swimsuit* (Source: Beefcake Swimwear)

suit was connected via a zipper to the front of the trunks and the top could be removed by unzipping the zipper. However, men who chose to unzip and reveal their chest were often arrested for "indecent exposure". In 1935, the first pair of bathing trunks alone (no top) came out in France, while men in the US still continued to wear the two-piece which covered up their chest. Sources report up until 1936, men who chose to show their chest were banned from certain beaches in the US. Finally in 1937, men in the US were allowed to go shirtless.

### The 1940's—Introducing the Bikini!

The years during the Second World War (1939-1945) had an influence on swimwear too. During these years, the US government ordered a 10% reduction in material used in men's and women's swimwear. This was speculated to have helped pave the way for the bikini. However, the original bikini was still quite a shocker. It was much smaller in size and used much less material than existing swimsuits at the time!

The bikini was invented by Louis Reard and launched on July 5, 1946 in Paris. This was 4 days after a nuclear experiment resulted in a nuclear device exploding near several small islands in the South Pacific. Those islands were known as Bikini Atoll. ...It is quite interesting that the bikini bears the name of those islands. According to author Tim Gunn, some at the time described the word bikini, "as a strange link between on the one hand a murderous weapon and on the other hand, a girl wearing a sexy bathing costume".

And let's face it, the original bikini was quite a sexy costume too! The bikini Reard invented was very similar to the string bikini women wore during the 1970's. In other words, it was very skimpy so it wasn't surprising that women during the mid 1940's didn't care for it. Reard couldn't even find any woman



willing to model it. Eventually he persuaded 19 year old nude dancer Micheline Bernardini to wear it. Bernardini posed in the bikini holding a tiny matchbox in her right hand to show just how small it was. The bikini could fit inside the tiny matchbox!

Although Reard is credited with inventing the bikini, he wasn't the first one to do so. History shows evidence dating from 1400 BC Greece of women wearing bikinis painted on urns. There is also a mosaic from the 3rd / 4th century AD found in a villa in Sicily, Italy that shows young women wearing bikinis playing sports. This mosaic is known as the "Bikini Girls".

Most people are also unaware that around the same time as Reard, designer Jacques Heim had also created a similar looking swimsuit called 'The Atome'. Heim claimed his swimsuit was, "the smallest swimsuit in the world". Reard counteracted Heim's by saying his bikini was, "the bathing costume even smaller than the smallest swimsuit in the world." Although their designs were fairly similar, Heim's swimsuit did not show the belly button while Reard's did. Additionally, Reard's made his out of only 30 inches of fabric!

The 1940's bikini was very ahead of its time and very controversial. Catholic countries like Spain, Portugal and Italy banned it. In the US, the bikini was described as a, "two-piece bathing suit that reveals everything about a girl except her mother's maiden name." Not surprisingly, women continued to wear the one-piece swimsuit for several years after.

### 1950's - 1990's (Women)

Although the one-piece swimsuit continued to thrive for several years after the bikini was invented, it had undergone some changes from its original design. In the 1950's, the one-piece had a built-in corset which supported the tummy area. Bra cups and boning were also used to provide support. Fabrics such as lastex, lycra, nylon and later spandex were used.

The bikini saw a revival again in the 1960's. The infamous song, *Itsy Bitsy Teeny Weenie Yellow Polka Dot Bikini* hit the airwaves in 1960 causing bikini sales to soar in the US. The James Bond movie franchise also helped promote the product with its posters of bikini clad actresses, as did other famous Hollywood actresses who were photographed wearing one.

In 1963, Austrian-American designer Rudi Gernreich invented the monokini for women, which originally was a topless suit with two halter straps that hooked to a bikini bottom. Not surprisingly, this risqué suit caused much uproar at the time, was banned in certain countries but still managed to sell well. (Over 3000 were bought when it first came out!) Variations of

“

*Why not instead embrace the body you do have and choose swimwear that fits your body best, makes you feel good and is most importantly, comfortable!*

”

the monokini still exist today. Worth noting too, is that Sports Illustrated introduced their Swimsuit Edition in 1964, which is still going strong today.

The 1970's saw the debut of the thong and string bikini. And who could forget the 1980's one-piece swimsuit with its extremely high cut thigh? Finally, the end of the 1990's (1998 to be precise) led to the invention of the tankini by Anne Cole and the idea of mix and match swimwear.

### 1950's - 1990's (Men)

Let's not forget about the men either. Towards the end of the 40's and into the 50's, men started going shirtless on beaches wearing only swim trunks. The length and looseness of these trunks varied. The 1950's man also wore colourful cabana sets. A cabana set was a jacket atop swim trunks. They were used in beach cabanas or holiday clubs in the US as men were not allowed to enter the clubhouse to get food and drinks in their swimwear. In the mid 1950's onwards, the company Speedo (which has been around since 1914) had Olympic athletes sporting its swimwear, the infamous tight-fitting swim briefs we all know as "Speedos". For the next several decades, men's swimwear primarily consisted of swim trunks and to a lesser extent Speedos.

Then in the 1990's, board shorts entered the market. Board shorts evolved from swim trunks but there are some differences. Board shorts were originally made for surfing. Surfers and other water enthusiasts like them because they are lightweight, comfortable and dry fast as they are made from polyester or nylon. Board shorts are slightly long, stopping at the knee or just above / below it. They have a lace-up fly as well as a Velcro fly under that. They also tend to have pockets to store keys or a wallet. Unlike swim trunks, board shorts do not have elastic at the waistband. Swim trunks on the other hand are usually shorter than board shorts, are made from cotton, nylon or polyester and are elasticized at the waist.



## Swimwear Today

Swimwear for men and women has come a long way from the swimwear of the 1800's. The majority of men today wear swim trunks or board shorts, with a few opting for Speedos. (Speedos tend to be more popular among European men than North American men.) Women too have numerous styles available to them to fit their different body types, from the modest one-piece to the more revealing two-piece bikini and everything in-between!

As summer nears, some of you may be dreading the thought of putting on a swimsuit. After all, it's been a long, cold, snowy winter and unpredictable spring, and you were more inclined to hibernate with comfort foods instead of donning your workout attire and exercising. It might be cutting it close to get your body into the perfect shape to fit into a particular swimsuit in time for summer. Why not instead *embrace* the body you do have and choose swimwear that fits your body best, makes you feel good and is most importantly, comfortable! The swimwear you choose could be based on recommendations from experts in the fashion industry. For instance, there are swimsuits particularly designed for the curvy woman, the bootlicious woman, the bustier woman or the petite woman, just to name a few. Men too can choose different cuts and designs depending on their body type (e.g. tall and thin, tall and buff, short and buff, short and thin etc.) And let's not forget the array of options available for kids too!

You could also always go with personal preference. There are some women who love to wear a bikini, while others still swear by the one-piece swimsuit. Personally, I'm a tankini woman and nothing can convince me otherwise! Similarly, there are some men who will always opt for swim trunks or board shorts instead of the snug fitting Speedo, but I have definitely seen the latter!

You don't have to go far to find a great swimsuit either. Durham is home to lots of swimsuit stores, from the big name chains to cute little independent boutiques. There is lots of selection to choose from and something for just about everyone out there. So this summer, make it your mission to find that piece of swimwear which makes you feel HOT! Going to the pool or beach becomes that much more enjoyable when you do so, don't you think?

.....  
Wendy Chiavalon is the Editor-in-Chief of The Local Biz Magazine. She loves her tankini and is grateful to Anne Cole for coming up with the invention. When not out enjoying the warm summer sun, she can be found baking and decorating cakes for special occasions at Wendy's Cake Shoppe.

For further reading and vintage pictures, check out: "Tim Gunn's Fashion Bible: The Fascinating History of Everything In Your Closet" by Tim Gunn and [www.gallimauphry.com/beefcake.htm](http://www.gallimauphry.com/beefcake.htm) (Beefcake Swimwear by David Claudon)





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# STEVE BURROWS DURHAM'S BIRD DETECTIVE

Oshawa resident Steve Burrows has made a career documenting the mysteries of our feathered friends all over the world. Now, after travelling through fifty countries on five continents as a journalist and ornithologist, Burrows has set his sights on mysteries of a different sort. In April, Steve released his very first "Birder Murder Mystery" titled *A Siege of Bitterns*, with Toronto's Dundurn Press. As the title suggests, Steve's murder mystery debut is set against the not typically lurid world of birding.

Tracing the exploits of reluctant Inspector Domenic Jejeune — a Canadian ex-pat living in England who would much rather be birding than investigating murders — *A Siege of Bitterns* was written to appeal equally to birders and non-birders.

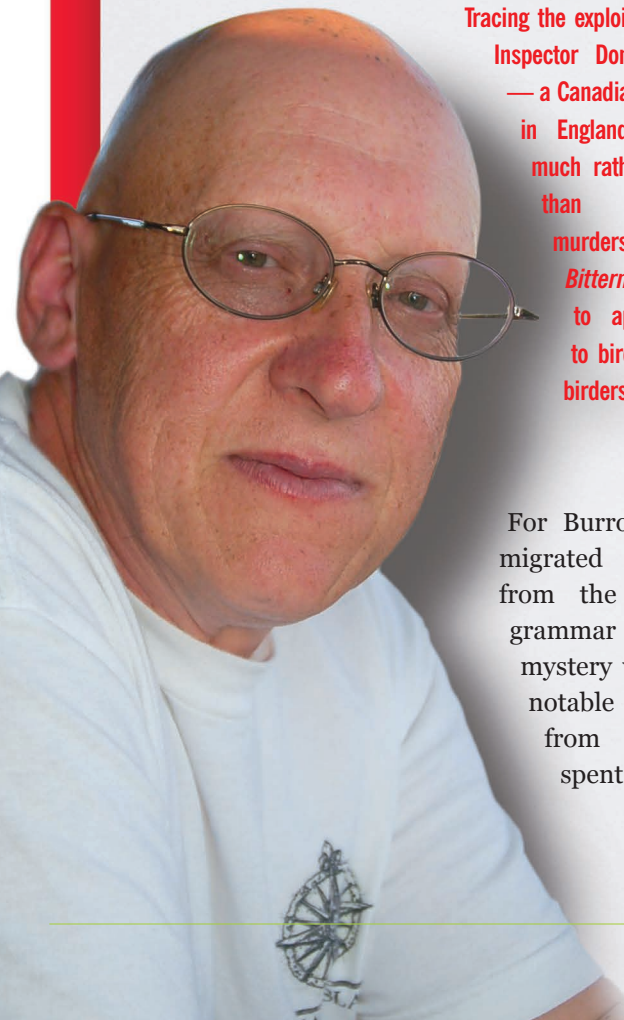
For Burrows — who migrated to Canada from the UK after grammar school — mystery writing is a notable departure from his years spent writing on

birds and wildlife. After working in retail, commerce, and education, Burrows and his wife Resa moved to Hong Kong, where he became editor of the *Hong Kong Bird Watching Society Magazine* and a contributing field editor with *Asian Geographic*. In his position with *Asian Geographic* in particular, Steve and his wife were afforded the opportunity to visit exotic destinations in several countries, including Malaysia, Taiwan, Sri Lanka, Vietnam, the Philippines, and Papua New Guinea.

During this period, Steve produced articles on, as he puts it, "everything from seahorses and silk villages to birdwing butterflies." A past recipient of a "Nature Writer of the Year" award from the BBC's *Wildlife* magazine in the U.K., Steve has published articles in a number of magazines and newspapers, such as *Action Asia* (Singapore), *Globe and Mail* (Canada), *South China Morning Post* (Hong Kong) and *Melbourne Age* (Australia).

After six years overseas, Steve and his wife made the decision to put their globetrotting days aside (at least for the time being) and settle in Oshawa to be closer to family. Below, Steve discusses why birders make great detectives, what drove him to mystery writing, and why Durham is the ideal place for fledgling ornithologists.

**Your work with *Hong Kong Bird Watching Society Magazine* and *Asian Geographic***



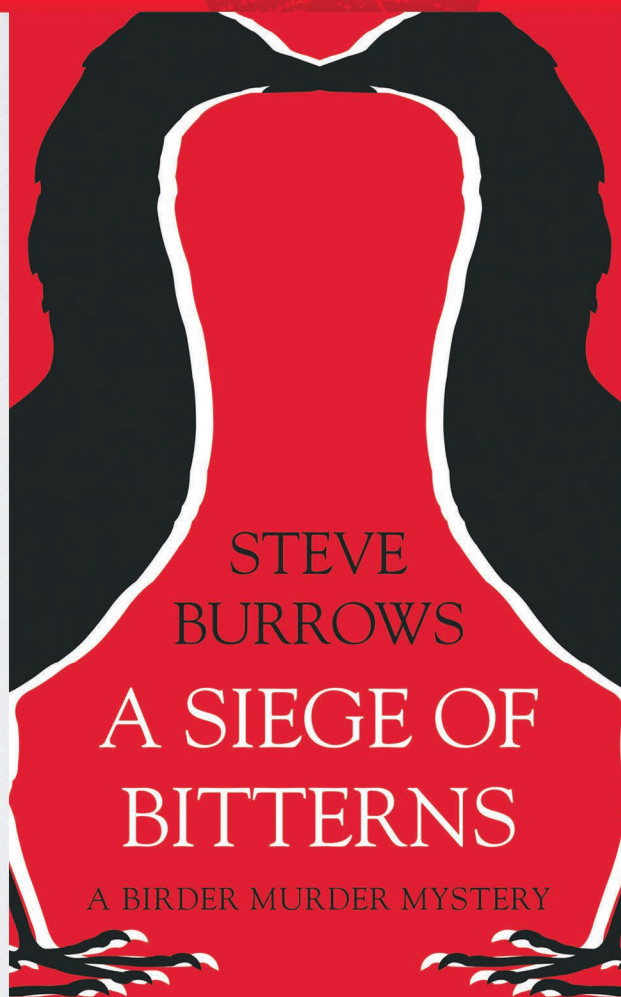


**found you covering birds throughout the far reaches of the world. Why the turn to mysteries and why now?**

As an environmental journalist in Asia, I saw environmental crimes depressingly often. The idea of a fictional detective with environmental sensibilities grew out of that. I have always loved watching the murder mysteries on PBS and Masterpiece Theatre and reading the books on which they were based. When I returned to Canada, I decided I could have a go at writing a murder mystery myself, and the environmental detective became a bird watching detective to mirror my own interests. *A Siege of Bitterns* was the result.

**Do bird watchers and police detectives share any similar traits?**

Probably the most obvious trait between the two is the attention to detail. There are incredible subtleties between some bird species, and without the patience to make careful observations, a birder can easily mistake one species for another. Just as a detective picks up clues and hints a casual observer might miss, a birder might have to consider the smallest of details before settling on an ID. I also tend to think of detective work as predominantly a solitary pursuit, and while birding with a group can be a lot of fun, I think most birders also enjoy a day out in nature on their own now and again.



**What makes Inspector Domenic Jejeune such a unique protagonist? Was your inspiration for his character drawn from real life?**

I made a conscious effort to give Domenic Jejeune different traits from those I tend to associate with more conventional fictional detectives. For them, the job is often their whole world; for Jejeune it is anything but. The fact that he is so good at his work and so well respected, only adds to the sense of disquiet he feels. Unfortunately, you don't have to look too far in real life to find people who are unsatisfied by the work

life has chosen for them, so I think Domenic Jejeune is going to find a lot of sympathy among readers.

**JeJeune was born and raised in Ontario before being forced to immigrate to the U.K. As someone born and raised in the U.K. who then later immigrated to Ontario, how has the expatriate experience informed your writing and your characters?**

I loved coming to Canada and immersing myself in a new culture, but I was keen to hold on to some aspects of my native culture too. It has been a lot of fun writing about a Canadian character in a U.K. setting. I get to play off little idiosyncrasies of each culture against each other, and of course, as the British characters express themselves to the Canadian detective, I have a perfect vehicle for explaining any 'Britishisms' to Canadian readers. Innit?



**Having lived abroad and in Canada, why did you finally choose to set your novel in your native country of England?**

I wanted the setting to play an important part in the story, and I spent a long time looking for a venue for Jejeune's adventures before settling on East Anglia. It has a fantastic diversity of habitats for birds, and birders, but more importantly, it offered a strong sense of regional identity on a compact scale. Lots of areas in the U.K. have become familiar to readers as backdrops for mystery series, but East Anglia remains relatively unknown to many people. I hope the series will help to introduce this area to more people, as I think it is one of the most beautiful parts of the U.K.

**Explain your book's title, *A Siege of Bitterns*.**

In fifteenth-century England, there was something of a trend for assigning bizarre collective nouns to species of animals, and birds in particular. Many of these are still with us; a murder of crows is probably the most familiar one, but the reasoning behind these choices, if there ever was any, has been lost in the annals of time. Siege is the collective noun for bitterns, and I thought it made an intriguing title for a mystery story featuring this species. Of course, there is the added benefit that any book title that starts with 'A' is going to end up at the front of a sales catalogue!

**Describe a typical day of writing for Steve Burrows.**

I find my best ideas tend to come in the quiet of early morning, so I like to write as soon as I get up. I get the new material, the dialogue, scene settings etc. down in a rough draft as quickly as I can, not really worrying about form or factual accuracy. As soon as "my pen has gleaned my teeming brain" as Keats put it, I will take a break and come back to my writing later in the day to revisit either the new material or to polish earlier pieces and research facts.

**Where are the best places to bird watch in Durham?**

It depends on the time of year. We are blessed with an amazing diversity of habitats in Durham, from shorelines to marshes to open meadows. Thickson's Woods in Whitby is well known for migrating warblers in spring and Cranberry Marsh offers great waterfowl sightings in the fall. At the moment, Oshawa Second Marsh is terrific for both of the above, but of course situating an ethanol plant right next door is likely to change all that.

**What advice would you give to those looking to take up the hobby?**

Firstly, look at birds through binoculars. It sounds obvious, but I still remember my reaction the first time binoculars transformed the nondescript browns of those little birds into subtle shades of red, yellow and green. Then, get out there. Your early trips will probably be most enjoyable if you go with someone who has some experience. Durham Region Field Naturalists and Pickering Naturalists have web sites which list upcoming trips, and they welcome new visitors. Most birders tell me that they get almost as much pleasure pointing out a new bird to a beginner as they do seeing a new bird themselves. Almost!

**What does the future hold for the Birder Murder Mystery series?**

I always intended *A Siege of Bitterns* to be the first in a series, so I have salted the story with a couple of threads that I hope to develop in future books. If all goes well, readers will be able to enjoy Jejeune's continuing development as a character, a birder and, hopefully, a staple of detective fiction, for a long time to come.

.....  
For more information on Steve Burrows and his upcoming events in and around the Durham region, please visit [www.steveburrows.org](http://www.steveburrows.org)



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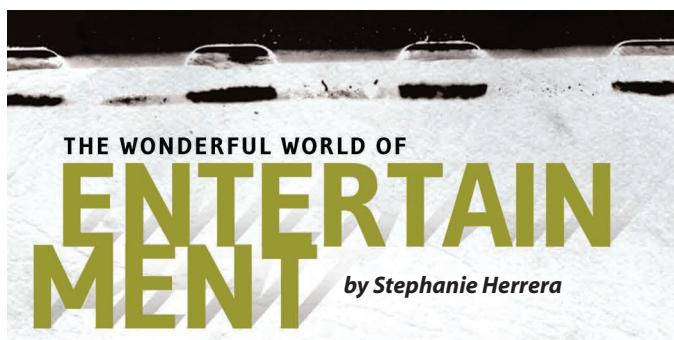


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It was a record breaking winter and we can all pat ourselves on the back that we made it! The movie business is looking like it will be facing some record breaking of its own, as the new releases hit the theatres this summer!

## For The Kid In Us All

Disney Productions is bringing to life another Marvel Comic with **Guardians of the Galaxy** on August 1st. We join an American pilot who ends up in space, in the middle of a universal conflict, and goes on the run with futuristic ex-cons who have something everyone wants.

Michael Bay is unveiling his newest live action movie August 8th, one that many comic book fans have been anticipating for a long time: **Teenage Mutant Ninja Turtles**. This PG-13 action movie stars Megan Fox, Will Arnett, and Whoopi Goldberg with a darker edge than its predecessor.

## Thriller & Action

A performance by the late Phillip C. Hoffman is in store July 25th in **A Most Wanted Man**. In Hamburg, Germany, a mysterious man on the run arrives in the city's Islamic community desperate for help and looking to recover his late Russian father's ill-gotten fortune. Drawn into this web of intrigue are a private British banker and a young female lawyer determined to defend the defenceless. All the while, they are being watched by the brilliant, roguish chief of a covert German spy unit (Hoffman), who fights to put the pieces together as the clock ticks.

Warner Bros. brings us a sci-fi action movie **Jupiter Ascending**, where we are introduced to Jupiter Jones (Mila Kunis) born with predictions of an epic future. As she grows up, Jupiter dreams of the stars but wakes up to the cold reality of a job cleaning toilets and an endless run of bad breaks. Only when Caine (Channing Tatum), a genetically engineered ex-military hunter arrives on Earth to track her down, does Jupiter begin to glimpse the fate that has been waiting for her all along. This adventure begins July 18th.

Continuing with the franchise, **The Expendables 3** is hitting theatres August 15th. The mission: save the President of the United States. The Expendables clash with several younger, technology oriented action heroes with a star-studded cast including: Sylvester Stallone, Jason Statham, Nicolas Cage, Jackie Chan, and Wesley Snipes.

## Comedy

On July 2nd, Melissa McCarthy is headlining a hilarious road trip in **Tammy**. Take a woman having a bad day, her grandma (Susan Sarandon), mix in Dan Aykroyd, Kathy Bates, a shotgun, and Niagara Falls and you get a classic comedy.

Jason Segel and Cameron Diaz play a young, happily married couple in **Sex Tape**. A night off from their kids and a decision to spice up their life by making a sex tape, the couple go on a mad dash to find out who stole the tape. Opens July 25th.

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

### PROTECTING YOUR HAIR!

Well, after a long winter we can't wait to sit in the sun and feel that long missed warmth on our skin. While generally we are pretty good about protecting our skin with SPF 40, many of us neglect to protect our hair. While we are out there dancing it up for Caribana or relaxing on a hot beach, there are precautions that should be taken with our hair.

#### Let's start with the culprits:

Chlorine and salt - Swimming is one of the most fun parts of summer. But the cleaning agents that are being used in pools are very harsh on the hair. While minimal exposure will not really do too much damage, if you are an avid swimmer, beware. Chlorine and salt are *both* antibacterial products. They both tend to strip the hair of natural oils and can also leave a residue that is pretty hard to get out. The copper that is found in chlorine can also turn hair into a muddy green hue.

Sun - While sun makes our skin dark, it can cause our hair to become lighter. This is because the sun affects the melanin found in our hair and our skin. Our skin is regenerative so the melanin darkens. The hair however is a dead appendage (gross, sorry). Once the melanin is broken down it does not regenerate. This breakdown of melanin and hair proteins can leave our locks very dry and brittle. Not to mention that brassy unfinished color our hair gets.

So, how can we protect ourselves?

Before going swimming, saturate the hair with clean water or conditioner. This works because your hair will absorb the good stuff leaving no more room to absorb the bad stuff. After going swimming, be sure to wash your hair. If you are nowhere near a shower then bring a spray bottle with leave-in conditioner and water.

Using a clarifying shampoo once every 2 weeks will also ensure that you are not getting build up on your hair.

Getting a shampoo and conditioner that has UV filters is a MUST! These filters are usually found in shampoo and conditioners made for coloured hair. Even if you don't colour your hair, these products will help prevent the brassy look.

A final thing to remember is to drink lots of water!! It's the best moisturizer for your skin and hair!

Enjoy the summer! Among the feathers and sequins at Caribana, I hope to see fabulous shiny hair!

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.



# Real Estate Report

by Ryan Smith

## When Selling Your Home - Positivity Pays

**There are some VERY simple and effective things you can do to help sell your home. It's a powerful concept that any home seller in Durham can do! And the secret weapon is?**

Positivity...

I know, I know... It may sound cheesy but hear me out. The first impressions a buyer has, could make or break the possibility of an offer. Studies show that if a prospective buyer is a hesitant or indecisive person, your approach could be critical.

I'm sure you've heard about the whole positive thinking movement, but never thought about it in real estate. Have you ever gone out in a great frame of mind and come back feeling awful? That is probably because you met someone who was inundated with problems, overloaded you with their complaints and who completely sucked all your positive energy out of you!

This can also happen when a buyer comes to your home!

If you have someone viewing your home, you not only want them to come in with a positive attitude but also LEAVE with one! This is one of the reasons home staging works so well. If you de-clutter your home, the buyer can visualize him or herself living in your environment. This ensures they keep an open mind and will have a positive experience in "their" new home!

It's also done to remove any reason for them to *not* like the home. For instance, dirty dishes left in the sink suggests work. Open garbage cans may remind the prospective buyer about trudging through the cold and rain to set the cans out for pick-up etc. Having a reminder of the work that needs to be done around the house will leave them with a negative thought in their subconscious and it will stay there!

If you are selling privately, the reason you are moving can also create negative feelings for buyers. Saying something like, "We can't wait to move closer to our daughter now that she has a baby!" is much more positive than saying, "We can't handle the stairs - or the garden - anymore." Don't give them the feeling that they will be worn out in your house running up and down the stairs or doing all that gardening! Many home sellers want to tell potential buyers EVERYTHING! Buyers don't need to know that it takes you 4 hours to cut the grass or that you are sick of power washing the siding every summer!

Optimism is one of the factors in the Law of Attraction. The Attraction theory states that you get back what you give out. If you are giving out that you are happy and content living in this lovely home, the ambience may be infectious and your buyer will have an intuitive feeling that this place is the right place for him!

And what's the worst that could happen? You keep a positive attitude while selling your home? That never hurt anyone!

.....  
Ryan Smith works as a full time real estate professional. In his free time, he is actively involved in many charities and community events. As a past president of JCI Durham, he has given much of his free time to a number of local charities and organizations. When he is not selling houses he enjoys giving back to his community.



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# Teens, Tweens & In-Between

by Victoria Cozza

*"This summer do something you would never think of doing.*

*This summer act crazy and don't care what everyone else thinks.*

*This summer don't worry if you're single or not. This summer stop worrying about what people say about you because drama is made for school. This summer live each day like it's your last because before you know it, it will be over. Make this summer*

*the best one yet and live it without regrets."*— Unknown

**You know what that means...** Summer is here my friends! No more jackets, no more rain, and most importantly, no more school. I am so excited for summer break this year. I can't wait for the nice hot weather and all the days spent by the pool. In my opinion, summer is the best season of the year and I'm not just saying that because it's my birthday. You get to stay up late, wake up late and you don't have to worry about the stress of homework for two months. The weather is amazing and there are so many different things you can do like; going to Canada's Wonderland, swimming in pools, hanging out with your friends, going shopping, going to concerts, watching movies, reading a ton of books (if you're like me) and so much more!

I really want to make this summer a memorable one. To fulfill that dream, I'm challenging myself, my family, my friends and you to do something you have never done before. So far my family and my friends Devon, Alyssa, Kayla, Siobhan, Paisley, Britney and Kerstin have joined me in this challenge. To help you do this challenge with me, I'm going to give you some tips and ideas on what to do this summer. One thing you can do is get a new hair style. You could cut it short, add some layers or dye it a different colour to change things up a bit. You could also buy some new clothes and switch up your wardrobe. Another thing is to find a new hobby or something that interests you – that is a great way to pass the time over the summer! Finally, you could go online and Google different places and events to go to in your area.

Hopefully, this list of tips and activities will help you join my challenge and do something you have never done before. I wish you all, the best summer and the best 2 months off school! Remember, summer is a time to try new things and put yourself out there. As the quote above says, live without regrets and do something daring!

Victoria Cozza is a 14 year old, grade 9 student in Ajax. She loves singing, playing piano and reading. She also loves music and dance and is a part-time competitive dance student. She loves spending her free time with her family and friends.

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# Tasteful Talk

by Shirley Ouellette



## Summer is finally here and with it comes barbecue season!

I know how amazing it is to eat all those delicious char grilled meats and fish, but don't forget the veggies! There are so many wonderful choices in the farmer's markets right now just bursting to grace any patio or picnic table. I know it is tempting to fill up on steak and ribs at this time of year, but a balanced diet is important all year round.

Healthy eating is not necessarily about restricting yourself from the foods you love; it's about feeling great and enjoying the food you eat. Keeping yourself healthy is not rocket science. Learning some nutrition basics will help improve your ability to make good choices. Reading the ingredient and nutrition labels on foods can be very educational, but also quite scary at times. If you don't know what some of the ingredients are and they seem unnecessary in the product you are buying, then write down the unknowns and look them up later.

Try not to be overly concerned with counting calories as this will soon get frustrating and take away the enjoyment of meal planning turning it into a chore. Portion size is something you need to watch. Serving sizes have grown dramatically over the last two decades, especially in some restaurant chains. If you don't want to end up with a "supersized" body, then don't choose the supersize portion. Try to think of your diet in terms of color, variety, and freshness. Eating a rainbow of fruits and vegetables every day not only ensures rounded nutritional meals, but it is also more visually appealing and fun. Find foods you love and ensure you incorporate as many fresh ingredients as possible. Don't just stick to basic salad items. Experiment a little! Many vegetables can be eaten raw which keeps more of the vitamins, antioxidants and essential minerals locked inside and adds a great source of natural fibre. Add kale, broccoli, cauliflower, sprouts, zucchini, celery and carrots.

So what can you add to the table for that sunny afternoon barbecue you have planned? I always make a big green salad with mixed lettuce, purple kale and spicy sprouts. Garnishing with edible flowers adds a pretty summery touch. Another favourite for my family is an Italian tomato salad – so easy with fresh chopped Romano tomatoes, grated fresh garlic and torn basil leaves tossed in olive oil. Leave to sit for a few hours at room temperature. We also serve a large crudité platter with hummus and big slices of watermelon. And of course, no barbecue would be complete in our house without a potato salad! I make a lighter version with yogurt and sour cream.

Whatever you eat this summer, buy local whenever possible. Buying from your local farmer's market not only ensures you have the freshest most nutritious produce, but it also boosts the local economy. As always, vote at the cash register Durhameer's and support your local farmer!

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

## Summer Potato Salad

### You will need...

2lbs Mixed Baby Gem Potatoes  
1 Cup Sweet Green Peas, fresh or defrosted  
1 Cup Cucumber, thinly sliced  
¼ Cup Plain Yogurt  
¼ Cup Sour Cream  
Bunch of Fresh Mint, finely chopped  
Sea Salt & Freshly Ground Black Pepper



### How it's done...

Put the potatoes in a large saucepan, cover with cold water and add two teaspoons of sea salt; bring to a boil on medium heat. Once boiling, put the lid on the pan and turn down the heat as low as possible. (If you rapidly boil them they will split open.) Let simmer very gently for 30 minutes until soft, then turn off the heat and let them cool in the water. This part is very important; it makes the potatoes turn very creamy inside as they slowly cool in the water.

Meanwhile, mix the yogurt and sour cream together. While the potatoes are still lukewarm, drain the water, cut them in half and then mix in all the other ingredients and season with salt and pepper. Serve immediately. This amount will serve six people as a side dish with any barbecued meat or fish.

### Did you know?

There are over 100 varieties of potato! In their naked state they are fat, sodium and cholesterol free and a good source for potassium, iron, vitamin C and B6. They are also lower in calories than pasta and rice at only 120 calories for a 5oz portion.

### Wine pick for this dish

As this is a side dish, the wine would depend on what you plan to have with it. One of the things I love about summer is the return of a wide variety of rosé wine. FIELDING ESTATE ROSÉ 2013 is like summer sunshine in a glass! A pretty pink with vibrant red fruit and a fresh tart finish it is perfect for any occasion, especially outdoor summer barbecues!



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# Taking THE Lead by Corry Hamilton



## Summertime Tips

The weather has warmed up and you and your dog are getting out more and enjoying the gorgeous weather. You always apply sunscreen before you leave the house but should you apply it to your pet too?

Cats should *never* have sunscreen applied, but for dogs or horses, possibly if they are white or are very thin skinned. The problem with sunscreen is that pets love to lick and may ingest the chemicals causing a toxic reaction. There are sunscreens made for pets but there is a debate on if they are truly safe. It would be effective to limit your pets' time outside, or if they are outside in a pen to make sure that you have a sun block top to reflect the harmful rays.

Heatstroke is another summer hazard to be on the lookout for as the temperatures rise. Unlike humans that sweat to cool off, dogs cool down mainly by panting. It is not terribly effective and can quickly progress to a life-threatening condition. Be on the lookout for increased heart rate, diarrhoea, vomiting, the gums changing colour from brick red to purple / blue and seizures. Short-nosed breeds such as pugs are more susceptible to heatstroke. If this happens, contact your veterinarian and begin cooling your pet down by wrapping them in cool towels, focusing between their legs and around their neck. There are also cooling beds. The easiest way though to prevent heatstroke is to keep your pet indoors or in shady parts of the yard, and of course *never* leave them in your vehicle.

Burnt pads are quite common too in the summer. While we love to be outside, the hot pavement can easily burn your pet's paws, especially if they have been swimming. The water will soften the pads and make them more susceptible to burning. The easiest way to prevent this is to have your pet walk on the grass instead of the sidewalk, limit their time outside between 10am to 2pm, or have them wear booties; yes they're not just for winter.

Follow these simple yet effective tips and you and your pets will have an awesome summer!

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 married my childhood sweetheart. We met in high school and married soon after. I had two children with him. I believe that he is a good man. He has only ever loved me and he is a good Dad. The problem is that I have fallen out of love with him and I don't know how to find my way back. Do you have any advice? Signed: Loveless**

A. What we want when we are young and what we evolve into as adults are something you cannot conceive of in your youth. Understanding how you love another and what it takes to love you is something that comes with the experience and maturity of life. Love takes on different forms as you move through years of marriage. Your souls journey right now is to identify those things that bring you joy and identify what it is about yourself that you love. From that you will begin to identify the way you want to be loved. After that, it is up to you to communicate it to your partner. Carve out time to discuss your goals as a couple and from that you create the opportunity to find your way back to each other.

**Dear Sue-Ann:**

**I am worried about my son. From the time he was 18 he has made inappropriate choices for himself. He can't keep a job. He stays out late and drinks too much. He did not pay for the insurance on his car and smashed it up. He has horrible fights with my husband, and I have had to call the police. We have asked him to leave and he does for a while. He will come back and ask for another chance and I give it to him. Always within a couple of weeks he is back to his old ways. Will he get better? Signed: Worried Sick Mother**

A. A mother's concern and worry is a very stressful thing and hard on the physical self. Your son is an adult now. He will continue this behaviour for as long as he needs to. When he leaves home and has to eat and pay bills, he will get up and go to work and make money to accommodate his lifestyle. When he gets tired of being responsible, he asks to come home. When you allow him to come live at home, he inevitably resorts to his old ways. You may want to consider not letting him come home to live with you. This will hold him personally responsible for his choices. Invite him home for a meal, but not to bring his furniture with him. In the meantime you should consider identifying those things for you that can bring you peace in your heart; then you can start the conversation with your son about how he could create and find peace for himself.

Blessings,  
Sue-Ann

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

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# The COACH Corner

by Malachi Brown

## What's Going On?

There is a shift in the atmosphere! I feel something; I'm not sure what it is. I have been hearing this more and more, from a greater cross section of people over the last little while.

Whether it's the weather (who can forget this last winter), local or world events, people seem to be sensing a change in the "atmosphere."

What is it?

Recently I was contacted by a very successful business lady inquiring about my coaching services. A particular line jumped out from her correspondence; she wanted to know if we could discuss and include spirituality as part of her coaching. As we got into our initial conversation, she outlined her success. I had known of her at the height of her success. She was very successful.

As the conversation unfolded, she explained that she had lost most of her wealth and significance. She said, "...my foundation was weak and this led to me not being able to hold on to my success." What a revelation! She added, "I want to be successful again; however I want to do it different this time." She wanted to explore how having a solid spiritual foundation would ensure she was not building a two-legged stool.

There was some trepidation on her part as to what she was even asking about, or for.

I find over the years that most people recognize there is *something* more. This is where however a lot of confusion takes place. Some of this confusion comes from being forced to go to church when younger; this seems like punishment. There were the Bible thumping fanatics! There was the angry God you thought, waiting to zap you when you make a mistake. Heaven, hell, God, satan, free will, no choice, life after death, no life after death and on and on.

### How do we make sense of it all?

I will not attempt to answer that question for you. What I will challenge you with however is to examine your life. Are you happy with where you are? Do you feel an inner pull that's calling you to a higher place? Are you feeling restless, unfulfilled, wanting more out of life? Do you feel people or situations are holding you back? Is fear controlling your life? Are you doing your heart's work or are you waiting until you retire to start it? Are you waiting until everything is perfect to begin?

As you are now enjoying the warmer weather, isn't it amazing? In the middle of this last winter, with the snow up to our ears, we didn't think it would end. Summer seemed like a remote possibility.

We knew instinctively however, that as bad as the winter was, it would end and summer would eventually get here. How much effort on your part was required for this to happen? There is someone greater than our selves running things. Our job is to find out whom, and then live our best life.

There is a shift in the atmosphere, find out what it is. Ask the right questions and be open to the answers as they start showing up.



Build your life not just on what you have always known, but be willing to be open to a real spiritual realm.

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

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# The Golden Years

I love summer and the sunshine, the smell of freshly cut grass and the aroma of barbecues. I love the planters on my deck which will soon be over brimming with colourful flowers!

Summer is a wonderful family time. Many of us are blessed with grandchildren, and summer gives us the perfect opportunity to spend time with them. There are a lot of things you can do in the Durham area with your grandchildren and I'm going to share with you some of my favourites!

Lynde Shores Conservation Area is one place my grandson and I love to visit. We fill a bag with bird seed and peanuts and set off to follow the chickadee trail. The birds and animals are pretty savvy. They know people equal food. We were followed around by a duck before! Chipmunks pop out all along the way and come right up to my grandson to take peanuts from him. There's an area where the chickadees congregate. All my grandson has to do is put bird seed in his hand and hold it up. The chickadees land on his hand to get the seed. Blue jays hang around as well, and we have sometimes seen wild turkeys. Be sure to take your camera!

My sister and I also love taking our grandsons for picnics at the lake. We go to Heydonshore Park in Whitby. The beach is sandy and the water is clean. The park has a playground area for kids, as well as an area with exercise equipment for adults too. Another park I like is Lakeview Park in Oshawa. It has lots of things for kids to play on. What makes it special is the Oshawa Museum is next door, and they often offer many kid friendly activities during the summer. On July 31st there is going to be a Teddy Bear Picnic and Tea. During July and August there will be Curio On Sundays with different activities each Sunday. For adults and young ladies, there are Garden Victorian Teas on July 17 and August 14.

Finally, I look forward to Whitbylicious which happens every July. Nine restaurants in Whitby take part with fixed price menus. What a great way to relax with good friends and dine on fancy food for a great price! However you spend your summer, I hope it's wonderful! Remember, "one can never have too many hugs or laugh too often!"

## Scam Alert!

As mentioned in the spring issue, I want to raise awareness about scams that seniors often fall prey too. Currently, there is a scam going around where people receive an authentic looking email from Canada Revenue Agency (CRA) indicating that their taxes have been reviewed and they are owed several hundred dollars. All they have to do is download a form and fill in information such as their SIN number and DOB. The CRA *only* sends out information by mail, never by email or phone! If you receive such an email, report it to [info@antifraudcentre.ca](mailto:info@antifraudcentre.ca). For more information, visit the CRA website.

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 (JUNE 2014 - AUGUST 2014)

by Noanie Beregi

## Aquarius (Jan. 20th - Feb. 19th)

I congratulate you on your new endeavour. You have come a long way to get where you are now today, and in this moment. Your accomplishments have come with great honesty and integrity, and I ask you to keep those traits in the forefront as you move into your incredible future.

## Pisces (Feb. 20th - March 20th)

Look back ten years to a time where you may have been financially or emotionally ruined. Today you are remembering that time and it is the filter in which you are seeing the present moment. Allow these old fears concerning money and love to fade away. If you do not, they will taint your current successes.

## Aries (March 21st - April 20th)

The wheels are turning and you are now headed in the right direction. You have made a conscious decision to see only the good in your life and in the world. Because of this new found awareness, more of what you are looking at shows up at your door. Enjoy abundance in all areas of your life.

## Taurus (April 21st - May 21st)

Your stagnation has lifted and it's all systems go. It is almost as if you have entered a new found knowledge base where many ideas and thoughts have entered your mind and you see the world through glasses of endless intelligence and understanding. This expansion of knowledge is now eager to express itself in its entirety.

## Gemini (May 22nd - June 21st)

You are the receiver of great knowledge and a sense of knowingness in many areas of life. Your years of mind expanding research and late nights reading through endless information, as well as your observation of other leaders has given you a profound understanding of what is needed for this economy to succeed. You are gifted with this abundance of perception so that you can become an example to all those that follow you.

## Cancer (June 22nd - July 22nd)

Passion and excitement are the words that I hear whisper from your lips. And it is these feelings that give you the confidence to step into your own strength. The mask that you once wore lay lifeless on the floor and you step forward without fear, proud to honour the power that has become you.

## Leo (July 23rd - Aug. 22nd)

Old patterns still linger and it is time to look towards father figures in your life for support and guidance. This may be a male figure that you respect and not necessarily your own father. Draw on this person for information and work alongside him for understanding; learn to pattern your own life after his success. Take on a mentor, as it is said we learn best by example rather than by trial and error.

## Virgo (Aug. 23rd - Sept. 23rd)

You continue to hold the wand of Victory dearest Virgo. You are experiencing breakthroughs in all levels in relation to creativity, insight and perception. Luck still rides with you everywhere you go. Take moments to appreciate and be grateful.

## Libra (Sept. 24th - Oct. 23rd)

As the Ego falls off your radar screen, your self-love turns its sights on shining outward towards those people that you adore. Your loyalty to deep emotional relationships defines all that is good for you now at this time. You are rewarded with a sense of wonder and happiness. Learn that it is the gift of giving totally and openly to others that reaps the benefits of true completeness and utter bliss.

## Scorpio (Oct. 24th - Nov. 22nd)

The Phoenix has risen. You have received the gift of honest communication. It is time to express and explore this gift of verbal expression as you have the ability to make a difference in the lives of many. You are an artist of all levels of connecting, be it music, written word, painting, or speech. Time to take the stage young Scorpio and echo the truth.

## Sagittarius (Nov. 23rd - Dec. 21st)

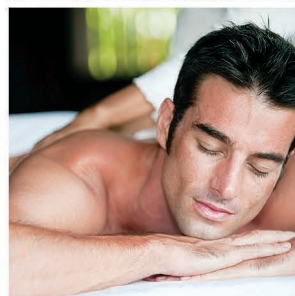
Total confidence and self-worth motivate you at this time. You are rewarded for your achievements and you move forward with the ability to generate accolades towards others. This star quality that you exhibit allows you to explore something new and exciting, so enjoy life without limits.

## Capricorn (Dec. 22nd - Jan. 19th)

Self-doubt stands in the way of you walking down the path of happiness and success. You are letting past fears get in the way of your future. As you replay old hurts and patterns, you allow the cycle to keep generating the same results. Know that even negative things that happen have elements of good within them. It is time to have faith in all that you do.

Written by Noanie (aka Earthgirl) of Earthgirl Holistic Healing Centre. A country girl with a city heart and an incredible intuition to boot, Noanie connects with her intuitive process allowing her to guide you gently into your futures. The doors that swing easily are the doors that you must enter. The doors that are locked should stay locked. Look for open doors. Namaste

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## Who should wear a mouthguard?

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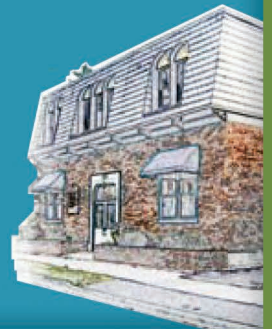
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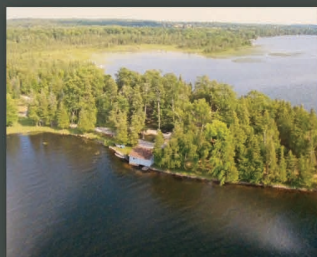
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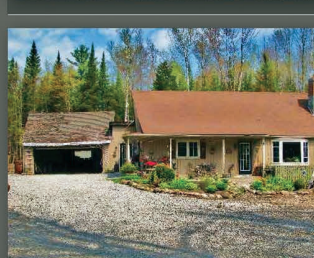
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