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Photograph by Debbie Timlock





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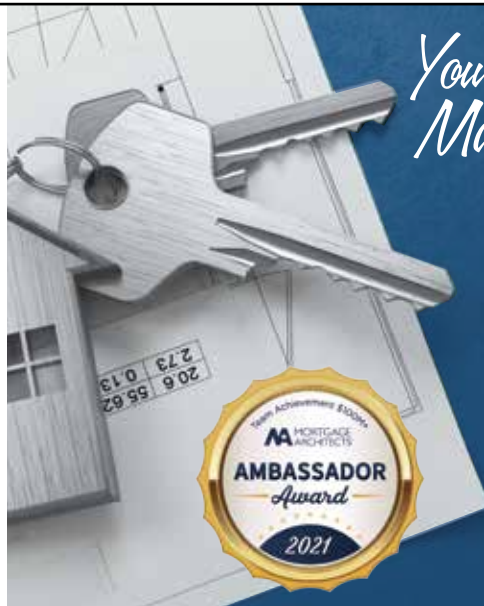
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We'll be checking in with our Charter Sponsors periodically and will bring you exciting news, updates and more from the local businesses who made our community a priority and got **Wasaga Beach Living** up and running

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**DEAR WASAGA BEACH RESIDENTS,**

Welcome to our first issue of "*Wasaga Beach Living*", a Best Version Media publication. This magazine is one of hundreds across the country that serves local businesses and residents by providing family friendly publications that bring people together. Our focus is on positive, inspiring stories about neighbours in your community. We highlight families, community events, youth sports, local pets and much more in our monthly publications. I am committed to serving business owners and residents with a magazine that reflects the pride and love we have of our community and *Wasaga Beach Living*.

Now as the frenzy of fall subsides, the snow begins to fall, coloured lights adorn our homes and carols are playing in every store - it's time for all your Christmas season traditions to begin. This is the time to spend with family and friends as you reflect on 2022 and look ahead to what the coming year will bring.

Happy Holidays to all our readers and hope the New Year brings you good health, inspiration, and a mission to do as many small acts of kindness as you can squeeze in each day. Those are easy gifts to give. I look forward to sharing 2023 with you.

With Love, your publisher,

*Rhiannon MacLean*

**Publisher**



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## MEET SOME OF YOUR NEIGHBOURHOOD PETS

By Rhiannon MacLean



### GINGER (AKA G, GIGI, GINGERBREAD)

My 14 yr. young Havanese Toy Poodle! Ginger loves treats (anything bacon), visiting Lola & Papa, sitting in the driver's seat and being a momma to her toy bear. She is so smart she knows everyone by name, watches tv and will smile or high five when asked!

-Submitted by Rhiannon MacLean,  
Your Publisher!



### QUINCY

This is MR. QUINCY! and he loves wearing ties! He is a 6 yr. old Shih Tzu that loves his ball and playing with all the kids. He loves to sleep - but please don't disturb him when he catches his zzzzz's!

-Submitted by Gosia Aranin



### STELLA!

Or as daddy calls her Stelluccia in Italian! She is a 15 yr. old Yorkie with perfect manners! She loves her walks, loves to dance and enjoys hanging out with her best buds Georgie Girl & GiGi.

-Submitted by Nancy MacLean



### MEET ZEUS!

He is a 3 year old Sheppard/Lab that loves walks and spending time with Mom (Portside Salon & Barber Shop co/owner Sarah). Zeus loves his treats and visiting "Mr. Norms Nephew" for ice cream. Spoiled boy!

-Submitted by Sarah Light



## INTRODUCE YOUR PET TO THE COMMUNITY!!

Nominate your pet, a friend's pet or a Neighbours pet to be featured in one of our upcoming issues.  
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**Do you want to discover new things about your neighbours? Want to be in the headlines? Want to see your pictures published?**

**We're looking for neighbourhood families or individuals with a story to share to grace the covers of the magazine.**



Your story might include love, romance, drama or any combination of the three. It could be to celebrate a milestone in your life, share about a recent vacation, or simply to introduce yourself and share what you love about the community.

Everyone has a story to share, and we want to help you tell yours! We'll talk with you, write the article and give you a free, professional photo session at your home so you can look your best in the magazine!

If you know others who would enjoy this opportunity, we welcome nominations. Begin by brainstorming the people you know who you'd like to see in this magazine.

They might be your next-door neighbours and friends, volunteers who serve others through local charities, community leaders, athletes, artists or hobbyists.

**To get started, go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." Or, simply email your content coordinator at [rmaclean@bestversionmedia.com](mailto:rmaclean@bestversionmedia.com) with your contact information and ideas.**

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# WHY NOT TRY AN AUDIO BOOK?

By Emily Snider

Would you love to have more time to read? Maybe there's a book you have wanted to read for a while or a topic you'd like to learn more about, but life is busy. It's tough to find time to sit down with a book in the midst of busy schedules. Audiobooks provide a great way to do the dishes or mow the lawn while listening to a good book. Libraries even have ways you can borrow audiobooks and listen on an app allowing you to listen completely free. Ask your local librarian if they use an app you can download and borrow audiobooks with. There are also CD versions of some books if they don't have it on an app.

Each book typically gives you the amount of time it takes to read so you can plan the perfect book for your long road trip! Audiobooks are also great for children so they can engage their imagination during a little quiet time in the middle of the day, or keep them occupied in the car while you take a trip to grandma's house. You can even shift back and forth between reading the book for yourself and listening when you have other things that you need to do but you are dying to know how the story ends. The possibilities are endless because most books have an audio version nowadays. Chat with your local library to find out more!





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# Meet Carly's Angels

By Rhiannon MacLean • Photography by Debbie Timlock

**We are very lucky to live in a community where the residents truly care! Meet 10 extraordinary women, also known as Carly's Angels, who have all raised families in Wasaga Beach.**



Carly's Angels takes its name from Carly Patterson. Carly Patterson was the daughter of Debbie and former mayor Cal Patterson. She died in 1998 at the age of 22 from cancer.

At the time, the 10 women who would become Carly's Angels had just taken over a tournament hosted by retired NHLer Jason Arnott, intending it to be just for fun. It was co-sponsored by TD Bank and Re/Max.

Local Re/Max By The Bay Broker, Marilyn Ruttan, approached the Patterson's and asked if they would mind if the tournament became a memorial event in their daughter's name.

The first year saw more than \$14,500 raised, and the organization Carly's Angels was born.

The local philanthropic group, Carly's Angels, has a long history of supporting important causes in Wasaga Beach. They fundraised for much needed amenities and causes in the community for almost 25 years. For

nearly 2 decades, they had inspired an entire community focused on fundraising for local projects. Here are some of their contributions totaling a massive \$700,000 + to many important local projects, plus the Hospital for Sick Kids. This includes the pavilion and gates at the sports park, the RecPlex fundraising campaign, the Wasaga Woods skateboard/BMX park, the food bank, the youth centre, local school programs, defibrillators to local seniors facilities and now the new arena and library. Here is a list by local project:

- Sports Park Entrance gates
- Sports Park Pavilion
- Skateboard Park
- BMX Park
- Sports Park Playground Structure
- Outdoor Rink & Tennis Court lighting upgrades
- Tournament Horseshoe Pitch at Sports Park
- Wasaga Stars Arena Sound System
- Defibrillators for Recreation Facilities and Seniors Facilities
- Youth Center Donations
- Sports Park Bleachers
- YMCA Strong Kids





Top L-R: Debbie Patterson, Cindy Rosebrugh, Debbie Stavinga, Marilyn Ruttan, Shelley Weibe  
Bottom L-R: Sue Drenters, Diane Wills, Kathy Macklin, Arlene Wakeling, Debbie Timlock

- Toys for Kids
- Stuff the Bus
- School programs and wish list for 3 Wasaga Beach schools
- RecPlex donations
- Granite Benches throughout town
- Childrens Miracle Network
- Wasaga Food Bank
- Planted trees at Sports Park

- New Zancor/Cortellucci Centre arena/library

While the final golf tournament was held in 2014, the group of "Carly's Angels" recently closed its account, donating the final \$17,000 for a change room in the Zancor Cortellucci Centre, and \$1,000 to the Wasaga Beach Ministerial Food Bank.

For these 10 women this started with passion and friendship. It evolved into the power of community.



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# Promoting Literacy with Little Free Libraries

By Amanda Griffin

**James Freeman Clarke said, “I can do small things in a great way.” That sentiment aptly describes a lot of what is at the root of a “take a book, leave a book” movement that is sweeping around the globe promoting literacy and strengthening communities in the form of ‘Little Free Libraries’.**

The movement was initially inspired in 2009 by Todd Bol, a resident of Hudson, Wisconsin, who built a small model of a one-room schoolhouse, mounted it on a post, placed it in his front yard, and filled it with books as a tribute to his mother, a teacher and lover of books. Neighbors loved it, Todd was inspired to build several more and place them throughout his community. News of his DIY project spread and ultimately led to him co-founding a nonprofit organization based in St. Paul, Minnesota which is still very much at the epicenter of this movement. The organization exists more in the capacity of inspiring and holding the space as a resource to centralize the information, including a map of libraries via a smartphone app, to inspire and help volunteers and readers come together. Their goal was and continues to be as a catalyst for building community, inspiring readers, and expanding book access for all through a global network of volunteer-led Little Free Libraries with the goal to see at least one little library in every community, and a book for every reader.

Both the United States and Canada are facing a growing literacy crisis. Today in the U.S., more than 30 million adults cannot read or write above a third-grade level and nearly half of Canadian adults have literacy skills below a high school level. This has far-reaching implications on all aspects of society from individual health to socio-economic well-being. Studies have repeatedly shown that books in the hands of children have a meaningful impact on improving literacy, and the more books in or near the home, the more likely a child will pick up a book and learn and love to read, and having an adult actively participate in reading with a child increases that likelihood exponentially. Unfortunately,

two out of three children living in poverty have no books to call their own, and very limited access to them. That’s where Little Free Libraries come in!



What is a Little Free Library? In a nutshell, it’s a book-sharing box that is created by a person or group and placed at a location in their community that allows for 24/7 access. These book-sharing boxes are enclosed to protect the books from inclement weather and other elements of nature like wildlife, and they are popping up in front yards, parks, at schools, outside businesses and civic buildings, and a myriad of other locations depending upon the sponsoring volunteer steward(s).

As of mid 2022, volunteers have created more than 150,000 registered Little Free Libraries in more than 115 countries, making it possible to share more than 70 million books annually. Vernor Vinge said, “Even the largest avalanche is triggered by small things.” The ever-growing number of Little Free Libraries is an avalanche of joy and learning for readers of all ages, but especially children.

How to bring a Little Free Library to your community: First, there can never be too much exposure to books, so even if there is already one in your area, don’t let that stop you! Consider creating one in an area where there is a higher percentage of lower income residents. Perhaps make it a group project for scouting or some other civic group you’re involved with. You can even potentially partner with a school, library, municipality, or local business to help get your Little Free Library up and running. Before you start, check out the resources available on [LittleFreeLibrary.org](http://LittleFreeLibrary.org) for ideas and existing locations. And when you’ve created and placed your library, don’t forget to register it so it can be listed on the map too! But most importantly, have fun! While there are a lot of options available to purchase pre-built and DIY kits, don’t be afraid to get creative and give your Little Free Library a giant personality of its own!

(Sources: [LittleFreeLibrary.org](http://LittleFreeLibrary.org), [ABCLifeLiteracy.ca](http://ABCLifeLiteracy.ca))



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**December 4, 11, 18**  
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@RecPlex Wasaga Beach 6pm

**December 8**  
**Blue Mountain Resort Job Fair**  
@Wasaga Beach Public Library 130-430pm  
120 Glenwood Dr.

**December 9**  
**The Good Lovelies Christmas Tour, Midland ON.**

@The Midland Cultural Centre  
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**December 10**  
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# Winter Holiday Word Scramble

By Mandi Blake

1. KONCGIST \_\_\_\_\_
2. YNCAD NAEC \_\_\_\_\_
3. GOGNEG \_\_\_\_\_
4. ATRWHE \_\_\_\_\_
5. EPALRCFEI \_\_\_\_\_
6. HKASTN \_\_\_\_\_
7. ERSTEPN \_\_\_\_\_
8. LMAFYI \_\_\_\_\_
9. HSIGLT \_\_\_\_\_
10. ULEY \_\_\_\_\_

10. YULE  
9. LIGHTS  
8. FAMILY  
7. PRESENT  
6. THANKS

5. FIREPLACE  
4. WREATH  
3. EGGNOG  
2. CANDY CANE  
1. STOCKING








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183 Old Mosley Street	6	2	\$ 874,900.00
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14 Regina Boulevard	4	3	\$ 809,000.00
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# Quick Winter Workout

By Emily Snider

Winter months can be difficult and long without time to be outside for a walk or a run. It can be exhausting to come up with workouts on your own or find workout programs to sign up for. Here's a workout you can adapt and do quickly indoors with very little equipment. Follow these steps and give yourself as much rest time as you need but push yourself as much as you can. Grab some water and let's get started!

1. Start by getting warmed up by running in place for one minute, three times, with some jumping jacks in between.
2. Next, do some pushups or modified pushups if you aren't able to complete normal ones. Do as many as you can, take a minute of rest, and then do as many as you can again.
3. Give your upper body some rest and do 25 air squats, 20 lunges, and 10 skater squats on each leg. Skater squats are a quick way to increase both muscle strength and balance. To complete a skater squat, stand on one foot and bend the knee of the leg that you're standing on (enough that you can touch the ground with your hand). While you're bending your knee and reaching for the floor, the leg that you're not standing on will be bent and out of the way. Each time you touch the ground with your hand is one repetition. Be careful, these really burn the legs!



4. Your legs and arms should be feeling shaky so let's give them a break and move to core exercises. Start with two minutes of crunches as an initial burnout. Next do a one-minute center plank and 30 seconds of side planks on each side. If you want to add one more exercise for your core, you can do leg reaches. Lay on your back and lift your legs in the air. Reach up towards your feet with your hands slowly, and then lower back down keeping your movement controlled.
5. Next do 20 side lunges, a one-minute wall sit, and 10 normal lunges on each leg. This will leave your quads and glutes burning.
6. Grab some dumbbells or find something in the house that is relatively heavy and do 15 bicep curls. Next, find a chair, put your palms on the chair behind you, and do 10 dips. Do each of these exercises three times.
7. Depending on how fatigued you're feeling and how much time you have, you can repeat this all one more time through. Once you're done, take some more time to run in place for a couple of minutes and spend some time stretching. Focus on the muscles that feel sore and fatigued from the workout.

The most difficult thing about a workout is getting started. Find a song that pumps you up or call your workout buddy, you can do it! You should also make sure to take the breaks that you need to let your body recover and drink water throughout your workout. Find some space, turn on some music, and get started!



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## HOLIDAY SNACK MIX

By Rose Alexander

**This is the perfect cheesy, crunchy, zesty treat to satisfy a crowd at holiday get-togethers! The recipe makes a huge batch, and yet somehow my family always manages to make it disappear in under a week.**

You can use pretty much any combination of your favourite cheese - and nacho-flavoured chips and crackers for the base - the secret is in the dressing, which gives those packaged snacks an addictive tangy kick.

### Ingredients

#### Snacks

- 2 bags nacho-flavoured Bugles or Crunchy Cheetos
- 1 bag nacho Doritos
- 1 large bag pretzels
- 1 box Chex or Crispix cereal
- 1 box Ritz Bits sandwiches
- 1 bag Goldfish crackers
- 1 box Cheez-Its or Cheese Nips

#### Dressing

- 2 cups olive oil
- 2 packets dry ranch dressing mix
- 1 Tbsp lemon pepper
- 2 Tbsp dill
- 6 Tbsp garlic powder

1. Divide the snacks as evenly as possible between two or three very large mixing bowls, without filling the bowls too full. Mix them together gently by hand, being careful not to crush them. All the snacks can be substituted, and the proportions can vary depending on your preference.

2. Whisk the dressing ingredients together in a large measuring cup. Pour half of the dressing over the snack ingredients, toss gently, then add the remaining dressing and toss again, making sure the snacks are evenly coated. Let stand for one hour.

3. Preheat the oven to 200 degrees F. Spread the snacks evenly onto rimmed baking sheets (you may need to work in batches) and bake for two hours, stirring every 30 minutes.



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# PREVENTION PAYS! AVOID THESE 3 HOLIDAY PET DANGERS

By Lucinda Hahn

## GIFTS & ORNAMENTS

When animals ingest ribbon, tinsel or parts of ornaments, they often can't pass them, resulting in blockages or intestinal wounds—and an emergency vet visit.

**Quick fix:** If possible, place your Christmas tree and gifts in a room that can be closed off by shutting doors or using a barrier. Don't use ribbons or tinsel as festive collars; buy a pet-safe holiday collar instead so they can look cute in their holiday gear!

## “PEOPLE” FOOD

Some of the most common holiday vet visits are caused by pets suffering vomiting, diarrhea or bloody stool, or just generally acting ill. This is often due to ingesting fatty “people food” such as turkey, gravy, eggnog, and even alcohol.

**Quick fix:** Refrain from sharing with your four-legged family members, and make sure all guests know they should do the same. You can amp up the fun by making your furry loved one their own holiday treats; start by Googling “vet-approved holiday pet recipes.”

## FLAMES

Candles create a beautiful holiday vibe. But the flickering flame can be enticing to cats and dogs, and may lead to a burned nose, tail or, if knocked over, a house fire.

**Quick fix:** Never leave lit candles unattended. Place candles away from curious pets to limit the chance of an accident caused by a wagging tail or playful paw. A better option can be flameless, electrical candles.



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