

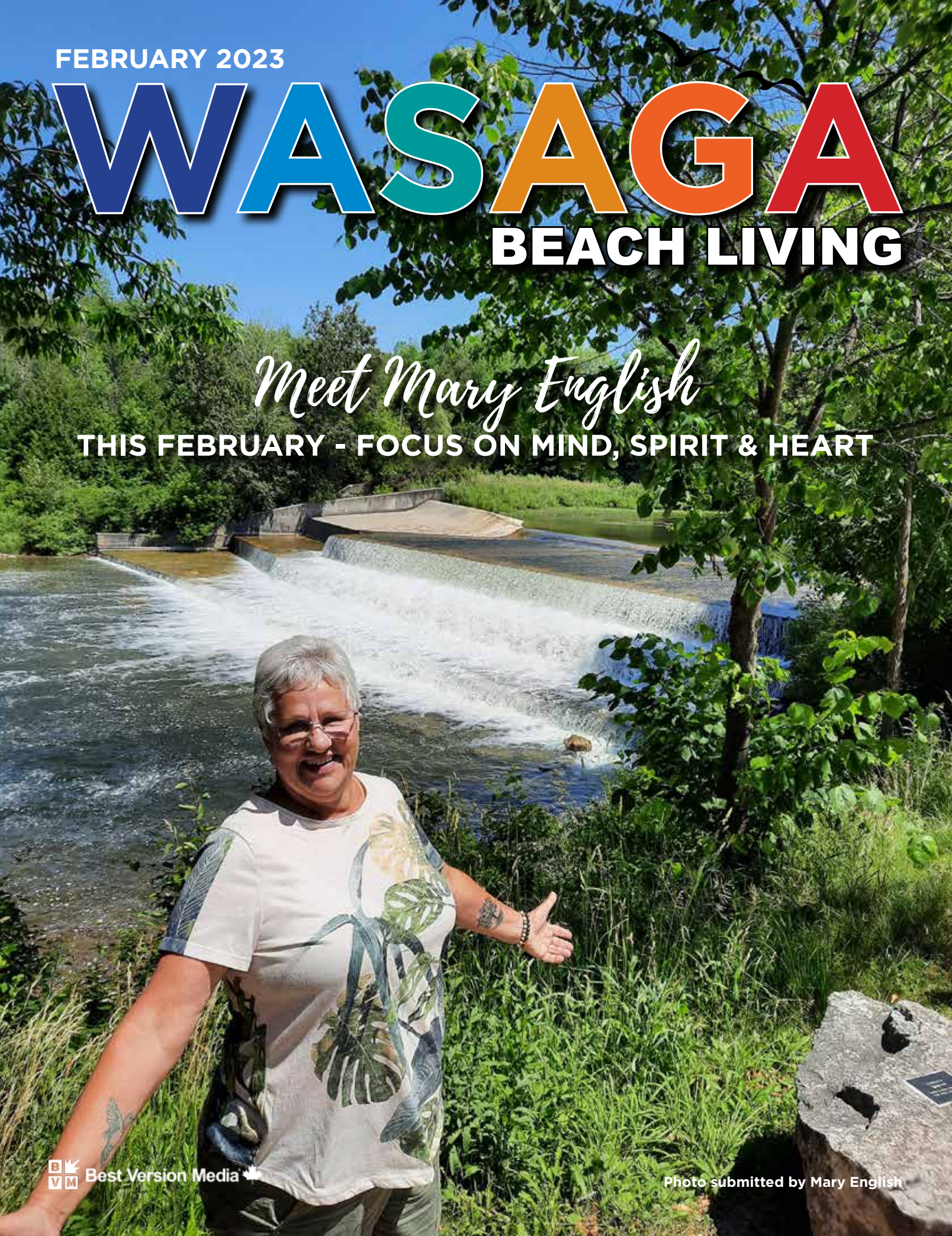
FEBRUARY 2023

# WASAGA

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*Meet Mary English*

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Rhiannon MacLean



Jeffrey Jones

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**Have feedback, ideas or submissions?** We are always happy to hear from you! Be sure to send your ideas or content suggestions no later than the 10th of each month to be considered for our next issue. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to [rmaclean@bestversionmedia.com](mailto:rmaclean@bestversionmedia.com).

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Wasaga Beach Living is a community magazine dedicated to profiling local events, activities, culture, lifestyle and local residents/families and businesses in Wasaga Beach. We share stories, highlight people and or businesses that contribute to making Wasaga Beach the town we LOVE and live in.



As February brings Valentines Day, let's share the love we have for community with each other.

Valentine's Day prompts reflections of love and romance. Fluffy bears, red roses and chocolates will be grabbed off store shelves, and special date nights will be planned and celebrated showing love to our significant others.

While romance is an important component of Valentine's Day, it is equally important to remember that love manifests in many different forms and can be enjoyed and celebrated in a variety of ways, whether you're single and content, thinking about putting yourself out there or happily committed.

**No matter where you fall, here are six ways to celebrate this Valentine's Day:**

**Celebrate Friendships with a Friends Night**

**Cook or Bake a Treat for Someone**

**Sign up for a Dating App**

**Write Someone a Letter**

**Surprise Someone**

**Have a Solo Night of Self-Love**

While Valentine's Day is deemed as a day for celebrating our love for others, self-love is just as important. Celebrate your achievements, no matter how mundane they may appear and give yourself credit for making progress on your journey. Take time in life's moments. Breathe!

From our family to yours. Thank you and take time to love you!

With Love,

*Rhiannon MacLean*

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# MEET SOME OF YOUR NEIGHBOURHOOD PETS

By Rhiannon MacLean



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## Introducing TW.....short for TWILIGHT! also known most as "The Badass Beach Cat".

She is a 7 year old Tuxedo cat that is full of attitude - but her "pawpaw" will tell you she's an angel! She's clearly a daddy's girl! TW likes to roam outside and takes walks to the beach with her humans!!! She is a great climber and owns ALL the rooms in the house. She plays hard but never misses an opportunity to enjoy a great catnap. Stop by the Baker's Bench @ 321 Main St. and you might just catch her.

- Submitted by **Amanda Sutton**



## Ginger, GIGI, G, Gingerbread!

She always has to sit in the front seat of the car and she can't wait to visit her lola and PAPA! If you tell her they're coming, she will wait by the door in excitement until they arrive and cry's out once they're here! Lola spoils her with treats and Ginger loves being a momma to her lifelong "bear" toy companion.

- Submitted by **Rhiannon MacLean, your Publisher**



## INTRODUCE YOUR PET TO THE COMMUNITY!!

Nominate your pet, a friend's pet or a Neighbours pet  
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# SEEKING STARS FOR STORIES!



**Do you want to discover new things about your neighbours? Want to be in the headlines? Want to see your pictures published?**

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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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# Essentials for

By Madison Farkas

We've all seen that impressive wall of bottles and staggering array of shakers, strainers and mixers behind the bar at our favourite restaurants. Their impressive selection might have you turning as green with envy as a bottle of absinthe, but with a few key tools and a small but versatile collection of spirits, you can unleash your inner mixologist and set up a dynamic cocktail bar of your own!

## TOOLS

**Cocktail Shaker** - Mix chilled cocktails with ice.

**Mixing Glass** - Assemble ingredients. Make sure it's sturdy and features a pouring spout.

**Jigger** - Measure different amounts of alcohol and mixers.

**Ice Bucket** - Store ice and keep it cold. If possible, avoid using ice from your freezer, which tends to taste like whatever else is in there.

**Bar Spoon** - Stir cocktails, especially in tall glasses.

**Muddler** - Crush sugar, fresh herbs, citrus and berries to release their flavours.

**Juicer** - Squeeze fresh citrus juice.

**Strainer** - Ensure cocktails are smooth and free of stray ice and other leftover mixers. Keep a small mesh strainer handy as well, to catch that extra-fine debris.

**Zester** - Slice elegant curls of citrus peel for garnishes.

**Bar Cart** - Show off your collection!

**Mixology Book** - Yes, everything's available online, but it's worth keeping one solid recipe book on hand so you can have an easily accessible index of the classics.



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# Your Home Cocktail Bar

## GLASSWARE

A few workhorse glasses can get you through pretty much every type of cocktail!

**Rocks glass** - Stout and versatile

**Collins glass** - Tall and skinny, for cocktails with lots of ice

**Coupe glass** - As elegant as a traditional martini glass, but smaller and less tippable. Used for cocktails without ice.

## SPIRITS

When it comes to the types of alcohol you want to stock, most of it comes down to budget and personal preference. After all, there's no point in breaking the bank on top-shelf gin if you can't stand the taste of juniper berries, and even most professional bartenders don't use the best possible quality alcohol in mixed drinks. These spirits will get you through most of the classic cocktails and give you the freedom to experiment with new and interesting combinations.

**Gin** - The base of several classic cocktails, including the traditional martini, French 75 and the plain old gin and tonic.

**Rum** - Many tropical drinks have a white rum base, including mojitos, mai tais and daiquiris. You can also use dark, oak-aged rum for most of these, but it has a bolder flavour.

**Liqueurs** - These can get overwhelming as the possible flavours are just about endless, from sweet and fruity to deeply herbaceous. Go with your own preferences here: I like to keep coffee and whiskey liqueurs, peach and peppermint schnapps, and a bottle each of Chartreuse and either Campari or Aperol.

**Tequila** - A large and inexpensive bottle of silver (blanco) tequila will keep you in margaritas, palomas and tequila sunrises. If you're interested in sipping tequila, go for a more premium aged variety.

**Whiskey** - An entire family of liquor that encompasses everything from peaty aged Scotch to Jack Daniels. A bottle each of bourbon, rye and smooth blended Scotch should get you through most whiskey-based recipes.

**Vodka** - Inoffensive and highly versatile, vodka can be mixed with just about anything. It is featured in cosmopolitans, black and white Russians, and Moscow mules.

## MIXERS

**Club Soda** - Adds carbonation and a faint saltiness

**Fruit juice** - Selection can vary depending on what you plan to make.

**Tonic Water** - Yes, this is different from club soda! It has a stronger and more bittersweet flavour, usually containing quinine.

**Ginger Beer** - For the Moscow mule and dark n' stormy.

**Bitters** - Flavours can vary greatly. Angostura bitters are a classic!

**Simple Syrup** - Equal parts sugar and water. You can make this yourself, and infuse it with whatever other flavours you want.

**Grenadine** - A little goes a long way. One bottle will last you a long time.

## OTHER INGREDIENTS

As an ingredient and for glass rims.

**Fresh citrus and berries** - As ingredients and for garnish. Luxardo cherries are more complex and less sweet than traditional maraschino cherries.

**Fresh herbs** - Mint, rosemary and even basil make beautiful garnishes.

**Egg whites** - For adding body and a soft layer of foam on top. It won't make your cocktails taste like egg!



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# Meet Mary English

By Rhiannon MacLean  
Photos submitted by Mary English

## A LOCAL WELLNESS ADVOCATE, MARY ENGLISH, SHARES HER STORY!

**Mary English asks you the question: What is your life's purpose? Our life's purpose? hmmm got me thinking. That's a BIG question and of course I had many answers and thoughts about this. But Mary keeps it simple and shares "It is an evolving process of discovery".**

She also says it's just living in the moment. Sometimes just to relax and see the beauty that is around us. To feel the breeze, listen to the birds, being grateful and just to be still. Mary says "many times I need to remind myself to stop and just listen".

That is great words of advice for all of us.

Turn off, Be Present and Just Breathe.

Mary began learning and focusing on the connection between body, mind and spirit about eight years ago. She shares "I am discovering it is an evolving process. I see body, mind and spirit as

intimately connected. They can stand alone but my life is better when they are balanced".

So how did Mary get to this point of reflection?

Meet Mary English...



Mary is a retired registered nurse and lives here in Wasaga Beach with her doggy companion (best friend) Luna. Mary and her late husband Marv, have two daughters, Carrie Foster (husband Steve) and Dawn Goss (husband Ken). She is a proud grandmother to 8 beautiful and very active grandchildren: Hayley 20, Shelby 18, Kelsie 16, Colby 11, Leah 11, Owen 9 and identical twins Oliver & Charlie 9.

Mary loves community. She loves being involved and is always constantly engaged. She tells us "I love going out into nature - either walking or biking. However, spending time with my



family or friends and sharing stories, these are the things I cherish the most more and more every day”.

Hence her philosophy on being present.

## *Living in the moment. Breathe*

Mary also tells us about her passion to travel.

For over 20 years Mary and her late husband Marv loved to travel and spent most of that time motorcycling. Mary and Marv would spend 2 months a year in Mexico. But Mary tells us one of her favourite memories with Marv was traveling coast to coast across Ontario and the Upper United States on their motorcycle. She hopes to return to this passion and have new travel adventures in her near future.



Mary's journey to wellness of body, mind and spirit health began with a combination of all her life's experiences. She lost her parent's in her 40's, then her husband died. Mary shares "now I was made to face the fact that we all leave this world at some point". At the time of his death, Mary shares "I was told that grief was a journey we had to individually go through". She shares that was some of the truest words she ever heard. But hadn't yet had to face.

We need to travel that road and it is NOT easy. Grief is littered with emotions, tears, pain both mental and physical. Joy, fear, confusion, laughter, more confusion, questions, guilt.

I am sure you could add to the list from your own experience. Mary tells us, if you commit to the journey there is a destination. She believes we are always in an evolving process of discovery that leads to a rediscovery of happiness and peace.

Her words are profound -

*"If you commit to the journey there is a destination".  
"It takes time, but if you take the journey and do the work you WILL ARRIVE".*

After 38 years as a Registered Nurse Mary retired and became a Reiki master. This led her to essential oils and becoming a wellness consultant for DoTerra Oils. She has also volunteered for Hospice Simcoe and South Georgian Bay Health Center.

Mary is very candid and shares "Never in my farthest dreams did I think I would be talking to someone about myself. WOW I was amazed at how I started to learn about ME! It is interesting, hard and very enlightening. I have learned that many of us experience trauma and stressful events that we tend to push down. We just keep moving forward, ignoring them. My other discovery is that these personal pains and traumas will come back to visit at some point because they need to be healed".




Mary asks "Are you ready to discover YOU in 2023?".

Find your heart - what makes YOU happy. Be your own advocate. Speak your truth. What is your purpose?!

Through growth we learn and Mary reminds us "We are all energy, just think of your heart, it is an electrical conduction. That is how it functions to keep you alive".

Breathe....



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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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## Fun Facts!

**February's Birthstone:** Amethyst - a symbol of personal empowerment and inner strength.

**February's Flowers:** Violet and Primrose. Violets signify watchfulness, loyalty, and faithfulness. Primroses let someone know you can't live without them.

**February's Zodiac Sign:**  
Aquarius: January 20-February 19  
Pisces: February 19-March 20

**Colour of the Month:** Purple

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**Feb. 14, 2023**

**VALENTINES DAY**

**Feb. 16, 2023**

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4:30-5:30pm

Exploring Solubility with Candy Hearts

Children will make predictions and test out which liquids are a better solvent for dissolving the Candy Hearts

**Feb. 17, 2023**

**Sunrise Ski**

@ The Blue Mountains - 190 Gord Canning Drive, The Blue Mountains, ON.

6:30-9:00am

Kick off the Family Day weekend on Friday February 17th, 2023 with the Sunrise Ski. The Silver Bullet will be spinning at 6:30 AM so that you can take in the views of the sun rising over Georgian Bay.

**Feb. 17-20, 2023**

**Snowman Mania**

**Family Day Weekend**

If you think Wasaga Beach is just a summer place, think again! Join us on Family Day Weekend for Snowman Mania; 4 days of affordable family fun where the entire community connects to provide local residents and tourists warm wintery memories to last a lifetime

**Feb. 23, 2023**

**After School Arts & Crafts Club: Love Bird Feeders**

@ Wasaga Beach Public Library - 120 Glenwood Dr. Wasaga Beach, On

4:30-5:30pm

Kindness, Fruit loops and Feathered Friends

Come by and meet Dimitri in The Boy Who Loved Everyone, by Jane Porter, and see how a little kindness can go a long way. Then use your creative powers to design your own bird feeder that you can use to share a little love with our feathered friends this winter.

**Feb. 25-26, 2023**

**24H Blue Mountain**

@The Blue Mountains, ON.

8:00am-5:00pm

Visit the slopes for the 5th annual 24H Blue MTN event. Teams of up to 12 can come together in support of the Collingwood G&M Hospital & Special Olympics Ontario.

Hosted at Ontario's premier ski resort, 24H Blue MTN features an action-packed day & night of recreation filled with exhilarating outdoor thrills, warm music, great food, good spirits PLUS participant perks and prizes.

**Have an upcoming non-profit event?**

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# STICKHANDLING AT HOME FOR BEGINNERS

By Grace Schulte

The best hockey players will tell you that off-ice training is equally as important as on-ice training. Stickhandling is an essential skill in the game of ice hockey and dedicating even 10 minutes a day to practice off-ice can help you improve. Over time you might find yourself becoming faster, more accurate, and more consistent when handling the puck on the ice. To practice at home, all you need is your stick, gloves, and a ball. Many sport shops sell balls specifically designed for stickhandling, but you can use golf and tennis balls too. Here are a couple simple stickhandling drills you can start implementing at home.

## WARM UP SEQUENCE

For a simple warm up sequence, stand in your normal athletic stance with your feet about shoulder width apart. Start stickhandling and focus on moving the ball a very small distance within the centre of your stance. After about 45 seconds, stickhandle so the distance the ball travels is equal with the width of your stance. After another 45 seconds, bend your knees and stickhandle so the distance the ball travels is well outside of your stance.



## AROUND THE WORLD

For this drill, your feet must stay planted and facing in one direction. Start by stickhandling in your athletic stance. You may choose to go left or right first, as you will come back to the centre to reset. As you stickhandle, gradually start progressing towards whichever direction you chose. You will reach a point in which you are stickhandling directly to the side of your body. Once you reach this point, you can reverse the process and return to the middle of your stance. From there you can go towards the other side!

## THE FIGURE EIGHT

For this drill, you will have to take your gloves off and lay them on the ground in front of you. You get to decide the distance between them, but shoulder width apart is a great place to start. As the name suggests, the goal of this exercise is to stickhandle your ball in a figure eight using your gloves as a guide. This drill is versatile because you can rotate the figure eight from horizontal to vertical!

Stickhandling can sometimes feel like a chore, but you can take the opportunity to listen to some music and try some new drills. Remember to practice keeping your head up and good luck!



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Kidz Corner

# Valentine's DAY SCRAMBLE

By Emily Snider



Valentine's Day is a fun holiday to show your love to someone else. Whether it's a long note or just a simple piece of candy, take the opportunity to tell someone you love them. Go out and buy some cute cards and a bag of candy and get writing. Here are some Valentine's Day words to unscramble to get in the mood for this fun holiday!

- |                 |                    |
|-----------------|--------------------|
| 1. EVOL _____   | 6. ENSTO _____     |
| 2. RSDAC _____  | 7. DRE _____       |
| 3. KPIN _____   | 8. OREDCAET _____  |
| 4. ASTEHR _____ | 9. DYACN _____     |
| 5. CUIPD _____  | 10. UARBREFY _____ |

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# Let's Celebrate Love!

## Ways to Spread Love this Valentine's Day

By Grace Schulte

February 14th, most commonly known as Valentine's Day, is fast approaching. You might remember begging your parents to bring you to the grocery store to buy candy so you could prepare Valentine's gifts for your friends and classmates. You would spend a whole evening hand-crafting each and every individual valentine, and you might've even added an extra heart and your favourite candy for that one special person (wink).

Years have passed, and you may not have time to prepare valentines for all your friends and family as you did in elementary school. However, there are still good reasons to participate.

**If you have trouble coming up with ways to spread love, here's a couple of ideas you can use this Valentine's Day!**

### CALL THEM

Call them to let them know you're thinking of them. Remind them that you appreciate them and are thankful they are in your life. Words of affirmation are an awesome way to show your love.

### LEAVE A NOTE

Leave a note for your partner, family member, or roommate somewhere they will see it before they leave for the day. It's guaranteed to kick start their morning in a positive way!

### GIVE A COMPLIMENT

Compliments are an underrated form of showing love—oftentimes we don't give them enough! Don't hold back on giving compliments this Valentine's Day.

### GIVE THEM A GIFT

Gift your loved ones something that reminds you of them—and let them know that! Receiving a gift because it reminded someone of you is extremely heartwarming.

### MAKE THEM SMILE

You know your loved ones best. Make an effort to put a smile on their face.

### SEND SOME FLOWERS

If it has been a while since you've sent someone flowers, now is the perfect time. Sending flowers is an age-old tradition that is a great way to show someone you love them.

### PLAN A SURPRISE

If you love planning, plan a surprise for your loved ones. You can make dinner at home or take them out to their favourite restaurant. You can plan a movie night or even take them to see a sporting event. The possibilities are endless!

### MAKE A CARE PACKAGE

Fill a basket with their favourite self-care items and give it to them. Remind them that they should take the time to care for themselves, and reassure them that they deserve it.

### GIVE THEM A HUG

Physical touch is another great way to show love and affection. Give your loved one a hug or a kiss to show them how much they mean to you!

It's important to know that Valentine's Day isn't just about spreading love to others.

Make a point to spread love to your friends and family—but don't forget about yourself! Take some time to do your favourite things and even pamper yourself a little. If you're looking for a sign to go get your nails done or buy that one thing you've been looking at for months, this is it.

**Valentine's Day is the best day to express your love and gratitude to others. With all these ideas it should be a breeze, so let's celebrate love!**



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40354688	\$1,070,000.00	4	3	2,925	27 49th Street S
40319604	\$990,000.00	4	3	2,575	104 Knox Road E
40306949	\$974,900.00	4	3	2,703	22 Bush Crescent
40326934	\$899,900.00	4	3	2,791	174 Royal Beech Drive
40331398	\$898,900.00	5	2	2,033	38 48th Street N
40356596	\$879,990.00	3	3	1,869	24 Simona Avenue
40349033	\$865,000.00	4	3	2,201	96 Leo Boulevard
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40329456	\$849,000.00	4	2	2,445	12 Donato Way
40340111	\$839,900.00	3	3	2,207	27 Regina Boulevard
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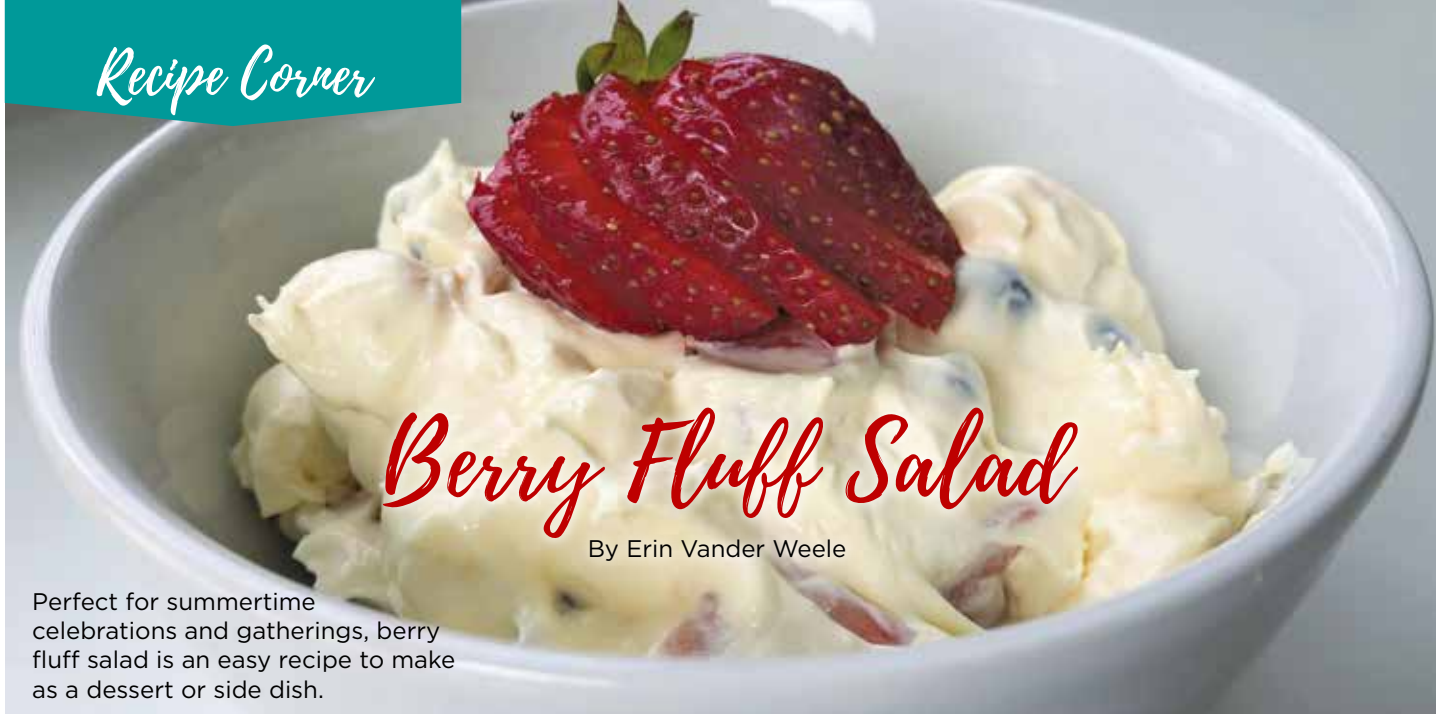

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**SATURDAY FEBRUARY 18TH, SUNDAY FEBRUARY 19TH, MONDAY FEBRUARY 20TH 2023**



## Berry Fluff Salad

By Erin Vander Weele

Perfect for summertime celebrations and gatherings, berry fluff salad is an easy recipe to make as a dessert or side dish.

### Ingredients

- 2 cups fresh strawberries
- 1 cup fresh blueberries
- 1 pkg. vanilla pudding
- 1 1/3 cups buttermilk
- 1 cup whipped topping
- 1 1/2 cups mini marshmallows

### Directions

1. Cut the strawberries into bite-size pieces.
2. In a large bowl, mix the pudding and buttermilk.
3. Add the whipped topping and mini marshmallows.
4. Gently fold in the strawberries and blueberries.
5. Chill overnight before serving.

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# Dill Pickle Deviled Eggs

By Cassidy Schwimmer

Dill pickle deviled eggs are a refreshing and perfect treat to enjoy outside this season! This recipe is as easy as it is delicious.

## Ingredients

- 6 hard-boiled and peeled eggs
- 2 Tbsp pickle juice
- 3 small pickles, finely chopped
- 1/4 cup mayonnaise
- 1 tsp dijon mustard
- 1/2 tsp dill seasoning

1. Halve your eggs and scoop the yolk into a bowl.
2. Add the pickle juice, diced pickles, mayonnaise, dijon mustard, and dill seasoning. Mash the egg yolks and stir well. Add salt and pepper to your liking.
3. Gently scoop the mixture back into the egg whites or place the filling into a bag and pipe it into the egg whites.
4. Garnish with more dill seasoning and a small slice of pickle.
5. Refrigerate the eggs for one hour or until ready to serve.
6. Enjoy!



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