

JANUARY 2023

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Rhiannon MacLean



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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 and click "Submit Content." You may also email your thoughts, ideas and photos to rhiannonmaclean@bestversionmedia.com.

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EASE INTO THE NEW YEAR!

The new year arrives during the shortest, coldest days of the year. We celebrate this fresh beginning with sparkling lights, drinks, and anything to reflect and shimmer against the dark as we ring in the new year! This energy seems to propel us with joy into fresh goals and aspirations too. We make lists, join gyms or courses, and put aside vices in valiant efforts to make most of the days ahead. Yet perhaps in all of our quick work to begin fresh resolutions and habits, we also miss a quiet lesson from winter in how to grow from a place of rest.

Winter invites us to quietly slow down for this time, to be present, to listen. With intention, we can retreat from typical activities that compete with our ability to listen more deeply, and in the process, we are able to discover space to reflect on the previous year and consider all the ways that we have grown already.

Grow from a place of listening and move forward without rush or haste. Not everything comes from a plan. Learning to listen and rest well at the start of a new year can help us prepare for spontaneous opportunities too.

When we take it slow moving into a new year, we create space to be surprised by what life sends our way! So retreat from screens, keep a notebook or journal for reflection, gratitude and ideas, go for walks to connect with the season, take nature's lead and hibernate and most importantly - WAIT until you are coming from a place of rest to look at where you want to go.

Enjoy Health, Happiness and most importantly Self-Care & Wellness from my family to yours as we welcome 2023,

With Love,

Rhiannon MacLean

Publisher



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MEET SOME OF YOUR NEIGHBOURHOOD PETS

By Rhiannon MacLean



HI MISS LUNA!

Luna is 8 yrs. old and a neighbourhood sweetheart! She is a mix of Lhasa Apso, Jack Russell Terrier and Shih Tzu. When mama is away Luna has regular sleep overs with her human friends and she is a wee bit spoiled! She loves treats and snuggling up with anyone.

-Submitted by Mary English



GEORGIE GIRL!

Georgia is a 8 yr old Yorkie Mix who loves snacks, snacks and more snacks! When her tongue is hanging out, she is happy as can be! When her bestie Ginger is away, she loves to sleep in her bed. Doesn't like walks, but loves her mommy!

-Submitted by Nancy MacLean



MEET DOZER!

Dozer is a 6yr old Blue Doberman Pinscher who loves his MOMMY, stuffed animals, hiding bones, sleeping under the covers and playing his Doberman stalking game. Loyal, protective, sensitive, cuddly and silly!

-Submitted by Cheri Dopp



MEET JASMINE!

aka the Beach Houze Studio Greeter aka Jazzy!

She is a super friendly, very chill and gentle 5 yr old Bernedoodle (Bernese Mountain & Standard Poodle)

She takes her job as the in house greeter very seriously and loves saying hello to everyone that visits.

She adores gentle attention and treats!

-Submitted by Gloria Shaw



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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?

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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.

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TRADITIONS AND ORIGINS OF NEW YEAR CELEBRATIONS

By Amanda Griffin



At some point in our lives, we've all most likely participated in one or more of the traditions of kissing at midnight, eating Hoppin' John, sung Auld Lang Syne, or made the almost obligatory new year's resolution, because we've been taught that it's "just what you do." Have you ever wondered why though? For instance, did you know that the practice of making resolutions for the new year is said to have begun with the Babylonians as early as 2600 B.C. as a way to reflect on the past and plan ahead. That's right, whether you realized it or not, you were tapping into an ancient and powerful longing for a fresh start. But, before the morning of the first day of the new year dawns, there are celebratory traditions practiced during the final moments of the year—what are they, where did they originate, and why?

KISSING AT MIDNIGHT. Contrary to popular belief, there is no truth, or even any real meaning, to the tradition of kissing at midnight as "a way to ward off a year of loneliness and misery." The practice has been traced back thousands of years to the Roman Festival of Saturnalia which included a lot of kissing and debauchery because well, those Romans apparently knew how to party! Interestingly, Saturnalia is also at the root of the tradition of kissing under the mistletoe. Ancient Greeks would kiss underneath the parasitic plant, considered to be associated with fertility, and Romans would reconcile differences with enemies under mistletoe because it was thought to symbolize peace.

During the Renaissance, masquerade balls were all the rage across Europe, and kisses were purported to be a way of purifying each other from evil. Thus, it came to be considered a way of starting the new year with a clean slate. English and German folklore then built upon this idea, and the superstition "that a midnight kiss strengthens a budding romance and that avoiding it could mean a loveless year ahead", spread like wildfire. If, however, you are worried about being kiss-less as the new year begins, you may want to take a trip to Scotland for Hogmanay, the Scottish new year celebration. There, it is tradition to kiss everyone in the room as a way of connecting friends and strangers.

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AULD LANG SYNE. Written by 18th century Scottish poet Robert Burns, it literally translates as “old long ago.” It has endured the ages, spreading from Scotland throughout the English-speaking world. According to Scotland.org, it is about the love and kindness of days gone by, but also gives us a sense of belonging and fellowship to take into the future.

TIMES SQUARE. The first New Year’s Eve celebration in Times Square was in 1904, culminating in fireworks. The city banned fireworks two years later and, according to TimesSquareNYC.org, event organizers decided to have a 700-pound iron and wood ball lowered down a pole. Since then, it’s become a tradition for Americans to watch the ball begin its descent at 11:59, and then count down the final ten seconds to midnight as the ball reaches the bottom.

A MIDNIGHT TOAST. The pop of the champagne cork at midnight is now considered the universal signal of the arrival of a new year, but this tradition is rooted in other celebratory beverages and practices, some of which are still practiced today. Wassail, a hot punch-like drink named after the Gaelic term for “good health”, is still served in some parts of England and the US. Scotland has its own version of Wassail—a spiced “hot pint”, which the Scots drink to each other’s prosperity. This was also offered to neighbours along with a small gift. And in Holland, toasts are made with a hot, spiced wine.

A WELCOMING BANG. Welcoming the new year with a lot of noise—whether fireworks, gun shots, church bells, loud singing, cheering, or toy noisemakers—is a favourite activity all around the world. In China, firecrackers blasted away the forces of darkness, and in ancient Thailand, guns were fired to frighten off the demons. In the early American colonies, pistol shots rang through the air. Today, these have, for the most part, been replaced with sirens, fireworks, party horns, and other less dangerous noise makers.

BLACK-EYED PEAS. Most traditions and celebrations involve food, and the coming of the new year is no exception. Of course, in the US many eat some form of Hoppin’ John—black-eyed peas (originally domesticated in West Africa) mixed with pork and rice, which is thought to have originated in the Low Country of South Carolina in the 1800s. Although it’s commonly believed to bring luck and peace in the coming year to anyone who eats it, according to History.com, the true origin is anything but peaceful. It is actually a byproduct rooted deeply in the African slave trade, most likely by slave traders who saw the domesticated black-eyed pea crops in West Africa as an economical way to feed their human cargo and then brought the crop to America.

In Spain, there is a tradition of eating twelve grapes at midnight— one for each chime of the clock. In Dutch homes, fritters called olie bollen are served because it’s believed that eating any ring-shaped treat symbolizes “coming full circle” and leads to good fortune. The Irish celebrate with pastries called bannocks—a tasty traditional loaf similar to a scone. In India and Pakistan, rice is thought to promise prosperity. In the Jewish faith, it’s tradition to eat apples dipped in honey as part of the Rosh Hashanah celebration.

No matter how you choose to celebrate the transition of old to new year, statistics show year after year that it’s probably best to take it a little easy on the new year’s resolutions, so you don’t set yourself up with unrealistic challenges before the year even gets going.

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Meet The Ververs

By Rhiannon MacLean • Photography by Toddia Ververs

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Toddias gift of gab and passion for people pleasing prepared her for her business career! She found she was able to create a satisfying and rewarding business right here in her own community! Selling WINE is just the bonus...

Graduating from Georgian Colleges Business Marketing Program, she is WSET level 1 certified and a certified Personal/Fitness trainer. She worked for 4 years in sales at an industrial construction company, where she was able to put her people skills to work and enjoyed success but didn't really enjoy the product she was selling.

Realizing she wanted to put her entrepreneurial spirit into action, a quick google search uncovered that a "Make Great Wine" business was for sale! Taking the plunge, she purchased the business and relocated it to 563 River Rd. West #3, Wasaga Beach - Where it is thriving today.

It is very exciting to announce that this local business will be celebrating 10 years of local service as of April 2023! Toddia makes sure to mention her 2 amazing employees "Ashley & JoAnn". They are her right hands, and she couldn't run the store without them.



But how did the youngest of 6 girls, born in a small town in New Brunswick, end up in Wasaga Beach?

Matthew Ververs of course!

Toddia met Matthew at Georgian College in 2008. After several years of dating Matthew proposed on a surprise scenic flight over their now family farm. "It is my favourite memory and something I'll never forget" exclaims Toddia! He had ploughed a message into the field "Toddia I love you; will you marry me?"!! That's the beginning to the beautiful life they have created together. Where it all began!

Toddia and Matthew now raise their young family locally. They have 3 beautiful children: Gunner, Corbin and Emery. In Toddia's words "they are all full of energy and love everything about the outdoors. Riding bikes, swimming or taking a hike is just a few of their favourite things to do"!



We can't forget to mention their fur-baby - Thunder! Thunder is a 13yr old Huskey/Rottweiler and he is such an amazing dog they wish they could clone him!

Toddia and Matthew love their neighborhood and live nearby on their 3rd generation family farm. They have been on the farm for the last 8 years and Matthew runs the farm full time. The best part of farm life and raising their family here, is what they are teaching their children. The children get to know where their food comes from and how it grows. They are also teaching their children how to take care of the land and giving them responsibilities to care for their farm animals.

They also love living in a neighbourhood of young families with children of similar ages. Plus, Toddia mentions "it's pretty neat to be raising their family where her husband has lived his whole life".

Toddia absolutely loves fitness. She even teaches 3 fitness classes a week in Elmvale at Motivationz Fitness. For volunteer work, she runs the fundraising for a Pre School-Nursery and volunteers at their local Church! A huge hockey fan, Mathew has played his whole life and now the kids all play as well.

The Ververs live an inspired an active life cherishing family and community most. Biking, four-wheeling and hikes are just a few of the numerous activities they enjoy.

The Ververs love of family, community and the people of Wasaga Beach makes having her business close to home all that more rewarding and special.




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Introducing Veronica's Flowers By the Bay

By Rhiannon MacLean • Photo submitted by Veronica Vescio-Wrigley

Veronica Vescio-Wrigley is celebrating her 3rd year in business! She is the new owner of Veronica's Flowers by the Bay here in Wasaga Beach; formerly known as Cathy's Flowers and Gift Boutique.

Almost 3 years ago, while Veronica was visiting Cathy (her friend), Cathy announced she was retiring, selling everything - this included her business.

In complete surprise, Veronica began asking Cathy several questions. When? Where will you be traveling? What kind of buyer are you looking for? This conversation went on for about an hour.

That's when Veronica quickly asked Cathy "What about me?" and that she could buy the business.

Cathy loved the idea, thought Veronica would be a perfect fit and that was it!! On her way home, Veronica called her husband David and said, "I think I just bought a flower shop"!!! Laughing he said, "I'm not surprised".

Her journey began, from owning her own painting and decorating business to a Certified Aging in Place Specialist and now a florist shop owner.

Veronica brings with her corporate business management, life coaching experience and customer service. Veronica has contributed to the community through volunteering with the Lions Club, VCARS; Victim Crisis and Referral Service with the OPP and the Wasaga Society for the Arts as a Protections Officer.

Veronica lives and works in Wasaga Beach with her husband David and their puppies Ellie and Tucker. They also enjoy their time off with their children and four grandchildren.

Veronica has transformed Cathy's Flowers and Gifts making it her own, with a new look, new design, new colours and rebranding.

Veronica's Flowers by the Bay, winner of the Wasaga Beach Chamber of Commerce Business of the Year Award 2022. Veronica's business continues to grow with her loving talented staff. Drop by to meet Veronica and her wonderful staff to say hello!

Let Veronica's Flowers by the Bay be your first choice for flowers, gift ideas from local artisans for those special occasions, events or just because!!! Offering online, telephone and walk ins, pick-ups as well as home delivery.



They have created a safe place for healing and hope for their communities, helping their customers through the journey of life as they celebrate all occasions, birthdays, births, anniversaries, and memorials.

Veronica's Flowers by the Bay proudly serves residents and businesses in Georgian Bay, Stayner, Elmvale, Collingwood and surrounding areas. They are family-owned and locally operated right here in Wasaga Beach. They are committed to offering only the finest floral arrangements and gifts, backed by service that is friendly and prompt because their customers are important. Their professional staff are dedicated to making your experience a pleasant one. That is why they always go the extra mile to make your floral gift perfect.

Veronica and staff are grateful for all their loyal and new customers and participation in the rebranding of the new name to Veronica's Flowers by the Bay. They would like to thank all who contribute to their continued success!

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January's Flower:
The carnation and snowdrop

January's Zodiac Sign:
Capricorn: December 22-January 19
& Aquarius: January 20-February 18

Colour of the Month
Dark Red

December 31, 2022

Ring in the New Year at Blue Mountain!

Celebrate New Year's Eve at the Annual Mountain top fireworks celebration over the Mill Pond at the stroke of midnight!

January 1, 2023

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January 1-8, 2023

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January 3, 2023 5:30-7:30pm

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Wye Marsh Wildlife Centre. 16160 Highway 12 East, Midland, ON.

Experience the sights and sounds that snowshoeing along their moonlit trails provides. After learning about the Marsh at night through hoots, chatter, coos, yips and howls relax by the fire!

January 10, 2023

Tech Tuesdays - Seniors Active Living Centre

Wasaga Beach, 1621 Mosley St.

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10am-12pm

January 13 & 15, 2023

Barrie Psychic Fair - Royal Legion Branch.

147 Ferris Ln. Barrie, ON.

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January 16 & 17, 2023

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January 21, 2023 8am - 12pm

Creemore Farmers' Market Bread Contest.

10 Caroline St. W, Creemore, ON.

Bring your loaf of bread (yeast bread) to the market by 9am for judging by the community.

January 21, 2023 10am - January 22, 2023 4pm

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4346 County Rd, 90, Springwater, ON.

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January 27, 2023 3pm - January 29, 2023 3pm

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FUN SKATING DRILLS FOR YOUR NEXT PRACTICE

By Grace Schulte

Skating is an essential skill in hockey. After all, you can't really play if you can't skate. Even though skating is so important, learning how to strengthen your skating ability can seem tedious and mundane. You can only do so many Russian Circles and power turn drills before you start to feel like they're unimportant. Luckily, there is an excessive amount of unique power skating drills that you can bring to your coach. Next practice, ask them if you can try some of these out! These drills can be done with or without pucks.

ONE LEG EDGE HOLDS

Start in the corner (any one of the five will do). Remember to have an explosive start, and skate towards the top of the circle. Once you reach the top of the circle, lift your right leg and keep it up as you follow the path of the circle. Challenge yourself to make it all the way around on one leg with your momentum! You can practice this drill on all four edges by changing which leg you hold up and which direction you go.




ONE LEG SLALOM

Start on the goal line and face the other end of the ice. Take a couple of strides and start to balance on one leg. From here, make small and powerful "c" cuts from your inside to outside edges and vice versa to propel yourself forward. The secret to this drill is in the name.

When a skier is slaloming, they are transferring their weight side to side when they make a cut. Focus on your weight distribution and challenge yourself to master this skill on both legs!

SHOOT THE DUCK

This drill is a little more popular. Start on the goal line again. Take a couple of strides, drop down into a pistol squat position, and hold as long as you can. The trick to this drill is finding your center of gravity. It might take a few tries, but it's great for practicing balance and control!

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Winter

WORD SCRAMBLE

By Emily Snider

Winter is a chilly season filled with snow, cozy nights indoors, and winter sports. What's your favourite thing to do during winter? Outdoor activities pause, for the most part, other than sports and outings that can be done in the snow. Pass the time of the long winter months by unscrambling these winter season words!

- WNOS 1. _____
- OFTSR 2. _____
- ACTO 3. _____
- TOH OCLETHACO 4. _____
- LABKSEATBL 5. _____
- GDNDLESI 6. _____
- PUOS 7. _____
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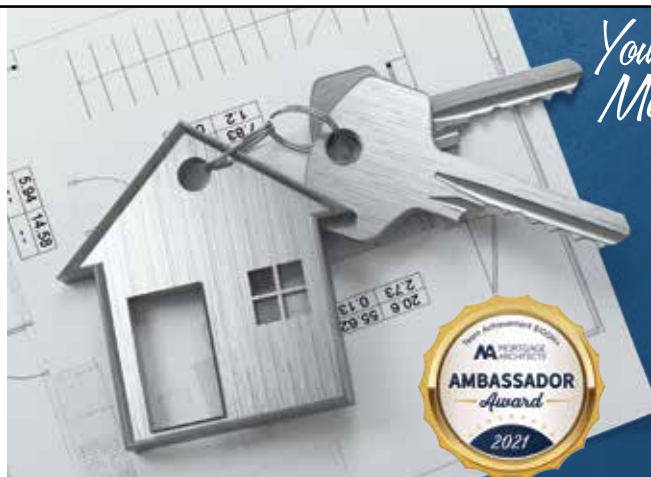


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Natural Home Cleaning Hacks to Help with Spring Cleaning

By Emily Snider



We live in a world overflowing with substances that can be harmful to the environment, humans, and to our furry family members as well. Whenever possible, I like to take a more natural approach to keeping my home clean and fresh. Here are a few natural hacks that are easy, cost-effective, and get the job done. And bonus, you probably already have the supplies around your home!

Get rid of shower head build-up with white vinegar

Use vinegar to dissolve the accumulated mineral deposits in your showerhead. Those deposits build up and can restrict water flow and reduce water pressure over time. Fill a plastic bag with white vinegar, secure it over the shower head with a rubber band and let it soak for several hours. The build-up should dissolve and easily rinse off.

Use baking soda to clean stainless-steel sinks

Sprinkle baking soda onto your wet faucet and sink basin and allow it to sit for a few minutes before scrubbing with a scrubby sponge. Adding a bit of salt to the baking soda will give it even more power.

Use newspaper and white vinegar to clean dirty windows and mirrors

Mix a quarter cup of white vinegar with two cups of warm water and two teaspoons of liquid soap in a spray bottle. Then just spray the mixture onto the window or mirror and wipe off with dry newspaper for a streak-free clean.

Use fresh lemon to remove water stains from faucets

Cut a fresh lemon in half and rub it on water-stained faucets to remove the marks and residue caused by hard water.

Use cream of tartar to clean toasters and kettles

Create a milky paste with cream of tartar and water. Rub the paste onto your stainless-steel appliances and then wipe away to return them to their original shine.

Use fresh lemon to clean your microwave

Cut a fresh lemon into quarters, squeeze the juice into a half cup of water and drop in the rind pieces. Microwave on high for three minutes and let stand in the microwave for an additional five minutes so the steam can loosen the grimy buildup. Then use a dry cloth to simply wipe the microwave out. When you're done, run them through your garbage disposal to give your kitchen a fresh lemony scent.

Clean your grill with vinegar and onion

Heat up your grill and then wet a small area by spraying on white vinegar to help loosen up the residue. Scrub the area firmly with the open face of half an onion. The acid from the onion will get rid of any leftover grub.

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HOT CRANBERRY ORANGE TEA

By Erin Vander Weele

Warm up with a comforting tea made with an immune-boosting blend of cranberries, oranges and spices.

Ingredients

- 12 oz. fresh cranberries
- 12 cups water
- 2 sliced oranges
- 1 cup honey
- 1/4 cup sugar (add little or more as needed for desired sweetness)
- 4 black tea bags
- 4 cinnamon sticks
- 1/2 teaspoon whole cloves

Directions

1. Bring cranberries to a boil in large stockpot. Simmer for about 30 minutes until cranberries are soft.
2. Add sliced oranges, honey, sugar, cloves, cinnamon sticks and tea bags to pot.
3. Let tea bags steep for 5 minutes and remove.
4. Simmer for additional 45 minutes with burner on low.
5. Strain using a cheesecloth and sieve.



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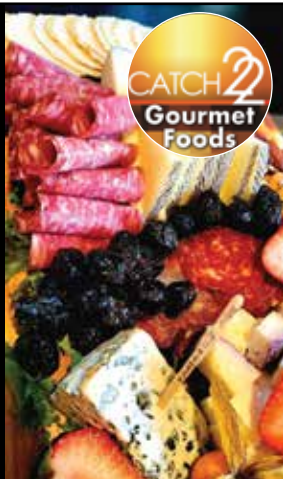
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ALL-PURPOSE BREAKFAST SMOOTHIE

By Rose Alexander

This is the easiest smoothie recipe in the world to remember because it's just one of everything! It's been my go-to weekday breakfast for years and I keep multiple varieties of frozen fruit on hand so I can swap them in and out. It works best with a high-powered blender.

Ingredients

- 1 cup cold tea (I use brewed green tea that I make in advance and keep in the fridge)
- 1 cup spinach (you could also use kale or any other dark, leafy green)
- 1 cup frozen fruit (my favourites are mango, cherries and banana)
- 1 Tbsp protein powder (I use whey protein isolate. Pea protein is also good, though it has a bit of an aftertaste that takes some getting used to.)

- 1 Tbsp hemp hearts
- 1 Tbsp ground flax seed
- 1 Tbsp chia seeds

Add all the ingredients to the blender in the order specified and slowly increase the speed, blending on high until smooth. Adjust the thickness to your preference by adding a bit more fruit or tea as needed.



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