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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 rmaclean@bestversionmedia.com.

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As we release the fourth issue of Wasaga Beach Living, it is very exciting to continue growing and connecting the community with all the things going on and highlighting our residents and neighbours. I often get asked about the relevance or popularity of print media in this ever expanding digital world. People often believe print has become obsolete. But in communities, local publications continue to thrive and are the top source of local news, events, people and local community.



Please share friends, family, stories and events so we can all continue to love our "Wasaga Beach Living" and the wonderful community we live in.

This is your magazine, your voice and your stories!

With Love,

Rhiannon MacLean

Publisher



Veronica's



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MEET SOME OF YOUR NEIGHBOURHOOD PETS

By Rhiannon MacLean

Meet this dynamic duo of Bernadoodle's!

Hello Indie! She is a 3 and half year old Bernadoodle. This daddy's girl just loves the outdoors, watching squirrels or birds and barks at them to play. She watches tv and mesmerized by National Geographic. She is beyond loyal and loves her sleep overs at Grandma & Grandpas house. She gets way more treats there!

Hello Stevie! This one and a half Bernadoodle loves everyone and everything! But especially his momma! This momma's boy can't get enough food, toys and belly rubs - and you better not stop rubbing his belly or you will get a swat! He is so easy going and super loveable. So easy going he passes gas while doing his morning stretches!

**-Submitted by Phil & Katrina Ruttan-Grainger
Selling The Bay Team of Re/Max By the Bay Brokerage Inc.**

Meet Ruby Rose!

She is a 4 year old French Bulldog born in the Ukraine! She loves hiking and riding in cars....but Miss Ruby Rose is VERY judgemental!

-Submitted by Iwona Handley of Beach Houze Paint & Design Studio Inc. (Benjamin Moore)

The Beach Loves it's Bernedoodles!

Remember Jasmine?? Our 5 year old Bernedoodle that goes to work with her mommy to say hello to everyone that visits??!! Well here she is being Jazzy!

I guess it's not all work and no play for this Beach Houze greeter!

This is how she loves spending her days off!

-Submitted by Gloria Shaw of Beach Houze Paint & Design Studio Inc. (Benjamin Moore)



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March's Birthstone: Aquamarine – but did you know that Bloodstone is an alternative birthstone! While they differ in appearance, the two birthstones symbolize strength and perseverance – perhaps fitting as we push through the last month of winter!

March Flower: Daffodil. Daffodils, sometimes called jonquils or narcissus, are the birth flowers for March. Because they often bloom in early spring, they symbolize new birth, beginnings, happiness, and joy.

March's Zodiac Sign:

Pisces: February 19-March 20

Aries: March 21-April 19

Colour of the Month: Green – Green associates itself with nature, growth and fertility. It is a symbol of spring, rebirth and renewal. St. Patrick's celebrated on March 17 has strong associations with the colour green and many think it connects to the Emerald Isle. However, the real reasons root themselves in politics and not leprechauns or shamrocks!

March 8, 2023

International Women's Day

Recognized and celebrated globally. This month's feature story highlights the women in our community making a difference.

March 11, 2023

World Plumbing Day

An international event initiated by the World Plumbing Council, held this day every year, to recognize the important role plumbing plays in societal health and community! Our local plumber sponsor is Intown Plumbing Call Gianfranco or Taylor today for all your plumbing needs!



March 12, 2023

Don't forget to "SPRING FORWARD" today and set your clocks one hour ahead at 2:00am- if not you may find yourself one hour late for everything!

March 16, 2023

After School STEM: Time To Code

@Wasaga Beach Public Library 4:30–5:30pm
120 Glenwood Dr. Wasaga Beach, On.

Children will get an opportunity to learn how to use coding toys, including Ozobots, Nanobots, Dash and Coder-pillar.

March 17, 2023

St. Patrick's Day

March 20, 2023

March equinox marking the beginning of SPRING!! On this day the sun stands directly over the equator. Why is it called "Equinox"? On the days of the equinoxes the Earth's axis is perpendicular to

the Sun's rays, meaning that all regions on Earth receive about the same number of hours of sunlight. In other words, night and day are, in principle, the same length all over the world. Derived from Latin, "equinox" means "equal night".

March 22, 2003

Anime Club

@Wasaga Beach Public Library 6:30–8:00pm
120 Glenwood Dr. Wasaga Beach, On.

The Teen Anime club is a place to hang out and talk about your favourite shows and movies. Each month is a different genre, watch a couple of episodes of an anime in that genre and then have a discussion about it. This month's theme is: Miyazaki Films

March 23, 2003

After School Arts & Crafts Club: Paper Roll Owls

@Wasaga Beach Public Library 6:30–8:00pm
120 Glenwood Dr. Wasaga Beach, On.

Why can't Owl go to sleep? Join this event to read Good Night Owl and make your own owl friends.

March 29, 2023

Homeschool Meet-Up

@Wasaga Beach Public Library 6:30–8:00pm
120 Glenwood Dr. Wasaga Beach, On.

Join Wasaga Beach Homeschooling families, as they gather monthly, for the opportunity to network, share resources, activities and establish social connections.

Best Version Media reminds you it is the perfect time to check the batteries in your smoke detectors and carbon monoxide monitors while you are resetting your clocks.

Have an upcoming non-profit event?

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IN THE COMPANY OF WOMEN

Meet Some Lady Beach Bosses

By Rhiannon MacLean



March 8th, 2023 marks International Women's Day. This is a day to globally celebrate the social, economic, cultural and political achievements of women. This day also marks a call to action for accelerating gender parity (which is equal ease of access to resources and opportunities regardless of gender, including economic participation and decision-making. The valuing of different behaviours, aspirations and needs equally, regardless of gender).

Annually on March 8th, International Women's Day, is a day of the year where we celebrate women forging change. A day to elevate visibility of women creatives, showcase and encourage workplaces where women thrive. A need to educate the importance of women's empowerment, women's choice in health and applaud equality for women in sport.

Break the bias and embrace equality.

The origins of this call to action run deep and radical. Initial gatherings occur as far back as March 19, 1911 as a series of European marches with millions of attendees who wanted to end discrimination against women by allowing them to work, vote and hold public office.

While the goal of gender parity remains constant, and not far from it's activist roots, this day now belongs to the world and is just as important in 2023 as it was in 1911. We now celebrate women's accomplishments, achievements and accelerate gender balanced lives.

Why is this day Important:

*Every year explores a theme. A specific theme allows a more specific focus on challenges and issues.

*The long history, allows us to see how far we have come and understand how far we still need to go.

*Allows us to celebrate and showcase accomplishments.

*It allows us to educate, develop initiatives or simply learn about more focused topics. *Awareness.

*Connect, network, collaborate.

*Become self aware. Be the change you want to see.

*TAKE ACTION!

In honour of International Women's Day on March 8th, 2023, "Wasaga Beach Living" is celebrating some of our local sponsors who have played a critical role in building our community. Although women are worthy of recognition all year round, March is a time that women everywhere are recognized for their unique contributions to history, culture and highlight individual achievements.

Have you celebrated the women in your life recently? Now is the perfect time! Let's cheer on our mothers, sisters, wives, girlfriends, co-workers and bosses that do amazing things everyday in shaping our lives!



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Meet some Local Women Business Owners and Entrepreneurs from diverse backgrounds, as we highlight the Beach Businesses they own or the Local services they provide. Each woman plays an important role in our community, and we honour their achievements. These women are also some of the sponsors to "Wasaga Beach Living" and have been instrumental in bringing our magazine to you, our readers, as a source of local stories and community connection.

Here are these amazing and inspirational women whose achievements serve to constantly inspire and empower:

Anna Bond - Re/Max By the Bay/AnnaAndBobby.com
Brenda Bullions - Merle Norman Cosmetics & Day Spa
Kathy Chiasson - Dr. John L. Chiasson Dentistry
Elizabeth de Groot & Cassandra de Groot - de Groot Wealth Management of RBC Dominion Securities
Darlene Doner - Crewson Insurance Brokers
Cheri Dopp - Wasaga Beach Foodland
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Sarah Robinson - The Foot Clinic
Marilyn Ruttan - Re/Max By the Bay, Broker of Record
Doris Sensenberger - The Iron Skillet
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Amanda Sutton - The Baker's Bench
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Toddia Ververs - Make Great Wine
Ashley Wray - Crewson Insurance Brokers
Veronica Vescio-Wrigley - Veronica's Flowers By The Bay

These women entrepreneurs and small business owners are inspiring, strong local residents that call Wasaga Beach home and are Wasaga Beach Living!

Thank you for your achievements and what you bring to our community!

We congratulate for all you have done, all you do and we wish you continued success!



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Soccer Skill: Juggling

By Kat Beasley

I've never been near a soccer ball that I didn't want to flick up and start to juggle. I like to juggle on the top of my foot, knees and head while counting how many touches I can get before it falls. Follow the steps below and you can learn how to juggle too!

When I juggle, I start off flicking the ball up with my feet. For now, start with the ball in your hands. You can always learn how to flick the ball up using your feet later.

To get started, lift your knee up towards your chest and stop at belly button height. Then, hold the ball over your lifted knee.

Next, drop the ball on top of the quadricep on the lifted leg. Using the surface of your quads is the best way to keep the ball from flying into your neighbour's yard.

Repeat this a few times to understand how the ball bounces off your leg.

Once you understand how the ball bounces on your leg, try again with your knee lowered down instead of lifted up. This time, when you drop the ball, you will lift your knee at the same time. After you chase the ball around your yard a couple of times, give yourself a goal. Start off small: try to get three juggles in a row. I promise, you will not want to stop until you reach your goal!



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HOMEMADE PEANUT BUTTER CUPS

By Rose Alexander



Peanut butter cups are one of my favourite treats, and they're surprisingly easy to make at home. You can use whatever kind of chocolate you like, and if you have extra time, you could even try your hand at tempering it!

Ingredients

1 ½ cup creamy peanut butter

1 cup icing sugar, depending on peanut butter texture

1 cup (8 oz) chopped milk chocolate

½ tsp salt

Line a mini-muffin tin with 18 paper liners and set aside. If you want smaller cups, trim them down to half their height and fill the entire muffin pan.

Gently melt the chocolate over a double boiler. Spoon a dab of melted chocolate into each liner, using the back of the spoon to drag it up the sides. Make sure the shell is even and reasonably thick, avoiding streaky thin spots. Let it set completely.

While the chocolate sets, mix the peanut butter, icing sugar and salt together. Spoon the peanut butter into each cup until just shy of level with the top.

Top each cup with a little more melted chocolate to seal (you may need to re-melt it if it has solidified). While the chocolate is still sticky, add sprinkles, nonpareils or other decorations. Let set completely, and store at room temperature to prevent fat bloom.



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