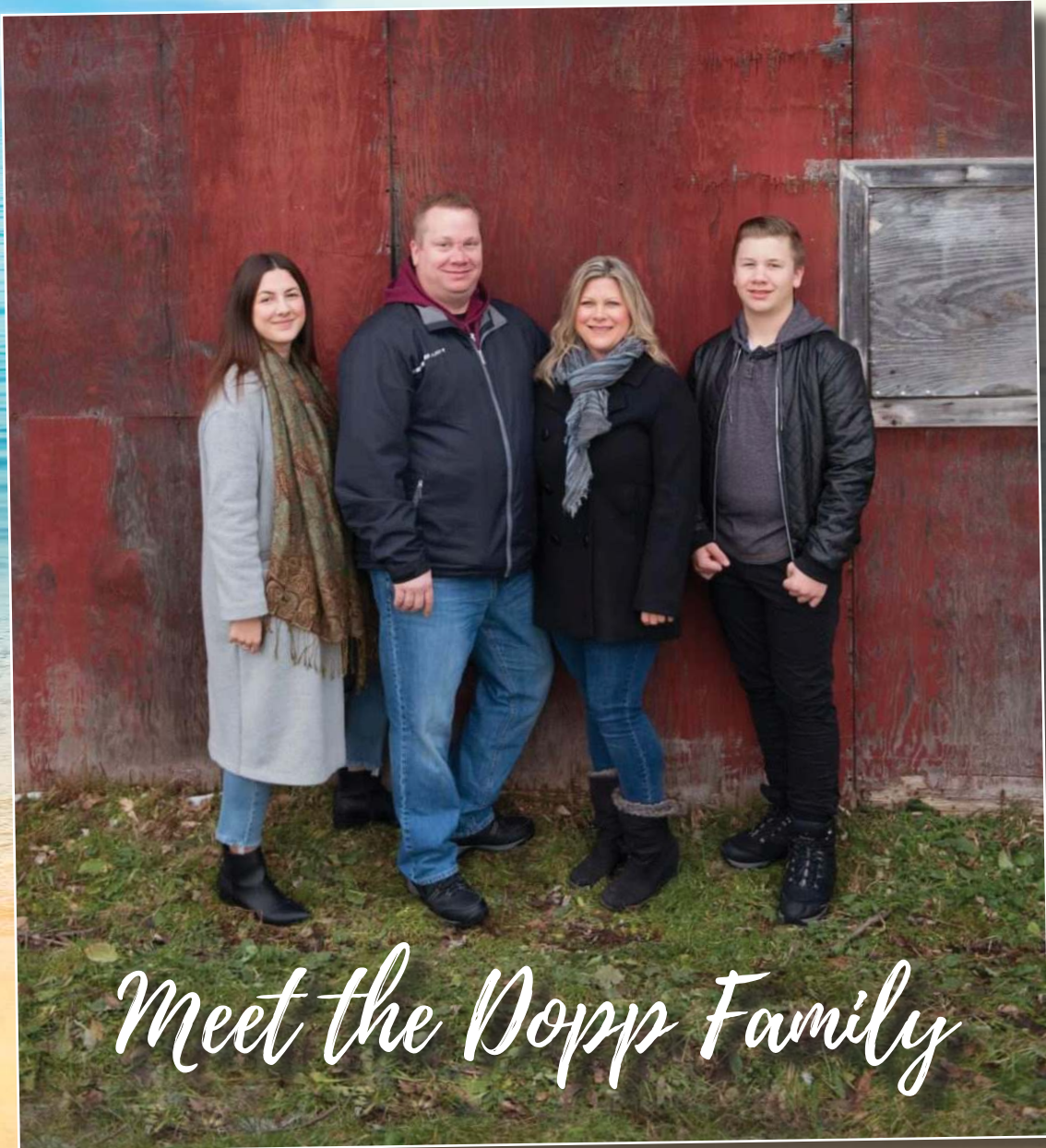


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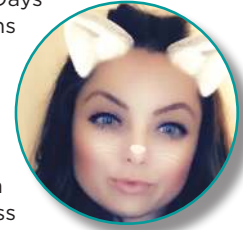
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It's time to get your rubber boots and splash in the rain!!

April means spring is about to begin. Days get longer, hopefully hotter and it means we can officially say goodbye to winter. Generous amounts of rain tend to fall in April, ushering in the new growth of spring. But "April Showers Bring May Flowers"! There is something so refreshing about a rainy spring day, isn't there? When the grass starts to green and the freshness creeps in after the desolate winter. You feel good, we feel good - everyone is just happier! There is perhaps something symbolic about spring. It brings rebirth, renewal and rejuvenation as the snow starts to melt and our beautiful earth starts to bloom.



I am overwhelmed with gratitude as our magazine, Wasaga Beach Living, continues to grow. We are focused on "bringing people together" and community. The essence of Wasaga Beach is the very definition of community. Our residents share common interests of nature, work and play. With Earth Day coming up on April 22, here in Wasaga Beach we have plenty to protect. We picnic under postcard worthy trees. We hike through pristine paths and observe an amazing array of plants, birds and other wildlife. We sun ourselves, walk our dogs and ride our bikes on the most beautiful beach. We boat, fish and watch sunsets on gorgeous creeks and rivers. We live in a special place. Our community...where we get to enjoy Wasaga Beach Living for years to come.

Love, your publisher,

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Publisher

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EASTER BUNNY STEP ASIDE...MEET OUR LOCAL DOG BUNNIES!

By Rhiannon MacLean

Hello Pickle the pug!

Pickle is 5 years old and loves being around all the neighbourhood kids. Throw a ball and pickle, may not be the fastest, but is excited to go and retrieve it! He snores louder than daddy and even wakes himself up with his snorts! This pug takes each day in stride and just wants to love and kiss you...his snorts are just the cutest!

Hello Bentley!

Sir Bentley is a 3 year-young and active poodle shih tzu. He is spoiled, cuddly and always wants to high five. He loves his momma and will do anything for another treat - just ask and he will roll over, kiss or even smile!

Ciao Dolce!

Dolce just turned 7! He loves to sleep, sleep and more sleep! Anywhere he can close his eyes and catch some zzzz's is where you can find him! This lovable and always tired fur friend loves cereal and pineapple! Did we mention he loves to sleep!





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April



APRIL FUN FACTS!

How did April get its name?

The Romans called the month of April, Aprilus. It is believed to come from the verb aperire, which means to bloom or open.

APRIL'S BIRTHSTONE: The Diamond, or better known as a "girl's best friend" representing innocence.

APRIL'S FLOWER: Daisy & Sweet Pea - Sunny faced daisies are often found popping up in fields in April, signifying the start of the blooming season. While sweet peas begin their tender climb, sprouting their first tendrils from the dirt this month.

APRIL'S ZODIAC SIGN:

April 1-19 ARIES "The Ram:" • April 20-May 20 TAURUS "The Bull".
COLOUR OF THE MONTH: White, Yellow and Red.

**APRIL 1
APRIL FOOL'S DAY!....BEWARE OF THE TRICKSTER!**

Today is a day to play mischievous pranks on family and friends (and hopefully get away with it)!! "April Fool's Day", or "All Fools' Day", is an annual custom on April 1st consisting of practical jokes and hoaxes. Jokesters often expose their actions by shouting "April Fools!" at the recipient. The origins of this most foolish holiday date back to the 1700's.

**APRIL 1
COMICON 2023**

Collingwood Comicon, Royal Canadian Legion - 490 Ontario St. Comic Convention! Be a nerd!! Bring donations & help support the local food bank. Toys, comic books, games, sport cards and jewelry.

**APRIL 2
WORLD AUTISM AWARENESS DAY**

World Autism Awareness Day seeks to raise awareness of autism spectrum disorder (ASD) and to improve the lives of those who live with it. Autism refers to a lifelong brain development disorder that affects social interactions, learning, routines, and communication. World Autism Awareness Day was designated by the United Nations in 2007 to help end stigmatization and discrimination against those with autism. It is part of the UN's Agenda for Sustainable Development, which pledges to leave no one behind. World Autism Day is observed annually on April 2nd. Wear blue in order to support World Autism Day. The colour blue is internationally recognized as a symbol of support for World Autism Day and it is accompanied by the catchphrase "wear blue, April 2".

**APRIL 7
GOOD FRIDAY**

Today is a Christian religious holiday commemorating the crucifixion of Jesus Christ and his death. Good Friday occurs two days before Easter Sunday.

**APRIL 9
EASTER SUNDAY**

Today is also a Christian religious holiday commemorating the resurrection of Jesus.

**APRIL 10
EASTER MONDAY**

...and Why do we have Easter Eggs?
Eggs symbolize new life.

**APRIL 10, 1912
THE SINKING OF AN UNSINKABLE SHIP**

The RMS Titanic set off from Southampton, England, for New York City on its maiden voyage. Four days into the crossing on April 14th, the Titanic struck an iceberg near Newfoundland. It sank in the early morning hours of April 15th, 1912.

APRIL 11, 1970

Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line "Houston, we've got a problem here" was initiated.

**APRIL 22
EARTH DAY**

This is the only planet we have and this day is dedicated to the protection of it. We must come together in partnership for the planet. Businesses, governments, and civil society are equally responsible for taking action against the climate crisis and lighting the spark to accelerate change towards a green, prosperous, and equitable future. We must join together in our fight for the green revolution, and for the health of future generations. The time is now to Invest In Our Planet. Take action!

**APRIL 29 8AM-5PM
THE ELMVALE MAPLE SYRUP FESTIVAL**

Flos Elmvale Community Arena, 14 George St. Elmvale, ON. The Elmvale Maple Syrup Festival is a fundraising event whose proceeds support projects which contribute to the physical, intellectual, cultural, emotional or spiritual well-being of the community.

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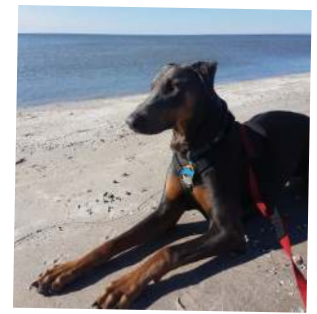


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ARE YOU A MEAT LOVER OR ARE VEGETABLES YOUR WEAKNESS...FINDING LOVE IN “FOOD”LAND!

Meet Mike and Cheri Dopp

By Rhiannon MacLean • Photos supplied by Cheri Dopp

Now that I have your attention, this isn't a story about steak and potatoes or veggies and dip. This is Mike and Cheri's story. Their love story that started in a local grocery store over 20 years ago.

Mike, born in Brampton, was raised in Orangeville, Ontario. Eventually starting working at the local IGA grocery store as a “bag boy” and cashier. As he worked his way up the “food chain” he went on to be the clean-up kid in the meat department, the Butcher and eventually the Store Manager. Enter Cheri. She moved to Orangeville from Thunder Bay, Ontario and joined the IGA team. She started in the deli department and then became the seafood manager. I guess the rest is history and after 20 years together, 2 children, 1 dog and 2 cats maybe all you single people should head to our local Foodland (which they own here in Wasaga Beach) to find love!

Maybe the secret to finding your “Sole-food”...cross that out... finding your soulmate is to find someone who you can have fun with at the grocery store. Meet in produce, laugh in the freezer, or talking to each other at check out. Mike and Cheri found marital bliss and hey maybe you can too in aisle 10 beside the milk and eggs!

These two are now the proud and local owners of Foodland right here in Wasaga Beach and after celebrating 10 years of franchise ownership, there is no doubt these two will celebrate many more.

Although Cheri will always be the apple of Mike's eye, they are no longer two peas in a pod! They have 2 children, Baily who is 24 and Jacob now 15. Of course we can't forget to mention their fur babies: Dozer, Miko and Myla. Dozer, who was a recent pet corner feature in our Wasaga Beach Living January 2023 issue, is their 6

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year old Blue Doberman Pinscher (and probably the apple of Cheri's eye...Sorry Mike! and Miko who is 8 and Myla 7 their Siamese cats.

Talk about a full plate!

Cheri and Mike love living in Wasaga Beach. Cheri tells me "It's about the people and the community. Not to mention the beautiful beach and landscape".

These local business owners also give back. They sponsor the Wasaga Stars, who Mike actually coaches and Cheri has been a trainer for over 10 years.

There's more...

This family also sponsors the Stayner Hitmen Lacrosse team, the Georgian Triangle Humane Society, our local Snowman Mania, Wasaga Beach Cruisers Car Club, Wasaga Beach Ministerial Food Bank and much more. Mike has even done the polar plunge to raise money....

We at Wasaga Beach Living are proud to feature another amazing family and local business owners that are right here in our community. Our residents continue to provide plenty of food for thought that we have amazing residents and neighbours living here in Wasaga Beach. Visit them today at Foodland on 711 River Road West.

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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.



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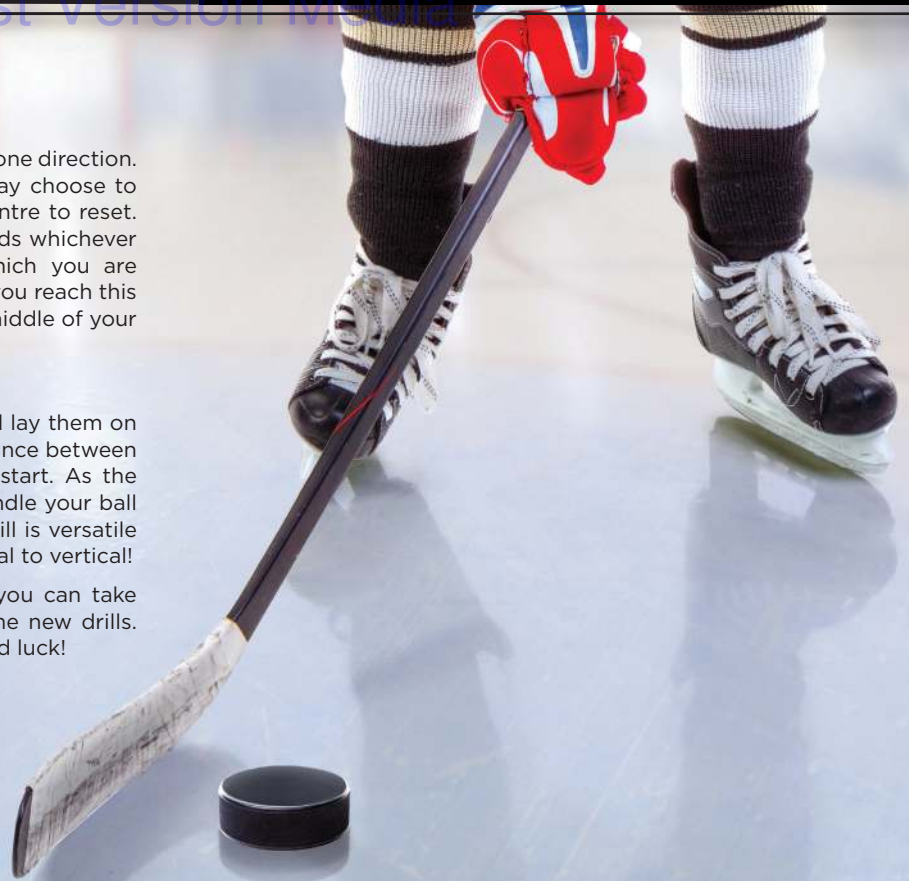
AROUND THE WORLD

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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Easter Activities for Young Children



By Grace Schulte

Easter is an incredibly fun holiday; afterall, it involves colourful eggs, fun games, treats, and most importantly, the Easter Bunny. Every year, the Easter Bunny works very hard to deliver goodies to each and every child. That being said, it's very important that you and your children prepare your home ahead of time so the Easter Bunny feels welcome! Here's an idea for a fun activity to get you started that's perfect for younger children.

Plan a day where you can spend time with your kids creating fun Easter decorations. Set up a few stations around your kitchen or dining room. Each station can feature a different decoration. For this activity, useful crafting materials include: colourful pipe cleaners, fuzzy pom poms, glue, markers, paint, googly eyes, construction paper, safety scissors, and anything else you think might be fun to use!

Station #1

Use some old cardboard boxes and cut out large eggs from it. Try using the fuzzy pom poms and glue. The colours of the pom poms against the cardboard will look really cool! If you think your child could benefit from a little guidance, you can always take a black marker and draw outlines onto the egg for them.

Station #2

If you're worried about how messy paint is, try this. Start by having your child or you draw an egg on a piece of white paper with a black marker. Then place different coloured blobs of paint on that paper and slip it into a large plastic bag. Your kids can then use their fingers on the outside of the plastic bag to paint the egg



without any mess! You can take the finished product and leave it to dry somewhere safe afterwards.

You can take this one step further if you'd like to have a bigger picture. For this, you'd have to either have painter's plastic lying around or purchase some. Start by taping the picture onto the table or another flat surface. Then, take the plastic and cut it so that it is smaller than the piece of paper by about a half-inch on each side. Now you can add your blobs of paint! Gently lay the plastic on top of the picture and tape down the sides firmly so that no extra paint escapes. Then the rest is up to your kiddo!



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Cranberry Peach Pomegranate Mocktail

By Amanda Griffin

A super refreshing mocktail that's nothing short of an explosion of tangy and sweet flavour. It's great alone or mixed with vodka or gin, or you can substitute champagne for the ginger ale for a delicious champagne cocktail.

Ingredients

- 1/2 cup frozen fresh cranberries
- 1 cup frozen fresh peach slices
- 2 cups pomegranate juice
- 1/2 tsp freshly crushed or grated ginger
- 1 litre (3 cans) of dry ginger ale
- 8-12 ice cubes



Directions

1. In a blender, combine cranberries, peach slices, pomegranate juice, and ginger. Puree until all pieces are crushed
2. Add ice to blender and do several pulse bursts to rough chop the ice cubes.
3. Combine blended mixture with ginger ale and stir. Pour into glasses and enjoy!

Ideas for stepping it up a notch

- Serve in sugar-rimmed glasses or flutes
- Garnish with orange, lemon, or lime slices, a few pomegranate arils, or a sprig of fresh mint

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