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Rhiannon MacLean



Jeffrey Jones



Kate Steen

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**A welcome message from Wasaga Beach Living to our new readers!**

Spring is finally upon us and with it comes the promise of warmer weather, growth and rejuvenation. After a cozy winter spent indoors, now is the time to breathe in the fresh air, admire the blooming greenery and remember that the refreshing spring showers bring May flowers. Get outside and explore our beautiful Wasaga Beach!

Spring brings rising temperatures, longer days, and new beginnings. May is our 6th issue of "Wasaga Beach Living", and we are excited with our continued growth and distribution expansion. Our goal is simple "Bringing People Together" by highlighting local events, sports, businesses, and residents.

We are delighted that you are joining us as readers and welcome contributions. This is about our community, our neighbours, our stories, and our Wasaga Beach Living.



Also, in honour of Mother's Day, Sunday May 14, 2023, we want to celebrate all the mother's, grandmothers and stepmothers out there. My mom raised us based on values, principles, and morals she had learned in life. She didn't know everything about parenting, some of it was trial and error. But no matter what - she always just wanted to be "mom" our mom. Thank you mom for teaching me each and everyday about unconditional love, kindness, patience and forgiveness. I love you, and I wouldn't be who I am today without you.

*Rhiannon MacLean*

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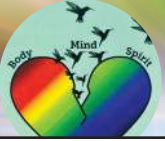
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- Marilyn Monroe

## A BEAUTIFUL HOT MESS: Meet Kate Steen

By Rhiannon MacLean • Photos supplied by Kate Steen

**Your life, your journey, and your story are unique to you. We don't all travel down this universal path and there isn't a one-size fits all blueprint. Your superpower is being perfectly imperfect.**

**I ask you - If your life was a book, what would you title it?**

**Kate Steen's book would be titled A Beautiful "HOT MESS"!**

A perfect title for this University of Toronto Psychology major and Neuro-Science minor who also had a passion for swimwear, fashion, photography, and an unconditional love for animals. Her myriad of talents and passions had her torn between her science side and her creative/



design side and left Kate searching to find calm to her storm, organize the chaos and clean up the cluster! She felt like a hot mess.

The Urban dictionary defines a hot mess as: "When one's thoughts or appearance are in a state of disarray, but they maintain an undeniable attractiveness or beauty." Sounds like Kate.

Let us share Kate's story of how she embraced the hot messes in her life, allowed herself to be an ever evolving "under construction" work in progress. This self proclaimed "Hot Mess" has weathered the ebbs and flows yet with the combination of grit, talent, vision, and luck she has managed to thrive.

Katherine Steen, known as Kate Steen, started modelling in her teens after a local modelling agent asked if she could take her picture. Within two weeks Kate landed the cover of a European Bridal magazine, commercials, film and TV work. This was the start to her very lucrative career in modelling and acting. She went on to be featured in Venus Swimwear, Bonne Belle Cosmetics, Alfred Sung, Cash for Life tickets to name only a few. Kate graced multiple magazine covers and was featured in Self, Vogue, and Today's Bride. Her television roles and movies include Relic Hunter, Who's the Mayor, The Crooked E, Three to Tango, Scare Tactics, Dr. Cabbie and a regular cast member on Howie Mandel's hidden camera show "Howie Do It". She has been cast in over forty Canadian & US National commercials from Miller Lite to Advil. Kate was also known around the world as being Canada's first pin up girl for the Canadian military and nicknamed "Canada's Secret Weapon". She has a substantial body of work - just google her name to see countless photos and accolades.

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*....Not Just a Pretty Face!*

Modelling aside, Kate has always had an unconditional love for animals and makes every effort to be a voice for them whenever possible. She is a member Toronto Pig Save, Toronto Chicken Save, Toronto Cow Save, Peta and IFAW. In the summer of 2011, Kate, along side the Humane Society, spoke in front of Mississauga City Council on behalf of Peta. She told the story of Tikki, her French Bulldog, who came from a puppy mill and was sold at a pet store in Mississauga. She exposed the devastating effects of puppy mills and because of Tikki's story bylaws were passed in both Mississauga and Toronto restricting the sale of cats and dogs in pet stores brought in from unregulated mills. Pet store in the city will now have to acquire dogs and cats under adoption programs through the Humane Society or other animal rescue groups with proper documentation.



*....more mess!*

In 2010 Kate started working on her very own line of swimwear and started photographing models wearing her creations. In 2013 Hot Mess Swimwear, was born along side Kate's underwear line, Cheeky Tikkis and her HOT MESS Cosmetics line.

Finally, Kate opened her first retail location in 2017 which has expanded to include all her passions - Swimwear, Photography, Cosmetics and Design. Appropriately named "Hot Mess" and is right here in Wasaga Beach 3081 Mosley St. #3 - you can't miss the hot pink signs!



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**Happy Birthday Molly!**

Molly just turned 1 on March 30 and she is a 1 year old Sheep-a-Doodle! She loves people and being the "boss lady" beside her mommy at Auto Tech 'N Tire. Molly also loves sleeping in her toddler bed and even has one at work! This lovable Sheep-a-Doodle also loves being a sister to her two big brothers Brandon & Dawson!

**Submitted by Debra Harrison,  
Auto Tech 'N Tire**



**Hello HUGO!**

Hugo is a 2 year old "Blue" French Bulldog! He is a loyal companion and loves to receive affection. He will perform all sorts of tricks for treats and is very friendly. Hugo enjoys walks, chasing squirrels in the backyard, and playing games like tug of war with his rope toys. He is very curious, but cautious, and has a sensitive demeanour. His hobbies include sailing with mum and dad, going to the beach and naps around the house. He is definitely the heart of our home!

**Submitted by Jaime and Jason Ruttan,  
RE/MAX BY THE BAY Brokerage**



**Happy Heavenly Birthday Tikki "Tik-A-Loo"!**

This May 27, 2023 we remember and celebrate Tikki. Tikki, a French Bulldog, would have been 17. Tikki, a Broccoli Lover and Broom Destroyer, was the soulmate to her mama Kate Steen and will forever be remembered. Happy Birthday Tikki Banana, Tidally Winks, Tootles and mama's says "My Sweet Tik, you are forever and always my greatest love!"

**Submitted by Kate Steen,  
HOT MESS Boutique & Beauty Bar**



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# SUMMER YOGA GUIDE

By Grace Schulte

Yoga can have great benefits for the body. Believe it or not, there are actually some yoga poses that can encourage cooling your body's core temperature.

Here are a few poses you can try out this summer!



## Prasarita Padottanasana (Standing Wide-Legged Forward Bend)

From standing, spread your legs out wide on your mat with your feet parallel to each other. Slowly bend forward and bring your hands to the ground. You can bend your knees if you need. Take 5-10 deep breaths in this position.

## Balasana (Child's Pose)

You may have heard of this pose before, it resembles a fetal position. With your knees bent, sit on top of your heels keeping your ankles and knees close together. Slowly lean over your knees, reaching your hands and arms out above your head against your mat. Gently tuck your chin into your chest to encourage natural breath. Stay in this pose for about one minute.

## Supta Jathara Parivartanasana (Supine Spinal Twist)

Lie down on your back and hug your knees to your chest. Keeping your knees bent, gently bring both your legs to one side. Turn your head to face the opposite direction of your knees, keeping your shoulders grounded to your mat. Your limbs don't need to stay stuck together, they may separate to release any tension. Allow your body to relax into the pose. Try taking 5-10 breaths on each side.

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**May is MS Awareness Month!**

This May, Canadians are rallying to raise awareness of what it means to live with Multiple Sclerosis. Advocacy efforts are underway to affect systemic change, and volunteers across the country are spreading awareness and inspiring action in their communities. The MS Society of Canada is committed to ensuring Canadians living with MS, and their families, can participate fully in all aspects of life - remove barriers and improve policies. From coast-to-coast, we should all promote MS awareness. Together we can work towards the cure while empowering people affected by MS to live their best lives. There is always more that can be done to spread the word, share knowledge about research and progress in treatments, and to support those affected by MS. We all play an important role in this continued effort - No one has to face MS alone. From connecting with others affected by MS in your community to participating in fundraising events or giving financially - find your place in the MS movement - get involved! Together we can reach the goal of ending the disease forever.

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**May 3 4:30-5:30PM**  
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**DIGITAL PHOTOGRAPHY 101**

Wasaga Beach Public Library, 120 Glenwood Dr.  
 Join professional photographer Bryan Davies for a four-session series on how to improve your digital photography. You will learn techniques for good exposure, lighting, composition, and portraits.

**May 6 10:00-12:00PM**  
**JASON GEORGE PHOTOGRAPHY**

Wasaga Beach Public Library, 120 Glenwood Dr.  
 Children's author and nature photographer Jason George will be visiting to share photography tips & help kids become better photographers.  
 Registration recommended.

**May 9 11:00-12:00PM**  
**COMMUNITY TRAIL CLEAN-UP**

14 Ramblewood Drive (parking lot, west side), Wasaga Beach, ON.  
 To celebrate the Provincial Day of Action on Litter, join a community clean up along a trail in Wasaga Beach.

**May 9 7:00PM**  
**WASAGA BEACH WRITERS CLUB**

Wasaga Beach Public Library, 120 Glenwood Dr.  
 Experienced and amateur writers are welcome to share their writing, seek critiques and enjoy the creative process.  
 Open to adult writers 18+

**May 10 6:30-8:00PM**  
**VISION BOARD WORKSHOP**

Wasaga Beach Public Library, 120 Glenwood Dr.  
 A vision board is a collage of images, words, positive affirmations, and symbols that represent your goals and aspirations. Vision

boards can be a powerful reminder of what you want to manifest in your life. In this workshop, participants will create their own vision board - focusing on specific areas in their lives such as career, home life, spiritual growth, health & wellbeing, or relationships.

**May 11 4:30-5:30PM**  
**AFTER SCHOOL STEM: Tallest Tower Challenge**

Wasaga Beach Public Library, 120 Glenwood Dr.  
 Put your skills to the test! Use your design, building and engineering skills to see how tall of a tower you can build with the materials provided.  
 Ages 5+  
 Registration Required.

**May 14**  
**MOTHER'S DAY**

Today is a special day to appreciate, celebrate, show gratitude and honour mothers, grandmothers, and step-mothers in our lives.

**May 18 1:00-2:00PM**  
**GUIDED NATURE WALK**

Schooner Town Trail, 28 Sunset Court, Wasaga Beach, ON.  
 Take part in a 1.5 hour guided nature walk! Embrace nature, socialize, and feel better mentally and physically. Led by Free Spirit Tours, the group will explore local trails in the Wasaga Beach Provincial Parks.

**May 23 6:30-10:00PM**  
**THE FREAKIN BEACON BIKE NIGHT 2023**

Beacon Restaurant - 146 45th St. N, Wasaga Beach, ON.

**May 24 6:30-8:00PM**  
**ANIME CLUB - SPORTS ANIME**

Wasaga Beach Public Library, 120 Glenwood Dr.  
 The Teen Anime Club is a place to hang out and talk about your favourite shows and movies. Each month is a different theme - May is Sports Anime. Come watch a couple episodes of anime and join the discussion with your friends!

**May 25 4:30-5:30PM**  
**After School Arts & Crafts Club: Flying Superheroes**

Wasaga Beach Public Library, 120 Glenwood Dr.  
 Come use your imagination to help fight off The Scribbler in Tom Fletcher's book! Then use your own creativity to make a flying superhero you can take home.  
 Registration required.

**May 27 10:00-4:00PM**  
**WASAGA ARTISTS**

The RecPlex, (Oakview Hall & Meeting Room), 1724 Mosley St.  
 Wasaga Artists invites everyone to join the celebration of their 50th Anniversary! Original artwork for show & sale, musical entertainment, cake, and refreshments!  
 Free Admission  
 For more information contact earlenemartin@gmail.com  
 www.wasagaartists.ca

**May 30 7:00PM (doors open at 6:30PM)**  
**TRIVIA NIGHT**

Wasaga Beach United Church, 380 Zoo Park Rd.  
 Prizes & Share the Wealth Draw  
 Tickets \$10 and all proceeds going to "My Friend's House", a non-profit agency offering support for abused women with or without children living in the Georgian Triangle.

**May 31 1:00-3:00PM**  
**HOMESCHOOL MEET-UP**

Wasaga Beach Public Library, 120 Glenwood Dr.  
 Are you looking to connect with the local homeschooling community? Here's your chance! Join Wasaga Beach homeschooling families, as they gather monthly, for the opportunity to network, share resources, activities and establish social connections.

**Have an upcoming non-profit event?**  
 Please send your information to [rmaclean@bestversionmedia.com](mailto:rmaclean@bestversionmedia.com)



# 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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WORD SEARCH:

# Early Summer Flowers

By Mandi Blake

I A Q L I N S G Z P T V A H B  
 F E S W F R E T H D I K S F M  
 U Y C G D Y I F V A C U T R J  
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| ALLIUM    | DELPHINIUM |
| ASTILBE   | IRIS       |
| AVENS     | PEONY      |
| COLUMBINE | POPPY      |
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