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Flip Flops, Bathing Suits, Beach Blankets and ice cream... July puts us in a sunshine state of mind!

SUMMER IS HERE!! Time to relax, unwind, and unplug from the crazy schedules we all keep. The temperature is heating up, along with the humidity - but find joy in an afternoon rain shower as they make great backdrops for napping. Get out in the sun!! Spend days lounging poolside, or at our amazing beach. Perhaps do some boating or have a sweet treat at our favourite ice cream shop. All are great summer past-times to help cool us off.

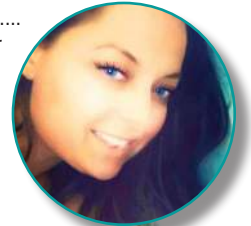
With less hectic days, take the time to explore places right here in our backyard. There are so many things to see, explore, eat or shop!

Our readers and sponsors are proud of the community we live in. We at Wasaga Beach Living are proud to showcase, discover and celebrate YOU, our readers and the businesses here in Wasaga Beach!

Enjoy your summer, soak up the sun... you'll find me floating in the cool water somewhere!

Love, Rhiannon, your local publisher

Rhiannon MacLean



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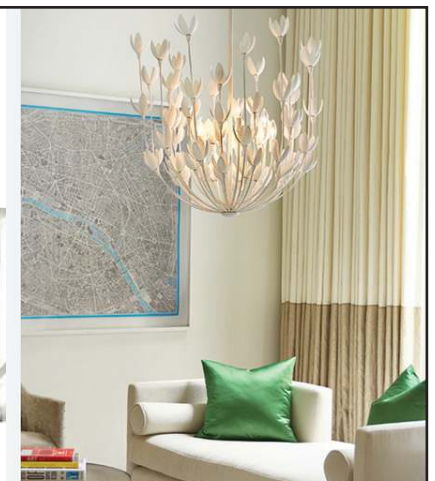
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Photos by Kate Steen



HERE'S THE SCOOP ON KAREN & PAUL VACCARI... and How Wasaga Beach became their home sweet home.

By Rhiannon MacLean • Photos supplied by Karen & Paul Vaccari

For over 30+ years Karen and Paul Vaccari had very successful corporate careers, with an impressive list of experiences. Leaving the corporate world proved not to be a Rocky Road, instead sweet success was around the corner. They now connect community by the cone, serve up pleasures by the pint and own Mr. Norm's Nephew Frozen Yogurt & Ice Cream, a fixture in Wasaga Beach for over 40 years.

How did Wasaga Beach become their "Sweet Spot" and "Home Sweet Home" in 2019?

They have family history here and countless childhood memories visiting the beach. But in 1958 the family roots were planted when Karen's parents bought a property on Shore Lane. Now after two children and two grandchildren - these roots are well established and continue to grow each and every year.

Over the decades, Karen has seen and experienced the evolution of Wasaga Beach. She tells us how it has gone from a community with little shops and services (shopping was typically in Collingwood or Stayer), to massive growth in residential homes and a healthy number of local businesses and services we enjoy year-round. Karen and Paul provide the culture of cool to our community - They own a sweet destination spot loved locally and beyond...Mr. Norm's Nephew Frozen Yogurt and Ice Cream where they serve up melted memories to weekenders, vacationers, and local residents.

Mr. Norm's has been a Wasaga Beach staple for over 40 years. Originally opened in 1980 by Norm and Dorothy Austen, then Dan Austen in 1988, and currently by Karen and Paul for the last 2 years.

They have preserved the original integrity of the business but elevated Mr. Norms to the next level! It's exciting to see they have expanded to a shop on Beach Area 1 and Skull Island mini putt.

You can always take a short walk from the beach to the flagship and original location, situated on 1004 Mosley St.

Karen and Paul's secret ingredient to success started as being customers first...and while Vanilla and Chocolate are top choices - they have hand crafted endless flavour choices you mix and match. Their ice cream and frozen yogurt options will cater to any sweet tooth with fresh fruits, real cookies and nuts. They even offer a vegan option or gluten free!

Being involved in community and giving back is of top priority to Karen and Paul Vaccari. Karen works with seniors and Paul is on the board of directors for the Collingwood Blues, the Ontario Jr. A Champions for 2023. They even billet two of its players.

Furry friends get a free treat when they visit Mr. Norm's - make sure to come get your free puppy cone when you stop by!

Life is short....make it sweet!!!

They also invite you to get you swag on with the newly launched Mr. Norm's swag and sundries!

Whether you are on the beach, cottaging nearby, or simply out for a summer drive, be sure to stop by Mr. Norm's Nephew Frozen Yogurt & Ice Cream and treat yourself to the coolest and only choice for ice cream.

Look for pink and purple @ 1004 Mosley Street Wasaga Beach!





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LOVE IS A FOUR LEGGED WORD...Meet more of our furry friends!

Submitted by Karen & Paul Vaccari

FUR-Ever Type of Love!

Presley (back) sits proud beside Abbey (front). Presley is a 15 year old Maltese-Shih-Tzu. Abbey, a Bichon, crossed the "Rainbow Bridge" last year at age 15 and has left forever pawprints in our hearts. Dogs are not our whole life, but they make our lives whole. Abbey, you are missed

Introducing....REGGIE & DAISY - Presley's new siblings!

This Havanese duo are filled with furry fun! While Miss Daisy is being the boss of everyone, Reggie works on impersonating "Gene Simmons" with his long tongue! Presley plays, but only on his terms and when he wants to!





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A Fun Beach Day Playlist

By Grace Schulte

A beach day is never complete without a great summer playlist. Here's one to try out during your next adventure out in the sun!

1. Sunroof by Nicky Youre, dazy (2021)
2. All Summer Long by Kid Rock (2007)
3. Good Directions by Billy Currington (2005)
4. I Ain't Worried by OneRepublic (2022)
5. I'm Still Standing by Elton John (1983)
6. Still into You by Paramore (2013)
7. Something Like That by Tim McGraw (1999)
8. Lay All Your Love On Me by ABBA (1980)
9. Call on Me - Ryan Riback Remix by Starly and Ryan Riback (2016)
10. 9 to 5 by Dolly Parton (1980)
11. Kiss the Sky by Jason Derulo (2016)
12. Hey Look Ma, I Made It by Panic! At The Disco (2018)
13. All Star by Smash Mouth (1999)
14. Just A Girl by No Doubt (1995)



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July 1 - CANADA DAY!

This July 1st, head to Beach One as we celebrate Canada Day with Canadian Indie Rock and Reggae royalty Bedouin Soundclash. Activities happening all day long and fire works to top off the celebration.

July 3 - 55+ Guitar Jammers 1:00-3:00pm

@The Senior Active Living Centre
425 River Road West Beach

July 4 - Jazz & More in the Park 7:00-9:00pm

@ RecPlex Rotary Band Shell

Bring a lawn chair, visit the farmers market, and enjoy live bands.
1724 Mosley St.

July 7 - Summer Sets Wasaga Beach 6:00-8:00pm

87 Beach Drive

Enjoy live music alongside our beautiful beachfront at our NEW beachfront stage.

July 16 - National Ice Cream Day!!

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!!

Here are some creamy facts...

48 pints - the amount of ice cream consumed by the average person every year.

90% - the percentage of households that consume ice cream.

24 tons - the weight of the biggest ice cream sundae made in Alberta, Canada.

250 years - the time it took for the recipe for ice cream to come to North America.

1904 - the year when ice cream cones were invented.

9000 - the gallons of ice cream that can be made by the milk produced by a cow in its lifetime.

12,096 pounds - the weight of the world's largest ice cream cake.

50 - the average number of licks it takes to finish one ice cream.

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July 20-30th - Wasaga Beach Midway 2023 2:00-10:00pm

Ride the merry-go-round and other family favourites! Bring you family for a variety of treats like candy floss, corn dogs, and mini doughnuts!! Play some games, win some prizes and so much more!

July 26 Games, Chats, and Social! 1:00-3:00pm

@Senior Active Living Centre, 1621 Mosley St.

Make new friends and socialize over coffee and tea! Enjoy board games, outdoor lawn games, ping pong, video games and more!

July Fun Facts

July is named after Roman dictator Julius Caesar

(100 B.C. - 44 B.C.)

JULY BIRTH FLOWERS: The Larkspur & The Water Lily. The larkspur, in white forms, indicates lightheartedness, in pink forms indicates fickleness and in purple forms "first love". The water lily symbolizes purity of heart.

JULY BIRTH STONE: The Ruby - believed to protect its wearer from evil. This gem is a red form of corundum; due to the presence of chromium. The Ruby is also the second hardest natural gemstone with only the diamond being stronger! This gem symbolizes love, passion, energy, and success.

July Zodiac Signs: Cancer, June 21 - July 22 and Leo, July 23 - August 22.

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Easy Strawberry Frozen Yogurt

By Erin Vander Weele

As a lighter and healthier alternative to ice cream, frozen yogurt is a perfect treat to have on hand for a hot summer day. It's quick and easy to make at home!

Ingredients

- 3 cups whole milk Greek yogurt (vanilla bean flavour)
- 4 cups frozen strawberries
- ½ cup honey
- ¼ cup heavy whipping cream

Directions

1. Combine all ingredients in a blender and mix until smooth.
2. Pour into a freezer safe container, then use a spoon to smooth out the surface. Cover with a lid or tightly with foil.
3. Freeze for at least a few hours. When ready to serve, let sit at room temperature until soft before scooping.



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Which Type of Yoga is Best for You?

By Rose Alexander

If you've never attended a class before – or even if you have! – you may not be aware that there are actually many schools within the practice of yoga that emphasize its different aspects. This isn't an exhaustive list, but it covers a lot of the kinds of classes most studios offer.

Vinyasa

Vinyasa yoga, commonly referred to as “flow,” is a broad term that encompasses several styles. Rather than holding postures one at a time and resting in between, a vinyasa sequence ties multiple poses together. You'll move between them quickly, linking each pose or movement to an inhale or exhale. Vinyasa is the most athletic and vigorous of the many practices. Some styles use a set sequence of poses that is the same every time, while others vary depending on the school and instructor. It's often the style used in hot yoga classes, where the room is heated to between 32 and 40 degrees Celcius at roughly 40% humidity. If you're looking for a yoga workout that gets your heart rate up and challenges your strength, balance, flexibility and endurance, vinyasa is the way to go.

Hatha

A Hatha practice is traditionally about the balance of energy. It's right there in the name, which translates to “force.” Hatha focuses on maintaining proper alignment, and often includes more static poses than flow-based practices. It also features pranayama, or breathing techniques. It can still be challenging, but because of the reduced strength and endurance required, many beginners' classes are Hatha-based.

Yin

Yin yoga is a slow, passive practice that targets your fascia, joints and ligaments rather than your muscles. Props such as bolsters, blankets, sandbags and blocks are often used for support. The idea isn't to stretch as far as you possibly can, but rather to bring yourself to your first gentle edge, the point where you just become aware of a stretching sensation. Poses are then held for a minimum of three to five minutes so your deepest tissues can start to release.



Restorative

Like yin, restorative yoga is a restful and relaxing practice, though it incorporates fewer positions and holds them longer. It usually takes place in semi-darkness, and you may only hold three or four different postures throughout the entire class. As the name suggests, its focus is on recovery. Restorative yoga's mellow and low-energy style makes it a great addition to a yoga practice that includes lots of more active and vigorous classes.



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