

# beach BOOSTER

Wasaga Beach

Locally Owned and Operated | June 11, 2017 | Issue No.142

**WHO KNOWS WASAGA?**



**MARK & ADRIANA RUTAN**  
Direct **705-422-2400**

**RE/MAX of Wasaga Beach Inc. Brokerage**  
1900 Mosley St., Unit 2, Wasaga Beach, ON L9Z 1A5  
[www.markrutan.com](http://www.markrutan.com)

*"We Deal in Real Estate, but our Real Business is People"*

**RE/MAX**  
Outstanding Agents. Outstanding Results.



**CANADA 150**

Beach BOOSTER Media Group is Wasaga Beach's official information source for local Canada 150 Events and Activities



## You can't help but FALL for The Views!

Alex Torre & Prathamesh Jambhale are WOWED by this view of The World's Longest Freshwater Beach!



<https://youtu.be/vPqRlrRjhb4>



Photo courtesy of Skydive Wasaga Beach

### You Can't Help But FALL For The Views!

Skydive Wasaga Beach is back for the second full season and we look forward to another great summer! Skydive Wasaga Beach continues to offer an experience of a lifetime that includes the amazing views provided by our World Famous beach and beautiful Georgian Bay. The team boasts that they are the only skydiving facility in the world offering the high tech 360 degree technology to record your experience over our beach, to enjoy again and again as a virtual reality digital video! This Tandem Only Drop Zone is staffed by the highest certified instructors in the county, and everyone at Skydive Wasaga Beach believes in promoting the fun and exciting opportunities that abound in our area! Using the video skills of the staff members and the highest quality of video equipment, we look forward to SKYDIVE WASAGA BEACH TV, promoting not just

the excitement of skydiving, but all things Wasaga Beach, including segments featuring residents and local businesses.

Leslie R Farkas, Skydive Wasaga Beach founder, was handpicked from every skydiver in the country by the Ontario Ministry of Tourism to put on a show for Canada's 150th at "Karnival on the Kam" in Thunder Bay. With over 100,000 attending this event, we know that Les and his team will not only be promoting Wasaga Beach to the crowds... but will do us proud!

This summer we expect to see the colourful parachutes and enthusiastic jumpers over our World Famous Main Beach areas as Skydive Wasaga Beach has gained unanimous approval from the Beachfront Management Board for "Tandemonium", a multi week event providing an opportunity to land on the beach at Beach Area 2. This promoted event

will be held mid-week to draw visitors to The Beach between the busy weekends. (details to follow soon) Everyone at Skydive Wasaga Beach are amazing ambassadors for our community and Beach BOOSTER is eager to be a part of their exciting summer of 2017.

Skydive Wasaga Beach is open 7 days a week! Reservations are strongly recommended!

Must be 18 years of age or over and under 250 lbs (Special exceptions may be made up to 300lbs.)

**1-844-200-KMPH (5674)**

**[www.skydivewasagabeach.com](http://www.skydivewasagabeach.com)**

Joe Bickerstaff

Wasaga Beach  
**FOODLAND**

Fresh food. Friendly neighbours.

**OPEN 24 HOURS**



**711 River Road West**  
**705-429-1360**

Family Owned and Operated by  
Cheri and Mike Dopp

*Compliments*



# What's Happening In Wasaga Beach

**Wasaga Beach Lions Club Bingo every Friday evening. Up to \$5000 in prizes..New!!\$1500 Jackpot Game. RecPlex Doors open at 5:30 p.m. Contact: Wasaga Beach Lions Club at 705-429-3331**

**Every 2nd Friday of the Month - Wasaga Beach Youth Dances** Location: Wasaga RecPlex, 1724 Mosley Street. Time: 7 p.m. - 9 p.m. Grades 5 to 8 only! Adult Supervision Needed! Tickets: \$5 in advance and are available at the Recreation Office at the RecPlex, Chamber of Commerce, 550 River Rd. West and the Youth Centre, 1621 Mosley Street. Prizes, Guest Youth DJ, Canteen. Call 705-422-2494 or visit [www.wasagabeach.com/youth-centre](http://www.wasagabeach.com/youth-centre)

**Wasaga Beach Writers** first Wed. each month for 2017- Wasaga Beach Library- 120 Glenwood Dr, entertaining at the Library once a month, the day and time are 1:30 to 2:30 p.m. every. We ask for a small donation which the Friends of the Library Committee use for things the Library's budget will not cover. FYI: The writers are reading their own work usually, or other volunteers read something they find interesting enough to pass on. For more information call: (705) 429-5481

## Stonebridge Wasaga Beach Blues Fest.

Are you an Arts and Crafts or Food Vendor looking for a booth at the 2017 Stonebridge Wasaga Beach Blues festival on 16 & 17 September. The time to apply is quickly approaching. See the following link for an application.

<http://wasagabeachblues.com/vendors-application/>

## "NEW" Chamber Members After Hours

The Wasaga Beach Chamber of Commerce After Hours is a Networking Event that happens Every 2nd Thursday of the month, and is open to Chamber Members ONLY. NON members can attend 1 time as a guest of the Chamber. Next Chamber After Hours will be at Career Solutions June 8th. 1367 Mosley St, Wasaga Beach 5pm-6:30pm

If you would like to host or Co-Host a Chamber Members After Hours or for more information, Call the chamber office. 705-429-2247 or email: [wbchamber@rogers.com](mailto:wbchamber@rogers.com)

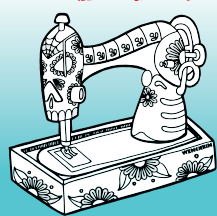
**Call to Artists** Wasaga Artists invite you to join our annual Art in the Park Show and Sale.

Sat, July 1, 10:00am to 4:00pm  
Oakview Woods Outdoor Complex, 1724 Mosley St, Wasaga Beach (Rain date July 2) Members and non-members are welcome to register as exhibitors for this popular outdoor art exhibit and sale. For information, cost and availability, please call Jayne Edwards, 705-422-0793 or Carmelle Steele, 705-422-1930.

**Georgian Triangle Music Festival** June 30 & July 1, 2017 in beautiful Wasaga Beach. In 2017, the festival will welcome over 30 musical acts, spread across 7 various "Host Venues" in the community. Presented by Yamaha Music Canada, Georgian Triangle Music Festival brings venues across Wasaga Beach together, to feature talented musicians from throughout Ontario and the Georgian Bay area giving visitors and their families the opportunity to enjoy a wide variety of entertainment for free. The various musical genres will range from Rock, Blues, Country, Hip-Hop, Jazz, and Singer/Songwriter, and also includes our "Youth Stage" that will be held at the Wasaga Beach Youth Center. Our "Opening Ceremony" will take place at the "Main Street Market" June 30th Beach Area One @ 6pm, and you can travel the town enjoying live music all weekend long. Host venues, and our sponsors, can be found by visiting our website [www.georgiantrianglemusicfest.com](http://www.georgiantrianglemusicfest.com).

**For more information contact:  
Wasaga Beach Chamber of Commerce  
705-429-2247 / 1-866-292-7242  
[wbchamber@rogers.com](mailto:wbchamber@rogers.com)  
[www.wasagainfo.com](http://www.wasagainfo.com)**

## Sew YOU Can!



**Lois Musselman**

705-422-0953

[lumusselman@gmail.com](mailto:lumusselman@gmail.com)

Call for individual or group classes

2 Cardinal Way, Wasaga Beach  
(corner of 41st Street South  
opposite YMCA Rec Plex)

## Wasaga Beach DENTURE CLINIC

**Carlos Melgarejo**  
Denturist

**Need a new smile?**  
Let us give you one of ours!

We do house calls & Nursing Home visits

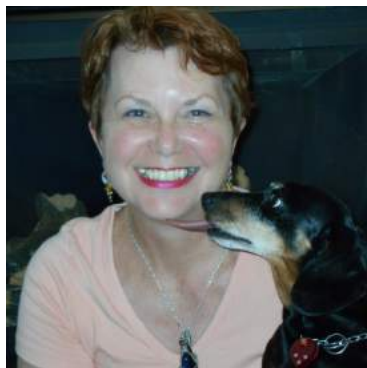
**IMPLANT DENTURES AVAILABLE**

**FREE  
Consultation**

682 River Rd. West (Hwy 92), Wasaga Beach  
**705-429-8474 | 1-888-429-8474**  
[www.wasagabeachdentureclinic.ca](http://www.wasagabeachdentureclinic.ca)

# That Extra Scratch Behind the Ear

By Debbie Culos



## How to Properly Handle Tools of the Trade

### Scissors:

The minimum number of scissors required is 3 pair. One 6.5 inch curved shears, one 5 inch hair dressing scissors, rounded tips and one pair of thinning shears with 30 teeth. With an increase in your clientele, backup pairs of scissors

are needed to replace the first pairs when they become dull and need to be sent out for sharpening.

Scissors are a personal preference in regards to style, colour, length, weight and balance. Balance in your choice of scissors is very important. Test the balance by working the scissors in your hand. Some pairs feel better in your hand than others.

Finger placement for comfort and quick release to prevent accidents is crucial for maximum control of your scissors. The thumb and ring finger sit in the finger holes. The scissor holes do not go past the first knuckle bone on these fingers. When purchasing your scissors your finger hole measurement should be only to the first knuckle, no further. This is your quick release safety guide. So be selective and test how quickly you are able to take your thumb out of the handle loop. Is it too loose, to snug or just right?

To properly hold your scissors, first, your baby finger rests on the finger rest, your ring finger rests in the finger loop above the finger rest only to the first knuckle. Your tall man rests above the ring finger loop and your pointer rests above your tall man. Your thumb is in the top finger loop half way to the first knuckle.

If you are not cutting with the scissors, take your thumb out of the finger loop and fold all four of your fingers, still in position on your scissors, into your palm. This keeps the blades closed and the scissors at the ready in a safe position in your hand till you need them. When you do need to use them, unfold your fingers flat, the scissors will automatically roll with your fingers into position for the thumb to quickly slip smoothly into its finger loop.

This is a move that you need to practice because it will be used often while working on a dog or cat. These animals move quickly and you don't need to be fumbling with your equipment and fingers. You need to be quicker and smoother than your client.

Scissor positions most used are 6, 9, and 12 o'clock. If you are left handed your positions are 6, 3 and 12 o'clock. Any scissor positions past these numbers and you lose safety control of your scissors around a moving animal and the client will get hurt.

5" inch scissors are for trimming between the pads, straight lines and around the eyes and trimming ears. Curved 6.5" scissors are a dream for a smooth curve on paws, to follow the curve of the body, head, ears or legs. Curved scissors are reversible and have a finger rest on each finger loop, so you don't lose control of your scissors in the convex or concave position.

The finger positions are exactly the same in concave/convex position. You just have to practice turning the scissors in your hand quickly and smoothly.

Hold the scissors in your hand, fingers in the proper positions. Remove your thumb from the finger loop and place it just above the finger loop to hold the scissors steady. Then, remove your ring finger from its loop and roll the scissors towards your thumb with your 4 fingers till the scissors have turned over. Insert your ring finger in the new loop and place all fingers in their positions then insert your thumb into its new loop and you are now ready to trim on the opposite curve. Start slowly till your fingers become familiar with the movement then increase your speed till you are fast and smooth.

Always remember, your client moves fast on the table, you have to be faster, smoother and safer.

Thinning Shears are for thinning out the hair. You hold the thinning shears the same as regular scissors but when it comes to cutting, the technique is totally different.

To thin eyebrows which require light thinning, you cut half way up from the root section and then close to the top of the hair shaft. Take two snips at a time till you get the right texture and look you are trying to achieve. Always cut in increments with the thinning shears and never in the same spot or too close to the roots. Feathers and pants can be thinned out using the < or > technique. This technique removes bulk but keeps the shape and length of the feathers and pants. Start at the bottom of the feather or pant leg and work your way up in half inch thick, horizontal sections. Comb the hair section straight out from the leg and cut a < or > shape in the center of the section between the roots and the ends. Comb the cut/thinned hair out of the section. Caution, not all feathers or pants, need to be thinned out. A good thorough brushing will usually do the trick but now and then you will come across a thick set of feathers or pants that will need to be thinned. Thin carefully because you don't want these sections to look too thin when you are done. If it means thinning every second section or only the thickest part of the feathers or pants then use your common sense and apply the thinning shears accordingly.

When trimming the tail, don't leave it looking unnaturally blunt, take your thinning shears and thin the blunt edge a 1/2 to an inch from the ends. Thinning the blunt ends will give the trimmed tail a softer more natural finish.

Always keep your scissors sharp and the tips rounded not pointed. Clean the blades in Barbicide and use a drop of clipper oil on the screw to lubricate.

When your scissors are at rest on the grooming table make sure they are closed. Remember, your client is always moving on your grooming table. Open, sharp scissor blades and moving, soft paws are an accident waiting to happen.

The above is from the book **That Extra Scratch Behind the Ear: Renaissance Grooming** (look for the book [www.debbieculos.ca](http://www.debbieculos.ca)) Kindle Edition by Debbie Culos (Author, Photographer), Theresa Beaumont (Culos) (Editor), Marilyn Culos (Photographer), Enrique Photo Art (Photographer).

Deborah Culos (Debbie) holds all copyrights to the above mentioned book. Debbie's Grooming Salon "That Extra Scratch Behind the Ear" is located at 1344 Mosley St. Unit 3, Wasaga Beach, ON 705-352-2243



## Lasagna Rollups

On April 28th, Terry Densmore and the Wasaga Beach Presbyterian Church kicked off its third annual Lasagna Festival with another sellout. More than 20 lasagna's were featured (12 to be judged and ) and once again Gayle Woods and I were proud to be picked for the judging panel. Along with Ruth Lowther and Jim Basinger we had a special celebrity judge, Cameron MacDonald, a grade 11 student at Collingwood Collegiate Institute and winner of the Food Network's "Chopped Canada Teen Competition". Passing judgement on these marvellous creations was the most challenging and difficult part. We had to make a decision though and the three winners were **1st place** Linda Norton, **2nd place** Mike McLeod and **3rd place** was Elizabeth Gibson. I thought that I would post a recipe for individual lasagna's that I sometimes use. The advantage is that you don't have to cut them so serving and portioning is a lot easier.



1 spaghetti sauce recipe  
1 container ricotta cheese  
3/4 C. shredded mozzarella cheese  
3/4 C. grated parmesan cheese  
1/2 C. frozen spinach, thawed and drained...squeeze the juice out with your hands  
12 lasagna noodles  
Combine cheeses and spinach together and set aside while making your sauce. While the sauce simmers cook the lasagna noodles according to the directions on the box.  
Once the pasta is cooked, drain and rinse with cold water. Pour about half of your spaghetti sauce in the bottom of your baking dish.  
Lay out your noodles on a clean surface, cover with cheese - about 2 big spoonfuls each - and pat the cheese along the noodle so each noodle is covered.  
Roll up your noodles and place them in your baking dish. Top with remaining sauce and with extra cheese if there is any remaining.  
Cover with foil and bake 30-40 minutes. Remove and let sit 10 minutes before serving.  
Makes 12 individual lasagna roll-ups.

## beach BOOSTER Wasaga Beach

beach BOOSTER publication  
is part of the  
Beach BOOSTER Media Group  
1383 Mosley St., Suite 4  
Wasaga Beach ON L9Z 2C5

Wasaga Beach's  
Only Locally Owned and  
Operated Publication

**Joe Bickerstaff**  
Owner/Publisher/Advertising  
705.241.9762

**Bill Frieday**  
Owner/Publisher  
Managing Editor/Production  
705.812.5507

**Rick Sioen**  
Creative Director  
705.888.1542

"We are Local! We are Wasaga Beach! We are Beach BOOSTER!"

Please send your stories and photos to  
[info@beachBOOSTER.com](mailto:info@beachBOOSTER.com)

**DISCLAIMER**  
All material is printed as submitted or believed to be public domain.  
No infringement of copyright is knowingly intended.

Please support our advertisers!  
Tell them you saw their ad in  
beach BOOSTER.

[beachBOOSTER.com](http://beachBOOSTER.com)

## Wasaga Beach Brewing Company Planning a Busy Summer!



### Wasaga Beach Brewing Company Planning for a Busy Summer!

It's going to be another busy summer for the local operators of Wasaga Beach Brewing Company as they plan some new and exciting events for the new look BEACH BAR on Historic Main Street, Wasaga Beach.

As part of the Main Street Market, the BEACH BAR, complete with new seating areas, thatched roof, lighting and palm trees is ready to welcome all to Wasaga Beach!

Live entertainment and karaoke will return this summer, to be enjoyed by residents and visitors and there are plans for many more unique and fun events to add to the excitement generated on Historic Main Street at the Main Street Market!

The success of the brewing company's Beach One Cerveza has been great since the launch just over a year ago, but the team has managed to keep up with the demand, as this great local brew is available at establishments throughout the area and beyond! Look for it in LCBO locations across the province as this high profile product promotes Wasaga Beach as a fun and vibrant resort town everywhere it is raised!

*"WASAGA That's how we say Cheers around here!"*

*Joe Bickerstaff*



## Wasaga Beach Lions Celebrate Lions International 100 years of "We Serve" with Town Hall Flag



*Photo courtesy of Patti Friday*

### June 7, 2017

Where there's a need, there's a Lion. Lions Clubs International is the largest service club organization in the world. Our 1.4 million members perform valuable service in 210 countries and geographic areas around the globe. Lions are friends, family and neighbors who share a core belief: community is what we make it.

We believe that the world gets better and problems get smaller when people unite to serve their local and global community. Lions help where help is needed – in our own communities and around the world – with unmatched integrity and energy. Since 1917, Lions have strengthened communities through humanitarian projects and hands-on service. We serve neighbors who live next door and people on the other side of the world that we may never meet.

Join us in making a difference! As a Lion, you'll join a local group of service-minded men and women who are working together to strengthen your community. You'll also be part of something bigger—a worldwide network of dedicated volunteers in over 46,000 clubs. Be the difference in your community. Be a Lion!

[www.wasagabeachlions.com](http://www.wasagabeachlions.com)



*Photo courtesy of Enrique Photo Art*



*Photo courtesy of Enrique Photo Art*

**Kirby Denture Services**  
In Home Services Available



Denturist  
**Tricia Kirby**  
**705-721-3776**  
kirbydentureservices@gmail.com  
dentureswasagabeach.com

- Dentures
- Implant Retained Dentures
- Mouthguards



**That Extra Scratch Behind the Ear**  
GROOMING SALON

**Debbie Culos**  
705-352-2243  
debbieculos@gmail.com

1344 Mosley Street, Unit 3  
Wasaga Beach



**TANGO GRAPHICS**

Your one-stop branding and marketing shop  
[www.tangographics.ca](http://www.tangographics.ca)

**NEW LOCATION!!!**  
1383 Mosley St. - Unit 3 - Wasaga Beach

PRINTING SERVICES - GRAPHIC DESIGN - WEBSITE DESIGN  
BUSINESS CARDS - FLYERS - BROCHURES  
LAWN SIGNS - BANNERS - WINDOWS SIGNS  
STICKERS - LABELS - and more...

Phone: 705-717-7507  
Email: [info@tangographics.ca](mailto:info@tangographics.ca)  
[www.tangographics.ca](http://www.tangographics.ca)



**DHG Bookkeeping Services**  
Doug Grout

- Personal Tax
- Tax for Corporate and Small Business
- Payroll
- Accounting Software
- Bookkeeping

**Competitive Rates**  
My Rates Are Negotiable

*I'm Serious About Saving You Money!*

Office **705-429-6433** Cell **705-888-3809**  
[dhgbookkeeping@gmail.com](mailto:dhgbookkeeping@gmail.com)  
[www.dhgbookkeeping.ca](http://www.dhgbookkeeping.ca)



**ONE Device.**  
**ONE Price.**  
**INFINITE Possibilities!**  
**INFINITY TV**

- PC Repairs
- Laptops
- Custom Built Desktops
- In Home or Remote Service

**EXTREME COMPUTERS**

Call Deb @ **705-422-1100**  
1944 Mosley St., Wasaga Beach

Designed by Beach BOOSTER Media Group



- Kathy Griffins next show will be "What ever happened to..."
- Do not put off until tomorrow what you can put off indefinitely.
- Imagine being naked in a room full of people who speak a different language and everyone wants to touch you. That is the life of a dog.
- I used to date a girl with a lazy eye, but she was seeing someone on the side.
- Putting your finger on someone's lips and saying "Shhhh... Not another word." is super-romantic. But the cop didn't think so.
- "Covfefe" definition: (Noun) A fidget spinner for the National media.
- I saw a documentary tonight on NatGeo about beavers. Best dam show I ever watched.
- Life Tip: Hang out with people who make you forget to look at your phone.
- I'm not a professional caddy but Tiger Woods should have used a driver.
- Do bankruptcy lawyers really expect to be paid?
- OK. So I danced like no one was watching. My arraignment is next Tuesday. People at Walmart are so un cool.
- I got called pretty today! Well actually the full statement was "you're pretty annoying!" But I only focus on positive things.
- Good news is when your daughter pays back the \$3000 she owes you. Bad news is when she gives it to you in singles that smell like whiskey & cigarettes.
- My wife told me I'm starting to annoy her because I relate everything to batman... What a joker!
- If you want a successful relationship, find someone who likes the same thermostat setting you do.
- I was cleaning one of my finger guns and accidentally blew a hole through my air guitar.

A BIG THANK YOU to all the Businesses and individuals who donated prizes for our 9th Annual Spring Fling with The Desotos at the RecPlex on Saturday, May 27th. The evening was a resounding success and everyone had a great time. Mark your Calendars for next year, Saturday, May 26th. You don't want to miss it! The Winner of the 50/50 Draw was Lorri Watson, from Tiny, who won \$912.50.

Alan Ritchie, Wasaga Beach United Church

## Cystic Fibrosis Yard Sale

On Friday, June 9th 8-5 & Saturday, June 10th 8-3 at the Wasaga Stars Arena Mess Hall. Proceeds to Cystic Fibrosis Canada Research. Hosted by the Kinette Club of Wasaga Beach. Drop off donations on Thursday, June 8th from 10am - 3pm at the Mess Hall or call Jane at 705-429-3805 to arrange pick up of small items!

Come and check it out, there is something for everyone!

## Celebrating New Collingwood Lions



June 7, 2017 was the 100th Anniversary of Lions Clubs International. June 7, 2017 was also when the new Collingwood Lions Club received its Charter. Wasaga Beach Lions Club is the sponsoring Club and hosted the Charter Night in Wasaga Beach. The event was celebrated by Lions District A-12 District Governor Elect Randy Hargrave(left) and Wasaga Beach Lions President Brian Brethauer in the Lions Den where over 80 Lions of the District attended.

Photo by Enrique Photo Art

**Signature SOLD TEAM**



**NADENE MILNES** SALES REPRESENTATIVES **KRISTINA TARDIF**

**LOCATIONS NORTH**

1288 MOSLEY STREET  
UNIT 7, WASAGA BEACH  
CELL **705-716-0001**  
OFFICE **705-617-9969**  
[www.locationsnorth.com](http://www.locationsnorth.com)



**BeachChiropractic**  
& Wellness Centre



Dr. Mardi Charlton Dr. Peter Wilson Dr. Sarah L. Adams

**Senior and Student Rates**

- Activator & Manual Care
- Acupuncture
- Custom Orthotics
- Sports Injuries
- Massage Therapy
- Nutrition
- Running Clinics

1535 Mosley St. at Sunnidale  
Wasaga Beach  
**705-429-0-911**  
[www.beachchiropractic.ca](http://www.beachchiropractic.ca)

Our renovation is complete and we opened at the new office 1535 Mosley St. (corner of Mosley and Sunnidale) May 9th. We look forward to serving the Wasaga Beach community at our new location.

**Kirby's COMPLETE FLOORING CENTER**  
From Unique and Elegant to Affordable and Practical



**Call Us For A Free Estimate 705-429-0099**

**We Install!**

- Carpet
- Vinyl
- Laminate
- Hardwood
- Tile
- Backsplash
- Natural Stone
- Window Coverings

1232 Mosley Street, Wasaga Beach, ON L9Z 2E5  
[kirbysflooring@rogers.com](mailto:kirbysflooring@rogers.com)

**BYE BYE AGE SPOTS**



**aloette.com/pattikennedy**



**BEACH CORNER**  
WITH DIANNA CHYCKI  
**ENTERTAINMENT IN THE BEACH!**

Sponsored by Exchanging Vows Bridal Boutique Collingwood

## Local Filmmaker Captures Fourth Award

There are so many talented people in our community and one that stands out is our very own, Mary Ann Watts from Watts Photography. Mary Ann is a local multi-award filmmaker having won the "Gold Award" sponsored by the Wasaga Beach Brewing Company for her video advertisement "The Crown Eagle" at the Southern Georgian Bay Film Festival (SGBFF), formerly known as the Wasaga Film Festival (WFF) on April 28th in Wasaga Beach. This marks her fourth win as Mary Ann has won in previous years at the WFF from 2014 to 2016 with her music videos.

She has studied at Seneca College, Ryerson University and most recently graduated in the Georgian Digital Video Program at Georgian College where she expanded her skills in post-production, editing and sound. "The Georgian College digital video classes were amazing. We had several opportunities to attend industry events and met some of Toronto's best creators in film such as, Telefilm, The Director's Guild of Canada, Rogers TV in Barrie, Toronto International Film Festival (TIFF) and the Barrie Film Festival (BFF)," said Mary Ann. She was also cast as an extra in movies where she had the privilege of observing the process of filmmaking.



Her winning video advertisement "The Crown Eagle" was filmed at Georgian College where she worked with co-owners Brandon Pitawanakwat and Joanne Bradshaw promoting Barrie's first Indigenous restaurant a Native American cuisine offering dine-in and catering services. Mary Ann wrote, directed and produced the short video. "During my experience at Georgian College, I was offered the opportunity to create a crowd funding video for Barrie's first Aboriginal restaurant. Creating the script involves a lot of research, location scouting and meetings. Without a script there is no story or guideline to follow." Over twenty hours were dedicated in the making of the promotional video that took place at the Barrie Campus Indigenous Resource Centre and the Georgian College Dining Room along with her classmates, Preston Carruthers (editing) and Marc Banger (director of photography). "The actual shooting time consisted of eight hours and another twenty hours for post-production and editing."

Mary Ann discovered the world of filmmaking in 2013 where she enrolled in a five-week filmmaking program under the direction of Tom Strnad from Mountain Goat Film Company. "After completing the course, I produced and directed my first award winning music video featuring Rebecca Rain's original song 'There is a Light' at the 3rd Annual Wasaga Beach Film Festival. After that, I was hooked on story telling through video productions." She is known as a diversified portrait photographer where I had the pleasure of experiencing several photo shoots for my Beach Corner posters over the years. Her blend of filmmaking and photography skills along with her marketing background has helped enhance her camera angle and ability to work with people's comfort zones. Mary Ann has been approached to produce a music video possibly filmed in Wasaga Beach along with a few other commercial productions. For more information please visit [photographybywatts.ca](http://photographybywatts.ca).

**Dianna Chycki is host of Beach Corner podcast weekly entertainment show on [beachboosterradio.com](http://beachboosterradio.com). Beach Corner article sponsored by Exchanging Vows Bridal Boutique in Collingwood.**

## Crime Stoppers Fundraiser a Success..and a lot of FUN too!



Crime Stoppers volunteers enjoyed welcoming all to the Fund Raiser at Boston Pizza. Beach BOOSTER Photo

The Georgian Triangle chapter of Crime Stoppers Simcoe-Dufferin-Muskoka welcomed Wasaga Beach to its Annual Fundraising Event at Boston Pizza in Wasaga Beach this past week.

The local Crime Stopper volunteers made sure everyone had fun at this great event, while generous local businesses made sure there were amazing silent auction items to help raise funds for Crime Stoppers and the Cash for Tips programs. Over \$3,000.00 was raised at this community event!

Sandy and Alex Smardenka of Boston Pizza Wasaga Beach generously donated the space and of course a great meal for all attendees! Beach BOOSTER Media Group is a proud supporter of Crime Stoppers!

## G&M HOSPITAL FOUNDATION



### Be a Hospital Hero!

Wasaga Beach Outreach Task Force members at the recent meeting. Beach BOOSTER Photo

Come to the Georgian Circle Family Restaurant on Thursday, June 15th from 11:00am – 1:00pm to learn about how you can support your hospital in your own way through a third party "Hospital Hero" event. Executive Director, Jory Pritchard-Kerr, will be there to share ideas and answer questions.

Georgian Circle Family Restaurant:  
1441 Mosley Street, Unit #1, Wasaga Beach  
Questions? Contact Linda Caron, Event Coordinator,  
CGMH Foundation [linda.caron@cgmh.on.ca](mailto:linda.caron@cgmh.on.ca)  
705-444-8675 [www.cgmh.on.ca](http://www.cgmh.on.ca)

Beach BOOSTER Media Group was pleased to be a part of the foundation's Wasaga Beach Outreach Task Force meeting held in Wasaga Beach this week to learn more about this dynamic "Team Wasaga Beach" and we look forward to helping promote the future fundraising and awareness initiatives the foundation is planning!

## Rotary Corvette Lottery



It's another Corvette Summer and members of The Wasaga Beach Rotary Club have just launched a new Corvette Lottery. Look at this stunning Corvette Racing Yellow, Sting Ray. Only 2,000 tickets will be sold at \$100 each. Early bird draw of \$1,000 will be held on July 3. This will help us to provide \$80,000 in funding for our 14 Simcoe County Charities.



**Cathy's Flowers**  
GIFT BOUTIQUE

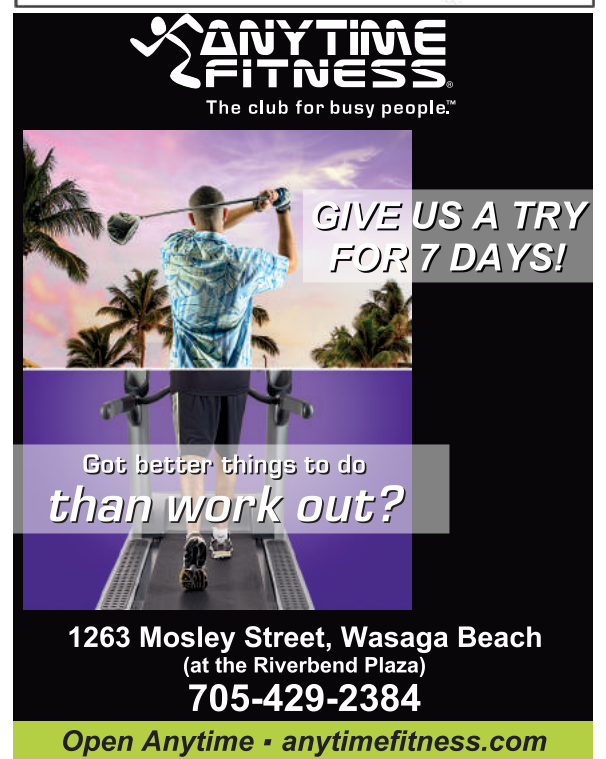
3081 Mosley Street Street, Wasaga Beach  
705-429-1112  
[cathysflowers@rogers.com](mailto:cathysflowers@rogers.com)  
[www.cathysflowerandgiftboutique.com](http://www.cathysflowerandgiftboutique.com)



**Catch 2**  
Fresh Market Grill  
705-422-2281

<b>Lunch</b> Wednesday to Friday 11:30am to 2:00pm Closed Monday & Tuesday	<b>Dinner</b> Wed, Thurs & Sunday 5:00pm to 9:00pm Friday & Saturday 5:00pm to 10:00pm Closed Monday & Tuesday
---	---

962 Mosley Street, Wasaga Beach  
705.422.2281 • [www.catch22grill.com](http://www.catch22grill.com)



**ANYTIME FITNESS**  
The club for busy people.™

**GIVE US A TRY FOR 7 DAYS!**

Got better things to do than work out?

1263 Mosley Street, Wasaga Beach  
(at the Riverbend Plaza)  
705-429-2384

Open Anytime • [anytimefitness.com](http://anytimefitness.com)



**Aprilia RSV4 RF**  
The Superbike Point of Reference

**MOTO GUZZI V9**  
The Universal Custom From Moto Guzzi

8166 Hwy#26 Stayner, ON  
705-429-3822  
[www.jandrcycle.ca](http://www.jandrcycle.ca)

**Now OPEN**  
**HarbourLIFE**  
 MINERALS • SUPPLEMENT • SPA

**Nutritional Support, Consultations and Supplements**

**Aromatherapy Massage, Reiki and Much More!**

930 River Road West (beside Pro-Fit)  
 Wasaga Beach, ON L9R 2K7  
 705-352-3530  
 www.harbourlife.ca

Designed by Beach BOOSTER Media Group

**TIPPING POINT**  
*Changing Wasaga Beach Lives*  
**GARY CERANTOLA**  
 gary@beachBOOSTER.com

**The Road to Success is made from Routines, Rituals and Repetitions**

Forget the BEHAGs (Big Hairy Audacious Goals) for a minute and don't think practice makes perfect. Think practice makes permanent. Understand will power is finite. It's like any other muscle you have and as you use it, it depletes in intensity. This means it will only take you so far in achieving your goal. You have to keep building and maintaining your willpower reserves so you can use this power when you really need it.

Ever wonder why most people can't keep new year's resolutions? They rely solely on will power and eventually succumb to their primal desires. Bad habit triggers constantly bombard us until they ultimately wear down the will power that we have. Ultimately then, we capitulate and fall back into our old ways.

Whether we know it or not, 40% of our behaviours are habits. When we take our conscious thinking off the brain gas pedal we slip into subconscious autopilot. What ever habits you have engrained in your brain at the time is where your subconscious takes you. Basically, our brains are lazy and they like to run on auto pilot so they can manage other things. So, what to do?

Success comes from compounding the effects of the little things that most people think are inconsequential but just don't do.

Take a look at Gretzky. Wayne Gretzky would always tuck in the right side of his jersey. This started when he was six years old playing minor hockey in the ten-year old division. Because Wayne was so small, and the jerseys were so big on him, he'd tuck in the right side of his jersey to compensate. He then kept doing it for the remainder of his hockey career. Superstition or science? I'd say science. High performance athletes, leaders, business people use rituals to put them in a higher state of performance.

Research has determined that rituals help us get into a state of deliberate practice, or help us get into deep work.

Rituals, are almost always patterns developed by an external source, and adopted for reasons that might have nothing to do with decision making. Whereas, habits are behaviors that are self-generated. A habit is a decision that someone makes at some point, and then stops making but continues doing.

For, for instance, I love butter tarts. The first time I ate a butter tart, it was a decision. And oh by the way, I thought I died and went to heaven. The 100th time, it was a habit and that occurred, essentially, unthinkingly. Meaning my subconscious has taken over and every time I'm at Grandma Beach treats, there's the "Force" making me buy butter tarts. Try the bacon flavoured butter tarts there. Wow.

At the end of the day, when you are creating a goal you want to achieve, make sure it fits with who you are and what's important to you (your core values). Next, think about how you can break it down into doable small chunks making it easier for the willpower reserves you have built to execute on your goal. Then make sure you develop supporting rituals and habits that you will do just automatically through your subconscious. This will enable you to leverage the willpower you do have to get things done. You want to get into a steady rhythm of daily accomplishment that you can create for yourself. William James the father of psychology was quoted as saying: "Little by little you build your power"

Then you take that little stuff and let it grow every day as Jeff Olson talks about in his book "The Slight Edge". Jeff went from a beach bum to a millionaire building on his little things. Also, remember this. "Catch yourself thinking." Basically 90% of our thinking is stuck in the past. Your only point of power is in the now, so replace those old thoughts with thoughts that will help support goals that will create the successful future state you desire.

"Be the Beach", send me your thoughts and comments at Gary@beachBOOSTER.com. Your efforts count in making this community the preferred place in which to live, learn, work and play.

**Gary is a YB12 Business Coach and Business Advisor for Critel Professional Services, www.critel.ca, and lives, learns, works and plays in Wasaga Beach.**



**PRO-FIT**  
**WINDOWS AND DOORS**

Offering the highest quality Canadian-made products

- Del Windows and Doors
- Phantom Screens
- Nissen Storm Doors
- Weatherwall Patio Systems
- Gentek Siding and Aluminum Products

Professionally Installed by our Highly Trained Team!

705-352-3535 • www.profitwindows.ca  
 930 River Road West, Wasaga Beach

Design by Beach BOOSTER Media Group

**NOW OPEN!**

**Beach Barbers Salon**

Vanessa Vanderkruys  
 Owner | Barber | Stylist

Faith Carlson  
 Owner | Barber | Stylist

705-35-BEACH 705-352-3224  
 1232 Mosley Street, #3  
 beachbarbers@outlook.com

Design by Beach BOOSTER Media Group

**Everyday Haddock Special**

**\$9.99** with fresh cut fries and drink

**British Cuisine**  
**FISH & CHIPS**

Take In or Take Out Service  
 705-429-9997  
 1256 Mosley., Wasaga Beach

Design by Beach BOOSTER Media Group

**JOIN THE SHOP LOCAL MOVEMENT.**  
 with ShopWasaga.com

Looking for...

- Local Businesses
- Local Events
- Products & Services
- Restaurant Menus

**TAKE Beach BOOSTER everywhere!**

Read or Listen to all things LOCAL

Download your FREE Apps @  
 www.beachBOOSTER.com

Design by Beach BOOSTER Media Group

**AUTO-TECH 'N TIRE**

1227 MOSLEY ST. • WASAGA BEACH  
 705-429-4488

David Harrison  
 Shop Owner / Mechanic

TECH-NET Professional Rust-Check

**Gary Clayton Photography**

- Wedding Photography.
- Packages starting at \$549 for service and formals, \$1049 for full day coverage.

For more info Contact Gary at 705-796-2682  
 www.GaryClaytonPhotography.com

**PROMOTIONAL PRODUCTS AND APPAREL** | FOR MORE INFO CONTACT | 705-812-5507 | info@beachBOOSTER.com



**Marlwood Men's League**  
**May 31, 2017 With 103 Golfers**

**AA Flight**

Low Gross: Tom Burns 37, Alex Smardenka 38, Steve Wolfreys 39,  
 Low Net: Mike Lalonde 34, Mike Tracey 35, Ross Churchill 36

**A Flight**

Low Gross: Bill Ineson 39, Al Chambers 44, John Pearson 45,  
 Low Net: Joe Gadd 37, Rick Kennedy 39R, Jim Burns 39

**B Flight**

Low Gross: Ray Draper 43, Sam Ritchie 44, Cam Reid 45,  
 Low Net: Jim Grant 35.5R, Andy Beattie 35.5, Bob Preston 37

**C Flight**

Low Gross: Jay Grant 47, Paul McCleave 50, Ron Cochrane 51,  
 Low Net: Rick Roettger 38, Richard Groux 39.5, Bill Stapleton 40

**D Flight**

Low Gross: Bob McCrae 47, Bill Edgley 51, Jack Mighton 52,  
 Low Net: Fred Bowler 37.5R, Mike Stevenson 37.5, Chuck Shepley 38,

**Closest To The Pin Flight AA-A #7, Steve Noble**

Sponsored by Swiss Chalet, Wasaga Beach

**Closest To The Pin Flight B-C-D #2, Sam Ritchie**

Sponsored by Swiss Chalet, Wasaga Beach

**Hidden Hole #7 Frank Steel with a 8**

**Closest to the Pizza Box Ted Pachla,**

Sponsored by Boston Pizza, Wasaga Beach



August 25-26-27, 2017  
 Millennium Park

collingwoodlionsclub@gmail.com

**Marlwood Ladies League Weekly Scores**

May 30, 2017 with 39 Golfers

**A Flight:**

Low Gross: Marilyn Lett 44  
 Low Net: Jody Kowall 35.5 Retro  
 Birdies: Marilyn Lett Hole #2  
 Count Odd Holes: Jody Kowall 26 Retro  
 Rubber Chicken: Faye Scheifer 21

**B Flight:**

Low Gross: Cathy Curnew 52  
 Low Net: Shirley Allan 37  
 Birdies: Diane Wills Hole #2  
 Count Odd Holes: Shirley Allan 27  
 Rubber Chicken: Gloria Mighton 20 Retro

**C Flight:**

Low Gross: Barb Roettger 51  
 Low Net: Maureen Galliford 35.5  
 Birdies: -----  
 Count Odd Holes: Barb Roettger 28  
 Rubber Chicken: Babs Ineson 20

**D Flight:**

Low Gross: Jan Ware 57  
 Low Net: Bernadette Gowland 38  
 Birdies: -----  
 Count Odd Holes: Jan Ware 32  
 Rubber Chicken: Jeannine Brooks 21

**Prizes:**

50/50: Glenese Dougherty  
 Boston Pizza: Glenese Dougherty  
 Wasaga Flowers: Gloria Mighton  
 My Computer People:



Friendly • Affordable • Reliable

705.300.0012

GTA 416.628.3070 | www.altimatel.com

Unlimited  
 High Speed  
 Internet

From **\$29.95/m**

Canada-wide  
 Home  
 Phone

For **\$9.95/m**



**HERE TO HELP YOU HEAR!**

Call 705.352.3200 today and arrange your complimentary hearing test!

Unit 4- 1441 Mosley St.,  
 Wasaga Beach

**John Tindale, H.I.S.**  
 Hearing Instrument Specialist

www.beachhearing.ca



**Stayner Dairy Queen**

7377 Hwy 26 E  
 Stayner  
 ON L0M 1S0  
 Bus. 705-428-0414  
 Fax 705-428-0415



**Sherry & Joe Schaap**  
 Franchise Owners

E-mail: thinkdq@rogers.com

**Wasaga Beach Dairy Queen**

288 Main St. W  
 Wasaga Beach  
 ON L0M 1S0  
 Bus. 705-352-3737  
 Fax 705-352-3738



**Grilled Sensations!**

100% Beef Burgers  
 Chicken Sandwiches  
 Grilled or Crispy  
 100% White Meat Chicken  
 Tenders, Hotdogs  
 Fries, Onion Rings

**Chilled Temptations!**

All Occasion Cakes  
 available 7 days a week  
 Walk-in or Pre-order,  
 Blizzards® • Royal® Treats  
 Novelties • Shakes  
 Cones • Sundaes



## How To Improve Mental Toughness & Clear Life's Hurdles

Many times our biggest hurdles are in our heads. Yes, that new exercise may be hard, and a new environment or task intimidating, but the trick is to just get *moving*—and manage your expectations along the way.

Commitment and perseverance are admirable traits that drive success in *and* outside the gym. And you can get better at them! We're all about upping our game slowly but surely, and that includes exercising our mental muscles. Learn how to motivate yourself to get started on something new, and talk yourself through challenges across your entire life, to build your mental toughness! The rewards will be great and well worth the effort.

### Getting Over That First Hump

Generally, the hardest part of trying a new healthy routine (or any unfamiliar task) is getting started. We are creatures of habit and change for most of us is *scary*. But it doesn't have to be. Don't let change psych you out—or more importantly, prevent you from living your best life.

Consider these tips for getting started that are sure to build your mental toughness:

- **Identify what motivates you.** Success means putting both your head *and* your heart into it. Does new workout gear motivate you to get to the gym more often? If so, set a budget and reward yourself for meeting your weekly goal. Does eating a clean and healthy diet leave you feeling light and happy? Create a meal plan that includes lots of wholesome ingredients.
- **Set SMART goals**—that's specific, measurable, attainable, realistic, and timely. Challenge yourself to identify *all* these parameters and learn more about SMART goals
- **Identify potential obstacles** and come up with a plan for how to overcome them if they arise. That includes mentally preparing yourself that things may not go exactly as expected, and that's okay.
- Tell a friend your goal and ask them to hold you accountable. Or better yet, find someone with a similar goal or challenge to work toward it with you.

If you *start* smart, you're even more likely to sustain your new routine or task, and enjoy it more!

### How to Coach Yourself Through Mental Struggles

While seeking professional services is sometimes necessary, there are also simple ways you can coach yourself through the mental challenges that hit us all throughout life.

**First, identify your values.** What is most important to you in life? Family? Financial stability? Health? How do each of these areas influence you being your most authentic self? If a problem arises that does not fit within your value system, maybe it's not worth the mental stress. Being able to identify when and where to invest your time and energy can help you feel more grounded and provide mental clarity.

Practice reframing, or looking at a problem through a different lens when you're feeling stuck. The whole goal of reframing is to not only shed a positive light on the situation, but to move from inaction to action. Part of reframing may be learning how to take risks. If you're not someone who normally takes risks, remember this may feel uncomfortable. Looking at your problem from a different perspective may reveal some of the benefits a risk-taker may have in the same situation. Getting creative when it comes to solving our problems not only builds mental toughness, but can be quite empowering.

Make sure to stop and celebrate. Often times we are so focused on the end game that we forget to stop for a moment and reflect on what we've accomplished thus far. Regular check-ins could look something like every 30, 60, and 90 days. What small wins can be celebrated? What work is there still to be done? Try to frame these answers with a positive lens to motivate you to further work toward your SMART goal(s).

### A Note on Nutrition

Mental toughness isn't only about overcoming challenges and crushing goals. The actual health of your brain is key. So fuel it with nourishing foods. You need your brain to be functioning properly to be at the top of your game! Foods rich in omega 3 fatty acids and micronutrients like zinc, folate, vitamin B12, and vitamin C contribute to brain health. Incorporate foods like fresh fish, nuts, leafy greens, avocados, and colorful fruits into your diet to support your efforts.

Carly Sippel, Health Lifestyle



## GEORGIAN TRIANGLE MUSIC FESTIVAL

PRESENTED BY: YAMAHA

**June 30th**

Main Street Market  
6pm to 10pm  
**Altered Fate**  
**The Savilles**  
**Ausun McCarthy**  
**Brother Neil**

Boston Pizza  
5pm to 9pm  
**Noelle Cyr**  
**Jeff Alan Greenway**  
**KC Jones**  
**Marc Peters**

Wasaga Beach Youth Center  
5pm to 9pm

The Beacon  
9pm to 1am  
**Odd Clue**  
**Darker Still**  
**50 Years Late**  
**Samara York**

The Beach Bar  
10pm to 12am  
**CIA Kitchen Band**

**July 1st**

Art In The Park  
11am to 2pm  
**Buskers**

Main Street Market  
1pm to 3pm  
**Battle of the Sands**  
**Winners**

The Beach Bar  
10pm to 12am  
**Rebecca Rain**

The Beacon  
10:30pm to 12:30am  
**Comins or Ase**

**@GeoTriMusicFest**

The Beach is just the Beginning...  
**WASAGA BEACH**

WASAGA BEACH **95.1 FM** **BIG 101.1** **Fresh RADIO 83.1** TODAY'S BEST MIX **What's HERE.ca** **beachBOOSTER** **D'Addario**

FOR VENUE MAPS AND SCHEDULE INFORMATION VISIT [www.georgiantrianglemusicfest.com](http://www.georgiantrianglemusicfest.com)

Love your lawn this year! Get a great deal from Turf King!

## turf king

Professional Lawn Care & Property Services

- ✓ Complete Seasonal Programs
- ✓ Full Lawn Renovation & Sodding
- ✓ Tree & Shrub Deep Root Feeding
- ✓ Lawn Care Analysis
- ✓ Guaranteed Results
- ✓ Seniors Discounts

Call and ask about our **Seasonal Specials** when you book a **Lawn Care Program** with Us!

Locally owned and operated  
**Larry Snell | 705-322-2512**

**ROYAL LEPAGE**

Locations North, Brokerage  
Independently Owned and Operated

**Ed Parkes | 705-791-1156**  
Sales Representative

**BUS: 705-617-9967**  
edparkes@royallepage.ca  
www.locationsnorth.ca

7-1288 Mosley St., Wasaga Beach  
ON L9Z 2C9

Call Now for a **FREE** Market Report

Staging | Staging Rentals | Furniture Painting & Repairs  
Consignments | Downsizing Services | Delivery

**MOONSTONE ESTATE FINDS**

Quality Gently-Used Antique, Vintage and Retro Furnishings

**CHECK OUR ONE-OF-A-KIND ITEMS AND PRICING**

**MoonstoneEstateFinds.weebly.com**  
**705-999-2177**  
250 Moonstone Rd.E, Moonstone (Oro-Medonte) ON L0K 1N0

**OPEN THURS & FRI 12-6 SAT 10-4 SUN 12-4**

Design by Beach BOOSTER Media Group

**CANADA 150**

**beachBOOSTER promotions**

**PROMOTIONAL PRODUCTS AND APPAREL**

**FOR MORE INFO CONTACT**

**705-812-5507**  
info@beachBOOSTER.com