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Durham Region Community Publication

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From the Publisher

Another summer has come and gone, and it's back-to-school time already. While I know some kids who love going back to school, the majority of them do not. So, we wanted to make back to school a little more bearable for these kids (and their parents). Our tech blogger Jennifer Liwanag has been doing a little bit of research, and has put together a list of the best back-to-school tech must haves for note-taking, memorization, storage and productivity for all ages, grades and levels of education for this academic year. Discover what they are in her fittingly titled article, *The Best Back-to-School Tech*.

What else is new? Well, I'm sad to report that we will be retiring our two food columns, *Tasteful Talk* and *Tasteful Recipes*. Our long standing food columnist Shirley Ouelette has decided to pursue other interests and will no longer be writing for us. Shirley has been an incredible asset to our team, sharing with us her passion for local food and sustainable living and she will be missed.

Of course, we can't leave Durhameers without at least one food column... Taking over Shirley's recipe column spot will be Wendy Lee. Wendy is a self-taught chef. Her passion to find healthy alternatives to popular dishes stems from her desire to live a fit and healthy lifestyle while still enjoying food, and she shares this with us in her new column, *A Forkful of Healthy*. Her recipes are delicious, and the best part is, they aren't so bad for your waist-line!

We also have a brand new DIY column for all you DIY folks out there. Sheila Borlase of PeaceLands Garden Design who has a love for dirt and all things DIY, has decided to share her passion with our readers helping them bring their DIY projects to life. Check out her new column *DIY Décor* as she shows you step-by-step how to build a wooden planter for your fall foliage.

As per usual, our regular columnists are tackling an array of interesting topics for you, so make sure to give their columns a read. And of course, be sure to also visit The Local Biz Magazine website (www.thelocalbizmagazine.ca) and check up on what our bloggers are up to. I hope you enjoy this issue of The Local Biz Magazine and feel free to send us your feedback on it. We love hearing from you!

Antoine Elhashem
Publisher



From the Editor

Our editorial team was debating on whether or not to include a feature article on hunting and fishing, because let's face it, it's a controversial issue that evokes strong emotions in people – the former more so than the latter. Some people are for it and some strongly oppose it.

We're not here to tell you how you should feel on the issue – that's your choice. Rather, we wanted to offer a unique perspective on it. The article is written by animal lover and pet columnist Corry Hamilton who comes from a family of hunters and fishers. It sounds like an oxymoron to use the words 'animal lover' and 'hunter / fisher' in the same sentence, but if you know Corry, you know it's accurate. Animals are near and dear to Corry's heart, but she also enjoys hunting and fishing. How can that be? Read her article, *Hunting & Fishing... Through the Eyes of an Animal Lover* to discover how.

Moving on to another feature article. As a mom to a toddler, I have a love-hate relationship with social media, and I know I'm not alone. While many moms today cite social media as an incredibly helpful tool in navigating the unfamiliar territory of parenthood, there are also those who find it stressful and overwhelming. Put simply, it can be information overload. But the relationship between social media and motherhood is a complex one that can't be easily categorized as good or bad. Writer Leshanne Mori digs deeper into the issue by looking at what researchers have to say about it, and by speaking with two local moms about their experiences with it in her article, *Is Social Media Stressing Moms Out?*

As always, I hope you enjoy reading these feature articles and the other great content we have for you in our fall issue. Send us your thoughts and feedback on it. You can email me personally (editor@thelocalbizmagazine.ca) or connect with us through Facebook. P.S. If you are interested in blogging for our website, drop me a line. Till next time!

Wendy Chiavalon
Editor-in-Chief

Have Your Say

As a parent, do you find social media to be helpful or a hindrance?

- Helpful
- Hindrance
- A bit of both

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Is social media STRESSING MOMS OUT?

by Leshanne Mori

Speak to anyone parenting a young child or teen right now, and you'll find someone navigating new territory that no generation has had to do before. When a quick call to mom or grandma used to do the trick for most parenting unknowns, social media has changed everything from our parenting styles, to how we interact with our children, define ourselves as parents and connect with each other.

Interestingly, a new study from BabyCenter found that 68% of Canadian moms say that social media causes additional stress in their lives, a statistic up from only 43% last year. In addition to this, concerns about being the "perfect mom" are rising, the study says, with 71% saying they feel pressured to have a successful career and an "ideal family."

Is this experience a modern motherhood dilemma more so than the previous generation of parents? I spoke with two local moms to find out about their personal experiences - the first, Carla Holland, from Cupcake Goodness, mom and local business owner in Whitby, for her perspective on her experience as a parent both before social media became a cultural force, to now. Carla has two children, Marcus, 16, and Sahara, 15. The second, Carrie Graham, a Toronto city transplant who recently moved to Brooklin in search of affordable property and green space for her first child, Kennedy, 2.

Technology and social media has changed the way all generations are parenting

Carla is effusive, self-assured and loves to illustrate her ideas with personal stories she's experienced firsthand. When at first I suggest that perhaps social media could be creating a divide between parents from different generations, she instead steers me in the other direction, reminding me of the three grandparents she noticed out at a restaurant last week, each buried in Facebook on their iPhone 6. "Social media has changed the way in which all of us, regardless of age, are parenting now. It's the reality that each of us need to consider, from how much time we want to spend using it, to how we guide our children in using it, to where we find our



information. These ideas affect all of us, whether we're raising young kids, teenagers or grandchildren. The key, like anything, is balance.

The pace of parenting is at odds with expectations from our careers

Brooklin mom, Carrie Graham, can relate to the ongoing battle between social media, parenting and her career on a daily basis. "There's always a feeling that I'm missing out on something no matter what I choose", she says. "Recently there was a break-in at a convenience store in Brooklin, while my daughter was at daycare almost a block away. While I'm at work, I won't check my Facebook account because it's discouraged and it's also a huge distraction for my day. If I had been checking Facebook that day I would have known what happened and I could have called earlier. From what I found out, a lot of parents had already called the daycare earlier to check on their children because they read the update. I sometimes feel like I'm parenting less when I'm not keeping up with this type of information. But I know if I try to, I'll be sacrificing my job performance, which already suffers with the lack of time I can commit having a young child. As much as I'd like to be that involved (and I do agonize over not knowing), I have to trust that my daycare will call if I need to be informed. In this case I wish

I had known, but it didn't change how my daughter's daycare managed her safety."

Carla describes a similar feeling of being tied to social media - "As a small business owner using social media as a marketing channel, I understand how time consuming technology can be, particularly social media, which requires constant connectivity to be successful. I think that compared to before (when I was raising small kids), there is a greater expectation for moms to successfully juggle a career and be a mom, and that creates a lot of stress".

The perks of being always available may do more harm than good

Provided with a company cell phone, Carrie describes the pressure to be "always on", even during after-work hours - "I guess its mom guilt to blame. Before having my daughter I would work an extra hour, but now I am rushing to wrap up meetings at the end of my day so I can pick her up from daycare on time. By the time we get home, I'll still be answering emails here and there while I heat up dinner or pack her bag for the next day. I hate the feeling of having my mind at work but my body at home."

Setting boundaries for technology-free time is becoming increasingly important and necessary for parents of all ages to relax and truly, disconnect. Carrie describes her time away from



her phone as liberating - "I think it's why I look forward to weekends so much more now. I feel less tethered to my phone knowing that I'm not expected to be responding to email on a Saturday".

We're influenced by more perspectives now than ever before

Carla remembers minimal parenting influences during a time before social media and instantaneous access of information online was mainstream - "When my kids were growing up, if you needed advice on how to do something, you'd always ask your grandmother. She had the experience raising your mother, and helping her raise you, so she was naturally the first place to go when you had questions. Now, you can find 8-10 different answers online for anything you want to know. There's definitely information overload on how to raise a child. On top of finding so many new ways to do one thing, you can also find multiple perspectives from so many different people. For new parents, it's hard to navigate, especially if you don't have a support network that can help guide you.

Technology Offers Parents Peace of Mind... BUT

While technology is creating more complexity in our lives, there's also a lot of good to be found in it too. In overwhelming amounts, both Carrie and Carla said they were grateful for the peace of mind technology affords them in the ability to check in on their kids and keep them safe. Carrie says, "I love that at any moment in the day, whether Kennedy is with my parents or at daycare, I can always ask for a quick text or photo to let me know she's okay".

As a parent to teens, Carla uses technology and social media to connect with her children and describes herself as more involved

than most of her parenting peers. Carla is "friends" with both of her children on various social media sites, and uses this opportunity to guide her children on what is social-media-appropriate content and why, using examples from their shared networks.

However, while many parents take pride in the ability technology affords them to always know where their children are, there can also be a downside to having such easy access to children at all times. Social media and modern devices allow parents constant supervision of their children, from their whereabouts to their actions online. So much so that this trend for in-person and electronic surveillance has created a term of its own - the helicopter parent, a parent who takes an overprotective or excessive interest in the life of their child or children. This parenting style is not new and has always existed in some form even before social media or technology. The difference is now, these tools have allowed helicopter parents even greater access to their children's lives than before.

The disadvantages exist for both parents and children alike with the accessibility of information that technology affords. The Free Range Parenting movement seeks to avoid the problems of over-parenting and over-protecting children, particularly the surveillance of children through social media and technology. Free Range Parenting emphasizes allowing children appropriate levels of freedom and responsibility while still keeping them safe. The risks exist for both parties in a closely monitored relationship. Children are limited in their experiences to develop their independence, problem solving, creativity. That said, parents may also be limited in the development of their own parenting styles by not giving their children space to grow. The key with accessibility of information is finding a healthy

balance that works for all the family and gives each person their own room to grow.

"Oversharing" can leave some moms feeling inadequate

In the realm of social media, attention is the currency that we, as parents, trade. The better quality content that you post can be instantly rewarded with acknowledgement, praise and even envy in the form of likes and comments. The same is true in our own social networks as it is in the wider, public social domain of Facebook, Instagram and Pinterest which has now become, for many of us, our extended group of parenting peers.

As parents in this new era, this next level of visibility amongst our peers has a lasting effect on family dynamics, social relationships and how we model the world for our children. Within families, each person may likely have their own definition of what type of content they are comfortable sharing and with whom. It can cause tension when family members aren't aligned and photos or information is shared without the approval of the other person, or if that family member is still too young to understand the ramifications of what has been shared on their behalf.

Further anxiety is thrown into the mix when considering the effects of how our actions online will be seen by parents in immediate groups of friends. The never-ending documentation of smiling family photos, children's accomplishments, Instagram-worthy travels and Pinterest-perfect meals seem to have led to a phenomenon of digital one-upmanship in parenting communities. So much so that social media anxiety has become a documented effect of oversharing. It seems that the more and more content is shared, the more social networks seem to exacerbate anxiety and even unhappiness. Anxiety.org reports, "A large item contributing to social media anxiety is the compare-and-despair factor... which can lead to unsettling anxiety (in short, fear of personal failure)". A factor all parents need to be aware of as they consume social media content for themselves and also in the way they model behaviour for their children.

How we use technology and social media is a learning opportunity for our kids

Managing your identity online as a parent is a similar exercise to what a teenager experiences when managing their identity online, too. Not only do you have to consider who might be seeing your social media updates, or interactions, and if they are appropriate, but how those interactions might be perceived as well. Carla adds, "I tell my kids, social media profiles are becoming like resumes. It's important that you manage what information you share, accordingly".

Technology is certainly an ever-changing playing field with new ideas, and ways of communicating always emerging, but it can also be an opportunity to teach our children, as parents, how to prepare for life as adults. "By ignoring what media and technology your kids are using, you're missing out on a huge opportunity to provide guidance during a time that teenagers need it. Technology has, I think, allowed our family to talk about a lot of things we may not have had the opportunity to discuss before".

Leshanne Mori writes for The Motherhood Scene, a blog that reviews child care centers and other parenting resources in Durham. She lives in Whitby with her husband, son, and Jack Russell rescue, Pepper.

4 top tips for managing technology

Make time to put devices away for at least 1 hour a day. Always being available or "on" responding to messages can lead to burnout. Take at least an hour for yourself each day to disconnect and spend time with your loved ones.

Set clear boundaries with after-work communication. If you can't dedicate your full attention to responding to that email at 7pm, let your coworkers know you are only reachable after the kids bedtime at 8pm.

Use your social media interactions as a way to guide your children. Social media communication is an unavoidable part of life, and the more you can prepare your child for what to expect, the better. Show your children what healthy interactions look like and how to spot and react to bullying, so they are prepared for when it's their turn to deal with similar situations.

Avoid substituting digital connections for the ones you can have in person. It can be convenient to send a quick message to make up for the few months since seeing a friend, but it will be more fulfilling to instead invite that person over for a friendly tea or coffee at home.

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THE BEST BACK-TO-SCHOOL TECH: 2016/2017 SCHOOL YEAR

by Jennifer Liwanag

With back-to-school just around the corner, the biggest question most students grapple with is: How can I do better in school? (For parents it may be: How can I assist my child in doing better in school?)

With strong note-taking and study skills, a student has the potential to ace all their classes—even the really hard ones that seem impossible to pass. The great thing about the current generation and rapid speed of technology is that there are amazing tools to assist us in productive note-taking and studying. Usually, these tools tend to be inexpensive in comparison to multiple shopping trips for physical stationary school supplies, and are often a lot easier to transport. Below, I share with you some of my back-to-school tech must haves for note-taking, memorization, storage and productivity for all ages, grades and levels of education for the 2016 / 2017 academic year.

NOTE-TAKING

OneNote | Available on PC, Mac, Android, Apple & Windows Devices | FREE

OneNote is an amazing app for note-taking. It is multi-platform and syncs with WiFi connection, so you can access your notes from any device supported. You have the option to type or handwrite notes, which allows for a lot of flexibility in learning styles and you can even upload PDFs and photos to draw or highlight on top of them. When taking lecture notes, I like to have OneNote open on both my iPad

and my laptop so I can type quick notes on my laptop and highlight or draw diagrams with my iPad on the same note. You can even voice record lectures and save them to an audio file on the same “page” as your notes for that day to look back on. This app is also amazing for organization because you can make different “binders” and “pages” for different subjects and units. Overall, OneNote is an all-in-one app for productive and functional note-taking.

Notability | Available on Apple Devices | \$7.99

Notability is another amazing note-taking app. Similar to OneNote, you have the option to handwrite or type up all of your notes. I find this app is more suited for those who like to handwrite their notes though, because on tablet devices, sometimes it is difficult to type notes if you do not have a USB keyboard. You can choose between many different paper styles and even organize your “classes” into folders. A neat feature of Notability is that it syncs your handwriting/typing with audio if you are audio recording a lecture. I find this so useful, especially in quick-pace, information filled lectures because sometimes you do not have time to write down everything your professor or teacher says. When you review your notes, you can listen to the audio recording and magically watch your notes appear on the “paper” (or screen).

Evernote | Available on PC, Mac, Android & Apple Devices | FREE (Premium Paid Options Available)

Evernote is yet again another app that gives you versatility to choose between handwriting and typing your notes. It is also a sync-based app—so you can access your notes on multi-platforms. What Evernote is most well-known for is its “clip-and-save” feature. I think this is especially useful during note-taking while doing online research. Instead of re-typing out something you’ve found on the internet, you can take something similar to a “screenshot” and save it within your notes for future reference. It is also really well known for its sharing feature. If you have a friend who missed a class, you

can just send them a URL link (generated by Evernote) of your notes and they can have online access to it. You have the choice as to who can see what notes and you can always turn off the sharing feature.

MEMORIZATION

StudyBlue | Available for Apple and Android Devices | FREE (Paid Upgrade Options Available)

StudyBlue is a digital flash cards app. No matter what age or education level, I feel StudyBlue will do the trick in helping you learn terms. If your primary school child for instance, is struggling learning their colours, you can make flash cards with one side displaying the colour and the other side with the color written out. Similarly, for high school or post-secondary students, you can use this app for learning technical definitions, or for studying terms and concepts. The great thing about this app is that you can also search topics to find flash card “decks” that others have created for similar topics.

Duolingo | Available for Apple, Android and Windows Devices | FREE

Duolingo is an amazing app for learning languages. In primary school, French is a mandatory class that all students must take until they graduate from Grade 8. If your child is struggling with their French class, this app may be what you need to help them improve their French grade. Each day, your child will have a few exercises on the app that usually takes less than 10 minutes that will help familiarize them with the language. This app is also useful for high school or post-secondary students studying other languages. I know many post-secondary institutions have different language classes you can take for electives and this app may help you if you are struggling or need a little more practice outside of the classroom.

Quizlet | Available on Apple, Android, Windows and ChromeOS Devices | FREE (Paid Upgrade Available)

Quizlet is another amazing digital flash cards app. What makes Quizlet different than StudyBlue is how it helps you study. Not only does it turn your definitions and terms into flash cards, but you can also play matching games and “fill in the blank” games on the app to help you memorize them. The app, after each round, even gives you the opportunity to target the “cards” you struggled with, so you can put more focus on learning the things you do not know, instead of learning everything and failing to acknowledge your struggle points. I find this app especially helpful in classes where the content is very dry and I really don’t want to study them. This just makes studying a little more fun and a lot more interactive. You can also search for other “Study Sets” that others have made and study those as well. You can even send your “Study Sets” to your friends and compare your scores in the games.

STORAGE (CLOUD & DRIVES)

One thing I find very important, especially when working on a computer or my tablet is backing up my work. Don’t you just hate it when you worked so hard on a project, your computer shuts off or your laptop dies and POOF, all your hard work is gone? Or when

your computer needs to be restarted to factory default and all your documents that were saved to your hard drive are all gone? The horror! If you save all of your work to a drive, you can pick them up from any device and they are all just stored online in a “cloud” or “virtual hard drive”. This really could save you more than you realize. Here are some that I love to use:

- **OneDrive | Available for Apple, Android, and Windows Devices | FREE (Paid Upgrades Available)**
- **Drop Box | Available for Apple, Android, and Windows Devices | FREE (Paid Upgrades Available)**
- **iCloud | Available on Apple and Mac Devices | FREE (Paid Upgrades Available)**
- **Google Drive | Available on Android and Windows Devices | FREE (Paid Upgrades Available)**

PRODUCTIVITY

Forest | Available on Apple, Android, and Windows Devices & Chrome and Firefox Browsers | FREE

Forest is a creative productivity app. Its purpose is to assist you in putting down your phone to focus on doing more productive things in your life. This is great for students who find it difficult to put down their phones when studying or doing homework. Every time you want to study or do some work, “plant a seed” in the app. In the next 30 minutes, the tree from the seed you planted will begin to grow—but if you leave the app before the 30 minutes is over to go through social media, text or play games, your tree will die. Each tree added to your forest in the app, is a valuable 30 minutes in your life that you spent doing something productive.

Habitica | Available on Apple & Android Devices | FREE

Habitica is an amazing app to help change habits. It turns daily habit changing tasks into a RPG game—perfect for all you gamers who just want to do well in school. You can make tasks, to-do lists, and daily habit changing duties that you have to fulfil, and every time you do one of these things you get coins and experience. The experience you gain helps you level up—which makes your avatar stronger. The coins you collect can be put towards better armor. Every time you fail to do a task, your avatar’s health decreases. Your duty is to complete these tasks throughout the day to keep your avatar healthy while making them stronger to fight beasts. It is a really creative way to train yourself to be more productive.



Planner Pro | Available on Apple & Android Devices | FREE (Paid Upgrades Available)

Planner Pro is a mobile calendar app. You can add important events, special tasks, and plan your day on an hourly basis. What I love about this app is that you can also colour coordinate your “planner” to make it easier to sift through all of your tasks, events and notes. I find it especially helpful to keep a planner specifically for your school work and deadlines—so I would use this app specifically for just school related events and tasks. I’d suggest you colour code your classes—this would help you identify which classes require more time for homework and studying. You can also add in any extracurricular activities you do with the school—like your soccer team practices or your choir performances. Overall, I believe if you have your school life organized, you are going to do a lot better academically.

OTHER TECH ESSENTIALS

Adonit Mini Tablet Stylus | \$19.99

If you are one who enjoys handwriting your notes or jotting ideas down, Adonit Mini is an amazing stylus. Because of its fine tip, you are given the most accuracy in your writing—which helps in taking neater notes. It is small, making it easy to carry around in your pocket or your book bag and it has a clip at the top to clip it to your shirt pockets. I absolutely love this stylus because no matter what I want to use it for—neat note-taking, diagrams, filling in blanks on PDFs, or doodling—it is precise and glides smoothly on the screen.

Bluetooth Tablet Keyboard

Overall, if you are using a tablet instead of a laptop or desktop for doing school work, I’d suggest you invest in a Bluetooth Tablet Keyboard. I personally use a Logitech Bluetooth Tablet Keyboard, but any keyboard will do as long as it meets its purpose. I feel a Bluetooth keyboard is essential because it provides you with a quicker way to type out your notes, rather than using the touch screen keyboard on your tablet or device. Sometimes it is just easier to have the physical touch of a keyboard to accurately type out notes or ideas.

These are some of the best back-to-school essentials for the 2016/2017 school year. I hope these suggestions help you (or your child) improve academically this year.

Jennifer Liwanag is a 4th year university student at UOIT and a Lifestyle blogger at Jennibearxo. In her free time, she designs and sells printable planner stickers at DaintyRoseDesigns on Etsy to assist you in productively organizing your life within a planner. She also is the Technology Blogger for The Local Biz Magazine where she shares tech tips and app suggestions.

Autumn Events Calendar

September 7, 2016

BOAA Open House & Seniors Information and Active Living Fair

Bringing the older adults of Clarington together by promoting health and happiness with information, displays, vendor booths, program demonstrations, workshops, seminars and much more! Sign up to become a member, register for new FALL programs, tour the facility and enjoy complimentary refreshments all day long!

Bowmanville
www.bowmanvilleolderadults.com

September 11, 2016

Grandparent's Day Train Ride

Across North America, September 11th is the day that grandparents are honoured. Treat yours to a trip on the York-Durham Heritage Railway through the picturesque Oak Ridges Moraine. Half price for each grandparent accompanied by a fare-paying grandchild. (Boarding facilities for disabled persons available at Uxbridge). Visit our website for train departure times.

Uxbridge & Stouffville Train Stations
www.ydhr.ca

September 17, 2016

Port Perry House & Garden Tour

See incredible examples of the varied and interesting architecture, interior design and gardens found in beautiful, historic Port Perry, Prince Albert and the surrounding area. Your ticket also includes a visit to the House Tour Cafe at the Port Perry United Church for complimentary homemade baked goods and refreshments. Not only will you have a wonderful day of amazing architecture, lovely gardens, and inspired decorating, but you will also make a positive impact on at-risk youth, women, men and the elderly within our community.

Gardens and houses in Port Perry and surrounding area
www.portperryhousetour.ca

September 17, 2016

Ajax Spirit Walk

Take a guided walking tour along Ajax's beautiful waterfront and discover the rich history and heritage in the area, as told through interactions with various historical "spirits" along the way. From Aboriginal history and the environmental significance of the Ajax Waterfront to Ajax's important and often overlooked contribution to the war effort in WWII, this tour will be both educational and entertaining.

Rotary Park
www.ajax.ca

September 18, 2016

Teddy Bear Train

Bring your teddy bear (or other favourite stuffed animal) on this special train ride. Dr. Bear will give your teddy a check-up to make sure it can give you lots more hugs and cuddles. Children 12 and under ride for \$1 when carrying their Teddy Bear (maximum of 2 children per adult). Visit our website for train departure times.

Uxbridge & Stouffville Train Stations
www.ydhr.ca

September 22, 2016

Every Trail Has A Story

Join author Bob Henderson for a talk about historical trails, heritage travel, and stories from across all of Canada East to West - North to South. Scattered across the land are incredible tales of human life over the centuries and Bob Henderson captures this living history in its relationship to the land. This talk is by donation, please arrive early to guarantee your seat.

Uxbridge Historical Centre
www.uxbridgehistoricalcentre.com

September 24-25, 2015

A Country Path Fall Harvest Driving Tour

Visit website listed for more upcoming details. Event will be on the Saturday and Sunday from 10 am - 4 pm. Clarington
www.acountrypath.com

October 1, 2016

Doors Open Ajax

Be a tourist in your own town! Celebrate Canada's Culture Days as we open the doors to fascinating buildings and unique heritage sites rarely open to the public.

Ajax
www.ajax.ca

October 1, 2016

Doors Open Oshawa

Doors Open Oshawa gives the public a chance to explore the historic architecture and fascinating sites found throughout the City of Oshawa. Medical Science and Innovation will be highlighted in our Doors Open Oshawa 2016 program. Spend a day discovering local history first-hand and celebrate our community heritage during the 13th year of this event.

Oshawa
www.oshawa.ca/doorsopen

October 3, 2016

Art Talk | Not-so-Starving Artists

We've long heard of impoverished, but devoted, artists working tirelessly to hone their craft. This Art Talk with SG Curator Olex Wlasenko reaches beyond the well-worn stereotype to explore the connection between wealth and artistic achievement.

Port Perry
www.whitbystationgallery.com

October 21, 2016

Fright At The Museum

Uxbridge Historical Centre presents "Fright at the Museum!" our 4th annual Halloween Haunted Village and Scavenger Hunt. At this popular family-friendly Halloween attraction, find items around the spooky Museum buildings and grounds to unravel this year's Halloween mystery! Family appropriate, some scary content! Similar to a haunted house or walk but interactive! Only \$2 admission. This event will proceed in rain or "moonlight."

Uxbridge Historical Centre
www.uxbridgehistoricalcentre.com

October 28, 2016

Ganaraska Region Conservation Authority's Hallowe'en Howl

Hallowe'en is just around the corner! Why not get into the spirit early during this annual spooky night in the Ganaraska Forest? Carve pumpkins and paint other fun gourds to take home, and then enjoy an interactive and entertaining campfire before testing your fears on a guided night hike through the forest.

Pre-registration is required.
Ganaraska Forest Centre
www.grca.on.ca

October 29, 2016

Lucy Maud Montgomery Day

This full day event at the Historic Leaskdale Church celebrates Lucy Maud Montgomery and her contribution to Canadian literature. The day includes speakers, luncheon, coffee and snacks.

Historic Leaskdale Church
www.lucymaudmontgomery.ca

November 11, 2016

Remembrance Day Ceremony

A ceremony remembering the sacrifices made by our troops. Memorial Park Cenotaph
www.oshawa.ca/things-to-do/remembrance-day.asp

November 18, 2016

Oshawa Tree Lighting Ceremony

The annual lighting of the Christmas tree at City Hall Civic Square includes Christmas tree lighting, live music, show, traditional carols, and a visit from a very special guest dressed in red and his elves.

City Hall Civic Square
www.oshawa.ca/things-to-do/christmas-tree-lighting.asp

For events that may have been added after the publication date and other ideas to plan your perfect day in Durham Region, visit www.durhamtourism.ca.

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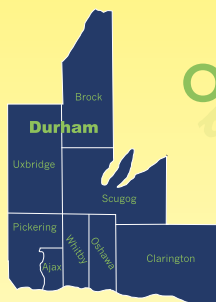
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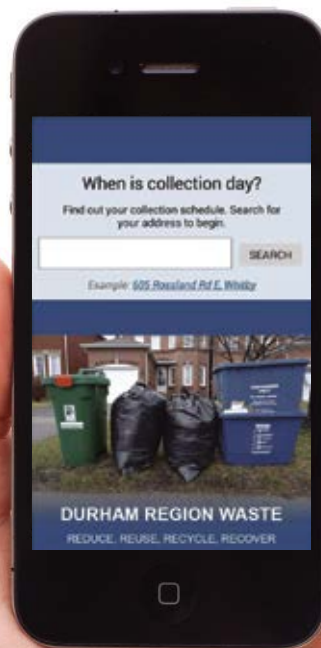
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durham.ca/waste

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HUNTING & FISHING... THROUGH THE EYES OF AN ANIMAL LOVER

by Corry Hamilton

HUNTING AND FISHING ARE SUCH POLARIZING WORDS. TO SOME, IT'S A SPORT, A WAY OF LIFE OR PART OF THEIR CULTURE; TO OTHERS IT IS BARBARIC AND CRUEL.

I come from a long line of outdoorsmen and women, hunters and fishermen. Since most people know me as an animal lover, they may be surprised that I love fishing, I have my own bow, and I also know how to shoot a gun.

Animals and nature have always been an important part of my life. There is a calmness that overcomes you when you're out in the forest. You are hyper aware to all the sights, sounds and smells around you. Even fishing, whether it be the sound of the waves or the repetitive casting of the line, it brings calmness and reconnects you with nature, almost a meditative state. It really is hard to explain. Never having been able to meditate without falling asleep, I just find myself to be more at peace outdoors, whether I land a big fish or animal or not.

I wanted to write this article to give a different insight into hunting and fishing. I asked friends and family why they hunt or fish. You might be surprised by their answers. Everyone spoke of spending time with friends/family, of a love of the outdoors, being a conservationist and a form of meditation. Okay, the guys didn't mention meditation but really it is a form of it. Not one person spoke of killing for sport or trophies.

When non-hunters think of hunting, they picture big game hunters; the ones who post pictures on social media looking smug. Poachers and big game hunters aren't true sportsmen; they are thieves and cowards and need to be punished when they break the laws. Poachers and big game hunters are all about ego. In actuality, it would represent a small percentage of hunters. By grouping true sportspeople with poachers is kind of like saying all animal activists

are zealots. In fact, hunters are more likely to police themselves. A true sportsperson is all about conservation and balance.

RESPECT FOR NATURE...

In our family, we were taught to respect life and give thanks for an animal sacrificing itself so that we could eat. We were taught the native way of life in that, you use the entire animal; it was never just for the fun of killing. My great aunt lived with the Inuit of Frobisher Bay and the James Bay Cree. They are still one of the few nations in North America that rely on traditional hunting and fishing for nourishment.

FREE WILL...

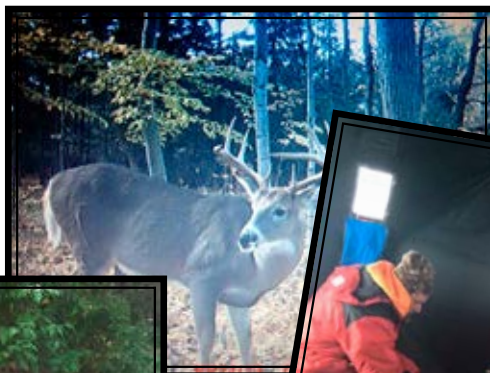
Hunting is essential to the Inuit/Cree tradition. It is a part of them, their identity and their beliefs. They follow a spiritual way of life that is designed to balance their own needs with those of the animals on which they depend on for food. For them, everything possesses a consciousness and free will. They communicate with the animals and ask them to sacrifice their life. If the animal is in agreement, it offers itself up to the hunter. An example of this would be in the winter, when bears are hibernating, hunters will ask the bears to leave their cave and if it does then it is giving permission for the hunter to kill it.

NOTHING GOES TO WASTE...

They also use every part of the animal. Meat was eaten, fat rendered down to cook with, bones used for their marrow. Hides became blankets and clothes and goat hair could be spun into yarn and cord. Antlers became needles or handles for tools and finally, jewellery is made from bones, teeth and claws.

LIFE CYCLE OF NATURE...

They also pay close attention to the life cycles of nature. Spring hunts can revolve around goats, sheep and deer, while fall hunts include bear, moose and deer. Rabbits, squirrels, ducks, wild turkey,



bison and elk also have specific hunting seasons. The life cycle of animals can fluctuate depending on a number of factors.

The biggest factor is us humans. We are responsible for causing changes to the environment and thus influencing the animal and plant populations. We take up more space for our homes. We pollute our habitats with chemicals and GMO produced foods. Some illegally hunt and kill animals and bring exotic animals and plants into the area which can overwhelm and destroy the finely balanced ecosystem.

PREDATOR-PREY CYCLE...

Conservation is an important factor in hunting. In nature, the predator-prey cycle is an important factor in determining how many tags will be available to hunters/hunting camps. The Lotka-Volterra model for predator-prey dynamics is the easiest to explain. It was developed in the 1920's and is used to demonstrate how predators and prey can influence each other's evolution. In simplistic terms, if prey populations rapidly increase, this results in an increase in predator populations. As the predators eat the prey, the prey population decreases, which then causes the predator population to decrease.

A CONTRACTUAL RELATIONSHIP...

The Inuit /Cree think of their relationship with animals more like a contract. As hunters, they are expected to respect the animals and never kill more than they need and animals are expected to produce young and sacrifice some of their lives to feed the hunters. When there is an imbalance, the animals produce less young, forcing the hunters to cut back on what they take or they risk losing their food supply.

HUNTING DOGS...

A hunting dog is not a tool. A hunting dog is a backstage pass to the wild world. Hanging around with a good bird dog is a privileged part of the outdoor life, and different hunters choose different breeds for

different reasons. Some people intentionally reject the mainstream and go with lesser-known breeds, but in Canada, the dogs you most often find working in the field for their human hunting buddies are Brittansys, English Setters, English Springer Spaniels, German Shorthaired Pointers and Labrador Retrievers. These breeds have stood the test of time for Canadian hunters in Canadian conditions.

PASSING ON THE TRADITION...

In native culture, boys would spend large amounts of time with their dads and other male elders learning the skills needed to be a successful hunter. They needed to be well rounded and learn stalking and killing techniques, animal migration, seasonal hunting and how to make weapons. Nowadays with the manufacturing of guns and bows, the hunter is not required to make weapons but everything else is important to make a successful hunter.

Similar to native cultures, most outdoors people start educating their children at a young age. They want them to be able to continue the tradition and pass on the joys of conservation and hunting/fishing. Usually, you cannot begin to hunt until the age of 12, as you have to pass a firearms certification. This is why most sportsmen start with fishing.

There are three main purpose-based categories of fishing: commercial, recreational and sport. The commercial type is done for a living and is considered to be one of the most dangerous jobs. Recreational fishing is done for fun. You can include catch and release in this category where you catch the fish for fun and then release it back afterwards. Finally, sport fishing is where fishermen compete to catch specific types of fish, or fish of specific weights.

The most common type of fishing done with handheld equipment is angling, in which a person uses a rod with a line attached to hook fish. The fisher attempts to get the fish to bite the hook by placing lures near the hook or by placing live bait on the hook. A variation of this is fly fishing where a special rod and line are used. It also involves using an artificial fly which you make using bits of feather,



fur, foam or yarn. The fly is used instead of traditional worms or other forms of bait.

ICE FISHING...

As Canadians, we also do a lot of ice fishing in the winter. Ice fishing is a sport that involves catching fish from a frozen lake or other body of water. Before setting up, you want to ensure that the ice is at least four inches thick in order to be safe. You must saw a hole in the ice in order to drop a fishing line into the lake. You will probably want to have an ice hut, which is really a tiny heated cabin.

One of my favourite memories is getting to fish with my dad and grandpa. Like the country song, "Just Fishin'" by Trace Adkins, he pretty much sums up what fishing is all about:

*I'm lost in her there holdin' that pink rod and reel
She's doin' almost everything but sittin' still
Talkin' 'bout her ballet shoes and training wheels
And her kittens
And she thinks we're just fishin'
I say, "Daddy loves you, baby" one more time
She says, "I know. I think I got a bite."
And all this laughin', cryin', smilin' dyin' here inside's
What I call, livin'
And she thinks we're just fishin' on the riverside
Throwin' back what we could fry
Drownin' worms and killin' time
Nothin' too ambitious
She ain't even thinkin' 'bout
What's really goin' on right now
But I guarantee this memory's a big'in
And she thinks we're just fishin'*

CONSERVATION AND EDUCATION...

Hunting and fishing is strictly regulated by the Ministry of Natural Resources and Forestry. They look at a lot of factors when determining how many tags are given out for each hunting camp/

hunter. For example, elk hunting has only been allowed in the last five years as the elk population had been depleted. They also ask hunters to provide feedback on big game bagged numbers and to police themselves by providing tips on poachers.

The Ontario government and ministry are all about conservation and education. Each year they produce a guide/e-book with updated guidelines and regulations. They provide information from where you can hunt and fish, when you can hunt and fish and how to obtain and renew your hunting and fishing licences. In fact, 100% of all licensing fees go into a special wildlife account. For 2015/2016, over \$70 million was available in a special wildlife account. Two thirds of all fishing and wildlife activities are paid for using this account.

They also stress education, everything from feeding wildlife and how to identify the age and sex of the moose. Most people would know that feeding wildlife can be detrimental because it upsets the life cycle balance. They get used to being fed, which can result in more wildlife being born. This results in them encroaching into the suburbs/city which upsets the balance of our ecosystems, more vehicle accidents involving big game and the threat of wildlife attacks on pets and humans. It is all about working together to ensure that we have a world to leave our children.

While this article provides a simple overview of hunting and fishing, my wish is that it gives you a new appreciation and perspective for hunters and fisherman. We truly are conservationists and want the best for the world.

Corry is founder and owner of Taking the Lead, a professional pet care company based in the Durham Region. Corry's furry family is full of special needs animals, and when she isn't planning her next great international adventure, you can find her curled up with a book, snapping pictures or playing with all the dogs and cats. She is also a regular columnist and blogger at The Local Biz Magazine.



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ALL MY FAVOURITE PEOPLE ARE BROKEN

AN INTERVIEW WITH BRENT JENSON

by Wendy Chiavalon

Brooklin resident Brent Jenson is no stranger to the music world or writing world. He is a well-known rock critic as well as freelance writer, and has published two books prior to his latest book.

This past April, Brent released his third book, ***All My Favourite People Are Broken***, and I had a chance to chat with him about his latest book, the influence music has had on his life, as well as the state of the music industry today.

Can you give readers a synopsis of what your latest book – *All My Favourite People Are Broken* – is about?

As music fans, we all have that special handful of songs that make us really feel something, those songs that just have a certain power over us emotionally. Maybe they make you cry, maybe they make you feel ten feet tall. Either way, people don't often take the time to really think about why this is the case. I wanted to really pull back the curtain on this idea, and so, a childhood friend and I did just that by secluding ourselves in a cabin in the mountains to ask ourselves the hard questions about the music we loved.

What inspired you to write this book?

My friend Garvey and I have been having those late-night conversations since we were kids about the bands, the songs, and the special music that really cuts through. Music means so much

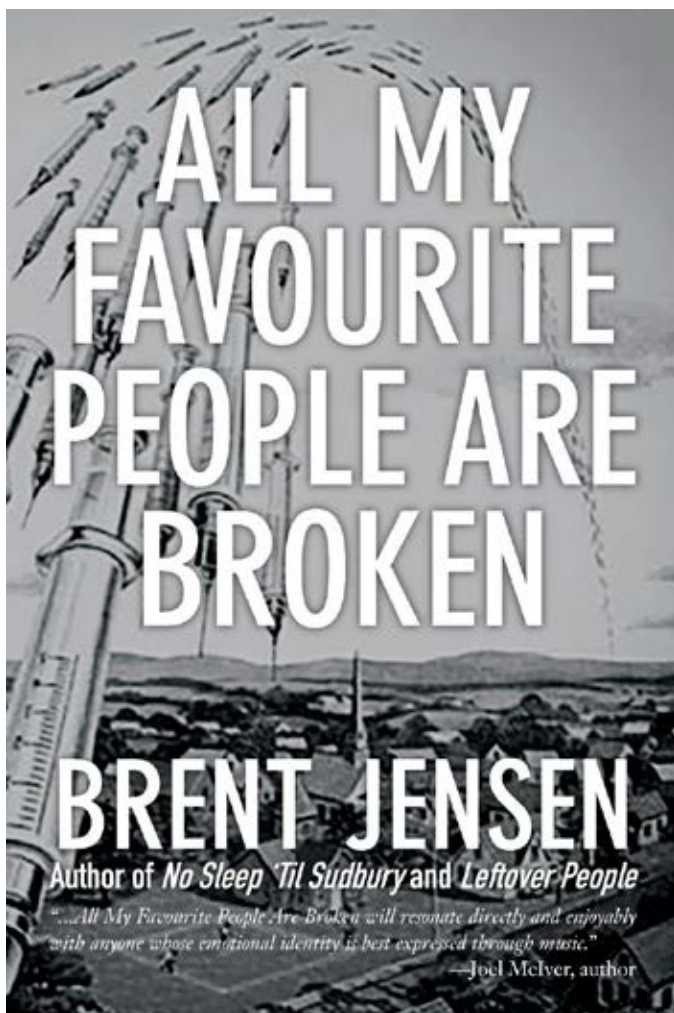
to some people as a self-representative, intensely connective application in life that I needed to take a closer look.

Why the title, “*All My Favourite People Are Broken*”? What does it mean?

The title comes from the idea that the most genuine and compelling music tends to come from a sad place. We were listening to a song called “All My Favourite People” and having these very unusual conversations about this idea, out there alone in the middle of nowhere. One of us eventually pointed out that Paul McCartney however, prolific as he is, never really wrote any ‘sad’ songs except maybe “Yesterday”. I concluded that all of my favourite people are broken except Paul McCartney, and I figured it would be a good name for the book.

You’ve written two books prior to this one, and they all seem to have a musical theme to them. Is there a connection between any of these 3 books?

There certainly is. You could almost consider ***All My Favourite People Are Broken*** to be the last installment of a trilogy in the sense that in each book, there's an opportunity for the reader to come along in looking behind that introspective curtain with the help of music. I've always believed that our music explains who we are to ourselves, and that theme was consistent in my first two books, ***No Sleep 'Til Sudbury*** and ***Leftover People***. ***All My Favourite People Are Broken*** takes the concept of looking inward for the answers to a whole new level.



In a recent interview you did for 104.1 The Dock, you said, “Music tells you who you are; defines who you are”. Can you elaborate on this sentiment? How has music helped define who you are in your life?

Let’s put it this way - after having collected every song that ever made me really feel anything over the course of my life and assembling them all in a tidy little playlist package, it really told me a lot about the music I was drawn to based on the life I was living growing up. I sought refuge in music as a kid, and seeing these songs all together in a collection for the first time helped me to make sense of a lot of things.

You’ve often lamented on how music today may not have the same lasting emotional effects on kids as it did back in the day. In your opinion, what’s the difference between music today versus music back in the day?

Music today seems disposable. It doesn’t seem to have the same central core meaning to people like it used to, as much as maybe being just a peripheral application now, serving some secondary background purpose at best. Music today just seems to be a meaningless commodity that can be bought and sold without much feeling. Music was superior back in the 70s, before people figured out how it could line their pockets.

Is this the case with all genres of music, or just mainstream (top 40, pop etc.) music? For instance, is country music or jazz music still true to its roots?

Some genres are able to maintain purity more than others. Pop has always been the least pure, simply because its essence is just that - mainstream and completely open to public consumption. With more specific genres like country, jazz, and blues, there will always be an underground movement that strives to maintain purity by lurking in the darker, smokier corners. Of course, there will always be an attempt to monetize even these genres by cross-pollinating them with things like rap and hip hop. Don’t get me started on this...

Are there any artists today that in your opinion, still create music that is deep and meaningful? Are there any songs today that are an exception to the norm?

Great question. I’m sure that if you dig down deep enough, you’ll find some great independent bands that still understand the core rudiments of music. You can never just throw a blanket on this and say that good bands don’t exist somewhere out there. Aside from that, one fairly popular artist does come to mind who is a true exception to the norm, and he is Ryan Adams. He’s consistently impressive, and he somehow continues to defy music history by churning out great music record after record. He knows something the rest of us don’t.

What artist(s) have made music that has impacted you in your life? What song(s) still resonate with you today?

So many to choose from, for all sorts of genres. A couple from my playlist that come to mind right away are songs like the Stereophonics’ version of “Handbags and Glad Rags” because it’s just so tremendously moving. Also, AC/DC’s “Sin City” because it makes me feel like I can crush buildings with my bare hands. And “Elvis Presley Blues” by Gillian Welch because of its stirring, delicate darkness. I’ve always been more drawn to the less-popular, deeper cuts of an album as opposed to the hits.

You mention about the power music has on us emotionally. The power it has to build us up and make us feel invincible on the one hand, and the power it has to break us down and make us cry on the flip side. Why do you think music has that ability to touch all of us so powerfully, more than any other entertainment medium?

I think there are a couple of reasons for it, and despite my efforts to uncover them in the book, some will remain a mystery. However, a lot of the emotional connectivity we experience through music is rooted in nostalgia. I think that we mythologize music through mythologizing our childhoods. And because music is often so inextricably interwoven with childhood, we’ll always recognize it as powerful.

Brent Jensen’s books are available worldwide on Amazon in both paperback and Kindle formats, and also in select bookstores. You can connect with him through Facebook and Twitter.

Wendy Chiavalon is the editor-in-chief of The Local Biz Magazine.

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AT THE BOX OFFICE

Dramas & Thrillers

September 9th, director Clint Eastwood releases his latest movie, **Sully**. This movie is based on the novel "Highest Duty: My Search for What Really Matters" by Captain Chesley "Sully" Sullenberger, who details the events of his emergency landing of an airbus into the Hudson River saving all 155 passengers. This movie is a dramatic biography recounting the harrowing emergency landing, but also how Sully's life was thrown into turmoil after the events. The cast is made up of some heavy hitters including Tom Hanks, Laura Linney, and Aaron Eckhart.

Snowden is the untold personal story of Edward Snowden, who became a polarizing figure when he became one of the most wanted men in the world when he leaked classified information from the National Security Agency. This promises to be a compelling movie as we follow him on how he pulled it off, why he did it, and who he left behind. Some call him a traitor, some a hero; this movie will leave you to decide on September 16th.

Comedies

Bridget Jones' **Baby** has Renee Zellweger back bumbling through another episode in this 40's something comedy. We find that Jones is fresh off a break up with Mark Darcy (Colin Firth) and is set on focusing on herself, her friends, and on her career when she meets Jack (Patrick Dempsey) and in an unlikely twist finds herself pregnant - with the predicament of not knowing who the father is. The comedy is set to open on September 16th.

On October 21st, **Keeping up with the Joneses** hits theatres with the very funny Jon Hamm, Isla Fisher and Zach Galifianakis. When an ordinary suburban couple (Galifianakis and Fisher) meet their new neighbours, the Joneses, and find them to be impossibly accomplished, gorgeous and sophisticated, they take matters into their own hands to find out who these mysterious Joneses, truly are. Once they make the discovery that they are in fact covert operatives, it's too late and they are sucked into the world of secret agents...kicking and screaming.

Action

If you're in the mood for an action packed Western, **The Magnificent Seven**, is exactly what you need. Opening on September 23rd, the story starts with a woman's desperate plea to avenge the carnage her town of Rose Creek is enduring under the hand of an evil industrialist. A collection of seven outlaws take on the mission to protect the townsfolk and end up fighting for more than just money. The cast includes Denzel Washington, Chris Pratt, and Ethan Hawke.

For the kid in us all

Storks is a fun adventure with our hero, Junior, a top delivery stork at an internet company who is about to be promoted when he accidentally activates the discontinued Baby Making Machine, producing an adorable, yet unauthorized baby girl. With the dilemma that storks no longer deliver babies and with his promotion on the line, Junior recruits his friend, Tulip, the only human on Stork Mountain to help him deliver the baby before anyone finds out. Pixar's latest film is delivered to us on September 23rd.

Stephanie Herrera is an Entertainment Specialist, speaking, teaching, and writing about Improv, Comedy, and Life through her company, Durham Improv & Acting Studio. She is an award winning actor, writer, and singer performing regularly on screen and stage.



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As your children head back to school and embark on a new school year creeping ever closer to when they graduate and leave the nest, you may have the urge to just hit the pause button. Surely it's not possible for your children to grow up this quickly?

There is a pause button that you can press. It's called a family holiday and it lets you pause for a week or two and just enjoy spending time together as a family without any distractions. Time slows down when you are on holiday and you create family memories together rather than spending another week that just rolls into the next week and is indistinguishable from the week before.

Travelling as a family is the greatest gift of all. As you experience new places, you are blessed to not only see new destinations, but to see them in the eyes of your children as well, who always offer a fresh new perspective. Visiting a country that is more prosperous than yours can inspire you to do better at home while visiting a country that is less fortunate than your own helps you to appreciate what you have at home. You also have the opportunity to volunteer in the destination you are visiting and to give back to the local community.

Before your children head off to university, you'll want to equip them with life experiences and mold them into well-rounded young adults. Travel is the fast track course to this. As you travel as a family, you teach your children how similar we all really are. Your children will also learn just how big our world is and how much there is to explore. When your children leave for university in another city or even country, you can feel at ease knowing that they have travel experiences tucked under their belt and know how to navigate something that is unfamiliar to them and meet new and interesting people from all walks of life.

Travel enriches our children's lives and as our children head to school everyday to learn, we need to remember about all of the learning that takes place outside of the classroom. Learning about a country's history, for example, is a lot more fun when you're in the country as opposed to reading about it from a history book. You'll also learn about the country's culture and traditions, something that is difficult to fully appreciate when sat in a classroom.

If your child, or even grandchild, is graduating this summer, now is the perfect time to be planning a fantastic family holiday to celebrate their graduation. What better time to hit the pause button than just before they head out into the 'real world'!

Along with her mother, Carol, Rhian owns the travel consultancy business, Magical Family Adventures. As a Family Travel Consultant, Rhian creates travel experiences that foster connections in your family that will last a lifetime and transform your children into open-minded, flexible, well-travelled people.



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The 40% – Are you Included?

According to The Canadian Cancer Society, a staggering 40% of Canadians will develop cancer in their lifetime.

I was never good with numbers, however, it seems to me these days that an alarming number of Canadians are being diagnosed with one form of cancer or the other and the disease doesn't appear to discriminate. During the months of October, November and December 2014 our brokerage delivered critical illness insurance claim cheques totaling over \$1Million to Canadians who were diagnosed with cancer, and the demographic ranged from young children under ten years old, to teenagers, to middle aged men and women, and to the elderly.

We can speculate and can make predictions based on facts, figures, trends etc., but the truth is nobody knows for sure who will develop cancer or any other disease for that matter. One thing I do know for sure as a professional who also sells life insurance, is that more people are becoming seriously ill than there are people dying. In fact, our health care system is so awesome that people are living longer. This is reflected in the fact that critical illness insurance is typically about 3 times the price of term life insurance; the incidence of cancer is greater than the incidence of death, and insurance companies are paying out more per year in critical illness claims than they do in death claims.

I don't know if the number is 40%, 50% or 60% percent of Canadians who may develop cancer, nor am I sure that the percentage of Canadians that will develop cancer is the question that needs to be answered. The fundamental question you should be asking yourself is, "if I or a family member got diagnosed with cancer, would serious financial stress ensue?" If the answer is yes, then you should seriously consider adding critical illness insurance to your financial fitness program.

Critical Illness insurance pays out a tax free lump sum to you provided you survive 30 days of a diagnosis of cancer, stroke, heart attack (to name a few of the covered conditions). It is insurance that pays you while you are alive, and if you remain healthy and never have a claim (meaning you are not included in the 40%) you can receive a partial or full refund of your premium depending on the policy you purchased.

Thinking that you won't develop cancer is the Elephant in the Room; deflate it today by making sure you are financially prepared in the event you do fall into the 40%.

Karl Marshall is President of Marmac Financial Services Limited, an independent insurance and investment brokerage. He lives in Durham Region.



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Tweens, Teens & In-Between

"The world will not be destroyed by those who do evil, but by those who watch them without doing anything." - Albert Einstein

Hello Readers! Autumn is here once again bringing with it my favourite weather and memories. I hope your summer was full of fun adventures, which hopefully did not include your phone addiction! My summer was one of the most memorable and exciting ones yet and I was able to be fully present for all of it. Sadly, all good things must come to an end, and as good as summer has been, I'm ready to dive into my last year of high school.


But... I wanted to talk to you about something a little more serious in this column. This past June, I had the chance to meet the wonderfully talented Christina Grimmie, just 5 days before she was mindlessly shot at and killed at her concert in Orlando. She was an amazing and extremely beautiful person both inside and out and the memories I have of her and with her will forever be remembered in my life and in my heart.

Not a day goes by where I don't think about her and the situation and I can't help but wonder if it could've been prevented. If we as a world changed our ways, would we still be as broken? This tragedy is sadly only one of many that have occurred this year and I wonder, how did we get to this point?

We have lost sight of our humanity and our compassion for others, and if we continue in this direction there will be no hope in saving us. I'm truly worried for our world and what's to come of it because it seems like the evil is beginning to outweigh the good. But despite the evil people in the world, they won't be the ones to destroy us, at least not fully. Rather, it will be us, the unspeaking bystanders, just like Einstein mentioned in his quote. If we continue to stay quiet and keep our voices hidden things will never change. We'll be leaving our world and ourselves to suffer the aftermath of the destructive things occurring. The evil people of the world would have full reign to tear it all down. Piece by piece I see our world slowly crumbling, reverting backwards. We are now suffering problems that should've been solved centuries ago, but the people living here today don't believe it's worth fighting for. Or if they do, they aren't heard because enough people aren't speaking.

My advice to you this fall is to find your voice and once you've found it, use it. Never let anyone deny you your right to speak up for what you believe in. Don't be silenced. It's often said when experiencing writers block that the problem is always farther back than we think and the same thing applies to our worldly state. We need to look back to the source of our problems and find a way to fix them together. Raise your voice, stand up for what you believe in, and don't give up.

Victoria Cozza is a 17 year old grade 12 student in Ajax. She loves singing, playing piano and reading. She also has a passion for music and writing. She loves spending her free time with her family and friends.



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DIY DÉCOR

by Sheila Borlase



In this column, I will show you how to build a simple wooden planter that can be painted with your own personal design or remain neutral (the choice is yours), to hold these beautiful autumn plants. Building your own planter box is cost effective and also gives you the creative freedom of design. You will see your completed project on display at your home which offers a sense of pride that only handmade work can provide.

Materials needed for a basic 4 foot by 2 foot planter box:



- One 12 foot 2" x 8" board (cedar is a natural mosquito repellent and safe for children and pets whereas pressure treated wood has chemical repellents)
- One piece of plywood cut to measure 4 feet by 2 feet
- Drill and 3" stainless steel wood screws
- Piece of nylon or vinyl lining
- Measuring Tape
- Pencil
- Sandpaper
- Ruler (carpenter's framing square is an excellent choice)
- Hand saw or circular saw

If you are not comfortable with using a saw yourself, the store that sells the lumber will gladly cut the wood according to your specifications. Once the board is cut into 2 - four foot sections and 2- two foot sections, drill 3 pilot holes into both sides of smaller boards.

Using stainless steel wood screws and a drill, attach the smaller boards to the longer boards to create your rectangle planter box. Continue using galvanized screws to attach the plywood base to the box (5 screws along each side of the box will suffice).

Drill 1" drainage holes into the plywood. These holes are very important to keep your plants free of diseases caused by soggy root systems.

You can now sand the top perimeter of your planter and paint or stain the box to customize your project.

Once the paint or stain has dried, place your liner (which has been measured and cut) into the base of your planter. It is equally important that drainage holes are added to the screen in the same position as the holes already drilled into the planter.

Lay down a thin layer of gravel over the screen to help irrigate the planter box. Fill planter with a lightweight soil or add vermiculite to heavier soils. Plant your newly acquired garden treasures, water and enjoy!

Sheila Borlase began PeaceLands Garden Design for the love of dirt. She has a keen passion for landscaping designing and building. Her winning attitude and professional courtesy will leave a lasting impression.

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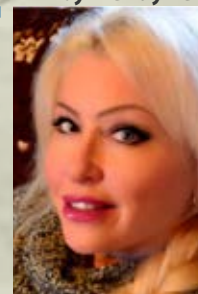
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by Wendy Lee

A Forkful of Healthy



BLACK BEAN BROWNIE BOMBS

A healthy brownie recipe? No, it's not an oxymoron! Here's my take on brownies. Tastes like the real thing - no wait a minute.... it's actually better!! You will love this healthier version of brownies with decadent chocolate sauce. Once you bite into these bad boys prepare for a whole lot of chocolate ooey gooey greatness!! Try not to eat too many!! I dare you!! Food is love.

Serving size: 2" x 2"

Regular Chocolate Brownie:	Black Bean Brownie Bomb:
Calories: 243	Calories: 120
Protein: 2.5g	Protein: 4g
Carbs: 39g	Carbs: 12g
Fats: 12g	Fats: 5g
Chocolate Icing/Frosting:	Decadent Chocolate Sauce:
Calories: 130	Calories: 108
Protein: 0g	Protein: 2g
Carbs: 20g	Carbs: 10g
Fat: 6g	Fat: 5.5g

You will need...

1 ½ cups black beans	3 tbsp cane sugar
3 tbsp cocoa powder	¼ cup coconut oil
Pinch of salt	1 tbsp pure vanilla extract
¼ cup organic powdered sugar	½ tsp baking powder
¼ cup agave syrup	1 cup semi-sweet dark chocolate chips

How it's done...

Preheat oven to 350F.

Set aside chocolate chips. In a food processor combine all ingredients, except chocolate chips, until well blended.

Pour into an 8 x 8 cake pan sprayed lightly with cooking spray (I use coconut oil spray).

Sprinkle the chocolate chips evenly over batter and press down lightly with spoon.

Cook for 16-18 minutes or until knife comes out clean from center.

Allow to cool for 15 minutes.

Decadent Chocolate Sauce

¼ cup unsweetened almond milk

¼ cup semi-sweet chocolate

Combine both ingredients in a saucepan and cook on stove top over medium heat until sauce thickens. Serve over cooled brownie bombs.

Wendy is a food blogger, food photographer, writer, lifestyle strategist, self-taught chef and lover of animals. While living in Paris, she mastered the art of a perfect crepe, and discovered the world of fabulous wines and champagne! Her passion to find healthy alternatives to popular dishes stems from her desire to live a fit and healthy lifestyle while still enjoying food!

Taking THE Lead

by Corry Hamilton



Autumn is a time for being outdoors and for some people, hunting, tracking and retrieving. Many dogs have been bred for that purpose; it is their job.

Hunting or sporting breeds can be divided into categories: spaniels and hounds. Spaniels are the oldest class of gundogs in existence. They will seek prey in water and on land. Your spaniels will happily hunt birds, rabbits or squirrels or simply hang out with you. They are trainable, gentle and playful, but sometimes need a firm hand because they are prone to following their nose on a walk.

Hounds fall into two categories: scent and sight. Typical scent hounds include beagles and coonhounds. Coonhounds were bred for stamina on water or land. They have a loud booming bark and a short coat, so they will shed. If you're an active person who loves to exercise, then they may be the right dog for you. They can be very destructive if bored and are extremely vocal so they are not the best apartment dog.

Sight hounds have long lean heads that give them "binocular-like" vision. They are usually slender and fast; think greyhounds, whippets and salukis. Sight hounds are generally quiet, placid and independent. They also have explosive speed and need to be exercised regularly. They actually are good apartment/condo dogs.

Rhodesian ridgebacks are one of the hound breeds that are both sight and scent breeds. They have exceptional endurance and if you are not prepared to exercise them religiously, they will destroy everything.

Setters and pointers include the Weimaraner and Vizsla. They are a type of gun dog typically used in finding game. The name pointer comes from the dog's instinct to point by stopping and aiming its muzzle at the prey. They are true athletes, powerful and exuberant. They have unlimited energy and strong willed. When bored they will bark excessively and can suffer from separation anxiety.

Water dogs fall into two categories: retrievers and multipurpose. Retrievers are excellent swimmers with characteristic webbed feet. They typically have oily coats to help repel icy water and are highly intelligent and bond well with their owners.

The multipurpose water dogs include poodles and Portuguese water dogs. Poodles are extremely intelligent and need a firm hand as they have a strong will and will outsmart you. They actually are more easily trained with hand signals as they love to solve problems. Portuguese water dogs are a medium sized breed that will retrieve just about everything and love to be in the water. They are actually the only water dogs that will hunt fish. Both breeds are single coated breeds so for most people, these dogs are great for allergy sufferers. They again need to have plenty of exercise, both mental and physical.

If you're unsure of whether the new dog you've chosen is right for your family and lifestyle, consider fostering before making a commitment. It's a responsible way to know whether you're ready to take on a new dog in your life and properly care for your new family member.

Corry is founder and owner of Taking the Lead, a professional pet care company based in the Durham Region.

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Ask Sue-Ann



Dear Sue-Anne,

I watch your show on Rogers Durham every week and love the segment about the word of the week. The week you talked about things being too hard, really resonated with me. Can you please provide me with what you said? I think it is beneficial for all to hear.

Signed: Big Fan

A: Thanks so much for watching and I agree. The word of the week is meant to provide thoughtful consideration for personal growth. That week it was not so much a word as a statement that I hear daily. "That's too hard, or that's too difficult", is a response used for almost anything. It is such an ingrained habitual statement for many; ask yourself, is this you?

Is this your first thought or verbal response to change or suggestion? Some people respond with, "oh, that will be too hard", so unconsciously they are not even aware that they are throwing up the wall. What I am suggesting that you consider is this: not everything is hard or difficult, **we** make it difficult. In the end, it is only as difficult as you need it to be. This is one way of creating a wall in front of what we think we want to achieve. So, if your need to have something is stronger than your need to be without it, then you will not throw up a wall of fear to prevent you from achieving it. Saying that anything is too hard means that you are pushing away your desire instead of addressing the steps it takes for you to achieve whatever it is.

What I am suggesting is to really listen to your inner thoughts and work on changing your response to: "what is it that I need to do to get there?" Try to practice proactive thinking. In the end, after deciding if whatever it is, is something that you really wanted all along and if not... good, let it go and it will make room for you to work towards something else. If your need to struggle is really about the struggle then you will always find something to struggle about. Take down the walls and let nothing hold you back, unless you want that and if holding yourself back is what you want, then make peace with it. It's okay, it is your life and if you are where you want to be for the time being then that is okay. The point is to create peace in your mind and in your life. You see, when we remove the need to pick on ourselves, then we will not draw people or scenarios to us that will support that. If you make the choice to move through life with ease, then resolution will present itself easily. We are back to what are you practicing daily, creating blocks or removing them. The affirmation I am suggesting you work with is: "With each breath that I take, I release difficulty from my mind, body, and spirit. Resolution finds me easily."

Sue-Ann is a mother of 3 and resides in the Oshawa area. She chooses to utilize her undeniable psychic ability to assist you in resolving all of life's issues. Host and Community Producer of Divine Lane on Rogers Cable 10, Tuesdays at 9 pm. You can find out more and forward your submissions to Sue-Ann at www.divinelane.com



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The COACH Corner

by Malachi Brown



Finding Happiness

I was left perplexed a few days ago standing at the end of my driveway. As I looked down the sidewalk, a mom was approaching with two young kids about six and eight years of age. The older one was riding a bicycle; not unusual, however, he was also wearing elbow pads, knee pads and a helmet. The thing that struck me as odd, was his bike also had training wheels. As I pondered what I saw, I thought it's not even possible for him to fall off his bike, so why all the protection? Are young kids today being over protected in the wrong areas?

In an earlier time, learning to ride a bike was an exciting activity; no suits of armour. I believe this was a good thing. When you fell, you got back up and tried again. If you skinned your knees or elbows, your mom kissed it better and magically you were okay and back outside you went. This helped teach us independence, resilience, and managing risk, all while having fun.

Where it seems young kids are *not* being protected enough though, is in the area of social media. This should cause us all to be very alarmed. Some children as young as two years old are quite proficient on iPhones and iPads. They are able to figure out passwords and find their favorite movies or songs. Young boys are able to access pornography at younger and younger ages. A recent report shocked me as to how serious the issue of pornography is. No more hiding out in seedy backroom stores; it's readily available on your phone.

Spell check, code words, bad grammar, lack of interpersonal skills, social awkwardness, false ideas around what friendship is (I have 500 Facebook friends or Twitter followers). Is it any surprise we are seeing an alarming increase in suicides, loneliness, and prescriptions for mood disorders?

We see a change in winning and losing. Oops! Am I allowed to even use the word "losing"? Kids are no longer allowed to lose, everyone is a winner. There is concern kids will be damaged mentally if allowed to fail. How absurd. Kids need positive reinforcement, not excuses to be mediocre.

Exercise is now in the form of video games, spending endless hours on social media rather than going outside and speaking with friends face to face. I'm always amused when I see young people out together. Rather than speaking to each other, everyone is on their phone.

We are losing a whole generation, and unfortunately we won't see the full effects until it's too late. Once the ability to be free thinkers is gone (all answers can be Googled), we as a people and a generation will be very easily controlled. When we are no longer able to think and to reason, we are lost.

Take back our children. Let's not lose a generation; our future depends on it. We need to master social media, not be a slave to it.

Malachi Brown, Life Coach, applies his passion in helping others unlock their full potential, enabling them to live the abundant lives they were created to live.

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by Linda Calder

The Golden Years



Family Is Where Your Story Begins

My Dad's uncle, William Williams of Amlech in North Wales was presented with the Victoria Cross by King George V on July 21, 1917. We knew little of how he earned his medal, and I discovered much more by searching online. Google however, isn't always an option, nor is it useful when learning about our unique family histories. This is why it is important for us to pass on our family stories to our children and grandchildren.

Stories from our childhood give a glimpse of life that was very different from today. I remember my Dad (who was born in 1921) telling us how he would run outside to look when he heard a plane flying over because at that time flight was so new. At the age when kids today are starting high school, my Welsh grandfather ran away to sea and became a cabin boy on a sailing ship and sailed around the world. During WWII, my mother was evacuated to the country in order to keep them safe from bombs.

Most of us love a good love story, and our families are full of them! In July 1920, my Irish catholic grandmother married my English protestant grandfather and my aunt was born in September. It was hard to imagine that my straight-laced grandmother had been in that situation! In the 1940's in England, my Mam's white cousin and a black Nigerian were forbidden to marry. A few years later (and still single), they met at a conference and this time, in spite of objections by some family members, they married and had a wonderful life together.

What about stories that coincide with historical events (e.g. the Cuban missile crisis, the first moon landing, JFK's assassination, and the atomic bomb)? Or historical milestones? Many of us were teenagers when Canada turned one hundred in 1967. It was a wonderful year! We had EXPO 67, Bobby Gimby's CA-NA-DA (a wonderful song about our country), a Confederation train which started in Victoria in January of 1967 and travelled across the country stopping at towns and cities until it reached its final stop in Montreal in December of 1967. We were filled with energy, enthusiasm and love for our country. These feelings and memories are a great thing to share with the younger generation who weren't alive during that time. (You may even want to share your memories next year in 2017 when Canada turns one hundred and fifty years old!)

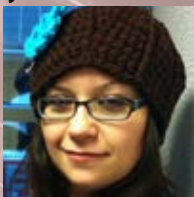
Our families are chock-full of amazing stories, and it's up to those of us who are still alive to pass on these stories to future generations. There are many ways to share your family stories. The most common approach is to orally share your stories with another person. (That's how most of us probably learned about our family.) Or, you can type out your stories on a computer, or write them down in a notebook. You can also record your stories on video and tape recorder. Consider also asking other family members to share their stories with you. The more stories, the better for keeping the memories alive. Let's make sure our family stories don't disappear!

Linda Calder is a retired teacher. She likes to write and enjoys spending time with her family. She also enjoys going on cruises, taking pictures and scrapbooking.

Horoscope

September 2016 to November 2016

by Julie Antoinette



Aries (March 21st – April 20th)

You must seek, find and address the root cause of limitation in your life. Other's beliefs have become internalized mental barriers that pollute your unconscious landscape and bleed into your waking life. These are not yours. Don't be a belief-thief. Don't wake up one day only to find yourself living someone else's dream. Oscar Wilde says, "Be yourself, everyone else is already taken."

Taurus (April 21st – May 21st)

You may discover a pattern of deception from a friend you have long held in high regard. It's time to remove the rose-colored glasses. Someone has fallen from their pedestal. But perhaps you are responsible for putting them there in the first place? Isaac Newton says, "What goes up, must come down."

Gemini (May 22nd – June 21st)

A lesson in clear communication presents itself by way of someone who has taken you for granted. Your ruling planet Mercury, "The Messenger", asks you to hone direct communication by clearly and bluntly stating what has gone wrong and what you require to make it right. Don't expect this person to read your mind. Sometimes nurturing a relationship requires assertiveness and respect for personal boundaries. Act now to avoid big problems later. The Preacher says, "Speak now, or forever hold your peace." Now TESTIFY!

Cancer (June 22nd – July 22nd)

Just a few more cobwebs to clear from the corners and a few more items to purge from your closet, literally and figuratively. This energetic cleanse results in mental and emotional clarity. There are situations and emotions you no longer wish to carry. Forgiveness is key to healing your wounded heart. Forgive is to give-forth. Splurge on the purge. Keep tissues handy.

Leo (July 23rd – August 22nd)

Loving yourself is not selfish and martyrdom only leaves you feeling resentful. You are asked to lead by example, the primary way humans learn. Set an example of self-love by taking good care of yourself and by caring about how you feel. You learn also as you teach. Whitney Houston says, "Learning to love yourself, it is the greatest love of all."

Virgo (August 23rd – September 23rd)

A hands-off approach to service is best. Although you feel the need to assist until the desired outcome is accomplished, not all of this is your task. Sometimes, over-extending enables freeloading. A wise man once said, "You can lead a horse to water, but you can't make him drink." Once that horse is near the water, let go the reins.

Libra (September 24th – October 23rd)

You're ready for the next step and the next step is ready for you. You're like a plant transplanting into a bigger pot to flourish and grow. Select your pot with care and intuition. The success of this next phase will depend on the promise of a safe place to land and lay roots for awhile. Oprah's advice, "Ask yourself, what is the next logical step?"

Scorpio (October 24th – November 22nd)

It's becoming clear that by judging and misjudging others, you are truly persecuting them. This may not have affected you in the past, but as you mature, you notice that this attitude brings negative energy into your life in ways you never imagined. Give yourself the gift of an attitude adjustment. Look for the goodness and beauty in others and you will also find your own. Anne Frank says, "I still believe, in spite of everything, that people are truly good at heart."

Sagittarius (November 23rd – December 21st)

Can you keep a secret? Some secrets are hard to keep. Others must be kept, no matter how innocent, at the risk of damaging a relationship. You are challenged with deciding which secrets to keep and which to confide. Only you know which and at what cost. I have two quotes for your consideration: "While all deception requires secrecy, all secrecy is not meant to deceive." ~ Sissela Bok and, "Nothing makes us so lonely as our secrets." ~ Paul Tournier.

Capricorn (December 22nd – January 19th)

Have you once again bitten off more than you can chew? Overwhelm has set in and there's a risk that a ball or two may be dropped. You need a plan of action broken down incrementally into realistic bite-size chunks and then processed systematically. A word of advice when addressing your stakeholders: Under-promise and over-deliver.

Aquarius (January 20th – February 19th)

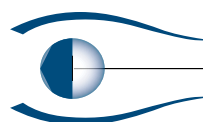
You're laddled with an interesting responsibility of action. A work situation is not as it appears and you are able to see this clearly. Your position requires you to act discreetly while keeping promises transparently. You know that rather than truth, what is actually needed is respect for the deeper, hidden issues. Take wisdom, subtlety and diplomacy. To whom much is given, much is required.

Pisces (February 20th – March 20th)

Have you caught a touch of the 'disease to please' bug? Are you suffering the dreadful effects of self-compromise to achieve a sense of likeability? Be careful of setting a standard that is difficult to maintain long-term. Remember that others are responsible for their own happiness and you cannot be everyone's mother. John Lyndgate says, "You can please some of the people all of the time, you can please all of the people some of the time, but you can't please all of the people all of the time."

Julie is a Sociology and Psychology graduate, a Psychotherapy Intern and a lifelong student of the psyche. She seeks to relay intuitive messages of guidance from the collective astrological archetypes. As above, so below.

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