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Durham Region Community Publication

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From the Publisher

As someone who works in media, it's a bit ironic for me to tell you to turn off your smart phone or computer and get outdoors this summer. But that's exactly what I'm going to do! ...Or at least, what our teen columnist Victoria Cozza is suggesting in her article, *Look Up! Get Social this Summer!* In it, she encourages tweens and teens (but the message can be applied to adults as well), to turn off their electronic devices this summer and get involved in the array of activities Durham has to offer. There is something for everyone, and given how tech savvy we are, we can put our online research skills to good use and try something that peaks our interest.

What else is new in Durham? Did you know that Phase 1 construction of the 407 extension past Brock St. in Pickering to Oshawa has recently been completed? (Phase 2 will eventually stretch all the way to Clarington.) Will this effect your commute? Read our editor's article, *The 407 Extension Into Durham* to find out more about the 407, and get the facts on toll roads. Don't forget to also take our poll; we want to know where Durham drivers stand on this issue.

As per usual, our regular writers 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. Enjoy your summer!

Antoine Elhashem
Publisher



From the Editor

This past April, I attended an event hosted by Durham Farm Connections. The event raised awareness about the farming industry in Durham Region. There were live demonstrations on sheep shearing, cow milking, and cheese making. Visitors got a chance to talk to local farmers and learn about crops, livestock and machinery. It was great to see so many families with young kids at this informative, interactive event. I definitely plan on attending it next year, and I encourage you to do the same.

The event was also a great way to show families where their food comes from. And although this may seem like a simple message to convey, it actually isn't. We live in a society that is very much removed from the food we eat. The connection between nature, the farmer and the food on our plate has been severed. For the majority of us, the food we consume on a day to day basis is purchased from a grocery store; we've lost the starting point. (Although, homeowners who grow vegetable gardens and raise the odd chicken or two are reminded of this regularly.) So much so, that it has effected our farmers and the farming industry in Durham Region. This is why I encourage you to read our feature article, *Connecting the Dots...* *From Farm to Fork* by Shirley Ouelette so you can learn more about local farming practices and find out how you can support our local farmers.

What else do we have in store for you this issue? Well, if you've pondered what it means to be truly happy in life, Tara Richardson has an interesting read for you with her article, *The Never-Ending Quest for Happiness*. Looking at research from positive psychologists and other experts on the topic, Tara attempts to navigate through the plethora of information on the subject and provide you with simple tips you can do every day to be happy.

I hope you enjoy reading these feature articles and the other great content we have for you in our summer issue. Send us your thoughts and feedback on it. You can email me personally (editor@thelocalbizmagazine.ca) or connect with us through Facebook and Twitter. Till next time!

Wendy Chiavalon
Editor-in-Chief

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CONNECTING THE DOTS: FROM FARM TO FORK

by Shirley Ouellette

Approximately 100 years ago, half of Canada was made up of farmland, where the majority of crops were grown on small farm holdings, along with a mixture of animals to feed the local population. In Ontario in 1911 in historical data from Statistics Canada there were 212,108 farm holdings. Farming was a way of life for many families who continued for generations on the same farmland, teaching their children and their grandchildren how to work the land and pass on the skills they had learned from their forefathers. They did not farm one crop, they diversified their collection by growing dissimilar types of crops that would be harvested at different times throughout the year, which would offer a constant flow of produce to sell and support their families. Agricultural land looked more like a patchwork quilt which helped to naturally ward off pests.

Farming for the Future

The picture today is quite different with fewer family run farms, although the Durham area does still have a good number of farm

holdings away from the main urban areas. Durham is also making great strides forwards when it comes to dealing with pests by using Integrated Pest Management instead of blanketing fields with chemicals. The farmer sends a human Scout out to check on the crops on a weekly basis. This regular examinations helps identify potential problems during the growing season recording vital information that will assist in getting a full crop yield. Only when absolutely necessary will crops be sprayed to control disease which will be kept to a minimum, helping the environment and offering less potential for consumers to ingest harmful chemicals when eating fresh produce. Check the Durham Farm Fresh website to see what's happening on your local farm, or better still go to your local farmer's market and talk to the farmer, ask what they are doing to reduce the farm's carbon footprint.

The way of the future is transparency; we all deserve to know where our food comes from and how it is grown. Farmers in the Durham Region understand that a sustainable food system must not only address their economic wellbeing and their consumers, it must also consider the environmental impact. Sustainable growing practices include mixed farming which allows the farmer to use cattle manure to fertilize crop fields, reducing the need for synthetic fertilizer. Growing crops on mulch beds where possible reduces the need for weed control and preserves the moisture in the soil minimizing the amount of watering required. When it comes to harvesting hand picking not only ensures better quality control it also reduces the amount of gas required to run machinery with the added bonus of more work for the local community.

Supporting our Local Farmers

So what can we do to help our local farmers in the Durham Region? Firstly, we need to take our food more seriously. The amount of money we are prepared to spend on our daily food bill has an impact on the farmer's income. In the 1950's families spent approximately 50% of their wages on food, compared to present day, where we spend less than 10%. With so many superstores in the region, it is



easy to fall for the “one stop shop” when we are busy, however, you actually end up spending more dollars on produce, including eggs and other staples, when you shop in these stores. When we purchase from farmers’ markets or go directly to the farm to select produce, not only do you get the freshest local produce, you also get a great deal. Farmer’s markets support our communities and helps keep farming alive.

You can go one step further than just buying your goods from local farmers, you can you get directly involved and invest in the farms next crop, animal or poultry purchase. This means offering financial support before the produce is ready by entering into a Community Supported Agriculture (CSA) agreement with them. This is a great way to work with local farmers when they are planting crops, or growing their animals. The idea is you pay upfront to buy into the program for meat boxes and/or vegetable boxes that will be delivered to you, or you might have to collect them when they are ready. This can be weekly, bi-weekly or monthly, depending on the farm. If you go to the Durham Farm Fresh website you will find a list of farms in the area that participate in the CSA program. The vegetable boxes will allow you to try things you may not normally buy, so it helps to educate you on what is available locally and lots of exciting ways to prepare different dishes for your family.

Seasonal Eating

There are many benefits to eating seasonally including a sense of excitement when you’ve waited all year for the season’s first crop of your most favourite thing. When you actually “miss” certain fruits and vegetables, it gives you a better appreciation when they are back on your menu. Suddenly those fresh new peas, or that juicy ripe tomato gets your heart pumping just as much as a slice of pizza once did! Building your diet around foods as they become abundant locally will help you gravitate towards a healthier diet, making you actually want to eat your fruits and veggies instead of feeling you just ought to. Eating seasonally can also improve our diets. Nature has a way of looking after us, for

starters in-season produce is much more flavourful, and the taste can be a revelation if you have never eaten a strawberry that has just been picked at its peak. You might also be surprised at how much is available in the colder months. Take spinach for example, its plant produces extra sugar to protect itself against the cold, so you can have fresh spinach in winter, add kale, cabbage and shredded brussel sprouts for a perfect green salad. Eating with the seasons also brings variety to your diet and helps you get the full complement of vitamins, minerals and other nutrients that nature offers. Our ancestors gathered food from a wide variety of sources when they were available. The diverse array of nutrients we get from plants work together to support our body and the way it works in an optimal way. When you buy local fruits and vegetables not only do you get the best tasting freshest produce at its peak, there is also a cost benefit. Produce that is in season is usually available in abundance, which means it comes at a lower price to move it on quickly. Also local produce does not have to travel half way around the world to get to your door!

Get Educated

There is so much information on the web now, we all have the ability to educate ourselves on where the food we eat comes from. For those of us who eat meat, we know it comes from animals, however if we just grab the prepacked variety from large grocery stores we can remain somewhat disconnected; this is not a good way. Going to visit a local farm and meeting the farmer will give you a greater appreciation of the work the farmer has put into raising his animals in a healthy and humane way. Farmers tend to their crops and animals 365 days a year, they need us to recognize their commitment to feeding the world. Farming is a way of life and they take it seriously and so should we.

Educating children is very important, they are the adults of the future, and what parents teach them at a young age will shape the way they behave. Getting children involved in planning meals and understanding the nutritional value within the food helps teach



them what a balanced diet looks like. We need to encourage our children to be a part of family decision making when determining what to serve for dinner. Discuss the ingredients you need to make a meal; take them shopping to buy the produce and explain what each item is. Children are also capable of basic food prep when they are quite young; washing fruit and vegetables are easy tasks to get them started. They will also be more open to eating a larger variety of food that they have had a hand in preparing. As they get older describe different cooking methods and food safety in regards to meat preparation and explain the reason we should consume left overs within a few days. Education will help children not only understand where their food comes from, but also help them make healthy informed choices when they get older. This is how cooking techniques were passed down throughout history before we had recipe books, TV cooking shows and Google. Taking them to farmer's markets, "pick your own" facilities and to open days at local farms creates a fun learning environment and valuable family time. Seeing real living food and where it comes from will open their eyes to an important part of life. Farmers are cool, and kids will have a blast.

Resources

Visiting farms is the best way to get connected to your food, so make sure you plan at least one trip with your family this summer. There are several websites you can visit to find more information on farming in general. You can sign up for their newsletters to help keep you in the know, and get children involved too.

The Real Dirt on Farming has a downloadable booklet to help you get more connected with the food you eat providing basic facts on topics such as the difference between growing crops conventionally and organically, pesticide use, animal housing and animal welfare. They also have a blog on the site that is regularly updated. The aim of the site is to help you learn more about farming and where your food comes from.

Durham Farm Connections is a great local website with lots of fun facts to help educate you and your family on what is happening in farming today in the region. There is also a list of events going on in the area and information on school visits and open farm days.

Farm & Food Care Ontario is also very educational on how food is produced in Ontario. You can read about families and how they are finding better ways to feed our growing population.

The Durham Farm Fresh website lists all the farmer's markets that are the area and their locations. They also have a section on the produce you can find in season to help you plan your meals. You can find a list of events that are going on in the area and videos about real farms and farmers.

Durham Farm and Rural Family Resources offers an Early Learning program in Brock and Uxbridge Townships. All programs are free of charge to parents, grandparents and caregivers with children up to six years of age. The program is provided at four Early Learning Centres, located in the communities of Beaverton, Cannington, Sunderland and Uxbridge.

Summing it Up

So what have we learned?

- Farmers need our support; if we don't use them we will lose them.
- Farming is moving away from harmful pesticides and turning back to more natural methods to combat pests and disease.



- Seasonal eating is the best way to support our body's nutritional needs.
- Educating ourselves on the food we eat is our responsibility, and we must teach our children.
- There is a lot of information available on local websites to support us.

The Durham area is blessed with arable land and responsible farmers that work that land. We are their customers, the consumer. No one should underestimate the power of the consumer; together we can keep local farms on the map, serving up the community fresh, locally grown nutritious food. Our farmers need our help, so vote at the cash register Durhameers, and buy local!

Shirley Ouellette grew up in the far south west of England. Since living in Canada she has been actively involved in promoting the Local Food Movement. Sustainability concepts on a broad spectrum are close to her heart and she encourages everyone she comes into contact with to consciously practice sustainable living habits. Shirley works for an international consulting firm that tackle a wide range of environmental issues working with their clients to create leading edge solutions.

Photos courtesy of Durham Farm Connections



Other interesting reads to further your foodie education

The Omnivore's Dilemma
– *Michael Pollan*

In Defense of Food
– *Michael Pollan*

Slow Food Nation
– *Carlo Petrini*

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THE NEVER-ENDING QUEST FOR HAPPINESS

by Tara Richardson

Happiness... It's something that all of us so desperately want in our lives, yet few of us possess it, and the majority of us don't know how to achieve it, let alone sustain it. It's an elusive term, one that seems so simple to understand, but at the same time is also very complex. Much more complex than the common, "when I am thin, I will be happy" or "when I make more money, I will be happy"...and so, the happiness quest continues.

I often wonder in my own never-ending quest for happiness, am I somehow missing out on natural happiness? The catch-22 of it all: you must not be happy if you're looking for happiness, or you know you're happy when you don't have to question your happiness? But if you don't question your happiness, how do you know you're really and truly happy?

What?! I know... so many questions that my mind just spontaneously combusted too. Let's start with some basics.

What is Happiness, Anyway?

If you look up the definition of happiness, you will find a slew of adjectives that describe a state of happiness - 'delighted', 'pleased', 'pleasure', 'contentment', 'joy', 'fortunate', etc.

The antonym of 'happy' is 'sad', and the antonym of 'happiness' is 'misery'. But I think this is the first place we kerfuffle our perception of happiness. If we are happy, we mustn't be sad. If we "have" happiness, we mustn't be miserable. But the truth is that although the two may be polar opposites, they can still co-habitat in the human mind. As Shawn Achor states in 'The Happiness Advantage', "You can eliminate depression without making someone happy. You can cure anxiety without teaching someone optimism...If all you strive for is diminishing the bad, you'll only attain the average..."

This may be surprising news for some people. Isn't the point of our mental health system nowadays to treat people who are psychologically unwell and get them to a standard of functioning that is harmonious with happiness? However, even in treating what we know are mood disorders, we are not necessarily making people substantially happier.

The Science Behind Happiness – Positive Psychology

For many years since its inception, the field of psychology has focused primarily on psychological disorders and how to treat them. In fact, there are now effective treatments for numerous disorders that were once thought to be untreatable. The downside of this approach though, is that psychologists became so focused on treating psychological problems, they had little to say on what made life worth living.

This gap gave way to a divergent stream in psychology called positive psychology. Positive psychology is the scientific study of the strengths that enable individuals and communities to thrive. It is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves,

and to enhance their experiences of love, work, and play (www.positvepsychology.org).

Without discounting the importance of understanding and treating problems people face, positive psychology also seeks to focus on what makes people thrive and excel. Martin Seligman, one of the cofounders of positive psychology states, "The aim of positive psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life."

Measuring Happiness & Well-Being

Although the word 'happiness' is a very common term in our vocabulary, the understanding of what is happiness, and additionally, what makes us happy is a very difficult concept to measure. Let me give you a real-life example of the complexities behind the science of happiness.

You go to a psychologist for whatever reason. They do their endless array of psychological testing along with the normal barrage of seemingly irrelevant and intimate questions. (We love you anyway, psychologists!) If you were to say, "Yes, doc, I feel happy", and they were to reply, "Well, according to the tests, you are psychologically unwell, so you cannot be happy", who is right? Is there a right answer? And more so, how does that make you feel?

Of course, no therapist would ever deny you your feelings of happiness, but the gist is, how we all define happiness and measure this global level of our happiness is critical in being able to scientifically prove what works to improve happiness in general. You have to know what it is you're studying. However, positive psychology is more than just the study of happiness as we understand it. In Seligman's words, "...the goal of positive psychology is to increase the amount of flourishing in your own life and on the planet."

It is common for positive psychologists to use the term 'well-being' when looking at the broader picture of happiness because the two concepts are intrinsically intertwined. Happiness is a component

of well-being, along with other important components such as gratitude and optimism. Without happiness, where is your well-being?

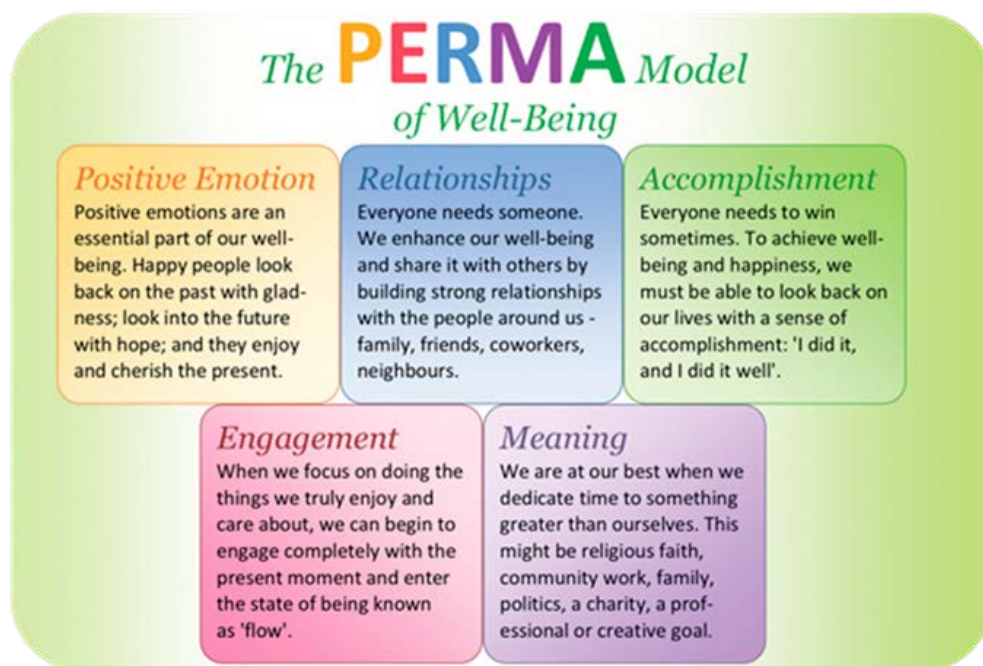
Seligman's first theory of "authentic" happiness was premised on three elements (positive emotions, engagement and meaning), but ten years later, he was encouraged by a colleague to challenge this theory. He discovered that there is an essential difference between happiness and well-being. He clarifies in his book titled 'Flourish' that, "Authentic happiness theory is one-dimensional: it is about feeling good and it claims that the way we choose our life course is to try to maximize how we feel. Well-being theory is about all five pillars, the underpinnings of the five elements is the strengths."

The five pillars that Seligman identified is the PERMA model of well-being where P = Positive Emotion, E = Engagement, R = Relationships, M = Meaning and A = Accomplishment.

This all sounds (and is) rather complicated, but the premise behind PERMA is that no one element defines well-being, but each contributes to it. Again, in 'Flourish', Seligman explains the difference between receiving a back rub because it feels good and then the well-being he felt from attending his 6 year old's "excruciating piano recital" due to the meaning and relationships derived from this experience. The PERMA model need not apply wholly to every situation, rather each aspect of PERMA relates to feelings of well-being. He sums it up as, "The way we choose our course in life is to maximize all five of these elements."

The Power of Thoughts

Even when we feel happy, we tend to analyze whether something is happy enough to constitute as "happiness". Being in the present moment and not scrutinizing what this emotion means to us, our lives, or the rest of the world will counteract our constant analysis and ruminating thoughts. Although being present in the moment doesn't come naturally for a lot of people, there is good news! We don't have to make happiness so complicated. Sure, we may not



From Martin Seligman's *Flourish*, 2011

have control over our thoughts- they just are- but what we do have control over is the power we give these thoughts and what we choose to do with them.

Choosing what power to give your thoughts is the essential difference between what makes us an optimist and a pessimist. Stereotypically speaking, the optimist often chooses to focus on the positive aspects of an unpleasant situation while the pessimist generally sits with the negatives. I have been scorned for being on both sides of this coin. (Go figure!) But indeed, we can be both an optimist and a pessimist in different life situations. We may gravitate towards one or the other but technically speaking, we can choose to approach our life circumstances with a positive or negative filter. Obviously, I don't think it is realistic (or healthy) to walk away from tragedy saying, "I'm so glad that terrible thing happened" but it's recognizing that terrible things have happened and learning and growing from it.

We are often very quick to label and judge ourselves as being unhappy based on one negative experience in a sea of positive experiences that it is almost a societal faux pas to admit being happy. Imagine our conceitedness for admitting happiness exists! But, it certainly does, when we open our minds to its possibility and accept our feelings in a non-judgmental manner. Mandy Hale, best-selling author of 'The Single Woman' knows the trick when she says, "The key to happiness is letting each situation be what it is instead of what you think it should be". (#happyselvesareawesome #nojudgment #smile)

The Non-Exhaustive Guide to Becoming Happier

All of this information is only important if you can somehow apply it to your life. I have compiled a list of tips from the literature I researched by finding the most common happiness inducing habits. These tips are not life cures and take diligence of course, but can lead you to a more positive mindset. Remember, all those things that overwhelm you also await you- happiness included.

- Meditate
- Find something to look forward to

Anticipation is often the most enjoyable part of an activity. Even if it is not what you expected, recall the excitement you felt building up to it and anticipate something new.

- Commit conscious acts of kindness

Someone did something small that affected your happiness? Not a big deal, right? Wrong. Return the act of kindness when you can.

- Infuse positivity into your surroundings

Perhaps work is not the place you really want to be right now. Make it not only a tolerable environment, but an encouraging environment by decorating with inspiring messages or reminders of things that elicit positive emotions.

- Exercise
- Think of 3 things that went well in your day
- Spend money- but not on stuff

Splurging on experiences when you can of course, is one way to derive more pleasure than purchasing goods.

- Use a signature strength in a new way

Find out what your most prominent strengths are for free at www.viasurvey.org.

- Smile

Finally, there are positive things that are contagious!

- Highlight your progress

Instead of everything that still needs to be done, make your to-do list with a couple of things you have already accomplished.

- Lose perfectionistic attitudes
- Solve the solvable problems

Make a list of your current problems and then brainstorm all (remember, losing the perfectionism) of the solutions that you can possibly think of. Solve what you can, realize what you can and cannot control, and feel your anxiety reduce instantly.

- Increase your pleasurable activities

Well, obviously, you might be thinking, but it's not so simple. Schedule these activities in your calendar and be more mindful of your pleasure level. Repeat over and over again.

- Take a daily vacation

Set aside 20 minutes a week for a mini-vacation to savour your positive experiences. Go to art galleries, enjoy nature, taste new foods, etc.

- Practice gratefulness

Every day! Set an alarm on your phone to remind you to take a moment to express gratitude to those who are around you and contributing to making your life more positive.

3 Free Apps to Improve Your Well-Being

Sometimes life gets busy and we need to schedule in some reminders to take the time and practice our many skills that lead us to happiness. The following apps were created based on positive psychology concepts.

1. Bliss Gratitude Journal – This is just one of many gratitude apps that encourage you to reflect on important life questions designed to help you transform problems, identify your best possible future, find meaning in work, and most importantly, cultivate gratitude. This app allows you to schedule notifications to do all of these exercises based on your needs and wants, and to look back on your diary entries.
2. Happy Habits – A Cognitive-Behavioural Therapy app that uses audios, articles, suggestions, and a happiness journal to change negative thinking into more positive thinking.
3. Simple Positive Psychology – This app is informative and breaks down positive psychology into topics, articles, and self-reported quizzes. Reading these tips and articles give great ideas as to what books and other publications you might want to pursue.

Tara Richardson is a Peer Support Specialist at Ontario Shores Centre for Mental Health Sciences in Whitby, Ontario. Her own personal journey through mental illness has led her to be a passionate and dedicated advocate for mental health recovery.



Summer Events Calendar

June 4, 2016

How-to in 10 Festival and Roadshow at the Uxbridge Public Library

Love to learn new things, but never seem to have the time? The How-To in 10 Festival is intended to make learning new and interesting skills fun, easy, free, and convenient! Local organizations and businesses will be set up at the Uxbridge Public Library for you to explore, and each will help you learn a new skill in under 10 minutes. Uxbridge Public Library www.uxlib.com

June 12, 2016

Ajax Trailfest

With over 80 km of trails throughout Ajax, Ajax Trailfest is a great way to explore the Ajax trail system while enjoying fun activities, entertainment, a BBQ and more. This event includes the popular "Ride Ajax with the Mayor" (a cycle tour of Ajax with Mayor Steve Parish for intermediate to advanced cyclists), as well as rides for beginners & families, and guided trail hikes. FREE Admission. Hermitage Park www.ajax.ca

June 16, 2016

Durham Folklore Storytelling Evening

Join in the rhythm of the story through different mediums - narrative, poetry, song, and music - all delivered through spoken language. Durham Folklore Storytelling evenings are held on the 3rd Thursday of every month. Come Listen! Come Tell! Catch the Magic! Northview Community Centre www.durhamfolklorestorytellers.ca

June 19, 2016

Father's Day Train Ride

Treat your dad to a trip on the York-Durham Heritage Railway. Dads ride for half price, when accompanied by their children. Uxbridge & Stouffville Train Stations www.ydhr.ca

July 1, 2016

Canada Day - Oshawa

The City of Oshawa, with support from presenting sponsor Auto Workers Community Credit Union, has an action packed lineup of festivities planned for Canada Day on July 1 at Lakeview Park beginning at 2:00 p.m. and concluding with an amazing fireworks display over Lake Ontario around 10:00 p.m. Lakeview Park www.oshawa.ca/canadaday

July 1, 2016

Ajax Canada Day Celebrations

It's the BIGGEST Birthday in Town! Celebrate our Nation's birthday with live entertainment, face painting, activities, games, arts & crafts, community displays, cultural performances, and more, followed by a spectacular night show and fireworks display. Ajax Downs www.ajax.ca

July 7, 2016

Culture Night in Oshawa - Concerts in the Park

Memorial Park comes alive at this FREE family friendly event. Concerts in the Park returns with a fantastic line up of great music from opera and pop to country and rock! Memorial Park <http://www.oshawa.ca/things-to-do/concerts-in-the-park.asp>

July 17, 2016

Pizza Day at the Train

Come and ride our Heritage Train through the picturesque Oak Ridges Moraine. All passengers will enjoy free Ice Cream compliments of Kawartha Dairy. Ice Cream will be served at the Uxbridge Train Station from 1:00 pm to 2:30 pm. Uxbridge Train Station www.ydhr.ca

August 8 to 14, 2016

Clarington Heritage Week 2016

Join Clarington in a week long celebration of our local community through music and historical discoveries. Free walking tours, local outdoor concerts and more! Clarington www.claringtonheritage.ca

August 13, 2016

Durham Waterfront Ride

Cruise along the waterfront. Accompanied by a group leader, or on your own. Enjoy a great day on the bike and celebrate cycling in Durham. Ajax Town Hall www.bikedurham.ca

August 13, 2016

Taste Ajax

Savour the flavours of gourmet food trucks, local restaurants, and craft breweries. The addition of live entertainment, an Artisans Marketplace and interactive activities and displays, makes this event one that is not to be missed. Leave the driving and parking to us by taking the free Taste Ajax shuttle. Accessible shuttles available. Rotary Park www.ajax.ca

August 27, 2016

Bacon, Beer & Cider Festival

Enjoy craft beer & cider & of course "ALL THINGS BACON". Local chefs, breweries & cideries. Live Music! Proceeds go to the Bowmanville Hospital Foundation. (Must be 19 years of age to attend) Bowmanville www.archibaldswinery.com

August 28, 2016

Pioneer Day At The Village

Step back in time to the 19th century as you stroll through the Museum Village. Meet the blacksmith and the woodwright, try out the printing press and write on a school slate. Heritage demonstrations, exhibits, children's games, crafts and more. Port Perry www.scugogshoresmuseum.com

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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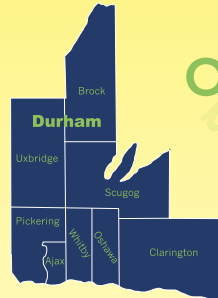
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Look Up! Get Social This Summer!

by Victoria Cozza

With a world advancing in technology like never before, people are becoming more and more immersed in a virtual reality than a real one. Though many people fall victim to this new lifestyle, I find tweens and teens seem to rely on these advances more than others. I was very fortunate to be part of the last generation of kids to be raised without this world of technology, but children today aren't as lucky. These kids are being raised in a world where owning iPads at 4 years old is normal and cell phones are given away like candy on Halloween!

Now, I'm not saying that technology is evil and shouldn't be used at all. In fact, I believe that technology has played a very major and positive role in the invention and advancement of many things. I'm simply expressing that the amount of energy and time we put into our virtual reality instead of our physical life is lopsided. The more time and energy we use for apps and texting, the less energy we put into building relationships and interacting with people in our real lives.

Our parents and grandparents grew up with a life full of adventure, the outdoors, good friends, and memorable experiences that kids today will never truly understand because we crave the so called "safety" of the indoors. The idea of spending time with people in an environment without technology is foreign to kids my age. These days the closest thing we get to interacting with others is texting while in the same room, and as we get older it'll only grow worse. We need to stop depending on technology to be our foundation for relationships and reclaim the social aspect of our lives that we've lost over the years.

Why Be Social?

Being social and having real life interactions with people – beyond your phone or computer screen – can help you in more ways than one. Things like walking with a friend, going to the movies, going bowling, swimming or skating, tutoring someone, or any other activity that allows you to interact with people helps your mind, body, and soul stay young and healthy. Socializing offers people a sense of love and belonging which is something every human needs to be happy.

Studies have shown the effects of being social and they all benefit a person's mental and physical health. One major benefit is that it adds years to a person's life. A study from Brigham-Young University discovered that loneliness and isolation can have a bigger impact on your life span than obesity, and a similar study found that people with fewer social connections had a shorter life span than



those who had plenty of social connectedness. Since social people are proven to live longer, it's natural to assume that they would also have a better immune system. A University of Chicago study found that social people up their resistance to colds and flu. In an experiment, volunteers were sprayed with a cold virus and it was found that people with few to no social interactions were 4 times more likely to get the virus than people who had many interactions. Another experiment done with medical students that related stress to isolation found that students who worked with a partner and had that social aspect of the assignment worked better and were less stressed than the students who did it alone.

These perks I mentioned are just a few of the many things that socializing can do for you, but even though it has many health benefits, socializing isn't supposed to be a forced activity. It's meant to bring people together to enjoy the special moments in life and communicate with others to establish deep relationships. Socializing also enables us to empathize with people and be compassionate towards others.

With technology advancing the way it is, I'm scared for kids because they might never know what it's like to do fun things with their best friend and create unforgettable stories to tell. I know that I would want my children to experience all the amazing things that my best friend and I have done because I can't wait to share our stories with them. Being social is so important and I can't stress enough that we shouldn't let it take a back seat to the rest of our lives. Make it a priority and get out there!

What to Do?

Many tweens and teens often bring up the argument of wanting to do things together but never knowing where to go. Growing up in Durham I know that it can sometimes feel like there is nothing to do out here and that all the fun things are in downtown Toronto, but that actually is not the case. Durham offers many places for people to go to, you just have to look for them. Depending on your budget these places will vary but most are affordable and many have no charge at all.

For the Nature Lover / Water Aficionado...

Durham is situated right by Lake Ontario, and from Pickering all the way to Clarington, there are waterfront parks and beaches that are great to go to if you want to have a relaxing day with friends or take

a break from the heat of summer. You could walk, bike ride or roller blade along the waterfront trail. With lots of picnic benches available, you could even have a picnic after with your friends! Consider also visiting one of the many conservation areas in Durham. They are great places to walk, hike and learn about endangered /protected species.

For Those Who Like Community Activities & Programs...

Community Centers are also located all over Durham with at least one in each city or town. These places offer all sorts of things to do like swimming at outdoor and indoor pools, hanging out at the outdoor skate parks, and playing cards or games with friends in the game rooms. If you aren't totally interested in the activities they offer, you can also look into volunteering or applying for a summer job. The towns and cities in Durham provide great places for volunteering and working and are always looking for an extra hand. You still get the interactions with others while you're also getting paid or giving back to the community. It's like killing two birds with one stone and you'll feel great afterward!

For a minimal fee, consider registering for a class through Community Recreation & Parks. There are lots of cool programs geared specifically for youth including hip hop dancing, improvising, cricket, cooking, realistic painting and karate, just to name a few. You can sign up with a friend, or if you are brave enough, go at it alone and meet some new people. Check with your local city and town to see what classes are offered and when. Programs often run all year long with different start and end dates.

For the Active Type...

How about planning a zip lining, laser tag, trampoline or paintball outing with a group of friends? Or, indoor roller skating / roller blading to music? If you search online, you will find quite a few options close to home. It's a great way to have fun, try something different and work up a sweat at the same time!

For the Animal Lover...

What about a day trip to the zoo? There's the well-known Toronto Zoo, but there's also the Bowmanville Zoo and many other smaller interactive petting zoos in Durham Region. Some petting zoos are situated on family farms, so you may get a chance to visit an actual farm.



For the History Buff...

Why not take in a new exhibit at the ROM, or better yet, visit one of the many local museums in Durham. There's something for everyone, from the Pickering Museum Village for those who want to learn about pioneer life, to the Canadian Automotive Museum in Oshawa for those who are into cars, and everything in-between.

For the Bookworm...

If you are anything like me, your favourite place to be is the book store/café or the library. Even though it seems like an odd choice, it's actually a great place to meet people with similar interests to yours. Simply go to your favourite section and strike up a conversation with someone there, or you could also bring some friends along so you aren't totally alone. I love bringing my friends along with me because I get to help them find a book that they like and sometimes I end up discovering new books that I normally wouldn't find on my own.

My friends and I also like to go to Starbucks or another café nearby after we're finished just to talk and catch up on life. These sorts of places are great for hanging with friends because it's cozy and the food is always great.

Sadly, not all of my friends love books the way I do so we've found other places to hang out so we all enjoy the time we spend together. Places like malls, theatres, arcades, bowling alleys, and mini-golfing are some of our favourites. You can find them all over Durham Region. Besides, we're a tech savvy bunch. If we're going to use our phone or computer, let's use it for research purposes to find cool places we can go to. Then, let's put the phone down and get out there and go visit these places!

Remember, as long as you are spending time with the people you love, you'll fulfil that desire to connect and you will strengthen the relationships you have already. Just find things that interest you and head out to wherever that may be. Anything that makes you happy and excited to leave your phone behind for a while is a great thing to do. You may also discover some new interests and hobbies along the way. (And this is a good thing, because a hobby will keep you calm and relaxed when your life is the opposite! Trust me, I'm speaking from experience here!)

Leave Your Phone At Home

I know a lot of you probably got really scared reading that subtitle, but ditching your phone once in a while is a great thing to do especially when you are out mingling with people. In my experience, I have a better time when my phone isn't with me. It allows me to be fully present with my friends and family and I know my mind isn't pre-occupied with what's happening in the virtual world. When our phone is around, we feel the need to constantly check it and make sure we didn't miss anything in the five minute we were gone. When you remove the distraction of your phone, you forget about it not being there because it's no longer looking you in the face waiting to be used.

Now I know for many of you, this may be a hard thing to do, so my advice is to start gradually. Leave your phone in another room for a couple hours a day and then slowly increase that time until you are used to the idea of it not being around 24/7. Then it will be easy to leave it behind when you want to go out and socialize or do something productive. When I first started doing this, I immediately felt like I had more time to do things because I wasn't getting distracted by my phone all the time. Now I can freely leave my phone at home or in another room whenever I want to be without it, and it's really helped me with learning what's important to me and what isn't.

For people to say that technology hasn't changed the way we live, or the way children are raised is false. While it does have many positive benefits, technology has also brought with it a new realm in which people everywhere are more concerned with it than their real life. Kids today are worrying more about the number of followers they have on social media then making sure they build better relationships with their friends. We have to stop and look at the way we're so blindly diving into this new world of information, always assuming it can cause no harm. In reality, it's slowly effecting the way we interact with those around us. So, look up and be present in your life once in a while; if you don't, you could miss something greater than a text.

Victoria Cozza is a 16 year old grade 11 student. She is very passionate about writing, and enjoys reading and music. She loves spending time with her family and friends and is the writer for our regular column *Teens, Tweens, and In-Betweens*.

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The 407 Extension into Durham

by Wendy Chiavalon

Traffic snarled. Cars and trucks inching along at a snail's pace. This is an all too familiar scene for Durham drivers heading westbound on Highway 401 during morning rush hour, and eastbound during evening rush hour.

It's part of the drawback of living in suburbia and working in the city... we're well aware of it. We begrudgingly accept that traffic congestion and gridlock will be part of our daily commute, but yet we still try to find ways around it. We leave a little earlier or later in order to avoid peak rush hour traffic. Or, we take other routes – Hwy 2, Taunton Rd., Hwy 7, Bayly St. – in hopes that it will cut our travel time. But with other drivers also opting to take these alternate routes we end up stuck in traffic regardless.

The newly built extension of Highway 407 into Durham Region then, should be a welcome relief to the gridlock problems Durham drivers' face on a daily basis. The 407 now stretches past Brock Rd. in Pickering to Oshawa and, (once Phase 2 of the construction is complete) to Clarington. Connecting the east-west 407 to the east-west 401 will be 2 north-south connector routes – Hwy 412 and Hwy 418.

For drivers who live in Durham and already use the 407, this expansion is very beneficial. No longer do they have to exit the 407 at Brock Rd. in Pickering and continue on other routes to get home; now they can keep driving on the 407 further east.

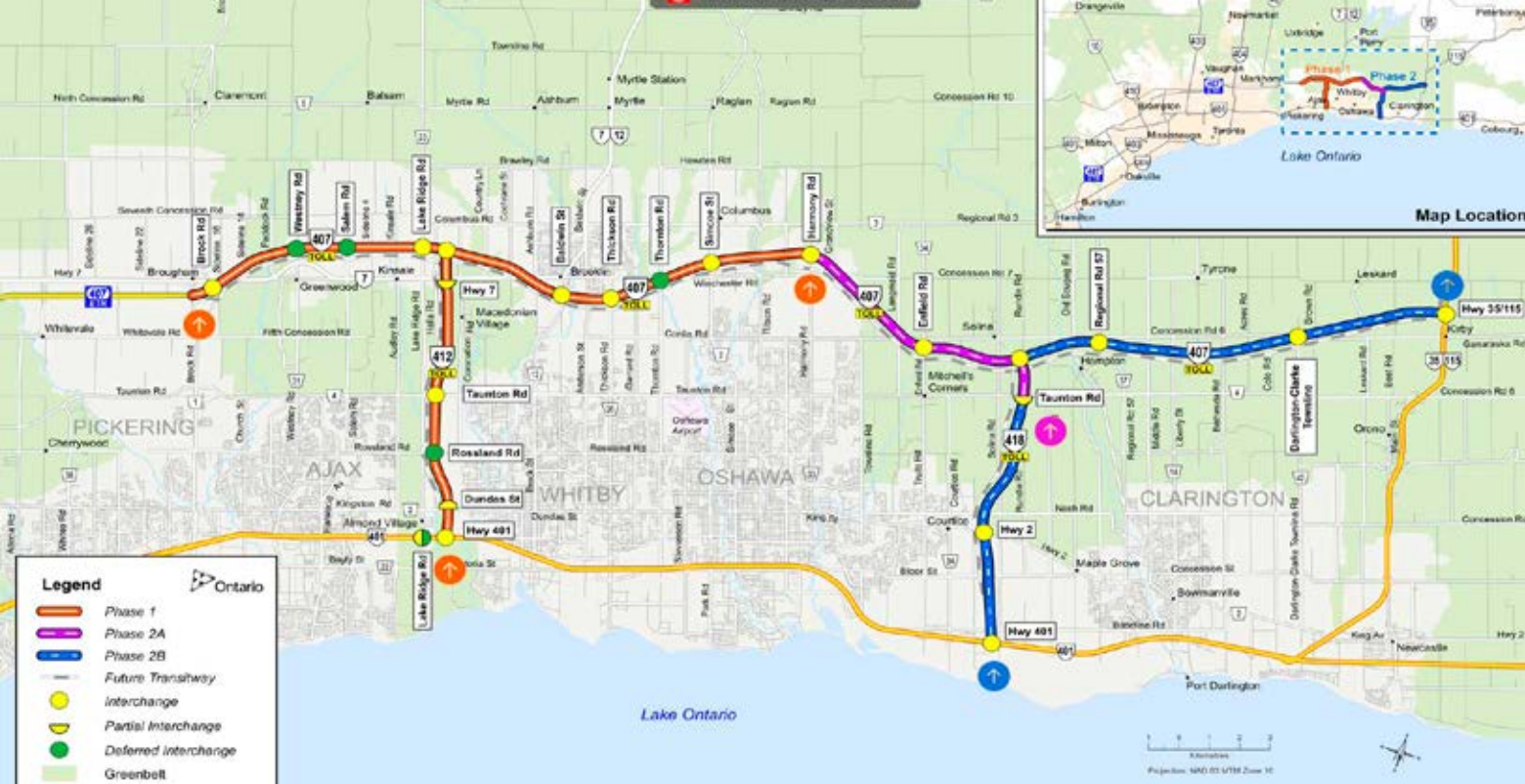
For drivers who use the 401, this could also be good news. The hope is that more drivers will opt to take the 407, so traffic may ease slightly on the 401. Of course, not everyone has the option of taking the 407. It may only be a viable alternative for those drivers who work north of the GTA. For those working downtown for instance, taking the DVP and 401 (or better yet, GO transit!) to get home to Durham makes more sense.

Additionally, the decision of which highway to take isn't merely based on getting to and from work. For people who drive on the job for example, to meet up with clients, the 407 may be an attractive alternative to the 401. It saves them time during the work day. Instead of sitting in traffic, they can zip across the city to where they need to be.

Toll Highways – Are They Really Better?

The obvious drawback to taking the 407 is the fact that it is a toll highway while the 401 is not. Most drivers here are not accustomed to toll roads, nor are they willing to pay to use one. However, there are a small percentage of drivers who – while not particularly in favour of toll roads – may be willing to make an exception if it will save them time on their commute.

So what exactly are the benefits for drivers debating between taking the 407 over the 401? Money is obviously the dividing factor, but what does it translate to? In 2013, The Conference Board of Canada conducted a study (funded by the 407 ETR) that found, *"Commuters are willing to pay direct charges for road use if they perceive benefits. A shorter commute is the most obvious benefit, but motorists may also appreciate more predictable travel times and a higher likelihood of avoiding stop-and-start traffic."* In other words, the toll charge for driving on the 407 was acceptable if that charge resulted in better service as indicated by faster, more predictable travel times and less stop-and-start traffic. Since not everyone is willing to pay to use the



407, the assumption is that there will be less traffic on it (relative to the 401) and therefore travel time will be faster.

The study also found that drivers in the Greater Toronto and Hamilton area had the longest average commute times in Canada (33 minutes one-way; 66 total minutes per day). Thirty-percent of drivers have even longer commutes of 45 minutes plus per day. In contrast, drivers who use the 407 typically saved approximately 20 to 26 minutes on their commute per day! That's a significant cut in travel time!

Additionally, there were other benefits to taking the 407 which were:

- A slight reduction in fuel consumption
- Lower vehicle maintenance costs because of reduced wear-and-tear on vehicles
- Improved quality of life because of more predictable and consistent commute times

Toll Charges – How Much?

The Province of Ontario will own and control the 407, as well as the 412 and 418 and will regulate and set the tolls on them. The revenue generated from tolling will return to the Ontario treasury generating funds for other government priorities.

Current rates as of February 1, 2016 range from 21.62 cents to 33.00 cents per km plus applicable taxes. Bear in mind, there are a number of factors that effect your per kilometre cost such as:

- time of day you enter the 407
- vehicle class
- distance and section(s) travelled
- correct mounting and use of a valid transponder

There is a toll calculator available on the 407 website if you wish to calculate the actual cost of your trip. For more information, visit www.407etr.com

Time or Money – What's More Important to You?

Whether you choose to take the 401 or 407 depends on what your priorities are. As outlined earlier, there are several benefits to taking the 407 over the 401. However, let's be honest, at the end of the day it boils down to time or money. Do you prefer to save money and as a result, tolerate sitting in traffic on the 401? Or, would you rather save time on your commute, and pay to take the 407 home? The choice is yours; but the fact that drivers in Durham Region finally have a choice is a step in the right direction.

Wendy Chiavalon is the editor-in-chief of The Local Biz Magazine. In her spare time, she doubles as a cake, cupcake and cookie decorator. Check out some of her custom creations at Wendy's Cake Shoppe.

Editor's Poll

Are you willing to pay to take the 407 to and/or from work?

- ☐ Yes
- ☐ No
- ☐ Haven't Decided
- ☐ Not Applicable

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For the kid in us all

On June 3rd, the **Teenage Mutant Ninja Turtles: Out of the Shadows** provides action packed, wise cracking, pizza eating adventure. When a powerful new villain is too much for authorities, the Turtles abandon their rule to stay hidden in order to save the city they love. Megan Fox and Will Arnett return as the sidekicks to these heroes in a half shell.

From the makers of The Minions, we are given a glimpse into what our pets are up to while we aren't home in **The Secret Life of Pets**, opening July 8th. We follow unlikely friends in their quest to find their way home, while trying to stop a plot to seek revenge on humans by a seemingly sweet bunny.

It's time for another body switch movie and **Nine Lives** delivers on August 5th. Kevin Spacey plays a business man who is so preoccupied with his work he doesn't realize how distant he has become with his family. After a car accident, he finds himself transferred into the cat he bought for his daughter's birthday. Unbeknownst to the family, their new adopted pet is the man of the house and through his new feline predicament, our stuffy business man realizes how important his family is to him. Jennifer Garner and Christopher Walken join Spacey on screen.

Comedies

Having premiered at the Sundance Festival this year, **Swiss Army Man** is a story of a man (Paul Dano) who is trapped alone on a deserted island until a corpse (Daniel Radcliffe) washes ashore and comes to life. This comedy-drama opens June 17th.

Mila Kunis, Christina Applegate, and Kristen Bell join forces as overstressed mothers on a quest to liberate themselves from the burdens of motherhood. **Bad Moms** opens July 29th.

Jonah Hill and Seth Rogen are claiming the title of "First R-rated animated movie" with **Sausage Party**, opening on August 12th. Some big names join Seth Rogen and Jonah Hill in voicing including Salma Hayek, James Franco, Edward Norton, and Kristen Wiig. This story follows a sausage leading a group of supermarket products on a quest to discover the truth of what really happens when they leave the grocery store.

Action & Adventure

From the director of Harry Potter comes **The Legend of Tarzan** on July 1st. An action packed tale taking place years after Tarzan (Alexander Skarsgard) has re-entered society with his wife Jane (Margot Robbie). Tricked by a greedy mastermind, Tarzan and Jane return to the jungle and unleash the power of the jungle in a battle between revenge and love.

Another reimagining of an epic story on August 12th with **Ben-Hur**. We follow Judah Ben-Hur, a prince falsely accused of treason by his step brother (a Roman army officer). Ben-Hur is stripped of his title and enslaved and is sent to sea. Years later, he returns for revenge but instead finds redemption. The cast has some stellar actors including Jack Huston and Morgan Freeman.

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 and singer performing regularly on screen and stage.

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The Magic Of Travel

Travel is different for everyone. We all have different reasons for travelling, different destinations we want to visit and different travel styles we enjoy. No matter what our holidays look like, however, we still have one thing in common: food.

We all eat everyday on holiday – usually three times a day and we drink even more. Our basic need for nutrition and sustenance is actually what gives us a taste of the local destination. It is a common joke that the way to a man's heart is through his stomach, well one way to truly understand a destination is through its food!

Iceland is a fantastic example. It is a country known for its incredible fish and lamb dishes. Iceland is an island just below the Arctic circle and is protected by environmental regulations and, as a result, Icelandic seafood is remarkable. Farmers in Iceland also let their sheep and lamb graze freely in the mountains and in September, all of the farmers round up the lambs on horseback. There is always a reason why a destination is known for certain dishes and it gives an insight into that destination.

To understand more about Belgium and its love of beer, all you have to do is look at the hundreds of types of beer found in Belgium and then take a closer look at Belgian cuisine, which often uses beer as an ingredient. After a day of sightseeing in Belgium (and probably some beer tasting along the way!) you continue to learn and understand more about the country when you are sat eating dinner, something you do everyday.

Culinary tourism is on the rise. There are lots of ways to incorporate food into your travels: you can simply eat a signature dish at your local destination, go wine or beer tasting, or take a cooking class lead by a local chef where they welcome you into their restaurant or even their kitchen at home. These are some travel experiences to really sink your teeth into!

You have probably heard of Michelin Stars restaurants. Do you know the history of Michelin reviewing restaurants? Well, firstly, it is the same Michelin as the Michelin Tires. Surprising, I know, that the tire company also dishes out restaurant ratings. It all came from Michelin's early guidebooks that encouraged taking a road trip in France. Later, in 1926, they started sending out anonymous restaurant reviewers to review restaurants and find restaurants worthy of a 1-, 2- or 3 Michelin Star rating.

A 3 Michelin Star restaurant (the highest rating) is a restaurant that is worth a special journey (makes sense when you remember the guidebooks were intended to encourage road trips). Next time you travel, consider looking at all local restaurants at your destination as 3 Michelin Star restaurants, even if they are just a local diner or café, as any restaurant can be worth the journey to enhance your travel experience and make the most of your culinary adventure.

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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FINANCIAL Fitness

Take Advantage of These Tax Advantages!

If you live in Canada, you will probably agree that we are taxed to death and soon we won't know the difference between death and taxes. I am an advocate for paying one's fair share of taxes, after all, for the most part we do get value for our tax dollars in Canada, especially when compared to other countries in the world where citizens pay taxes and don't see a fraction of the value that we enjoy here.

I do not believe however, that anybody should pay more taxes than they are legally obliged to, and thought I'd use this forum to point out some tax advantages (some of which will disappear on January 1, 2017) that you can take advantage of now:

- **Participating Whole Life Insurance** – This strategy is a good alternative investment to, or can be implemented in addition to having an RRSP. It is an excellent retirement and estate planning tool because the funds grow tax free; however the tax laws relating to permanent life insurance policies will change on January 1, 2017, and the changes will restrict the amount of money that will be allowed to grow tax free in these policies. Many astute Canadians are taking advantage of this tax deferral strategy now because plans put in place before January 1, 2017 will be grandfathered.
- **Tax free Health Spending Account** – HSA's allow you to pay for medical and dental expenses including expenses not covered by traditional health plans (e.g. fertility and autism treatments) using pre-tax dollars and essentially converting these expenses into a tax free benefit.
- **Life Annuity** – provides guaranteed income for life, however the taxable portion of annuities will increase significantly on January 1, 2017, so if you are thinking about purchasing an annuity now is the time to do it.
- **Individual Retirement Plan** – IRP's essentially allow business owners and incorporated professionals (e.g. lawyers, dentists, doctors, paralegals, accountants etc.) to make contributions that are fully tax deductible to the employer and are a nontaxable benefit to the employee; and they can be set up for one or a group of employees. They can only be set up for "active" Canadian business corporations and the employee (who can be the owner of the business) must be a Canadian resident paying taxes in Canada. Saving using pre-tax dollars and withdrawing that money tax free is a better option than an RRSP.
- **Tax Free Savings Account** – Sounds like a no brainer, however, too many Canadians use their TFSA like a checking account, making frequent deposits and frequent withdrawals. A good strategy would be to use your TFSA as a retirement savings tool because every dollar earned is Tax Free. You can set up your TFSA to ensure that it pays you guaranteed income for life.

If you are thinking about paying less taxes legally, now is the time to spring into action and implement strategies that will keep more of your money in your hands rather than the Government's coffers. You can do it, I can help.

Karl Marshall is President of Marmac Financial Services Limited, an independent insurance and investment brokerage. He lives in Durham Region. You can read his blog, "The Elephant in the Room" online on The Local Biz Magazine website.

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Tweens, Teens & In-Between

"And there are people who forget what it is like to be 16 when they turn 17. I know these will all be stories someday. And our pictures will become old photographs. We'll all become somebody's mom or dad. But right now these moments are not stories. This is happening."

- The Perks of being a Wallflower

Happy summer Readers! I am writing to you guys this season with a reminiscing heart and mind. Since the school year is once again coming to a close and summer 2016 is coming at full speed, it has finally hit me that this is my last summer as a high school student. This time next year I'll be getting ready to head off to university with a heart full of dreams and a mind full of fears. I'll be moving on to a new chapter in my life, eager to leave the last one behind. With that being said, this summer is going to be hard for me because I don't really want it to end yet. While I am excited to move on and see what comes next, I can't help but want to slow down this break and hold on to what I have for a bit longer.

Knowing myself, I'm going to want this summer to be the most exciting and event filled season I've ever experienced and I want to share that goal with you too. So in keeping with my plans of making this summer the most amazing one yet, I'm in the process of creating a huge scrapbook full of my adventures so I'll always have the memories I made with the people I love. If you're in the same situation as me, I encourage you to do the same. It's a great thing to have when you're missing home, and putting one together is so much fun. Having a book filled with all the memories you've made is something that is so personal and unique to each person and I love that they're made that way. One day when we're all grown up we can take them out and relive the journey we took to get to where we are in the future. It helps us hold onto the good times when life seems like it's rushing by. I think these things help us remember what life is truly about, especially when we forget that the stories we tell aren't just stories, they're real moments in our lives that were so great they had to be relived.

So please don't ever forget what it is like to be a teenager. When all of this becomes old photographs and we're someone's mom or dad, remember what it's like to be young and free. Don't forget the adventures or the feeling of not having a care in the world. Live in the moment and always, always live the life you've dreamed about. We only have one shot at this game called life so make sure you're playing with all your heart.

Victoria Cozza is a 16 year old grade 11 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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Tasteful Talk

by Shirley Ouellette



Welcome to summer! With so much fresh produce available, it is sometimes harder to meal plan as I want to incorporate everything and not miss an opportunity to taste the crispness of colourful vegetables and the sweet succulence of summer fruits at every turn. To find a full list of what is available at your local farmer's market check out the Durham Farm Fresh website.

This is a very busy time on the farm, keeping a close eye on crops and the delicate summer harvest. It is also a great time to go visit a farm, especially if you have young children. Taking them to a "pick your own" farm is a great way to get connected to food; you can't get fresher than that! Of course, this time of year tends to be about family get-togethers, pool parties, cottage parties and of course the barbeque. There is nothing more tantalizing than the smell of succulent meat roasting on the barbeque and the sound of carefree summer laughter. Don't forget your local farms and some of the farmer's markets also carry meat. They will most likely be frozen so you need to allow enough time for defrosting, but it is well worth it. Buying local meat supports the farmers, and also buying Canadian supports our economy and let's face it, we know we have the best right here! Durham Farm Fresh also has a list of farms that raise animals for meat; beef, pork, lamb, chicken, turkey, duck, you name it, they have it. Why not try something different next time you barbeque, like venison or bison for a leaner more gamey tasting burger or steak?

Lastly, do not forget dessert. Fresh berries and lots of cream are my family's favourite and a lighter end to a meal rather than cakes, tarts or pies. Occasionally though, they want the full on chocolate experience. Recently my daughter found this recipe for sinless chocolate brownies made from black beans, chia seeds and raw cacao powder. They are gluten free and use coconut sugar for sweetening which is so much better for you. They are perfect for your next family event, or take as a gift to the next party you attend. They will be a hit, I can guarantee it!

When it comes to the food you put into your body let there be no compromise, fresh and local produce are without a doubt the best. Farmer's markets are growing and thriving because of local shopping. We have the power Durhameers, vote at the cash register my friends, and vote local. Salute!

Shirley Ouellette grew up in the far south west of England. Since living in Canada, she has been actively involved in promoting the Local Food Movement. Sustainability concepts on a broad spectrum are close to her heart and she encourages everyone she comes into contact with to consciously practice sustainable living habits.

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Tasteful Recipes

by Shirley Ouellette

Chocolate Brownies (makes 24 small brownies)



You will need...

- 1 (15 oz / 425 g can) No-salt Black Beans, drained and rinsed
- 3 large Eggs
- 1/3 Cup Coconut Oil, at room temperature
- 2 Tbsp Chia Seeds
- 1/4 Cup Raw Cacao Powder
- 2 Tsp Pure Vanilla Extract
- 1/2 Cup Coconut Sugar
- 1/2 Cup Semi-sweet Dark Chocolate Chips
- 1/4 Cup Raw Cacao Nibs

How it's done...

Preheat oven to 350°F. Grease an 8-inch baking pan. Place the black beans, eggs, coconut oil, chia seeds, raw cacao powder, vanilla and coconut sugar into a large food processor or high power blender. Blend until smooth. Mix in the chocolate chips. Transfer mixture to your greased pan and sprinkle raw cacao nibs on top. Bake the brownies for 30-35 minutes. Cool before cutting into squares.

Did you know...

Cacao is a top source of antioxidants, and it contains an abundance of magnesium and iron. Cacao powder is a healthy alternative to conventional over-processed "cocoa" and can be used for baking, hot chocolate, desserts and smoothies.

Wine Pick...

Henry of Pelham Reserve Baco Noir 2013. This wine is so good, it will work with barbecued meats and also be perfect with these brownies. Aromas of spice, charred toast and red and black cherry, tastes like black currant and black raspberry interlaced with dark chocolate-dipped black cherries. What is not to like! At \$24.95 grab it while you can. Salute!



Taking THE Lead

by Corry Hamilton



You're ready to head out on vacation, or a quick trip to the dog park. You think this time will be different, that you won't end up with vomit all over the seats. But a few minutes on the road and up comes the treats you gave them.

Dog motion sickness is very real and even the shortest trip can send dogs over the edge and cause you much unwanted stress.

In general, most puppies and younger dogs are affected by motion sickness but it can be seen in older dogs as well. The main reason young dogs are affected by motion sickness is that their inner ear structures used for balance are still developing. You will generally see in the first few car rides if your dog will experience motion sickness. Even once their ears are fully developed you may still see vomiting due to stress, or to the fact that they associate car rides with getting sick.

So what are some of the signs of motion sickness besides vomiting?

- Inactivity
- Yawning
- Uneasiness
- Excessive drooling
- Whining

There are many treatment options to aid in deterring motion sickness but the simplest is to make your dog as comfortable as possible. By using a harness and seatbelt, get your dog to face forward rather than sideways. Also, lowering your car windows can help balance the pressure inside in the car and outside. Another trick is to limit food consumption before the car ride and to give them a small piece of sugary candy like a jelly bean, which seems to reduce nausea.

There are many conditioning tricks you can try as well. If your dog associates car rides with stress, look at changing vehicles they associate with past unpleasant experiences. Take a break from car rides or take shorter car rides to the dog park or friends house; something that they associate with happy times. Buy a special toy that only comes with them in the car.

For dogs that don't outgrow motion sickness or don't respond to conditioning training, you may want to look at anti-nausea medication. You may also want to try herbs such as ginger, peppermint or valerian to ease upset stomachs and anxiety. It is best to administer the herbs in a tincture form instead of dried herbs. The usual dosage is 12-20 drops per 20 lbs of body weight.

Homeopathy may be another option to try. The most effective is Coccus indicus. Give your dog 3 pellets just before getting in the car. Rescue remedy is another effective treatment for anxiety and fears.

By using a variety of these treatment options, I'm sure that you and your dogs will both be enjoying car trips soon.

We loved the name of Corry's business so much, that we decided to name her column Taking the Lead. 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 taking a nap with her cats.

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Ask Sue-Ann



by Sue-Ann Bavlnka

Dear Sue-Ann:

I watch your live call in show every week live on Rogers TV at 7:00. I love your word of the week, it makes it easy to focus on my personal journey. This week's word especially inspired me. Could you please rerun it?

Signed: A Fan of Divine Lane

A. Certainly! For those of you who are unaware of my show, this is a weekly element to help you focus on your personal journey and this week the word of the week was: "Practice". One of the dictionary definitions is: repeated exercise in or performance of an activity or skill so as to acquire or maintain proficiency in it.

How I am asking you to consider this word is, ask yourself, what do you practice emotionally, every day? What I mean by that is, do you practice stress or peace; do you practice love or hate; do you practice anxiety or resolution; do you practice self-love or self-loathing; do you practice problem identification or problem resolution; do you practice communication or confrontation?

These are just a few examples of what I am suggesting you consider. If we practice something, it is within all likelihood that we will improve and get really proficient at it and there is the potential to excel at it. What we don't consider normally is that if we practice emotional behaviours, we will get proficient and potentially excel at them also. This is how some people excel at being negative, angry, depressed and judgmental, because it is being practiced every day. When we declare what it is that we are looking for, and by that I mean looking for the things that will back up our need to be negative for example, we all know that we will not have to look too far to find them. If you simply changed your practice and declared or chose to look for positivity, that too exists all around us. When you practice it you will enable yourself to see more and more of it. It is so simple, almost too simple.

I am asking you to consider what it is that you knowingly or unknowingly have decided to practice every day and if it is not working for you, just simply do the opposite and practice that. I don't suggest for a minute that you stop to practice giving yourself a hard time because you have become something different than what you had hope. Just simply change the practice and begin to personally witness the change that will happen around you and within you. Feeling good is a wonderful thing to practice daily. The affirmation that I am suggesting that you work with is, "With each breath that I take I am happy, I am healthy, and I love myself more and more each day."

I pray that you are all loved and know that you are loved.

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

COACH

Corner

Finding Happiness

...And they lived happily ever after

How often when we were younger did fairy tales conclude with those words? As we got older we heard statements such as, when you finish high school, when you finish university, when you find a job, when you got married, when you have children, or when you have grandchildren...you will be happier.

How is it that happiness is so elusive? Did doing all these things bring you the happiness you were seeking? Are you truly happy? A lot of the expectations and goals we have did allow us a certain degree of happiness, but it doesn't always feel quite complete.

As we examine our lives, we realize a lot of our happiness or lack of it, is driven by our thoughts. It is rooted in the stories we tell ourselves, good or bad. For many people, their minds go to the negative naturally without much effort. Someone says something to us that we perceive as negative, and we can allow it to ruin our day, week or even our lives.

One of the hardest things for us to come to grips with is the fact we are born with everything we need to be happy. We allow circumstances, as well as the opinion of others to tell us who we are. We should instead be championing our uniqueness and great qualities.

We spend a lot of time with our thoughts living either in the past or future, rarely being fully present in the moment. This pattern will definitely rob us of our happiness. How can we change this and find the elusive state of happiness we are pursuing? Here are a few suggestions:

-It starts with your thoughts. Be renewed by the transforming of your mind... (Romans 12:2)

-You are unique and amazing, there is no one else like you. You have gifts to offer the world that no one else can give as brilliantly as you.

-Live in the present and be the best you. Do not allow yourself to be caught up in the noise that is all around us. Television and social media keeps us very distracted. Turn off the TV and cut back on social media.

-Find your purpose, your life calling, what truly makes you happy, and then do it with all your passion.

-Forget about being perfect, that usually means chasing someone else's definition for your life.

-Practice an attitude of gratitude. We have so much to be thankful for, so much we take for granted.

-Learn to forgive.

-Volunteer, help others and do it with joy. One of the profound things about helping others is the payoff is usually greater for you.

-Surround yourself with people who will help you grow, empower you and celebrate your uniqueness, successes and even perceive failures.

-Learn to be content. There is a wonderful verse from the bible in Philippians 4 verse 11. Paul states in regards to his life, whatever state he was in, having much or little, he learned to be content.

You are God's masterpiece. Start living like it. In that, you will find true happiness.



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 have.

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The Golden Years

An advantage of getting older is retirement. For some seniors however, this means less disposable income, so bargains are always appreciated. There are many businesses that offer perks if you are a senior. With a little help from my friends, and some research, I was able to compile a list of places worth checking out. Please note, what I've mentioned below is not an exhaustive list; there will be some businesses that offer senior discounts that I may have missed. Keep in mind too, some stores may not participate in these offers, so please check with each individual store. Also, there are usually conditions that apply when discounts are offered, so make sure to read the fine print.

Most of us like to dine out. Mandarin offers a 20% discount with a valid ID showing you are 65+. Imperial Buffet Monday to Thursday Lunch and Dinner + Friday Lunch is 35% off for those 55+ with valid ID.

For entertainment, we have many choices. If you like dinner theatre, Live Act Dinner Theatre offers seniors \$3 off their regular price tickets on select days. Herrongate Barn Theatre offers seniors (65+) a \$5 discount off regular price for their dinner and show package any day of the week. If you like to go to the movies, Cineplex in Ajax and Oshawa, and Landmark in Whitby have discounted prices for seniors.

The following stores have senior's days: Shopper's Drug Mart (55+) save 20% on last Thursday of month; Rexall Pharma Plus (55+) save 20% one Tuesday per month; Hudson's Bay first Tuesday 15%; Vandermeer Nursery 10% on plants. Bulk Barn (60+) 10% every Wednesday, Canadian Tire (65+) 10% first Wednesday of the month; M&M Meat Shops (60+) every Tuesday 5% on orders under \$30, 10% on orders above \$30; Value Village (65+) Tuesdays 30%, The Salvation Army -Thrift Store (60+) 10% every day; Home Hardware 10% every Tuesday; Michaels (55+) 10% off everyday with valid photo ID, Pet Valu (60+) last Thursday of the month save 10%.

Travelling somewhere? Via Rail (60+) 10% off all year long; Go Train (65+) senior single-ride fare is half the price of adult single-ride fare

Finally, I sent out emails to BIAs and Chambers of Commerce throughout Durham Region. I heard back from Paytair (Peter) Berezcki who is part of Community: Rebuilding Downtown Whitby-Helping Hands. He invited me to take a walk in downtown Whitby. We visited several stores and talked to the owners about discounts for seniors. Many store owners seemed receptive to the idea. A few days later, they came up with a great idea – Down Town Whitby Summer Senior's Savings Days. This will take place on Tuesdays, Wednesdays and Thursdays in the first week of June, July, August, September and October. Participating business will have a logo in their window to let people know they are part of the senior's days. Different businesses will offer different perks. So many local businesses are suffering nowadays because of the rise of big box stores and malls, that I hope you join me in supporting this initiative. I would also love to know if any other areas in Durham are interested in implementing the same idea (or have something similar in place). If so, please feel free to contact me through the magazine so we can help spread the word for seniors and help support our local businesses.

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.



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Horoscope

(June 2016 to August 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 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, 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 laded 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. In her free time, she is a crochet adventurer and musical muse. In this horoscope, she seeks to relay intuitive messages of guidance from the collective astrological archetypes. As above, so below.

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