

The Local Biz Magazine

FREE

Durham Region Community Publication

12 Years in Publishing

• • • • • Summer 2021 • • • • •

ON THE GO?
**TAKE US
WITH YOU!**

Download the
The Local Biz Magazine
PDF from our website.

**Being the Best
YOU**

**Fun in the
Sun Reading
Suggestions!**

**Hitting the
Trails...**

**Hiking & Biking in
Durham Region!**

**Who You
Gonna Call...**

**Crime Stoppers...
Celebrating 35
Years!**

**www.thelocalbizmagazine.ca
Bringing Durham Region Together**

Help is just a phone call away.

Distress Centre Durham helps those in distress to cope by providing emotional support, crisis / suicide management and community education.

If you or someone you know is struggling, in need of emotional support, and living in the Durham Region, please share our 24-hour helpline numbers.



Local 905 430 2522 or
Region-wide - 1 800 452 0688



The Local Biz Magazine

Summer 2021

Publisher/Creative Director Antoine Elhashem
Editor-in-Chief Wendy Chiavalon
Art Director Mychol Scully

Regular Columnists

Julie Antoinette, Sue-Ann Bavinka, Malachi Brown, Linda Calder, Wendy Lee, Tara Richardson, Bianca Schaefer, Afeefa Malik, Josie Myers, Nicole Forrester

Published by

INSPIRED Media Inc.

Operating: INspiredcreative, Your one stop shop for all your marketing, advertising, graphic, and web design needs. Publishers of The Local Biz Magazine, The Pink Pages Directory, PinkPlayMags, and theBUZZ.
www.inspiredcreative.ca

President Antoine Elhashem
General Manager Kim Dobie
Advertising Consultant Carolyn Burtch
Production Coordinator Wendy Chiavalon
Legal Jerry Herszkopf Law Firm

Mailing address

205-1691 Pickering Parkway
Pickering, ON L1V 5L9

To contact us

416.926.9588 or 905.231.9722
www.thelocalbizmagazine.ca

For comments, questions and advertising inquiries

inquiries@inspiredcreative.ca

Notice: Inspired Media Inc., its divisions, publications, the editors, authors, photographers, salespersons, graphic and production artists shall have neither liability nor responsibility to any person or entity with respect to monetary or emotional loss or damage caused, or alleged to be caused, directly or indirectly, by the information or claims contained in this Publication.

Furthermore the opinions of the writers expressed in this publication do not necessarily reflect the opinion of the publishers.

Full copyrights reserved. Any copying of material in this publication in whole or in part is prohibited and legal action will be taken, unless authorized in writing by the publishers.

In This Issue

- 6 **Becoming the Best Version of You** Tara Richardson
- 11 **Durham Region Nature Trails** Sam Burton
- 16 **Durham Regional Crime Stoppers** Shelby Leith

Regular Features

- 19 **Summer Events Calendar**
- 20 **Horoscopes** Julie Antoinette
- 21 **Soul Searching** Tara Richardson
- 22 **Get Fit: Inside & Out** Bianca Schaefer
- 23 **Tweens, Teens & In-Between** Afeefa Malik
- 24 **Family Matters** Josie Myers
- 25 **A Forkful of Healthy** Wendy Lee
- 26 **Finance & Real Estate Insights** Nicole Forrester
- 27 **Ask Sue-Ann** Sue-Ann Bavinka
- 28 **The Coach Corner** Malachi Brown
- 29 **The Golden Years** Linda Calder



From the Publisher

It's the summer of 2021! Finally!!! I always look forward to the warmer weather and the arrival of summer. Spring is nice, but it can still be a bit cool and the weather is often unpredictable. Summer is 2 to 3 months at the most, but I always make sure to enjoy it (outdoors!) as much as I can.

So, what do we have in store for you in this summer issue? Well, this year marks *Durham Regional Crime Stoppers* (DRCS) 35th anniversary! What a milestone achievement! Thirty-five years ago, in the spring of 1986, Jon Jenkins, the local Durham Region chief of police decided to gather together a group of like-minded civilians who had the safety and well-being of Durham Region at heart to form the DRCS. The DRCS mission was powerful: "To develop programs and activities to solicit information from anonymous callers in order to solve crimes and prevent criminal activities in society." Since their inception, the DRCS has helped the police solve many crimes in the community and keep Durham Region safe.

To celebrate the DRCS milestone, we have a feature article for you about *Crime Stoppers* in Durham Region, and the role it has served and continues to serve in the Durham community. We explain how the DRCS program works, and what to do if you have a tip for them. Keep in mind, all tips made to *Durham Regional Crime Stoppers* are strictly anonymous. No identifying information is ever collected. For more information, check out *Durham Regional Crime Stoppers – Making Our Community A Safer Place for 35 Years* on page 16 of the magazine.

Our regular columnists are also serving up some great content. You can check out what they are up to starting on page 20 of the magazine.

As always, I hope you enjoy reading the wonderful content we have for you in this Summer 2021 issue of *The Local Biz Magazine*. Feel free to share your thoughts on it with us. Don't forget to also connect with us through our website www.thelocalbizmagazine.ca and Facebook page. We love to hear from you! Until next time!

Antoine Elhashem
Publisher



From the Editor

I don't know about you, but for me, the first half of 2021 seemed to go by really slowly. Or perhaps it felt that way because it was pretty much a repeat of the first half of 2020...except that now, most of us are fed up and tired of the never-ending coronavirus. Although we're currently in another lockdown, variant cases are spreading, and the ICU is at max capacity, there is some good news. The vaccine rollout has begun; some people are fully vaccinated, while others are just starting to receive their first dose. We're nearing the light at the end of the tunnel!

In the meantime, one of the most important things you can do for the duration of this pandemic (if you haven't done so already) is to take care of YOU – your physical health and mental health. In this issue we touch on two things you can do to nourish yourself. The first is to spend time in nature, specifically, exploring the beautiful biking and hiking trails that Durham Region has to offer. There are so many to choose from to suit all levels, from beginner to advanced. It's a great way for anyone to stay active. Being active is important for the body and the mind, and nature is known for its healing effects on human beings. Put the two together and you have a win-win situation. You can find all the trail information you need to know on page 11 - *Durham Region Nature Trails*.

The second thing you can do to nourish your mind this summer is to pick up a self-help book. Now... I know not everyone is into self-help reading, but consider this. Self-help books can strengthen your abilities, inspire personal growth, and encourage you to become the best version of yourself. More importantly, they can help you make positive changes so you can live your best life. Who wouldn't want that? If you're so inclined to pick up a book, we have a list of must-reads for you. Check out *Becoming the Best Version of You – A Summer Reading List for Self-Growth* on page 6.

I hope you enjoy reading the Summer 2021 issue. I'd love to hear your feedback on it. As always, if you would like to pitch us a story or write for us, feel free to email me editor@thelocalbizmagazine.ca.

Wendy Chiavalon
Editor-in-Chief

Shopping for the perfect ring is easy...
...you pick the setting, the metal, the stones, and your price!

Custom Jewellery, Gifts, Repairs, and More...

STUDIO JEWELLERS
Since 1985
640 King St E, Oshawa ON L1H 1G5 905-436-6267

BUSINESS / ENTERTAINMENT / HOME / AUTO

MCCAM
INSURANCE BROKERS

Call for a quote!
Stephanie.Herrera@mccaminsurance.com
(905) 579-0111 x 227
mccaminsurance.com

Natura Waterborne Interior Paint is Benjamin Moore's greenest paint. Now 2 stores to serve you!

Oshawa Paint & Wallpaper Inc., 224 Simcoe St N
905-721-2854

Courtice Paint & Decor Inc., 1414 King St E, Unit 27
905-240-0072

Like us @OshawaPaint @CourticePaint

Benjamin Moore Natura™
Lowest VOCs & Zero Lead
100% of Benjamin Moore products

Never forget your garbage day again!

The "Durham Region Waste" App has everything you need to know to make curbside waste collection easy. It is available on both Apple and Android - download it today!

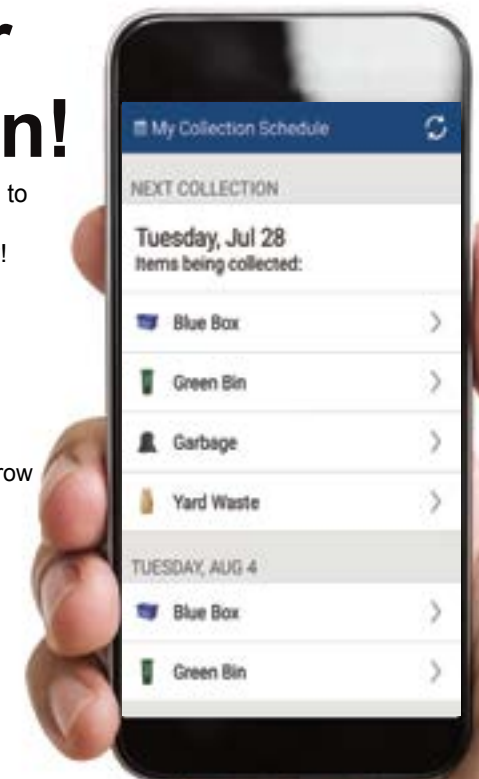


- Personalized collection schedule
- Report missed collections
- Set weekly pick-up reminders and service alerts
- View detailed sorting information with Know Before You Throw
- Book special collection appointments
- Get notified of special collection events
- And much more!
- Best of all, there's no tiresome in-app advertising with this Durham Region app.



durham.ca/waste

If you require this information in an accessible format, please contact 1-800-667-5671.



Durham Region will be conducting a Business Count from May 2021 through August 2021 as part of their annual Regional project to gather employment statistics and build a stronger local economy.

The information being collected will be used for a variety of purposes:

- Creating programs to support businesses as we recover from the pandemic.
- Monitoring local economic trends.
- Preparing the Durham Region and local municipal [business directories](#).
- Analyzing and promoting local business sectors for either tourism or business generation.
- Developing business attraction and retention strategies.
- Forecasting infrastructure and hard service requirements.
- Transit service planning.

To include your business in the count go to:

www.durham.ca/en/doing-business/business-count.aspx

BECOMING THE BEST VERSION OF YOU

A SUMMER READING LIST FOR SELF-GROWTH



Have you ever wandered into the bookstore and noticed that the self-help section seems to have exploded?

At the time of writing this article, I perused the self-help section (under the 'Wellness' category) on [Indigo.ca](https://www.indigo.ca) only to find 36,127 results! You may be asking, 'what's all this hype about self-help, anyway?' You may also be feeling a little overwhelmed by how to choose a good self-help book out of the thousands of books available. And, if you're wondering how to make the most out of the self-help books you're reading, head on over to my column on this exact topic and learn strategies to enhance your learning.

So, the hype is that self-help books can strengthen your abilities, inspire personal growth, and encourage you to become the best version of yourself. And who doesn't want all of that?!

That's why I am sharing some of my favourite self-help books to add to your reading list this summer. It doesn't matter if you're a skeptical newbie or a self-proclaimed connoisseur of personal

development books like me. Keep in mind that as much as I believe in my expertise on these books, we are all very different human beings with very different lives. If some of these recommendations don't work for you or are so boring that you fall asleep at the beach and end up looking like a walking cherry tomato, research some books that are more specialized to what you want to focus on. (And maybe wear better sunscreen, just in case.) If you decide to research more specific books, just be mindful of the books you are choosing. Put down any book that seems to promote black and white thinking (do this or else you will be miserable forever) or induces feelings of shame.

Self-help books are not about "fixing" yourself or shaming yourself into changing. If shaming ourselves worked, I am pretty sure we would all be the same boring version of perfect by now. Remember, the purpose of a good self-help book is to motivate you to make life changes that feel good and right for YOU.

So, let's get to the list! If you're a teen reading this article, I still recommend any-and-all- of these books, plus check out the

Tweens, Teens & In-Between column for a few gems our teen writer has collected as well.

Habits & Goal Setting

Understanding how we can create long-lasting habits and achieve our goals is essential but making specific plans is even more crucial. Don't skip the planning step!

- **Atomic Habits by James Clear:** As I am sure everyone is aware, developing and strengthening habits is hard work. *Atomic Habits* makes it so much easier by going through the habit-forming process step-by-step. The author even provides you with a website link to access free downloadable worksheets to use while reading to supercharge your habit journey.
- **Badass Habits by Jen Sincero:** Jen Sincero has a series of *Badass* books and this one was a perfect blend of information and hilarity in one. It's based in reality and offers you a chance to participate in a 21-day challenge that will slowly immerse you into your new habit.
- **How We Change (And 10 Reasons we Don't) By Ross Ellenhorn:** Ever wonder why we can so clearly see the changes we need to make but just don't? This is a fascinating book to understand why we do what we do (or don't do). Be prepared for some aha moments!

Building Positive Emotions

There are a plethora of self-help books promising happiness and freedom from negativity. Unfortunately, this is a blatant lie. You can work on thinking more positively but unless you are a Buddhist monk, you will never be entirely free from negative feelings. I know, I hated that discovery too. But negative emotions have the ability to teach us more lessons about happiness than positive emotions ever will.

- **Choose the Life You Want by Tal Ben-Shahar:** If you're new to the world of self-help, this is a great place to start. Using short chapters that can be read independently of one another, Tal Ben-Shahar reminds us that we are always making choices- even this very minute- and points us in the direction of a fulfilling life by becoming more attuned to the choices we are making.
- **The How of Happiness by Sonja Lyubomirsky:** Happiness is not a fad and Sonja Lyubomirsky has done the scientific research to prove this! Understand the foundations of happiness and take a brief, empirically evidenced test that will help you identify specific strategies that are best suited for you.
- **The Happiness Advantage by Shawn Achor:** Have you ever thought, 'if I just get that job, I'll be happy' or 'when I get fit, I'll be happy'? Me too. However, this book taught me that this sentence actually works in reverse: When we are happy, we tend to achieve our goals (the job, our fitness, etc.) not the other way around. Learn how to use your mindset to your advantage.





Overcoming Obstacles

We will always have hurdles in life and being informed is a critical key in overcoming them. Books can inspire us to be resilient and remind us that we are not alone in our struggles.

- **Super Better by Jane McGonigal:** After the author suffered from a severe concussion that led to depression and debilitating symptoms resulting from this, Jane McGonigal explains how she enhanced her recovery by thinking of it more like a game. For any gamers at heart, learn to take on quests that empower you on your healing journey.
- **Feel the Fear...And Do It Anyway by Susan Jeffers:** An oldie but goodie! At the bottom of every fear is the belief that we can't handle whatever might happen. Letting go of this belief and learning to challenge your fears can be exhilarating. (Unless your fear is to sit in a room filled with spiders- I think that will forever be a nightmare.)
- **The Confidence Gap by Russ Harris:** Based on research from Acceptance and Commitment Therapy, this book helps you to identify your values and create confidence by aligning your values with your actions. Kind of a spin on the saying, 'put your money where your mouth is'.

Personal Growth & Motivation

Sometimes we just need a good reminder to continue on our self-growth journey or have an author's words kick us into action. (Sometimes I feel like the author has been reading my mind and knows all my excuses.)

- **Stop Saying You're Fine by Mel Robbins:** This life coach takes a no BS approach to helping you to achieve the life you want. Mel makes a compelling point that saying, "I'm fine" is a cop-out so that you can justify staying in your comfort zone.
- **Rising Strong by Brené Brown:** A self-defined researcher/storyteller, Brené presents findings from her research in such meaningful and relatable ways. She describes how we can work through struggles by recognizing our emotions and the stories we're telling ourselves, then learn how to rewrite and own our stories.
- **The Pursuit of Perfect by Tal Ben-Shahar:** If you struggle with thoughts that you need to be perfect and you are eager to engage in self-reflections to promote a more balanced lifestyle, I highly recommend this book. (Fun fact: sometimes procrastination is a symptom of perfectionism. Another fun fact: I'm writing this a few days before this article is due.)

Productivity & Success

Sometimes when I mention my passion for self-help books, others look at me suspiciously, like I've completely lost the plot, but what if I told you there are self-help books designed to help you work better, smarter, and become more successful? Mmmhmm. You can stop smirking now.

- **The Productivity Project by Chris Bailey:** I love when writers come from a place of "been there, done that". Chris Bailey shares his experiences of trying many variations of productivity advice he has gathered over the years (don't ask

me how being a complete slob for the week made it in there) and discusses what actually works, along with suggestions to pump up your own productivity power.

- **The Success Principles by Jack Canfield:** How could I not mention the book that sparked my interest in self-help?! The best-selling author of *Chicken Soup for The Soul* gives incredibly practical and useful tips encouraging you to take responsibility for your life and achieve the success you desire and deserve.

Healthy Lifestyle

I will never promote books that encourage dieting or grueling workouts to achieve life satisfaction. What I will promote is creating a better relationship with your body that will help you feel your best without the focus on eating only certain foods or forcing your body to look like a supermodel.

- **The Body is Not an Apology by Sonya Renee Taylor:** In 2013, I stumbled upon a *YouTube* video of Sonya Renee Taylor reading her poem, *The Body is Not an Apology* and had goosebumps as she spoke. So, when her 2018 book came out, it was immediately on my to-read list. Sonya advocates that we do not need to feel ashamed of our bodies and our bodies should not elicit judgment or commentary from others. By destroying body shame, we will feel better about ourselves and then model healthy body image for our kids who are growing up trying to attain impossible (and fake) body standards they see in the media.
- **Self-Compassion by Kristin Neff:** Why is it so easy to have compassion for other people yet so hard when it comes to ourselves? Kristin Neff has researched this phenomenon extensively and presents it in an easy-to-understand format. If you're worried that too much of this self-compassion "woo woo" will never help you break unhealthy habits, let me remind you that judging yourself ruthless or "just sucking it up" may help you achieve your goals in the short-term, but at the expense of your self-esteem.
- **Anti-Diet by Christy Harrison:** If you've never been on some sort of diet, you are an anomaly, and I am happy for you. The unfortunate reality is that dieters usually gain the weight back. If you're tired of hating yourself skinny, this book is a must-read to make sense of the destructive cyclone called diet culture.

Self-Help Books for Kids

Imagine if we could improve a child's mental health now, and as an adult? Great news- we can! By reading books with valuable messages about life, we can foster resilience in them. And discussing the books together in everyday life will only strengthen the lessons learned.

- **Have You Filled a Bucket Today? by Carol McCloud:** An inspirational story for kids to understand the importance of holding on to good thoughts and feelings, along with promoting kindness by filling others' buckets.
- **The Way I Feel by Janan Cain:** Teaching children about emotions helps build their emotional vocabulary so that they can more easily understand and identify their feelings from a young age. Spoiler alert: I love the last page where



the author normalizes having all sorts of emotions. I think we adults may need this reminder too!

- **What Do You Do with a Problem? by Kobi Yamada:** Changing a child's mindset about problems can be of enormous merit. This book addresses how problems become bigger the more we avoid them, how they start to consume our thoughts, and encourages kids to face their problem- even when they're scared or unsure. When a child solves a problem themselves, they build their self-efficacy and learn that they have the ability to do so again in the future.

I hope that you're able to read and relate to some of these books. If you have found yourself feeling bad for not meeting whatever standards are outlined in a book, remember that this is not a prescription for becoming a perfect human (aka robot). Sometimes these books make us realize that we are not where we would like to be in our lives- which is surprisingly wonderful. Not to get all philosophical but...if we are content with simply being, that is essentially the end of our self-growth excursion. The process of becoming will always feel more fulfilling.

Tara Richardson is a wellness blogger, whose personal experience with mental illness has inspired her to dedicate her life to helping others heal and live a full, flourishing life.



by Sam Burton

Physical activity is one of the multiple elements of life that have been adversely affected due to the COVID-19 pandemic. Full emergency lockdowns closed gym doors altogether, while various levels of restrictions still greatly limit the use of classes and capacity for smaller facilities.

This limitation has forced many people who relied on gym memberships to seek other ways to keep fit. Some turned to exercising in their home with apps, virtual classes and DVD's, while others looked outdoors—and found their gym in the wild.

Physical Activity, Socializing, and Mental Health

Having to limit socializing and physical activity has had a great strain on the mental health of Canadians. A *Canadian Mental Health Association* poll indicated that only 35% of the Ontario population consider their mental health to be “very good,” compared to 52% that were polled in May of 2020. Fifty-seven percent indicated feelings of loneliness since the onset of the pandemic. The CMHA predicts an upsurge of mental health services, even a crisis, once individuals are expected to return to their routine post-pandemic.

In the meantime, it is important to take care of our mental health, and to fill the void of one of the main pillars of stable mental health—exercise.

Studies conducted by the *Harvard T.H. Chan School of Public Health* found that running for 15 minutes a day reduces the risk of major depression by 26%. Exercise can relieve tension and stress caused by anxiety through the release of soothing endorphins in the brain, such as serotonin and dopamine. Further evidence has even suggested that a mindful approach to exercise, such as paying attention to how your body feels whilst exercising, can aid the nervous system in becoming ‘unstuck’ from the freezing effects of trauma and PTSD.

Socializing is also incredibly important for our mental health, but that has been vastly limited and altered during the pandemic. We are all born as social animals, which means that we receive the same positive feelings in our brain when we interact with people as we do when we exercise. Stress-relieving hormones are released, and expand our perspectives outside of our own thoughts and opinions. A deficit in social interaction can be just as impactful as that of obesity, high blood pressure, and smoking, according to *The American Journal of Public Health*. The mind and body are connected, which means when you are risking one, you automatically risk the other.

So, what can we do during such a strange time? We can try to engage in outdoor exercises and activities that have a social element, and that also allow for social distancing. Biking and

hiking trails and clubs may just be the solution you’ve been looking for.

Biking Trails and Clubs in Durham Region

Despite limitations, the outside world is still open and available to anyone who seeks it. Durham Region is bursting with opportune areas where you can not only exercise your body and mind, but observe nature simultaneously. Here is a list of the most popular biking trails you can check out solo or with a friend:

- Great Lakes Waterfront Trail
- Greenbelt Route
- North Brock Loop
- South Brock Loop
- Beaverton/Cannington Route
- Uxbridge Loop
- Pickering/Ajax Loop
- Whitby Loop
- Oshawa/Courtice Loop
- Oshawa Urban Loop
- West Clarington Loop
- East Clarington Loop
- Scugog / Caesarea Route
- Scugog/Uxbridge Loop

All of these routes are designed by expert local riders and are included within a waterproof guide called the *Durham Cycle Tours Map*. It also lists over 100 bike friendly businesses along the way, including places to eat, shop, sleep, and even gear up your bike for the next adventure.

To download or request a copy of the *Durham Cycle Tours Map* visit: <https://www.durham.ca/en/tourism/cycling.aspx>

Ontario By Bike

This is the organization that provides lists of areas along bike trails in Ontario that are bike friendly. A plethora of information can be found via their website, which includes a map detailing specific accommodations and storefronts such as bike shops, breweries, wineries, campgrounds, attractions, and cafes and restaurants. The site also includes the opportunity for group bike rides and exploration of breathtaking sites. Group bike rides generally occur within the months of June, July, August and September, and booking your spot is completely free. The *Ontario by Bike* guide is available in both digital and hard copy format.

The Durham Mountain Biking Association

The *Durham Mountain Biking Association* is a mountain biking non-profit group whose mission is to preserve trails for mountain bikers and hikers alike. This club does require a membership, but the cost goes directly back into conservation of the natural areas the organization explores. It formed in 2005 to advocate for mountain bikers in the Durham Region and to educate the public and members about trail safety and nature conservation. The organization runs weekly rides that take into consideration the skill level of the rider and the group pace, ranging from beginner to intermediate. This club is open to the public, but highly encourages membership so you can participate in rides and other ongoing biking events.

Hiking in Durham Region

Durham Region is bursting with stunning visuals that any photographer would adore. If you aren’t into biking and are looking to move at your own pace, hiking may be perfect for you. With over 350 kilometres of recreational trails, we are spoiled for choice. Many of the trails you may choose to explore are similar to those open to mountain bikers and cyclers. Here are trails open to you in different areas of Durham Region.

Pickering:

- **Altona Forest:** 4.2 km; native soil. Access points: Altona Rd. and Strounds Lane
- **Petticoat Creek Conservation Area:** 1 km; wood chips, gravel. Access points: Whites Road, Rodd Avenue, Park Cres.
- **Seaton Trail:** 12 km. Access Points: Highway 7, Green River, Whitevale Rd., Clarkes Hollow, Third Concession Rd.
- **Waterfront Pickering:** 12 km; prominently asphalt. Access Points: Bella Vista Dr., Petticoat Creek C.A., Rotary Frenchman’s Bay West Park, West Shore Community Centre, Progress Frenchman’s Bay East Park, Beachfront Park, Alex Robertson Park, Montgomery Park Rd. and Frisco Rd.
- **East Duffins Headwaters:** 74 km (including 8 km Trans Canada Trail and 12 km Oak Ridges Trail); natural surface. Access Points: Concession 6 and 7, Brock Rd.
- **Trans Canada Trail:** 11 km; packed earth, paved. Access Points: Pickering/Uxbridge Townline Rd. and Sideline 12

Ajax:

- **Trans Canada Trail, North Ajax:** 20 km; rail, woodland, meadow, concession roads and urban. Access Points: Duffins Creek North - West off Church St. at Mill St. Access Points: Duffins Creek South - Clements Rd. W., Lake Driveway W
- **Greenwood Conservation Area:** 2 km of grass and natural surface. Accessible through Greenwood Road and west of Westney Rd.
- **Waterfront Trail Ajax:** 2 km; grass and natural surface. Access Points: Greenwood Rd., West of Westney Rd.

Whitby:

- **Lynde Shores Conversation Area:** 2.5 km; granular road. Access Point: Victoria St. West
- **Waterfront Trail Whitby:** 10.6 km; certain sections include gravel shoulders and heavy traffic. Access Points: Port Whitby Marina, Rotary Sunrise Park, Kiwanis Heydenshore Park and Pavilion, Lions Promenade, Thicksen Rd. S.
- **Brooklin Lions Trail:** 1.6 km; hard granular and asphalt. Access Point: Luther Vipond Memorial Arena
- **Herber Down Conversation Area:** 1.6 km; hard granular and asphalt. Access Point: Luther Vipond Memorial Arena

Oshawa:

- **Waterfront Trail Oshawa:** 11.4 km; asphalt and interlock. Access Points: Lakeview Park, Pumphouse Marsh, Lakefront West Park
- **McLaughlin Bay Wildlife Reserve (MDWR):** 7 km; mix of hard and soft surfaces. Access Point: General Motors of Canada corporate office
- **Second Marsh Wildlife Area:** 2.5 km; soft soil trails. Access Points: Farewell St., Colonel Sam Dr.
- **Harmony Creek Trail:** 3.8 km; asphalt. Access Points: Farewell Park, Donevan Recreation Complex, Eastbourne Park
- **Oshawa Creek Trail:** 6.8 km; asphalt. Access Points: Lakeview Park, Children’s Arena, Bloor and Simcoe Streets, Southmead Park, Erie Street Park, Storie Park, Rotary Park, Brick by Brick Park, and Kinsman Park
- **Michael Starr Trail:** 1.5 km; asphalt. Access Points: City of Oshawa Tourist Information Centre, Cowan Park

Clarington:

- **Bowmanville Valley Trail:** 1.8 km; paved. Access Points: King St. and Baseline Rd.
- **Soper Creek Trail:** 1 km; paved trail. Access Points: King St. and Simpson Ave.
- **Bowmanville Harbour Area:** 1 km; asphalt. Access Point: West Beach Rd.
- **Bowmanville Westside Marshes Conservation Area:** 2 km; hard granular. Access Point: West Beach Rd.
- **Darlington Waterfront Trail:** 7.5 km; hard granular. Access Points: Park Rd. – Bowmanville, Solina Rd.
- **Darlington Provincial Park:** 5 km; grass, dirt, and wood chips. Included within the McLaughlin Bay Trail, the Robinson Creek Trail, the Burk Trail and Waterfront Trail
- **Courtice Millenium Trail:** 1.5 km; limestone surface. Access Points: Nash Rd., Regional Highway 2, Courtice Recreation Complex
- **Samuel Wilmot Nature Area:** 3.5 km of limestone roads. Accessible through Cobbledick Road and Toronto Street

Uxbridge:

- **Trans Canada Trail:** 20 km of trail, woodland, meadow, concession roads. Accessible through Highway 23, urban Uxbridge, Highway 21 and Concession 7. This long trail extends through the Durham Forest, Brookedale, and the Glen Major Complex to the Uxbridge-Pickering Town-line
- **Wooden Sticks Trail:** 2 km of paved and natural trails. Accessible through Elgin Park Drive
- **South Balsam Trail:** 2.5 km of paved trails, dirt, grass, and boardwalk. Accessible through Forsythe Drive
- **Quaker Trail:** 2.2 km of paved trails, dirt and grass. Accessible through Bolton Drive Quaker Village Drive



Brock:

- **Kirk’s Walk:** 300 m; cement, gravel. Access Point: Beaverton Harbour
- **Lion’s Loop:** 900 m; gravel. Access Points: Beaverton Fairgrounds

Scugog:

- **Beaver River Wetland Conservation Area and Trail:** 17 km; gravel. Access Points: Blackwater, Brock Concessions 4, 5, 6, 7, 11, Highway 7
- **McLeod Park Nature Trail:** 2.5 km; wood chips and natural surfaces. Access Point: MacLeod Pk.
- **Port Perry Waterfront Trail:** 2 km; paving stones, limestone, grass. Access Points: Queen St., Casimir St., Mary St.

These are only some of the many trails that Durham Region has to offer. For more detailed trail information, or to access the interactive map, or download, or order a printed copy of the trail guide visit: www.durham.ca/en/discovering-durham/parks-trails-and-conservation-areas.aspx

It is important to prioritize your mental and physical health, especially during such uncertain times as these. Taking up a new hobby is a wonderful way to stimulate your brain and relax away from pressures of this new reality. This summer, why not give biking and hiking outdoors a try? Be sure to follow hiking and biking etiquette, and you will be on your way to making new friends and steadily improving your mental health

Sam Burton is a writer in the GTA with a focus on creative fiction but with an affinity for local and broader investigative journalism. Currently residing in Pickering, her striving goal in writing is to create a genuine connection with readers, whether it be through real-world events or those crafted from her own musings. Her photography portfolio can be found on instagram [@typhoidandswans](https://www.instagram.com/typhoidandswans).



ISAGENIX

THE ART OF WELLBEING.

- *Lose Weight
- *Have More Energy
- *Anti Aging Products
- **Opportunity to Earn Residual Income



Kim Dobie, Independent Associate
416.529.1118,
kim.dobie@sympatico.ca
www.kimvdobie.isagenix.com

*Weight loss should not be considered typical **Income level achievements are dependent upon individual associate's business skills, personal ambition, time, commitment, activity & demographic factors



COME IN AND
ENJOY A TASTE OF
JIM'S TRADITION!

DINE IN | TAKE-OUT | DELIVERY

126 Water Street, Port Perry, ON
905-985-9999

395 Aylmer St N, Peterborough, ON
705-743-7021

Fully Licensed & Reservations Accepted

www.jimspizzaandpasta.ca



WHEELCHAIR ACCESSIBLE



Unlock your potential as an
IG Wealth Management Consultant.

IG Wealth Management is home to the highest number of CFP®-designated professionals in Canada. We have been providing proactive financial advice for nearly 100 years.

As one of our wealth management professionals, you will have the opportunity to achieve personal success while providing financial advice that gives our clients the confidence to embrace all of life's possibilities.

IG Wealth Management consultants enjoy:

- * Unlimited income potential
- * World class partnerships with leading bank managers
- * An unparalleled team of experts to support you
- * Industry leading training and career development

Where can change lead you?



Helene Ata, CFP®, RRC®
Financial Planner/Division Director

305 Milner Avenue, Suite 701, Toronto, ON M1B 3V4.
Tel 416.292.7229 ext 246 | Fax 416.292.7230
Mobile 416.919.3669 | Toll Free 800.848.7229
helene.ata@investorgroup.com

Visit our careers page for more information
www.investorgroup.com/ExploreChange

IG WEALTH MANAGEMENT
Welcome Change

As of June 2018
Financial Planning (IG Wealth Management) is owned by IG Financial, and licensed by the relevant securities
regulator in each jurisdiction. IG Financial is a subsidiary of IG Group plc. (LSE: IGG)



DURHAM REGIONAL CRIME STOPPERS

MAKING OUR COMMUNITY A SAFER PLACE FOR 35 YEARS

by Shelby Leith

You have probably seen the blue and red signs posted along major highway routes and town borders throughout Durham Region.

You may have even heard an advertisement or two on local radio stations, or caught a glimpse of a social media post while scrolling online, but do you really know what *Crime Stoppers* is and how this organization is working to help keep you safe and fight crime in Durham Region every day?

In 1976, a Canadian-born detective named Greg MacAleese was working with the Albuquerque, New Mexico police. After exhausting all leads and hitting a dead-end in a horrific homicide investigation, Detective MacAleese turned to the people of Albuquerque, imploring them for help. By working with the media to create the first-ever crime re-enactment, flooding local radio stations with broadcasts of the crime, and offering the public a cash reward for any information, he was able to obtain imperative information, leading to an arrest. After this undeniable success, the *Crime Stoppers* program was born.

Thirty-five years ago, in April of 1986, Jon Jenkins, the local Durham Region chief of police, realized how successful a program like this would be to his community and rallied together a group of like-minded civilians who had the safety and well-being of Durham Region at heart.

These individuals banded together and made it their mission, “To develop programs and activities to solicit information from anonymous callers in order to solve crimes and prevent criminal activities in society.”

By combining their unique set of skills and a love for their community, *Durham Regional Crime Stoppers* (DRCS) began and has been an important crime-fighting tool in the region ever since.

The Power of Anonymity

Part of what makes the *Crime Stoppers* program so successful is the guarantee of anonymity. By allowing individuals to call in tips while remaining completely anonymous, there is never a fear of retribution. No names, phone numbers, or phone calls are ever recorded, instead, the tipster is given a personalized code number and if the information they provide directly results in an arrest, that number is used to anonymously claim a cash reward.

Staffed by fully trained personnel, the tip line is open twenty-four hours a day and someone is always ready to take your tip. Everyone who phones in can remain certain that their call will be held in the strictest confidence, with no personal information ever being gathered. The DRCS program provides a channel for those who wish to remain anonymous or for those who don't want to have to deal directly with the police. Many people in the community may fear they will have to testify in court or may be afraid that they will be linked to involvement in a crime, and therefore wish to remain unidentified. Tips can also be left on the *Durham Regional Crime Stoppers* website. More information about the DRCS anonymity policy can be found online at www.durhamregionalcrimestoppers.ca

Your Tips Pay

By actively working with *Durham Regional Police Services* and anonymous tipsters in the community, DRCS helps to reduce the incidence of criminal activity throughout the entire region and its surrounding areas. Plus, it handsomely rewards those who come forward with helpful information.

Durham Regional Crime Stoppers engages in a wide variety of fundraising activities. The organization is completely not-for-profit, and 100% of all monies raised are put back into their program. With the help of both corporate sponsorship and private, individual donations, the organization can remain active and continue to offer tipster rewards. The amount of the reward is directly determined by the severity of the crime and the charges that are laid. Tip reward amounts range anywhere up to \$2,000, adding truth to the fact that *crime doesn't pay, but Crime Stoppers does*. Donated funds are also used to assist in educating the community.

Community Education

Aside from collecting information on criminal activity, DRCS plays an active role in educating the community on ways to keep our neighborhoods safe. Working closely with the school board and other educational facilities, *Crime Stoppers* helps to teach the region's youth about illegal activities. This year's theme is “Helping All Communities Stay Safe” and there is a special focus on drug abuse and human trafficking.

When to call Durham Regional Crime Stoppers

If you have information regarding any type of criminal activity or suspected crime, call *Durham Regional Crime Stoppers* at 1-800-222-TIPS (8477) or leave a tip online at www.durhamregionalcrimestoppers.ca

You can also place a tip with *Crime Stoppers* if you:

- See something inappropriate happening
- See someone stealing a package from a front porch (Porch Pirates!)
- See any type of suspicious activity
- Have information about a missing person
- Have information regarding stolen property
- Know or suspect that someone that is involved in, or is the victim of human trafficking
- Know of someone who owns illegal weapons
- Have heard of a crime that is going to be committed
- Know of someone who deals illegal drugs
- Have any information that will help keep the streets of Durham Region a cleaner and safer place for everyone

If you are witnessing a crime in progress or someone's life is in imminent danger, please dial 911 and get immediate help.

Celebrating 35 Years of Exceptional Service

This year commemorates *Durham Regional Crime Stoppers'* 35th anniversary, a milestone achievement that is marked with so much success. For over three decades this organization has helped to reduce criminal activity within Durham Region and has played an active role in removing drugs, weapons, and criminals off of the streets of our community. Since its inception in 1986, the *Crime Stoppers* program has received 41,000 tips resulting in

Did you know?

- In 2020, the total value of all drugs seized by the *Durham Regional Police Services* amounted to \$7,787,780.00
- Human trafficking is steadily increasing within Durham Region, especially along the 401 corridor
- In 2020, there were 137 investigations conducted within Durham Region dealing with human trafficking-related crimes
- Last year alone, *Durham Regional Crime Stoppers* received 2022 tips, laid 266 charges, and contributed to 51 arrests
- From all of the tips received in 2020, the *Durham Regional Police* were able to seize \$201,200 in cash and \$275,000 in property

3,984 arrests and more than 11,600 charges that have been laid. It has also paid out over \$625,000 in tip rewards.

Durham Regional Crime Stoppers attributes its phenomenal success to the people of the community. It has been through their generous donations, support, and their endless outpouring of anonymous tips that this has remained an important and influential program for fighting crime in the Durham Region.

To make a donation

Durham Regional Crime Stoppers relies solely on donations from businesses and individuals in the community. It is from this generous funding that the program continues to succeed. If you would like to make a donation of any denomination, please email DRCS at contacttheboard@bell.net or make a contribution through [Canada Helps](http://CanadaHelps).

Your support goes a long way to keeping Durham safe.

For more information on the *Durham Regional Crime Stopper* program visit:

Durham Regional Crime Stoppers on Facebook, or www.durhamregionalcrimestoppers.ca

Shelby Leith is a freelance writer and a lifelong resident of Durham Region. Shelby is also a volunteer member of the Durham Regional Crime Stoppers board of directors and is committed to keeping our community a safe place to live.



There's more to Local Biz Magazine than LocalBiz
 Feature articles, regular columns and now
 with an interesting collection of blog post updates!
Visit us online at www.thelocalbizmagazine.ca

Our fresh new format includes weekly and monthly editorial content from our wonderful regular and guest bloggers on the topics that matter to you.

Take us on the GO.

Never miss an issue again. Download the latest copy or brush up on past issues of The Local Biz Magazine.

With our convenient PDF version available on our website, you can take The Local Biz Magazine with you wherever you go, on your iPad, Kindle, Galaxy, laptop or other portable device.



Summer Events Calendar

Usually, our Events calendar is filled with event listings. Unfortunately, this year, due to the ongoing COVID-19 pandemic, many events have either been postponed or cancelled altogether. Although things are starting to return to some sort of normalcy, there is still a lot of uncertainty in the air. As a result, some events are now taking place virtually instead of in-person. Below, is a listing of events planned for the summer months in Durham Region. While we are optimistic that these events will continue as planned, we suggest you contact the event organizer directly to determine the status of the event.

In the event that social distancing is still being advised, here is a wonderful link that suggests ways you can keep yourself entertained. This listing includes museum tours, virtual tours, animal fun, educational resources, and more!

Visit www.braininjurycanada.ca/ideas-social-distancing/

June 2 to August 27, 2021

1920's Prohibition Escape Room

Travel back in time to the Roaring 1920s and the days of Prohibition. Bring your detective team to see if you can uncover the whiskey runners and find the moonshine before time runs out. This 45 minute escape room is designed for minimum groups of two to a maximum of six people. Perfect for a date night, a family night, or a night out with friends from your social bubble. The price for this program is \$80 plus tax per session (you can bring up to 6 people), the price is not per person. Registration required in advance online.
 Pickering
www.pickering.ca
 905-683-8401

June 3, 2021 to August 5, 2021

The Anne Experience

Explore the world of Anne of Green Gables in a behind-the-camera tour of Pickering Museum Village, the set of various 'Anne' productions for almost forty years. Enjoy a picnic lunch, while learning about how the village was transformed into Anne's world. Take an audio tour with Anne to remember some of her favourite memories from the book. Visit the historic houses and learn about Lucy Maud Montgomery and historic fashions from Anne's time. Enjoy a scone and create your own tea blend as you bring the past to life in this fun experience. Lunch includes: 1/2 egg salad sandwich, 1/2 turkey and cheese sandwich; a drink, two cookies, and an apple. Scone is served with cream and jam and tea is blended by participants. No substitutions available. Registration required in advance. Program is 2 1/2 hours. Cost per person is \$40 plus tax. Maximum of 9 people per session.
 Pickering
www.pickering.ca
 905-683-8401

June 28, 2021

Paint Night in the Formal Garden

Join in an evening of painting, laughing and conversation as you are led through the process of creating your own take home 16 x 20 Cottage landscape masterpiece, hosted in the beautiful Formal Gardens of Parkwood. This workshop includes an artist who will help to guide you through the process. All painting supplies, including canvas, paint brushes and one glass of wine are included. For those interested the restaurant will be open for food and light refreshments. Please note this is an outdoor event, in the case of rain, the event will move to the Arbour which is a three sided enclosed space. \$55 fee.
 Oshawa
www.parkwoodestate.com
 905-433-4311

July 3 to October 20, 2021

Haunted Ghost Walk

Take a guided walking tour of the historic village at night and hear stories from the past that still haunt today. Learn about paranormal investigations that have found evidence of spirits and ghosts, and hear stories of past tragedies that actually took place in Pickering's past. Registration required in advance online. Cost per person is \$25 including tax. The program is 1 hour. Maximum of 9 people in the program.
 Pickering
www.pickering.ca
 905-683-8401

July 9 to August 27, 2021

Teddy Bear Picnic

This event is a perfect way to physically distance and enjoy some time outside on the beautiful grounds of Parkwood Estate. Bring your favourite teddy bear and your favourite person to Parkwood and enjoy a fun Teddy Bear Picnic! You will also receive supplies to create a teddy bear name along with a fun surprise! This event is rain or shine so we encourage you to get creative in the event of rain. Have a picnic in the car, or take it home and enjoy it under a homemade fort! \$20 fee.
 Oshawa
www.parkwoodestate.com
 905-433-4311

July 25, 2021

Lavender Picnic

The perfect way to physically distance! Bring your friend, a blanket and some sunscreen and enjoy a relaxing picnic on the beautiful and expansive grounds of Parkwood Estate. Gourmet cheese & charcuterie along with a mixed green salad, lavender lemonade and lavender themed desserts will delight the senses for this adult picnic. An experience to treasure for all lovers of lavender! This event is rain or shine! In the event of rain, we encourage you get creative. Enjoy your picnic in your car at the lake front, under a covered porch or at home in a your living room while watching your movie! \$20 fee.
 Oshawa
www.parkwoodestate.com
 905-433-4311

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.

Summer Horoscope

JUNE 2021 to AUGUST 2021

Aries (March 21 – April 20)
The end of an era has come and it is marked by the departure of something symbolic of that era. You are now in a transition phase where you must rest and recalibrate before venturing out to forge a new era. Much like the cocoon phase between caterpillar and the butterfly. Get ready to spread your wings.

Taurus (April 21 – May 21)
History repeats itself when we carry the past into the present. You may find yourself at the beginning of a fresh new chapter. But you keep looking back and remembering old pain. If you really want to start this chapter fresh, grieve the past fully. Feel it and heal it! Leave the grief behind in its proper place and start your new chapter with a clean slate.

Gemini (May 22 – June 21)
It's time to ensure all of your documents are in order. Are bills paid? Insurance updated? License plates renewed? Income taxes filed? There is a push for your administrative duties to be attended to. You'll feel a load off your mind, a sense of order and will be glad you attended to these items later on.

Cancer (June 22 – July 22)
It's time to re-establish a connection with an old friend. For some reason, life got in the way and you've both lost touch. A good long chat will reacquaint you with what recently has seemed to be missing in the mirror – a fragment of yourself left behind to be rediscovered. This friend will hold up the mirror for you.

Leo (July 23 – August 22)
You have taken on a hefty amount of responsibility over the years. You are now presented with another decision that will add more responsibility and rearranging of your affairs to accomplish. Take the time to weigh carefully what is to be gained and lost, for both the short term and long term. Consider each angle of this decision before moving forward. There are some hidden insights to consider.

Virgo (August 23 – September 23)
You've been through a long and drawn out arduous ordeal that has just recently come to an end. Looking back on it all, you recognize that although there were some ugly moments endured, you can now spot the silver linings that were present throughout. It all makes sense in a way that you could never have imagined. Appreciate this as one of life's little gifts.

by Julie Antoinette



Libra (September 24 – October 23)
In a strange twist of fate, you find yourself at the receiving end of numerous apologies. They seem to be flooding in from all directions. What could this mean? Consider that the universe is presenting you with the gift of forgiveness. Asking for and receiving forgiveness is a rich experience. Now you are on the other end of the forgiveness-spectrum. Recognize how healing validation and release can be.

Scorpio (October 24 – November 22)
You turn over all of the “shouldas, wouldas and couldas” in your mind constantly. There's no use wanting the past to be different. That is out of your control. You would do well to stop torturing yourself wishing the past would change. Consider the ways you will show up differently for yourself moving forward in all the ways you didn't show up in the past. You will then give yourself the opportunity to look back and feel satisfied.

Sagittarius (November 23 - December 21)
You've been thinking of acquiring a new pet recently, regardless of whether you already have pets, or even if you've never considered yourself an animal lover at all! It's been nudging you. You have no idea how your life will change as a result. Your new best friend is waiting to meet you.

Capricorn (December 22 – January 19)
Boxes long left for storage in the attic, garage and basement are calling to you. They contain memories of long ago. Not only of your life, but extended family members and loved ones who have come before you. Dig them out and take a trip down memory lane. Piece the story together. You will emerge richer for it.

Aquarius (January 20 – February 19)
Lately you've longed for a time long ago when life was simpler and people were different. A feeling of nostalgia calls you from another decade to relive its glory days. Life today is unrecognizable from the past. There is an element of daily life from long ago that is still relevant today. Find this element and incorporate it into your daily routine. If you do this, you will feel more balanced and anchored.

Pisces (February 20 – March 20)
Health concerns are on your mind. Your body is giving you warning signs but you've been putting them off. Think about it, would you do this with your car when the “check engine” light comes on? That would be unwise – and potentially very costly. Tend to your business now so that you may continue to tend to your life later.

Written by Julie Antoinette. In this horoscope, she relays intuitive messages of guidance from the collective astrological archetypes. As above, so below.

Style and service for every budget

Blinds - Draperies - Shutters - Shades
Great Selection - Stylish Colours - Superior Service
Satisfaction Guaranteed!

BUDGET
BLINDS

Style and service for every budget.*

Joe & Cathy Gibson
905-213-2583 or 1-888-99-BUDGET
jcgibson@budgetblinds.com
www.budgetblinds.com/partners
Serving Oshawa, Scugog & Clarington



PARKWAY COIN LAUNDRY



905 239 7637
1691 Pickering Parkway
Pickering, On
Wash & Fold Available

“Mention you saw us in Local Biz Magazine”
Modern, spacious, beautiful, clean, all brand-new top of the line machines. Ample parking.

I want to protect
my family.



Life insurance • RESPs*
Guaranteed investments

I can help with your goals.
Let's talk about Money for Life.



Vaughn Lal*
Tel: 905-623-1831 ext. 2260
Cell: 905-442-3334
vaughn.lal@sunlife.com
www.sunlife.ca/vaughn.lal
1 Hartwell Avenue, Suite 201
Bowmanville, ON L1C 0N1

Sun
Life Financial
Life's brighter under the sun

*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc. Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies.
© Sun Life Assurance Company of Canada, 2015.

by Tara Richardson

Soul Searching



7 Tips to Maximize Personal Growth from Self-Help Books

Reading self-help books shows that you are interested in growing as a human being – good for you for taking the first step! I don't know about you, but with work and family and *Pinterest*, my brain is pretty full which can make it hard to retain what I learn in a book. I've realized that the trick to getting the most out of self-help books is going beyond the book itself. There are definitely ways to boost your learning and truly improve your life. Here are seven ways to maximize your personal growth:

1. Take notes that are meaningful for YOU in a way that works for you.
 - Jot down key points or ideas in a journal
 - Take screen shots of tips or activities you want to try later (if reading on a digital book) or, if it's a good ol' regular book, take photos
 - Write notes and quotes in a word document to come back to later
2. Journal about something that stood out to you. This helps to process the material and understand the impacts in your own life.
3. Think about your why. Before diving into a book, ask yourself why you want to read this particular book- then focus on getting some answers.
4. Read it with a friend or family member so you can discuss the concepts with each other. Not only do you get to hear their perspective on key take-aways, but you will also have the opportunity to explain a concept that they don't understand. (Or vice versa.) The act of describing is more likely to instill what you've just learned in your memory bank.
5. Join a book club that focuses on self-help materials. This will also provide you with a chance to read books you may not have chosen on your own.
6. Try workbooks, especially if it's related to a mental health challenge (like anxiety). Workbooks naturally provide you with the foundations and then leave space for you to reflect.
7. If you have kids, explain in detail why you're reading self-help books and be sure to focus on which behaviours you are looking to change so that they get a clear message that it's not a problem with you as a person, rather it's a behaviour you would like to start or stop engaging in. There's a misconception that self-help books are designed to “fix you” and kids are much more prone to black and white thinking where they infer that it's because you're just not good enough as you are.

Good luck on your self-growth adventure! One of the best parts of self-help books is that you can read them again during various life stages and derive something new and useful each time. Have fun becoming your best self.

Tara is a wellness blogger for The Local Biz Magazine who hopes to publish her memoir on finding hope and meaning while living with a mental illness.

Get Fit: Inside & Out

by Bianca Schaefer



A Little Summer “Food for Thought”!

If there's one topic Canadians have been thinking a lot about during the pandemic, it's food! We've thought about food scarcity—remember all the empty shelves last spring? We've also thought about grocery store line-ups or whether to have our food delivered. We then had to think about restaurant closures and curbside pickup. And we've also thought about how food affects our health and how to eat to strengthen our immune systems. This summer I want to encourage you to view food from a fresh perspective. Think about how your food choices are wonderful opportunities to not only support our local businesses in Ontario but also to support those less fortunate, those without food, or those without the abundance of choice.

Supporting Ontario Farmers and Farmer's Markets

Our local farmers need our support now more than ever. One way we can support them is by visiting the many farms and farmer's markets that Durham has to offer. Farms are wonderful educational centres for both kids and adults alike. Learn how produce is grown, pick your own, spend time with the animals and enjoy the delicious baked goods and seasonal offerings. From meal kits to farm share programs, there are so many ways to bring fresh, healthy food to your kitchen. Even if you can't get out there to shop in person, many farms offer delivery for items ordered online. And while you're at it, order a gift basket to surprise someone in need. Check out some of my favourite farms in the area: *Willowtree Farm, Durham Farm Fresh, Pingle's and Hy Hope Farm and Golf Course.*

Nutritionist's Tips: Search the internet for delicious, nutritious summer recipes the whole family can co-create and co-enjoy! Make an extra meal and gift it to a neighbour or friend.

Giving the Gift of Food

No one should ever have to go without food. And yet, according to statistics from *The Breakfast Clubs of Canada*, published in May of 2020, nearly 2.1 million households in Canada experienced food insecurity. That's a 39% increase compared to the 2017-2018 *Community Health Survey*, (CCHS). No doubt this has been a tough year for people across our nation. But if you feel so inclined and are financially able, I want to encourage you to help those who hunger and can't afford a nutritious meal on their own. Donate to any number of organizations such as *Feed the Need in Durham, The Salvation Army, The Breakfast Clubs of Canada* or even *Second Harvest*, a national organization that not only donates to food banks, it also helps reduce food waste across our country. As we enjoy our favourite summer delights, let's help our neighbours do the same. All it takes is a little “food and thought.”

Bianca Schaefer is a Certified Life Coach, Registered Holistic Nutritionist, Personal Trainer and Writer who inspires a global community to take charge of their lives through nourishing their body, mind and soul with delicious foods, an active lifestyle and a mindset that believes anything is possible. Bianca would love to connect with you on Instagram @BiancaSchaefer1.

M • B • A
MALACHI BROWN & ASSOCIATES

Malachi Brown
Life & Business Coach
malach27@outlook.com

416.520.6199

- Individual Coaching
- Group Coaching
- Corporate Workshops
- Inspirational Speakers
- Changing Thinking ... Transforming Lives

"I recognize that every sale of a house is someone's home"

NICOLE FORRESTER
BROKER

416-909-2389
nicoleblesthishome@gmail.com
nicoleblesthishome.com

THE PROPERTY GALLERY
REAL ESTATE COLOGUES IN THE WORLD

Josie Myers
Opening and balancing life force energy

Reiki Master

416.802.6861
Whitby, Ontario
josie.myers1982@gmail.com
http://josiemyers.ca

Take your Life Back
All things are possible when you trust and believe

Sue-Ann Bavlnka
Psychic/Medium

Phone: 905-619-6898
Email: sue-ann@divinelane.com
Web: www.divinelane.com

Private readings, telephone readings, parties, functions

The Local Biz Magazine

NOW HIRING!

The Local Biz Magazine is growing and ready to hire experienced Sales Account Representatives for Durham Region.

To apply or for more information please email:

inquiries@inspiredcreative.ca

by Afeefa Malik



Tweens, Teens & In-Between

Hello readers! The school year has come to a close and we are now in summer! Whether you were in school online or in-person, it feels so nice to finally soak up some sun after an eventful year. If you're looking for a good read to enjoy this summer, why not try some self-development books? They're a great way to boost your self-esteem and gain self-confidence! You're never too young to get started reading these kinds of books. They can be very useful and have lots of great advice and tips to guide you through the crazy teen years!

I'll be honest though, I have never read any self-development books myself, so I decided to research a few for this column and discuss two which really caught my attention.

The first is *The 6 Most Important Decisions You'll Ever Make* by Sean Covey. This book helps teens deal with 6 major issues in their lives. The author discusses topics like improving self-esteem, dealing with parents, making friends, coping with drugs, making wise decisions about dating and sex, doing well at school and career planning. This book caught my attention because it is an all-in-one guide discussing many important issues rather than just focusing on one specific issue. It also offers stories from teens around the world, inspirational quotes, fun quizzes and cartoons to keep you interested.

The second book is *The Success Principles for Teens* by Jack Canfield. This book is more tailored towards goal-setting and it talks about success for teens. It discusses steps you can take to achieve any goal you want. Your goal may be to be a better athlete, to become a doctor, to be a famous musician, to start a business or to make a lot of money – whatever it is, this book will show you how to make it happen. The subtitle of this book says it all – how to get from where you are, to where you want to be. This book caught my attention because I am someone who likes to plan ahead and be optimistic about the future. I also would like to achieve my goals, and this book has lots of advice on how to do just that.

This book also has a lot of inspirational quotes. I would recommend it to anyone who likes and uses inspirational quotes to make themselves feel better when they're feeling down. One of Jack Canfield's most popular quotes is, “The world doesn't pay you for what you know; it pays you for what you do”. I think this is a really meaningful quote because it talks about the importance of action, of doing something. It keeps you motivated to keep doing something instead of nothing.

Whether you decide to pick up a book or not during the break, I hope this column got you a little more interested in what a self-development book is, and which one is right for you! This summer, let's aim to thrive, not merely survive as teens.

Afeefa Malik is a grade 10 student at Grand River Collegiate Institute. She loves to learn new things, code and create games in her free time.

Family Matters

by Josie Myers



Do you ever find yourself listening to your kids, wondering if you're going to survive the day? Or have you ever spent a little extra time in the bathroom just to have a few moments to yourself? That is totally okay! I used to do this myself (and sometimes still do), but I found an amazing tool that helps me cope with the daily stresses parenting life can bring.

Affirmations!

Affirmations are simple, positive statements that provide encouragement and support when said either out loud or to yourself. The nice thing about affirmations is the more you use them, the better they work. Before using affirmations, I felt like I was struggling to be present throughout the day. Once I started using affirmations, the days became easier.

I am enough

As a parent, I am often very hard on myself. I find myself saying things like, "I didn't handle that very well" or "I should have done that differently". The truth is, I do the best I can every day and I'm sure you do too. We all need to give ourselves a break, and that is why I like the affirmation, "I am enough". Use this affirmation when you find yourself being hard on yourself. Being hard on yourself is only going to make you feel worse. By remembering that you are enough, you will appreciate everything you do every day and so will your children and your spouse.

I am calm

I love using this affirmation when my son is driving me crazy. I used to be a mom that yelled a lot and that didn't make me feel very good. Reminding myself that I am calm helps me to remain that way even when my son is pushing all my buttons. Sometimes I have to repeat it over and over and over, but it always works.

I am perfectly imperfect

Let's face it, there's no such thing as perfect, but we can all be perfectly imperfect which is really the perfect version of ourselves. I love using this affirmation to make light of my mistakes, because we all make mistakes from time to time and that's what makes us human. This affirmation is a great way to embrace those little imperfections in a positive way rather than focusing on them so much that we blow them out of proportion and end up being hard on ourselves.

One of the keys to using affirmations is to make them a regular practice. I hope you will take any of these affirmations that resonated with you and incorporate them into your daily practice so you can be the best parent you can be.

With a master's degree in education and a background in Reiki, Josie Myers is an expert teacher and healer at her private practice Josie Myers - Opening and Balancing Life Force Energy. Josie helps moms find peace by supporting and guiding them to make the most of their motherhood journey. Josie lives in Ontario, Canada with her husband and son and her two cats.

Kate & Co. Home



30-B Kent St. West, Lindsay ON
705-880-5283 info@kateco.ca
Shop Katecohome.com 24/7

Canadian Furniture, Accessories & Giftware

Your customers...



our readers



Advertise in the only glossy magazine covering the entire Durham Region

Book in our upcoming issues
Call: 905.231.9722

Published by INspired Media Inc.
Pickering, Ontario



Residential and Commercial Organizing Service

Declutter and Pack for Moving / Unpack and Organize at new location
Tidy and Organize Home / Commercial Space
www.organizedbycatherine.ca
905-623-5490

DIANA TREPCKOV
Forensics & Age Progression Artist
dianatrepcov@progers.com



Creator/Producer/Host of PODCAST
"Can I Help Find Your Missing Loved One?"

Diana Trepcov



Authentic Greek pastries, deli and grocery
www.selectbakery.ca



FREE SHIPPING
\$49 purchase in GTA
99\$ Canada Wide

SHOP NOW

by Wendy Lee

A Forkful of Healthy



Pistachio Oatmeal Bars

These delicious bars are SO delicious and SO easy to prepare! They are a little too sweet for breakfast but not quite sweet enough for dessert. Well, um... I ate these for dessert and then, I couldn't resist the next morning for breakfast – they're addictive! While these bars are made using pistachios, this recipe would easily lend itself to the use of other nuts if you don't happen to have pistachios on hand. Run to your kitchen now if you are craving a lightly sweet, nutty, oat snack that's ready in minutes!

INGREDIENTS

- 1 cup raw shelled pistachios
- 1 cup rolled oats*
- ½ teaspoon sea salt
- ¼ cup maple syrup, more for drizzling on top
- 2 tbsp olive oil
- 1/3 cup unsweetened coconut flakes
- additional handful of chopped pistachios for the topping



DIRECTIONS

- Preheat oven to 350 degrees and line an 8-inch square pan with parchment paper. In a food processor, process the pistachios, oats, and salt for about 30 seconds, until a meal starts to form. Drizzle in the maple syrup and olive oil while the motor is still running and the meal begins to come together into a crumbly, almost-wet dough.
- Press the dough evenly into the pan and cover it with coconut flakes and remaining pistachios. Bake for 10 to 12 minutes until the coconut is nice and golden brown and the dough is cooked through. You want the squares to still be a little soft – be careful not to overbake these.
- Carefully lift the cooled dough out of the pan by holding two sides of the parchment paper. Cut it into squares. Drizzle a little maple syrup over the top for extra sweetness. Store the squares in a sealed container for up to a week.

*Note: To make this recipe gluten free be sure to use Certified Gluten Free Oats.

Protein: 3.2g	Carbs: 13.1g	Fat: 4.2g
---------------	--------------	-----------

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 French cuisine, and also 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!

FINANCE & REAL ESTATE INSIGHTS

by Nicole Forrester



Non-traditional Ways to Invest in Real Estate

With the escalation in home values in the real estate market in the GTA, it may feel like buying a home or investment property is beyond your reach. Think again. Here are a few non-traditional ways to participate in home ownership and real estate as an investment you may not have thought of.

Purchase an investment property out of the GTA and rent in the area you want to live in – Traditionally home buyers feel that they should buy a home and live in it, but that is not always the best way to go. If you are a home buyer and want to stay in the GTA but can't make the numbers work, consider buying a property in Peterborough, Kitchener or other neighbouring areas as an investment property, and rent a home in the area you prefer to live in.

Move back home and save up more for a down payment

– Many people are now working from home and it may be some time before we are back to work in offices on the regular again, if ever. Many first-time home buyers are using this opportunity to give up the homes they were renting and bubble back at home with parents for a while. With limitations on all activities and travel, it's a great way to save up a for a large down payment quickly.

Start a real estate syndicate with family members or close friends

– If you'd like to buy a 2nd property for investment purposes or a cottage, but don't have enough of a down payment or credit availability perhaps you know a few friends or family members in the same boat. Pooling your resources and purchasing a rental property together helps to mitigate the risk and the strain of carrying a second property alone. If it goes really well, over time you can take the money you earn from renting, capitalize on the equity gain in the property and buy a 3rd property!

Refinance your current home to purchase another – Many homeowners have seen a massive appreciation in their homes over the years in the GTA and would love to capitalize on the gain but the question always comes up, where will we go? You can stay where you are, refinance your property, at the lowest interest rates we've ever seen and use the equity from your home to buy an investment property outside of the GTA.

These are just a few non-traditional ways you can participate in the booming real estate market and there are many more! It is worth your while to consult with your trusted real estate broker to discuss the options that are available to you. You've got nothing to lose and it could make you millions!

Nicole Forrester is a local Durham & GTA Real Estate Broker with over 17+ years of experience in the financial industry. Trained on Bay Street as an Investment Executive & Professional Financial Planner for one of Canada's largest financial institutions, she has extensive experience negotiating large financial transactions. Nicole's goal is to be a blessing to every person she meets and recognizes that every trade in Real Estate is not just a house... it's a Home. For more information, search Nicole Forrester Real Estate Broker on Social Media.

Bianca Schaefer is a 360 Holistic Health Professional who inspires a global community to take charge of their lives through nourishing their body, mind and spirit with delicious healthy foods, an active lifestyle and a mindset that believes anything is possible!

To find out more visit:
www.BiancaSchaefer.com

Bellissimo Beauty Academy
Training & Services

Microblading / Ombre Fade
Lash Extensions / Lash Lift
Permanent Makeup / Scalp Micropigmentation
Facials / Waxing

(416) 799-0325
www.bellissimobeautyacademy.com

AT FIRST GLANCE, FIRST IMPRESSIONS MEAN SO MUCH!

First Glance
LIMOUSINE SERVICE LTD.

TO BOOK YOUR LIMOUSINE SEE OUR WEBSITE, CALL OR EMAIL
416-726-4438 mwdixon@firstglancelimo.com
www.firstglancelimo.com

The Local Biz Magazine

NOW HIRING!

The Local Biz Magazine is growing and ready to hire experienced Sales Account Representatives for Durham Region.

To apply or for more information please email:
inquiries@inspiredcreative.ca

by Sue-Ann Bavlnka



Ask Sue-Ann

Dear Sue-Ann:

I find that my life has become consumed with fear. Is there anything I can do to rid myself of this feeling?

A. Each of us uses words every day and we never really stop to consider the power they have. My intention is to support a thoughtful process around the effects of the use of words. One word can reflect deeply in your life and be an integral part of resolving emotions in all areas of your life. I have found it to be deeply reflective and useful for personal growth work to focus on the effects of one word on your body, mind and spirit.

When addressing Fear, I am not referring to the healthy type of fear that prevents us from stepping off the sidewalk into traffic. I am talking about the type of fear that holds you back from doing the things you want to do. The dictionary meaning of fear is: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. This week I am asking you to consider observing where fear exists in your life and if it is preventing you from living, or even preventing you from challenging yourself to do new things.

As we know, fear can creep into the crevices of our emotional selves. If we nurture it (and frankly, fear does not need much nurturing) it can grow into an unreasonably sized boulder that can seem impossible to push out of the way. It may be that the fear is based on past experience or that it is based on a perceived fearful future outcome where the mind has drifted into unreasonable possibilities. Ask yourself. Are you living or existing in fear? Is fear holding you back in your day-to-day routine and not allowing you to challenge your limits or try new things? And if it is, are you willing to do something about it?

If you are, I am suggesting that you focus on the moment, the now, and really allow yourself to take an objective view of your present and just breathe. Getting back to moving from moment-to-moment will still the mind and reinstate calm. Setting goals that are achievable in the present will provide success to build on for the future one step at a time.

Affirmation: With each breath that I take I become fearless, my heart beats in the moment and I move with confidence in life.

Sue-Ann Bavlnka resides in Quinte West. She is a psychic medium with an international clientele.

The COACH Corner

by Malachi Brown



Who Says You Can't Go Back?

Back in high school, I thought it nothing to hop on my bicycle with a couple of friends and ride from Scarborough to Centre Island and back. As a matter of fact, we looked forward to it, our escape, our great day of adventure. With no social media, and very limited television watching, we had to find ways to entertain ourselves. We would pick the day, arrange our meeting time and off we went. The journey was exciting as we didn't get to travel downtown often back in those early days. Seeing the neighborhoods along the way, chatting and laughing was great fun. There was the occasional race to the called out next spot. With less traffic, no cell phones, the ride was very safe and enjoyable. We didn't even wear helmets!

Riding around the islands for the entire day was glorious. Then, time went by. The bicycle got replaced by cars, school friends got replaced by family and minivans, and life became a good kind of different.

A couple years ago, I bought a used bike. My intention was to pursue riding again. The bike however, sat in my garage for quite a while, always with the intention of getting to it soon.

To my surprise, a couple of my kids took up riding, and along with friends started riding trails last summer. How times have changed! GPS, cell phone, helmets, safety bells and of course, the appropriate bicycling attire. Not wanting to be left out, I dug out my bike and secretly starting riding, hoping to get into shape and surprise them by joining in. It was easy to keep it a secret as my kids are all grown up and have moved out.

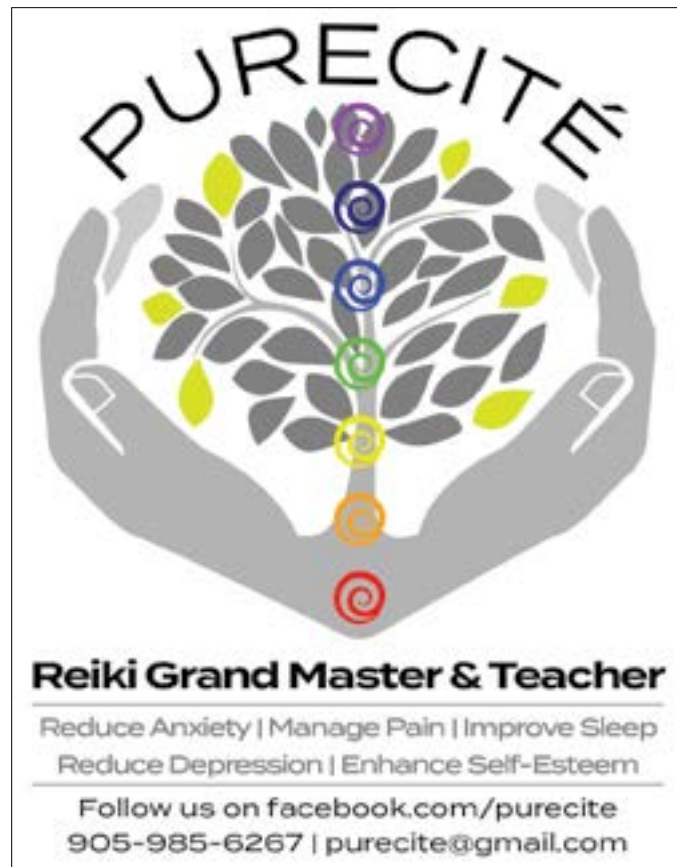
Late night rides, going a little further each time was the goal. When I say a little further each time, it meant exactly that, a little further. This was hard work at first.

I decided late one summer evening last summer, to throw my bike in my vehicle for a casual ride along the path by the lake, starting at the Port Union Go Station. The intention was a short casual ride. As I rode a little further, travelling west, I started noticing landmarks I recognized. Go a little further I told myself, not sure what I was thinking. Union Station was now the goal; I ended up riding all the way to downtown where my son lives.

Huffing and puffing, I made it! It was around eight at night; my vehicle, was back at Port Union Go Station. No way could I ride back home. I buzzed my son and fortunately he happened to be home. I had to convince him I was in front of his building and needed a ride back to my vehicle. He wouldn't believe I had ridden all the way downtown. Goal accomplished!

I am back riding again this year and loving it. How about you? Dust off that old bike and hop on a trail. You will love it; you can go back again.

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.



by Linda Calder



The Golden Years

Something funny happens as the years pass by – we get older and hopefully wiser. After many years of working, lots of us are able to retire. And so, begins a whole new lifestyle. We no longer have to get up to get ready for work. No more lunches to pack. Our time becomes our own and we can decide what to do and when. It's a golden opportunity to volunteer at places that have always interested us. We can become emergency caregivers for our grandchildren. We have time to spend with our friends. We get a chance to travel. It's like an endless vista in front of us.

Most people I know are enjoying their "golden years" and are accepting of the fact that they are growing older. But I know not everyone is. If you are having a hard time, there are some books on aging that may be beneficial.

One title caught my eye - *You're Only Old Once: A Book for Obsolete Children* by Dr. Seuss. Dr. Seuss is well known as an author of children's books but he did write this one for adults about what it's like to get old. It's told in a humorous way about Seuss' many visits to doctors in later life.

Often when people are working, they are busy with 'life'. Working and taking care of a family and home does take a lot of time. When you retire you have a lot of unused hours ahead of you. In *It's Never is Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond*, author Julie Cameron inspires retired people to think of these years as an adventure. It's an opportunity to become creative. If you don't know where your creativity lies, joining activities at a seniors' centre could help. "In this book, Cameron tells inspiring stories of retirees who discovered new artistic pursuits and passion that nurtured their souls. It's never too late revolves around a twelve-week program that includes simple tools that will guide and inspire you."

From Age-Ing to Sage-Ing: A Revolutionary Approach to Growing Older by Zalman Schachter-Shalomi is another book that, "...inspires readers to create an aging process for themselves that is full of excitement, thrill, passion and fulfilment rather than negativity, anxiety." We as seniors are encouraged to share our wisdom and knowledge with others, and by doing so, end the stigma around aging.

There are many books that deal with aging. Look for those with a positive vibe. Read some books that you find interesting but still follow your heart.

Enjoy your life!

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.

Retired? Own your home?
Looking for extra money to enjoy
retirement?

Let's talk **Reverse Mortgage** and start
living a better retirement.

Dawn McDermott

#M08004663

905-922-6278



Are you a **first time home buyer**?
Need help with the process?

**Let me help streamline the
process for you. Let's talk.**

Nolan Foley

#M19000136

905-441-7045



CAPITAL LENDING CENTRE

License #12830

Nick Oram Auto Body

Locally Owned and Operated
for over 25 years



- Collision Repair
- Insurance Claims
- Free Courtesy Car
- Friendly Reliable Service

3976 Highway 7A
Nestleton Station (Behind Malcolms Auto Service)
Port Perry, ON L9L 1B2
905.985.1991

Alta Corporate Car Limousine Service



For All Your Transportation Needs Contact

Cesar A. Espinola

cesar@accls.ca

416 834 4477

Alta Corporate Car Limousine Service



**Your summer body
journey begins with
Healthy  Planet.®**

LIVE LIFE HEALTHY

healthyplanetcanada.com

AJAX : 280 Kingston Rd E | (289) 275-3441
PICKERING: 1725 Kingston Rd | (905) 239-7922
WHITBY: 80 Thickson Rd S | (905) 444-9500