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The Local Biz Magazine

Autumn 2021

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From the
Publisher

Autumn is already here, folks. Wow! I can't believe how fast summer flew by. Is it just me, or does it seem like summer went by incredibly fast this year? Perhaps it's because of COVID-19 taking away the summer of 2020, that people wanted to make up for it. Additionally, with vaccinations on the rise (two dose summer!) and COVID-19 cases on the decline, people were finally able to enjoy the summer of 2021 doing what they weren't allowed to do last year. Which is likely why it went by so fast. Time flies when you're having fun, right?

So here we are in September with our Fall 2021 issue. Let me tell you what's in the pages to come. If you're into aliens, UFO's, extra-terrestrial life and things of that sort, then you're going to want to check out Naftali Clinton's article, *Famous Instances of Alleged Alien Contact & UFOs* on page 16. This article is spooky---perfect for Halloween, right?! Some of the real-life events Naftali discusses seem hard to believe, but then again that's what makes them so interesting. Did these events really happen? Are these people telling the truth? Did these people actually see these things they describe? Is there really extra-terrestrial life somewhere out there? I'm not sure. I'll leave that up to you to decide when you read the article.

On a more serious note, we have a very important feature article for you about racism. Our editor Wendy will discuss this more in her letter, but I just wanted to say, given what's been happening in our world today, in particular in the United States and Canada, this is a topic that needs to be addressed. Even if racism is something we haven't personally been affected by, it's definitely still prevalent in society today. And that's not okay. If we want to put a stop to racism, we first need to talk about it. Let's do that on page 6.

As always, I hope you enjoy reading the wonderful content we have for you in this Fall 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

It's back-to-school already and thankfully, it's back to in-school learning. For me, this September is bittersweet because it's when my youngest two (my twins) will be starting school. I am excited for them and for the journey they are about to embark upon, but I am also sad that my "little babies" are officially in kindergarten. At the same time, if I'm being perfectly honest, I'm looking forward to the extra time I have to myself. With COVID-19 and virtual learning, parents have not really had that "break" in the day that school would normally provide. Now that all my kids will be in school, I am looking forward to the extra "free" time I'll have. Sounds like a mixed bag of emotions, doesn't it? Yet, I'm sure most parents can relate. If your last baby is starting school this fall, we have a feature article that is perfect for you! Check out, *Your Youngest Child is Off to School -- Now What?* by Josie Myers on page 11.

This issue, we also have a feature article for you on the important topic of racism. Even though you may not have experienced racism yourself (which I hope you haven't), it still occurs today, and affects many people around the world. Awareness is the first step towards action. For those of you who aren't that familiar with the topic and would like to learn more, we have an excellent feature article by Haiqa Hammad titled *Racism: What You Need to Know* that covers the basics to get you started. Racism is a huge, complex topic, but we hope that after reading this feature, you may gain insight on the concept and be empowered to take things beyond this article and help in the fight against racism in our society. You can find the article on page 6 of the magazine.

I hope you enjoy reading the Fall 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

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RACISM: WHAT YOU NEED TO KNOW

by Haiqa Hammad

Over the last year, the entire world has come to see the reality of racial injustice. With situations such as the COVID-19 crisis spurring racism and prejudice against people of Asian descent to the *Black Lives Matter* protests, we have seen a range of acts of racism, as well as reactions to racism.

Many people may not have realized how close to home racism might be, but after seeing these events among others happening in both Canada and the U.S, we can really see how prevalent racism is in our society. Race is a concept that affects our day to day lives and racism unfortunately, is a word we often hear. It is important to understand these concepts to create peaceful, respectful, and safe communities for everyone.

What is Racism?

According to the *Merriam-Webster* dictionary, racism is the belief that one group of people is superior or inferior to another based on their race, and that people have differences that can make them superior or inferior to others due to being of different races. Racism is also the discrimination or prejudice against people *because* of their race. There are actually four levels of racism, but to keep it simple, we are going to talk about the two main types of racism:

Individual Racism

This is the type of racism that many tend to be familiar with and think of when we hear the word ‘racism’. Individual racism, as the name itself shows, happens between individuals. Anyone can be individually racist, intentionally, or even unintentionally. For example, someone who is prejudiced against another person and believes stereotypes about that person’s race would be racist on an individual level. An occurrence of this was heightened at the beginning of the COVID-19 pandemic and is ongoing: anti-Asian racism. According to *CTV News*, people of East-Asian descent experienced a rise in acts of racism against them, such as being called slurs, harassed, and even assaulted. Those perpetuating such acts are buying into false ideas and racist beliefs that East Asians spread COVID-19.

Systemic Racism

Systemic racism (aka institutional racism) is racism that exists in institutions and social systems and is much larger in scale. It refers to the way in which “whiteness” or white superiority has become embedded in policies and processes in an institution which has resulted in a system that is advantageous to White people but disadvantageous to non-White-people. Systemic racism runs deep and affects many aspects of the lives of those who are disadvantaged, from living conditions to access to jobs and educations and healthcare. For example, according to a *2015 Auditor General in Canada* report, Indigenous people experience lower health outcomes than non-Indigenous people in Canada. One of the reasons for this the report cites, is due to a failure by *Health Canada* to implement proper policies to ensure access to adequate health services, particularly in remote Indigenous communities.

How Racist Ideas Start

Many people do not think that kids, especially at a young age, are aware of race or can be racist. But according to studies published by the *American Psychological Association*, even infants recognize race, and preschoolers can develop racist beliefs. Studies show that 3-month-olds can show preference to certain races, and that 9-month-olds categorize faces based on race. As such, while infants aren’t actively thinking about race, their thought processes are affected by it.

One of the main methods of learning for children is through imitating others. Kids learn to walk, talk, eat, and gain many other skills because of this. They also pick up beliefs and ideas in the same way. Because of this, if a young child is brought up in an environment where racist beliefs are condoned, they will express the same beliefs. For example, a child raised in a household where their parents cross the street whenever a person of colour is walking on the sidewalk with them will internalize the idea that people of colour are to be avoided. That child may go to school and exclude children of colour and manifest racist beliefs in this way. Based on this example you can also see how racism can lead to bullying.

Since race becomes prominent so early in children’s development, it is important to discuss ideas of race and how to treat others at an early age as well. When having conversations with children about race and racism, it is important to mention the histories and struggles that people have faced due to racism, as well as emphasizing the fact that every person is different and unique, and that no race is superior to any other race.

Racism in Education

While we may not expect it, racism can be found in education systems as well. Racism in education may show itself in obvious ways, such as the different treatment of students based on race. Discriminatory attitudes lead students of certain races to be cut off from opportunity in education. Due to preconceived ideas and stereotypes, teachers may have lower expectations of students of colour and stream them into academic levels below their capacity. Attitudes in education like this bring further disadvantages to people of colour because a student who is placed in a lower academic level (when they could thrive in a higher one), is being cut off from opportunities of further higher education.

Racism in education also exists in more subtle ways like the lack of representation and resources of non-White histories and stories. Many people have noted the lack of perspective of people of colour in school textbooks. One high school student in Ontario, Nasima Fancy, notes that the grade 10 history curriculum goes over events from the First World War to present day, but does not include any particular talk about the experiences of people of colour. This aspect of history would be up to the individual teacher to teach, though Nasima notes that “restraints on time, textbook page counts, and general bias make it quite easy to avoid historical events that are inclusive of Black, Indigenous, and People of Colour (BIPOC) experiences.” It is important to educate all students of the contributions, struggles and perspectives of people of all races.



It is important for schools to adapt and accommodate for all of its students regardless of race so as to give every student a fair and rounded education that will set them up for opportunity and success in aspects of life beyond school.

Racism in the Workplace

Racism in the workplace can be seen on both an individual and systemic level. Individual because of interactions with coworkers, bosses, clients, customers, or any other individuals that one may encounter at their workplace. It could be as obvious as verbal abuse or physical intimidation, but subtle forms of workplace racism can include ignoring the racialized person, being overly critical of them or their work, and making assumptions about their abilities. Systemic racism is encountered in the workplace when company policies or rules encourage or engender racist ideas.

Sometimes, workplaces may intend to create activities to curb racism, but these activities may backfire if they are not thought through or researched well enough. For example, in February 2021, during Black History month, Durham Region shared a scavenger hunt for residents to partake in which included activities that were supposed to help teach about Black cultures and educate against anti-Black racism. Instead, this type of activity perpetuated anti-Black racism due to the fact that there were items such as ‘have a conversation with a Black employee and name them’ among others. Though the intent of such an activity was not racist, it was rather thoughtless, and it highlights the systemic racism we have within systems here in Durham Region.

An activity like this did not consider that a Black employee may not want to partake in forced conversation for the sake of a non-Black person to check off an item for a scavenger hunt.



Rather than educate about culture and racism, this type of activity trivialized issues Black people in particular have to deal with and treated it all as a game. Systemic racism may be evident when it is considered that this activity was discussed *before* being broadcasted for the public to partake in without anyone raising concerns of how this kind of activity would affect the local Black community. This is why it is important for workplaces to encourage diversity when hiring employees, and to encourage all members of teams to think critically about the effect of actions on various groups of people. Ultimately education about different cultures is important in helping to understand the points of views of people who are part of different races, and to accommodate for the needs of all people so that no one is discriminated against. As the Region of Durham later tweeted, “Through engaging with the community and Regional staff, we acknowledge that mistakes will be made when addressing anti-Black racism.” The same applies for all types of racism. They also added that honest conversations will help to create an anti-racist environment, so it is important to keep conversations going.

Racism in Media

Media is a term that not only encompasses news channels and magazines, but also includes movies and T.V shows, social media, and even books. In this day and age, many people have learned to take information from various sources of media with a grain of salt and have learned the dangers of bias. In the media, bias against groups of people can lead to a negative portrayal of them and thus contribute to the creation and upholding of stereotypes.

When it comes to media sources that provide news, many may think “how can broadcasting what is happening out in the world cause racism or be racist?” The answer lies in the presentation of what is being broadcasted, and the image it leaves in people’s minds about certain racial groups. For example, research shows that people tend to have difficulty in differentiating media and reality. Due to the exposure they have from mainstream media, what they see on news channels and other places of media tends to be how they believe the world to be. This research demonstrates that most people believe the world to be more dangerous than it is, and they tend to pin their fears onto particular racial groups. The news today still tends to portray certain groups as more violent, Black people are one group that are highly criminalized thanks to media. When it comes to talking about crimes from certain racial groups, mainstream media in the West has been seen to portray people of colour as violent criminals with no life beyond crime and problems, while a White person who is incarcerated will tend to be more kindly treated by the media: insight may be given into their personal life, and personal issues that led to the crime may be revealed. This is another form of systemic racism, and it promotes individual racism. People who see this kind of news are inputted with bias against certain groups of people and will tend to think and act a certain way around that group of people.

It is not only news outlets that cause bias and execute actions in racist ways, but movies and T.V shows do as well. While Muslims are not necessarily a particular race of people, Islamophobia is indeed a form of racism that is also perpetuated by the media. In movies and T.V. shows, Muslims are commonly portrayed as Middle Eastern men who tend toward violence and destruction.

Muslim women are shown as oppressed by their religion and culture. The lack of accurate representation of Muslims lead many to believe that Muslims look, act, and dress a certain way. In reality, Muslims can be of any race and work in many fields, and most Muslim women dress how they choose to of their own accord.

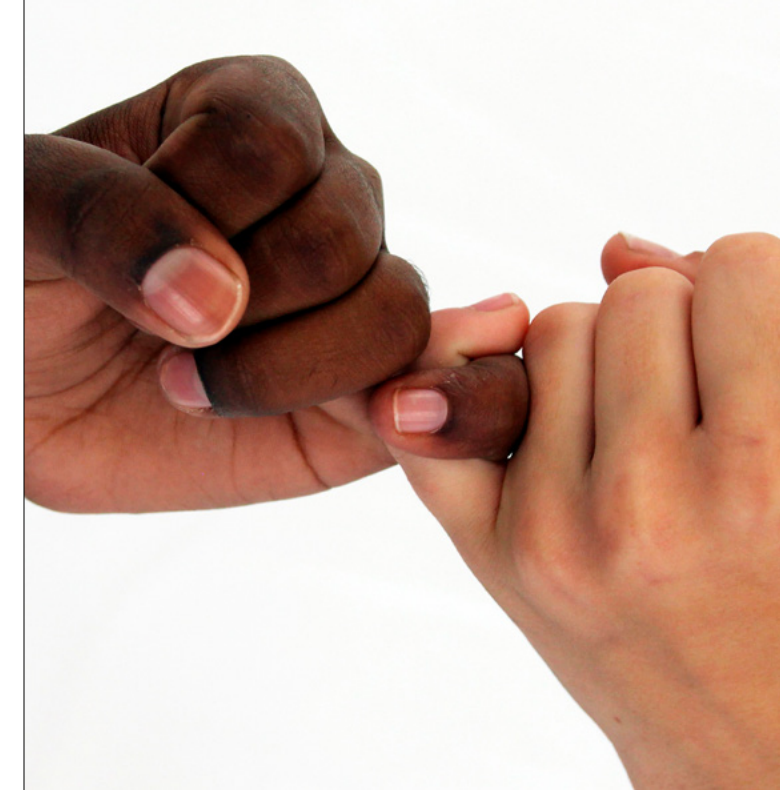
Due to the media portrayal of Muslims as either oppressed or violent, many have taken a negative view of them which has led to tragedies. For example, in June 2021, the Afzaal family was targeted and struck by a truck killing all but 1 of the family members present. This attack was a blatant act of racism as the man convicted targeted this family due to the fact that they are Muslim. While the family was indeed Muslim, the clothing they wore, or their skin colours were not indicators of this. People of the Sikh faith have also been attacked when they were believed to be Muslim due to their skin colour and way of dressing. The portrayal of Muslims in a negative and falsified light is not only systemic racism in and of itself, but it perpetuates systemic and individual racism against minorities who ‘look’ Muslim. The media creates generalizations of people. Regardless if someone is Muslim, Sikh, Hindu, Christian etc., no distinctions are made, so everyone gets lumped in the same basket, and stereotypes against different races are perpetuated by this.

It is important to realize that while media is a source of information, it is not necessarily accurate or a reflection of entire groups of people, especially when there is a lack of accurate representation of certain racial groups. Social media is a form of media where anyone can post anything. Thanks to social media, many voices can now be heard that have not been heard before. For example, the *Black Lives Matter* movement gained such traction thanks to the ability of social media to broadcast information from any group of people without having the bias of mainstream media. While bias and racism does exist on social media as well, it is a means to provide new insight and perspectives to the rest of the world.

Anti-Racism Initiatives: What You Can Do!

Racism is a sensitive subject and sadly, still commonly occurs today, so it is up to us as individuals to make a difference. There are everyday actions we can do to help make our community a better place. For example, we can keep an open mind and be ready to learn about other races and cultures, become aware of our own prejudices and continue to learn to combat our own bias. Social media is an excellent way to help raise awareness about issues of racism. We can use hashtags and create posts about racism to help raise awareness of these issues, and we can share information about different cultures to help create diversity of knowledge.

We can also take part in local events that help raise awareness about racism. Such events can help us learn what we can do in our daily lives to help the cause as well as give us a chance to speak up about what the community can do. Recently, towns and cities in Durham Region have hosted virtual anti-Black racism town hall meetings. Residents were encouraged to join in and listen to the discussion on how to combat anti-Black racism in their community. The Town of Whitby hosted a four-part webinar series to increase community awareness and understanding on



the topic of diversity and inclusion. As a result, *Durham Region Council* approved new anti-Black racism initiatives, including the creation of a *Diversity, Equity and Inclusion Division* to ensure local staff can affect change on systemic racism. The Town of Ajax has set up an Anti-Black Racism task force to help address and combat systemic and institutional racism. The goal of the task force is to listen to local Black voices and create concrete actions to support the Black community and other racialized groups in Ajax.

After the tragedy of the Afzaal family, vigils were held in towns across Durham. Attending events like these help console groups of people when tragedy strikes and shows that we stand in solidarity with them. We are stronger together as a community and we can show all groups of people that we stand as one *regardless* of race or culture. Finally, we can always speak to our elected officials and voice our concerns about racism and racist policies to bring about change in our own communities.

Racism and inequality do still exist today, but through our day-to-day actions, we can continue to grow and help make our communities more accepting and peaceful places to live in for all members of society.

Further Reading

Racism is a very complex topic. If you are interested in learning more about it, check out these two books.

So You Want To Talk About Race by Ijeoma Oluo
How To Be An Antiracist by Ibram X. Kendi

Haiqa Hammad is a student of Political Science and Philosophy. A creative writer with a journalistic streak, she strives every day to gain and share knowledge and aspires to change the world one word at a time.



by Josie Myers

So, your youngest child is off to kindergarten. I remember it like it was just yesterday. I felt a deep sadness in the pit of my stomach. What would I do now? What would I be without him?

Being a stay-at-home parent became so much of my own identity... Sound familiar? So how exactly do we adapt when our youngest starts school? In this article we will explore some things that might happen on your journey, and some suggestions that might help you as well as your child navigate this period in life.

Plan for the Transition

Transitions can be difficult not only for our children, but also for us. I remember the summer before my son started school, I was already starting to think about how much I'd miss him. I wanted to make the most of the time we had left together. So, I made sure to schedule one-on-one time. For some children, this will be the first time they will be away from you for a whole day. Planning for one-on-one time will give your child the focus and attention they need to feel more secure and reassured. Plan activities that allow both of you to be engaged with each other. Just a few ideas to consider, a trip to the beach with sand toys, a nature walk, picnic in the park, a game night; you get the idea but just make sure whatever you choose is of interest to both of you. You want to make sure you are nurturing a strong bond with your child because both of you will be going through a pretty big transition once school starts.

Prepare for the 1st Day Together

It's completely normal to have anxious thoughts and feelings about the first day of school. I remember the week leading up to school, I used to lay in my bed at night and worry about how my son was going to be on the first day. My anxiety went into overdrive because there were so many factors I knew I couldn't control. Something I found very helpful to ease those thoughts and feelings was preparing for the first day with my child. We went to the store and picked out a fun lunch box, water bottle and backpack. We also shopped for new clothes and shoes, and I made sure he got to choose a few items he really liked. All the while we had positive conversations about what the day might look like, all the new friends he'd make and all the fun activities he'd be able to take part in during the day. Having these conversations with your child is imperative because it gives your child the opportunity to express their own feelings of the transition ahead. The more conversations you have the better it will be for both of you.

Something else to consider, pack your child's lunch in their new lunch box. Following up to the first day of school, run a mock up lunch, get your child to open and close their own containers and water bottle. It's good practice for fine motor skills but it also gives your child an idea of what lunch time independence will look like for them. If your child will be coming home for lunch you can still put this into practice so that it becomes a lunch time routine whether they are at home or school.



Get As Much Time Together Once School Starts

Once school starts, flyers with extracurricular activities start coming home and while it may be tempting to sign your child up, keep your after-school time and weekends clear. Full-day kindergarten days are long and can be tiresome for many children. They may come home exhausted from the day and might not have the energy it takes to take part in extra curriculums. Take time after-school and on weekends to reconnect with your child, make a snack together or plan some quiet time to look at books or listen to calming music. Talk about school, their new teacher and new friends, what activities they like doing in their new class and what outdoor time looks like for them. Try to remember that your child is adjusting to a new schedule and new surroundings. Give them time to get familiar with their new routines and get used to what their school life looks like. Once they get into the groove of things, then consider after school or weekend activities, but in the meantime cherish the free time with your child because the days go by quickly.

Grieving Period

Allow yourself time to grieve. Empty nest syndrome refers to the grief that many parents feel when their children move out of home, but this can also happen when your last child starts school. Whether you were a stay-at-home parent or a working parent during the first 4 years of your child's life you are going to have a grieving period. I remember feeling extremely sad for the first week, I cried uncontrollably at times. There was a deep feeling of emptiness that lurked in my soul. It took a little while to feel

complete and utter happiness knowing I was regaining some time for myself. The key is to let yourself feel your emotions; you and your child are entering into a new stage in your lives and it's completely normal. The grieving period looks different for everyone so just be patient with yourself and let it run its course.

Freedom

Once your grieving period is over, you will start to wonder what you will do with your new found freedom. This will look different for each parent. You may have already thought about what you will do with the extra time you will have, or, you may have a difficult time imagining your life without your child at home with you – and that is completely okay. Start slow, make a list of the things you'd like to do now that you have a chunk of time to yourself. Have a coffee in peace, meet your friends for lunch, go shopping on your own or just sit on the couch or binge watch *Netflix*. Start making a list of other things you'd like to eventually do. Try not to overwhelm yourself with doing everything all at once.

Work

If you do opt to go back to work, there are many options available. COVID-19 has brought many people new opportunities to work virtually. You can look for part-time opportunities to bring in some extra income or contract work with flexible hours. There's always the option of going back full-time and arranging before and after school care. I remember going back and forth about returning to a traditional job. I actually sat in an interview on my sons first day of school (what a bad idea that was) but it solidified for me it wasn't what I wanted. I opted to start my own business because I wanted a flexible schedule. One of my goals was to be available for drop off and pick up. Whatever you decide to do, it has to feel right for you and your family.

Stay-at-Home Parent

You might decide that you want to continue being a stay-at-home parent. If you decide to do that, it's important to have good structure in your day. Being home without implementing a plan for your time can cause anxiety and maybe even depression. Think about the things you may have been putting off like getting things organized in your home or taking on a project because you just couldn't focus on it. Schedule appointments like, massages, dental visits, doctors visits and other appointments you have been putting off because of lack of time. Build those appointments into your weeks so that you can make sure you are keeping your health in check.

Self-care Practice

Parenting requires us to put our own needs aside and give the bulk of our attention to our children. Now that your last child has gone to school, you may be wondering how you get back to the way you were before. Maybe you forgot what you liked to do and what brought you joy before your children. Now that you have a little bit more time to focus on yourself, you may be asking yourself who you are outside of being a parent. It isn't uncommon to feel like you've lost yourself. You may feel a nudge to explore things that help your body, mind, and soul.



Since you have some extra time to focus on yourself, a self-care practice would be something to consider. Some benefits to having one are being able to handle everyday stresses with ease, restore a sense of purpose in your life, and prevent depression and other mental illnesses. Developing a self-care practice doesn't have to be time consuming or complicated. Start by making a commitment to yourself that you will put your needs ahead of other things each day.

Next, make a list of things you really enjoy doing, for example, drinking your coffee while listening to some soothing music, reading your favorite book, walking etc. If you are a working parent, you can download an audiobook to listen to before work, take a walk on your lunch break or do some deep breathing throughout the day. Bringing the focus back to you affirms your brain that you are important and worthy of taking time to yourself.

Try Something New

Along with a good self-care practice it's always a great idea to consider trying something new. Painting, yoga, pilates, running or walking clubs, meditation, even just being in nature. Enroll for a work at your own pace course to pick up a new skill. There are a plethora of things you can do to broaden your horizons. We always encourage our children to try new things so they can figure out what they like and learn new skills. We can do the same too.

Connect with Other Parents

Find parents in your neighbourhood that are in the same position as you. Being a parent can sometimes mean that we don't take the time to form strong bonds with others. It can become lonely when your children are your first priority. Take the time to get to know parents in your neighbourhood, host meetups where you can get together and talk about various things. Try to find parents that have the same interests as you. Anything from parenting to personal interests and everything in-between. You have the opportunity to create bonds with people that you may not have considered before. Your children will be in the same age range so there could be potential friendships that can be made with your children also.

Being a parent comes with so many surprises. Each age and stage brings something different. Sometimes it's easy and other times it feels like you're holding your heart outside of your chest. We are always being challenged to step up as parents but we also have the responsibility of taking care of ourselves and finding our own personal happiness. Our children rely on us to show them what it takes to have a healthy and happy mind, body and soul.

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 helps moms find peace by supporting and guiding them to make the most of their motherhood journey.



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FAMOUS INSTANCES OF ALLEGED ALIEN CONTACT & UFOS

by Naftali Clinton

Alien life and Unidentified Flying Objects (UFOs) have been topics of much discussion over the past century. I myself have been fascinated by space, aliens, and UFOs since I was a kid, and I am certainly not alone.

UFO sightings across Canada rose by 46% in 2020 according to Chris Rutkowski of *Ufology Research*. In fact, the total number of sightings (1,243) in 2020 was one of the highest recorded in one year, which suggests that on average, people reported three UFO sightings everyday! Approximately 30% were sightings in Ontario.

Durham Region is no stranger to UFOs either. In 2015, there were 12 reports of UFO sightings in Durham Region with the majority taking place in Oshawa. In 2016, 17 sightings were reported. Some of these sightings include, a pilot in Pickering claiming to have taken action to avoid hitting an object in the sky, a person seeing a white light in the sky that changed to copper before disappearing into the sky, a person seeing “distorted humanoid creatures” on their television, a person seeing a red light descending from the sky, and a person seeing an alien in their yard before being lifted into a UFO for 6 hours. While there are usually probable explanations for these occurrences, one remains “unexplained”, meaning there isn’t enough data to explain it. The unexplained incident happened on November 5, 2015 at midnight. A witness said he was abducted by aliens aboard a spaceship.

In this article, I have compiled some of the most interesting alien encounters ever recorded. If you already believe in alien life, you

will find these events fascinating. If you aren’t a believer, you may just become one after reading this article

1. The Lubbock Lights Phenomenon

On a nondescript evening in August, 1951, three professors from *Texas Tech* reported seeing a semicircle of lights flying above them at high speeds. It soon caught national attention, and certainly spooked a fair share of people. Numerous people reported sightings and took photos of the lights. The Air Force investigated the phenomenon and came up with the conclusion that it was simply birds reflecting the city’s street lamps. However, many people who saw the lights refused to accept this theory insisting the lights were travelling far too fast to be birds.

2. Falcon Lake

In May 1967, Stefan Michalak reported seeing two flying saucers near Falcon Lake, Manitoba. As he approached one of the saucers, it emitted a beam of light that knocked him down when it lifted off. Michalak reported becoming ill in the weeks following. Months later, burn marks in a pattern of dots were found on his chest. The Canadian Mint in 2018 released a glow-in-the-dark coin to commemorate this occurrence.

3. Shag Harbour Flashing Lights

In 1967 in Shag Harbour, Nova Scotia people reported seeing four lights flashing off and on before a large orange-glowing object sank into the water. A rescue effort was organized (because it was assumed a plane had crashed) but the search turned up nothing. An annual festival is held to this day as a result of this incident.

4. Tehran

On September 19th, 1976, the government and police in Tehran, Iran received a large number of calls from frantic citizens. People

all over the city were concerned about a bright light in the sky. The Iranian Air Force decided to send out a F-4 fighter jet to investigate the mysterious light. The first plane sent out never got anywhere close to the bright light. As soon as it came within a certain distance of the phenomenon all of its instruments blacked out and it had no choice but to return to base. Intrigued, the Iranians sent out a second F-4 and this one also had trouble figuring out what the light was. It too tried to come close to the light, but this time the plane’s radar inexplicably locked. However, the pilot of this plane reported seeing a glowing object released from the UFO. The pilot assumed the glowing object was a missile headed straight for him. As he prepared to fight back against this threat, his instruments all stopped working, just like the first plane. As he turned back to base, he noticed a second glowing object released from the UFO, this time headed toward the ground. The Iranians notified the United States of this incident. The U.S. didn’t think much of it and ultimately decided there were logical explanations for all of these events.

5. Washington Merry-Go-Round

In 1952, the Pentagon was able to capture a formation of UFOs on film. There were seven objects flying together over the Pentagon in Washington, D.C. They immediately scrambled fighter jets to investigate these objects, but when the fighter jets neared, the UFOs disappeared from the radar. However, right after the planes landed, the seven UFOs registered on the radar again. The President was notified and during the ensuing press conference, Airforce Intelligence Director General Sanford stated that, “there were reports made by credible observers of relatively incredible things.” This case was never resolved; they never found out what those seven objects were.

6. The Flying Saucers

Kenneth Arnold was travelling to Yakima, Washington for a business trip and while sitting on his passenger plane, he noticed a bright light reflecting off the side of his plane. He reported seeing nine airplanes flying alongside his plane in a V-shaped formation. He claimed they were flying toward Mount Rainier at an astonishing 1,700 MPH. He later described them as “a saucer if you skipped it over water.” Thus, he accidentally coined the term, “The Flying Saucer.”

7. Marievalle, Quebec

In 1989, several people in Sainte-Marie-de-Monnoir said they awoke in the middle of the night by a noise that resembled an electric generator. They also saw a bright blue light shining outside their windows. Two days later, a circle, 20 metres in diameter was found outside the home of one of the witnesses. An investigation was done but the source of these phenomenon still remains unknown.

8. Zimbabwe End of the World Incident

In 1994, reports came in of a UFO hovering over a school in Ruwa, Zimbabwe. Later, when people asked the children of the school what had happened, they were terrified to answer the question. They described the “aliens” as creatures having big heads, no nose, no mouth and long black hair. The children said that the



aliens were trying to communicate telepathically (with their eyes) about the world coming to an end.

9. O’Hare International Airport Saucer

This incident occurred during November 7th, 2006 on a *United Airlines* flight getting ready to leave the airport. Suddenly, not one, but a dozen airport employees saw a metallic craft, which they had never seen before. It was reported that the metallic craft hovered above the United flight for a few minutes then sped up and flew into the sky at impossible speeds. Despite all of the witnesses who claimed to see this phenomenon, it never registered on the airplane’s radar.

10. The Melbourne 350

On April 6th 1966, over 300 students of Melbourne’s *Westall High School* reported seeing five military airplanes trying to capture and destroy a UFO. This carried on for a bit until the UFO sped out of sight. It was reported that the headmaster of the school and “strange men in black suits” ordered the witnesses not to talk about the incident ever again.

11. Broad Haven Primary School Drawings

In 1977, the *BBC* reported that the children of *Broad Haven Primary School* claimed to have seen a UFO near their playground. When they told their teachers of the incident, the teachers did not believe them. However, when asked to draw a picture of what they had seen, the children all drew the exact same picture of a flying saucer hovering over their playground.

Naftali Clinton is a sports reporter covering the Belleville Senators. He can be found on Twitter @NaftaliClinton.



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Autumn 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 autumn 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/

Thursday, September 09, 2021

Artefact Care in the Library

Have you ever given a thought to how the modern staff of Parkwood clean the Estate? The preservation techniques and equipment used to ensure the material culture of the past, the artefacts, last for the next 100 years? In this intimate hands on event of the Library, Parkwood fans will get up close and personal as they learn to clean the decorative woods, polish decorative metals, surface clean upholstery, with the Curator while learning about the specific museological concerns associated with the Library, the book collection and the uniqueness of Parkwood as a site. At the conclusion of the event there will be light refreshments such as water and lemonade to quench your thirst from all your cleaning!

Oshawa
www.parkwoodestate.com
905-433-4311

Saturday, September 25, 2021

Fall Planter Workshop

In this "Make & Take Workshop" you will utilize a variety of live materials to create a living planter to showcase on your front porch or the front of your home. Set in the Potting Shed of the newly restored Greenhouse complex, you will be guided by our Greenhouse Grower, who will provide her guidance and expertise. Your fees cover your plants, soil, and container. If you have special items you would like included in your planter please feel free to bring them along.

Oshawa
www.parkwoodestate.com
905-433-4311

Sunday, October 03, 2021

Pickering Fairy Tours

Pickering's picturesque forest, village, and gardens are home to not only some incredible natural creatures, but also some magical creatures. Locate and visit a series of whimsical fairy, elf, and gnome homes scattered in the village and forest and learn about the history and folklore of the magical creatures of the forest. This event runs during the day in October and is lit up evenings in November. Book a ticket for your group of up to five people. Only one ticket is required per group. Registration required in advance. Program is approximately one hour. Cost per group is \$40 plus tax. Maximum of 5 people per group.

Pickering
www.pickering.ca
905-683-8401

September to October 30, 2021

Haunted Ghost Walk

Please note this walking tour includes gravel pathways and uneven ground. The tour takes place outdoors and will only be rescheduled in the instance of dangerous weather.

Pickering
www.pickering.ca
905-683-8401

September to December 11, 2021

Succulent Workshop

In this "Make & Take Workshop" you will utilize a variety of succulents to create a living centrepiece for your home or desk that you can enjoy all year round. Set in the Potting Shed of the newly restored Greenhouse complex, in an intimate group (10 adults) you will be guided by our Greenhouse Grower Assistant, who will provide her guidance and expertise. Your fees cover your container, 3-4 succulents, soil, and terrarium bar toppings (coloured sand, stones, etc). If you have special items you would like included in your succulent centrepiece please feel free to bring them along. Aftercare will also be discussed before you leave.

Oshawa
www.parkwoodestate.com
9054334311

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.

Autumn Horoscope

SEPTEMBER 2021 to NOVEMBER 2021

Aries (March 21 – April 20)

You are discovering the universal energy behind doing what you love rather than what you “should” do. In the Alchemist, it is said, “And, when you want something, all the universe conspires in helping you to achieve it.” Rumi said, “Let yourself be gently pulled by that which you truly love. It will not lead you astray.” And of course, the anonymous, “When you do what you love, you’ll never work a day in your life.”

Taurus (April 21 – May 21)

You are having weird dreams lately. The kind that you wake up from, remember in detail and which leave you with an emotional imprint throughout the day. If this has been your experience, know that your subconscious is working out whatever particular emotion is presented. You could help your subconscious along by doing some symbolic super-sleuthing. Look up dream symbol interpretations. Let Google be your guide.

Gemini (May 22 – June 21)

You are inspired to achieve greater heights and depths in the area of self-improvement. There are many areas of your life that could use some attention, cultivation, growth and some general TLC. There are plenty of personal development courses available to you at your fingertips online. Find one that resonates with you and give it a go!

Cancer (June 22 – July 22)

Obsessive thoughts plague your mental landscape. A worry surfaces, and you believe that as long as you keep turning it over in your mind, you are being productive in finding a resolution for it. But are you? It is said, “Worrying is like praying for what you don’t want.” Decipher what is within your control to change and what is not. Release some space in your mental landscape and feel the relief.

Leo (July 23 – August 22)

You are being asked to soften your edge a bit. Someone in your life requires your gentleness as they are going through a rough patch. As a beneficial by-product, you might notice a different reaction from others as you don these soft new threads. You may find less resistance from others and more cooperation. You’ve heard, “You get more bees with honey than with vinegar.”

Virgo (August 23 – September 23)

There seems to be a lot of emotional upheaval around you recently. You feel the highs and the lows as you witness them in others. Be careful to not get caught up in the drama of it all as you could easily be swept into an ugly situation. Practice the art of compassionate observation and detachment. From this perspective, your own genuine emotions will present themselves. You may be surprised.

by Julie Antoinette



Libra (September 24 – October 23)

Your finances are in desperate need of your attention. You must review each aspect thoroughly and plan wisely. Are your credit cards paid? Are bills and payments taken care of? Do you have a system to put away savings? What about investments and long term retirement planning? Have you completed a last will and testament? A few adjustments need to be made to have your finances running like a well-oiled machine. You’ll feel immense relief once this is all in order.

Scorpio (October 24 – November 22)

Have you felt more stress than usual lately? If so, you may consider trying meditation as a technique to address the stress. You will be surprised at the benefit that a 20-minute mental pause can bring. Do a little research to discover what is best for you and then, practice, practice, practice!

Sagittarius (November 23 - December 21)

You are naturally gifted in a particular area, but no one would ever guess it. You are very good at not advertising your special gifts and talents as you wish to be perceived as humble and unassuming. The planets encourage you to demonstrate your talents and abilities and in fact, use them up completely while you are alive! Release the hounds!

Capricorn (December 22 – January 19)

You find yourself a little too close to a difficult situation and you find yourself drawn into long conversations which leave you quite exhausted. Your role is to be supportive, but this drain on your energy is not what you expected. You must learn detachment. Once your support is delivered, release all investment in any outcome.

Aquarius (January 20 – February 19)

There are times in life when our reserves of feel-good brain chemicals ebb a bit. You could address this medically, or you could take the tonic of laughter. You’ve heard, “Laughter is the best medicine” and an old Irish proverb, “A good laugh and a long sleep are the two best cures for anything.” There must be some wisdom here.

Pisces (February 20 – March 20)

Do you feel as though you’re going through a mid-life crisis? You’ve evaluated your accomplishments to date. You feel a present meaninglessness and are seeking a purpose. Don’t despair, this is a powerful pivoting point. Keep delving deep and asking yourself the heavy and serious questions. Life is short. Make it count.

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

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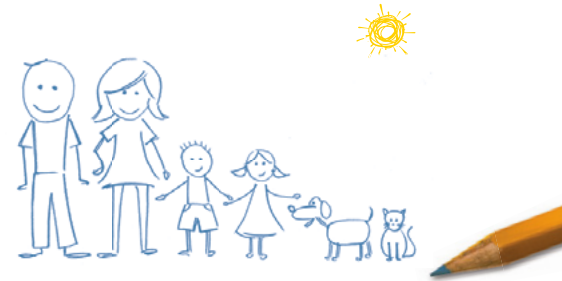


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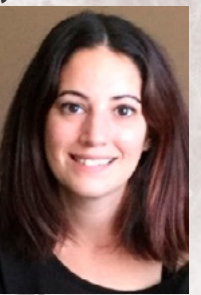
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by Tara Richardson



Soul Searching

Do you remember the last time you felt joy? I’m sure I am not alone admitting that I had to look up the definition of joy to figure out if I’ve felt it lately. For those of you who also need the definition, the dictionary defines joy as “a feeling of great pleasure and happiness.”

I’ve discovered that most of my joyful moments are when I am with kids. Which makes a lot of sense, since kids have the secret ability to stay in the present moment without future worries. As we approach adulthood, we slowly lose that special ability, and life informs us that we need to focus more on doing than playing. Which is both unfair and inaccurate. We may be conditioned to think we are just wasting time by playing, but reality check: playing can lead to feeling joy which is associated with better health and longevity. (I am explicitly giving you permission to play. You’re welcome.)

If you’ve gotten stuck in the “must be productive” mindset, I encourage you to stop and incorporate more play into your life. Here are a few strategies to help you cultivate more play and joy:

- **Be intentional.** You will need to consciously reconnect to activities that have helped you feel joyful in the past. Let go of the excuse that you’re too busy to partake in fun stuff. You might start off needing to be more intentional at incorporating joy, but over time it can become second nature.
- **Plan vacations, staycations, anything that excites you.** Even if it’s only one day, really commit to spending that day being as present as possible.
- **Approach the world with the sight of a small child.** When you notice things through a child’s lens you will discover the small joys you used to experience too. It also allows you to explore and observe from a more curious perspective.
- **Laugh and allow yourself to be silly.** Being silly might make your teenager cringe and avoid bringing his friends home but don’t let that deter you. Laughter is a fantastic medicine.
- **Reconnect with old friends, hobbies, activities.** Or maybe this is an opportunity to make new friends or explore other hobbies and interests.
- **Plan solo play dates and schedule them into your busy life.** As Ralph Waldo Emerson stated, “It is a happy talent to know how to play.” Solo play dates do not have to be expensive, lavish, or time-consuming. Maybe you used to enjoy wandering the library and exploring new genres. Maybe you want to stop and play a game. And not just on your phone, but *gasp*, on a board. Or maybe you want to go to the park to swing on the swing set.

Initially, you may feel guilty and like you have 7 million other things to do instead of cultivating more joy in your life... That’s okay and normal. Humans are conditioned this way but when we push through the guilt then hopefully, we can break through to joy.

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

Savouring the Moments this Fall

by Bianca Schaefer



With everything we've been through in the past year and a half, one thing I've learned is that you can't really plan too far ahead. That's why instead of thinking about the future and the things we will or want to do, let's focus on how to enjoy this season right now! Here are four things you can do to be present this Fall!

Spend time outdoors! Just because it's getting cooler doesn't mean you have to pack it in just yet. Enjoy the beautiful fall foliage exploring, hiking, or mountain biking one of Durham's many nature trails or conservation areas. Did you know, according to www.todocanada.ca, Durham region is host to over 300km of recreational trails? Whether you need some time alone, or venturing out with family or friends, time spent in nature is a great way to de-stress, take in the fresh crisp air, and marvel at the spectacular surroundings of mother nature. For details of Durham's trails, go to

www.durham.ca/en/tourism/trails-and-conservation-areas.aspx

Nosh on seasonal offerings! With cooler days ahead, it's only natural to crave some warmer foods. Roast some broccoli, brussel spouts, squash, potatoes, or cauliflower, and add some onions, leeks, or garlic for flavour. While you're at it, why not throw together a delicious, immune-strengthening soup to keep you warm on those chilly days? Then top it off with a freshly baked apple crumble or pumpkin pie! Enjoy the abundance of all the fresh vegetables and fruit that Ontario offers!

Sip on a hot beverage! Oh, how I love to cradle a hot mug of anything on a crisp, cool day. In particular, a warming beverage such as a ginger-turmeric tea not only warms you up, its anti-inflammatory properties are perfect for those suffering with joint pain or inflammation. But if that doesn't pique your interest, there are a ton of seasonal options to choose from such as hot apple cider, a chai tea, or pumpkin spice latte, maple, vanilla and mocha combos, and of course, we can't forget a nicely frothed cappuccino with a dash of warming cinnamon sprinkled on top! By the way, cinnamon is high in antioxidants and it helps reduce blood-sugar levels, which has a potent anti-diabetic effect. Now that's a win-win!

Slow down, breathe & stretch! As kids go back to school and seasonal holidays approach, our stress levels rise and our thoughts and hearts race. Cultivate some self-care by incorporating moments of quiet time throughout your day. Take a few deep breaths (5-10 cycles) which serve to calm the nervous system. And don't forget to step away from your screen to give your mind and body a break. A few gentle stretches such as neck and shoulder rolls can do wonders for your mind and posture to breathe fresh energy into your day!

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.

Tweens, Teens & In-Between

by Afeefa Malik



Hello readers! Summer has come to an end with the start of fall! This column's issue is more serious as we talk about racism. Racism is discrimination against people based on their ethnic/racial groups. In any society, racism elevates some people and harms others based on their race. In Canada, this generally means that "whiteness" is elevated and that people of colour, especially Black and Indigenous people are the common targets of racial injustice. This discrimination can be personal but it can also be systemic. Systemic racism includes things like laws and the setup of institutions that harm people of specific races and ethnicities. Some people might find it difficult to talk about racism, however, it must be addressed so that everyone is respected and feels safe as they go about their lives.

Young people are engaged with racial justice movements in ways like never before. Social media is one way we are educating ourselves and rallying support for local and global racial justice issues. People are also choosing to boycott or support brands which do or do not align with their views. Many times, people learn about systemic issues after a tragedy occurs. It is important to look out for your mental well-being since these tragedies can lead to a sudden increase of information and distress. Do what you can to support your community, including donating to legal funds, signing petitions, or sharing mental health resources. Approach online activism with due diligence - vet any fundraising pages to ensure they are not fake and check your sources before reposting or resharing information. Attend protests if you feel safe but remember to check who is organizing them and whether they have a safety plan.

Another good way to educate yourself on systemic racism is through movies and books. They are a great way to learn about the issue and put yourself in someone else's shoes. Some movies I would recommend are *Just Mercy*, *The Hate U Give*, *13* and *The Skin I'm In*. Some books I would recommend are *American Born Chinese* by Gene Luen Yang, *Dear Martin* by Nic Stone, *All American Boys* and *Brown Girl Dreaming* by Jacqueline Woodson.

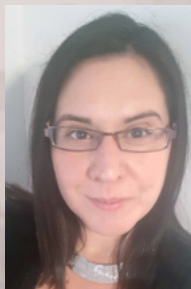
Take care of yourself and take care of the people in your life who may be fearful or in mourning. If you are a member of a targeted community, find your in-real-life or virtual supports and speak out if you feel strong enough. If you are a neighbour or ally, have conversations within your own circles about the changes and efforts you need to make and bear witness to the hurt of others. If you are struggling, please reach out to the Kids Help Phone 1-800-668-6868 or talk to someone you trust.

Thank you for taking the time to read this season's teen columnist issue. I look forward to the winter time for another issue!

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



3 Ways to Prepare Your Child for the First Day of School

It's coming – the first day of school! Before you know it, the summer will be over and your child will be off to meet their teacher and make some new friends. Depending on the age of your child, and whether or not they are starting school for the first time, or as a seasoned pro, the first day of school can cause a lot of anxiety.

Anxiety is not uncommon in our children. The past year has been a rollercoaster ride for them. Preparing for new experiences by explaining to your child what it will be like is essential. If your child is very anxious you can request a visit to see the school. There are a number of benefits to doing this. By preparing your child as much as possible they will:

- Feel more in control
- Know what is expected of them
- Have more confidence
- Be more open to the experience

In addition to talking about school and showing them around their class, there are a few more things you can do to help your child feel comfortable on their first day of school.

Breathing Exercises

Breathing is one of the simplest tools we have to keep ourselves centered, calm and in the present moment. Teach your child to take deep breaths if they are feeling anxious. This is an easy thing to do because it doesn't require anything except a couple minutes.

Practice Meditation

Meditation is a lot simpler than most people realize. A great way to teach your child meditation is to have them gaze at the clouds on your drive to school. This will help them relax and center themselves before arriving. If this is difficult for them, ask them what shapes or images they see in the clouds.

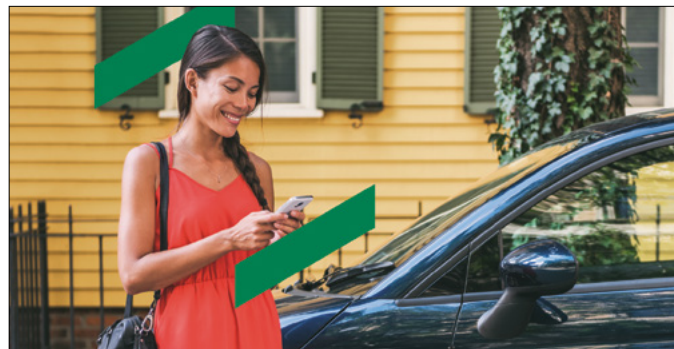
Walking meditation is another easy practice you can teach your kids. This is as simple as focusing on your steps. If your child can count, ask them to count their steps as they're walking and, boom, they're meditating!

Do Yoga

This is a great tool you can do with your child before or after school. You can find easy and fun poses for kids on *Pinterest* or check out a book from your local library. The key is to make it fun for them and start simple. Poses named after animals are great for this!

The first day of school is always exciting (and scary too), no matter what grade your child is starting. I hope you will try these ideas to help your child prepare for their first day of school.

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.



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by Wendy Lee



A Forkful of Healthy

Chicken, Sausage, Lentil & Kale Stew

A healthy and hearty stew full of wonderful flavours, beautiful colours and lentils to warm your heart. This stew is super cozy. This is one of my favorite recipes at the moment, and can be included as a detox recipe if you are looking for clean eating. If not, then cook it the same way and add parmesan cheese. It all happens in one pot on the stove and the result is pretty darn fabulous.

Ingredients:

3 tbsp extra virgin olive oil

1 lb fresh chicken sausage, casings removed (if you can't find sausage, 1 pound ground chicken seasoned with extra fennel seed and garlic will also work)

1 yellow onion, diced

2 cloves garlic, minced

1 tsp chopped fresh rosemary

1/2 tsp fennel seeds

3 carrots, cut into 1/2-inch bite-size pieces



1 cup brown lentils, rinsed

6 cups low-sodium chicken or vegetable stock

1 bunch kale, roughly torn

Salt

Directions:

1. Heat a heavy-bottomed pan over medium-high heat. Add the olive oil, then add the chicken sausage, breaking it up into bite-size pieces. Let the chicken brown, but don't cook it all the way through—you just want some color. Remove the chicken with a slotted spoon and set aside.
2. If needed, add a bit more oil to the pan, then add the onion, garlic, herbs, and a pinch of salt. Let that cook and soften for about 5 minutes. Add the carrots and cook for another 5 minutes. Add the lentils and chicken and stir to combine. Add the stock and bring to a boil, then reduce and cover. Cook for 30 to 45 minutes or until the lentils are tender.
3. Fold in the torn kale and cook for another 5 to 10 minutes until it is wilted. Taste and season accordingly.

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



Financial Check-up

Fall and the changing of seasons is a great time to do a Financial Check Up. These types of self-evaluations are important after any big life change, let alone the life altering year we've just been through with the COVID-19 pandemic.

Wills & Powers of Attorney – When was the last time you updated your will or POA? If you have young children you should look at this every 5 years. Things to evaluate would be guardianship for your children and a steward of a trust if your children are under age.

Life & Disability Insurance – Your life insurance should be able to cover off any outstanding debt you have, as well as provide for your family in case of an untimely passing. Disability insurance and 3 months salary or access to a line of credit for emergency are also important plans to have in place.

Review Investments & Retirement Plan – What is your time line for your investments? Retirement? Kids going to university? As a general rule of thumb, as you get closer to these major goals you should shift a portion of your investments from equity (growth) into fixed income (safer more guaranteed investments).

Home & Auto Insurance – Have a look at your Home & Auto insurance renewal dates. When they come up, speak with your insurance broker to get a competitive quote and better rate. These services have a way of creeping up year over year if not reviewed actively with your provider.

Mortgage Renewal & Refinance – Review the terms of your mortgage and when it is set to renew. Even if you're mid-term on a mortgage, for example, 3 years into a 5-year term, it's worth your while to connect with a mortgage broker to review your rate. Sometimes breaking a mortgage with a higher rate makes financial sense if the rate you could be getting now is much lower. If you have debt outside of the mortgage it may be a great time to blend and extend your mortgage with a refinance and consolidation.

Bank Accounts & Credit Cards – Check out your bank account history to determine if you have the best, most cost-efficient account for your usage. Look for special promotions for certain types of accounts as a switch could be to your benefit. Review how you use your credit cards. There are certain cards that will give you cash back or points. Make your credit work for you as part of your overall financial plan!

There is nothing like the warm feeling you get inside when you're on top of your financial game plan. Move into the colder months with the reassurance that you've covered all your bases.

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.

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by Sue-Ann Bavlnka



Ask Sue-Ann

Dear Sue-Ann:

I spoke to my boyfriend on Sunday morning about him being so protective over his phone. He handed the phone to me saying that he has nothing to hide. I found incriminating chats between him and a fling (2 weeks into our relationship); there was sexting involved. He broke things off with her in the third week of our relationship claiming that she was overseas and he didn't want to do it over the phone so that's why he didn't do it sooner. I'm guessing he was dating her and I at the same time, however, he wanted to be in a relationship with me. He told me he didn't know how to end things with her without hurting her.

Nevertheless, he ended things with her, only for her to message him at the beginning of this month asking him to be friends. I told him that I wasn't comfortable with this and once again he said he cut her off, but I found friendly chats between them. He said he had no intentions with her and only wanted to be the nice guy/friend. The fact that he lied about it and hid it says otherwise. Our relationship is on the rocks. He started this relationship with a lie. I guess this is what you were trying to lead me towards, you knew he was hiding this. I really don't know what to do.

Signed: Frustrated in Whitby

A. The biggest concern is his need to hide information and to tell a lie to cover the first lie. That is a character flaw and if you want a relationship built on honesty, I think you know what to do.

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

The COACH Corner

by Malachi Brown



How Are Your Connections?

How are you doing? Prior to COVID-19, the most common response was, "I am doing fine - how are you doing?"

COVID-19 removed many of our distractions, and left us facing the reality of how am I really doing? Who are my true friends? How strong are those relationships? How good are my family connections? Prior to COVID-19, we could hide behind work, office chatter and co-workers. We could socialize, and for the most part tell ourselves we are doing fine. Then COVID-19 happened! We were stripped bare.

We saw increases in suicide, depression, loneliness, boredom and a variety of mental health challenges. We had valued things over people. We now realize the importance and value of human contact. We saw the need for healthy relationships, taking care of our mental health, and the need to check in on others. The simple things we took for granted? We now realize how important they are. How much did we truly control?

It became obvious how crisis reveals our true nature. People who we thought we knew surprised us with their thoughts on social media. Could we now see them the same way as before? The value of doing research became more and more important as misinformation and conspiracy theories became a part of mainstream consciousness. We were all surprised by how much and how quickly things changed over the last year and a half.

So, what can we learn from all of this? For so many people the thought is, "I can't wait for things to go back to normal!" For others, shopping became therapy. "I didn't take a holiday this year because of travel restrictions; I will spend the money instead on this other thing." ...Some habits are hard to break. Others were surprised by how much they were able to save. Less places to go, including working from home. They were able to set aside more money for their savings. How great that must feel!

What a glorious opportunity to reimagine how we do life moving forward. What if we took the time to build genuine friendships and solid family connections? What if we stopped talking about the five thousand "friends" we have on social media and instead spent time visiting and strengthening our relationships with our neighbours and families? What if we took time to explore nature and slow down and smell the roses? What if we took time to explore our community, province and country? What if we support and get to know our small business owners? What if we took the time to buy a street person a coffee, and, have a conversation with them? What if we spent less time on social media and read a good book instead, educate ourselves and become better informed?

COVID-19 was harsh. It surprised us and it changed our lives. However, it has given us great opportunities to re-examine our lives and make changes to do and be better. We are all in this together. Let's all get better connected.

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

by Linda Calder



Canada is a vast country with a very diverse landscape. Each province, because of its unique geographical location has something to offer in terms of food. I wonder where I should begin?

What could be more Canadian than poutine? Poutine originated in Quebec but it is eaten all across Canada. It's simply crisp French fries, topped with cheeses curds and covered in gravy. Basic poutine is good, but toppings like pulled pork, bacon, smoked meat and even fried chicken skin are sometimes added. Quebec also has many other foods to offer, but this is by far their most popular.

When I think of the east coast, my mind turns to seafood. At one time, lobster was inexpensive, and was often the choice of food for the poor. A large number of lobsters could be cooked when serving a large crowd. It was served on buns (even hot dog buns) that were usually buttered to give the flavour of lobster with butter.

New Brunswick is also rich in seafood. Seaweed has become a super food for those interested in health. Dulce has been enjoyed by New Brunswickers as a salty snack for many generations. It's a dark red seaweed and is usually dried until it is crispy and then eaten like potato chips. Another popular item is fiddle heads. While we can sometimes get them in Ontario, they are very popular in spring in New Brunswick.

Prince Edward Island maybe small but it is mighty. It boasts a wide variety of food from the sea. It is also a great place for food from the land. Potatoes have been grown since the late 1700's on about 330 family farms. About one third of potatoes in Canada come from the red soil of PEI. There is even a potato museum with a tasty menu in their restaurant.

I think anyone who travels to Newfoundland and Labrador falls in love with the land and its people. Newfoundlanders are very friendly and they have a colourful way with words. This is even evident with the names of certain foods / dishes unique to the area. "Jiggs dinner" is one example. Salt beef, spuds, carrot, cabbage and turnip "boiled to within an inch of their lives" is another. "Scrunchions" are cubes of back fat that are fried until the fat is rendered and they turn into "salt-spangled porky puffs". "Touton" (pronounced tow-ton) is a deep-fried ball of dough served with treacly black molasses. They say eating it will make you happier than you ever knew. Who knew?

In my next column, I'll talk about foods from the western provinces.

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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