

The Local Biz Magazine

FREE

Durham Region Community Publication

13 Years in Publishing

• • • • • Summer 2022 • • • • •

**ON THE GO?
TAKE US
WITH YOU!**
Download the
The Local Biz Magazine
PDF from our website.

**Gardening
With Kids
Dig in!**

**Ditch the Doc
Alternative
Therapies - Part 2**

**Historic
Buildings
Pickering
Township**

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 2022

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, Kim Dobie, Tara Richardson, Bianca Schaefer, Afeefa Malik, Monica Fox, 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 **Chiropractic & Massage** Chantal Joseph and Jennifer Vaz
- 11 **Getting Your Kids Rooted – the Year of the Garden** Sukanya Samy
- 16 **Durham Region's Rich Heritage Old Pickering Township** Sher Leetooze

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** Monica Fox
- 25 **A Forkful of Healthy** Kim Dobie
- 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

Welcome to Summer 2022 everyone! This year is the **Year of the Garden** which is a celebration of the garden and everything gardening related in Canada. The ceremonies officially launched on March 20, 2022 - the first day of spring but are running throughout the year. Continuing with our gardening theme, we have another gardening feature for you by Sukanya Samy. *Getting Your Kids Rooted – The Year of the Garden* looks at how you can get your kids interested in gardening at an early age, and the numerous benefits of doing so. Sukanya offers useful tips that you can try with your children no matter what their age to pique their curiosity with nature. If you love gardening, or have recently gotten into it, and are now interested in getting your kids involved, this is the article for you. You can find it on page 11 of the magazine.

On to another topic that is of interest to many readers of our magazine. Durham Region has a rich history. A drive around the older parts of town, and you will usually spot heritage buildings. In our new 2-page feature series, we have Sher Leetooze, a writer and researcher who specializes in local history talk about the fascinating history our region has to offer. In this summer issue, we start by looking at the heritage buildings in Pickering Township - the churches, the schools, the train stations, mills and houses etc. So, if you're a history buff, or just want to have a better understanding of this area we call home, flip over to page 16 of the magazine and check out, *Durham Region's Rich Heritage - Old Pickering Township*.

Finally, don't forget to check out what the rest of our columnists are writing about, as well as our bloggers on our website. We have lots of great content for you! As always, I hope you enjoy reading the wonderful content we have for you in this Summer 2022 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!

Antoine Elhashem
Publisher



From the Editor

It's the middle of April when I'm writing this "summer letter", but when I look outside my window, it's snowing! Yes - that's right, snowing! In April! It's technically spring, but I have my sweater and thick socks on as though it's the middle of winter all over again. I'm sure in previous years, this time of the year is always very unpredictable weather wise, but I'm just ready for the heat and warmth... I hope that by the time you read this letter, that is exactly what the weather feels like!

In this summer issue, we continue with our well-being theme. If you recall from the Spring issue, according to *Psychology Today*, well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, well-being is just feeling well.

Do you have a high level of well-being? There are [quizzes](#) online that can help you determine this. Anyone can improve their well-being if they want to. The tricky part is first, figuring out what part(s) of well-being are important to you, and then determining how to go about improving it.

In part 2 of our well-being feature, we focus on two new forms of therapies that can help improve your well-being. *Chiropractic & Massage: Therapies That Can Help You Improve Your Life (Part 2)* is a Q & A article that looks at how these two therapies can help in terms of your overall health and wellness. Turns out, these therapies also address sleep and stress issues; something many of us struggle with it. You can find it on page 6 of the magazine.

I hope you enjoy reading the Summer 2022 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



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



TRAIL TOWN DENTAL
Town of Uxbridge Family Dental Services

42 Toronto Street North
Uxbridge, ON L9P 1E6
(905) 852-3131
info@trailtowndental.com
www.trailtowndental.com



Our Team provides quality dental care for your entire family, from the very young to the young at heart.

- White Fillings & Cosmetic Dentistry
- Tooth Whitening
- Implant Restorations
- Invisalign™ Invisible Braces (Free Consultation)
- Oral Cancer Screening
- Periodontal Therapy
- Evening Hours
- Direct Billing to your Insurance Company available

Now accepting new patients.
Strict COVID-19 prevention guidelines in effect.
Call for more information.

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!

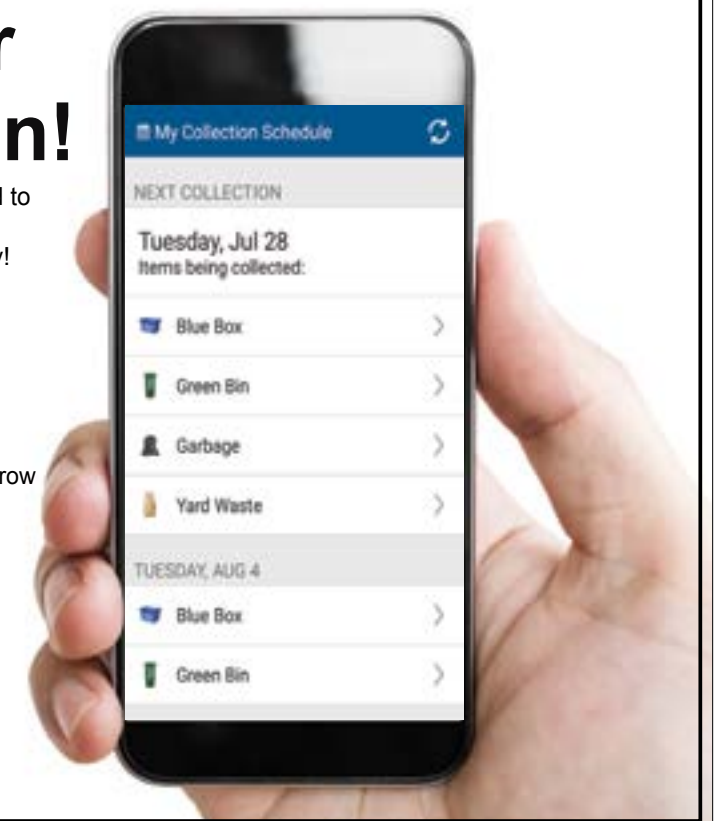


- Personalized collection schedule
- Report missed collections
- Set weekly pick-up reminders and service alerts
- View detailed sorting information with Know Before You Throw
- Book special collection appointments
- Get notified of special collection events
- And much more!
- Best of all, there's no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





CHIROPRACTIC & MASSAGE

THERAPIES THAT CAN HELP IMPROVE
YOUR LIFE (PART 2)

by Chantal Joseph and Jennifer Vaz

Do you want to sleep better? Or be better able to manage stress in your life? If you often take the quick-fix route of medication to treat your ailments, why not instead try alternative therapies. In our 2-part article, we talk to four different wellness practitioners to find out how their respective therapies can help with sleep and stress problems, as well improve your well-being and overall quality of life. Part 1 (spring issue) looked at reflexology and naturopathy. In Part 2, we look at chiropractic care and massage therapy.

Chiropractic Care

What is chiropractic care?

According to the *Ontario Chiropractic Association*, “chiropractor care is a patient-centered, non-invasive, hands-on regulated healthcare profession that focuses on your spine, muscles, joints and nervous system.” Chiropractors work with you to evaluate

and diagnose conditions related to these areas which can affect your body’s movement. They recommend and treat these conditions without surgery or medication to help alleviate your pain and so you can function optimally.

Who can benefit from chiropractic care?

There is a place for everyone when it comes to chiropractic care. As primary healthcare professionals, we specialize in musculoskeletal injuries. This means we can help address injuries related to your muscles, tendons, ligaments and nerves that can be caused by the demands of everyday life. Chiropractic treatment can help to improve your overall movement so you can get back to doing the things you love.

How does chiropractic care help a person deal with stress?

Stress can be attributed to mental and physical loads and can impact an individual emotionally and physically. Sometimes emotional stress can even be manifested in the body physically. Being able to take care of ourselves so that these emotional and physical stresses don’t negatively impact our lives is important. Chiropractic treatment includes a variety of tools such as lifestyle modifications, stress management, and treatments that address the physical manifestations of the stress.



Can chiropractic care help a person sleep better?

Our physical pain can have a direct impact on our sleep levels and the quality of our sleep. Chiropractic care as aforementioned has a variety of tools including, exercise/rehab, lifestyle modifications and tips, education, hands-on therapy and modalities. Working with a patient to find which combination of tools will work for them can reduce pain levels, improve mood and quality of life which can lead to improved sleep. Everything in our life, just like our body, works together. Being able to manage one aspect can play a significant role in other areas as well.

Do you recommend doing chiropractic as a treatment on its own, or in conjunction with another therapeutic approach? Please elaborate.

Working as a team is best. Every therapeutic approach has their own skill to bring to the table and can be very complimentary depending on the individual and their case. While chiropractic treatment is absolutely beneficial on its own, supplementing other forms of therapy such as massage therapy, acupuncture, naturopathic, etc., can be just as beneficial.

In your own words, tell me why chiropractic care is important for an individual’s overall well-being?

The primary goal of chiropractic treatment is to alleviate/ prevent pain, promote health and improve your quality of life. In addition to being able to assist individuals to manage the daily demands placed on them mentally and physically, this is an opportunity for

you to take care of yourself. You can’t pour from an empty cup and being able to make sure your body and mind are taken care of will help you excel in other areas of your life.

Are your services covered under OHIP? Private insurance?

Chiropractic care is not covered under OHIP. It is covered under most extended healthcare plans.

What would you say to people who are interested, but hesitant about trying out a new therapeutic approach to improve their health?

At the end of the day, you are making an investment in yourself. No matter which therapeutic avenue you try, you are taking the time to better yourself and that in itself will do wonders for your overall well-being. The hardest part is allowing yourself to take that step towards improvement. Do it for you.

Chantal Joseph is a chiropractor at *Westney Heights Chiropractic Centre*. Being a highly active individual herself and having experience working with a wide range of individuals from professional athletes to seniors, she sees how leading an active lifestyle can improve anyone’s quality of life. Not only is her goal to restore and improve your function, but also to give you the confidence to realize you are capable of more than you think and be there to help you reach that potential.



Massage Therapy

What is massage therapy?

Massage therapy is a hands-on manipulation of the soft tissues of the body- specifically the muscles, connective tissue, ligaments, tendons and joints, for the purpose of optimizing health. It consists of a variety of manual techniques with varying degrees of pressure and movement. Massage therapy has a therapeutic effect on the body by positively affecting the nervous system, musculoskeletal system, circulatory system and lymphatic system.

Who can benefit from massage therapy?

Everyone! Massage therapy has a number of documented clinical benefits. For example, massage therapy can reduce anxiety, improve pulmonary function in young asthma patients, reduce psycho-emotional distress in persons suffering from chronic inflammatory bowel disease, increase weight and improve motor development in premature infants, and may enhance immune system functioning. Some medical conditions that massage therapy can help are: allergies, anxiety and stress, arthritis, asthma and bronchitis, carpal tunnel syndrome and other repetitive motion injuries, chronic and temporary pain, circulatory problems, depression, digestive disorders, tension headache, insomnia, myofascial pain, sports injuries, and temporomandibular joint dysfunction.

How does massage therapy help a person deal with stress?

Massage therapy has significant benefits on mental stress including a reduction in anxiety levels, cortisol levels and stress hormones. Many people seek massages as a way to relax, manage stress, and promote better rest.

Can massage therapy help a person sleep better?

Massage therapy may help improve sleep in two primary ways. The first is by alleviating stress. Stress is known to affect sleep. Massage reduces stress by decreasing cortisol (a stress hormone) and increasing serotonin and dopamine (neurotransmitters that help to stabilize mood). Using massage to decrease stress and to promote relaxation may help you sleep better.

By stimulating the parasympathetic nervous system (rest and digestive part of the nervous system), massage therapy can positively effect relaxation and potentially improve sleep patterns. Massage therapy has been shown to increase levels of serotonin which is a precursor to melatonin, the hormone that controls your sleep and wake cycles. Massage therapy not only feels relaxing, it can also be a positive sleep-inducing option.

The other way that massage may help with sleep is by managing pain and tension caused by stress or injury. Pain and sleep loss can exacerbate one another leading to a vicious repetitive cycle. A lack of sleep can worsen pain, while pain itself can make it difficult to find a comfortable enough position to fall asleep.



Do you recommend doing massage therapy as a treatment on its own, or in conjunction with another therapeutic approach? Please elaborate.

Massage therapy is a great modality to add to your self-care regime. It can be used in conjunction with many other therapies and can have a positive effect on many health conditions.

In your own words, tell me why massage therapy is important for an individual's overall well-being?

Massage therapy is like an oil change you get for your car, but instead it's for your body and mind. It's a great modality for stress, strain, overall maintenance, and prevention of injury. It is proven to have such wonderful therapeutic benefits for a variety of health issues, including but not limited to anxiety, depression, headaches, sports injuries and chronic pain. Time spent getting a massage is never wasted time!

Are your services covered under OHIP? Private insurance?

Massage therapy is not covered by OHIP, but many private insurance companies cover treatment from a Registered Massage Therapist (RMT) as part of their extended healthcare plans. Please consult your policy.

What would you say to people who are interested, but hesitant about trying out a new therapeutic approach to improve their health?

Any investment in your well-being and health is never a waste of time. Life can be stressful and taking care of your body and mind with a therapeutic massage is a great tool to help. Self-care is giving the world the best of you, instead of what's left of you.

Jennifer Vaz is a Registered Massage Therapist, Manual Osteopath and Yoga Teacher. She has been practicing massage therapy for over 12 years, and is experienced in treating a variety of clients in different stages of healing. Jennifer believes in the importance of balancing mind and body and strongly recommends massage therapy and manual osteopathy as part of a health maintenance plan.



GETTING YOUR KIDS ROOTED - THE YEAR OF THE GARDEN -

by Sukanya Samy

Do you remember playing in the mud and loving it? I do. I played in the dirt and puddles as a child, smelling the earthy fragrance and loving it. I helped my grandparents sow rice (paddy) in wet, slushy fields and loved every second of it. A few decades in, I am trying my hand at many things gardening - indoor plants, veggies, and flowers - I want to do it all now that I have the space and time for it.

I hope to teach my son the same love for nature and gardening. He is four and loves to get his hands dirty. Every spring, we look for earthworms and talk about how they help the plants with essential nutrients and how worm castings, their excrement, is gold for soil. We look at butterflies and bees coming for our flowers in the summer, and we talk about how they help pollinate. And we harvest our veggies together to show him that one can grow healthy food in their backyard or porch.

Get Children to be Active Again

Let's face it. Our children's lives are different from boomers, GenX, or even millennials. Thanks to digital media, they are less active in many cases, and their health is declining. They don't have the luxury of just being out and about for various reasons (the pandemic being one of the recent ones). The *Child Obesity*

Foundation of Canada reports that by 2025, 206 million children worldwide will be obese. That's a grim statistic.

According to the WHO, the worldwide increase in obesity, both in children and adults, is due to two main reasons:

- An uptick in energy-dense foods that are high in fat and sugars
- Physical inactivity

And these are often the result of environmental and societal changes associated with urban development and a lack of supportive policies in health, agriculture, transport, urban planning, environment, food processing, distribution, marketing, and education.

Michelle Obama would sometimes dine out thrice a week with occasional sandwiches for dinner (as many of us are guilty). She was motivated to start a garden to get more nutritious food for her daughters. She also wanted to use her influence to encourage Americans to increase healthy food choices and educate children about the benefits of locally grown produce.

In February 2010, she launched *Let's Move!*, a nationwide initiative to address the epidemic of childhood obesity. The program brought healthier food into schools and communities and encouraged kids to be more active.

A World without Farmers?

Let's look at another fact. Economists consider agriculture one of the most productive sectors to keep the economy moving. But according to the *International Labor Organization*, the percentage of people working in agriculture has [dropped from 44% in 1991 to 26% in 2020](#). That's partly down to the growing use of



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

OUT NOW



el Hashem **not the kinda heart that falls apart**

Lyrics: el Hashem
 Music: Caroline Akwe
 Producers: el Hashem & Caroline Akwe
 Executive Producer: Elana Harte





Instagram @elhashemmusic
 Facebook.com/elhashemmusic

from the book of my life



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 120 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 asset 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 3Y4.
 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 info:
www.investorgroup.com/ExploreChange


 Welcome Change

© 2018 IG Wealth Management. All rights reserved. IG Wealth Management is a registered trademark of IG Wealth Management. IG Wealth Management is a registered trademark of IG Wealth Management. IG Wealth Management is a registered trademark of IG Wealth Management.

Durham Region's Rich Heritage Old Pickering Township

by Sher Leetooze

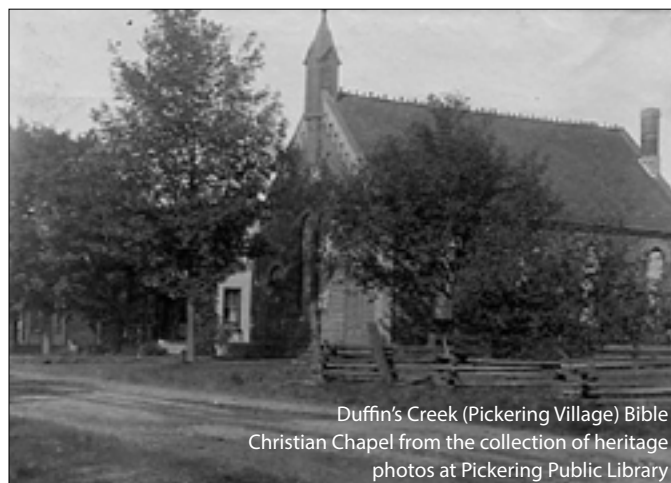
A bit of history...

In 1955, the County of Ontario produced a small booklet about the history of the county to commemorate the County Centennial. Of Pickering Township, they say, "...On June 22nd and 23rd, 1911, there was held, east of the Village of Brougham, the Centennial Celebrations marking the 100th year after the founding of the Municipal Council of the Township of Pickering...." Later in their narrative they say, "...while 1811 was indeed an important date in the Township's history, we can look back further to 1791, when Pickering Township emerged as a separate entity, within the District of Nassau..."

Unfortunately, no built evidence remains from this period, though archaeological digs in various parts of the township reveal a rich history of our First Nations people and our early settlers. If you take a look at the 1851 census, you will note that most of the houses are still log cabins or log shanties. These log houses have not survived.

What does exist are some of the schools and churches constructed by our early families. Even though the first log structures do not exist, some of the 2nd and 3rd generation buildings remain. Some have been repurposed and are still viable buildings in our communities and some of the stately stone farm houses are still private residences.

In this series, I will look at the churches, schools, train stations, mills, and houses of Durham Region, old township by old township. This article looks at heritage buildings in **Pickering Township**.



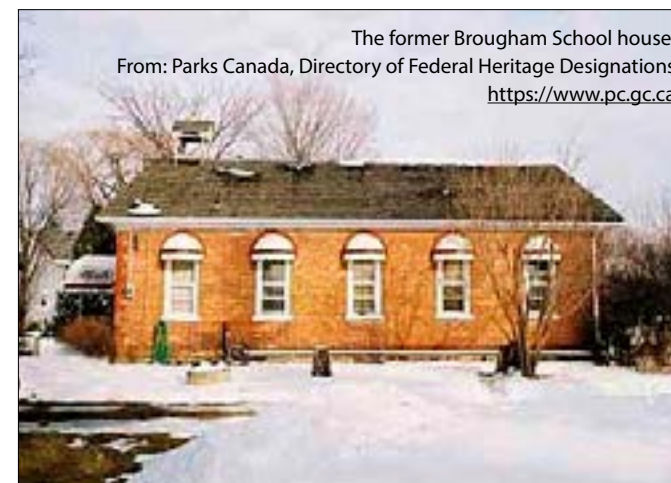
Duffins Creek (Pickering Village) Bible Christian Chapel from the collection of heritage photos at Pickering Public Library

Duffins Creek Bible Christian Chapel

Located in the village of Pickering, at that time called Duffin's Creek, this chapel was not built until 1871. Prior to that time, the local congregation met at the school house in the village and later rented space from the Methodists.

The chapel was built on a 1-acre parcel at the corner of Kingston Road and what is now George Jones St. It was constructed of yellow brick and was 34 feet by 50 feet, a good substantial town chapel. Most Bible Christian chapels were plain little buildings, but this one had gingerbread and a faux spire, not common additions to BC chapels.

At the union of the five Methodist bodies in 1884, this chapel was no longer needed and was sold to the local Quaker congregation. Many years later, once the Quakers had constructed their large commodious church, this chapel was sold again, and turned into a garage.



The former Brougham School house.
From: Parks Canada, Directory of Federal Heritage Designations
<https://www.pc.gc.ca>

Brougham School House

The old Brougham School, SS# 10, is a prime example of a repurposed building. It is now an art gallery. It is also a federally recognized heritage building, not only because of its longevity in the community, but also because of its architectural qualities and its unique bell tower (not often found in school houses). It may have been added because the school also served as a place of worship in its early days.

Located in Lot 19, Concession 5, it is the 5th school house in School Section #10, built in 1859, an early date for a brick building.



Former Whitevale Cheese Factory
From the collection of Heritage Photos at Pickering Library

Whitevale Cheese Factory

Built in the 1860's, it was originally a cheese factory. This two-story building was recently renovated. The 20th century insul-brick siding was removed and replaced with board and batten siding. A large east addition and garage were added to the site during the renovations. This building represents one of the few 19th century commercial buildings readily identifiable within the hamlet. Built by C. Dale in the 1860's, this building was listed in the 1871 census as the property of Peter Hoover and Co. It appears to have ceased to operate as a cheese factory during the mid-to-late 1870's and has probably been used as a private residence since that time.



Thistle Ha' Farm on the 7th Concession Rd
From: Parks Canada, Directory of Federal Heritage Designations
<https://www.pc.gc.ca>

Thistle Ha' Farm

Built around 1840 by John Miller, a Scottish settler who arrived in the township in 1839. In 1973, this farm, including the large barn and the three-section house, was listed as a Federal Historic Site. One of the reasons for this was John Miller himself, who imported and raised pedigree livestock - Durham cattle, Yorkshire pigs, Shropshire sheep and Clydesdale horses, that set a standard in Canadian agriculture. The house, with its three sections, was one of the earliest stone houses in the township. Thistle Ha' is found on Concession Road #7, the parcel stretching sideways across lots 16, 17, and 18 on the north side of the road.



Former Township Offices, Brougham.
From: Canada's Historic Places
<http://www.historicplaces.ca>

Old Township Offices

Located at Brougham, this building is now called the Township Hall, or Brougham Hall, and can be found one block south of Hwy #7 on Brock Road. It is a frame building on a stone foundation, and was built in 1854. At that time, it was the first official township building. It served as the township offices, where the council met to decide township business and elect township officials. Besides the regular council meetings, the hall was available for concerts and a variety of entertainments. The occasional trial even took place there, which added to the life of the village. Prior to the erection of this building, council meetings had been held in homes of councillors or in taverns, such as Thompson's Tavern. Now, the hall acts as a community centre for clubs and gatherings and an amateur theater hall.



The former Mt. Pleasant School house
Parks Canada, Directory of Federal Heritage Designations
<https://www.pc.gc.ca>

Former Mt. Pleasant School House

Located at 1503 Concession 7 Road, Pickering Airport Lands, this building was one of the first school houses to be built in the township. It is unique in that it is a stone building, and apparently the stone work is very good quality, due no doubt, to an early Scottish stone mason in the area. This is a federally recognized heritage building because of its age and construction, but also because of the fact that a well-known Canadian artist and film maker, William Lishman, lived here in the 1960's.

It is important to know the history of the place where you live, and a good way to do that is to get to know what was important to the people who lived here before you. Our heritage buildings fill that bill admirably. Most of the buildings I've showcased here are either in the Brougham area, or along 7th Concession Road. Whitevale Cheese Factory is one concession further south and Duffin's Creek Chapel is at Pickering Village on Hwy #2 in the south of the township. A tour through the countryside to see these places would make for a pleasant afternoon. Keep in mind that two of these places are private dwellings, and one is a working farm, so no touring inside.

Thanks to the Pickering Public Library and provincial and federal historical sites for the supporting images.

Sher Leetooze is a writer/researcher living in Bowmanville, who specializes in local history. She has written about 30 books since 1994, including local history, gardening, genealogy, cook books, and lately branching out to fiction.



Summer Events Calendar

Our Events calendar is starting to fill up with listings once again. Things are starting to return to some sort of normalcy and we expect to see an increase in many local events in the coming months. Due to the ever-changing nature of COVID-19, we do still recommend that you check that events are running prior to heading out. You can always contact the event organizer directly to determine the status of an event.

June 18, 2022

Durham Game Night

Have you always dreamed of being a contestant on Family Feud, Price is Right, Trivia, Newlywed Game or Deal or No Deal, well here is your chance!! Community Plus Durham Presents Durham Game Night. This event will support the following: SafeHope Home (Charity # BN: 778712521 RR0001), Momma Meows Rescue, C.A.M.P (Dignity for the homeless) and we will be supporting Legion #43 by paying for and using their Facilities and Services. The remaining funds go to support small local businesses in Durham. Call to book tickets.
Oshawa
289-638-1998

June 18, 2022

Abilities Centre's 10th Year Anniversary

Abilities Centre is celebrating 10 years of building accessible and inclusive communities. Fun activities for all ages and abilities and vendors' market to celebrate 10 years of breaking down barriers.
Whitby
www.abilitiescentre.org/support-us/events-calendar
905-665-8500

June 19, 2022

Father's Day at Ajax Downs Horsetrack

Join Ajax Downs for Father's Day! Bring Dad out for a fun day at the races! Giveaways, prizes and more all day!
Ajax
www.ajaxdowns.com/
905-686-8001

June 24, 2022

Friday at the Foster Featuring Tapestry Choir

Tapestry Choir was founded in 1988. They have always aspired to create "weavings of song" with rich colours and textures. The Choir fills the Foster to the dome with beautiful music to sit back and feel the rhythm.
Uxbridge
www.thomasfostermemorial.com/
905-640-3966

July 9 to August 13

Summer Union Cemetery Tours

Join the Oshawa Museum on the second Saturday afternoon in May, June, July and August to tour through Oshawa's largest cemetery, Union Cemetery. Each month, a different section or theme will be explored; Oshawa Museum guides share stories of well-known citizens and of everyday people who made Oshawa the community it is. The tours begin at 2pm at the front gates of Union Cemetery.
Oshawa
www.oshawamuseum.org/
905-436-7624 x 105

July 17, 2022

Craft Brewery Day

Join for the 4th annual Craft Brewery Day! Come out and sample local Craft Breweries and watch live quarter horse racing! Limited Bundle packs available on site day of event!
Ajax
www.ajaxdowns.com/
905-686-8001

July 19, 2022

The Bard's Bus Tour: Henry Five

King Henry Five celebrates Driftwood Theatre's return to live performance after a three-year hiatus. Book your tickets! Whether you're joining us with a chair of your own, want to rent one, or prefer sitting stage-side on the ground, make sure you've got the best seats by reserving your tickets ahead of time. All tickets are available for Pay What You Can Afford admission. Audiences are invited to select from one of four set admission prices (\$5, \$35, \$50, \$75) which best suits their circumstance
Bowmanville
www.driftwoodtheatre.com/tickets/
905-623-5831

August 4, 11, 18 & 25

Family Fun Thursdays

Family Fun Thursdays are here! Drop in every Thursday for some extra exploration, included with general admission to the museum. Programming changes weekly. Check the Family Fun Thursday lineup or Scugog Shores Museum social media to see what each week holds! Seek & Find through the village, learn about uses and meanings of flowers and herbs, or play some pioneer games — what will you discover?
Scugog
905-260-2017

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 2022 to AUGUST 2022

Aries (March 21 – April 20)

Additional information has been presented regarding a subject important to you. This has caused you to enter an entirely new perspective from which to re-evaluate a decision you took prior to the presentation of this information. Know that you have the right to change your mind and re-direct your course based on your now better-informed judgment.

Taurus (April 21 – May 21)

An old wound longs to be mourned and released from its prison within your heart. Your strong resolve against breaking down holds your heart behind this emotional barricade. Allow yourself a proper and righteous session of complete release with as much wild abandon as you can stand. You're exhausted from holding back this tsunami of emotion for as long as you have.

Gemini (May 22 – June 21)

Music is inviting you on a journey back in time. Perhaps a song from long ago appears in your mind as you wake up, or randomly in your daily travels. The nostalgic feeling it brings holds a secret waiting to be unlocked within you. You haven't felt this feeling in a long time because you are no longer the person you used to be. A piece of yourself wants to return home.

Cancer (June 22 – July 22)

Every once in a long while you have a day that is completely different from your normal routine. An event or errand will take you on a journey of encounters and experiences that colour your day in a way that makes all other days seem muted by contrast. These types - high-vibrational days are the diamonds in the rough. Seek them and relish them.

Leo (July 23 – August 22)

A big life decision comes along to test your intuition. You have reviewed all points of logical data input from every angle and have built them into your decision tree. However, another aspect of your perception known as "intuition" is also seeking to lend some important information. You would be wise to include and equally weigh the benefit and costs of all aspects of your knowing before making this decision.

Virgo (August 23 – September 23)

An issue presents itself in an occluded way and raises many questions. It is said that the 'reason' behind any issue is the key to all understanding. To arrive at this understanding, one simple question is key. This question is "Why?" Start at the surface of the issue and keep asking 'why' until you can ask no more. Therein will lie your answer and the truth that longs to be understood.

by Julie Antoinette



Libra (September 24 – October 23)

Balance is calling your name, Libra. Your personal health feels out of balance and is directly influenced by your disconnection from nature. There is only so much 'virtual reality' that a living organism can sustain before it begins to lose touch with actual reality. Put down your phone and put on your shoes. Engage your five senses with the outdoors and nature to reconnect again to the humanity without and within.

Scorpio (October 24 – November 22)

Pay attention to the relationship you have with the emotions of sadness and anger. It is said that one is the other inverted, the yin to the other's yang, the shadow to the other's light. Whichever emotion you are most comfortable with reveals by contrast which one you are most terrified of. The good news is that the cave that you most fear to enter holds the treasure you seek.

Sagittarius (November 23 – December 21)

While you have always stood firm in your convictions and rallied to fighting for your rights, you find yourself evaluating the return on your energy output. Take hold of the discerning wisdom of choosing your battles. Yes, fight the good fight, but know some fights are just dirty. Ross Rosenberg shares, "Never wrestle with a pig because you may get dirty. And besides, the pig likes it."

Capricorn (December 22 – January 19)

What does freedom really mean to you? Is it freedom to purchase anything without monetary restriction? Freedom to roam anywhere you desire? Freedom to express yourself in any fashion you choose? Life always unfolds in a balanced way. The trick to experiencing true freedom is to reside within healthy boundaries. Do you really want to be completely untethered?

Aquarius (January 20 – February 19)

Something has left your life and has left you saddened. But take heart, all is not lost. When one door closes, another door opens. Everything in life is a trade-off. Look for the silver lining and you will find that your loss has a better-than-expected replacement.

Pisces (February 20 – March 20)

Have you ever REALLY listened to Beethoven? If you have, you may have pondered his mastery not only of music, but also of emotion. All three movements of the Moonlight Sonata could take you on an emotional rollercoaster ride that will leave you tearful, elated and breathless. It's a theme park and a therapy session in three parts.

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 Oakville, Scugog & Charington



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



Teaching your Children about Wellness

Wellness is certainly a buzz word right now. So many messages telling us how to achieve balance, happiness and being our best self – which is awesome – but what about our kids? Are we including them on our wellness journey? Here are seven easy ways to enhance wellness in your children.

Model wellness. You are a role model for your kids. If you model the importance of self-care, they learn it's value too. There's a quote by an anonymous author stating, 'Children are great imitators. So, give them something great to imitate'. Well said.

Make wellness fun for kids. Turn wellness into games or challenges or quests. If you're trying to promote getting out in the great outdoors instead of playing on a tablet indoors, plan a day at a provincial park to do a scavenger hunt. *Pinterest* is your new best friend to find a plethora of ideas to include the kiddos in wellness activities.

Read books that have a theme of wellness. My favourite kid's book is 'Have You Filled a Bucket Today?'; and there are tons of other gems.

Teach them how to identify their emotions. Not only is identifying emotions important but being able to express their emotions in a safe environment is also crucial to their development.

Eat as a family. Meals can be an opportunity to connect with each other. Make mealtimes more positive by asking about the good things in your child's day. And please don't ever put your child on a diet. In fact, you could just not comment on their weight, shape, or size - ever.

Make a wellness chart with various activities pertaining to wellness and every time your child does an activity, they can put a sticker on the chart. (Just like you might use a habit tracker.) It's motivating to see lots of stickers.

Give process praise as opposed to person praise. Instead of telling a child how smart they are for solving the puzzle so quickly, praise them for working so hard on it. You may think you're improving your child's self-esteem by telling them how talented, smart, or good they are, but it can actually be more damaging than you realize. Making judgments – even positive ones can be internalized by kids. In this example, they may feel like they're not smart unless they can solve things quickly. It's not intuitive to give process praise, but it can be learned with practice.

So, I must confess, I am not a parent. I can imagine it's exhausting to teach your kids all the wellness lessons on top of everything you have to do to get through the day. Not every moment is a teachable moment! That's okay. You have their whole lives to impart wisdom and wellness.

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

Your 3-Month Fitness Plan to Help You Stay Active All Summer

Back when I was teaching my fitness boot camp, I created four-week programs to help people “get fit, lose weight, and have fun!” Exercises were focused on improving strength, flexibility, cardiovascular endurance, and agility. One of the things I loved most about this strategy was seeing how clients transformed week after week. Having a structured program with set mini-goals can really help you reach your overall health and weight loss goals.

Here’s How to Create Your Own 3-Month Fitness Plan:

Break down your fitness goal into three separate 4-week segments: June, July, August and choose one thing to focus on each month. For example, if you are just getting back into shape, the month of June could be all about easing your way back into physical fitness. Think walking, jogging, cycling, or any activity at a beginner level—like pickleball—which is easy to learn!

Allow your body 4 weeks to adjust to new exercises and the new ways you are moving your body. Plan the frequency of your workouts, the duration of time, and when to rest. Keep an exercise log tracking distance, time, flexibility, weights used, and anything else you notice.

Tip: Start slow, but be consistent.

If you are already active, one fun way to change things up is add something new to your plan. If you regularly focus on cardio activities, try adding weight, flexibility training, or a new sport to your regime. It’s a great way to stay challenged and to cross train.

Tip: Summer is great for open water swimming, stand-up paddling, kayaking, or golf.

For the next month (July), build on the foundation you created and increase either weight, distance, duration, or learn a new skill. For example, if you are walking, add hand weights, if you are jogging, add speed, if you’re cycling, add hill training, if you’re holding a plank, add time.

For August, evaluate where you are with your fitness goals and adjust your plan. Pull out your exercise log and decide if you’re on track to reach your goals. Look at how consistent you’ve been throughout your workouts and how far you have come. Have you increased strength, flexibility, cardiovascular endurance, or speed?

Remember, reaching physical fitness goals isn’t just about how hard you train or how strong you become. Staying motivated and committed is a big part of the battle. And don’t forget to look at how you’ve been feeling! All of these things add up and will help you build healthy lifestyle habits that last.

Bianca Schaefer is a Holistic Health Coach who inspires a global community to take charge of their health through nourishing their body, mind and soul with delicious foods, an active lifestyle and a mindset that believes anything is possible. Check out Bianca on her personal website, Bianca Schaefer.com or follow on Social @biancaschaefer1.

by Bianca Schaefer



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

Telling it to you straight. **exp**
REALTY
BROKERAGE

Your Real Estate Advocate.

Experienced – Responsive – Compassionate
Outselling the Competition since 2012

NICOLE FORRESTER Broker
Home SA, FRP

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

Bellissimo Beauty Academy
Training & Services

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

(416) 799-0325
www.bellisimobeautyacademy.com

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

Sue-Ann Bavlinka
Psychic/Medium

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

Private readings, telephone readings,
parties, functions

AT FIRST GLANCE, FIRST IMPRESSIONS MEAN SO MUCH!

First Glance

LIMOUSINE SERVICE LTD.

24/7h
SERVICE

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

Holistic Compassionate Touch
Reflexology - Feet, Hands, Ears, and Face

For an appointment or house call, please contact
Reflexology Therapist Linda Googh RCRT
Wellness Expert, Speaker and Teacher/Examiner with Reflexology Association of Canada
905.727.8605

www.lgreflexology.com
www.reflexology2go.com

RAC
REFLEXOLOGY ASSOCIATION OF CANADA

REFLEXOLOGY

Tweens, Teens & In-Between

by Afeefa Malik



Social media is a big part of teens lives today. According to a 2018 *Pew Research Centre* survey, 45% of 12 to 17-year-olds are always online and 97% use social media platforms like *YouTube*, *Facebook*, *Instagram* and *Snapchat*.

Social media is not entirely bad. There are some benefits. Social media helps teens feel a sense of belonging through digital communities. You can connect with other teens and build social networks. You are not limited by where you live, you can easily connect with other teens around the world. Personally, I met a very close friend through social media.

But sometimes we don’t realize the negative effects social media has on our mental health. It can distract us and disrupt our sleep. According to the *Addiction Center*, “An estimated 27% of children who spend 3 or more hours a day on social media exhibit symptoms of poor mental health.” Your social media feed is curated for the things you like or do. If you are feeling sad, you may begin getting sad videos or “quotes” that relate to your situation. I think that this cycle can trap you in that particular state and it can become harder to escape.

Another downside of social media is that it makes it very easy to compare ourselves to others. We can become obsessed with the way people look, or the fun activities they do, which sometimes might be unattainable for us. But we also contribute to this problem. We post the fun things we do and seldom share the struggles or boredom we also experience. This raises the question of our initial purpose of posting on social media. What do we intend to get out of it? This is a question that I am still trying to figure out and I think that it is up to us to determine our intentions.

Maybe this could be the catalyst for a digital detox. If that is what you decide to do, it is important to plan so that you do not break your goals. To what extent do you want to limit yourself from social media? Do you want to limit it to a certain number of hours in a day, shut off all social media before a certain time, or even distance yourself completely? It is important to identify your needs to do good for your mental health.

In the past couple of months, I started developing an unhealthy relationship with social media. I was constantly feeling empty and filling myself up by scrolling through social media. Some of the ways that I have reduced my usage is by completely logging out. For the most part, I was only worried about keeping in touch with my friends so I let them know in advance how they could still reach me. By distancing myself from social media, I have not only had more time, but now I can schedule more meaningful activities.

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 Monica Fox



Getting Ready for Summer Break

As parents we put a lot of pressure on ourselves to do everything to keep the family happily moving forward day by day. In walks summer break. Every year. Remind me again why school doesn't run 12 months a year? They happily close for the nine weeks during the peak summer months only to leave many parents in a lurch. I think it might be time to collectively challenge the status quo because fears of what to do all summer and how to keep the kids entertained while we still need to work are starting to set in. To help prepare for summer break so that you can best manage work and life, consider the following:

Change Your Routine

It is likely that your current routine is going to change. It may feel overwhelming, knowing that the smallest crack in your current foundation could mean a flood is imminent. Perhaps start by planning around vacation time and travel you might like to do as a family. Then see if your employer can make any accommodations for flexible work hours. The silver lining to this pandemic is that many workplaces are now accustomed to accommodating – guilt free.

Enroll Early

If you started to enroll in camps in February/March, good for you for being on the ball. If not, mark your 2023 calendars now so you're ready when spring rolls in next year. Camp is not only a great childcare solution during the summer months, but it's also an opportunity for your kids to choose camps that align with their interests and hobbies. If you manage to coordinate attending with some of their friends, brownie points for you! It's never too late to make parent friends to help with this.

Budget

Aren't we lucky that school is free (minus our tax dollars of course) when you see your bill for summer childcare/entertainment? You might already be questioning how young is too young to get a summer job. To help reduce costs, decide if purchasing memberships or passes to places your kids like to visit is worth while. You can also take advantage of holidays and make them a big deal. It adds a bit of excitement and there's often free events happening in your community such as firework shows, festivals or markets.

Summer Jobs

If your kids are old enough, consider encouraging them to get a summer job to help pass the time and make a bit of extra spending money. Bonus if it doesn't require a chauffeur. For example, becoming a camp counselor is a great summer job that includes leadership training and can last for all four years of high school or longer.

No matter your situation, start to fill up that calendar you have hanging in your kitchen and when you look back on your summer you may even smile at all the great memories you created.

Monica Fox is an HR professional who understands the demands of being a working mom. When not spending time with her family, she loves to pursue her many hobbies which include art, photography, writing and athletics..

by Kim Dobie



A Forkful of Healthy

Banana Blueberry Coconut Chocolate Chip Muffins

A whole wheat muffin recipe with a little bit of everything – banana, blueberries, coconut and of course, chocolate chips!

Ingredients:

1/2 cup butter

1/2 cup brown sugar

1-1 1/2 cup (3 large) ripe bananas, mashed

1/2 cup Pina Colada Mix (or Milk)

1 tsp vanilla

2 eggs

2 cups whole wheat flour

1 tsp baking powder

1 tsp baking soda

1/4 tsp salt

1 cup blueberries



1 bag shredded coconut (optional)

1 bag (300g) semi-sweet chocolate chips (optional)

Salt to taste

Directions:

1. Preheat oven to 375 degrees.
2. Grease muffin tins or line tin with a muffin / cupcake wrapper.
3. Mix butter and brown sugar until fluffy. Add bananas, milk, vanilla and eggs; mix well.
4. Add flour, baking powder and baking soda. Salt if desired. Mix until moist.
5. Add blueberries and coconut.
6. Spoon into muffin tins. Fill tins 2/3 full.
7. Bake for 20-25 minutes until lightly browned.

Kim is a country girl who enjoys growing a variety of fruits and vegetables to add to her recipes, but on occasion also enjoys making delicious goodies for her grandkids.

FINANCE & REAL ESTATE INSIGHTS

by Nicole Forrester



One of the most common questions in real estate is, "Which home improvements will bring us the greatest return?" Of course, this is dependent on your budget, goals and timeline, but here are a few minor renovations and updates that you can work on this summer that will make the biggest impact and give you the best return on your investment.

Minor bathroom update – Bathrooms are often seen as a great return on investment when it comes to updates, but it's not an all or nothing proposition. Update your bathtub. Put in a new tub, use an insert that goes over your original tub or have it professionally re-painted, if it's got a few rough spots. If your vanity and sink have seen better days, consider a new modern vanity and sink. With a new coat of paint on the walls and an update to your faucets and door handles, you will feel like you're in a brand-new bathroom.

Minor kitchen update – Although we love to think of our living rooms and dining rooms as our main show pieces in the home, it's the kitchen where we congregate as a family, have family talks and make big decisions. The kitchen is arguably the most important room in a home! Here are a few ways to freshen up a kitchen without breaking the bank. Paint your kitchen cabinets and change the handles. Update your countertops. Granite and quartz are a great splurge but they have come a long way with faux finishes. You can update a countertop with a faux finish if stone is out of your budget. Upgrade your appliances to stainless steel one at a time over a few years. Check out the deferred interest plans for major appliances and big purchases at *Lowe's* or *Home Depot*.

Landscaping & Exterior Improvements – Let me introduce you to the power of paint! Painting your front door, window shutters, and garage door can be a facelift for a property. Adding some planters that potted plants can be changed out quarterly will always keep you trending for the season with minimal effort. Do yourself a favour and if you're thinking of putting in or replacing a deck, seriously consider using composite instead of wood. Composite is more expensive than wood, but it's the gift that keeps on giving as it never needs to be painted and looks good for 10+ years, versus a wood deck that will need to be painted or stained at least every other year.

Updating your home doesn't have to come with a ridiculous price tag to have a big impact. Just remember, paint is powerful and so are you!

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

SEAN FOX Realtor

Cell: 647.207.9489
Office: 905.695.7888
seanfox.realtor@gmail.com

RIGHT AT HOME REALTY

300 West Beaver Creek Rd.
suite 202, Richmond Hill, ON L4B 3B1

your local expert for all things REAL ESTATE

BENJAMIN MOORE
ECO SPEC

ECO SPEC Interior Paint is Benjamin Moore's greenest paint. Now 2 stores to serve you

Oshawa Paint & Wallpaper Inc., 894 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 ECO SPEC™
Certified asthma & allergyfriendly™
Only at Benjamin Moore retailers.

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 never thought I would be writing about this. I have been staying at a friend's house while they are away. We are watching the house and looking after their dogs. The first night I saw a dog standing and looking out the bedroom door and assumed it was the German Shepherd we were watching and fell back to sleep. Later that night, I awoke to what seemed to be a large dog standing on our bed and when I reached up to pet it, my hand went right through it! Two days later, my husband was also telling me about the dog he saw standing in our room and when he went to pat it his hand went through also. He found a picture in a hall and we both realized that was the dog we had both seen. The owners confirmed the beloved dog had passed on the property only a few months prior. Is this normal?

Signed,
Ghost Dog

A. The short answer is yes. It would be understandable for the dog's spirit to remain on the land with its owners. He is still a part of the family and as he was in life he is in death. He will continue to watch over the family he had watched over for his entire life. Such unconditional love and devotion.

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

The COACH Corner

by Malachi Brown



Wow - Those are Beautiful!

That was my standard comment every time my mom showed me her garden. For years I would admire her backyard; it was a rainbow of colours and amazing plants. My mom definitely had the green thumb in the family. Anything she planted just grew. The rest of us pretty much conceded the trophy and awards to her every summer. We couldn't compete. Sitting on her deck was like being in a greenhouse.

Over time however, my older sister decided to give gardening a try. My mom's green thumb must have been heredity as my sister apprenticed under the watchful eye of my mom. Soon the conversation between them was comparing notes about flowers and plants. Names of plants and flowers I have never heard before was now normal conversation. Where was the best place to plant a particular flower? What flowers best worked together? What flowers attracted humming birds? What plants would keep away unwanted animals? These two were having way too much fun discussing the joys and benefits of gardening. Next, I found myself at my sister's, admiring and being envious of her garden.

I wanted to have a backyard like theirs. Would that even work? In the past, any little plant or flower I bought or was given as a gift, died. I got anxious thinking I could even have a backyard that resembled my mom's or my sister's. Would I even come close knowing these two might ridicule my attempts? But I knew how much I loved sitting on my deck during the summer. I wondered how much more enjoyable it would be to have the beauty of plants and flowers to admire too. I knew what I had to do. I would have to step out of my comfort zone and give this gardening adventure a try.

I had to become a secret gardener initially, as I wasn't yet ready for prime time viewing by the experts. With a little research, I ventured out. For some strange reason I decided to start with tomatoes. To my great surprise, they didn't die and soon they were growing like crazy. By the end of that first summer, I had way too many tomatoes. This however gave me the courage to venture out the following summer, planting flowers. Low and behold, my garden oasis was starting to take shape. Wow - that's a beautiful flower - I would often hear my self saying.

Year after year, with more confidence and research, my gardening skills were improving. The gardening experts were quite impressed by what they were seeing. They actually were asking me gardening questions. That was very satisfying!

I have come to appreciate the beauty a backyard garden brings. The benefit of working the soil is also very therapeutic. During the pandemic, I read about the large number of people who had taken up gardening for the first time and who loved it. What are you waiting for? If you haven't started yet, give gardening a go. You will love the rewards and satisfaction it brings.

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

Sometimes when I go out with friends for lunch, I have to laugh. After the meal we 'spring chickens' (after sitting for a long time) slowly get to our feet, trying not to groan too loudly. The aches and pains seem to be part of aging for many people.

There are other things that can cause ache and pain problems, not only for seniors but for people of all ages. Stress is one of them. Stress is likely part of everyone's life. Some stress is good because it is what helps us to 'get going'. Other stress isn't good because it can cause physical problems. Your heart rate may increase, and your blood pressure may go up. Stress can slow down digestion and cause a lack of sleep. It can also cause headaches and migraines and an increase in muscle tension.

Everyone experiences stress from time to time. The problem is when it doesn't go away. Chronic stress shows up in different people in different ways. For some, it could be depression and anxiety. For others, it could be arthritis or diabetes.

One of the things that some people find helpful when they are stressed is a massage. A massage can help relax you and decrease stress. Massage therapy for seniors (or geriatric massage) offers these benefits as well. It is especially beneficial for seniors because it increases blood flow to the limbs, improves flexibility, helps improve balance and gait (which helps decrease the chance of falling down), softens hard muscles and tissue, eases stroke recovery and helps relieve arthritic pain; just to name a few.

There are many places throughout Durham Region where you can get a massage. You can find them online. Some massage therapists specialize in certain areas, like geriatric massage. If possible, meet with a massage therapist before you decide to use their services. If you can take someone along with you for an initial meeting it might help to ask the right questions. Usually, you don't need a referral to see a massage therapist. Massage therapy isn't covered by OHIP. It costs between \$70 and \$90 for an hour session. If you have a drug plan, they may cover part of the cost.

If you can't afford a massage, there are other things you can do too. Yoga is one of them. Another is a warm bath. If you spend a lot of time in one place such as a computer, make sure you are comfortable. We all know that exercise is good but we don't always do it. Just breathing deeply can also help. Sometimes we cause aches and pains by what we do, a heavy bag on one shoulder all the time or even the way our arm is when we sleep. If you can't get a massage, check online for helpful suggestions to make changes that help solve some of your problems. Do what you can to stay healthy.

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.



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.

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

Cold & Flu Essentials

Prevention



Disinfection



Immune Support



Anti-Viral Management

