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Autumn 2022

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Published by

INSPIRED Media Inc.

Operating: INspiredcreative, Your one stop shop for all your marketing,
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The Local Biz Magazine, The Pink Pages Directory, PinkPlayMags, and theBUZZ.
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From the Publisher

Hello everyone and happy fall!! I hope you all have enjoyed your summer. I've had a lovely summer enjoying the beautiful weather outdoors, and I'm looking forward to the beautiful colours and fresh air that the fall season ushers in.

In this issue of the magazine, we have three feature articles for you. Our editor Wendy will elaborate on the longer two features in her letter. I would like to talk about the shorter feature article series we have. Continuing with our theme about Durham's rich heritage, this time in our 2-page feature, Sher Leetooze looks at the heritage buildings in Whitby Township. 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 – Whitby Township*.

I'd also like to take this time to say good-bye to columnist Sue-Ann Bavlnka. Sue-Ann has been with the magazine for many years using her intuitive wisdom to help readers deal with their personal struggles in her popular *Ask Sue-Ann* column. We are sad to see her go but wish her the very best in her future endeavours. Taking Sue-Ann's spot will be our new columnist, Sheila Marina. Sheila has successfully worked as a Children's Services caseworker directly helping families for three decades. Having grown up in a less than desirable situation with a mother whose mental illness and unresolved trauma ultimately lead to an untimely death, Sheila is keenly tuned-in to the crippling effects of stored pain, shame, guilt, anger, sadness, and depression. Trained as a Positive Psychology Practitioner, Sound Healer, Reiki Master and Hypnotherapist, Sheila has developed into a helpful Soul who is compassionate about raising self-awareness to promote self-healing. We hope that her kind and supportive advice will help you on your healing journey. You can find her *Ask Sheila* column on page 27 of the magazine.

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

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From the Editor

I hope everyone has had a wonderful summer! The past few months flew by for me! It felt like the first “normal” summer we’ve had since the pandemic, and it definitely felt like we were making up for lost time. Now that back-to-school season is upon us once again, let’s hope that it can also be as “normal” as possible too.

In this fall issue of the magazine, we look at a topic that is synonymous with back-to-school season and that’s extracurricular activities. I was involved in extracurricular activities throughout my elementary and high school years, and I really enjoyed it. In addition to meeting new people and making some lifelong friends, I also learned new skills and improved my skills in existing areas that already interested me. As a parent now, I encourage my kids to join extracurricular activities that pique their interest because I know the benefits it offers. Writer Victoria Cozza echoes this when she talks about the advantages of taking on extracurricular activities which include learning new skills, boosting academic performance and improving social skills. You can check out her article *The More You Know, The Better You’ll Become: The Benefits of Extracurricular Activities* on page 6 of the magazine.

Another feature topic we decided to explore this issue is on cryptocurrency and bitcoin. For those of you who are not familiar with the topic (neither am I!), this would be a good introduction article to read to learn what it is and how it works. Writer Sam Burton breaks it down for us in her article *Cryptocurrency & Bitcoin: All You Need To Know* on page 11 of the magazine.

Finally, I would like to say goodbye to Wendy Lee and welcome Kubra Mir, our new recipe columnist to the magazine. Kubra shares with us her love for cooking with her tantalizing recipes which I hope you will try out. You can check out her column on page 25 of the magazine.

I hope you enjoy reading the Fall 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

The Local Biz Magazine



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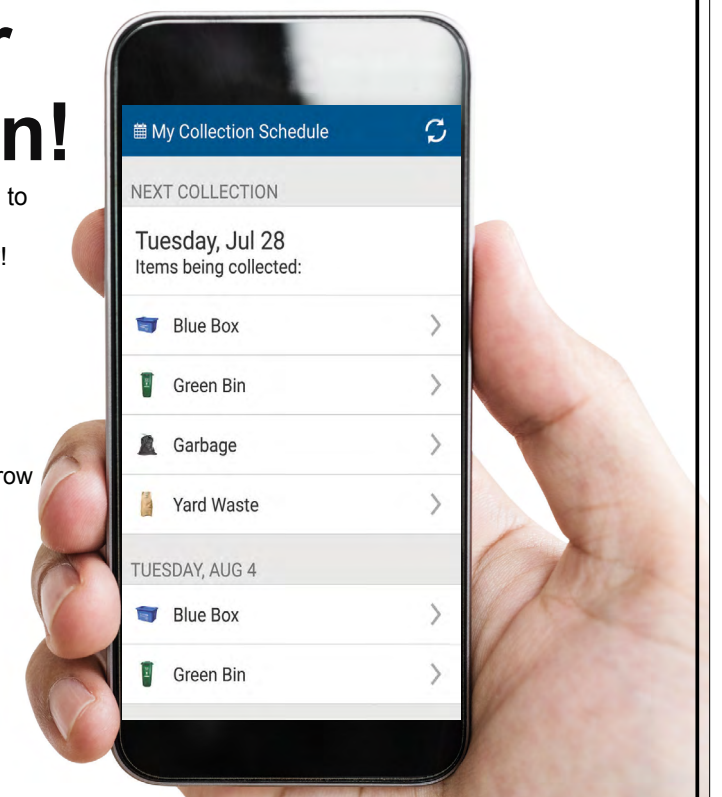


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The More You Know, The Better You'll Become: The Benefits of Extracurricular Activities

by Victoria Cozza

Anyone who knows me knows that I love learning things. As a child, I was desperate to fill my free time with things that interested me, so naturally, I joined every club, group, and activity that was available to me.

Before I knew it, I was doing multiple extracurricular activities a day, and this continued throughout my education. I loved exploring my interests and passions through these activities and learning about the people who participated in them alongside me.

Now that I'm done school, I expected this desire to subside, and it has to a degree. The different demands of life as an adult have changed the way I participate in these activities, but I still find myself taking the time to learn and participate in as many things as I can. While it might not be the same experience that I had as a child, I'm glad I still have a thirst for knowledge and I'm grateful that I'm able to continue chasing it.

What are Extracurricular Activities?

Despite my obsession with extracurricular activities growing up, I've never taken the time to examine what they were or why they were important. When someone spoke to me about extracurricular activities, I'd just list off the things I did outside of school and moved on. In theory, I understood that they were

essential experiences for university/college applications and important to list on my resume, but I didn't think much about why it was so crucial to join them. It was just something I did.

In recent years, I find myself in increasingly more situations where I need to talk about the things extracurriculars have taught me. Once I was forced to look at these activities from a different angle, I realized that they encompass more things than I imagined and have much more to offer kids than I originally thought.

Extracurricular activities are individual and/or group activities that kids participate in outside of school. They typically surround a specific goal, interest, or purpose that kids can participate in to further their knowledge or skill in a certain area. Some obvious examples would be joining a sports team or taking music lessons, but the options extend far beyond the basic choices. If the activity exists, chances are there is a group dedicated to bringing enthusiasts together.

A Non-exhaustive List of Benefits

Learning New Skills

Extracurricular activities usually surround a specific interest and the main thing your child will gain from it is knowledge on a specific topic and a specialized skill set. Since interest in a specific activity is usually the driving force for joining extracurriculars, your child will spend hours learning something new and developing techniques in a specific field. While the specific knowledge and skills from the activity are a welcome bonus, extracurriculars provide a context for children to learn life skills



that can be transferred to other areas of their life. These skills often start as the basis of a hobby that will enrich their life for many years to come, but it will also prepare them for life beyond childhood. It gives children a space to work through emotions as they experience new things and be a healthy outlet for stress that they can continue to utilize in adulthood, as well as provide them with life skills like discipline, independence, reliability, responsibility, accountability, and adaptability.

Extracurriculars allow children to gradually learn these crucial life skills in a low stakes environment, and leaves space for them to make mistakes and learn from them. Usually, children are given more responsibility and have more expected of them the longer they participate in an activity, which works as a wonderful trial run for adulthood.

I wrote for this magazine when I was a teen in high school, and it provided me with many things as I learned about myself and the world around me. It not only helped me improve my writing skills, but it also allowed me to write professionally and for an audience. Beyond that though, I learned how to work alongside others to create something, I became familiar with working toward a deadline, and I was given a space to explore my feelings and experiences in a safe and healthy way. These are skills that continue to provide benefits in both my personal and professional life despite my education being complete.

Boosts Academic Performance

The skills you learn from extracurricular activities are often transferrable to academic settings. Education requires lots of time

management skills, problem-solving skills, a strong memory, creativity, and critical thinking skills. All of these skills can be learned, in varying degrees, through extracurricular activities.

Additionally, when children participate in activities they enjoy, it often improves other aspects of their life, like school. Though they will have to split their time between school and their chosen activity, many studies have shown a correlation between extracurricular activities and improved academic performance. Having an outlet for excess energy or stress makes it easier for kids to focus when they need to study or complete assignments.

My many extracurricular activities provided me with mental breaks throughout my day, allowing me to focus on something other than the stress of school. When I was at a club meeting or practicing for a dance or music lesson, I got to work out my stress through a physical action and leave school behind for a couple hours. After I was done, I always felt refreshed and ready to face school once more. These activities helped even more once I got older and entered exam seasons. Taking time away from studying always helped me reset and refocus on the task at hand, and I believe it did improve my academic performance in the process.

Improves Social Skills

Making friends is often difficult for kids since it requires lots of confidence; a skill that children often don't know how to express yet. Extracurriculars are almost always a group activity, so they can double as a great space to make new friends outside of school. Since everyone participating shares a common interest, it



gives children a starting point for conversation which can lead to bonding and friendship.

In addition to forming relationships with others, extracurriculars can also help children develop self-esteem and social skills. By speaking with others and working toward common goals, children learn how to express themselves in productive ways and also get comfortable expressing themselves in front of many people. As they strengthen this skill, children can better recognize and express their improvements and accomplishments. This provides them with a sense of gratification and pride in their talents and teaches them confidence in their skills.

One of my many passions in life is music. I am a trained singer and I have been a part of numerous choirs throughout elementary school, high school, and university. Despite being confident in my public speaking skills, I had lots of anxiety when it came to performing music. I hid my passion for music for many years so that I wouldn't find myself in situations where I'd have to sing in public. Once I joined my choir in high school, things began to change for me. I began to fall in love with music in a new way, because this time, I had an entire choir to share these feelings with. We went into every performance as a unified group, and we relied on one another to make sure everything sounded the way it should. I gained lots of confidence in myself and my skills during this time in my life and I'm proud of how far I've come since. I not only gained an indescribable amount of confidence in myself and my ability to speak/sing publicly, but I also gained a new set of social skills through making friends and

learning that being the center of attention isn't always a bad thing.

How to Find the Right Activities

Finding the right extracurricular activities for children is difficult since there are many factors that must be considered in the choice. Sometimes your child will show an interest in a specific activity, and you can begin searching for the right place for them to pursue it. Other times, they might not show an interest in any of the options presented to them and you must take initiative to find them something they'll enjoy. Both situations are normal!

Extracurriculars generally fall into one of these categories; sports/physical activities, jobs/volunteering, student run clubs, culture-based clubs, or the arts/creative-based clubs. Within these categories are an array of activities for children to take part in. The cost and level of involvement entirely depend on what works for you and your child! I took part in a long list of extracurricular activities throughout my life, all ranging in involvement and cost. If I had a passive interest, I'd look for programs that were offered through school or my town so that they would be free or low costing. As I got older and more familiar with the different activities I was participating in, I chose a few that I wanted to pursue more seriously. These were the activities that became more costly. All these decisions were based on balancing what I wanted and what my family could comfortably afford. This will look different for everyone, and it is important to check in with your child to see how you can find that balance as well.

If your child wants to join an extracurricular activity, ask if they already know of an organization that they'd like to attend. Sometimes children will know of a place that offers what you're looking for from their friends, family, or teachers. If that is the case, and the program is feasible for your family, sign them up!

If they don't know of anything specific, use your network of friends, family, coworkers, other parents, and teachers to ask around and see if they can recommend a person or place. *Google* is also a terrific tool to find what you're looking for. Many times, you'll find you already know of people/places that will work because you've seen advertisements on different websites and social medias. Once you find a place that is right for you and your child, you can sign them up and watch them start learning!

If you want your child to join extracurricular activities but they don't show any interest in the more popular options, ask them about their favourite thing to do or what they love to learn about. This will give you a great starting place to find the perfect activity for them! More times than not, if your child shows an interest in a specific activity, there is a person or organization that can help further their knowledge!

If your child is too young to express anything specific but you're looking for a place to start socializing them, I suggest looking up your city/town website. They typically offer a list of activities that are cost friendly and well established. You can sign your kids up for these programs or use the list as a starting point to find your own programs! The Durham Region's website also has many sections dedicated to the different programs offered in our area

as well as a list of low cost and subsidized programs if you're looking to stick to a budget!

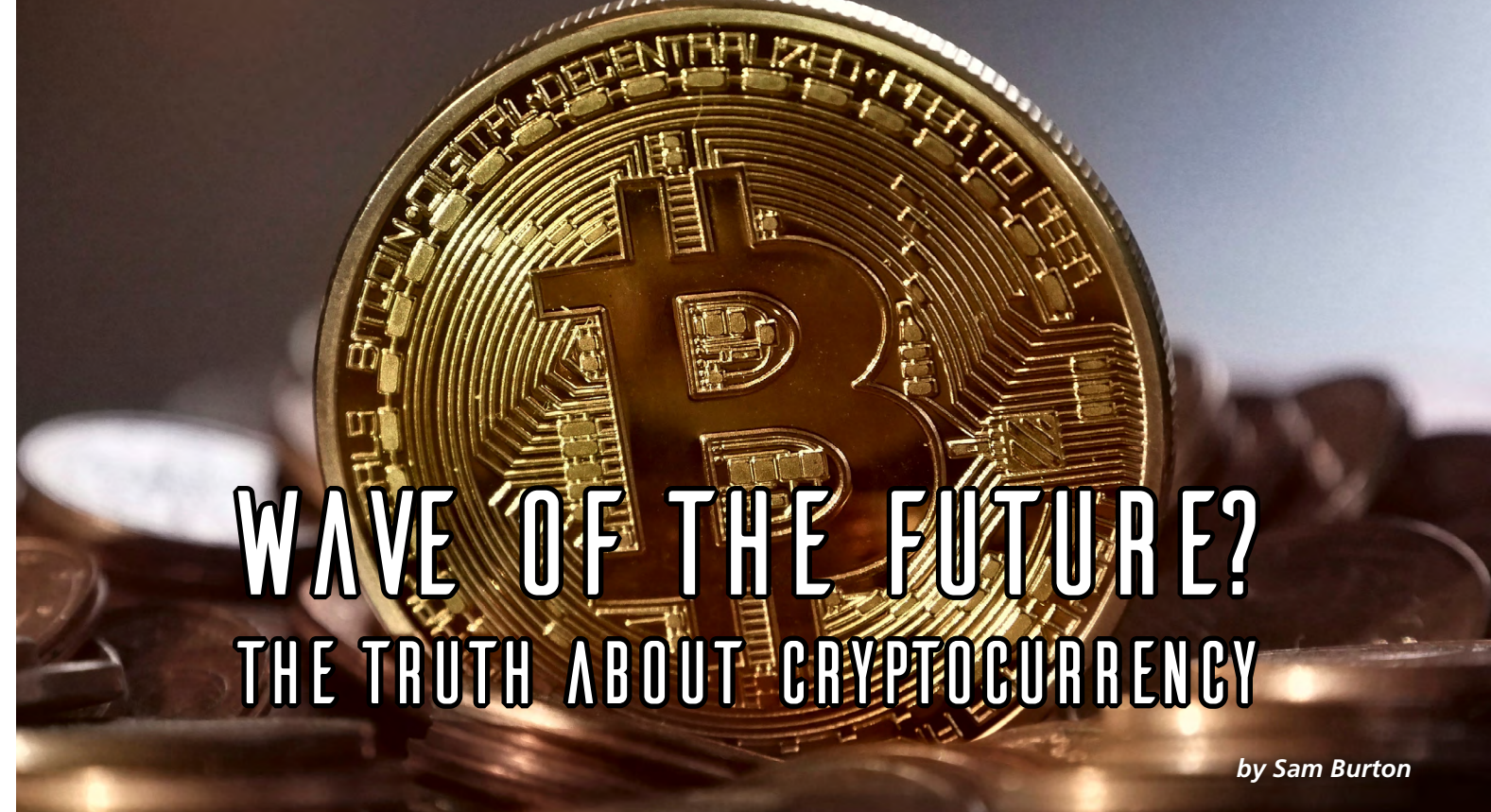
Though it might take a little work to find your child the right extracurricular, it is worth the benefits and the happiness your child will receive in the long run. My many extracurricular activities made my schedule extremely hectic, but I thrived despite it. I loved the sense of belonging and feeling of happiness that these activities gave me, and I'm indebted to them for many reasons. I gained an immeasurable amount of knowledge and found many lifelong friends while doing these activities. Most importantly though, I found myself. Extracurriculars allowed me to explore the many facets of my personality and helped me see who I was and what I value. As you all gear up for another school year, I hope your children can find these spaces and learn to grow and thrive like I did.

For more information about free activities in your community, visit <https://www.durham.ca/en/health-and-wellness/low-cost-and-subsidized-recreation-programs.aspx#Free-activities-in-your-community>.

Victoria Cozza is the Production Co-Ordinator at ECW Press. When she's not spending time with her family and friends, she's reading books at an obsessive rate, singing for anyone who will listen, and crocheting an endless stream of blankets.



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Technology is constantly advancing, and often at a rate that we are not able to keep track of. The value of the dollar in Canada and the United States has changed dramatically since the pandemic, with the prices of gas, foods and general services steadily increasing. It is normal and adaptive to want to take control of your money in whatever way that would benefit both you and your loved ones.

The way that we use and exchange has also grown and changed along with us. If you are on any form of social media, it is likely that you have heard of something called cryptocurrency. It's actually very common to receive a strange message from someone you've never met telling you to invest in Bitcoin (or some other word you don't recognize). You likely may have just cast this message aside as it appears to be another type of scam. While it is still possible that these messages are scam, Bitcoin, along with other thousands of cryptocurrencies are very much a real thing.

If you are curious about words like bitcoin, blockchain, mining, and cryptocurrency, you have come to the right place. If you have heard of it, it is likely that you have some preconceived notions, as well as some misunderstandings about what cryptocurrency is. This article is meant to explain everything, from the history, the

advantages, the disadvantages, and the future of digital money. Let's get started.

What Is It?

Cryptocurrency is a type of currency that exists digitally or virtually. It is encrypted and it is decentralized. It has not yet hit the mainstream market as a form of money that you could use or trade electronically, which is what you can do with the US and Canadian dollar for example. It is slightly more complicated, but it is within the realm of technology that has an advantage over current systems of currency.

Here are some examples of the issues with our current form of money exchange:

- Payment systems such as credit cards and wire transfers are very outdated
- Middlemen like banks take a cut of your money which can make transactions slow and expensive.
- Around 3 billion people cannot access financial services and thus do not have a method of gathering their currencies.

Many forms of cryptocurrency aim to solve these problems and more.

It should be noted however, that the use of cryptocurrency isn't legal in all parts of the world, and still is heavily restricted in other countries.

The Basic Premise

Cryptocurrency longs to remove the middleman previously mentioned, which are government-based banks. Cryptocurrencies rely upon a technology called blockchain, which is decentralized. Decentralized means that there is no

single entity in charge of it. Unlike the US and Canadian dollar, there is no single authority that manages or maintains the value of cryptocurrency. Rather, these tasks are spread out among cryptocurrency's users via the Internet. This means every computer within a certain network can confirm the transactions of the cryptocurrency you are using. You can use your computer at home, a laptop, or even a phone. You don't need to give your money to a bank and simply trust them with your finances.

Your cryptocurrency are your assets, and those assets are generally stored in digital wallets, commonly known as a blockchain wallet. You can obtain cryptocurrency through an investor from concise apps such as *Cash App*, or through brokers. Another popular way to invest in cryptocurrency is through financial derivatives such as CME bitcoin futures.

Cryptocurrency can also be mined, a form of value generation, through cryptocurrency exchanges. The process involves downloading software that contains a partial or full history of transactions that have occurred in its network. This essentially means that anyone with a computer and an Internet connection can mine cryptocurrency. But it takes a lot of energy and is resource intensive.

A Brief History

The first form of cryptocurrency that ever existed was called Bitcoin. It is the most known form of cryptocurrency and will likely sound familiar to you. It was the first product, of the first blockchain, developed by a person who called themselves Satoshi Nakamoto. They released the idea of Bitcoin in 2008 as a form of electronic money. Despite being the first form of cryptocurrency, it was far from being the first attempt.

Bitcoin is created through a process called mining, as previously mentioned; this involves powerful computers solving vastly complicated problems. It was the only form of cryptocurrency until 2011, when Bitcoin enthusiasts found flaws within it and improved its design to create "alt-coins." There exist thousands of different forms of cryptocurrency (not just Bitcoin) although it is the most known and most popular.

Advantages, Disadvantages, and Myths

As previously mentioned, cryptocurrency seeks to solve many of the issues presented within modern day concepts of currency. That doesn't mean however, that cryptocurrency is without its disadvantages. Below are a list of advantages and disadvantages that can help you decide for yourself.

Advantages

- **Reducing Corruption:** When we give one government institution such as a bank complete power, it is likely that they are going to take advantage of it. And that leads to corruption. Cryptocurrencies aim to resolve the problem of this absolute power by distributing power among many people, which are all of the members of the network. That is the key concept behind blockchain technology.
- **Eliminating Extreme Money Printing:** Governments have central banks and those banks have the ability to print money when faced with an economic problem. But this act is like placing a bandage on a broken leg. Doing this has its side effects such as the value of the currency dropping. This



happens because there is more money to spend, while the amount of goods and services remains the same. As a result, everything costs more, while the money is worth less.

- **Giving People Ownership of Their Own Money:** When you give your money to a bank, you are giving away all of your control to that same bank. The government owns your money and is able to freeze your funds, or even deny you your funds given a circumstance. When you pass away, in the absence of proper documents, the bank and government also own your money. With cryptocurrency, your funds belong to you.
- **No Middleman:** As previously mentioned, if you are using a bank account, you likely pay a service fee. If you are lucky enough to not have to pay a service fee, it is likely because you have multiple products with that financial institution (i.e., you give them more of your money / business), or because you have to maintain a daily minimum amount in your account at all times. With cryptocurrency, all the network members in the blockchain are that middleman; their compensation is formulated differently and is much smaller in comparison. In a blockchain, transactions are verified by distributed nodes, and anyone can join the network as they please without disrupting the network's ability to form a consensus on transactions.
- **Serving Those Without a Bank:** As previously mentioned, there are over 3 billion people all over the world who do not have access to a bank, and thus, cannot access their funds. Cryptocurrencies can give anyone with a cell phone access

to payments and funds. More people have mobile phones than have toilets on earth, so a blockchain could help them.

Disadvantages

- **Criminal Activity:** Cryptocurrencies have been a popular tool for criminals to participate in illegal activities. An example of that is of the story of Dread Pirate Roberts who ran a marketplace to sell drugs on the dark web. His real name was Ross Ulbricht and he created the Silk Road Market which used cryptocurrency for the sale of illegal drugs and weapons.
- **Mining Requires Energy:** Mining popular cryptocurrencies require considerable energy with a computer. The amount of energy that is actually required though sometimes is as much as an entire country. That, combined with the unpredictability of mining requires a lot of dedication.
- **Security Issues:** Although cryptocurrency blockchains are highly secure, other repositories such as exchanges and wallets can get hacked.

Myths

- **Cryptocurrency is Only for Criminals:** The companies that boast about anonymity are attractive for criminals who can make transactions without revealing their identity. But cryptocurrency can be alluring to the law-abiding citizen who doesn't trust the corruption of their banks and possible political instability.

- **You Can Make Anonymous Transactions Using All Cryptocurrencies:** Not all cryptocurrencies incorporate anonymity. All transactions made using cryptocurrency are made on a public blockchain. There are ones where your privacy is prioritized, but Bitcoin (which people often equate with anonymity) is not one of them.
- **The only application of blockchain is Bitcoin:** Bitcoin and other cryptocurrency are a tiny byproduct of the blockchain revolution. They are simply the most known format.

Where Should I Start?

If buying cryptocurrency seems appealing to you, you are going to want a plan first. You may want to buy some yourself, or you might want to become more of an active investor and buy or sell cryptocurrency more regularly to maximize profit and revenue. Even if it is a one-time thing, it is best to plan ahead. Here is a brief summary of steps you can take before buying your first cryptocurrency.

1. **Select Cryptocurrencies:** There are more than 1,600 cryptocurrencies out there as of 2022. Some may disappear in a few years; others may explode in popularity. You can select cryptocurrency based on things like category, popularity, ideology, the management behind the blockchain, plus its economic model.
2. **Analyze, Invest, and Profit:** When you have narrowed down your cryptocurrencies, you can then identify when to buy them. Many people purchased Bitcoin in 2017 thinking that it was going to skyrocket. Many of those people mismanaged the timing and bought when the price had peaked. Their timing was wrong. Getting your timing right is vital.

The Future of Cryptocurrency and Bitcoin

The past 18 months have transformed cryptocurrency with greater growth, faster than ever. Its future however, is still very unclear. Many people dove into the world of stocks and cryptocurrency during the pandemic when funds were scarce. It was trendy but it didn't mean that everyone thrived from it. Financial analysts estimate that the global cryptocurrency market will more than triple by 2030, nearing a value of nearly \$5 million. Investors, businesses and brands can no longer ignore the rising growth of crypto.

So, if you are a person looking to get into cryptocurrency, it is likely that you will benefit from making an investment. But make sure that you hire someone who is knowledgeable about this type of currency, who is aware of the proper timing, and can help lead you into the future of financial growth and prosperity.

Sam Burton is a freelance writer, photographer, humanitarian, and artist out of Whitby, Ontario Canada. You can follow her various creative endeavours via her Instagram @typhoidandswans



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Durham Region's Rich Heritage Whitby Township

by Sher Leetooze

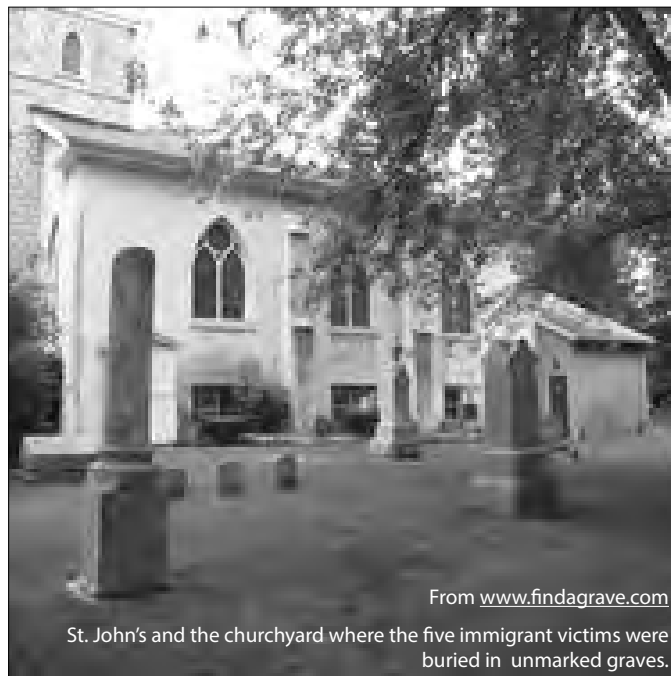
At one time, Whitby Township encompassed East Whitby Township and Oshawa, but in 1858, due to political decisions that were not popular with some residents, East Whitby Township was severed which included the fledgling community of Skea's Corners, later to be known as Oshawa.

The first settlers came to Whitby Township in the 1820's, though that portion known as East Whitby later on saw settlement as early as 1778. By 1832, settlers, many of whom were Scottish, had found their way as far north as Winchester, later known as Brooklin, and Butler's Corners, later known as Ashburn.

Although none of the log buildings from that time remain, many of the buildings listed in this article were built in the 1840's, 1850's and 1860's. Early structures indeed, and of such quality that they continue to serve their communities today.

St. John's Anglican Church, Whitby

St. John's Anglican Church is a historic landmark in Whitby as the oldest church building still in use in the town. It was built in 1845 and opened for worship on July 5, 1846. Located on the corner of Brock and Victoria Street, it was built out of Kingston limestone, a very distinctive looking stone. John Welsh, a store keeper in Windsor Bay (now called Port Whitby), shipped grain from Whitby Harbour, and when he shipped to Kingston, he took on limestone that was cut from the quarries there as ballast in the ship. He brought it back to Whitby and built a store out of it. John also had enough limestone to build the St. John's Anglican Church as well as a house.



From www.findagrave.com
St. John's and the churchyard where the five immigrant victims were buried in unmarked graves.

On May 24, 1867, German immigrants were travelling by train to their destination in Wisconsin. Five were killed in a disastrous train accident at the station, when a west bound freight train slammed into the rear cars of the stationary immigration train. The victims were buried the next day in the churchyard of St. John's church in unmarked graves. *

Whitby Centennial Building

The Whitby Centennial Building, also known as the Ontario County Courthouse, was constructed between January 1st 1853 and January 1st, 1854. Designed by prominent architects



Whitby Court House. From: historicplaces.ca
(Ontario Heritage Trust)

Frederick Cumberland and Wallace Storm, this building served from 1854 until 1964 as a trial court and a meeting place for County Council.

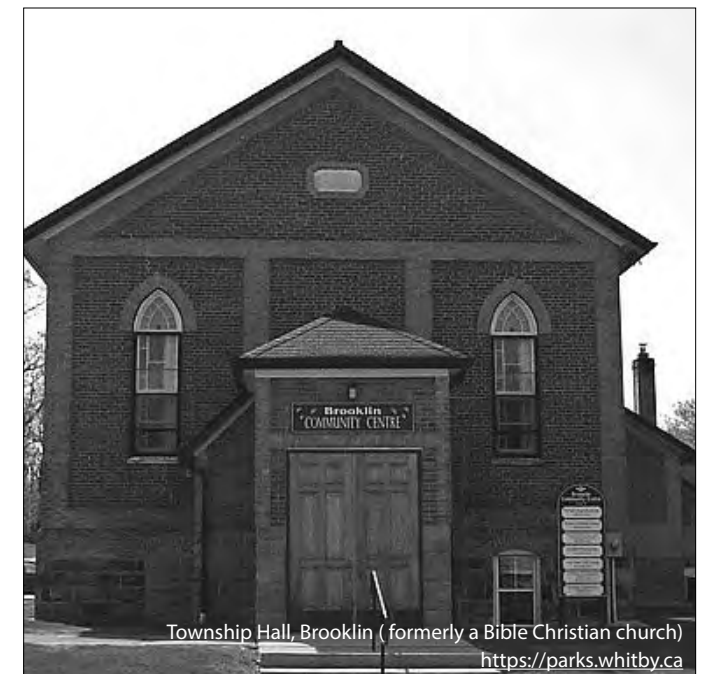
In 1967, a local Centennial project turned the unused building into a community centre. The courthouse presently houses the Whitby Courthouse Theatre, a banquet facility, local archives and is used by community organizations.

The building at 416 Centre Street South, situated at the north-west corner of Ontario and Centre Streets, is a two-storey brick building and was designed in the Classical Revival style, in what has become one of Whitby's oldest residential neighbourhoods. The site was chosen for its prominence, as it occupies the highest elevation in the town, which contributes to the building's monumental and grand character. The spacious grounds of the property originally served to accommodate a separate jail, to the north west of the courthouse (demolished), and, in 1873, a small Registry Office was built, in the north-east corner (extant). The entire block on which the former court house is located remains in public use for housing other cultural and recreational facilities.

The exterior of the building and scenic character of the property are protected by an Ontario Heritage Trust conservation easement (1985). The property was designated for architectural and historical reasons by the Town of Whitby under Part IV of the Ontario Heritage Act in 1979 (By-law 887-79). The building is co-owned and managed by the Town of Whitby and the Regional Municipality of Durham.

Former Whitby Township Hall, Brooklin

This building was built in 1876 as a Bible Christian Church. In 1884, when the five Methodist bodies united (the Bible Christians being one of these five), they joined with the local Wesleyan Methodists. With the Bible Christian Church now empty, it was purchased by the Baptist Congregation and was owned by them until 1916. The church sat unused until 1922 when it became the Whitby Township Hall, where the township council met, and where the township offices were located, until 1965.



Township Hall, Brooklin (formerly a Bible Christian church)
<https://parks.whitby.ca>

Since 1967 this building has been the Brooklin Community Centre and is the home for many community organizations. For architectural enthusiasts, this building was built in the Gothic Revival Style, but without any decoration - Bible Christian churches were plain and rectangular, with a single span and a front-facing gable.

Brooklin Legion Branch 152 / Brooklin House Hotel

The Brooklin Hotel was located at 56 Baldwin Street. It was built about 1882-3 on the north-west corner of Baldwin and Campbell Streets. It closed in the late 1960s and in 1970 became the Brooklin Legion Hall. The belvedere on the roof was removed before 1907.



An ca. 1892 Photograph of the Brooklin House Hotel, now the Brooklin Legion Hall, from the Archives at the Whitby Public Library

After WW 1, working under the auspices of the Oshawa Legion Branch, resident Dr. James Moore, a veteran of the Battle of Hill 70 in France, and several other local veterans worked to establish the Brooklin Legion Branch No. 152.

The Brooklin Legion did not fare as well as its Whitby and Oshawa counterparts. The last entry in the Legion’s minute book dates to January 1931 and it appears the branch disbanded shortly thereafter. It wasn’t until 1966 that the Legion was revived by Fred Phillips, a Brooklin barber. Mr. Phillips purchased the Brooklin House Hotel and began renovating the then 84-year-old building for use as a Legion Hall. The Brooklin Legion Hall was officially opened on June 6, 1970, the 26th anniversary of D-Day. Today, the Brooklin Legion has approximately 350 members and is a prominent and enduring landmark in the local community.

Malcolm McTaggart House, Myrtle Station

Located at 9455 Baldwin Street North, this one-and-a-half storey frame house was constructed with a board and batten finish. The house was built in circa 1867 in the Ontario Gothic Cottage style for Malcolm McTaggart, a prominent local farmer. The style was one of the most pervasive Ontario residential styles in the late nineteenth century. The style was promoted in the Canadian Farmer in the 1860s and was extremely popular in rural architecture for farm residences. In 1840, Donald McTaggart purchased 100 acres north of the ninth concession on the west side of the primary road known as the Centre Road (Highway 12).

Donald McTaggart (1798–1884) was born in Scotland and came to Myrtle in circa 1840. He was listed in the 1861 census as age 63, a farmer. He and his wife Mary Armour had one son, Malcolm, for whom this house was built. The area was known as Wells Corners until 1856. From 1856 to 1868, it was known as Lenwood. In 1868, it was renamed Myrtle.

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

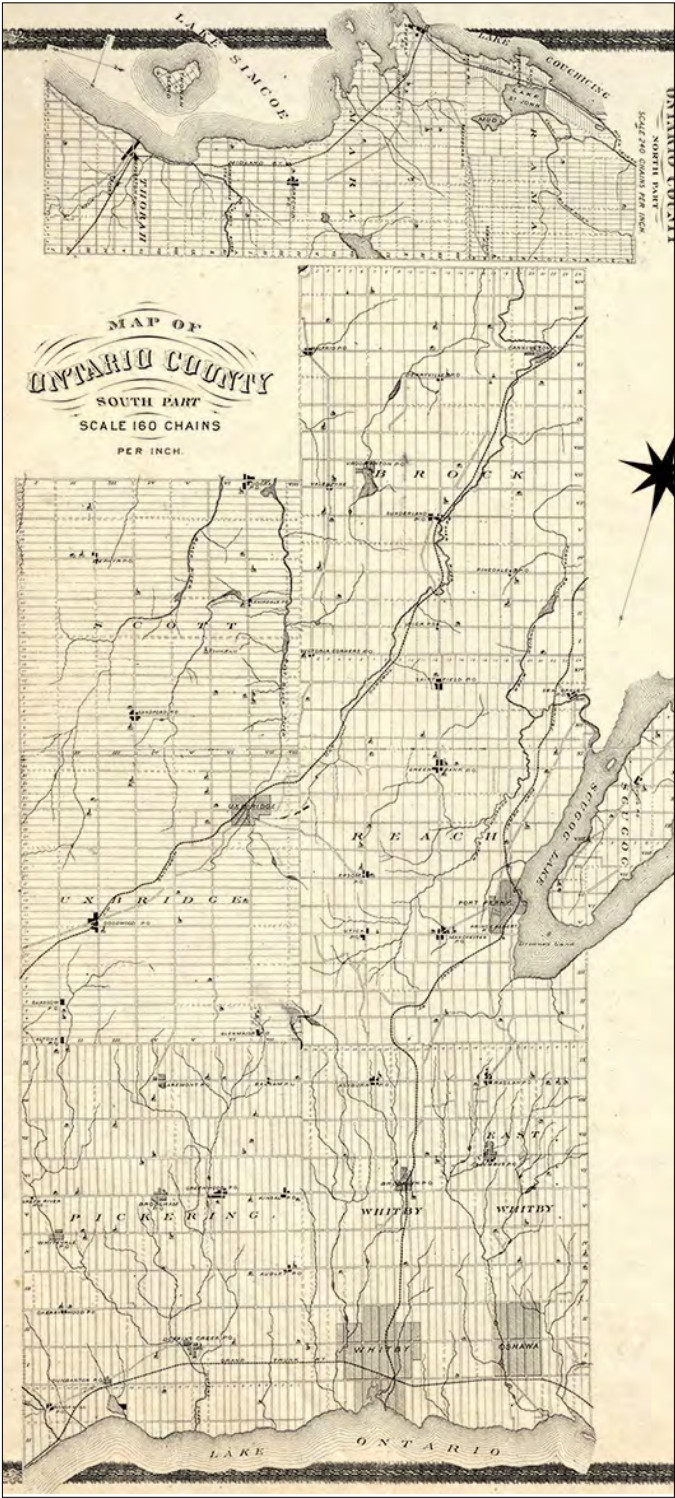


McTaggart House, ca. 1910.

From the Whitby Archives collection #27-000-003

** St. John’s Anglican Church note: Some of this information has been drawn from an article in The Chronicle, March 2018, by Claudia Latino. Other information has been drawn from the book, Chronicles of a County Town by Brian Winter, former Whitby Archivist.*

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.



Autumn 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.

September 3 to 5, 2022

Railfest
Looking for a fun day out for the entire family? You're on the right track! Join York-Durham Heritage Railway as they celebrate the end of summer with their first annual Railfest! Guests are welcome to tour the heritage museum, experience a working railway , enjoy complimentary rides on the heritage train, pump cart experience and live music, and a few other surprises. At just \$9.99 per person, Railfest is one of the most affordable events of the year!
Uxbridge
www.ydhr.ca
905-852-3696

September 4, 2022

Port Perry Fair
Farm animal shows and contests including 4-H Beef and Dairy shows, Heavy Horse show, Horse Pulls, There is a children and adult fiddle contest, demonstrations of clogging, lumberjack show, FMX, demo derby, extreme rodeo, midway rides, and more.
Port Perry
www.portperryfair.com

September 8 to 11, 2022

Orono Fair
The Orono Fair is a 4-day event enjoyed by young and old alike! The Orono Fair offers a full midway, livestock shows & competitions, home craft displays. Enjoy the energy of the demo cross and truck pull competitions. Lots of fun!
Orono
www.oronofair.com
905-983-9510

September 9 to 11, 2022

Uxbridge Fall Fair
The theme for this year's fair is "Your Country Fair." In the year 2022, as we return to many favourite community events, it's a good time to look back at the foundations of agricultural society and remember that our Fair belongs to our community. This is why the focus of this year's Fair is upon crops, crafts and traditional farm animals. Without these areas of agriculture, our society would not exist. We've also brought back most of your favourite events and attractions to truly revive "Your Country Fair!"
Uxbridge
www.uxbridgefair.ca

September 9 to 11

Drive Fest
Drive Festival is the ultimate dynamic event for auto enthusiasts in Canada. Showcasing all of the best in new car technology and unparalleled test drive opportunities on 3 test tracks. Plus, see and hear the best collections of exotic, manufacturer & classic cars roar up The Dream Car Speed Run, all weekend long. See manufacturer displays first-hand, view and test drive their newest models as you gain further insights and appreciation for their brand and the right car for you. Specialty car displays, check out some of the rarest and most collectible cars in the world. It's 3 days of automotive nirvana. Early Bird pricing available on ticket site.
Bowmanville
www.tix123.com/tickets/?code=DRVFEST22
(416) 809-1331

September 21 to October 5, 2022

Fall Colours Lunch Feast
If you enjoy the fall season, what better way to appreciate all it has to offer than from the comfort of a classic heated 1950s heritage rail car, while enjoying a lunch feast featuring award winning chef from Pelican Catering. The train travels through the Oak Ridges Moraine, an ecologically important landform which you can view just outside your window. Enjoy the beautiful forests, bushes, and captivating fall colours (Mother Nature permitting of course).
Uxbridge
www.ydhr.ca
905-852-3696

September 29, 2022

Oshawa Music Awards return live
This year, the OMAs award show will celebrate its fifth anniversary with an in-person event on September 29, 2022 together with a livestream element for the global online audiences. The Awards will honour artists across multiple categories—including Songwriter of the Year, Album of the Year, Emerging Artist or Band of the Year, Durham Song of the Year, and Music Teacher of the Year. The 2022 Oshawa Music Awards are proudly presented by Durham Region Economic Development and Tourism, 360insights, Spark Centre, Trent University Durham GTA, and Durham College.
For more information visit: www.theomas.ca

October 1, 2022

Newcastle Harvest Festival
Come to downtown Newcastle to celebrate the fall season. Music by Jacob Henley, free kids activities, artisan craft vendors, pancake breakfast and more.
Newcastle
NewcastleHarvestFestival@gmail.com

November 3, 2022

Fraud Awareness
Fraud awareness is your best form of protection. Join DRPS Detective Martin Franssen for a fraud information session. This program takes place in-person and you must register to attend. Register online or by phone.
Whitby
www.whitbylibrary.ca
905-668-6531

November 19, 2022

Bowmanville Santa Claus Parade
Annual Santa Claus Parade in the community of Bowmanville that celebrates the spirit of the holiday season. Don't forget your letters for Santa and non-perishable food donations being collected by the Salvation Army.
Bowmanville
www.bowmanvillesantaclausparade.com

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

Autumn Horoscope

SEPTEMBER 2022 to NOVEMBER 2022

by Julie Antoinette



Aries (March 21 – April 20)

Colour therapy is really a thing. Next time you're in a bad mood, walk into your local craft store and stay awhile. Compare your mood when you leave and note any differences. Colour emits vibration and vibration affects our mood. If you don't buy anything, you're also financially ahead!

Taurus (April 21 – May 21)

Your life is changing in every way possible. Your job, family, body, home, any or all of the above could be undergoing a great transformation. Your attempts to maintain stability throughout this process are only making things worse. Transformation is messy. Ask any caterpillar. The results are breathtaking. Ask any butterfly.

Gemini (May 22 – June 21)

You are a free spirit. Sometimes you think relationships can ruin this. However, lately you're experiencing an uncomfortable loneliness in your freedom. The key is to know who you are, and never lose your sense of self to anyone for any reason. This way, you'll always show up genuinely for yourself and for others. Don't lose yourself in other people's thoughts about you. The worst prison is what other people think.

Cancer (June 22 – July 22)

You have an ever-evolving vision for what you'd like your home environment to feel like. In the past, you've entertained surrounding yourself with an abundance of your favorite things. Presently, you are leaning more toward minimalism. Space and simplicity are far more valuable commodities than the crowding of an abundance of stuff. Realize that the former sense of wanting abundance was really rooted in a sense of scarcity. Less really is more!

Leo (July 23 – August 22)

Your personal search for meaning seems to be settling comfortably into your career sector. You are no longer satisfied with trading the best hours of your day for a pay cheque. You don't have to leave your job. There is a solution. Collaborate with your work environment to find ways to add meaning. Only you know what this means and how it will look. It's worth a shot!

Virgo (August 23 – September 23)

Letting go is really about releasing control. Although you hate witnessing loved ones suffer, you must realize that it is not your role to block their suffering just to save yourself the pain of witnessing it. It is one of life's greatest teachers. In this way, you've made their suffering really about your own suffering. Let go of this concept that is rooted in an enmeshment with the paths of others. Remember the Prime Directive in Star Trek, "You may be present, but must not interfere."

Libra (September 24 – October 23)

You notice that life seems much lighter and in flow than ever before. Think back to a seemingly small decision you made a while ago. It has now resulted in this great change over time which you could not have foreseen. Never underestimate the powerful impact of small changes over time. After all, the journey of a thousand miles begins with one small step.

Scorpio (October 24 – November 22)

Do you often entertain catastrophic scenarios in your imagination? An early experience of feeling unsafe has primed you to be hyper-attuned when scanning any environment for threats at all times. Yes, this skill has helped you to survive, but now it's time to thrive as your safety is no longer in question. Have compassion for yourself. An early trauma is seeking resolution so you can move forward.

Sagittarius (November 23 – December 21)

You have a seemingly unattainable dream or goal that you deeply desire to accomplish. The secret to success with any goal is to take action only when you feel in alignment with your goal. Train yourself into this state by imagining already having completed your goal. This will close the gap between your perceptions and reality. As they say, perception is reality.

Capricorn (December 22 – January 19)

There is an area of your life where you try too hard because you see such little results. Consider that your forced efforts could be contributing to the blockage of flow in this area. It's as futile as trying hard to fall asleep or forcefully unfurl the petals of a flower before their time to bloom. Some things can only happen with letting go and allowing.

Aquarius (January 20 – February 19)

You are in dire need of an escape or change of scenery to break up the monotony of your daily routine. You've been craving giving a smash to the reset button. Take a weekend and book something out of the ordinary. As they say, a break is as good as a change!

Pisces (February 20 – March 20)

You are such a sentimental sign that any subtle nuance can cause you to get lost in the throes of nostalgia. Nostalgia comes from the Greek root meaning, "Pain from an old wound." Consider whether old wounds are meant to be re-lived repeatedly. Then consider the value of peaceful non-attachment.

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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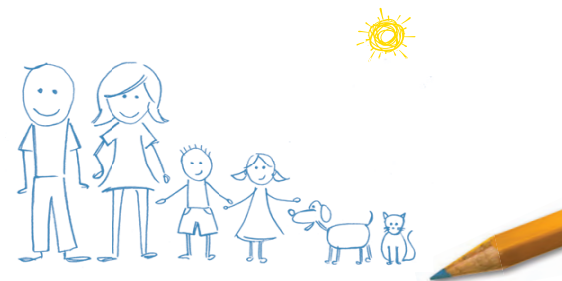
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by Tara Richardson

Soul
Searching



It's back to school season.

Have you thought about how you're going to expand your knowledge this year? Just because you are not in school does not mean you should stop learning! There are many benefits in continuing life-long learning. It stimulates your brain which can help stave off memory loss and dementia. Learning allows you to cultivate new skills and abilities which can be a huge boost for your confidence and self-esteem. You can enjoy just being able to do new things, or you could apply this knowledge to help you build that side hustle you've been dreaming about. Even if you're not dreaming of a 6-figure side hustle, it might feel fun to apply any new skills to your current job (and rock the socks off your manager while you're at it).

Committing to learning does not have to cost much, does not need to take a ton of resources, and will not take up an extraordinary amount of time. If learning feels overly arduous, then maybe it's not the right thing to learn right now. Ideally, find something that piques your interest and is something you look forward to or enjoy doing. (Keep in mind that any new hobby in the beginning can feel a little daunting, so give it a fair trial.) Learning could mean simply finding a way to make something you already do better. It could just mean understanding new information you hadn't considered before.

Thanks to the Internet, there are so many different platforms to learn from that are affordable and fit into your busy schedule. *YouTube, Pinterest, Coursera, Linguado, Canva, SkillShare*... to name a few. Or, if you're kicking it "old-school," go back to our roots and pick up a book! I recommend scheduling your learning session into your calendar as a standing, repeating appointment like any other appointment you would keep with a colleague. If you have a busy life, scheduling your learning time can help you to maintain the structure and routine needed for following through.

My favourite thing I've learned recently is cooking because, let's face it, being able to eat the delicious food you've made from your learning session is a serious bonus. If you're thinking about starting a new learning adventure, try keeping track of little things that pique your interest in a day or things that could be really useful. (Creating and sticking to budgets are not exactly riveting, but they can be very useful and potentially lead to some excitement later in life.)

Leaving you with wise words from Jiddu Krishnamurti, a philosopher, writer, and speaker: "There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning."

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

Get Fit: Inside & Out

by Bianca Schaefer



Self-Care with your own At-Home Spa

I don't know why, but every fall I often think about going to the spa. Perhaps it's the stress that comes with autumn's hectic schedule. I crave a much-needed time-out to pamper my body and relax my mind. The problem is, I don't always have the time or finances to indulge in the perfect Spa Day. But if you're anything like me, and the lack of time or funds gets the better of you, creating your own at-home spa can be just what you need to keep your sanity in check while managing your time efficiently. Here's how to use your bathroom to create your own spa oasis.

The Tub

It's perfect for either a warm or cold soak. First, let's talk about the soak we all love most—a hot bath! Add some Epsom salt (1-2 cups for a standard sized tub) and you've got the perfect combination to relieve your aches and pains. Or, are you lacking energy and need a pick-me-up? Then go for the cold soak! Energize yourself with a quick dip to revitalize your energy and reduce inflammation.

Essential Oils and Aromatherapy

Essential oils are highly concentrated natural extracts from the leaves, flowers, and stems of plants. The most common way to use them is to inhale their therapeutic properties. They can be used in diffusers and candles, and have been shown to promote healthy sleep while relieving headaches and alleviating pain. Accentuate your spa with essential oils and let the scents and warm candlelight melt those tensions away.

Your Spa "Treatment": Dry Skin Brushing

Dry skin brushing is almost like getting a body facial and a massage all in one! Using a brush with bristles, brush your dry skin in a circular motion from feet to your heart, and then down from neck to your chest. Find the sweet spot by brushing it firm enough to create stimulation, and gentle enough so it doesn't hurt. The brushing helps improve circulation and skin tone while stimulating the lymph nodes to help remove waste through detoxification. Tip: It's best to do this before a bath, as skin should be completely dry.

Hot-Cold Shower: Hydrotherapy

You don't always need a tub to get a spa experience. A hot shower followed by a cold one has the same benefits as a warm bath or a cold soak and it takes less time. Tip: By incorporating a mix of hot and cold spurts of water, you can easily jumpstart your day with improved circulation and increased energy sans the caffeine!

Creating a self-care oasis is less about the size of your bathroom than what you do when you're in it. Dim the lights, add some relaxing music and voila: you're at the spa!

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, BiancaSchaefer.com or follow on Social @biancaschaefer1.

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The **Local Biz** Magazine

Check out our website
www.thelocalbizmagazine.ca

by Afeefa Malik



Tweens, Teens & In-Between

Hello readers! I hope you had a relaxing summer as we jump back into our school routines. In this issue, I am going to talk about some of the benefits of volunteering for teens! Volunteering is an essential part of your high school journey. In fact, every Ontario high school has certain required hours that you must complete to graduate!

Firstly, volunteering is a key factor in finding your passion for what you want to do after you graduate. If you are interested in going into medicine, volunteering at the hospital is a great thing to do! I have an interest in tech, so I volunteered for many tech-related activities and participated in many workshops to help build my confidence. If you are interested in history or English, volunteering at a local museum is a good idea. These are just some of the ways in which you can correlate volunteering with your interests. Finding something that relates to your interests is a good way to start your volunteer search. Due to the pandemic, volunteering opportunities may have become harder to find or attend. In addition to asking people you know about volunteer opportunities, www.volunteer.ca also has some good resources to help you find some virtual volunteer opportunities based on your region.

Secondly, volunteering is a good way to build your network. Networking is an important skill, especially when transitioning into the real world. You never know how a specific network could help you with a potential job in the future! Your network can also give you good advice when it comes to choosing a university program, and learning about your connection's work-life which can help you navigate your future! A good way to keep in touch with your connections professionally is *LinkedIn*! Doing this can even help you showcase and keep track of your volunteering jobs so that you do not forget about them when it comes time for university applications.

Thirdly, volunteering is also beneficial in boosting your applications for post-secondary. This is because universities do not only look at your grades but also focus on how involved you are in the community and how you balance your social and academic life together. The more places you volunteer for the better!

Volunteering is also just an enjoyable way to spend your time! It does not have to be a daunting task; it can be a great activity you can do with your friends collectively. It all depends on how you make the most of it! Finally, volunteering is an excellent extracurricular if you are looking to find more activities to do. (If you would like to learn about the many benefits of participating in extracurricular activities, check out page 6 of the magazine.)

Thank you all for reading this article. I hope it motivates you to get out there and discover the wonderful volunteering opportunities that exist around you. Until next time!

Afeefa Malik is a grade 12 student at Grand River Collegiate Institute. She loves to play video games with her friends and explore new places in her free time.

Family Matters

by Monica Fox



Parents Role in Extracurricular Activities

Every time I get ready to sign my kids up for extracurricular activities, I replay a pivotal moment in my head. My daughter was four years old and I had signed her up for soccer. I didn't ask her if she wanted to play, because come on, she was four and it's the most widely played sport in the world. Fast forward to the soccer season and I watched my daughter stand disengaged on the field. So, like most parents I went up to her and said "why don't you run after the ball and try to kick it?" She swiftly replied, "why mom, it's just going to come back this way." She knew what I didn't; soccer wasn't for her.

Extracurricular activities are about learning how to work with others, good sportsmanship and developing physical and mental fortitude. It's an opportunity to try and practice new skills. It's an outlet from everyday life, school, and homework. Most of all it's a chance to have fun.

The *Coaching Association of Canada* says that kids ages 10-18 years of age participate in sports because it's fun. The number one reason kids quit is because it just isn't fun anymore. As parents we have a role in keeping extracurricular activities fun. Sometimes our good intentions put unnecessary pressure on our kids and instead of encouraging them, we are making them feel like it's impossible to succeed. We should be asking ourselves how we can support the reasons they are doing the activity or sport. Perhaps they are in it to be the next Olympian, but if not, celebrate your kid for who they are and be happy they are having fun.

In extracurricular activities, especially sports, there is an overemphasis on winning and achievement. As parents we think that we are encouraging our kids when we are over-enthusiastic, coach from the sidelines, or focus on achievement, but instead, we could be doing the opposite and instilling fear in our kids. Fear of not being good enough or living up to our expectations. Kids often judge their self-worth through their parents' eyes and although we have good intentions, we are negatively impacting how our kids feel and whether or not they'll continue to participate in an activity they once loved. Reality check to us all, very few kids make it to the *NHL*, *NBA* or *Masters*.

It's hard to know which activities to register your kids for, but consulting them first will go a long way. Find out what and why they chose the activity and resist living vicariously through them. If you want to take up dance in your 30s or 40s, go for it, but listen to your kid when they say they don't. My son now plays soccer and loves it. I even asked him first if he wanted to play. I sometimes catch myself cheering a little too loudly on the sidelines but most of the time I'm cheering for every kid.

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..

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A Forkful of Healthy

by Kubra Mir



Curried Squash Soup

Temperatures start to drop in the fall, and it's time to put on those warmer clothes that you've been storing in the back of your closet. This soup dish uses classic fall produce that warms you up, is healthy and tastes delicious. This harvest recipe has roasted squash, garlic, and onion. Chili powder adds a bit of heat and cumin brings an earthy flavor to this rich soup.

Ingredients:

1 butternut squash approximately 2lbs

1 bulb garlic (leave skin on) with 1/2 inch cut off the top of the garlic

1 medium onion peeled and cut in half

Cooking spray

1 tsp cumin seeds

1/2 tsp chili powder

1/2 tsp turmeric powder

1 tsp salt

1 tbsp vegetable oil

2 cups chicken stock

Directions:

1. Preheat oven to 400 degrees F. Use cooking spray to lightly coat a baking sheet.
2. Cut the squash in half and remove the seeds and membrane. Place squash cut side down on the baking sheet.
3. Add the garlic and onion with the squash and bake for 30 minutes until the squash is tender. Cool for a few minutes after removing from the oven.
4. Use a spoon to scoop out the squash into a bowl. Discard the skin of the squash.
5. Remove the skin from the roasted garlic. Add the garlic and onions to the squash.
6. Use a hand blender to puree the squash, roasted garlic and onions until smooth.
7. Heat the oil in a pot on the stove. Add the cumin seeds and cook for a few minutes until the seeds are lightly brown and fragrant. Mix in the pureed squash / roasted garlic / onion mixture and stir well.
8. Stir in the chili powder, cumin, chicken stock and salt. Simmer for ten minutes on a low heat.
9. Serve warm with crusty bread and green salad.

Sipping another cup of chai while sharing my love of cooking, eating out, traveling, gardening, and volunteering. Please follow me, Kubra Mir @another_cup_of_chai on Instagram.

FINANCE & REAL ESTATE INSIGHTS

by Nicole Forrester



Real Estate – Opportunities in a Declining Market

To buy or not to buy, that is the question. It's well known among financial professionals; timing markets is folly. I always advise my clients to do the best they can with the market they're in with their goals in mind. There are always opportunities in the real estate market. With interest rates increasing, prices declining and rents soaring, there are some great opportunities for the savvy investor!

Fixer uppers in a great location – This is a great time to pick up an estate property or older home that has a solid structure. You can turn it into a duplex with cosmetic or minimal renovations in a great location for maximum rental income.

Start with a condo apartment – New to property investing? Start with a condo apartment. All landlords know it's not an easy job managing tenants. If you have aspirations of becoming a landlord, start with a condo. There are many restrictions in condos that are enforced by condo management that can make your life a lot easier. Having little to no maintenance of the actual property cuts out a lot of variable landlord expense in time and money.

Still too expensive to buy – "Even with the decline in prices, it's too expensive to buy in the area I currently rent and work in!" If this is you, have you ever thought about buying an investment condo outside your area and continue to work and live where you are? This is a great strategy for new home buyers to participate in the real estate market and have their money grow while having the convenience of living and working in their desired area.

Joint vacation property – As waterfront properties come down in price, you may want to band with your tribe of cottage lovers to pool a down payment to share in the purchase of a waterfront vacation property. Block off key weeks or weekends for your enjoyment and rent it out the rest of the time to cover the carrying costs.

December sales – Let's face facts. In Canada, if you're on the market in the month of December, it's because you have to be. This December, after all the projected rate hikes for the year have been accounted for and the snow is on the ground there will be some lucrative opportunities for the investor who is ready.

Every real estate market has opportunities; this one is ripe for the savvy investor! Keep your cash ready! Reach out to a trusted broker for a list of hot properties. There will be some great purchasing opportunities this fall right into December!

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 Sheila Marina



Ask Sheila

Dear Sheila:

I am a 42-year-old mother with three young children. I have suffered with low back pain since I was a young teen. Over the years, I've tried many different pain relievers and various exercises to help me cope. Lately, my pain has increased and I am reluctant to take any more of the anti-inflammatory medications. My sister suggested my physical pain could be associated with my emotional distress and that I can benefit from Restorative Reiki. Could you please explain how Reiki can help me?

Signed: Desperate for Relief

A. First and foremost, I always recommend my clients check with their practicing physician before offering Reiki for pain relief.

Chronic lumbar pain can be very annoying and can certainly have negative effects on the family when your ability to care for them is limited. Your sister has a very valid point about physical pain being associated with emotional distress.

Many studies over the years have revealed this truth. A Dutch psychiatrist named Bessel Van Der Kolk wrote a book called, "The Body Keeps the Score" where he describes that unresolved emotional trauma is often stored in the physical body creating great difficulty with daily living.

Reiki is a non-invasive treatment that originated in Japan and is categorized as a biofield treatment as it is associated with Energy Healing. More and more, reiki is recognized by major hospitals around the world to treat patients with physical pain as well as emotional stressors. My clients report that they benefit from their Restorative Reiki session with me by feeling more relaxed with less stress which alleviates their pain and allows them more freedom to move through each day.

You can also benefit by using positive language affirmations daily which have proven to reprogram the neural pathways in your mind for improved health.

Affirmation: I am confident that this pain will pass. I can create the body I want.

Sheila Marina resides in Bowmanville and is a compassionate Healer. Her business Planet of Peace Energy Healing Hypnotherapy and Reiki serves people world-wide.

The COACH Corner

Life Lessons from the Birds

by Malachi Brown



This summer, I needed my deck re-stained. All the prep work required - power washing, scraping and sanding - was done. A week or so earlier, robins were also busy building a nest under my canopy. I had never really paid attention before. This year was different however, as I had noticed the birds busily each day flying back and forth gathering straw, bits and pieces of twigs, pieces of strings and even ribbons. I was quite fascinated. There was a problem however. I noticed they would simply drop all the excess material and undesirable parts on the ground right on top of the freshly prepped deck. This was going to be a problem as all this excess would fall onto the deck and get stuck in the stain as it dried.

After much agonizing I instructed the worker to remove the nest; not an easy or pleasant decision. The bird's nest was seventy-five percent complete. This was mid-morning of the day before the staining was to take place. I was not happy about my decision, however it had to be made. The end of the story, or so I thought.

To my amazement and that of the contractor's, the next morning, there was a brand-new nest. How was this possible? This nest was completed in one afternoon and overnight. This version was sturdier and build out of a mud like substance. With no dropping of straw and twigs, the deck staining took place. I was in awe.

I spent the next few weeks, every chance I got, observing the birds. Eggs were laid, which they took turns sitting atop of. After a while, I saw part of an egg shell on the ground - a beautiful blue. I knew they were starting to hatch. Before long I observed the two adult birds taking turns flying back and forth with worms for their offspring. The little heads would pop up with mouths wide open as the parents would drop the anticipated worms in.

This was such a wonderful time of observing, learning, and taking the time to witness something I hadn't paid attention to before. When my grandkids came by, they were absolutely fascinated as I explained the happenings to them and they were able to watch the feeding process up close. (Better than any TV explanation!)

So, what were some of the lessons learned from the birds?

With a plan and working as a team, anything is possible. They rebuilt the nest overnight. **Plan for the unexpected.** Second time around the nest was stronger. **Don't ever quit.** Each hour they would be on the hunt for food. **Take care of the people in your care.** Support your partner. Empower and teach the next generation until they can fly on their own.

We all have a built-in purpose that makes what we were made for seem effortless when we do it. What's your built-in purpose?

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



A couple of months ago, I was watching a TV program that referred to Whitby as a commuter city for Toronto. I realize that many people that live in Whitby commute into Toronto to work, but Whitby is more than just that; it's a place with a wonderful history.

Whitby (or Port Whitby as it was once called) was a very busy port at one point in time. It was a popular spot for shipping grain and lumber into the United States and Great Britain. Exports from other areas were transported to Port Whitby via Brock Street (formerly Centre Road) because of its central location.

When our family moved to Whitby in 1960, the population was around 10,000. There was one set of traffic lights at the "four corners" (formerly called Perry's Corners in honour of one of Whitby's earliest founders Peter Perry). At Christmas, there was a Christmas tree made of metal strung from corner to corner. It's gone now but us "old-timers" miss it.

Believe it or not, back then we could also walk across the 401 to get to the lake! People who lived on the streets just north of the 401 could run down to the ramp and wave as visitors drove onto the 401. Times sure have changed since then.

I remember there was also a beautiful area by the lake that was part of what was known as The Ontario Hospital. Back then, we could go to the lake and catch smelt. Someone would bring a cast iron frying pan and the smelt would go from the lake and into the pan on a little campfire. It was quite tasty. I don't know if fires were permitted then, but this was in the sixties...

Something else part of the Whitby 'lore' were the submarine races. Dating couples headed down to the lake where they parked their cars in private spots and enjoyed the submarine races.

Whitby became the county town in 1852. At the time, it was the largest town in the area. Later, Oshawa grew much larger when GM was built.

One of my favourite places to visit in Whitby is the Lynde House Museum. The Lynde's were one of the first families to settle in Whitby; their house is now the Lynde House Museum. It was originally on Dundas Street by Lynde Creek, but was later moved to Cullen Gardens where a lot of renovations were done on it. Then it was moved to where it stands now, on Brock Street South. You can find out more information about it here: www.lyndehousemuseum.com

There's so much history behind the Town of Whitby and so much more to learn and appreciate about it. It certainly isn't just a commuter town to Toronto for me!

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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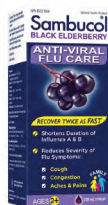
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