

A woman with long blonde hair, wearing a large, fluffy white hat and a light-colored coat, is smiling and looking down at a young child. The child is wearing a dark winter jacket with orange trim and a matching orange and white hat. They are both in a snowy environment, with snow on their clothing and the ground.

The Local Biz Magazine

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Durham Region Community Publication
14 Years in Publishing

• • • • • Winter 2022 • • • • •

**Not a Winter
Person?
Tips to Get You
Through**

**Enjoying the
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Getting Outside in
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The Local Biz Magazine

Winter 2022

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From the Publisher

Hello everyone and happy winter! I can't believe we are almost at the end of 2022. The year seems to have flown by so fast! I hope you have had a good year, and that you are ready to embrace 2023.

In this issue of the magazine, continuing with our theme about Durham's rich heritage, this time in our 2-page feature, Sher Leetooze looks at the heritage buildings that comprise the Town of Uxbridge, as well as the people who resided in some of these buildings. 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 – Uxbridge & Scott Township*.

We have a guest columnist this issue for our *Soul Searching* column - Samantha Walljasper. In this issue, our columnists are addressing the same topic as one of our feature articles. Bianca Schaefer's feature article, *How to Enjoy Winter Even If You Hate It* provides useful suggestions for how to combat winter when you're not particularly fond of it. Most of our columnists have decided to also discuss this topic but from unique angles given their own experiences in life. It's very interesting to discover how many people, in spite of not being a fan of winter have found ways to enjoy it. I encourage you to read the feature article and columns, because who knows, you may come across something that resonates with you that can help you better deal with the cold, dark, months.

Finally, don't forget to check out what our bloggers are writing about on our website. As always, I hope you enjoy reading the wonderful content we have for you in this Winter 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

Are you a winter person? I'm not, and interestingly I've discovered in putting this issue of the magazine together, neither are many of my colleagues. But getting outside is good for your health. Spending time outdoors can lower your blood pressure, boost your mood, give you a healthy dose of Vitamin D, improve your memory, charge up your immune system and so much more.

So, what do you do if you're aware of all the benefits of being outside, but are still not a fan of winter? The first step I would say is acceptance. Every year, without fail, whether you like it or not, winter will arrive. What do you do once winter is here? You could complain about it, grin and bear it, and count the days until summer arrives. This has often been my approach, and while it gets me through the cold, dark, months, I don't enjoy them. (Christmas of course, being the exception.) So, this issue I asked writer Bianca Schaefer – another non-winter person – to write an article to help us non-winter folks survive the cold months. Her article aptly titled, *How to Enjoy Winter Even If You Hate It* is chalk full of tips and strategies to help you survive and thrive in winter. I encourage you to try out some of her suggestions and see how it changes your outlook this winter. Her article can be found on page 6 of the magazine.

For those of you who are already ready to embrace winter, Bryn Dunn's article *Winter Family Fun in Durham Region (and Beyond)!* lists all the places you can check out for an amazing time. No matter what your preferred sport is – skiing, skating, snowboarding, cycling, ice fishing, snowmobiling – there are many ways to enjoy the great outdoors.

I hope you enjoy reading the Winter 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

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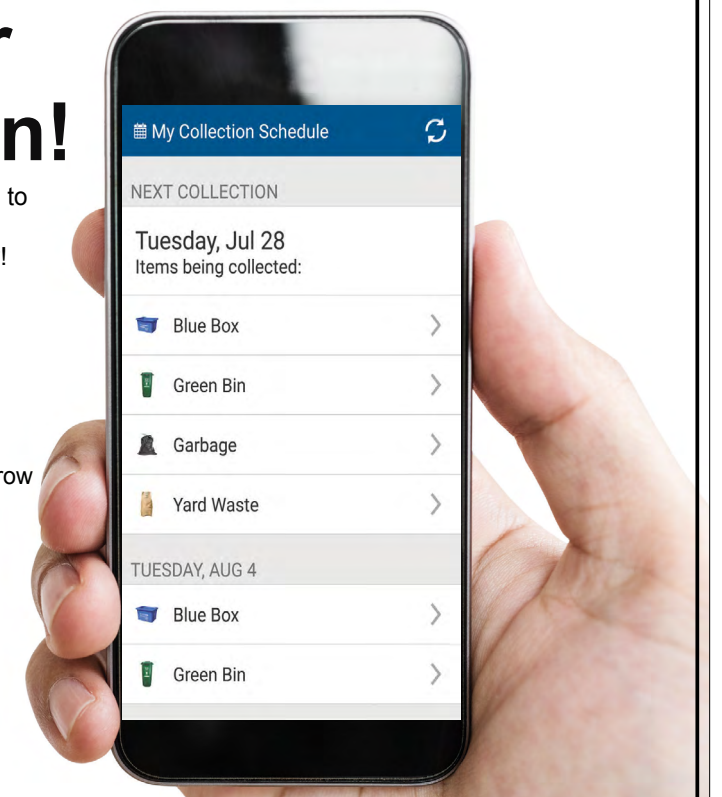


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How to Enjoy Winter Even If You Hate It

by Bianca Schaefer

I highly doubt there is anyone who hates winter as much as I do. I mean seriously; I start dreading winter in late August as I watch summer speedily coming to an end. And though I truly do enjoy the fall, it's the anticipation of what's to come afterwards that has me feeling anxious on those last, warm, balmy nights.

Every year, my anxiety heightens as each day creeps closer to winter. As someone who suffers from Seasonal Affective Disorder, (S.A.D.), my thoughts become clouded with the dread of enduring those cold, dark gloomy days. But the one thing that has made me “winter-stronger”, was living through the pandemic we are all so thankful to be on the other side of.

If you feel no one hates winter as much as you do, I think we might soon become best friends! After all, like-minded people often find comfort knowing they are not alone. The thing is, winter is just too long to go through hating and resisting what you can not change — we live in Ontario! So, with that said, this year, I have vowed that “I will not hate winter!” And since we're practically best friends already, I hope you'll let me persuade you into getting through the winter months with a little side of “it's actually not too bad” and a new appreciation for what our winter season can offer us.

Here are 5 things you can do to start the winter off right, 3 mental health hacks to help you get your winter mindset and finally a strategy to create your ultimate “How to not hate Winter Action Plan”.

Stay Warm

First thing first. If you are going to get through winter with any hope at all, you must invest in some warm winter clothing. One of the reasons I hate winter so much is because it's freezing out there! There's nothing worse than cold, wet feet or fingers that feel all dry and cracked while you're trying to pump gas into your car. Sure, you might wonder what the point is of this investment if you plan to hibernate indoors. But I implore you to make the investment— so that you can spend more time outdoors! (More on that later.)

Get the warm ski jacket or parka, whichever one suits your needs. And don't forget warm and waterproof winter boots. Invest in snow pants, thermal underwear (long johns), hats, scarves, and gloves. And don't forget sunglasses for those bright sunny days.

Get Outside

Now that you're prepared to stay warm, it's time for you to get outside. Fresh air and sunshine have been proven to help boost your mood, strengthen the immune system, and boost your vitamin D intake. Aim to get outside for at least 30-60 minutes a day, preferably during daylight hours, but if that's not possible, go outdoors when you can. Walk, hike, skate, snowshoe, run, ski, toboggan, or play. Do whatever activity you love the most and do it often! Tip: if getting outside is a struggle for you, have a destination

in mind. Make it your daily ritual to walk to your local coffee shop, warm up with a hot beverage and walk back home.

Stay Connected with Family and Friends

Though cocooning indoors may come more naturally for you during this season, make it a point to stay connected to family and friends. Togetherness helps break the bond of isolation that's so often felt during winter months. Plan dates and get-togethers often. Not only can the company of others boost our mood, planning social activities helps us get through winter by having things to look forward to. Tip: Don't let distance be an excuse and use technology to your advantage. *FaceTime* or *Zoom* with your favourite loved one, and choose fun activities that'll put a smile on your face and help you forget all about the winter blues.

Enjoy Winter Eats and Drinks

Those colder temperatures have me craving some of my favourite home-cooked meals. And I don't just want to eat them, I actually don't mind preparing them as well. Whether it's making one of my mom's traditional favourites like hearty chicken soup, or trying out a new lentil curry recipe, winter makes it easy to indulge in a little “comfort” food. Cook with in-season produce and let the culinary adventures begin! And don't forget to stock up on a variety of herbal teas, fine coffee, and or non-dairy alternative drinks like turmeric or matcha lattes. Try something new and let the warmth penetrate to your soul. Tip: choose a few recipes and/or restaurants you'd like to try this winter.

Level Up Your Skills

Sometimes the best way to get through the winter months is to do something that challenges your comfort zone—like developing a new set of skills. For example, last year, I applied for a part-time internship at a non-profit organization. While the internship did not pay me for my volunteered time, it gave me the opportunity to share my gifts, learn new skills, all while receiving amazing personal development coaching in return. That internship was like a lifeline during a time when I needed something to help me get through the winter. And it doesn't have to be an internship either. You can participate in an in-person or online course, learn to play the guitar or challenge yourself to become better at public speaking. Whatever you decide to do, making the commitment to level up your skills can be exactly what you need to take your mind off of the season and transport you to a brighter and more skilled season ahead.

While there may be a ton of winter sports you could try, or skills to develop, sometimes it's not just the things available to do that are enough to help us “like” winter. After all, you could learn to ski, but maybe you just don't want to. You could eat heartier meals, but you prefer the summer salads instead. And sure, you could take a course, but you just aren't motivated to choose which one. Sometimes, it's not the variety of options presented to us that will help us cope with winter, it's our mindset!

If you struggle with a negative-winter mindset, here are 3 things you can do to go from negative feels to positive zeal in no time.



Meditate, Pray, or Journal

Quiet time spent in meditation or prayer has been proven to help us cope with stress. And if you don't like winter, that in itself can become quite stressful. Sometimes one of our best self-help practices can be to meditate or spend time in prayer. And if you find yourself getting too sidetracked while being in that quiet space, journaling can be just the outlet you need to cope with during the dead of winter. I've often found that practicing the art of gratitude helps me feel more positive about my current situation. Make a list of things you are grateful for and express your gratitude through prayer, meditation or hand-written reminders.

Create a Positive Winter List

Let's face it, sometimes you do need to fake it to make it. Start with writing down all the positive things about winter. I know, I know. What if you can't find anything positive about winter? Well, think of some things that you like that come with the time spent during this season. Let me help you get started with some things I like. The cooler months are when I love to wear my sweats the most. Comfy track pants and an over-sized sweatshirt are my go-to at home attire—especially while I'm writing! I love scented candles with the cozy light and warmth they bring. Cuddling up on a couch with a warm blanket, fuzzy socks and tea is the perfect way to spend a wintry afternoon. Now, create your list and once you've finished it, keep it somewhere readily accessible and continue adding to it every time you find yourself enjoying a little bit of positivity.

Hang out with "Winter People"

Years ago, when I lived in Germany, a bunch of friends from work were going to an indoor ski hill and asked me to come along. After trying to decline because I didn't ski, they encouraged me to come

along anyway. They said it would be fun, and I didn't need to ski to enjoy the atmosphere. So, off I went and you know what? They were right! It was a lot of fun to be in the company of "winter people". I got to witness first hand an enjoyable winter pastime and the best part was the *Après Ski* we enjoyed together afterwards. I have never forgotten that experience and have often thought of how much fun it would be to learn to ski. The thing is, sometimes just being around "winter people" can help change our perspective and help us feel better about the season. After all, positivity is contagious, and so is having a good time!

Now that you've learned how to get your mental health on board with winter, it's time to create a plan so that all of these good intentions don't get sidelined with doom and gloom emotions that can hijack even your best intentions to "not hate winter".

Create the ultimate "How to Not Hate Winter" Action Plan

Make a list of the worst winter months for you. For me, it starts in November and lasts to the end of March. Now that you know your start and end date, make a list of all of the things you'd like to do this winter to keep your physical and mental health in check. Note that your plan doesn't just need to be about filling your calendar with to-do activities. It could also be about making goals to spend more time doing less. Think about anything from planning social gatherings to retreating to your bathtub for a well-needed time out. From treating yourself to a few winter luxuries like comfy new PJ's to planning your next summer holiday as something to look forward to on blizzardly stay-at-home days. As you create this list, plan how much time you'll need for each activity and plan the days you want to commit to said activity. Don't overload your plan with a huge long list of ideas that just re-reading will start

overwhelming you. Break down your action plan into things that will promote your mental health, physical health, social/emotional health, and spiritual health. Here's how your action plan might look:

November: Get ready for Winter: Invest in proper winter attire and gather a collection of recipes to try. Stock up on herbal teas, candles, at home spa items (for self care days), vitamin D and probiotics. Plan to walk outdoors daily at lunchtime for 30 minutes a day and commit to a social gathering 1-3x per month.

December: Research online or in-person courses for personal development or a hobby and register for one ASAP. Line-dancing could be a great way to get you out of the house and help you stay social or you could level up your skills by learning a new language or taking a photography course. Don't forget to enjoy the Christmas season and be a blessing to someone in need.

January: Create a gratitude journal or volunteer. January is a great month for a fresh start, but sub- zero temps can make you feel like winter is never going to end. Stay on top of your mental health by cultivating an attitude of gratitude. Volunteering at an event, organization or even at a place of worship can help you take the focus off of yourself and onto caring for the needs of others.

February: Make your physical health a priority. Schedule dental appointments, physicals, massage appointments or even get those aches and pains looked after by physiotherapists or chiropractors. Taking care of your physical needs will not only help you feel better now, it'll benefit you for the new season to come.

March: Re-evaluate your plan to see if there are any areas in your physical, mental, emotional or spiritual health which are needing special attention. What daily rituals have helped you the most and which ones do you need to let go of? And last but not least, if

there's anything else you still want to try this winter, now's your chance to do it! Visit that outdoor thermal spa, go ice-fishing, join that book club or adopt that puppy you always wanted.

The point to this plan is, when we start to see all the possibilities winter offers, we can feel better about how we are going to cope with our least favourite season. Opportunity breeds more excitement and stimulates more positivity than how a negative outlook will make us feel. I am convinced that if I create a plan, have a positive mindset and follow through with my actions, I will succeed in not hating winter. How about you? Are you with me?

Bianca Schaefer is a Holistic Health Coach, Life Coach, Personal Trainer and Yoga Teacher 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 on Instagram [@biancaschaefer1](https://www.instagram.com/biancaschaefer1).



Winter! There's no escaping it, so why not embrace it?

Getting outside is good for your health. Spending time outdoors can lower your blood pressure, boost your mood, give you a healthy dose of Vitamin D, improve your memory, charge up your immune system and so much more. Studies have shown that being outside in the winter is good for you physically, as well as mentally. SAD (seasonal affective disorder) is a condition that affects many people during the winter months. One of the best ways to combat SAD is light exposure! Just being outside can brighten your mood and help take away the "winter blues."

Another interesting fact is that our bodies burn more calories in the cold than in the heat. Our basal metabolic rate (the calories we burn just by living and sitting still) increase when it's cold because our bodies use up more energy in an effort to keep warm. Although you cannot lose weight just by standing in the cold, you can increase your chances of burning more calories by moving and being active outdoors in the wintertime!

So, whether you crave a peaceful, scenic outdoor walk, want to test your skills on skis or skates, go for an adventure on your bike or a snowmobile, or catch some fish for dinner, there are many ways to get outside and enjoy the great outdoors with Durham Region's beautiful winter amenities.

Skiing, Snowboarding, Snow Tubing and Snowshoeing

Durham Region has three outstanding ski and snowboard adventure destinations for you to enjoy. For over 80 years, [Brimacombe](#) ski area has welcomed families to its slopes, offering fun and affordable skiing and snowboarding for "kids" of all ages! [Dagmar Ski Resort's](#) scenic slopes provide a fun and exciting

learning experience for all with Durham Region's largest terrain park! Nestled in the beautiful Oak Ridges Moraine, [Lakeridge Ski Resort](#) offers year-round fun for everyone!

Downhill Skiing and Snowboarding

- [Dagmar Ski Resort](#): 18 runs, terrain park, cross-country skiing (Uxbridge)
- [Lakeridge Resort](#): 23 runs, three snowboard terrain parks (Uxbridge)
- [Brimacombe](#): 23 runs, two terrain parks (Orono)

Cross Country Skiing and Snowshoeing

- [Durham Forest](#): over 16 kilometres or trails in four marked loops (Uxbridge)
- [Heber Down Conservation Area](#): snowshoeing on five kilometres of trails (Whitby)
- [Darlington Provincial Park](#): snowshoe to a scenic lookout over Lake Ontario (Bowmanville)
- [Enniskillen Conservation Area](#): 5.5 kilometres of trails (Clarington)
- [Long Sault Conservation Area](#): 18 kilometres or trails (Bowmanville)
- [Greenwood Conservation Area](#) (Ajax)
- [Trans-Canada Trail Claremont](#) (Claremont)

Snow Tubing

- [Lakeridge Resort](#) (Uxbridge)

Outdoor Ice Skating

If you’re looking to skate under the stars or play some ice hockey, there are lots of places for [outdoor ice skating in Durham Region](#). Please note, outdoor rinks are seasonal, weather permitting and could be closed at times. Check the rink stats before visiting. Below is a list of outdoor rinks in Durham Region.

City of Pickering

- Rick Hull Memorial Park (591 Rosebank Road, Pickering)
- Claremont Memorial Park (4941 Old Brock Road, Claremont)
- Forestbrook Park (1030 Glenanna Road, Pickering)

Town of Ajax

- Pat Bayly Square (55 Bayly Street West)
- McLean Community Centre (95 Magill Drive)
- Audley Recreation Centre (1955 Audley Road North)

Town of Whitby

- Peel Park (307 Trent Street East, Whitby)
- Brooklin Memorial Park (67 Winchester Road East, Brooklin)

City of Oshawa

- Delpark Homes Centre (1661 Harmony Road North)

Municipality of Clarington

- Garnet B. Rickard Recreation Complex (2440 Durham Regional Highway 2, Bowmanville)
- Guildwood Park (180 Guildwood Drive, Bowmanville)
- Rosswell Park (141 Rosswell Drive, Courtice)
- Tooley’s Mill Park (71 Old Kingston Road, Courtice)

Township of Scugog

- [Willowtree Farm](#) (975 Regional Road 21, Port Perry)
- On Lake Scugog in downtown Port Perry

Township of Uxbridge

- Elgin Pond (180 Main Street South, Uxbridge)

Winter Cycling

For those wanting to extend their cycling season, the Region offers some excellent groomed winter trails for fat biking (also called snow bikes). Fat bikes are called such because of their oversized or “fat” tires, which hold a lower tire pressure and allow the cyclist to ride on soft terrain, such as snow, sand and mud. Fat biking has become very popular over the past several years, especially here. There is an avid biking community in Durham Region, along with several biking clubs and associations, including the [Durham Mountain Biking Association](#) (DMBA). DMBA has been grooming many trails in Durham Forest for several years now.

Equipment Rentals, Purchase and Repairs for Outdoor Winter Sports

For equipment rentals, check out this list of local shops for equipment sales and rentals to get you geared up.

- [Dagmar Ski Resort Pro and Repair Shop and Rental Shop](#) (Uxbridge)
- [Play it Again Sports](#): skis, snowboards, ice skates, snowshoes (Whitby)
- [Scotties](#): skis, snowboards (Whitby)
- [Mount Kirby Skis & Boards](#): skis, snowboards (Oshawa)
- [Slopeside Skis & Boards Retail Store at Brimacombe](#): skis and snowboards (Orono)
- [Brimacombe Rentals](#): skis and snowboards (Orono)
- [Switch Skate & Snow](#): snowboards (Ajax)
- [Blades Custom Skate](#): skate repairs (Whitby)

Fat Biking Trails

- [Greenwood Conservation Area](#) (Ajax)
- [Durham Forest](#): two loops of winter groomed single track, one 10 kilometers accessible from the main parking lot, one 5 kilometers accessible from the parking area at Houston Road and Lakeridge Road (Uxbridge)

Winter Walks

If you’re looking for something simpler, consider taking a winter walk on one of Durham Region’s many trails. It is a wonderful way to spend the day. Bring your own bird seed, where allowed, to feed the songbirds. Please check posted signage to ensure you’re feeding the correct species and using the appropriate kinds of feed. Explore the outdoors and choose your own adventure with the [Durham Region Trails Guide](#).

Ice Fishing

Regardless of the season, Durham Region is home to the best fishing in the Greater Toronto Area. You will find many different kids of fish species on Lake Ontario, Lake Simcoe, Lake Scugog, Bowmanville Creek and several other connecting tributaries.



Ice Fishing Charters

- [Floyd Hales Fish Huts](#) (Beaverton)
- [Mitchell’s Fish Huts](#) (Beaverton)
- [Tim Hales Fish Huts](#) (Beaverton)

Fishing Equipment Purchasing

- [Easthill Outdoors](#) (Orono)
- [Gagnon Sporting Goods](#) (Oshawa)
- [Sail](#) (Oshawa)
- [Canadian Tire](#)

Outside of Durham Region

If you’re looking to venture beyond Durham Region, Ontario has lots to offer. Over a dozen [Ontario provincial parks](#) remain open during the winter, offering groomed or tack-set cross-country ski trails, and even more offer designated snowshoe trails. [Conservation areas](#) and nature reserves are also great destinations for cross-country or snowshoeing adventure.

Ready to head for the hills? Find an Ontario [ski hills, resort or club](#) near you. Prior to departure, be sure to check out the daily [snow and ski conditions](#). The Canadian Adaptive Snowsports Program

([CADS Ontario](#)) is a ski program designed to enable people with special needs to enjoy the thrill of skiing and snowboarding.

Did you know, with over 30,000 kilometres of marked and maintained trails, Ontario is the snowmobile capital of the world. Discover tour loops, find new trail systems, plan an epic ride, or find a great club event to join. Ride one of the longest networks of recreational trails in the world. The [Ontario Federation of Snowmobile Clubs \(OFSC\)](#) district members establish and maintain the best quality trails, loops and passages. Check out their [Interactive Trail Guide](#) to find your snowmobiling district, for up-to-date trail status, or to view the entire trail network. Read the [snowmobile guide](#) to find out what you need to know before you head out on a snowmobile ride, and consider starting out on a [fully-guided snowmobile tour](#) for your first few rides.

Whatever you end up choosing to do this winter, make the effort to step outside and enjoy the great outdoors. Memories await you and your family. Stay safe and have fun

Bryen Dunn is a freelance journalist based in Toronto with a focus on tourism, lifestyle, entertainment and community issues. He has written several travel articles and has an extensive portfolio of celebrity interviews with musicians, actors and other public personalities. He is also the “[What’s Up Durham](#)” blogger on The Local Biz Magazine website.



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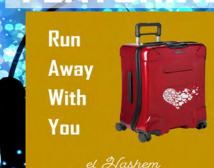
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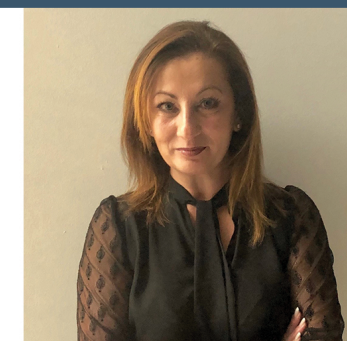
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This time I'm going to take you on a journey through 2 townships - Uxbridge and Scott, with the principal community of the two being the Town of Uxbridge. Uxbridge Township and Scott Township became the Town of Uxbridge when Durham Region was formed in 1974.

The Town of Uxbridge (the capital of Canada, so they say!) keeps a heritage Registry which at present has 20 designated buildings listed, and another 26 non-designated buildings that are of historical significance, most of which are within the boundaries of Uxbridge Village. Of course, I can't show you all 46 buildings in this article, but here are some to whet your appetite for a drive out through the countryside. To view both lists please go to: <https://www.uxbridge.ca/en/explore-and-play/heritage-register.aspx>

Zepher, Leaskdale, Udora and Sandford are the only settlements in Scott Township, but even so, there are still some very interesting and historically valuable buildings within the township.

Down through the years, every community, no matter what its size, loses some of its aging buildings, mostly because they are no longer a viable part of the community, and are replaced by modern structures that fit into today's lifestyles. But thank goodness for Historical Societies and Heritage Societies who gather together these unwanted buildings into 'new' villages saving them for posterity. Most of the buildings in this article are found gathered together at the site of the Uxbridge Heritage Centre, located at the west end of the town of Uxbridge, but I have included notes as to where these buildings had once stood.

As with most of Ontario's townships, none of the original buildings - old log schools, old log houses, and old log churches - still exist,

but the second and third generations of these building do, and this is what we will take a look at today.

Fifth Line Church



The Methodist Episcopal trustees obtained land on the west end of Lot 16, Concession V, Uxbridge, and a Methodist Episcopal Church was dedicated there on December 14, 1870. It was known as Forsyth's or Russell's Church, and was on the Uxbridge circuit until union in 1883-84, when it became a part of the Goodwood Methodist circuit. A new foundation was put under the building in October of 1887. It became Fifth Line United Church in 1925, and was closed in 1966. The church was moved from Coppin's Corners to the Uxbridge Scott Museum site in 1979. www.ushs.ca

Victoria Corners Lodge Hall



The oldest building at the Uxbridge Heritage Centre site, Victoria Corners Lodge Hall, was built in 1856, and previously sat on the south side of the road just east of Victoria Corners, northeast of Uxbridge, in the township of Reach, and straddling Lots 1 and 2 in that township's 14th Concession. In its original location, it was Loyal Orange Lodge No. 454, the meeting space for the Victoria Corners chapter of the Orange Order. It was moved to the UHC in 1976. www.uxbridgehistoricalcentre.com/the-buildings

The Gould-Carmody House



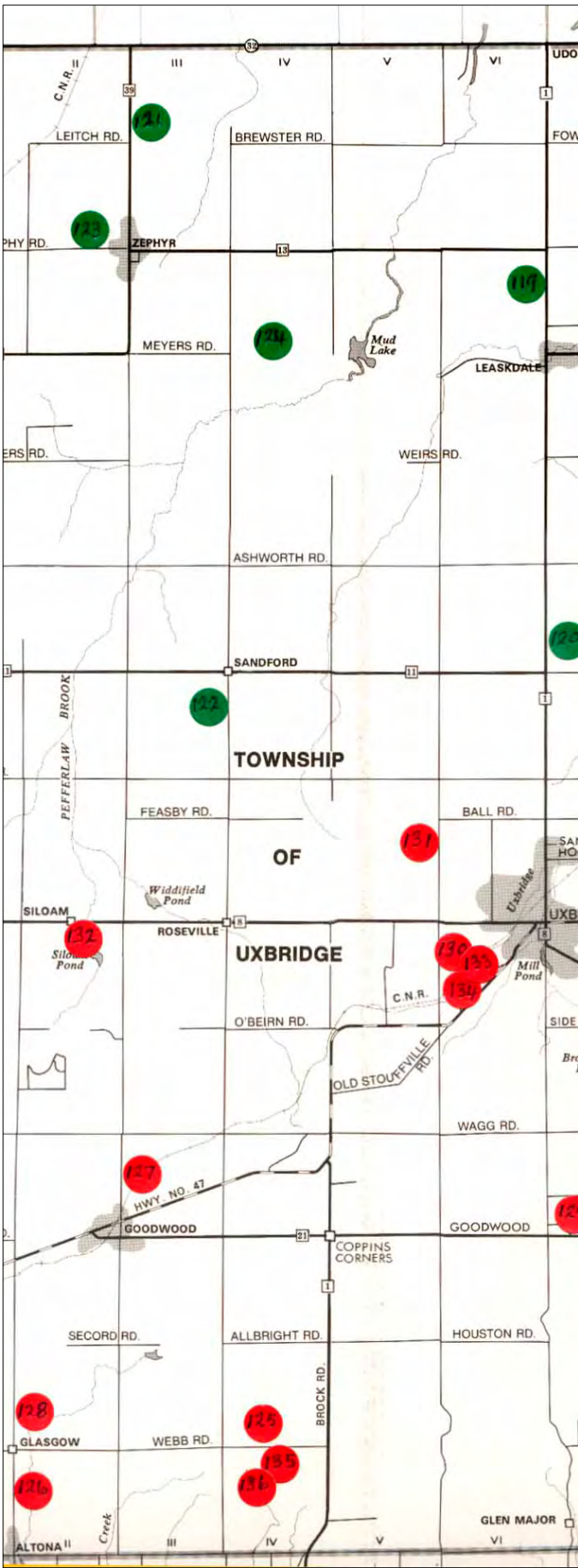
This farmhouse was built in the Ontario Gothic style by Joseph Gould. He was born in Uxbridge Township in 1808, the son of Quakers who had come from Pennsylvania after the American Revolution. He bought a farm and sawmill there. He became interested in the Reform movement of William Lyon Mackenzie and took part in the Upper Canada Rebellion in 1837. Gould was captured and sentenced to be exiled to Van Diemen's Land but his sentence was reduced to 9 months in prison. He was pardoned as part of a general amnesty in 1838. He also owned mills and factories and operated the Whitby, Lake Scugog, Simcoe and Huron Railroad. He promoted the development of railway links in the region and served on the district council from 1842 to 1854. He became the first reeve of Uxbridge Township and the first warden for Ontario County. He was elected to the Legislative Council for the North Riding of Ontario County in 1854 and 1857; he was defeated in 1861. Further information about Joseph Gould can be found at: http://www.biographi.ca/en/bio/gould_joseph_11E.html

The house remained in the Gould family until 1914 when it was sold to William Carmody. It was originally located near present-day Uxbridge, and moved to the UHC in 1988. The Gould-Carmody House is designated under the Ontario Heritage Act.

Scott Township Municipal Hall



The Municipal Hall was originally built by Anthony Thompson on the northeast corner of Concession 5 Lot 14 in Scott Township, in 1860. It was used by the township council until the end of 1967, when it was purchased by Dorothy and Ed Brown. They relocated it to their farm where it was outfitted with vertical siding and served as a Country Heritage Museum. It was moved to the UHC grounds in 1993. Prior to the erection of the Hall, Council meetings were held in the school house on the 6th Concession, located across the road and south in Lot 8. The building also served as a community hall for the 6th Concession and at times for church services. The Scott Township Municipal Hall is designated under the Ontario Heritage Act.



Leaskdale Manse and Church



The manse was constructed in 1886, by carpenter William Gordon and bricklayer Valentine Brooks, to serve as a residence for the pastor of St. Paul's Presbyterian Church. In 1911 newly married Lucy Maud Montgomery and Rev. Ewan Macdonald moved to the town of Leaskdale, Ontario. As Rev. Macdonald was the pastor of St. Paul's Church, they took up residence in the manse. In her journals, Montgomery wrote that she enjoyed the rural environment of Leaskdale, but complained of the house's "ugly" design and its lack of a bathroom and toilet.

Montgomery wrote 11 of the 22 works published in her lifetime in the manse, as well as a series of journals that were published posthumously. The manse, constructed in 1886, was designated a National Historic Site of Canada in 1994 and is now a historic house museum.

The manse is located at 11850 Durham Regional Road 1, north of St. Paul's Church and south of Leaskdale Creek. It is a two-storey house with a T-shaped layout. The exterior is yellow brick; it was covered with white stucco in the 1970s, but the stucco was removed in 2001. The roof is cross-gabled, and the manse has a wooden porch decorated with simple gingerbread-style bracketing. The interior layout of the house has been preserved. Few original furnishings survive, as most were sold or donated by Montgomery's children, but in 2010, the manse received a large donation of antique furniture from Parks Canada. Further information about Lucy Maud and Leaskdale can be found at: http://www.biographi.ca/en/bio/montgomery_lucy_maud_17E.html

Within the small communities in Scott and Uxbridge, many old mid-nineteenth century buildings still survive, away from the hustle and bustle, and away from the mainstream traffic. Well worth a road-trip.

Sher Leetooze is a local author living at Bowmanville. She has written about local history since 1994 when she started the history of each of the townships in the former Durham County. You can see all of her work at [Sher Leetooze](http://www.sherleetooze.com).



December 3, 2022

Whitby Santa Claus Parade

The Whitby Santa Claus Parade has been an integral part of family life in Whitby, and has been held annually on the first Saturday of December for 50+ years. The Optimist Club of Brooklin, Ontario has taken over the organization of the parade in 2022 and is proud and honoured to be able to continue the traditions that JCI Durham started. Whitby www.whitbysantaclausparade.ca

December 3, 2022

The Santa Claus Parade

Get ready for the Santa Claus Parade! This year's parade theme is...Rockin' Around the Christmas Tree!!! Enjoy decorated floats, live music, and an appearance from Santa Claus! Port Perry www.scugogchamber.ca/mc-events/the-santa-claus-parade/?mc_id=581

December 7-21, 2022

Victorian Christmas Tea ? A Dickensian Classic

Take a trip back in time on board the historic York-Durham Heritage Railway train, decorated at its finest for the Christmas season. Watch the countryside roll by as you travel through the beautiful Oak Ridges Moraine in all its winter wonder while listening to delightful music and enjoying the Christmas tea white glove service. Bring your loved ones and your dear ones along with you and delight in a first class journey. Tickets - \$79.99 Uxbridge www.ydhr.ca 905-852-3696

December 9, 2022

Whitby Walk 'n' Talk Fridays

Looking to explore campus, move your body and make some social connections? Join the Campus Health and Wellness Centre for a casual stroll around Whitby campus on Fridays. Weather permitting it will be a walk outside but on dark stormy days it will be an exploration of the maze of hallways inside the Main Building! Please register to receive details on where everyone meets up to start. Surprise guest appearances from a range of student services throughout the semester. Looking forward to walking together. Whitby www.durhamcollege.ca/event/whitby-walkntalk-fridays/2022-12-09

December 10, 2022

Durham Family Christmas Party

A Christmas gathering for Filipino Canadian families of Durham Region of Ontario. Free snacks for everyone. There will be gifts for the children. Santa will be around for a photo shoot. Lots of fun and surprises are in store for all family members! Since it's the season for giving, you are encouraged to share some tidings for the local food bank. Registration required. Oshawa www.eventbrite.ca/e/durham-family-christmas-party-tickets-442792463177?aff=ebdssbdestsearch

December 11, 2022

Concert to Feed the Need Durham

Featuring a fabulous line-up of award winning musicians from across the Region. Live in-person \$30; live-streamed virtual - \$12 Oshawa www.feedtheneedindurham.ca/event/concert-to-feed-the-need-in-durham-by-rotary-clubs-of-durham

December 11, 2022

Christmas Concert

Come and join us for an afternoon of Christmas favourites. Those of you who are familiar with our concerts from "before", will not be disappointed in our return to our live concerts. Whitby www.allevvents.in/whitby/christmas-concert/200023383728334

December 11, 2022

Kids Cookie Party

Follow along with Pastry Chef Claudia and decorate 5 cookies at the Kids Cookie Party! Minimum Age: 8+ Parents are welcome to drop off their kid or sit in our lounge for the duration. Parents will have to sign a waiver for their child prior to class starting. Tickets - \$54.06 Whitby www.eventbrite.ca/e/kids-cookie-party-tickets-457273767147?aff=ebdssbdestsearch

December 11, 2022

15th Annual Christmas Toy Event - Drive

Please note that donations are accepted from Sept 20th until December 11th. Collecting new toys that are still in their packages, along with monetary donations and gift cards with amounts no more than \$25.00 each. All donations will go towards the Toronto Fire Fighters Toy Drive again this year. @torontofirefighterstoydrive. Donations can be dropped off or can be arranged for a pickup. The toy drive is always in desperate need of items for ages 8 and up for both boys and girls. They always have more for the younger kids than the older. If you would like to make a monetary donation towards the toy drive, cash or e-transfers can be sent to lopeza23@hotmail.com Pickering www.allevvents.in/pickering/15th-annual-christmas-event-toy-drive/200023391752341

January 7, 2023

Winter Wonderland

Meet some of your favourite princesses at our annual Winter Wonderland! Meet SIX characters featuring Musical Performances, Dancing, Crafts and MORE! We will be hosting two, 2 hour sessions starting at 11:00am and 2:30pm. Oshawa www.morethanadream.yapsody.com/event/index/748881/winter-wonderland-2023

January 9-15, 2023

National Skating Championships

Skate Canada is pleased to announce that Oshawa, Ontario, will host the 2023 Canadian Tire National Skating Championships. The week-long championships will be held at the Tribute Communities Centre. The championships will feature the best Canadian figure skaters in men, women, pairs, ice dance, and synchronized skating disciplines, competing in two levels: junior and senior. Oshawa www.tributecommunitiescentre.com/events/detail/2023-canadian-tire-national-skating-championships

February 12, 2023

Jersey Nights - A Valentines tribute to Frankie Valli

An incredible musical tribute to Frankie Valli and The Four Seasons featuring their many hits and outstanding accapella sound. The show captures the showmanship, energy and music of these great artists and includes eight performers, four vocalists and four talented musicians. Regent Theatre, 50 King St. E, Oshawa tickets.regenttheatre.ca/eventperformances.asp?evt=833

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.

Winter Horoscope

DECEMBER 2022 to FEBRUARY 2023

Aries (March 21 – April 20)

You know that thing you love to do and that thing is effortless for you. Your creativity soars to higher levels this season. Take advantage of this influx of inspirational and imaginative energy to kick your passion up a notch and expand your expertise - just in time for the holidays. The planets and Universe are behind you.

Taurus (April 21 – May 21)

You've been meaning to get in touch with an old friend but have been hesitantly putting it off. This person is currently inspired by some brave moves you've made in the past and would like to check in for some inspiration as they navigate through a difficult phase. Your example gives them strength. Consider reaching out. It will remind you of your value.

Gemini (May 22 – June 21)

Whether or not you have a pet, you've been considering the benefits of having a non-ego-based living being around. Pets show us unconditional love and just want to be loved back. This is the root of what your heart truly seeks. Let animals and nature guide the way.

Cancer (June 22 – July 22)

You've finally caught the attention of that certain someone you've been flirting with. It's been years but you find yourself inextricably attracted and have no idea what to do about it. The feeling is as vibrant and euphoria-inducing as ever. Face it, you still got it. Your task is to figure out what to do with it.

Leo (July 23 – August 22)

Something in your life needs shaking up. Routine and scheduling are wonderful stabilizers but can sometimes lead to a lackluster feeling of being stuck in a rut. Start small. Maybe branch out and try a new dish to start. Your tastebuds will thank you and you may uncover a whole new sensory experience that will give you a much-needed taste of life outside your box.

Virgo (August 23 – September 23)

Something you've been seeking spiritual guidance about is being resolved in the form of answered prayer. All that is being asked is that you surrender to your Higher Power and let go, knowing that your seeds of positive intention are landing in fertile soil. You've done your part. Now you must let the Universe handle the outcome.

Libra (September 24 – October 23)

Your entire point of reference has changed on a subject that was historically very important to you. This has opened your mind to a new perspective and has triggered a series of questions in other areas of your life as well. You may be feeling slightly destabilized by this as your former points of reference are no longer. Have no fear, every paradigm shift has led through this same process of expansion and awakening.

by Julie Antoinette



Scorpio (October 24 – November 22)

A stranger helps you in a time of need. This person shows up with just the right skills, demeanor, resources and above all, the right words to help you out of a dark place. Sometimes angels show up in human form to quickly pop into our lives when needed and then quietly disappear. Let's hope this mysterious stranger's work has accomplished what was intended.

Sagittarius (November 23 - December 21)

You were recently in a vulnerable state and felt very alone for a brief period. During that time, a friend paid a visit with get-well materials in hand to help you feel better which put you quickly on the mend. You wonder what you did to deserve such goodness? A friend in need is a friend indeed!

Capricorn (December 22 – January 19)

Historically, your financial decisions were made based on a projected bottom line and steps to secure the greatest dollar amount. However, a new premise for these types of decisions enters your sphere. This new premise is based on the greater collective good. The projected costs of not considering the greater good come into play and far outweigh the benefit of a healthy bottom line. Congratulations, you are becoming a citizen of the Universe, not just Wall Street. You now understand with more clarity what is priceless and what is costly.

Aquarius (January 20 – February 19)

Harsh words spoken to you long ago took root in your heart and have caused years of heaviness, guilt and sorrow. You hadn't realized this until a recent triggering event illuminated this for you. Though painful, as triggers often are, they are more importantly signposts of what your heart is ready to heal. Your only job is to witness, validate and love that suffering part of yourself. Your heart will do the rest.

Pisces (February 20 – March 20)

An injustice committed against you years ago is now finding its balance. You heard a bit of news through the grapevine and secretly put the puzzle pieces together. You've done the healthy work of forgiveness and letting go for your own sanity and this was your only responsibility. The Universe has done the rest. Remember, Karma never loses an address.

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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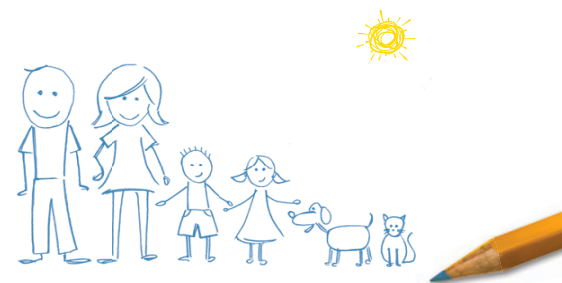
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by Samantha Walljasper

Soul Searching



Cold Weather is Coming...!

Are you someone who is excited for the winter months or someone who's already shaking in your boots at the mere thought of the impending cold front? If you identify as a person who despises the cold, have no worries, there are very simple ways that you can alter your non-winter loving personality into a winter-accepting personality. The easiest way to change your perspective on winter is to change the words and phrases you use during the wintertime.

A common phrase that many people use is, "I have to." If you are constantly telling yourself that "you have to go out into the cold", winter will definitely become your enemy. A much healthier way is to flip this phrase and replace "have" with "get." If you remind yourself that after you go outside into the cold; "you get to come back inside to the warmth" it will change your entire perspective of the situation. Instead of focusing on the dread of the outside temperature, you'll be focused on the cozy warmth that you'll be returning to!

Another common phrase used during the winter months is "I can't." How many times have you insisted that "you can't stand the cold?" Instead of saying "I can't", ask yourself: "How can I better adapt to the cold? How can I enjoy the cold more?"

Some answers to the question "How can I better adapt to the cold?" could be buying those new cashmere gloves or that cute puffy coat you've been wanting, or committing to making more snowmen and snow angels with the kids. Perhaps you could set out a cozy blanket, slippers, a great book, and your favorite mug to greet you when you come back inside from the frigid winter air.

An answer to the question, "How can I enjoy the cold more?" could be to think of all your favourite things you like to do outside (in the summer) and ask yourself, "How can I accomplish this inside?" If you love to camp, set up a tent and pretend campfire in the living room! Or get some kinetic sand to play with and imagine you're at the beach. Don't forget that homemade popsicles and ice cream are delicious all year round!

You definitely don't have to love winter, but learning to positively cope with the cold is a must. In the words of Malcolm Gladwell, "The visionary starts with a clean sheet of paper, and reimagines the world." Start re-imagining yourself now as someone who's mentally prepared for winter, and you'll be on fire before the first snowflake even falls!

Samantha Walljasper is a happily married, mom of four wonderful children. She loves working as a certified life coach and relationship facilitator that helps people improve all aspects of their lives. She is also an established contributing writer, published, and self-published author.

Get Fit: Inside & Out

by Bianca Schaefer



Four Fun Activities to Get You Outside this Winter

If you read my feature article *How to Enjoy Winter Even If You Hate It* on page 6 of the magazine, you may have learned I'm definitely not a winter person. But as a health coach, I can't deny the benefits of spending time outdoors. If you want to sleep better, breathe better, and improve your mood, here are 4 fun activities to get outside during the winter!

December: Bundle up and visit a Christmas Market or Festival of Lights

Get that picture-perfect holiday experience when you visit a Christmas Market or Festival of Lights. From local Durham-area festivities to road trips a little further away, visiting a Christmas Market can be a fun and memorable way to enjoy the outdoors and get that well-needed fresh air. Then, warm up with some hot chocolate, cider or mulled wine.

January: Do a Polar Bear Plunge

Okay, I admit, I've never actually done a Polar Bear Plunge. However, I have been incorporating cold water therapy into my health routine for years. The benefits include reducing inflammation, boosting the immune system, and improving circulation, to name a few. Polar Bear Plunges can be a fun and invigorating winter experience. Note: it's best to consult with your doctor before participating in a Polar Bear Plunge. Here are also some safety tips: <https://www.redcross.ca/blog/2019/12/everybody-freeze-tips-you-should-know-for-a-safe-polar-bear-plunge>

February: Relax at an Outdoor Spa

Speaking of cold plunges, one of my favourite things to do in the winter is to relax at an outdoor thermal spa. If you've never been, I highly recommend it and I promise, you won't even be cold! Imagine your troubles melting away while indulging in a hot soak, steam bath, or infrared sauna, followed by reading your favourite novel by a wood-burning fire. Afterwards, enjoy a healthy lunch and or a therapeutic massage.

March: Visit a Sugar Shack

A Sugar Shack is a cabin where sap is collected from Sugar Maple trees. A quick *Google* search will reveal that there are plenty of Sugar Shacks in Durham Region offering the sweet and sticky experience for the whole family. Discover how the sap is turned into maple syrup and after, delight your taste buds with pancakes, taffy, and sweet syrup delights.

Bianca Schaefer is a Health and Wellness 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 or on Instagram @biancaschaefer1.

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by Afeefa Malik



Tweens, Teens & In-Between

Hello readers! I hope you are doing well after this fall season and heading into winter. In this issue, I am going to be sharing ways that I occupy myself during the wintertime. Perhaps some of these ways can be helpful to you too.

During the winter season, I find myself inside my home, in a warm blanket and occupying myself with some video games. My screen time increases by a ton. This is because, due to the chilly weather and the dark skies, I lose motivation to do anything active which causes me to be locked up indoors. So, one of my goals for this winter season is to try and combat the winter blues and try to stay more active and limit my screen time. Here are a few activities to help you do this as well.

The first one is reading! Reading a book is a great way to help limit your screen time. Many people enjoy reading as a past-time and use it as a way to relax. One way to get the most out of reading is set a reading goal so that you can keep track of how many books you have read. *Goodreads* is a great way to do this!

Another activity I like to do is go tubing or skiing! If you do not know how to ski, I would suggest going tubing at a tube park! It's essentially sledding but on taller and faster hills. If you have a park near you, I definitely recommend going. Whichever winter sport you choose, make sure to bundle up and stay warm!

Winter is also the perfect time to make warm snacks. Hot chocolate, s'mores, soups, you name it! Search out and attempt to make a variety of recipes so that you can share it with your friends and family during the holidays!

Another winter activity I do to stay active is shovelling the snow off my driveway. Although it's a very tiring task with heavy snowfalls in Canada, it's very rewarding to come back and accompany yourself with a warm blanket by the fireplace, even if you feel like your toes are going to freeze off. It may be a daunting and hard chore, but think of it as a treat to get out of the house!

Getting off social media during the wintertime is a big thing to try and do. Even watching a movie can be more relaxing and rewarding than the endless scrolling. I would recommend any of the classic winter movies! Anything that gets you into the mood of the holidays and boosts your serotonin. It's important to monitor your screen time during winter as we stay inside more often, so try and find activities that keep you healthy and active, but most importantly, take care of your mental health during these months as the gloomy weather affects many of us.

Thank you for reading this season's issue and I look forward to the next! Best of luck on your endeavours!

Afeefa Malik is a grade 11 student at Grand River Collegiate Institute. She loves to explore new places, code and create games in her free time.

Family Matters

by Monica Fox



Do you want to build a snowman? No, not really.

Winter is here. Depending on your fondness for the cold, it may have already shown up in October. I've always admired "winter" families. You know the ones I'm talking about. The ones that intentionally plan trips to cold places. They ski all day...all week, and have fun doing it. We see the smiles in their *Instagram* posts and videos in their *Facebook* stories. Every year as winter sets in, my husband and I find ourselves at a crossroad – do we sit inside and wait out the cold, or do we accept our reality, be thankful we don't live further North and put on a face for the kids while we tell them how great snow is.

The first thing to accept in the winter are the cold, dark mornings. You wake up and yearn for the sun to shine through the window (even though you curse it shining through at 5:39am...in July...on a Sunday morning). Getting the kids up for school, especially teenagers, can be the reason you also don't want to get out of bed. To prevent the cold shock in the morning, you could place your kids' clothes under their blanket at the end of the bed the night before. It'll keep them toasty warm and they can get dressed under the covers.

Next, snow or no snow, it's going to be cold. Investing in very warm jackets, snowpants and boots (I can't stress enough the importance of warm boots) is critical to baring the cold. Kids toes, and yours, will get cold and colder when they get wet...in the slush...from the melting brown snow...that the sun melted for only a few hours when it decided to come out. I personally wear snowpants anytime I go out with the kids, even for a short walk...to the car.

Now for the snow! This is why families plan trips to cold places. They go for the snow and the more the merrier. Getting out with the kids when there's been a fresh snowfall is actually fun. There's something about being the first footprint in the snow, thinking you can eat it if it's not been touched and looking around for how much is available to make a snow fort or snowman. Let's not forget tobogganing. Even a small hill in your front yard is enough of a thrill to have the kids go down it over and over again. The warmer you are, the longer you'll stay out!

It's okay to survive the winter if you're not the one that thrives in it. Perhaps each year while spending time outside with your family, you'll find one new thing you like about. I've learned to embrace the snowy days. However, my neighbours do see me every morning when I drop the kids off at the bus stop with a touque on, gloves, jacket, snowpants and all – sometimes even in October.

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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by Kubra Mir



A Forkful of Healthy

Grilled Salmon

The holidays are a time when we tend to overindulge a little too much in foods that aren't always the best for us.

You can enjoy the holidays while also eating healthy. In fact, eating healthy as much as possible during the holidays can help balance out those times when you can't. Salmon is a nutritious food choice since it is low in saturated fats and is a good source of protein. The best part is it does not take a lot of preparation and can be made quickly and easily.



Ingredients:

- | | |
|---|-----------------------|
| 4 salmon fillets about 4 to 6 ounces each | 1 tsp lemon juice |
| 1 lemon | ½ tsp chili powder |
| | ¼ tsp turmeric powder |
| Marinade | 1 tsp salt |
| 2 tbsp olive oil | Cooking spray |
| 1 tsp garlic paste | |

Directions:

- Preheat oven to 400 degrees Fahrenheit.
- Use a cooking spray to lightly coat a baking sheet lined with aluminum foil for quick clean up.
- Place the salmon on the baking sheet.
- Mix the marinade and brush the salmon pieces covering the entire surface.
- Bake for 15 minutes until the salmon is cooked. The salmon should change colour from red when raw to an opaque pink when it is cooked.
- Use the broiler function of the oven if you like a browned top.
- Air fry instructions: Spray cooking spray on the pan and place the salmon pieces on top. Brush with marinade and cook for 8 minutes or according to your air fryer instructions.
- Serve hot with lemon wedges, brown rice, and steamed vegetables.

Durham resident, Kubra Mir loves to cook and share her recipes. She enjoys gardening, traveling, and volunteering in the local community.

FINANCE & REAL ESTATE INSIGHTS

by Nicole Forrester



Winter Real Estate Investment Opportunities ... that will warm you up!

It's long been known that in Canada, our slowest market period in a normal cycle is our winter quarter. Holidays and inclement weather always create natural obstacles for buyers. That being said, if you can there are ways to capitalize on some great opportunities in the real estate market that will end up warming you up all year long!

Traditional Seasonal Slowdown – In a traditional real estate seasonal cycle, the winter quarter is naturally the slowest because no one wants to move in the winter, especially during December and January with the inclement weather and looming holidays. That means if someone has a property for sale in the winter months it is because they HAVE to. This situation creates a negotiating advantage, at least temporarily, to the buyer. If you can muster the strength to throw on a coat and don't mind seeing homes in-between holiday parties, you can purchase a home or investment property at a better price with more favourable conditions. Advantage buyer.

Muskoka Waterfront Properties – It's a long-held dream for many people living in the GTA to have a cottage or waterfront property up north. In recent years, these properties on average have been selling for over a million dollars which has taken the dream out of the average family's hands. This year in particular, after months of being in a down market, the seasonal slowdown will hit the waterfront property segment harder than ever.

Out of Province Opportunities – Think bigger! If waterfront properties in Ontario are still out of your reach even in a declining market, have you ever thought about purchasing out of province? New Brunswick has some really appealing waterfront real estate investment opportunities. The average price of a waterfront property in New Brunswick is \$250,000, which is a quarter of what it costs in Ontario! At 20% down, for a low ratio mortgage, you're looking at a \$50,000 investment to buy in. The beautiful part is that the rental income stream rivals the market rent and *Airbnb* rates of the GTA. This makes this investment very attractive. It has a minimum buy in with maximum cash flow output. With most services online, it's much easier to call on local service people to assist you with the rental without your boots on the ground.

Stay warm this year with an early Christmas gift to yourself of a well discounted investment property. The gift that keeps on giving all year long!

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,

Q. With winter fast approaching, I'm feeling anxious about spending another winter in my home. Now that the children have moved out of the house and have lives of their own, this will be my first winter alone. I've had anxiety for years and have concerns the isolation that often comes with the dark winter months may be too much for me to bear. I've heard that hypnotherapy can help with anxiety. Can you please help me to understand more about the process and how it can help me?

Signed: Empty Nester

A. The decreased daylight in the darker winter months can be a challenge for many people. And, especially when it comes to a parent's first year of living alone, the darker months can seem even darker.

You mentioned you've had anxiety for years - it is first and foremost for me to ensure you have consulted a treating physician about your anxiety.

In the darker months, our ancestors lit a flame to light their way. In this current age of electricity, we simply flick a switch and there is light. It is a well-known fact that overhead lights can overstimulate our nervous system which can be a contributing factor to anxiety. Lighting a flame, especially a scented candle, has a soothing effect based on how the brain processes smells. The smell of scented candles produces hormones like serotonin and dopamine to help regulate mood. Some scents that calm anxiety are rosemary, lemon, chamomile, and geranium. Setting our intention for 'internal-peace' as we light the flame can bring us into 'present-moment' thinking. Spending a few moments gazing at the flame stimulates our ancient brain which can help to strengthen our connection to our ancestors. In those quiet moments we can trust ourselves to move forward in the same way as our children.

The success of a Healing Hypnotherapy session often depends on the willingness to release any unhelpful and unwanted thoughts, feelings, emotions, images, and sensations. Truthfully, there are those who still find purpose in holding onto their pain. In hypnosis you will remember everything you would remember from any regular conversation. In fact, we go in and out of trance naturally each day. Hypnosis helps your conscious brain and your unconscious brain gain rapport with one another to help you better understand and easily release the unwanted fears and emotions that have been holding onto you these many years.

Two books I recommend are: "From Mom to Me Again: How I Survived My First Empty-Nest Year and Reinvented the Rest of My Life" by Melissa Shultz and "Unwinding Anxiety" by Judson Brewer.

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

by Malachi Brown



It's Too Cold Outside!

Living in Canada all these years, you would think I would love, or at least get used to winter. That was never the case. Whenever outdoor activities were suggested, my standard response was, "It's too cold outside."

I knew I had to find ways to enjoy winter as it takes up half the year. The less time spent outside the better was my thinking. The ironic part however is, I love driving in the snow. I love the beauty of unspoiled snow on the ground. I love the picture-perfect scenery. So, I guess the reality is it's not winter that I don't enjoy, it's the cold. Unfortunately, you can't have one without the other. What to do?

A few years ago, two things helped me on the process of enjoying winter. The first was a business trip to Banff in the middle of winter. I had never been to Banff before, and wow - what a treat for the eyes. It was stunning. I had no idea this beautiful place existed. It took my breath away. I found myself spending all my free time outside, just marveling at the beauty that was all around me. It was so beautiful that I forgot how cold it was outside. I would go on long walks, frequently stopping to admire the scenery around me. Wanting to see more of this stunning place, I would hop in my rental car and drive long distances just to take it in. Again, I would find myself hopping out of the car just to be outside. What happened to me? I was now appreciating being outside in the cold enjoying winter.

The second situation that started giving me an appreciation for being outside in the winter was feeding the homeless. A couple of years ago, a few friends and I were looking for some kind of outreach project. We settled on feeding and clothing the homeless downtown. We wanted the focus to not be on us; instead, we wanted the focus where it belonged, on the homeless. We would agree to go do downtown on a certain night. Whomever could make that night would be part of that night's group. No red tape - all food, clothing and Tim Hortons' cards were given directly to the homeless men and women.

This was going great as we had started in the summer. Our efforts were so well received that we wondered what we would do now that winter was quickly approaching. Well, the homeless had to be outside, in many cases sleeping in freezing conditions. How could we possibly complain for being out there for such a short time? So, we decided to continue, and still do all year long, thoroughly enjoying it.

So, how can you start enjoying winter if you are like me? Find activities that have meaning for you, then focus on enjoying those activities, rather than focusing on the temperature. You will enjoy winter a whole lot more!

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



What a beautiful world we see when we look out our windows the morning after a snow storm. With the sun shining, we see a world that sparkles white. At the start of the day, everything is untouched and our world looks so pure. A wonderful time to look out the window before everyday life takes over.

In England, where I lived before I moved to Canada, we didn't have the cold we have here. We didn't need winter boots and coats. When we arrived in Canada, we were excited about getting snow suits, not realizing how much of a necessity this was going to be.

I will admit though, I am not a winter person; I don't like the cold. It doesn't take long for me to tire of winter attire - coats, hats, boots, gloves etc. I don't enjoy participating in winter sports, however, I did spend many winter days in cold arenas watching family members play hockey and I enjoyed it. Watching the Leafs play has always been part of my winter. I remember when they won the Stanley Cup. My Dad and I actually attended a few games that season in the old Maple Leaf Gardens. On Friday mornings, the Leafs practiced at Ted Reeve Arena which wasn't far from my high school. Somehow, we managed to make it to some of the practices. We also got to talk to some of the players after practice. I guess at the time we didn't realize how lucky we were.

As we spend more (or most of) our time indoors, food becomes a big part of our lives. I think everyone probably has a favourite soup recipe. In the winter time when we have company over, there is nothing better than roast beef and Yorkshire pudding. When I was young, Mam would say to make the Yorkshires so I did. I learned that you make them early in the day and let them sit there for the day. Just before you cook them, you add a few drops of cold water. The pudding that is left in the bowl has Bisto added to make the gravy. The last couple of winters, the pandemic has made it hard to actually have company. Hopefully this winter, things will be like they used to be.

It's important to also try and stay active if you can in the winter. I have spotted many seniors walking indoors around malls for exercise when the weather gets too cold or snowy. Some also take part in indoor fitness classes. If you don't like to venture outdoors at all, you can also exercise in the comfort of your own home to DVD's or online workouts.

As winter draws near, we have taken care of what is to come... The furnace has been 'maintained'. Our winter tires have replaced the summer ones. Bags of salt have been bought. Snow shovels are moved to a prominent location. Then we wait. Hope you are ready and that you find ways to enjoy the winter season.

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 scrap booking.

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