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9 to 5**
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From the Publisher

Hello everyone and happy spring! I am so happy that the warm weather is finally here. I love to see the buds on the trees, the green grass, and nature just coming alive.

In this issue of the magazine, continuing with our theme about Durham's rich heritage, this time in our 3-page feature, Sher Leetooze looks at the heritage buildings that comprise Scugog. 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 20 of the magazine and check out Durham Region's Rich Heritage – Scugog Township.

Our columnists also have some great content for you. Our Family Matters columnist talks about parenting in a "gig-economy" and whether that can work for you or not. Our Coach Corner columnist talks about the importance of discovering who you are meant to be and living your best life. Our Soul Searching columnist provides practical strategies to start at, and succeed at, whatever it is you want to do in life. Our Finance and Real Estate Insights columnist discusses different ways you can build and create wealth. Finally, don't forget that in addition to embarking on material goals, embarking on health-related goals is equally important. Our Get Fit: Inside & Out columnist, discusses the differences as well as benefits between detoxes and cleanses. If you've ever wanted to try doing a detox or cleanse and didn't know where to begin, her column is a must-read.

Finally, don't forget to check out our newly revamped website - www.thelocalbizmagazine.ca. As always, I hope you enjoy reading the wonderful content we have for you in this Spring 2023 issue of The Local Biz Magazine. Feel free to share your thoughts on it with us. Connect with us through our website and Facebook page.

Antoine Elhashem
Publisher



From the Editor

Spring represents a time of renewal, rebirth and fresh starts. It is also a good time to check in on any goals that you may have made at the start of the year. What are your goals? How have they been working out for you? Do they need to be tweaked?

If one of your goals has been to start a business, we've got just the article for you. Sam Burton in *How to Start a Business in Durham Region* leads you through the steps that are both essential and necessary to help you get your business idea off the ground. From attending workshops led by entrepreneurs, to conducting market research, devising a financial plan, and getting funding, her article is must-read for budding entrepreneurs. At the end of her article, there are helpful links to the Government of Canada, Government of Ontario, and Durham Region websites for important information on registering a business, licensing, permits, insurance and more. Check out page 10 of the magazine.

For those of you not interested in starting a business, have you ever considered freelancing your skills and talent? Freelancers are people who package their skills and knowledge into a service in which they are compensated for. They are independent contractors and are not tied to a particular employer. There are lots of reasons to consider freelancing besides the extra income. It offers flexibility and freedom that a traditional job doesn't. It also allows you the opportunity to develop your skills and clientele. To see if freelancing is right for you, flip over to page 15 of the magazine and check out Bianca Schaefer's article *How to Freelance Your Skills and Talent Without Quitting Your Day Job*.

I hope you enjoy reading the Spring 2023 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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How To Start a Business in Durham Region

by Sam Burton

Are you tired and exhausted from the 9-5 standard job you've been working at for far too long? Do you have a creative idea that you wish to share with the world? Do you have an idea, a product, a service, or perhaps combination of the two you think you could offer to people? Do you think that it will be lucrative? Have you spoken with friends, partners, coworkers, who seem interested in the unique concept you have to offer?

Perhaps you have even taken things a step further and written out your idea in concise detail. But the inevitable question that follows is... what now?

If you live in Durham Region and are looking to start up your own business, this article is for you. Wanting to start a business in general is a bold move, so give yourself that kudos. We are going to lead you through the steps that are both essential and necessary to help you get on your feet, as well as a few tips from entrepreneur experts that might aid you in your journey along the way.

Getting Started

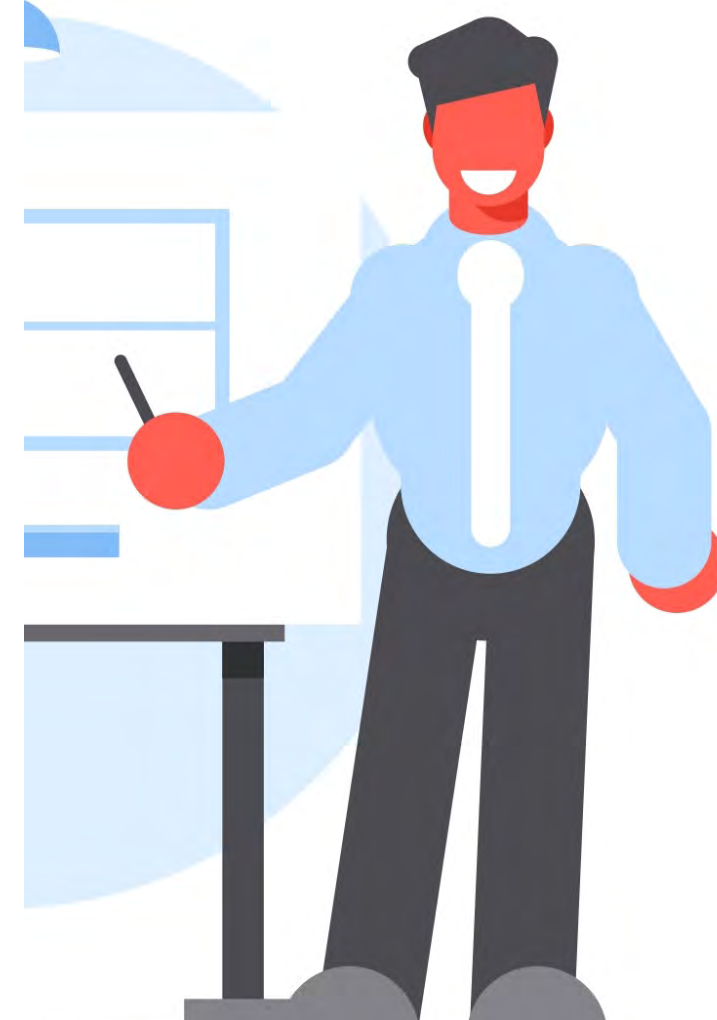
The Business Advisory Centre of Durham (BACD) offers support for people who wish to start their own business, or grow an existing business. Their goal is to help you gain the knowledge, skills, and resources to help you run a successful business. Most of the services they offer are free (if you live and own a business in Durham Region) because they are funded by the *Government of Ontario* and the *Region of Durham* to encourage local economic development and success.

On their website, the BACD outlines step by step instructions on how you can kick off your newfound business idea, with connections to various services that include workshops and personalized sessions with entrepreneurs. Listed here are the steps along with their associated proposed services that the organization offers.

Attend a Start Up Session Workshop

These sessions and workshops are run on a weekly basis at the BACD. They are 90 minutes, covering the essential, initial steps that need to be taken; some of which are the following:

- **Researching Your Idea**
- **Registering Your Business Name** – If your business has employees, facilities, or offices in Ontario, you must register using the Ontario Business Registry.
- **Licenses and Permits** – You may need licenses and permits to run your business according to federal, provincial, or municipal regulations.
- **HST** - Most businesses in Ontario are required to register with the federal government for a GST/HST account and collect GST/HST on taxable sales.



- **Insurance** - Although business insurance isn't mandatory, it's highly recommended, even for home-based businesses.

Hiring Employees

You are also open and encouraged to ask any questions that the session may not cover.

Validate Your Business Idea

Market research is necessary in order to validate whether or not your business is going to be viable, which is why it's a topic discussed in the startup session workshop mentioned earlier. Are there customers looking for your services? Are they willing to pay a sufficient amount for that service or product that will keep you in business for a long time? Market research will help you figure out the answers to these questions and more. Doing so, will save you a lot of time, effort, and money that you may waste on an idea that doesn't have traction in the market. Here are some ways you can start your own research and exactly how you will benefit from it:

Primary Research: This is done directly with your potential customers to validate the business idea, or to expand what product/service you may be offering. This is a direct approach, as these customers will have an impact on whether or not your business is going to be a success or failure. This is done through interviews, surveys, focus groups, etc. You can do this yourself, or hire a company. Doing it yourself will save you money, however it can be time consuming. Choose people for your research who will be your potential customer, not just friends or family.



Secondary Research: This research involves searching for information that has already been collected such as demographics, company records, surveys, research studies, and industry statistics. It is less time consuming than primary research, and can be less expensive. Sources include libraries, universities, industry associations and government departments.

Competitive Research: Knowing your competitors is important in developing effective business strategies. You can analyze their strengths, weaknesses, and how your own products and services can offer something different for your potential customer. You need to understand your place in the market and who these competitors are, as this will help you create a plan for your future business.

What You Need to Know: Check off these questions physically and mentally as you are searching to validate your business:

- **Who is My Customer:** As previously discussed, know who you are selling to. Ask yourself - who will buy my product? What are my customers habits and what do they want?
- **Is there A Demand:** If no one needs or wants your service, you won't be able to sell it.
- **Who is My Competition:** As previously mentioned, if there is a demand, you will have competitors in the market.
- **Where are My Customers Located:** Knowing where your potential customers reside will help you figure out where to have a main location. Or are you going to be completely virtual and offer delivery and/or shipping (if selling a product)?

- **How Do I Promote my Services:** Look for the most effective methods of promoting your business so your customers will be able to see your business, and potentially contribute to it.
- **What Will I Charge:** Consider what competitors are charging to make your business seem more appealing, but still lucrative.

The benefits you will receive from doing this essential research will give you:

- **Clarity:** Knowing precisely who your customer is
- **Truth:** Customers being honest in research about what they want and need without any bias
- **Opportunity:** Learning where the gaps and trends lie for your particular customers and potentially addressing these gaps
- **Improvement:** Showing you ways you can improve your business as trends and needs change.

Plan Your Business

The BACD has a business planning workshop that covers all of the concepts of the Lean Canvas methodology. What this is essentially is a one-page business plan that helps you consider what you need to make your business happen and what decisions need to be made. A good business plan is a solid foundation for a successful business. It is basically a road-map that will help you reach specific milestones you have set.

Develop a Marketing and Sales Plan for Your Business

Another workshop that the BACD runs is the Marketing and Sales Workshop. This is especially helpful for people who don't have a business or marketing background. It will help you identify your ideal customer, value proposition, and your core messaging as well as marketing tactics and sales channels you need to locate to start growing your business.

Develop Your Business Operations and get an Understanding of your Business Finances

This workshop will build on other sessions and provides an understanding of good record keeping, which will aid you in maintaining a peace of mind. This is yet another helpful resource for people who are not financially literate, and will cover concepts of cash management, budgeting, and sales forecasting. It also discusses why developing operational strategies and standard operating procedures will help you save time and money.

For more information about the *Business Advisory Centre of Durham Region*, visit their website: www.bacd.ca

Financing and Funding

There exists a multitude of financial aid and funding when it comes to helping you get a leg up in starting your business. But there is a misconception that there is free grant money for all kinds of businesses. The reality is that most programs are targeted to specific industries, geographical areas, or groups of people, such as minatory groups, youth, employment insurance recipients, etc. At first, the biggest source of funding will be you, your family, your friends. It is then that you can start with banks, applying for short-term loans, long-term mortgage loans, etc. Here is a list of various financing options that are specific to each business type.

- **BDC Business Financing** – Business Development Bank of Canada has many financing programs for businesses and entrepreneurs including Women in Tech and Women Entrepreneurs.
- **Farm Credit Canada Financing** – focused on supporting Agriculture, Agribusinesses and Food and Beverage Businesses
- **Canada Small Business Financing Program** – Most start-ups and existing for-profit small businesses in Canada with gross revenues of \$10 million or less are eligible to apply for loans under this program. Such businesses can be corporations, sole proprietors, partnerships or cooperatives.
- **Community Futures Program** – various loan programs for Urban and Rural businesses
- **LendingLoop** – Canada's most affordable online business loan — built for small business owners.
- **Fair Finance Fund** – For Food Entrepreneurs
- **Futurpreneur** – Various programs for entrepreneurs including mentorship

Other Programs

Spark Centre: This company has a vision in the Durham Region area to become a globally recognized technology and innovation ecosystem. It wants to do this by helping the region's entrepreneurs start world-class businesses when it comes from an innovative and technological standpoint. They offer various programs that can help someone get started, such as a startup visa, an IP assist program, a residency, a pioneer program, and something called creative spark which induces graphic design services and web design.

Community Innovation Lab: This is a charity organization based in Durham Region that focuses on programming and includes a co-op working space. It represents a central access point for all entrepreneurs seeking to collaborate and co-create solutions to gaps in their particular areas of interest. They offer accelerates, which are essentially workshops that can help at any stage of development. Their programs are meant to empower youth, women, social enterprises and seniors, along with small businesses that seek promotion of community.

Ontario Works (OW) Self-Employment Program: *Ontario Works* is something you may be eligible for if you need financial assistance when starting your business. The *Self-Employment Program* is for people who are already OW clients, wanting to be self-employed. The program does not provide start-up loans but will give financial assistance.

There is no doubt that starting a business is a daring venture that will require a great deal of tenacity and fortitude. There are many avenues you can go down depending upon what business you have. The road to getting your business on track will likely look different depending upon what product and/or service you are offering. Know that there are an abundant number of supportive resources and aid should you require it! While this article is unable to go into detail into every relevant area, you can find a wealth of information online. In addition to visiting the BACD website and attending one of their many helpful workshops, a good general place to start would be by conducting a bit of preliminary research on the *Government of Canada*, *Government of Ontario*, and *Region of Durham* websites. On there you will find a plethora of information on taxes, permits, insurance, regulations, intellectual property, business support, how to sell to government, as well as funding.

<https://www.canada.ca/en/services/business.html>

<https://www.ontario.ca/page/business-and-economy>

<https://www.durham.ca/en/doing-business/doing-business.aspx>

Follow your dreams, wherever they go.

Sam Burton is a writer in the Durham Region with a focus on creative fiction but with an affinity for local and broader investigative journalism. Currently residing in Whitby, her striving goal in writing is to create a genuine connection with readers, whether it be through real-world events or those crafted from her own musings.

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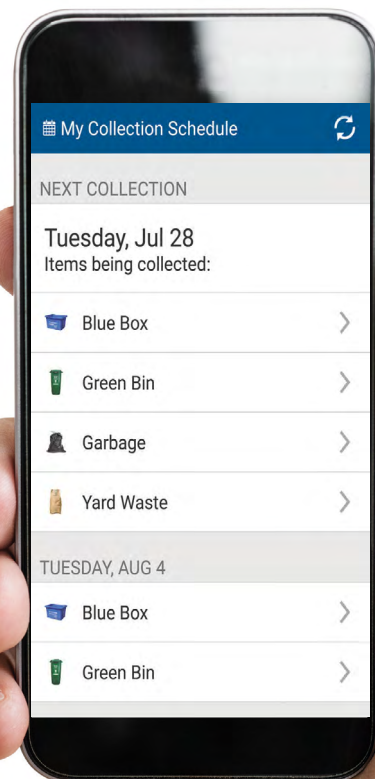


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How to Freelance Your Skills and Talents Without Quitting Your Day Job

by Bianca Schaefer

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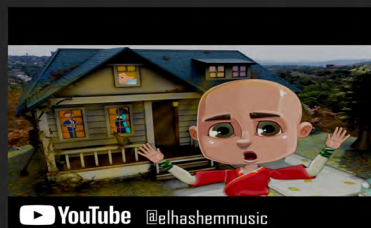
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Have you ever dreamed of freelancing but weren't sure where to begin? Though the word “freelance” may feel daunting at first, you envision making some extra cash doing something you love as opposed to slugging away at that same old day job.

But yet, you're not quite sure what to “freelance” as. You're no fancy reporter or award-winning writer. And, if truth be told, that day job is what pays your bills. The thing is, you don't always need to have some exotic skill or talent in order to freelance. In fact, in this article I'll show exactly how “easy” freelancing can be, given the right tools and mindset. And if making some extra cash or doing something you love excites you, you may even find yourself going to work with an extra jump in your step, knowing that as your bank account increases, so does your sense of freedom and confidence.

So, what exactly is freelancing? According to *Freelancing School*, “freelancing means to work as an independent company rather than be employed by someone else. Freelancers are self-employed and often referred to as independent contractors.” They are not committed to an employer long-term. They may deliver a service either on a full-time or part-time basis; depending on the contract.

But these days, many words are used interchangeably with freelancing, so it's easy to understand why it can all get a bit

confusing. Maybe you've heard someone say they are self-employed or do some independent consulting. What's important to understand is that freelancers package their skills and knowledge into a service to monetize it. So, for example, as a writer my skill is writing. A service that I could offer as a freelancer would be to write articles or blogs. (We'll talk about how you can identify your skills and turn them into services later).

Why Freelance?

Now that you know what freelancing is, what are some reasons you may want to do it, aside from earning extra cash? One reason could be the freedom and flexibility it offers, especially if you can eventually transition from part to full-time freelancing. Imagine being your own boss, choosing which projects to take on and which ones to pass up, or even working remotely from home or the cottage. There can be a lot of flexibility as to when you work as well. Imagine being able to choose which hours you're most productive at and slaying that project when you're at your best as opposed to being on someone else's schedule. Freelancing, even part-time, can be a great way to enhance your knowledge, skill set, and may even build your confidence.

The point is, being clear on why you want to freelance is really important. If it's earning extra money, you'll want to make sure there are freelancing jobs that will actually pay you for the skills or service you are offering. However, if freelancing sounds like a great way to gain some experience and/or transition to another career, offering your skills and services for free or at a discount may be the perfect way for you to gain that needed experience you need while starting out.



Freelancing vs. A Side Hustle

So, what's the difference between freelancing and a side hustle? According to [Dictionary.com](#), a side hustle is exactly as it sounds. It's work or a means of making money that is done alongside one's primary source of employment or income. The difference between the two is that a person usually does a side hustle with the intention of making a business out of it in the future. A freelancer doesn't necessarily want to create a business or become an entrepreneur; they may just want to earn the money or gain experience.

Where to Begin

So now that you've decided freelancing might be something you'd like to do, how do you know if you could actually make money doing it? You don't. That's why brainstorming your skills and talents and even asking others to help you is a good place to start. For some people, what skills to freelance might be easy to define. You are a photographer, writer, or graphic designer and this is the work you want to freelance. For others, it might not be so transparent.

I know it wasn't the case for me when many years ago, I quit my full-time job without actually having thought through the consequences. I was working in sales and marketing, but wanted to transition to health coaching instead. But the problem was, when I quit that full-time job in haste, I was nowhere near finishing nutrition school. Thankfully, my co-worker / mentor helped me identify the skills I already had (how to market skincare) and so my first freelance consulting job was born. Though this wasn't the field I wanted to continue in, it did provide me with the needed experience and money to continue my studies and to effectively transition to Nutrition Consulting later.

Case in point; start by:

1. Identifying the skills you use in your current job and in any previous work you may have done.
2. List any other "soft" skills or talent. Think outside the box.
3. Then see if you can think of services related to your skills / talent, but don't sweat this one if you can't come up with anything yet. (We'll get to that part later.) For example, I am also a trained yoga teacher. My skill is that I teach people how to practice yoga in a safe way. However, another "soft" skill I possess is that people are naturally drawn to my clear voice and instruction. Therefore, I could freelance the use of my voice for voice-over work. Another example is that in a previous job of mine, I recorded meeting minutes by typing very quickly. My skill was typing quickly and accurately, but I could freelance my typing and listening skills to do transcribing. Your turn to start your list!
4. Don't forget to write down any hobbies or self-taught skills you've picked up along the way. Hint: Think of things people say you're good at. It wasn't until we had our house up for sale that the thought of creating a side hustle in interior decorating came to mind. Sure, I had always loved to decorate and people complimented my home all the time. However, once potential buyers and neighbours started coming for viewings, I suddenly had people offering to pay for my design advice. It's definitely given me food for thought. What are your hobbies or hidden talents?
5. Once you've brainstormed all of your skills, talents and hobbies, it's important to evaluate your list and cross off the ones you don't want to do. After all, if you're going to trade your free-time for work, you should actually be doing something you really want to do! Even if it's a bit quirky, like becoming a professional sleeper! Yes, I know. Can you believe people actually get paid to do that?! *Google* "Unusual Freelance Jobs" and you just might find something that applies to you.
6. Next, start researching which freelancing jobs apply to your skills, talents, hobbies, and write them all down. Let the creative juices flow. What services are you inspired to create and offer? Do these services equate to freelancing jobs that pay, or will they lead to opportunities for experience you need, or both? Go back to your why and focus only on the jobs that line up with your goal.

At this point, you may be wondering, "Where can I find freelancing jobs?" Well, I'm glad you asked! Here are some ideas of where to find them, but note that you're not limited to just these:

Family and Friends

This one might seem obvious, or maybe not. We often think of looking for that freelancing job online. But sometimes we forget to tell those closest to us about something we'd like to pursue. For example, my husband and I signed up to be house-sitters online. And though we had our profile on a website, we seldom told our family and friends about our interest in doing it. Fast forward to two years later, and as I sit here writing this article, I am freelancing as a writer while house and pet-sitting at the same time! How did the opportunity come up? A simple mention of it to friends who were planning some travel and needed someone to look after their pets. They had no idea we would do something like that and we had no idea they needed someone. What are you waiting for? Share



your passion within your circle and see what happens! One word of caution, though. Sharing your freelance passion doesn't necessarily mean selling them your services right off the bat. It might simply be about letting them know what you offer so that when an opportunity comes up, they'll think of you or refer you to someone else. And, getting paid might not be the goal here.

Google/Websites

There are a ton of options out there and a quick *Google* search for "Freelancing Websites" is how you might get started. Depending on the type of work you're looking for, you'll want to spend a fair amount of time researching which sites are best for you. Some websites are geared more toward specific types of work, some will charge a commission and some are more reputable and trustworthy than others.

Tip: When researching websites, create a spreadsheet to help you keep track of what each website offers, how much they cost to join, and how you'll get paid.

For example, *Fiverr* is a platform that connects freelancers with business owners. You can browse over 200 different areas when you explore their marketplace. Popular categories range from digital products, design, writing and translation to lifestyle and business. It's free to join, and you get paid per job—or "Gig" as they call it. With *Fiverr* there is a commission but you keep 80% of the transaction.

As mentioned above, the easiest place to start might even be looking at websites such as [Freshbooks.com](#) or [Hostinger.com](#) that will sum up the pros and cons of various freelancing websites such as *Upwork*, *SimplyHired*, *Flexjobs*, and many, many more.

Networking

Networking in this sense applies to putting yourself out there beyond just family and friends and building relationships with

people you don't necessarily know well. Whether it's at a social event where you're meeting people for the first time, talking to the stylist at your go-to hair salon, or you're at a work event talking about what you do in your spare time (if appropriate), and if the opportunity comes up, find out what people are struggling with or what areas they need help with. You'll need some great listening skills and possibly patience to do this, but it'll pay off in more ways than one. Because the truth is, even though we have a tendency as people to want to talk about ourselves, when we begin listening to others first, there'll be plenty of opportunity to see how we can help them. And if by "help", you think I mean offering freelancing skills, yes, that's one way, but the listening and interest in them could also be the help in itself. The thing is, we may or may not get to help someone with our services. But if we develop honest relationships, we may get more than we ever expected in other ways.

Last but not least, embarking on a freelancing journey is an exciting way to discover skills you didn't know you had, learn new ones, and evolve on this journey called "life". You're never too old to start something new. You're never too young to take a chance. And as Bruce Lee once famously said, "A goal is not always meant to be reached; it often serves as something to aim at."

Bianca Schaefer is a Writer, Life and Business Coach, Holistic Nutritionist, and Personal Trainer who inspires a global community to take charge of their physical and spiritual health through nourishing their body, mind and spirit with delicious foods, an active lifestyle and a mindset that believes anything is possible. Find out more about Bianca on her website, Bianca Schaefer and follow her on IG @BiancaScahefer1

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Durham Region's Rich Heritage Scugog Township

by Sher Leetooze

As we continue to discover the history sitting in plain sight across Durham Region, we will explore Scugog Township this issue. Scugog Township is made up of the former Cartwright Township, Scugog Township (Scugog Island) and Reach Township. It came into existence in 1974 with the inception of what is now the Region of Durham.

The only large centre in this area is Port Perry, with Blackstock coming in second, and Greenbank bringing in a close third. In the 19th century, these were all very important centres, but with the coming of the 20th century their importance dwindled, leaving them as small back-water communities. The exception is Port Perry, whose position on Lake Scugog afforded it a tourist location - a position it continues to enjoy today. The historic places we will look at in Scugog Township vary from small wood churches to large brick mansions and everything in between.

Greenbank Centennial Hall

Located at 19965 Hwy #12 (just west of Port Perry), this community hall was formerly St. Agnes Church.

Built about 1868, this building was added to the Township of Scugog Heritage Register on September 23, 2019 and is now home to the Greenbank Folk Music Society.

In the early days of settlement in this area, many members of the church of England were requesting a church for their area. In 1867,



the Rev. R. S. Forneri was posted to the Mission of Uxbridge, Greenbank and Prince Albert, and he led the establishment of St. Agnes Church at Greenbank. The Port Perry Standard detailed that, "...quite an enthusiastic meeting of Churchmen, belonging to the Greenbank congregation, was held in the Temperance Hall, for the purpose of taking measures for the erection of a church. Mr. Ianson rose and said that he would give a lot upon which to build a church. The structure will be of frame, boarded perpendicularly. The pointed window, roof and belfry sufficiently indicate the

character of the building. The dimensions are nave 40 ft. by 28 ft., chancel 14 ft. by 14 ft."

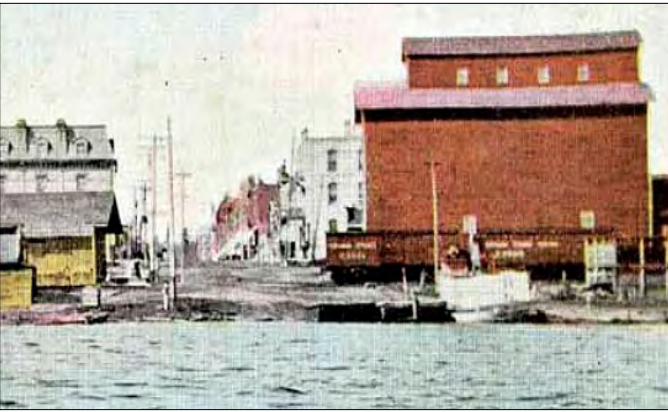
By 1884 the congregation had declined so drastically that the Church was closed in 1887. It reopened in 1910 and continued until 1917 when it was again closed. In June 1920, William Phoenix offered to purchase the building for \$250 to use as a community hall. It is still in use today.

Head Episcopal Methodist Church



Head Episcopal Methodist Church is located at the Scugog Shores Museum Village at the southern end of Scugog Island. It was built in 1860 and is an original pioneer church.

The Head Memorial Cemetery was established adjacent to the church in the early 1870's as a burying ground for the Head Methodist Church by Trustees of the Methodist Episcopal Church of Canada. Although it became a Methodist Cemetery in the early 1870's (likely 1874 at the time of first attempt at the union of the five Methodist bodies), there had already been earlier burials taking place there, probably from the time the church was built in 1860.



Master Feeds Grain Elevator

According to the Scugog Historical Society, George Currie built his grain elevator in 1874, which makes it Canada's oldest grain elevator still in existence. The grain elevator was the only building to escape the inferno which levelled most of downtown Port Perry on Nov 26, 1883.

Known as a 'wood crib' elevator, it ceased operation as a mill in 1980, after continuously operating since its construction in 1874. In fact, the building still stands today, 149 years later, as a monument

to the vision of Mr. Currie. At the time of its construction, the local Ontario Observer newspaper, in a story describing the progress of the village, made mention that work was underway on a large grain elevator. The article reported, "George Currie is laying down cedar and other timbers in preparation of the erection of a large grain store-house and elevator, capable of holding 50-60 thousand bushels of grain."

Built at the railway terminus in Port Perry, it is on a stone foundation measuring 24 inches thick. Above the foundation the entire structure was made of wood. The 58 feet high frame was constructed of huge pine beams and the exterior was covered with 2x8 inch lumber to a height of 26 feet. The remaining height was covered with 2x6 inch lumber, and the joints of the boards were covered with one-inch-thick vertical boards. When completed the massive structure was painted Grand Trunk Railway red.



Greenbank Public School

Originally built as a board and batten structure in 1874, the Greenbank Public School was a two-room schoolhouse. It wasn't until 1909 that bricks were added to the exterior and vestibules were added to ensure girls and boys entered separately, a common practice at that time.

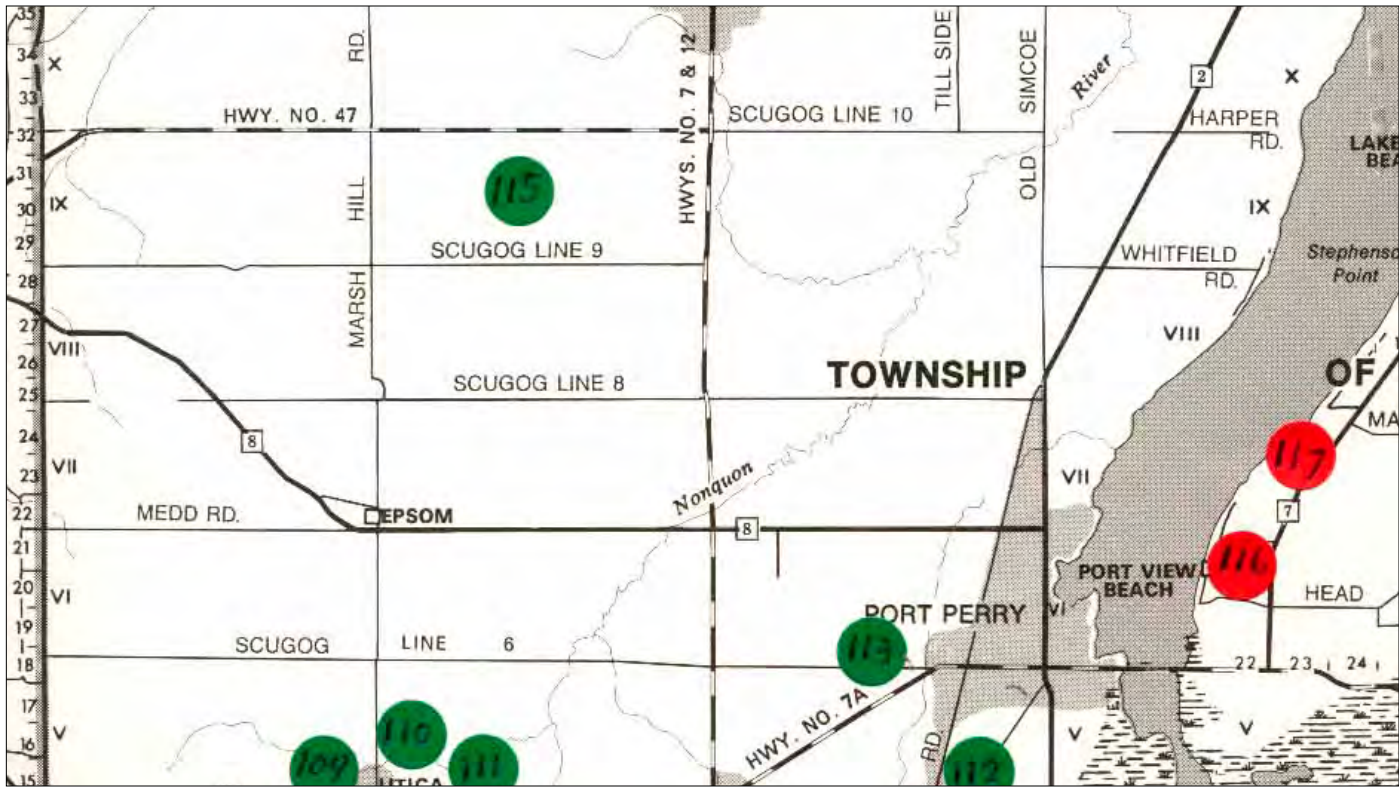
The consolidated school (the large yellow building in front that abuts Cragg Road) was added in 1960 and as a result, Grade 7 and 8 students from the "yellow school" on Old Simcoe Road joined the ranks of Greenbank Public School. However, prior to that, in 1938, Grade 9 students moved into a separate high school in Port Perry.

The birth of the consolidated school marked the closing of several other area schools, including Bethesda, Marsh Hill, Saintfield, Seagrave, and Victoria Corners. Children that attended those schools were bussed to Greenbank's new school. Despite its age, the school continues to serve the community today.

Cartwright Township Hall

Cartwright Township Hall was built to give the township council a place to meet and run the township affairs, after the long running system of counties, townships and separated towns and cities was brought in with the Baldwin Act of 1849.

For the first 5 years, meetings were held only once each year in order to organize the year's business - appointing path masters etc. But after that, meetings were held in this building monthly. As the township grew and prospered, the building was in regular daily use as an office until 1972 when council took up space in the new



addition on the east side of the Recreation Centre (the old armoury).

The hall was built east of where the Anglican church is, but was moved to its present location in 1866-67. In 1875, a stone foundation was added, and in 1910, the building was renovated and enlarged. Prior to its erection, council met at William Vance's house from 1840-1846, and at Tooley's tavern (located where the cenotaph is today) between 1847 and 1849.

Port Perry Post Office

The first post office at Port Perry was built in 1852, but with the growth of the community, it was replaced by a much larger



building in 1872. By 1914, a more commodious building was required; the building pictured here was built on Queen St. At one point in 1972, it appeared the building might be torn down and replaced by a modern new structure, but fortunately a group of local concerned citizens convinced the government of its historic value, saving it from demolition.

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](#).



March 25, 2023

Resound Choir Presents: Songs My Mother Taught Me

ESOUND Choir focuses on motherhood, femininity, and the experiences of women during the pandemic and beyond.. Port Perry
www.resoundchoir.ca
905-718-0533

March 10 to April 2

Purple Woods Annual Maple Syrup Festival

Come out and experience a Canadian spring in Central Lake Ontario Conservation Authority's sugarbush at Purple Woods Conservation Area! Don't forget to stop by our Heritage Store to purchase some maple treats to take home!
Oshawa
www.cloca.com/maple-syrup-festival
905-579-0411

March 13 to March 17

School Days At the Oshawa Museum

Discover what school was like for kids back in the early 1900s! Opens at 9 am with the last tour at 3:30pm. March Break activities is \$5/child (free for OHS Members), and this includes a tour of the Oshawa Museum. You can drop-in or buy your tickets in advance
Oshawa
www.oshawamuseum.org
905-436-7624

March 24, 2023

Friday Night Live: Big 80's Dance Party

Break out your leg warmers and off-the-shoulder tops; it's time for a totally tubular tribute to the dance parties of the 80's. Concessions and cash bar available. \$5/ticket.
Ajax
www.ajax.ca/en/play-and-discover/st-francis-centre.aspx
905-619-2529 ext. 2787 (ARTS)

March 25, 2023

Captain Fantastic: A Tribute to Elton John

Captain Fantastic is based on the 70's and 80's era of Elton John's work including a five piece band and three costume changes. Concessions and cash bar available.
Ajax
www.ajax.ca/en/play-and-discover/st-francis-centre.aspx
905-619-2529 ext. 2787 (ARTS)

April 02, 2023

Allies for Autism World Autism Day Event

Join Autism Home Base and our honorary co-chairs, Todd McCarthy, MPP Durham and Mrs. Kathy McCarthy for the annual World Autism Day Event taking place at Trent University Durham GTA. Proceeds from this event will help support social and recreational programs for autistic adults and their family caregivers delivered by Autism Home Base.
Oshawa
www.autismhomebase.com/world-autism-day/
289-278-3489 ext. 4

April 08, 2023

Easter Parade

Join the the Royal Canadian Legion and City of Pickering in celebrating Easter. The Bay Ridges Royal Canadian Legion Branch 606 will be hosting their annual Easter Parade along the usual Bay Ridges parade route. The parade theme is "The Legion's Last Bunny Hop." Following the parade, the Legion will host a free lunch at their branch sponsored by Triple Properties and provide free family fun activities.
Pickering
www.pickering.ca/en/discovering/festivals-events.aspx#

April 15 - 16, 2023

Spring Art Festival 2023

Art show and sale by Oshawa Art Association featuring 50 all Durham Region Artists. Paintings in all mediums, sculpture and pottery. Free event. Inside - snack bar available.
Oshawa
www.oshawaartassociation.com
905-435-0575

April 15, 2023

Harry Manx Presented by Music by the Bay Live

Harry delivers his live show with a variety of stringed instruments including the Mohan Veena (Indian slide guitar), drums, guitars, banjo & harmonica.
Whitby
www.musicbythebaylive.com/
905-903-8661

April 13 to 22, 2023

Proof

ACT - Proof (Drama) Winner of the Pulitzer Prize for Drama, David Auburn's Proof is a passionate, intelligent story about fathers and daughters, the nature of genius, and the power of love.
Ajax
www.ajaxcommunitytheatre.com

May 07, 2023

Durham Region Steps for Life 2023

Join the annual Steps for Life fundraising walk in support of families affected by workplace tragedies. Registration is free and you can participate in-person or at home! Learn more and register today.
Pickering
www.secure3.convio.net/thread/site/TR/StepsForLife/General?pg=entry&fr_id=1312
1-888-567-9490 ext. 111

May 07, 2023

Lake Scugog Studio Tour

This self-guided tour features 36 artists at 15 sites across Scugog. Visit the studios and explore the fantastic creations of artists making work right here in your community.
Port Perry
www.scugogstudiotour.ca/
905-982-2121

May 13, 2023

Andy G. and Friends in concert

Canadian Folk-Roots artist Andy Griffiths' love of music has led him to write a number of original songs. His concerts are interactive and fun for both children and parents. Concessions available. \$20/ticket.
Ajax
www.ajax.ca/en/play-and-discover/st-francis-centre.aspx
905-619-2529 ext. 2787 (ARTS)

May 26, 2023

Friday Night Live: Quizzes & Cocktails

Calling all intrepid quiz masters, supposed know-it-alls, and self-proclaimed professors of random knowledge...as well as those who just want to have a good time and a good laugh! Concessions and cash bar available. NOTE: Each team will need to bring a smart phone, tablet, or laptop to play. \$5/ticket.
Ajax
www.ajax.ca/en/play-and-discover/st-francis-centre.aspx
905-619-2529 ext. 2787 (ARTS)

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.

Spring Horoscope

MARCH 2023 to MAY 2023

Aries (March 21 – April 20)

Newton's first law of motion says, "An object at rest stays at rest and an object in motion stays in motion with the same speed and in the same direction unless acted upon by an unbalanced force." You must apply this law to your current procrastination pattern. Try a systematic approach of tasks broken down into small and enjoyable increments to re-direct your momentum. The hardest part is starting.

Taurus (April 21 – May 21)

A new arrangement of your home is needed. You've stared at the same fixtures in the same positions for too long. Before you start rearranging, have a plan. Research Feng Shui principles to achieve the most advantageous flow of energy and function of furniture in a room. A properly arranged room may have a direct impact on how you feel.

Gemini (May 22 – June 21)

Money and finances concern you as you entertain worrying nightmares of future scarcity. Start small by adjusting your thinking and feelings around lack. With any purchase you make and every bill you pay, however small, say quietly to yourself, "I am rich". Let the feeling of that thought and all the reasons it is true sink in. Sometimes a "fake it till you make it" attitude carries a little hidden magic.

Cancer (June 22 – July 22)

Recently, you took a trip down memory lane. Nostalgia filled your mind and heart and you considered the passage of time and the future unknowns. Sometimes we need to look back and heal before pivoting forward. The past is a foundation upon which the future is built. If repairs are in order, emotional or otherwise, tend to them now before moving on. It's time to wipe the proverbial 'karmic slate' clean before you step into the years that lay untarnished before you.

Leo (July 23 – August 22)

It's time to systematize yourself into a new order. Spring is here and your annual spring-cleaning routine has inspired you to shake things up a bit. You want a new look for your home, wardrobe and a new configuring of your surroundings. You must start with a vision. Get your measuring tape and sketchbook out. Behold, the blueprints for your footprints into your year ahead. Plan wisely.

Virgo (August 23 – September 23)

A new hobby has inspired you with many new creative ideas. Just as a painter chooses a subject, scene, colours, canvas and brushes with care and purpose, so do you also feel in the pre-contemplative stages of gathering knowledge and tools for designing your creation. This is a necessary step of the process. The next is to wipe your own slate clean and allow your creation to express itself using you as a (now well-prepared) channel. Now go be the whisperer.

by Julie Antoinette



Libra (September 24 – October 23)

Big decisions in a significant relationship are looming. Now is the time to consider your goals, values and vision, evaluate and gain perspective. Finally, find alignment within yourself on these precepts. The optimal decisions will then become apparent. Only then should you act.

Scorpio (October 24 – November 22)

Your unconscious tries to reach you with an important message through a song that haunts your headspace. Have you stopped to consider the lyrics more closely? Make a creative project of it. Create a scrapbook or collage or write a research essay. A treasure will be delivered to you from across the universe. A message in a bottle.

Sagittarius (November 23 – December 21)

For reasons long considered, you must break a long-lived habit. You have only to decide. "All big things come from small beginnings. The seed of every habit is a single, tiny decision." - James Clear, Atomic Habits. Until you decide, you will remain inhabited by your habit.

Capricorn (December 22 – January 19)

Weird dreams fill your consciousness. You wake up bewildered and wondering about your bizarre sleeping life. You must investigate. There are many dream interpretation methods available to explore. One is to place yourself in the shoes of each character or object in your dream and experience the events from each perspective. A picture will emerge that will leave you less bewildered.

Aquarius (January 20 – February 19)

You consider yourself introspective, self-aware and dedicated to your inner growth. Many dark corners in your mind and heart have been brought to light, never to lurk in shadow again. It seems another dark corner has attracted the attention of your inner flashlight. You know exactly what to do. Your dedication to your inner growth is an example to many.

Pisces (February 20 – March 20)

How does self-sabotage work? It doesn't make any sense. Why would anyone willingly choose to sabotage themselves? Well, the reasons go deeper than ever could be detected at the surface. You must discover these reasons so you can, "Stop doing that sh*t," as Gary Bishop would announce to you in his book of the same title. Discover your pattern and just stop.

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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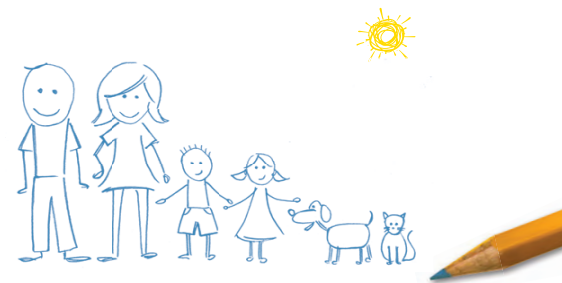
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by Tara Richardson

Soul Searching

4 Practical strategies for
starting (and succeeding at!)
something new



Spring is in the air! The days are brighter longer, the snow has melted and the ground is becoming ready to plant bulbs that will turn into the beautiful summer flowers. But don't stop at solely associating spring with physical growth, consider what nurtures your self-growth.

Self-growth is moving beyond your current knowledge base, in whatever capacity that may be. This spring, think about trying something new, something you may have always felt passionate about or even something that just recently piqued your interest. But news flash – starting something new is hard work! And you know what's even harder? *Succeeding* at your newfound goal or passion. Here are four practical strategies to help you stay on track.

Identify your 'something new': What have you always wanted to do but haven't had the courage to try? It can be as far out of your comfort zone as you feel ready to embark upon; just simply pick anything!

Connect to your why: Understanding why something is important to you will likely be your biggest motivator in achieving the goal you desire. Connecting to your 'why' is used both in the business world (check out Simon Sinek's book, *Start with Why*, for more details on creating why statements for both your products and organizations) and in our personal lives. Try journaling freely about what you want without holding back to uncover your true why.

Clarify how you want to feel: Reflect on your life and consider which emotions you are hoping to evoke from this new endeavour. If you are looking for a thrill, learning French verb conjugation may not meet the thrilling category, however, when you pair this new skill of learning French with a trip to Bora Bora, learning French takes on a whole new feeling.

Create the plan and fine tune your routines: If you have never heard of something called SMART goals, you my friend, are either living under a rock or haven't had to set goals for awhile. SMART goals are goals that are specific, measurable, achievable, realistic, and timely. Use the SMART goal template to define your goals and then create routines or habits to help maintain the structure needed to achieve the goal. Many people simply use the SMART goal system without realizing how crucial creating routines and habits are, so don't forget this vital step.

Succeeding at your 'something new' does not mean it will look perfect. In fact, spoiler alert, you will not always succeed in the way you imagined. No problem. Remember the 80's rock band, *Chumbawamba*? They sang it best with, "I get knocked down, but I get up again."

So, get up again. And again. And again.

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

Get Fit: Inside & Out

by Bianca Schaefer



The Difference Between a Detox and a Cleanse

If you're conscious about healthy living, I'm guessing you've heard of the terms: "detox" and "cleanse". While both terms are often used interchangeably, and both can promote healthy living, there actually is a difference between the two. But if you want to cut right to the chase, one might say that a detox focuses on "out with the old", while a cleanse will focus on "in with the new". Both promote feeling better with an increase in energy, mental clarity, and a reduction in bloating and cravings.

A detox is meant to be short-term and helps remove harmful toxins that can linger in your body and cause inflammation. Though the body naturally detoxes itself through the liver, kidneys, and skin, poor nutrition and lifestyle habits can drastically inhibit the body's ability to remove toxins effectively. And with the constant exposure to toxins (pollutants, pesticides, synthetic materials and home and personal care products), regular detoxification and cleansing is essential to health maintenance and disease prevention.

Detoxification takes the toxins out systematically through your liver and kidneys primarily, and restores your body on a deep cellular level. It's typically more comprehensive and stricter in its approach and can last anywhere from a few days to two weeks. It's designed to remove foods that typically interfere with your body's detoxification pathways and add nutrients to support them instead.

A cleanse, on the other hand, focuses more on digestive health (your gut) and everyday detoxification, which also supports your liver. Typically, it isn't as restrictive as a detox as it focuses on clean eating with whole, minimally processed foods, which help give the digestive system a rest. Cleanses help fight bloating while supporting bowel regularity and they're a great way to maintain health in between detoxes. Cleanses can last anywhere from 1 day to 4 weeks.

How do you know if you should detox or cleanse?

Signs of toxicity can include, but are not limited to headaches, fatigue, joint pain, depression, anxiety, constipation, skin problems, and difficulty losing weight. If you're experiencing any of these symptoms, it's a good indication that a detox, cleanse, or both would be beneficial. I recommend doing a detox at the change of a season, such as spring and fall.

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.

Tweens, Teens & In-Between

by Afeefa Malik



Recently, I've come across many small businesses on *Instagram* that are run by teens for handmade items like art, clothing, decor etc. I also recently started my own *Instagram* page for my product – handmade wedding entrance signs. I am currently still in the planning stages of my small business, and learning a lot! Here are some things to think about if you too would like to start a small business.

The first thing is, what product or service do you want to sell? For example, I learned graphic design and vinyl cutting in one of my classes at school. When one of my family members was in need of a wedding sign, I thought, why not make one? So that's what I did. From designing to creating, I was really happy with the finished product. I then decided to market my business so that more people could get to know what I was selling. I did this by creating a page on *Instagram*. Even though I am currently not taking orders, it was still important for me to claim the domain name so that I could continue my project at a later time without worrying about someone else taking my brand.

This goes into my next point: how will you set aside time for balancing school and your small business? Things like, figuring out your pricing, knowing your costs and profit, and even your branding takes time. The planning process might feel a bit daunting and overwhelming. Although you might be eager to jump into the process of getting your business running, when you have everything planned out, your business will have a higher chance of being sustainable in the long run. A good idea is to download a business plan template and try filling it out so you can get a better idea of what is needed to have a viable business.

Starting a small business isn't just about making money. (Although, this is an important factor because it can help you pay for your education or other expenses.) You can also gain many valuable skills such as money management, time management, responsibility and so much more. These skills are an asset for teens to have at an early age.

It is important though to know, that having a small business is not for everyone. It can come with many challenges and setbacks. If you do decide to start a small business, make sure to do something that correlates with your skills and passions. The more you are passionate about your business, the farther it will go.

Thank you for reading this season's issue, and I hope you all have the best of luck in whatever you decide to pursue.

For helpful information and links on starting a business, check out this issue's feature article, *How To Start a Business in Durham Region* on page 8 of the magazine.

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



Parenting in a gig-economy

According to *Statistics Canada*, approximately 1.7 million Canadians are saying goodbye to the long-established 9-5 job and choosing a less structured, non-traditional work arrangement – gig work. The nature of work is continuing to change, making room for people to freelance their talents while making a living. In turn they get to set their own hours, enjoy more work-life balance and gain freedom in decision making, creativity and innovation through entrepreneurship. Whether through necessity or to supplement income, gig work is on the rise.

For parents, while gig work has many benefits, it's not for everyone. If not your sole source of income, there are a number of ways in which parents can dip their toes in freelance work, turning a passion into income.

Teach others

Think about the days when you made time to play the guitar, do yoga or paint. You may have reminisced of your days as a swimmer, skater or tutor with parents you met at school pickup. Most of our talents and passions can be taught to others with a certification or training course. Advertising in your local community is a great place to start teaching beginner classes and build a clientele. You don't need to be the best at what you love to do, as long as you love doing it.

Turn it into a business

Similarly, there are many talents that can be freelanced such as cake decorating, bookkeeping or graphic design. The great part for parents who consider this type of work is that it can be weaved into your busy schedule. You can take orders when it suits you and decline work when you don't have time. If you notice your friends and family are constantly asking for your help because you're "so good at it" consider turning that into your next side hustle.

Choose your kid as your business partner

Sometimes our children are more talented than we are and are looking for ways to make money. As your children grow up, explore ways that they can pursue their skills and hobbies as a form of gig work. They'll need you for guidance, direction, maybe even transportation, but having you by their side will give them the confidence and reassurance that they can do anything they set their minds to. They may take credit for all the work you put in, but it's time well spent if you ask me.

Parenting is a full-time job that doesn't pay the bills. You are a parent but also a person who might have ambitions, interests and untapped dreams. The neat thing about gig work is that if it doesn't work out you can quit – and not even tell your boss!.

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



Maple Ginger Chicken with Roasted Potatoes and Pepper Salad

My favourite spring activity is to go to a maple syrup festival and see how sap from maple trees is used to make maple syrup. While maple syrup is usually served with pancakes and waffles, it can also be used as a sweetener in baking and cooking. It is added to this salad to give it a sweet and tart taste.



Ingredients

4 skinless chicken legs and thighs OR 400 g extra firm tofu

Marinade

2 tbsp maple syrup
 1 tsp ginger paste
 1 tsp Balsamic vinegar
 ½ tsp chili powder
 ¼ tsp turmeric powder
 1 tsp salt
 Cooking spray

Pepper Salad

1 cup pepper (red and orange) diced
 ¼ cup chopped green onions
 ½ cup diced celery

½ cup diced red onion
 1 tsp maple syrup
 1 tbsp apple cider vinegar
 1 tbsp olive oil
 1 tsp black pepper
 1 tsp salt
Potatoes
 2 lbs. baby potatoes
 1 tsp salt
 1 tsp pepper
 1 tsp garlic paste
 2 tbsp olive oil

Directions

1. Mix the marinade and brush the chicken pieces covering the entire surface. Marinade overnight or a minimum of eight hours for maximum flavour. If using tofu, cut into 1-inch pieces and add the marinade.
2. Bake at 350-degree Fahrenheit oven for 45 minutes until the chicken is brown and cooked inside. If using tofu, pan fry the pieces with a little oil for few minutes until lightly brown.
3. Scrub the potatoes, cut in half, and toss with salt, pepper, and olive oil. Place the potatoes on another baking sheet and bake for 45 minutes until the potatoes are cooked.
4. Mix all the ingredients of the salad in a bowl and add the seasonings. Cover and keep aside until chicken / tofu and potatoes are ready.
5. Serve chicken or tofu hot, with roasted potatoes and pepper salad on the side.

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

Building and Creating Wealth.... What they don't teach you in school!

We need money to buy our freedom from the traditional 9 to 5 grind. We spend years saving and investing our hard-earned money in hopes that we can trade it for our time and achieve early retirement without knowing the REAL secret formula to creating wealth. Connor Steinbrook, currently in the top 30 out of 87,000 realtors in the fastest growing, global real estate company in the world – EXP – came up with the “wealth quadrant,” which masterfully encapsulates the four components to building and creating wealth. The four components are:

- 1) **Multiple Streams of Income (MSI)** – All solid wealth strategies contain an insurance component. Having multiple streams of income doesn't guarantee wealth, but it does hedge your bets against downturns in certain segments. You don't want all your income coming solely from your traditional “job,” as that segment is most at risk if you have a, “life hiccup,” and can't work for a period of time. Other streams of income can be from investments, rental income, or your side hustle.
 - 2) **Duplication** – Is what I consider the compounding effect. A great example of this is home ownership. Over time, most people make monthly mortgage payments, which are a blend of interest repayment and equity in your property. Owning the home you live in is a great investment, but having a rental property and having someone else pay off your mortgage is duplication and even better! One rental property is great, but two is better than one and five is better than two! Duplication helps you leverage what you currently have into greater wealth.
 - 3) **Equity (Ownership)** – We all know it's better to own than to rent when it comes to home ownership; the same is true of business. Participating in company equity stock plans usually sold at a discount is a great way to participate in equity ownership in the company you work for.
 - 4) **Passive Income (Residual)** – This should be everyone's favourite type of income! Many people who operate in team structures participate in residual income structures. The insurance and investment advisory industry was built on it. Once an insurance policy or investment is sold, every year that it renews, the broker who sold it to you receives a commission. It's the gift that keeps on giving!
- Building and creating wealth isn't taught in school. Even when you specialize in wealth management, it's never laid out this concisely. Leave it to wealthy entrepreneurs to sum it up quick! Now you know the REAL secret too!

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.

by Nicole Forrester



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by Sheila Marina



Ask Sheila

Dear Sheila,

Q. One of my big goals this year is to introduce my ideas for helping others in my community with their daily tasks. I've researched ways to express ideas and decided that networking in my community is the best way to let others know about my services. However, one of my biggest drawbacks is my anxiety when meeting new people. Growing up, my teachers and parents always introduced me as the “shy” person so it makes sense that I would have anxiety when meeting new people. I love my new business idea and feel I can make a big difference for others in my community. Can you offer any advice on how best to move forward?

Signed: Nervous Nellie

A. First, please accept my sincere congratulations on your new business idea for helping others in your community! You mentioned having anxiety when meeting new people - it is important to first ensure that you have consulted a physician about your anxiety.

As I'm sure you're already aware, more than 20% of adults experience symptoms of “social anxiety” which can include a fear of interacting with new people, a fear of being judged by others, humiliating yourself or forgetting what to say in unfamiliar social environments. Physical symptoms like blushing, sweating, trembling and nausea are often present in the body and can be observed as symptoms of social anxiety.

There are tools that can help you reframe your mindset and begin to build confidence. Visualization of what will happen – imagining yourself attending a networking event can give an idea to your brain of the desired outcome. The brain often cannot distinguish between reality and imagination. Picture - what you are wearing, what you are eating for breakfast, travelling to the event, entering the room and noticing others attending the event.

In the days leading up to meeting new people, it would be very helpful to write out some ideas for what you'd like to discuss or share, ideas for questions you'd feel comfortable asking including small talk. Practice delivering these ideas in a mirror, paying attention to what you look like while you are speaking.

Finally, you can consciously choose to focus on What Is instead of What If. 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: With grace and ease, I engage with others.

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



Stepping Out

Who you are truly meant to be will only become evident when you leave the places you feel most comfortable in.

We were meant to be stretched, challenged, and have a desire for the unknown. Living by faith is a very crucial part of the human success experience. How often do we read about, or even know someone personally who only became successful when they tried the very thing that terrified them?

I was speaking to a friend of mine not too long ago who wanted to be a speaker, however the thought of public speaking scared her to death. How was she ever going to be successful? Well, she made the decision that in order for her to pursue her calling, she had to step out in faith. Was it scary? Were her palms sweating? Was her heart racing? Yes, Yes, and Yes! However, she knew she had to take the necessary steps if she was ever going to overcome her fear and become successful. She is now much more comfortable in front of an audience and is closer to fulfilling her goal and her dream.

What about you? Is there a career you have really wanted versus the one you currently have? Is there a talent you have, that if you were able to step out of your comfort zone, you would have something to offer the world that would be amazing? Is there a business idea you have hidden because you weren't sure it would work, only to see someone do a lesser version, a not-so-great version of your idea and make a success of it?

The book you want to write, the adventure you want to go on, the relationship you want to pursue; stop putting it off because you are afraid. Step out of your comfort zone and renew your thinking. Put a plan of action in place. Speak to the people you need to speak to. Have an accountability group or individual to help push you towards your goals. Yes, you will stumble and possibly falter at first (this is normal) but keep on going until you have some traction. You never know how far you will go until you start believing in yourself, your gifts and your hidden abilities and talents.

We have heard the ancient proverb that a journey of a thousand miles begins with a single step. Take that step.

Time is quickly going by; don't lose any more of it. Step out of your comfort zone and create the life you have always wanted. Discover the person you were meant to be. Pursue the life you are meant to be living. Live your life; don't just be part of the crowd. Offer your talents, gifts and abilities to us – we need it.

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



I think many of us hope we get to do the "happy dance" one day after we buy a lottery ticket. For most of us though, this won't happen, so we will have to go through life with what we have. Some of us depend on pensions from when we worked, as well as the government pensions (Canada Pension (CPP) and Old Age Security (OAS)). Sadly, all these pensions still aren't always enough for a person to live on. Prices of everything have gone up (rent, food, gas and most necessities of life) making everything so much less affordable.

If you are not able to support yourself financially and need to find a job, there are sites that specifically cater to jobs for seniors. Google "jobs for seniors in retirement" and you will find lots of sites that list different jobs, full-time and part-time that may interest you. I know a few seniors that drive for a living. Some are school bus drivers. If you like driving and don't mind driving a big bus, it might be something to consider. The school bus company provides training so you are well-prepared. When the weather is bad, the buses are usually cancelled so you're not going to be driving on horrible days. You also only work during the week, and get weekends and summers off. I know other seniors who work at car dealerships, shuttling customers to their homes after they drop off their cars for service. If you like driving, but don't want to drive a big bus, this might be something to consider. Some other popular jobs include dog walker, tutor, library assistant, tour guide.

If you have a particular talent (i.e., writing, crocheting, photography, drawing, woodworking, etc.), you may want to consider freelancing your skills. You can earn money while doing something you love. While freelancing alone may not be enough to support you, it is a good way to supplement your income stream. It is also a great way to start that little side business, which who knows, may turn into something quite profitable down the road. In this issue of the magazine, we have a feature article that shows you how you can get started freelancing your skills and talent. You can find it on page 13.

There are many reasons that people over 65 get a "job" after they retire. They may want to bring in extra income, pursue a passion, or just want something to do. The reasons are personal and endless. In fact, according to Statistics Canada, 1 in 5 Canadians over 65 years (1.1 million seniors) reported working in 2015. So, whatever your reasons are, remember, you are never too old to re-enter the workforce or freelance your skills. Age is just a number at the end of the day.

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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