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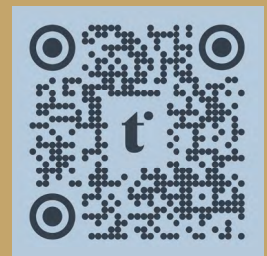


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From the Publisher

Hello everyone and happy summer! I am so happy that the warm weather has finally arrived! I love taking my dog out for walks in the warm summer sun, and seeing the neighbourhood and streets come alive with people enjoying the outdoors.

In this summer 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 Clarington. Clarington is made up of the two former townships of Darlington and Clarke, formed in 1974 when The Region of Durham was formed. Today, Clarke Township is where you will find Newcastle and Newtonville along the lakefront, and Orono, Kendal, Kirby, and Leskard, further north. Darlington Township is where you will find Courtice and Bowmanville along the lakeshore, and Hampton, Enniskillen, Burketon, and Tyrone, further north. So, if you're a history buff, or just want to have a better understanding of the area, flip over to page 18 of the magazine and check out *Durham Region's Rich Heritage – Clarington Township*.

Our columnists also have some great content for you. Our *Soulful Searching* columnist talks about the importance of savouring summer, slowing down, and truly being present. By doing so, we can truly enjoy the summer, instead of it just flying by so fast. Our *Coach Corner* columnist asks you to dig deep and ask those hard questions on whether starting a business is something you have always wanted to do but have stopped yourself from doing so for whatever reason. Maybe this is the year to get past your fears, doubts, worries and what-if's and take the risk to do something you truly want to do. Finally, our *Finance and Real Estate Insights* columnist gives you the scoop on the latest design trends in the home market.

Don't forget to check out our newly revamped website at www.thelocalbizmagazine.ca. As always, I hope you enjoy reading the wonderful content we have for you in this Summer 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

If you have been reading The Local Biz Magazine for a while now, you've likely heard me proclaim that summer is my favourite season. Well, it's true. I am a summer girl and I will bask in the warmth (or scorching heat!) any day over cooler temperatures. We've had a rainier and cooler than average spring, (except for that one week in April when we had a "Fool's Summer" as I like to refer to it), and I'm about ready for summer to officially begin and stay that way for a few months.

In this summer issue of the magazine, we are continuing our entrepreneurial theme started in the Spring issue. *Your Ultimate Guide to Starting a Summer Business While in School* by Sukanya Samy is an informative read for both parents, and their children who may be interested in starting a summer business. The article walks students through the necessary steps to turn their business ideas into reality. It also lists programs and resources in Durham Region that can provide students with the support they need. To find out more, flip over to page 8 of the magazine.

Our second feature, *Unleashing Your Inner Leader: The Essential Skills of an Online Business Manager* is a relevant read for those interested in working from home and earning a stable and reliable source of income. An Online Business Manager (OBM) is a great work-from-home opportunity that allows you to work remotely and manage the operations of a business from a location of your choice. If you happen to have great project management, communication, leadership, and organizational skills, to name a few, turn to page 13 of the magazine to find out how being an OBM might be the right career option for you.

I hope you enjoy reading the Summer 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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If you are a high school or college student, summer break is the perfect time to take a break from your studies and explore your interests. But what if you used this time to also start your own business?

Not only can it help you gain valuable experience and skills, but it can also provide a source of income. In this article, we'll explore the benefits of starting a summer business, how to choose a business idea, planning, marketing, and managing your business.

The Benefits of Starting a Summer Business

Starting a summer business has numerous benefits. Here are just a few:

Gain valuable experience

Starting your own business is a great way to gain hands-on experience and learn new skills. As a student, you may not have the opportunity to work in a professional setting yet. However, starting a business can allow you to develop leadership, communication, marketing, and financial management skills.

Build your resume

A summer business on your resume can help you stand out from other job applicants when you graduate. It shows potential employers that you are proactive, ambitious, and have various skills that can be applied in the workplace.

Follow your passions

Do you enjoy pet sitting or mowing the lawn? These are great small business ideas that you can get started with without much investment. Starting a summer business allows you to pursue your interests and passions.

Create a source of income

Starting a summer business can be a great way to earn money during the summer months. Depending on the business, it may be possible to continue running it during the school year to supplement your income.

Make a difference

Starting a business can also be a way to make a positive impact in your community or beyond. For example, you could create a company that provides a service or product that addresses a specific need or social issue.

Choosing a Business Idea

When choosing a business idea, it's essential to consider your interests, skills, and market demand. Here are a few steps you can take to find a suitable business idea:

Identify your interests and skills

Start by making a list of your interests and skills. Consider what you enjoy doing in your free time and any skills you have developed through coursework or extracurricular activities. This will help you choose a business idea that aligns with your strengths and passions.

Research market demand

Once you have a list of potential business ideas, research the market demand for each idea. Look for gaps in the market or areas where you could offer a unique product or service. You can also conduct surveys or focus groups to get feedback from potential customers.

Evaluate feasibility

Consider the feasibility of each business idea in terms of resources, time, and financial investment. Ensure you have the necessary resources and support to bring your vision to fruition. Consider the costs associated with starting and running the business and any legal or regulatory requirements.

Choose a profitable niche

Choose a business idea that has the potential to be profitable. Look for a niche market that is not yet saturated and has a high demand. This will increase your chances of success and profitability.

Planning Your Summer Business

Once you have chosen a business idea, it's time to start planning. Here are some critical steps to take:

Define your business goals

Start by defining your business goals. What do you hope to achieve through your summer business? Are you looking to make a certain amount of money? Build your skills? Create a positive impact in your community? Defining your goals will help you stay focused and motivated throughout the summer.

Create a business plan

A business plan is a crucial document that outlines the details of your business, including your target market, marketing strategy, financial projections, and more. It's a roadmap to guide you through starting and running your business. Many online resources can help you create a business plan, or you can seek advice from a business mentor or advisor.

Secure funding

Starting a business may require some initial investment, whether to purchase equipment, pay for marketing expenses, or cover other startup costs. Consider all possible funding sources, including personal savings, loans, and grants. Look for opportunities aimed explicitly at student entrepreneurs, such as college entrepreneurship programs or startup accelerators. I have covered more on this in a separate section.

Set up your business

Once you have secured funding, it's time to set up your business. This may include registering your business, obtaining necessary permits or licenses, and creating a legal structure (such as a sole proprietorship or LLC). You may also need to purchase equipment, set up a workspace, or hire employees.

Develop a marketing strategy

Marketing is a crucial aspect of any business. Develop a marketing strategy to help you reach your target audience and promote your business. Consider using social media, flyers, email marketing, or other tactics to get the word out about your business.

Securing Funding and Investments

This is an important aspect of starting any business, and there are several ways that you can obtain investment or funding to launch your own business. Here are some options:

Personal savings: One of the simplest ways to fund your summer business is to use your own personal savings. If you have saved up money from part-time jobs or other sources, you can use these funds to cover initial startup costs.

Loans: Consider taking out a loan to fund your business. This can be a personal loan from a bank or credit union, or a business loan specifically designed for startups. You may need a co-signer or collateral to qualify for a loan.

Grants: There are several grants available specifically for student entrepreneurs. I have a section dedicated to local resources that also provides links to organizations providing grants.

Crowdfunding: Crowdfunding is a popular way for entrepreneurs to raise money for their business. You can create a crowdfunding campaign on platforms such as Kickstarter or GoFundMe, and ask friends, family, and other supporters to contribute.

Here are some examples of how these funding options might apply to popular types of summer businesses:

Lawn mowing: For a lawn mowing business, you may need to purchase equipment such as a lawn mower and weed trimmer, as well as marketing materials like flyers or business cards. You could use personal savings or a small business loan to cover these initial costs. Or you could rent out equipment or look for cheap deals instead of buying new equipment. If the business grows, you could reinvest profits into buying additional equipment or hiring employees.

Pet or babysitting: A pet or babysitting business may not require as much initial investment, as you can use your own home or the homes of clients to provide services. However, you may still need marketing materials and liability insurance. You could use personal savings or a crowdfunding campaign to cover these costs.

Sport coaching: A sport coaching business may require more initial investment, as you may need to rent facilities or purchase equipment. You could use personal savings or a small business loan to cover these costs. As the business grows, you could potentially partner with local schools or community centers to access facilities and equipment.

Tech product: For a tech product business, you may need to invest in software development, hardware, and marketing. You could use personal savings, a small business loan, or a crowdfunding campaign to cover these costs. You could also consider applying for tech-focused grants or accelerators, which provide funding and mentorship to startups in the tech sector.



Marketing Your Summer Business

Marketing is a crucial aspect of any successful business. Here are some tips for marketing your summer business:

Use social media

Social media is a powerful marketing tool that can help you reach a broad audience. Choose the platforms your target market uses most frequently and create engaging content showcasing your business. Use hashtags, contests, and other tactics to increase engagement.

Create promotional materials

Create promotional materials such as flyers, business cards, or brochures for your community. These materials should highlight the benefits of your business and provide contact information so potential customers can reach out to you.

Build a website

A website is a valuable tool for any business. It allows potential customers to learn more about your business, view your products or services, and contact you quickly. Consider using a website builder such as Wix or Squarespace to create a professional-looking website quickly and easily.

Offer promotions

Offering promotions such as discounts or referral incentives can help attract new customers and generate buzz for your business. Consider partnering with other local businesses to offer joint

promotions or events. Facebook and Nextdoor are great apps to showcase and get more promotions going for your business.

Leverage word-of-mouth

Word-of-mouth is a powerful marketing tool to help you reach a wider audience. Encourage satisfied customers to refer their friends and family to your business and ask for reviews or testimonials that you can share on your website and social media platforms.

Managing Your Summer Business

Running a summer business can be challenging, but with the right mindset and strategies, you can be successful. Here are some tips for managing your summer business:

Set a schedule: Creating a schedule for your business activities can help you stay organized and focused. Set specific times for marketing, product development, and customer service tasks.

Monitor your finances: Tracking your finances is crucial to the success of your business. Use a software program or spreadsheet to keep track of expenses, revenue, and profit. Regularly review your finances to ensure you meet your goals and adjust as needed.

Build a strong team: If you have employees or collaborators, building a solid team aligned with your goals and values is essential. Communicate clearly, set expectations, and provide feedback regularly to ensure everyone is on the same page.

Be adaptable: Running a business requires flexibility and adaptability. Be prepared to pivot your strategy if things aren't

working as expected and be open to customer and community feedback.

Take care of yourself: Running a business can be stressful, so taking care of yourself is crucial. Take breaks, sleep enough, and prioritize self-care activities that help you recharge and focus.

Starting a summer business can be an excellent way to gain valuable skills and experience, make money, and positively impact your community. With the right mindset and support, the sky's the limit for what you can achieve as summer entrepreneurs.

Resources

Here are some local resources you can use if you are thinking about starting a summer business.

Business Advisory Centre Durham (BACD)

The Business Advisory Centre Durham (BACD) manages the Summer Company Program for the Durham Region area. This program provides Ontario students ages 15-29 a seed grant of up to \$3,000 and hands-on training, coaching, and mentoring to help you start and operate your business. The program begins in June/July and finishes by Labour Day. It is available to high school and college/university students returning to school the following academic year. Find out more here, www.bacd.ca/starting-a-business/programs-sab/summer-company

Durham College Fast Start

FastStartDC is a free, extracurricular program offered to students at Durham College. Students from all of DC's programs and any campus are eligible to participate. The FastStartDC program is designed to help entrepreneurial students develop and launch their own businesses while studying at Durham College. Find out more here, durhamcollege.ca/about/office-of-research-services-innovation-and-entrepreneurship-orsie/fast-start

Brilliant Catalyst

Brilliant Catalyst at Ontario Tech University is a program that can help entrepreneurs develop and grow their businesses. By providing entrepreneurial tools and skills such as workshops, boot camps, incubation space, mentorship, networking, and funding, they can help entrepreneurs grow and succeed. Know more here, www.ontariotechbrilliant.ca/about

Business Development Bank of Canada (BDC)

The BDC is a bank dedicated to Canadian entrepreneurs. With the BDC, you can get loans, practical business advice from mentors, and resources like business plan templates. Find out more here, www.bdc.ca/en/i-am/young-entrepreneur.

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



***Students with big dreams and bright minds,
Take the leap and leave doubts behind.
Starting a business, a summer venture,
Opportunities are endless.
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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.

www.canada.ca/en/services/business.html

www.ontario.ca/page/business-and-economy

www.durham.ca/en/doing-business/doing-business.aspx

Follow your dreams, wherever they go.

Sukanya Samy is a professional marketer but a writer at heart. She loves to write movie and book reviews, short stories, and poems about topics close to her heart. She lives in Oshawa with her husband and spirited five-year-old son

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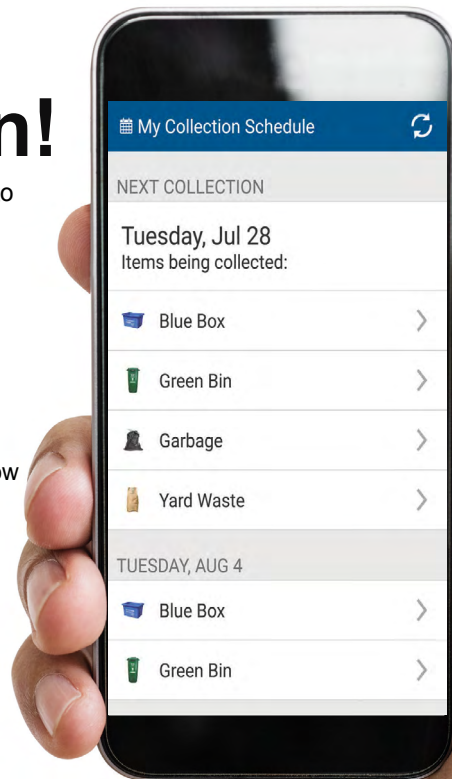


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Unleashing Your Inner Leader: The Essential Skills of an Online Business Manager

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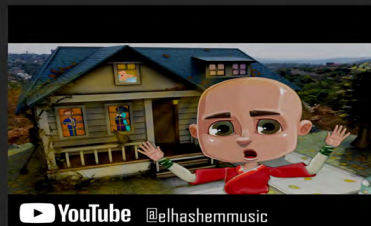
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In today's fast-paced digital world, businesses increasingly rely on online platforms to reach customers. As a result, the role of an online business manager (OBM) has become critical for ensuring the success of an online business.

An Online Business Manager (OBM) is a great work from home opportunity because it allows you to work remotely and manage the operations of a business from a location of your choice.

With the rise of technology, online businesses have become increasingly popular, and OBMs play a critical role in their success. Working as an OBM also provides flexibility in terms of work hours, allowing you to balance work and personal life effectively.

It is a highly rewarding career, both financially and professionally, as you get to work with clients from diverse industries and help them achieve their business goals. Additionally, the demand for OBMs are increasing, providing a stable and reliable source of income.

Let's get into the details of being an online business manager.

What does an online business manager do?

The primary responsibility of an online business manager is ensuring their team completes their daily tasks accurately and within the set timeline. They are responsible for managing various

aspects of an online business, including project management, marketing, finance, and leadership.

Although online business managers' job duties may differ daily, they typically undertake various responsibilities:

Managing projects: Online business managers often launch, implement, and oversee new virtual projects. Examples can include website upgrades, membership portals, and marketing initiatives.

Overseeing operations: Overseeing operations can be a critical part of an OBM's responsibilities. Some of the systems that OBMs may manage include invoicing and maintaining client relationships.

Tracking metrics: Online business managers identify which key performance indicators are the most beneficial for tracking specific projects, departments, and business areas. This allows them to monitor the company's progress, provide updates to clients and offer suggestions for improvement to senior leaders.

Managing people: Online business managers may also work with a team of people to ensure they meet their deadlines. This can involve providing support, allocating resources, conducting performance reviews, and monitoring daily activities.

Skills Required to Become an Online Business Manager

To become a successful OBM, one needs to possess a range of skills, including:



Project Management: An OBM needs to manage multiple projects and deadlines effectively. They must be able to plan, organize, and oversee all aspects of a project, including timelines, budgets, and resources.

Communication: Effective communication is essential for an OBM. They need to communicate with team members, clients, and stakeholders clearly and effectively. They should be able to convey complex information in a simple and easy-to-understand manner.

Leadership: OBMs must be strong leaders who inspire and motivate their team members. They should be able to provide guidance and support to their team, set clear goals and expectations, and ensure that everyone is working towards a common goal.

Marketing: OBMs should have a good understanding of marketing concepts and strategies. They should be able to create and implement effective marketing plans, including search engine optimization (SEO), social media, email marketing, and pay-per-click (PPC) advertising.

Financial Management: OBMs need to have a good understanding of financial management, including budgeting, forecasting, and financial analysis. They should be able to manage cash flow, track expenses, and create financial reports.

Analytical Skills: OBMs should have strong analytical skills and be able to use data to make informed decisions. They should be able to analyze website traffic, customer behavior, and marketing campaigns to identify areas for improvement.

Education Required to Become an Online Business Manager

There is no formal education required to become an OBM. However, a business degree can help acquire the necessary skills and knowledge. Some of the topics covered in a business degree program include accounting, finance, marketing, management, and entrepreneurship.

Here are some of the best universities in Ontario that offer business degrees:

University of Toronto: The Rotman School of Management at the University of Toronto offers a wide range of business degree programs, including a Bachelor of Commerce, a Master of Business Administration, and a Ph.D. in Management.

York University: The Schulich School of Business at York University offers several business degree programs, including a Bachelor of Business Administration, a Master of Business Administration, and a Ph.D. in Business Administration.

Western University: The Ivey Business School at Western University offers a highly regarded business degree program, the

Honours Business Administration (HBA) program, known for its case-based teaching method.

In addition to a business degree, one can take several other paths to acquire the necessary skills and knowledge to become an OBM.

These include:

Online Business Management Training Programs: The International Association of Online Business Managers offers a comprehensive training program in all aspects of online business management. The program covers project management, marketing, finance, and leadership topics.

Coaching and Mentoring: Working with a coach or mentor with online business management experience can help with acquiring the necessary skills and knowledge. They can provide guidance, support, and feedback.

Self-Study: Several online resources can help with the skills and knowledge required to become an OBM. These include online courses, webinars, podcasts, and blogs.

Certifications Available for Online Business Managers

While no specific certification is required to become an OBM, several certifications can help OBMs demonstrate their expertise and improve job prospects. Here are some of the most popular certifications available for OBMs:

Online Business Manager Certification: The International Association of Online Business Managers offers a certification program for OBMs. To become certified, one must complete their training program, pass a comprehensive exam, and meet their experience requirements. Review this website for more information onlinebusinessmanager.com

Project Management Professional (PMP): The PMP certification is offered by the Project Management Institute (PMI) and is a widely recognized certification for project managers. While not specific to online business management, the PMP certification is a demonstration of expertise in project management, which is a critical skill for OBMs.

Digital Marketing Certifications: There are several digital marketing certifications available, including Google Ads, Google Analytics, Facebook Blueprint, and HubSpot Inbound Marketing. These certifications can demonstrate digital marketing expertise, an essential aspect of online business management.

To acquire the skills necessary to become an OBM, one must have a broad range of abilities, including project management, communication, leadership, marketing, and sales. Participating in training programs or taking online courses can help OBMs develop these skills and gain the expertise necessary to excel in this role.

Entry-level positions and administrative internships for corporate organizations are excellent starting points for individuals interested in pursuing a career as an online business manager. These positions can provide valuable work experience, allowing OBMs to refine their skills, gain industry knowledge, and connect with other business professionals.

Online business managers have the luxury of working remotely, meaning they can work from a home office or a designated co-working space when necessary. Additionally, their work location can vary depending on their needs, allowing them to work from a local coffee shop or complete tasks while traveling. Since they work virtually, they may also have the flexibility to set their own work schedule, allowing them to achieve a work-life balance and work when they feel most productive.

The salary for an OBM in Ontario, Canada, can vary depending on experience, skills, and education. According to Payscale, the average salary for an OBM in Ontario is \$63,000 annually. However, salaries can range from \$40,000 to \$96,000 per year.

Finding Online Business Manager Opportunities

To find OBM jobs in Canada, one can start by searching online job boards and freelance websites such as Upwork, Indeed, and LinkedIn. These websites often have postings for OBM roles, and you can apply for them directly or through a recruiter.

Another option is to network with other business professionals and attend industry conferences and events. This can help connect with potential clients and build relationships that may lead to job opportunities.

Additionally, create a professional website and social media presence to showcase your skills and expertise as an OBM. This can help potential clients find and learn more about your services.

Here are some websites where one can find OBM jobs in Canada:

Virtual Gurus: A Canadian-based company that offers virtual assistant and OBM services. They often have job openings for OBMs.

Working Nomads: This website has a section dedicated to remote job opportunities, including OBM roles.

FlexJobs: This website has a variety of remote job opportunities, including OBM roles.

By utilizing these resources, networking with other professionals, and building a strong online presence, one can increase their chances of finding OBM jobs in Canada.

Virtual Assistants vs. Online Business Managers

Virtual assistants (VAs) and online business managers (OBMs) are both professionals who work remotely to help businesses succeed. While their responsibilities may sometimes overlap, there are significant differences between the two roles. Understanding these

differences can help businesses determine which type of remote professional suits their needs.

Virtual assistants typically provide administrative support to businesses or individuals. They may perform various tasks such as managing emails, scheduling appointments, and conducting research. They often work as needed, and the client can delegate their tasks as they see fit. Virtual assistants are generally paid hourly, and their rates may vary depending on their experience level and their tasks.

On the other hand, online business managers are responsible for managing a business's day-to-day operations. They work with the owner or management team to create and implement strategies, develop systems and processes, and oversee the work of other team members. OBMs are often responsible for hiring and training new employees, monitoring KPIs and metrics, and making strategic decisions to help the business grow. They are typically paid a salary or retainer fee and continuously work closely with the company.

The main difference between VAs and OBMs is their responsibility level within the business. While VAs focus primarily on completing specific tasks, OBMs take a more strategic approach to ensure the business runs efficiently and effectively. OBMs often make higher-level decisions, while VAs focus more on completing specific tasks.

Another critical difference between the two roles is their communication level with the client or business owner. VAs typically communicate less directly with their clients and get their tasks through email or task management software. OBMs, on the other hand, work closely with the business owner or management team and often communicate directly with them regularly.

Additionally, the skill sets required for the two roles can differ. While VAs and OBMs need to be organized, efficient, and good communicators, OBMs need more advanced skills such as project management, team leadership, and strategic planning.

Conclusion

Becoming an OBM can be a challenging and rewarding career path. To succeed, one must possess a range of skills, including project management, communication, leadership, marketing, financial management, and analytical skills. While no formal education is required to become an OBM, a business degree can help acquire the necessary skills and knowledge. Online training programs, coaching and mentoring options, and self-study resources are also available. Additionally, certifications such as the Online Business Manager Certification, PMP, and digital marketing certifications can help demonstrate expertise and improve job prospects.

Sukanya Samy is a professional marketer but a writer at heart. She loves to write movie and book reviews, short stories, and poems about topics close to her heart. She lives in Oshawa with her husband and spirited five-year-old son.

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Durham Region's Rich Heritage Clarington Township

by Sher Leetooze

Clarington is made up of the two former townships of Darlington and Clarke, formed in 1974 when The Region of Durham was formed.

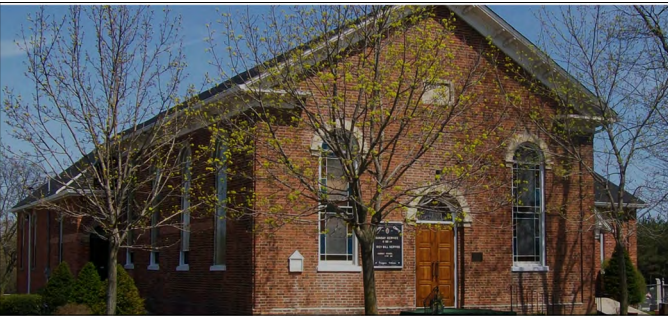
Clarke was settled in 1796 by two families who came within 6 months of one another, the Lovekins and the Bates, both settling near the lake front. Darlington was settled in 1793 by three families - the Conants, the Burkes and the Trulls - who met up on the trail as they came to Canada from various states in the US.

Clarke Township is located immediately east of Bowmanville and this is where you will find today's communities of Newcastle and Newtonville along the lakefront, and Orono, Kendal, Kirby, and Leskard, further north.

Darlington Township is immediately east of Oshawa and this is where you will find today's communities of Courtice and Bowmanville along the lakeshore, and Hampton, Enniskillen, Burketon, and Tyrone, further north. The former village of Taunton (now part of greater Oshawa), and Mitchell's Corners are located along Taunton Road,

Houses or other buildings from those days no longer exist, however, dwelling houses and other types of structures built by the next wave of settlers indeed exist.

Ebenezer United Church, Courtice



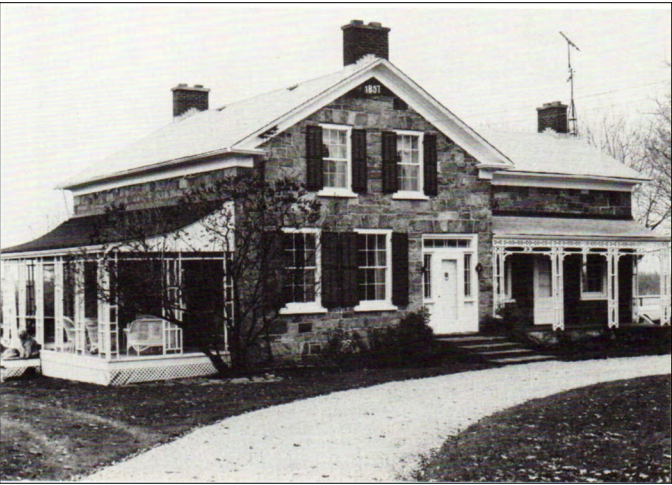
Built by Christopher Courtice about 1848, this was originally a wooden structure, later bricked over in 1866. It started life as a log Bible Christian chapel in 1838, but the wood structure replaced the log one once Courtice had made sure his family had a decent place to live, and his farm was starting to prosper. With the Methodist Union in 1884, it became Ebenezer Methodist Church and with the next union in 1925, it became Ebenezer United Church.

Eldad United Church, Solina



There was much rivalry between the Bible Christian congregations in the 19th century. The people in Solina on 6th Concession also built an early wooden chapel in 1845. It too was bricked over in later years. It was constructed on land donated by Peter Werry. The front porch was added when the building had a basement put under it in 1882. Most Bible Christian chapels looked alike. Try to visualize this one without the porch and see how much it looks like its sister chapel in Courtice.

Houses of Darlington Township, Solina



Many of the older homes in the township are second generation houses, built in the mid 1800's by the children of the early settlers. Some of these include a group of four stone houses along the 7th Concession near the village of Solina. Possibly built by Daniel White and his sons, they all date from the 1850's. The Whites had a distinctive style of stone masonry and it is fairly easy to pick out their handiwork around the township. These four houses are all in a row along the 7th concession, north and west of the village of Solina.

The Wallbridge House, Newcastle



The Wallbridges arrived in Clarke Township in about 1816 and settled along what would be Highway #2. They started building their house the year they arrived, or shortly thereafter, but didn't finish it until 1819. They spent the winter of 1819 in their new house and everyone had a terrible cold. They moved back across the road to the soddy they had occupied for the past 3 years to finish off the winter - they just weren't used to living in a snug, well heated house! The Wallbridge house is lived in today by descendants who have tenderly updated the house, leaving the exterior as it was in the early 1800's. This is likely the oldest building in Clarington - perhaps the oldest building in Durham Region.

The Guy Gamsby House, Orono



This frame house is a rare example of the late Georgian Style, with its symmetrical façade of 5 bays wide on the first floor and 3 bays wide on the second. It was built in 1847 for Guy Gamsby (1801–1859), an American who came to Canada in 1834. It is unusual in that it has been spared the 20th Century modifications which have so drastically altered many of the surviving frame houses in the Township. (Note the well preserved dressed-stone foundation.) Apparently, the colour scheme of the house was researched and found to be the colours one might choose at the time of its construction, which only enhances the street scape of the village of Orono.



Former Clarke Township Hall, Orono

The former Clarke Township Hall, which housed the Township offices for 75 years, was officially opened on March 1, 1899 and was built to replace an earlier building which was destroyed by fire the



previous year. Its large triangular gable which faces the street makes it reminiscent of halls built earlier in the nineteenth century. The round-headed openings of the main floor entrance and windows show the influence of the Romanesque Revival style which was popular in Canada during the 1890's, especially for public or government buildings. The building has changed little in

appearance and makes an important contribution to the streetscape and overall character of Main Street. The entire structure and its interior and exterior fittings are designated as being of architectural and historical value.

A drive along the side roads and concession roads north of Hwy #2 in all the townships and areas of Durham Region will transport you back to another time -150 years ago. Nineteenth century buildings lend themselves well to other uses than originally planned, and we find old churches, schools and commercial buildings are now lovely homes, incorporating many decorative elements of a time long past. We find old houses now housing artist studios, restaurants, and home decor businesses rather than seeing the old buildings demolished to make room for a modern structure. A special recognition should go out to all who own, restore, and preserve an old building for all of us to enjoy, as these old beauties often demand much care and expense to keep them viable.

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](#).



Summer Events Calendar

June 1 to June 6, 2023

Heather Nicol: Prelude/Requiem
Heather Nicol's newest audio work Prelude/ Requiem positions itself at both extremes of the human life cycle. Built upon songs for lulling infants to sleep or easing passage into a final resting place, this immersive sound installation uses multichannel audio and light to encourage introspection across oral cultures.
Clarington
www.vac.ca/2023/preluderequiem

June 1 to June 7, 2023

Adam Basanta: Every Beloved Object
Adam Basanta's Every Beloved Object returns to ancient architectural techniques as it looks toward new systems of human consumption. By returning to basic motions of trash collection and architectural assembly, we reflect on our early origins to create new monuments to everyday debris.
Clarington
www.vac.ca/2023/every-beloved-object

Saturday, June 03, 2023

Durham Fight Series Presents Rise of the Phoenix MMA
For the first time ever, professional mixed martial arts is coming to Oshawa. Featuring Ontario's top mixed martial arts athletes including, James "The Suplex Kid" Clarke, Glory knockout artist Matt Embree and undefeated professional, Justin "KING" Condie. With other local sensations including Bubba Picard making his pro debut and Joe "All Day" Elliot returning to the MMA cage for an action-packed night of high intensity mixed martial arts combat happening right in the Durham Fight Series octagon! All proceeds from this event are going towards the Hearts For Martial Arts Foundation.
Oshawa
www.tributecommunitiescentre.com/events/detail/durham-fight-series
905-438-8811

Sunday, June 04, 2023

Pride Parade & Festivities in the Park
Join the Annual Durham Pride Parade and Festivities in the Park. The Parade will begin at 1 p.m. and will travel along Harwood Ave. S. starting at Harwood Ave. and Bayly St. continuing northbound until Harwood Ave. and Achilles Rd. After the Parade, join us for the Festivities in the Park taking place at Arbour Park (65 Harwood Ave) for lots of activities, entertainment and fun for everyone! Come show your support and don't forget to wear all your favourite Pride Colours!
Ajax
www.pridedurham.ca

June 9 to June 11, 2023

Springtide Music Festival
Springtide Music Festival is a celebration of music and community, featuring a wide-range of musical talent from Uxbridge and beyond in a diverse set of downtown venues.
Uxbridge
www.springtidemusicfestival.com

June 10 to June 11, 2023

The City of Oshawa's 19th Annual Award Winning Peony Festival
A juried flower show hosted by the Canadian Peony Festival. Market vendors with various homemade, handcrafted, or artisan items. A diverse selection of food vendors, live entertainment and so much more!
Oshawa
www.oshawa.ca/en/parks-recreation-and-culture/city-events.aspx
905-436-3311

Saturday, July 01, 2023

Canada Day: Ajax Downs
From 2-10 p.m., enjoy a variety of activities including cultural performances, children's games and activities, interactive experiences, 2 stages of live entertainment, community displays and exhibitors, sensory zone, food vendors, beer vendors and a special fireworks finale at 10 p.m. Check back daily for locations of shows and times. Leave the driving to us - take the free Canada Day shuttle! Nominal fees apply for food and beverages. Activities are subject to change without notice. ATMs on site.
Ajax
www.events.ajax.ca/Default/Detail/2023-07-01-1400-Canada-Day-July-1st-Ajax-Downs
905-619-2529

Wednesday, July 12, 2023

Women's One Day Treat
A quiet day in a setting of rolling hills and beautiful vistas. Comprising of gentle yoga practice, walking meditation through woodland trails and lavender and offering the opportunity for introspection and stillness. Expertly led by Jill Watson, a certified Yoga instructor who has taught internationally, and helps you manage and let go of stress and anxiety. Cost is \$175 per person plus tax.
Uxbridge
www.vivelavenderfarm.com
905-868-0905

July 12 to July 20, 2023

Innocence Lost: A Play About Steven Truscott
In 1959, in rural Ontario, 12-year-old Lynne Harper was murdered. Her 14 year-old classmate Stephen Truscott was sentenced to hang for the crime. Thus began a story that enflamed the community, the country and the world. Innocence Lost examines the nature of community and how good people make bad choices. Mature content.
Port Perry
www.theatreontheterridge.ca/shows
905-431-0977

Sunday, July 16, 2023

Craft Brewery Day at Ajax Downs Racetrack
Craft Breweries and Live Quarter Horse racing! Come out and sample local Craft breweries! Limited Bundle packs available.
Cash only.
Ajax
www.ajaxdowns.com
905-686-8001

Saturday, August 12, 2023

Summer Union Cemetery Tour
Join the Oshawa Museum to tour through Oshawa's largest cemetery, Union Cemetery. Each month, a different section or theme will be explored; Oshawa Museum guides share stories of well-known citizens and of everyday people who made Oshawa the community it is. The tours begin at 2pm at the front gates of Union Cemetery. Cost: \$5/person or free for members of the Oshawa Historical Society. This tour runs rain or shine! It is recommended that participants park at the nearby Oshawa Civic Recreation Complex (99 Thornton Road South) as parking at Union Cemetery is very limited (5 minute walk).
Oshawa
www.oshawamuseum.org/
905-436-7624

August 15 to August 22, 2023

The Living End (or Madame Winifred's Circus of Wonders)
Painfully shy Winnie discovers a trunk in her attic. Inside the trunk is a poster for the final performance of a travelling circus from a far-off time. Suddenly, the circus acts and performers come to life. Without warning Winnie finds she's joined the circus and called upon to save the performance before the final act, and the Circus of Wonders is whisked away forever.
Port Perry
www.theatreontheterridge.ca/shows
905-431-0977

Sunday, August 27, 2023

Family Fun Day at Ajax Downs Racetrack
In support of the Ajax Pickering Hospital Foundation, Ajax Downs is hosting their annual Family Fun Day! Live racing and live entertainment. Try the track, 50/50 draw and prize basket raffles! Kids games and crafts, cotton candy, popcorn, BBQ and SO much more. Nominal fees may apply.
Ajax
www.ajaxdowns.com
905-686-8001

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

Summer Horoscope

JUNE 2023 to AUGUST 2023

by Julie Antoinette



Aries (March 21 – April 20)

You value efficiency and optimal results in your work and homelife decisions. Work smarter, not harder is your mantra as wasted energy and duplication of efforts drag you down. Tap into your creative genius and lateral thinking abilities to tackle some problems to smooth out a few of your daily operations.

Taurus (April 21 – May 21)

A few chapters of your relationships, projects, work or environment wind to a natural close while others slowly bud new beginnings. Whatever the scenario, allow yourself the grace to let go of the passing elements with ease as you welcome the new with warmth. Remember, “Every new beginning comes from some other beginning’s end.” (Closing Time, Semisonic)

Gemini (May 22 – June 21)

Nostalgia is present in your mind and heart while thinking of earlier times. The Greek word for “return” is *nostos*. The word *algos* means suffering. So nostalgia is suffering caused by an unappeased yearning to return; a type of “homesickness.” What aspects of “home” have you abandoned? The old adage says, “Home is where the heart is.” If you’re homesick, follow your heart.

Cancer (June 22 – July 22)

All at once it seems as though hidden truths after hidden truths are surfacing and rocking a few of your personal foundations. This causes much destabilization in your life, but not without necessity. What do they say about the truth? The truth hurts. But also, the truth will set you free. Perhaps the only hurt that truth brings is in the violent dismantling of the lie.

Leo (July 23 – August 22)

Recently, you reacted in a way that you feel ashamed of. You could not deny that your reaction displayed a behavior that you used to judge in others. Decide to spend more time in the reckoning than in the shame. Despite the cringe you feel, you are now presented the gift of ‘knowing thyself’ a little deeper. Congratulations on illuminating another fragment of your shadow. You’ll shine brighter for it.

Virgo (August 23 – September 23)

Never underestimate the value of humour to diffuse tense situations. It was once heard by a certain horoscope writer that humor is all about the element of surprise. What better tool to jolt someone out of one state and into another quickly, painlessly and not un-mirthlessly. Everyone loves surprises.

Libra (September 24 – October 23)

Peace and harmony at all costs is your battle cry, Libra. But the battles of pleasing everyone make you weary. Constant energy output does not equal peace. Your own borders are in need of your guarded protection and defense. Hone your sword and master the art of saying “No.” Here are some examples to try: “No thank you. Not for me thanks! I think I’ll pass. I may give it a miss. I am going to sit this one out. Sorry but I can’t.” I’m sure you can think of many more. Try using different tones to intensify your training!

Scorpio (October 24 – November 22)

You now are a firm believer in the old adage, “You get what you pay for.” A recent deleterious exchange of goods or services left you regretful. Trying to save a few bucks and thereby securing that elusive feeling of savvy economic satisfaction was short lived. Don’t “buy cheap and buy twice”. Instead, “buy once and buy nice, whatever the price.” You’re worth it!

Sagittarius (November 23 – December 21)

True to your sign, you are a global humanitarian to the core. At this point in your travels, a foreign culture fascinates you mainly due to a recent exposure of some sort. You notice little nuances that differ and are new and add such richness to your concept of humanity. You want to immerse yourself and embrace it all but how to do so in only one lifetime? Do you believe in reincarnation?

Capricorn (December 22 – January 19)

A stubborn blockage holding up progress in achieving a project has recently been removed. You marvel in hindsight at the timing of this clearing as you now see that having completed any sooner could have spelled disaster. If only foresight were your strong suit. In the meantime, thank Ganesha and your lucky stars for well-placed obstacles and timely removals of obstacles.

Aquarius (January 20 – February 19)

A saving angel bringing auspicious energy has entered your life. Just the presence of this person causes everything to go right and leaves you feeling awe and wonder. This person has come to show you a higher way of being that you previously have not allowed yourself to dream of. All that is required is to observe and allow.

Pisces (February 20 – March 20)

Procrastination originates from the Latin *pro* meaning toward and *crast* meaning tomorrow. But we all know tomorrow never comes. And if your dreams are tied up in procrastination, they may never come either. Trade your procrastination for a little Carpe Diem and get moving! After all, if everything is now and if now is all you ever have, then you have everything.

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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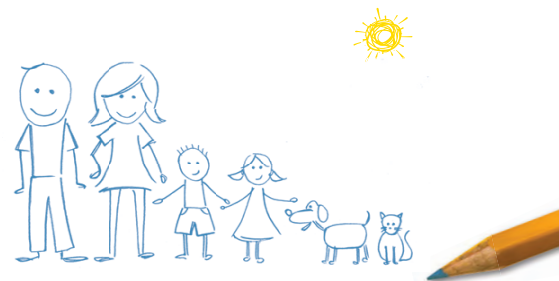
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by Tara Richardson

Soul Searching



Savouring the Summer

Have you ever noticed how summer seems to fly by while the colder months seem to linger like a flu bug? This summer, try to slow down and be present. One of the best ways of staying present is to get into a gratitude practice. Summer is probably the easiest time to cultivate moments of gratitude - the sun shining on your face, a nice family staycation or vacation. Even if your summer is a lot more chaotic than you’d like, that’s okay. Like breath, gratitude is available to us in every moment. We might have to shift our mindset, but it’s there waiting.

There are many well-known benefits of practicing gratitude that spill into each life domain. Overall positive physical effects have been documented, including lowering blood pressure, and improving sleep. Social effects like improved romantic relationships and friendships. As Robert Emmons reflects, “Gratitude is fertilizer for the mind, spreading connections and improving its function in nearly every realm of experience.”

This is not to say that gratitude will always feel easy to access. As someone who struggles with depression, there are some days where I truly have to dig for something to be thankful for. It’s easy to do the obligatory, “I’m grateful for my cat,” but in order to truly connect, you need to uncover why you feel such appreciation. The ‘why’ is the most important piece of gratitude. The more you focus on what was so special about this particular experience, the more you will gain from the practice. I can say that I’m grateful for my cat and leave it at that, or I can elaborate that I’m so grateful for my cat because he is always there for me, gives me something to take care of (meaning) and brings me comfort. The benefits are multiplied when I explain the reasons why I’m so grateful.

There are MANY ways to access grateful feelings. I highly recommend Robert Emmon’s books *The Little Book of Gratitude* and *Thanks!* Some common ways are writing gratitude letters, journals, keeping a gratitude jar, using an app, or even just the notes function on your cell phone. Practicing gratitude can be a family affair. Get kids involved by regularly asking them what was awesome about their day, to express a positive experience at the dinner or asking them what they are thankful for before bed.

Cultivating gratitude through regular practice hones our minds to look for the good. If we have a gratitude journal that we know we will be completing daily, we will be more likely to pay attention to experiences that could go in our journal later that day. It’s important to be intentional on our quest to find things to be thankful for in our day. If you don’t look for the good, you won’t find the good.

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 Sun Smart with Style

by Bianca Schaefer



We've all heard of the damaging effects of too much sun: the wicked sunburns, premature aging, and the dreaded diagnosis of skin cancer. Dermatologists often recommend avoiding the sun between 10am – 4pm, seeking shade when possible and applying sunscreen diligently. And while those are great suggestions, if you're an active outdoor enthusiast like me, the above suggestions aren't always as practical as some might think. Thankfully, I've discovered a couple of options that'll protect your skin from the sun all while not compromising your active style.

Head Protection

I must admit, until I started thinking about how to protect my ears while cycling, I didn't know such items existed. I like Da Brim, which is the brand name for basically a large visor that attaches to your helmet. Think "Cowboy Hat" and that gives you an idea of how it looks. It offers 360° sun protection without compromising your visibility. The cool thing, is that it comes in a variety of colours and styles all while accommodating combined wind speeds of up to 35mph.

According to the Canadian Skin Cancer Foundation, skin cancer occurs more frequently on sun exposed parts of the body like the face, neck, scalp, arms, hands, legs and back. The rims of your ears and lower lips are especially vulnerable!

Sun Protective Clothing

While the strength of sunblock is measured in SPF, clothing is measured in UPF: Ultraviolet Protection Factor. The UPF number indicates the percentage of UV rays the fabric blocks, so the higher the better. Coolibar is an American-made brand, which ships products to Canada. What I like about this brand is that it's safe to wear for those who suffer from a sun-related medical condition, but still love to spend time outdoors.

Fabric becomes less protective when it's wet. If you spend a lot of time in the water, wear water resistant sunscreen underneath your clothing and apply it often.

Sunscreen Tips for Sweaty People

Sweat causes sunscreen to lose its protective barrier. Whether you're an endurance athlete or you sweat a lot, apply your sunscreen 20 minutes before you head out and every hour afterwards. Many factors will influence your personal sunscreen choice; from ingredients and "easy" non-streak application to SPF protection and price. Choose the sunscreen that will best meet your personal preferences and active needs.

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 @biancaschaefer1.

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Tweens, Teens & In-Between

by Afeefa Malik



Hello readers! I hope you all are enjoying the break after a long school year as we finally approach summer! Summer vacation is a time that many of us look forward to year-round. It is a well-deserved break after finishing off your semester. If you're graduating like me, congrats! Your hard work paid off and you're at the end of your high school journey! If you still have a couple years, hang in there! It will all go by so fast so make sure to take it all in! Like your high school journey, summer tends to go by very fast before having to get back into the grind of school. This is why it is important to make the most out of your summer vacation to avoid regrets at the end of summer. Here are some ideas on how to make the most of your summer vacation.

A great way to use your summer vacation is to volunteer and complete your volunteer hours. Volunteering is a great way to explore your interests early on in, and it also allows you to give back to your community, learn new skills, and make connections. A good idea is to volunteer with organizations that are aligned with your interests, such as environmental groups, animal shelters, or museums. I did a volunteering job to recruit girls from under-served communities to join a technology competition for girls. This helped spark my passion for tech!

Another great way to spend your summer vacation is to travel! After a tiring school year, you deserve to enjoy your time off and what better way to do that than to travel! It doesn't have to be an overseas trip either; visiting nearby cities with friends is also a great way to explore places around you that you may not have been to before.

Staying active is also important for your physical and mental well-being. Summer vacation is a great time to explore different activities and find something that you enjoy. You can try new sports, join a fitness class, or participate in outdoor activities such as hiking or biking. Staying active will not only keep you healthy, but it can also be a fun way to spend your summer. Going outdoors or to the beach is also a great way to cool off from the warm weather. This could be difficult if you do not have a beach near you, so going to a community pool is also a great alternative to the beach.

Whether you choose to volunteer, travel, or get active, it is important to enjoy your teen years while you're young. Lastly, I'd like to thank my readers for sticking with me throughout the years as this sums up my last article. Writing for *The Local Biz Magazine* has been an honour. I hope I was able to resonate with you all. I wish you all the best in your futures.

Afeefa Malik is a grade 12 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



Youth employment and entrepreneurship are an important part of growing up, maturing, and learning how to become a contributing member of society. There is no limit to what youth can do today to challenge themselves, explore their interests, learn new skills, and grow a sense of independence. There are many benefits to youth employment.

Benefits for Employers

Employers who actively seek to employ youth between the ages of 15 and 24 are hiring talent who are technologically savvy, with fresh innovative ideas. They are eager to learn and try their new skills to help businesses grow. They often provide more candid feedback and as a result, help companies be agile to changing times and ways of doing business better. By employing youth, employers are supporting the future growth of our workforce and economy. They are helping them learn, test new skills and sometimes even giving them a reason to stay in school.

Benefits for Youth

There is a long list of benefits for youth to spend their free time working and exploring how their interests and hobbies could generate an income. Employment provides opportunities to learn responsibility and accountability, among many other transferable skills that will better equip them in the future. Learning financial acumen is critical at a young age and will influence how they save and spend as they get older. They'll be able to manage their finances more effectively and will quickly learn what a dollar gets you these days. Ugh!

Sometimes early employment can also help break down barriers to career training and future jobs, especially in lower income households. Youth are essentially getting on the job training while collecting a paycheck. If your child is interested in working, show your support and maybe even encourage them to work at their favorite store (or yours). An employee discount is never a bad perk!

Benefits to Society

According to the ministry of children, community and social services, having a job contributes to youth's self-identity, feelings of connection and belonging and a positive well-being. Strengthening social skills, the ability to communicate effectively and problem solve, are only some of the ways a job can better prepare youth for careers in a variety of industries. Our economy benefits from the talents of today's youth and will help us all prosper.

Children are the future. They are the people who will fight global warming by eliminating plastics in our oceans; the people who will stand up for equality and human rights across the globe. They will keep the human in humanity...but first they need a summer job.

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

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A Forkful of Healthy

by Kubra Mir



Strawberry Shortcakes

In the summer, we like to rise early and head out to a local farm to pick some fruits and vegetables. The lush strawberries would be ripe and sweet, perfect for eating or made into desserts like this one my mom used to make us. This light and refreshing recipe is best made with fresh strawberries. The shortcakes can be made ahead and assembled just before serving.

Makes 12 individual shortcakes or 1 large one.



Ingredients

| | |
|--------------------------|--------------------------------|
| Filling | ½ tsp salt |
| 6 cups strawberries | ½ cup unsalted butter softened |
| 1 cup sugar | 1 beaten egg |
| Pastry | 2/3 cup milk |
| 2 cups all-purpose flour | 1 cup whipped cream |
| 2 tsp baking powder | |
| ¼ cup sugar | |

Directions

1. Wash strawberries and remove the top. Slice the strawberries and mix with sugar. Keep aside.
2. Stir the flour, baking powder and salt together.
3. Cut the butter into the flour until the mixture looks like crumbles.
4. Combine egg and milk and add to the flour mixture. Stir until just moist.
5. Drop the dough onto ungreased sheets.
6. Bake for 10 minutes in a 450-degree oven until cooked. One large shortcake may take 15 minutes to bake. Check using a toothpick if it is cooked inside.
7. Cool the shortcakes for 10 minutes and then cut in half horizontally.
8. To serve, spread some whipped cream on each side of the shortcake and top with the strawberries.
9. Place the shortcake on top of the other. Serve the strawberry shortcakes immediately.

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



Home Trends in 2023

You're not being a nosy neighbour wondering about all the new finishes in your neighbour's renovated home. One of the perks of my profession is getting a bird's eye view of multiple homes daily which is when you can really feel what's trending. Here are some common trends I'm seeing in homes in 2023.

Black Fixtures – Black faucets, black sinks and black doorknobs are in every trendy remodelled home in 2023! Some stunning black accents that have really jumped out at me in home showings are black framed windows and black hardware in glass showers. Similar to mascara, these black accents definitely make a room pop!

Oversized Porcelain Tiles – Shiny, oversized (at least 24"x24"), white porcelain tiles with grey vein is all the rage and looks fabulous! These floors gleam and really make the whole main floor of a home shine. Very durable and great for clean up, these floors are stunning. Clients always comment on how much they love them in a walk through.

Continuous Countertop to Backsplash – Backsplash is traditionally considered an extension of your countertop but for many years it's been popular to choose a differing subway tile or a mosaic. In this reverse trend, the style and stone from the countertop is carried right through to the backsplash which is very aesthetically pleasing to the eye.

Waterfall kitchen islands – Fabulous kitchen islands have been trending for many years now. Welcome to the waterfall design which drops the countertop stone vertically down one or both sides of the island which creates a continuous flow to the floor. This creates such a luxurious feel to a kitchen and in a way the character of the stone is highlighted more through this effect than a traditional island countertop.

Pot Filler Faucets – Certainly one of the most functional and useful trends we're seeing in kitchens these days! The pot filler faucet is positioned directly over the stove. Add it in black and you are your neighbour's envy!

Freestanding Deep Soaking Bathtubs – Traditionally, ensuites have a stand-up shower and built-in Jacuzzi or soaker tub. These old built-ins are now being remodeled, and upgraded with a Clawfoot tub - a sleek freestanding deep soaking bathtub.

Bathroom Chandeliers – This really is the piece de resistance! Perfectly placed chandeliers over a modern freestanding bathtub in an ensuite is an absolute luxury and my favourite trend in homes for 2023!

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: I love having the opportunity to work from home. Recently, my abilities have been recognized and I was offered a promotion which would require much more screen time. While I'm honoured to be recognized, I'm equally concerned about the attentional demands and continuing to maintain an optimal work/life balance. At times, I've had difficulty in disconnecting from work which has caused a strain on my relationships. I'm concerned that accepting this promotion will only serve for further isolation. I'm curious to know if you have any advice.

Signed: Searching for Balance

A: Difficulty disconnecting from work is becoming more and more common and can usually show up as an inability to unplug and disconnect mentally from one's job. This constant connection can lead to lower productivity, lessened motivation, increased stress, and decreased mental health, creating difficulties collaborating and/or communicating with colleagues.

The blurring of job and personal life boundaries makes it more difficult for many of us to unplug and disconnect from work. The ability to switch off mentally from work related issues during off-job time is known as "psychological detachment." The more we can detach from work psychologically when off the clock, the more recovered we will feel, thereby leading to a sense of enhanced well-being.

By anchoring one's attention to the present moment, it will be easier to stop thinking about work issues that happened in the past or worry about work problems that could potentially happen in the future. Mindfulness is paying attention to what is occurring in the present moment. It has been shown to lead to enhanced self-regulation of attention. For effective self-regulation to occur; we must be in touch with our inner states and behaviours in order to pursue self-endorsed goals.

One option of a well-known mindfulness meditation is the 3-Minute Breathing Space approach, which is brief yet very effective. In addition to meditation, mindfulness can also be stimulated through a variety of other techniques, such as body scan, grounding exercise, paying attention to one's breathing, and mindful check-in. All these techniques are very practical and easily adopted in an employee's daily life.

Staying focused on the present moment may be challenging, and thus it is important not to criticize or blame oneself for getting distracted during their meditation; rather, one should simply realize that they got distracted and bring their attention back to the present.

Affirmation: Be Here Now.

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

The COACH Corner

by Malachi Brown



The Joy of Starting Your Own Business

What do you want to be when you grow up? How often were you asked that question as a young person? You were most likely expected to answer something like, lawyer, doctor, teacher, police officer etc. Your answer would be what would be considered a traditional occupation. It was usually the exception if you answered, "I would like to start my own business."

In a culture where we are educated to work for someone else, we miss the great satisfaction of owning our own business. We are told that's for the select few. It costs a lot of money. You could lose all your money. You must work twenty-four hours a day, along with a myriad of other reasons.

We are rarely told about some of the perks of owning your own business.

Owning your own business can lead to a very satisfying life. Your ability to earn a great income, freedom to set your own hours, providing new products or service, creating an environment for your family to have a priceless legacy, along with a different way of thinking. These are a few of the upsides to owning your own business.

Why not start a new way of life for yourself and your family?

We are at a time in history where starting your own business is so much easier than in the past.

Things had to be outsourced to professionals with the means and the equipment to set you up in business. This made starting a business expensive and much more challenging. With the prevalence of the personal computer, running your own business is more doable than ever. Creating your own advertising, reaching your customers thanks to social media is now at your fingertips. Sourcing suppliers from around the world can be done by a simple Google search. Emails, text messages and social media have replaced the slower ways of doing business.

So many of us have a great idea that we have always wanted to turn into a business, however we tend to be afraid, or we are talked out of our ideas before even getting started.

The world is always looking for new ideas and products. Why not let this be the year that you step out of your comfort zone, stop listening to the naysayers, and start your own business?

You will set yourself on a course of living your purpose and passion. You could make more money than you could ever imagine, becoming an employer, changing the lives of other people. You could be starting a family legacy that could be around for generations for come, creating generational wealth. Yes, there will be challenges, however it will be worth 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



As summer rolls around, grandparents often have the chance to spend more time with their grandkids. While it's nice to take them to special places for a day, this could get quite expensive.

A great alternative is to take your grandkids to the park. There are parks all over Durham Region. In many neighbourhoods, parks are walking distance from home. Every community seems to have at least one large park. Many are along the waterfront on Lake Ontario, and Lake Scugog.

A trip to the lake can be a big day out. Swimming in the lake can be fun even though lake water isn't always the warmest. How about a picnic with the kids' favourite sandwiches, juice, and cookies? Some sort of treat kept hidden until lunch is over is always a nice surprise!

A lakefront park is usually a chance to take some great pictures. One time when my sister and I took our grandsons to the lake in Whitby, I took a picture of the two of them playing with pails and beach toys in the sand. When I got the pictures developed, they matched a picture of two boys playing in the sand which my sister had inherited from a friend. I had an enlargement made and it sits on a table near that other picture. I'm sure our friend would have loved it!

Parks that I am familiar with are Kiwanis Heydenshore by the Lake in Whitby, Lakeview Park in Oshawa and Palmer Park in Port Perry. They all have different things to offer such as swings and splash pads. A few (such as Heydenshore) even offer exercise equipment so you can get a workout in.

Although technically not a park, a place my grandson (and I) enjoyed when younger was Lynde Shores Conservation Area. I wonder how many of us have pictures of our grandkids standing with an outstretched hand on which is resting a chickadee or two eating bird seed. When we went, we often saw blue jays watching to see if we were going to drop a treat. The bold squirrels hung around hoping we had peanuts for them. Sometimes we were followed by ducks. It was a great experience for us and our grandkids.

To find out more information, visit [Parks Trails and Conservation Areas - Region of Durham](http://ParksTrailsandConservationAreas-RegionofDurham). This website lists every park and conservation area in the region. I think you can find enough places to visit a different one every day of the summer and still have some leftover! So this summer, make a plan to visit some of the local parks in the region with your grandkids. You'll create memories that last for a lifetime.

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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