

# The Local Biz Magazine

**15  
YEARS**

Durham Region Community Publication  
Celebrating 15 Years as one of  
Durham's Most Loved Magazines  
• • • • • Spring 2024 • • • • •

**Habit Hacks**  
**To Be the Best YOU**

**Flower Power**  
**Reap the Benefits**

**Doors Open**  
**Discover Oshawa!**

**[www.thelocalbizmagazine.ca](http://www.thelocalbizmagazine.ca)**  
**Bringing Durham Region Together**



# Alta Corporate Car Limousine Service



*For All Your Transportation Needs Contact*

**Cesar A. Espinola**  
**cesar@accls.ca**  
**416 834 4477**

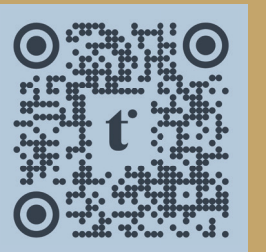
**Alta Corporate Car Limousine Service**



More than a spa

# A village to explore

Try the experience



THERMEA.COM





# ISAGENIX

THE ART OF WELLBEING™

- \*Lose Weight
- \*Have More Energy
- \*Anti Aging Products
- \*\*Opportunity to Earn Residual Income



Kim Dobie, Independent Associate  
416.529.1118,  
[kim.dobie@sympatico.ca](mailto:kim.dobie@sympatico.ca)  
[www.kimvdobie.isagenix.com](http://www.kimvdobie.isagenix.com)

\*Weight loss should not be considered typical \*\*Income level achievements are dependent upon individual associate's business skills, personal ambition, time, commitment, activity & demographic factors



[www.wendyscakeshoppe.com](http://www.wendyscakeshoppe.com) [wendy@wendyscakeshoppe.com](mailto:wendy@wendyscakeshoppe.com)





**Publisher/Creative Director** ..... Antoine Elhashem  
**Executive Assistant/Admin Manager** ..... David Vogelhut  
**Editor-in-Chief** ..... Wendy Chiavalon  
**Art Director** ..... Mychol Scully  
**Regular Columnists**

Camille Thomas, Tara Richardson, Bianca Schaefer, Tanvi Lee, Monica Fox,  
Kubra Mir, Nicole Forrester, Sheila Marina, Malachi Brown, Linda Calder

**Published by**

**INspired Media Inc.**

Operating: INspiredcreative, Your one stop shop for all your marketing,  
advertising, graphic, and web design needs. Publishers of  
The Local Biz Magazine, The Pink Pages Directory, PinkPlayMags, and theBUZZ.  
www.inspiredcreative.ca

**President** ..... Antoine Elhashem  
**General Manager** ..... David Vogelhut  
**Advertising Consultant** ..... Carolyn Burtch  
**Production Coordinator** ..... Wendy Chiavalon  
**Legal** ..... Jerry Herszkopf Law Firm

**Mailing address**

205-1691 Pickering Parkway  
Pickering, ON L1V 5L9

**To contact us**

416.926.9588 or 905.231.9722  
[www.thelocalbizmagazine.ca](http://www.thelocalbizmagazine.ca)

**For comments, questions and advertising inquiries**

[inquiries@inspiredcreative.ca](mailto:inquiries@inspiredcreative.ca)

Notice: Inspired Media Inc., its divisions, publications, the editors, authors, photographers, salespersons, graphic and production artists shall have neither liability nor responsibility to any person or entity with respect to monetary or emotional loss or damage caused, or alleged to be caused, directly or indirectly, by the information or claims contained in this Publication.

Furthermore the opinions of the writers expressed in this publication do not necessarily reflect the opinion of the publishers.

Full copyrights reserved. Any copying of material in this publication in whole or in part is prohibited and legal action will be taken, unless authorized in writing by the publishers.

## In This Issue

- 8 **How to Hack your Habit Journey** ..... Tara Richardson  
13 **The Healing Powers of Flowers** ..... Sheila Marina  
19 **Doors Open Oshawa 2024** ..... Megan Suggitt

**Regular Features**

- 21 **Spring Events Calendar**  
22 **Horoscopes** ..... Camille Thomas  
23 **Soul Searching** ..... Tara Richardson  
24 **Get Fit: Inside & Out** ..... Bianca Schaefer  
25 **Tweens, Teens & In-Between** ..... Tanvi Lee  
26 **Family Matters** ..... Monica Fox  
27 **A Forkful of Healthy** ..... Kubra Mir  
28 **Finance & Real Estate Insights** ..... Nicole Forrester  
29 **Ask Sheila** ..... Sheila Marina  
30 **The Coach Corner** ..... Malachi Brown  
31 **The Golden Years** ..... Linda Calder



## From the Publisher

Welcome to the Spring 2024 issue everyone! I am so happy that spring is here. The longer days and the warmer temperatures make me smile, and I always try to make it a point to get out and enjoy the outdoors. I encourage you to do the same, and while you are at it, see what Durham Region has to offer.

On Saturday May 4, the city of Oshawa will be holding its annual Doors Open event. Doors Open Ontario is a province-wide celebration that offers a free family-friendly opportunity to explore interesting places and spaces in cities across Ontario. It runs from May through October. Since the program was launched in 2002, over 8.3 million visits have been made to heritage sites participating in this exciting initiative and to boost local tourism. Each year, Doors Open has a theme. This year's theme is Adaptive Reuse – showcasing heritage sites that have been repurposed to best serve their communities, while retaining their heritage attributes. Megan Suggitt in her article, *Adventure Awaits in Durham Region: Doors Open Oshawa 2024* has all the information you need to know about participating sites for Doors Open in Oshawa. I hope you get a chance to get out and check it out.

As you know, horoscope columnist Julie Antoinette is no longer writing for us. We wish her the best in her future endeavours. Taking her place will be Camille Thomas. Camille is a very talented western astrology writer who has written horoscopes for numerous publications, and we are excited to have her join *The Local Biz Magazine* team.

Finally, don't forget to check out our website - [www.thelocalbizmagazine.ca](http://www.thelocalbizmagazine.ca). As always, I hope you enjoy reading the wonderful content we have for you in this Spring 2024 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

Did you know that 40%-50% of your daily actions are driven by habits? That means for almost half the day, you are functioning on autopilot. That's not such a bad thing if the habits you have in place are good habits. Things you don't need to think about but do anyways, because they're automatic. Like brushing your teeth when you wake up. But what about if the habits you have in place are bad? Bad in the sense because they hinder you in some way. For instance, always stopping at the drive thru and gabbing fast food on your way home from work. Understanding your habits is the key to changing your behaviour and getting what you want because big change starts with little change. And little change comes from the daily actions (and habits) you engage in every day. There's lots and lots of research on this topic and Tara Richardson has written an informative article - *How to Hack Your Habit Journey* - to help you make sense of it all. You can find her article on page 8 of the magazine.

For a lighter read, since it is spring, we're looking at flowers. I love flowers, as I know most women do, but flowers are more than just pretty. Certain kinds of flowers are known to have proven mental and health physical benefits. For instance, chamomile induces a sense of tranquility and can reduce insomnia. Echinacea builds immunity resilience. Lavender helps relieve stress and anxiety. Sheila Marina researches the many benefits flowers offer us in her article *The Healing Powers of Flowers*. You can find it on page 13 of the magazine.

I hope you enjoy reading the Spring 2024 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](mailto:editor@thelocalbizmagazine.ca).

**Wendy Chiavalon**  
*Editor-in-Chief*



## NOW HIRING!

The Local Biz Magazine is growing  
and ready to hire experienced  
Sales Account Representatives  
for Durham Region.

To apply or for more information  
please email:

[inquiries@inspiredcreative.ca](mailto:inquiries@inspiredcreative.ca)





# How to Hack your Habit Journey

by Tara Richardson

## Spring is a time of growth.

Not just for gardens, but for personal growth too. It's a chance to reflect on what is going well in your life and what could be improved. What habits have you adopted that you want to break? What habits do you want to keep? What habits do you want to start? Changing our habits can be a daunting experience, but doable with the right tools and mindset.

It is estimated that 40-50% of our actions are driven by habits; some we're not even aware of (*Atomic Habits*). That's almost half our day on autopilot! Gretchen Reuben, author of *Better Than Before* says, "the key to habits is lack of decision making." Consider the many people in high power positions who wear the same outfit to work every day. This habit helps them to keep mental capacity for more important decisions that need to be made in the day. (You don't need to go to the extreme of wearing the same outfit every day but just know that making less decisions leaves more mental space.)

Researchers have puzzled over how long it takes to create, break, or change a habit. Popular books say 21 days, other books say 90 days. No one seems to be entirely sure how long habit formation takes. What is clear though, is that repetition is of utmost importance.

## The Habit Feedback Loop

Knowing the four stages of the habit feedback loop is important because we can alter it to work in our favour. The first stage is the *cue*, which is a certain signal that starts the process of the feedback

loop. The second stage is the *craving*. What do you want in this moment? Then you *respond* and are *rewarded* for your response by immediate feedback (*Atomic Habits*).

The *cue* can be something seemingly innocuous, like driving home after work. The *craving* could be to order out because you don't feel like cooking. You choose to order out and are *rewarded* by not having to cook. However, you've also spent money you didn't want to spend and potentially food that doesn't make you feel good long-term.

If you're looking to change up your habits this spring, read on for some helpful hints and techniques when embarking on your habit journey.

## Taking a Habit Inventory

You have to know where you are currently at, before you can change. Track your day. Write down all of the habitual tasks you perform and put a + if it is a good habit, - if it is a not-so-good habit, and = if it is neutral. Now, identify habits you want to keep, create, or break.

## The Importance of Systems

Many people focus on achieving goals when they should be focusing more on systems. Systems are the processes that lead to results and they are comprised of habits. Your system needs to work especially for you. What works for one person might not work for another person. I found myself organizing my parents' linen





closet every month and wondered how they could not keep it clean. But my parents weren't to blame. I organized, but I didn't share the system with them, so they couldn't maintain it. Eventually we settled on bins and labels and that's been somewhat effective.

Scheduling Habits and Your Environment

If it's not on the schedule, it's likely not going to happen. Author Gretchen Rubin reiterates that if you schedule one activity then it automatically makes the time unavailable for anything else. Treating your habit like it's a meeting with your boss means you won't bail last minute.

Another factor to consider is your environment. "Environment is the invisible hand that shapes human behavior" (*Atomic Habits*). If you want to play an instrument but the instrument is sitting in a box in your closet, you are probably not going to play often. If you move that instrument so that it is visible and/or easy to access, you are more likely to pick it up. The closer you live to the gym, the more likely you will exercise. The cue in the habit loop can also be your environment. I'm at the library now; it's time to take out my laptop and start writing.

Visual measurement can be helpful. Habit tracking can be customized to fit your style. If checking off a habit on a physical calendar feels good, do that. If ticking it off on an app works better, do that. Habit trackers are satisfying and motivating and provide valuable insight over time.

Habit Stacking and Implementation Intentions

Do you already brush your teeth every morning? Given that you brush your teeth every morning (i.e. it is an automatic habit), you can easily add a new habit using brushing your teeth as a catalyst. It's called habit stacking and you are simply stacking a new habit on top of an old one that you find second nature. It's basic yet effective. For example, it could be 'after I brush my teeth in the morning, I will put on my yoga clothes so that I'm ready for my

workout later.' You are taking an existing positive habit and pairing it with a habit that you want to incorporate.

Implementation intentions is a fancy term that basically means, if this happens then I will do this. It's similar to the *If-Then Rule*. Let's say that the habit you are trying to create is spending less money on take-out. The implementation intentions could be something like: If I'm driving home and I want to get take-out, I will say three things out loud that I want to buy but am saving money for. You could make multiple implementation intentions. If I'm driving home and I want to get take-out, I will put my purse in the back seat so that I can't access my cash or bank cards without a lot of uncomfortable and awkward manoeuvring at the drive-thru. If I'm driving home and I want to get take-out, I will remind myself of the yummy dinner I defrosted all day while I was at work.

You can also practice temptation bundling, pairing an action that you want to do with an action you need to do. For example, I really need to write this article, so I'm going to make my fancy coffee (which I want) to drink while writing.

The Two-Minute Rule

The two-minute rule states that when starting a new habit, it should only take two minutes to do. Small improvements (like 1%) may not seem noticeable, but in the long run they are what gets you the outcomes you are looking for. What it does is creates less friction in getting started because you are only committing to two minutes. If you want to get into the habit of reading more, read for two minutes, then put the book down. You are easing into the habit of reading regularly until one day you find yourself wanting to read longer and/or having more stamina to continue reading.

The Goldilocks Rule

In *Atomic Habits*, James Clear talks about the "The Goldilocks Rule". Just like in the story, when Goldilocks wanted things to be "just right", the Goldilocks Rule states that habits should not be too hard,

or too easy. They need to be "just right". It means you figure out the sweet spot of what is manageable. One hack of my own is to create low, medium, and high-energy versions of the habit and decide what to do based on my energy level. For example, a habit is to have good hygiene. A low energy habit is to wash my face. A medium energy habit is to take a quick, lazy shower. A high energy habit is to take my shower and shave my legs, put on a hair treatment, and pamper myself.

Reinforcement and Rewards

There are conflicting views on whether rewards help or hinder habits. James Clear posits that reinforcement and rewards are important and best done immediately. Gretchen Rubin on the other hand, believes that it teaches her she wouldn't do the activity for its' own sake. She further says that a reward may help a goal, but not a habit. This is up for debate, so do what work best for your personality.

If you decide to use reinforcement and/or rewards, use them wisely, so that they don't counteract your habit. If you are trying to get in the habit of flossing, the reinforcement could be as simple as the refreshing feeling from the floss and toothpaste. A reward could also be, after I floss my teeth, I will watch a mindless five-minute YouTube video that I enjoy.

If your habit is avoiding doing something, then it becomes trickier to implement immediate rewards but not impossible. If you're avoiding buying lattes every morning, make a commitment to put the money you would have spent on the latte into a vacation fund.

Analyze and Practice Self-Compassion

Every so often we need to do a habit audit. What habit have you been trying to practice but is a continual challenge? Go back to your habit inventory. If you want to get into the habit of healthy eating but you still find yourself standing in front of the vending machine at work more often than you care to admit, identify what

Good Habits	Bad Habits
Make it obvious	Make it invisible
Make it attractive	Make it unattractive
Make it easy to do	Make it difficult to do
Make it satisfying	Make it unsatisfying
Source: Atomic Habits	

is getting in the way of your healthy eating habit. Go back to the feedback loop of habits. Is there a certain cue that beckons you to the vending machine? What are you craving? How can you get what you are craving without the vending machine? Is there a different routine you could get into?

I drink a lot of non-water beverages because I find water boring. But I know it's crucial to drink adequate water. I tried leaving a water bottle at every place that I sat during the day and that worked somewhat. I tried chugging water at various times throughout the day. It worked but my belly was unhappy. Eventually, I bought a water bottle that has a section to make it a fruit infuser. I cut up a lemon, pop it in the fridge, and the taste of lemon water is substantially better than boring water. And just like that, I now drink more water than ever before.

Many authors have written that we are most successful at keeping up habits when habits are more about *who* you are being than *what* you are doing. Who do you wish to become? For example, writing this article at 5:30am in a quiet coffee shop makes me feel like a writer, and that is who I want to be. Creating your habit identity is just a little hack to keep you on track. And eventually, the habit does become a part of your identity. I am someone who exercises. I am a non-smoker. And so on. Sometimes we need to reprogram our habit thoughts.

Habit change is hard work. As James Clear says, "we repeat bad habits because they serve us in some way, and that makes them hard to abandon." It may be hard work, but certainly not impossible work. Stay consistent, open-minded, and self-compassionate.

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.





Empowering people  
Launching ideas






## Ready to turn your passion into a business?

**The Women+ Entrepreneurship Program** empowers diverse women, trans women, and non-binary individuals who experience mental health and addiction challenges with the skills and confidence to pursue self-employment.

This **FREE** program is delivered over 8-10 weeks in French and English!

- **Gain feminist-forward business skills**
- **Learn from a trauma-informed and inclusive philosophy**
- **Receive up to \$1,200 in products and services**

**Apply Now! [risehelps.ca](https://risehelps.ca)**

   647-232-7473 | [info@risehelps.ca](mailto:info@risehelps.ca)



## The Healing Powers of Flowers

by Sheila Marina

We often overlook the simple yet profound impact that nature can have on our well-being. Amidst the concrete jungles and technological advancements, the vibrant and delicate beauty of flowers remains a timeless source of joy and solace.

As we journey into the exploration of the benefits of flowers, we will uncover the fascinating ways in which these natural wonders contribute to our overall well-being, fostering a deeper connection between humanity and the extraordinary beauty that blooms in our midst.

### Mental Health Benefits

Finding solace in nature can be a powerful antidote to the stress and anxiety that accompany modern life. Emerging research suggests that certain flowers possess the remarkable ability to positively impact mental health, offering a fragrant and visually pleasing remedy for conditions like depression and anxiety.

One such flower that stands out for its potential mental health benefits is **lavender**. Known for its soothing aroma, lavender has long been associated with relaxation and stress reduction. The scent of lavender has been found to have calming effects, reducing anxiety and promoting better sleep. Inhaling the delicate fragrance of lavender can trigger the release of neurotransmitters like serotonin, contributing to an improved mood and decreased feelings of depression.

Another bloom that boasts mental health benefits is the cheerful **sunflower**. With its vibrant yellow petals, the sunflower is not just a

visual delight but also a natural mood enhancer. The bright colour is believed to stimulate the production of dopamine in the brain, a neurotransmitter associated with pleasure and reward. Additionally, tending to a sunflower garden can provide a sense of purpose and accomplishment, fostering a positive mindset.

**Roses**, often celebrated for their symbolic representation of love, may hold therapeutic value beyond their romantic connotations. The aroma of roses has been linked to stress reduction and relaxation. Inhaling the sweet fragrance of roses can trigger the release of endorphins, the body's natural mood lifters. Moreover, the act of nurturing and caring for roses can instil a sense of mindfulness and connection with nature, further promoting mental well-being.

**Jasmine**, with its sweet and exotic scent, is another flower that has demonstrated potential in alleviating symptoms of anxiety and depression. The aroma of jasmine has been found to have a sedative effect, promoting relaxation and improved sleep quality. Incorporating jasmine flowers into one's surroundings, whether through essential oils or actual blossoms, can create a calming atmosphere conducive to mental peace.

While flowers alone cannot replace professional mental health interventions, their influence on mood and well-being should not be underestimated. Incorporating these blooms into daily life, whether through gardening, aromatherapy, or simply appreciating a fresh bouquet, can be a delightful and accessible means of supporting mental health.



Physical Health Benefits

In the realm of culinary delights, flowers are more than ornamental; they can also be potent contributors to our physical well-being. Edible flowers, known for their vibrant colours and unique flavours, pack a surprising punch when it comes to promoting health. From aiding in sleep to managing cholesterol levels, these botanical wonders offer a bouquet of benefits that go beyond mere aesthetics.

Chamomile: A Natural Lullaby for Better Sleep

Chamomile, with its dainty white petals and delicate fragrance, has long been celebrated for its calming properties. Beyond its traditional use as a soothing tea, chamomile is a powerful ally in the quest for a good night's sleep. The flower contains apigenin, an antioxidant that binds to specific receptors in the brain, inducing a sense of tranquillity and reducing insomnia. Incorporating chamomile into your diet, whether through teas, salads, or desserts, can be a delightful and effective way to embrace restful nights.

Echinacea: A Blossom of Health Benefits

Discover the myriad physical health benefits within the vibrant petals of echinacea. This herbal marvel, teeming with antioxidants, amplifies immune resilience, diminishing the severity and duration of colds and flu. Beyond immune support, echinacea's anti-inflammatory properties contribute to respiratory health and may alleviate symptoms of anxiety and arthritis. Embrace the natural potency of echinacea to fortify your well-being, making it a valuable and holistic addition to your health regimen.

Hibiscus: Blooming Benefits for Cholesterol Management

Hibiscus flowers, with their vibrant hues ranging from red to pink, are not just visually appealing but also harbour health benefits, particularly in managing cholesterol levels. Rich in anthocyanins and polyphenols, hibiscus has been linked to reducing LDL cholesterol (the "bad" cholesterol) levels. Including hibiscus in your diet, perhaps through a refreshing hibiscus tea or as an edible garnish in salads, can contribute to cardiovascular health by promoting a favourable lipid profile.

Lavender: Aromatic Aid for Stress Reduction

While lavender is often associated with aromatherapy, its culinary applications extend beyond fragrance. Lavender, with its calming aroma, can help alleviate stress and anxiety when consumed. Adding dried lavender to baked goods or infusing it into syrups for beverages can introduce a subtle, floral flavour that not only tantalizes the taste buds but also has a soothing effect on the nervous system.

Calendula: Nature's Anti-Inflammatory Ally

Calendula, with its golden petals reminiscent of sunshine, contains powerful anti-inflammatory properties. Rich in flavonoids and antioxidants, calendula can be a valuable addition to your diet for promoting skin health and reducing inflammation. Incorporating calendula petals into salads or using them to garnish dishes not only enhances visual appeal but also contributes to the overall well-being of your skin and body.

Incorporating edible flowers into your diet can be a delightful and healthful journey. These floral wonders provide more than just aesthetic pleasure—they offer a bouquet of physical health

benefits that make them a valuable addition to any culinary repertoire.

Blooming Bliss: The Multi-Sensory Delight of Flowers in Your Home

Adding a touch of nature to your living space goes beyond mere aesthetics; it can significantly enhance your overall well-being. One delightful way to achieve this is by incorporating flowers into your home decor. Beyond their vibrant colors and enchanting fragrances, flowers bring a plethora of benefits that can positively impact your physical and mental health.

One of the most evident advantages of having flowers in your home is their ability to **uplift your mood**. Scientific studies have shown that the sight of flowers triggers the release of dopamine, the "feel-good" neurotransmitter in the brain. Whether arranged in a vase on the dining table or scattered throughout various rooms, the presence of flowers can instantly create a more cheerful and inviting atmosphere.

Flowers contribute to **stress reduction**. The act of caring for and nurturing plants, known as horticultural therapy, has been linked to lower levels of cortisol, the stress hormone. As you water, prune, and admire your blossoms, the gentle, repetitive motions can induce a sense of calm, making your home a sanctuary from the pressures of daily life.

The influence of flowers on your **sense of smell** is another powerful aspect of their impact. The aromatic compounds released by flowers engage your olfactory senses, creating a symphony of scents that can transform your living space. Certain flowers, such as lavender and jasmine, are renowned for their calming properties, making them ideal choices for bedrooms or relaxation areas. On the other hand, the invigorating scent of citrus blossoms can bring a burst of energy to your kitchen or workspace.

In addition to their physiological effects, flowers can also foster a **sense of connection** with nature. In today's fast-paced, urbanized world, it's easy to become detached from the natural world. Bringing flowers into your home creates a link to the outdoors, reminding you of the beauty and serenity found in nature. This connection is particularly crucial for individuals who may not have easy access to green spaces.

Flowers can also serve as a powerful tool for **self-expression and creativity** in home decor. The myriad of colors, shapes, and sizes allow you to experiment with different arrangements that reflect your personality and style. Whether you prefer a minimalist look with a single elegant bloom or a vibrant bouquet that becomes a focal point in your space, flowers offer endless possibilities for personal expression.

The benefits of incorporating flowers into your home are not just about aesthetics; they positively impact your physical and mental well-being. So, go ahead and let your home blossom into a haven of blooming bliss.

The Sweet Secret: Rose Water DIY

Rose water, with its delicate floral fragrance and versatile uses, has long been a staple in beauty and culinary practices. While it's readily available on grocery store shelves, creating your own rose water from fresh petals not only imparts a personal touch but can also save you a few dollars. With a simple DIY approach, you can

turn your kitchen into a fragrant haven and enjoy the benefits of rose water without breaking the bank.

Making your own rose water begins with selecting high-quality fresh rose petals. Ideally, these should be pesticide-free and sourced from roses meant for culinary or decorative purposes. Steer clear of flowers treated with chemicals, as they can compromise the purity of your homemade rose water.

Once you've gathered your petals, give them a gentle rinse to remove any impurities. You can use petals from various types of roses, each lending its unique scent to the final product. The classic fragrance of Damask roses or the vibrant aroma of tea roses – the choice is yours.

To start the process, place the cleaned rose petals in a pot and cover them with distilled water. Avoid tap water as it may contain impurities that can affect the purity of your rose water. Simmer the mixture on low heat, allowing the petals to release their essence into the water. This slow and gentle infusion is key to extracting the full fragrance and beneficial compounds from the petals.

As the petals simmer, you'll notice the water taking on the delicate scent and colour of the roses. This process usually takes around 20-30 minutes. Avoid boiling the water vigorously, as this may diminish the potency of the rose water.

Once the simmering is complete, strain the liquid to remove the petals, leaving behind a fragrant, rose-infused water. Allow the rose water to cool before transferring it to a clean, airtight container. Stored in the refrigerator, your homemade rose water can last for several weeks.

Use your DIY rose water as a refreshing facial mist, a natural toner, or as a delightful addition to your culinary creations. Its subtle floral notes can enhance both sweet and savoury dishes, from desserts to salads.

Conclusion

The myriad benefits of flowers extend far beyond their aesthetic appeal. These vibrant botanical wonders play a pivotal role in enhancing our overall well-being and fostering positive emotions. The psychological impact of flowers is undeniable, as they have the power to uplift moods, reduce stress, and promote feelings of happiness. The act of gifting or receiving flowers can create a profound sense of connection and strengthen interpersonal relationships. As we navigate the complexities of modern existence, let the beauty and therapeutic essence of flowers serve as a reminder that nature has the power to nurture not only our physical surroundings but also our minds and souls.

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







# drink the rainbow!

**nutes blend & go** fresh-frozen smoothies  
*bring the smoothie bar home!*




**RAW whole food ingredients:**  
**fruits, veggies, seeds, nuts & cold-pressed juices**  
**NO added sugar NO concentrates NO pasteurized purees NO chalky supplements**

**nutesnutrition.com**  
**nutrients for real!**



## Adventure Awaits in Durham Region Doors Open Oshawa 2024

by Megan Suggitt

Have you ever wondered what adventure awaits you in your own “backyard?” **Doors Open Oshawa** which takes place on **Saturday, May 4, 2024** may be an opportunity for you and your family to discover what hidden and unique spaces exist right here in Durham Region.

### Doors Open Ontario

Doors Open Ontario is a province-wide celebration that offers a free family-friendly opportunity to explore interesting places and spaces in cities across Ontario. It runs from May through October.

The first Doors Open Day (La Journée Portes Ouvertes) took place in France in 1984. The idea soon spread to nearby countries, including the Netherlands, Sweden, the Republic of Ireland, Belgium, and Scotland. In 1991, these events were united as European Heritage Days.

In 2000, the City of Toronto launched the first Doors Open event in North America. In 2002, the Ontario Heritage Trust launched Doors Open Ontario, the first provincwide event of its kind in Canada. The Doors Open concept continues to spread to other places across North America, including Newfoundland, New York City, and Denver, to name a few.

In 2020, however, with the COVID-19 pandemic, Doors Open had to change the way it traditionally delivered its programs while still engaging visitors across Ontario. Doors Open then created “Digital Doors Open” which is a year-round virtual program offering unique

access to hundreds of sites with digital experiences that offer everything from virtual tours and videos about various sites to online games, activities, searchable collections, and additional resources. The Doors Open experience is now accessible to anyone from the comfort of their home. You can even visit sites that are impossible to visit in-person!

Since the program was launched in 2002, over 8.3 million visits have been made to heritage sites participating in this exciting initiative and to boost local tourism. Doors Open Ontario continues this year in 2024 with numerous communities participating across the province, including Oshawa!

Each year, Doors Open has a theme. This year's theme is Adaptive Reuse – showcasing heritage sites that have been repurposed to best serve their communities, while retaining their heritage attributes.

### Visiting Tips

The first thing to do if you wish to attend Doors Open is to narrow down which event(s) you want to check out. Once you've determined where you would like to go, review all the sites listed on the Doors Open Ontario website that are open during your outing. (Occasionally, additional site listings are available on locally hosted websites, so be sure to follow links on each event page for those websites.)

Don't try to take in too much. Visiting five or six buildings or sites per day may be all you can accomplish. Talk to the knowledgeable volunteers at each site about the most interesting attribute, and don't miss those highlights. Explore the building's history and its architecture to get a truly meaningful experience.



Unless otherwise indicated, remember to bring your camera. Don't forget to share your photos too, on the Doors Open Ontario Flickr page. Please remember to see site information for specific guidelines or restrictions regarding photography and video.

Partner Sites

Below are sites that participated in Doors Open Oshawa 2023. Please check the City of Oshawa website for updated information on participating sites in 2024.

Alexandra's Bounty Garden

Alexandra's Bounty Garden is located at 364 Simcoe St. N and was created in 2016. The Garden is operated by the Oshawa and Durham Region Metis Council to provide fresh herbs and vegetables to the community.

The Biltmore Theatre

The Biltmore Theatre is located at 39 King St. E and was established in 1940. The Biltmore Theatre was built by the Okun Brothers of Toronto. The theatre has operated as a movie theatre, nightclub, and music venue before its current state as a hall for touring concerts, special events, and community rental space.

Camp X/Intrepid Park

Camp X/Intrepid Park is located at 2000 Boundary Rd. and was the famous top-secret World War II spy camp and Spy training school.

Canadian Automotive Museum

Located at 99 Simcoe St. South and built in 1920, this museum is home to the world's most significant collection of Canadian cars. The museum is in a former 1920's auto dealership building with more than 70 vehicles on display including Lightning McQueen from Disney/Pixar's Cars 3.

Charles Hall

Located at 61 Charles St., the former Alger Press Building (1903) was renovated and refurbished by Ontario Tech in 2010 and is one of the University's key academic hubs.

City of Oshawa Greenhouse

Located at 919 Farewell St. S., this glass greenhouse was built in 1964. This greenhouse grows and over-winter many varieties of plants that make the City of Oshawa beautiful.

H.O.P.A. Oshawa Office

Located at 1621 Simcoe St. S., this federal marine port in Oshawa services Ontario. The Port is one of the few cities that has an airport, rail lines, a deep-sea port and 400-series highway all within close proximity.

Colonel R.S. McLaughlin Armoury

Located at 53 Simcoe St. N., the Colonel R.S. McLaughlin Armoury is associated with the armoury construction program initiated by Frederick Borden. Sam Hughes, the Minister of Militia and Defence from 1911 to 1916, accelerated this program due to the threat of First World War.

Islamic Centre of Oshawa

Located at 23 Lloyd St., the Islamic Centre of Oshawa is the first purpose-built mosque in Oshawa, which was opened to the public in early June 2012.

Oshawa Public Libraries, McLaughlin Branch

Located at 65 Bagot St. and forming part of Oshawa's Civic Centre, the Library was a gift of Col. R.S. McLaughlin in 1954. Architect Arthur Eadie was influenced by Frank Lloyd Wright in his design of the McLaughlin Public Library (Oshawa's Central Branch).

Ontario Regiment Museum

Located at 1000 Stevenson Rd. N., the Ontario Regiment (R.C.A.C.) Museum commemorates the history of Durham Region's very own Canadian Army unit, the Ontario Regiment (R.C.A.C.), and is home to Canada's largest collection of operational historic military vehicles.

Oshawa Museum, Henry House

Located at 1450 Simcoe St. S., and built in 1840, this was the family home of Thomas Henry, a local minister, farmer, and harbourmaster. Henry House is portrayed as a period home, typical for the late 1800's.

The Regent Theatre

Located at 50 King St. E., the theatre was built in 1919 for Famous Players theatres and has Georgian architectural lines. One of the City's few remaining examples of this classically inspired style, the building reopened in 2010 as a lecture theatre for Ontario Tech University, as well as for community and cultural events.

Heritage Hall, Purple Woods Conservation Area

Located at 38 Coates Rd., Heritage Hall is a post and beam structure built using recycled timbers in the tradition of southern Ontario barns. It hosts the Maple Syrup Festival every spring and is used for environmental education and events.

The Robert McLaughlin Gallery

Located at 72 Queen St., the original gallery (1969) was a modern stone structure. In 1987, Arthur Erickson designed an expansion that added 36,000 square-feet to meet the growing needs of the community.

Simcoe Street United Church

Located at 66 Simcoe St. S., the Simcoe Street United Church was built in 1867 for a Methodist congregation. The church is an example of the Gothic Revival style by Gundy & Langley. The Simcoe Street United Church is Oshawa's oldest existing church building.

Virtual Site Options

Be sure to also check out all the virtual site options available including Oshawa Union Cemetery, Oshawa Valley Botanical Gardens, Trent University Durham GTA and Waterfront Trail.

Megan Suggitt is the business owner of Beautiful Minds. She is a passionate writer and disability advocate. She's had a love for writing since she was 6 years old and enjoys writing stories that pertain to social justice that speak from the heart.



March 1, 2024

**“Abstract” - Free Online Art Exhibition**  
Abstract art allows artists to express their vision in an array of techniques and styles. Abstract art also leaves room for vast interpretation. For this online group exhibition, artists are invited to display any abstract artwork that celebrates one of the most polarizing forms of art.  
Online  
[www.parcrowd.com/current-exhibition](http://www.parcrowd.com/current-exhibition)

March 2, 2024

**Ontario Philharmonic -- Haydn and Mendelssohn Visit the British Aisles**  
Franz Joseph Haydn's fullness, richness and majesty are on display, in all parts of Symphony No.104 "London."  
Oshawa  
[www.tickets.regenttheatre.ca/eventperformances.asp?evt=912](http://www.tickets.regenttheatre.ca/eventperformances.asp?evt=912)  
905-721-3399 ext.2

March 9 to March 16, 2024

**Gridiron Youth Football Training Winter Camp**  
Inclusive training for Youth of all levels and abilities.  
Oshawa  
[www.gridironyouthfootballtraining.ca/](http://www.gridironyouthfootballtraining.ca/)

March 10, 2024

**OPG Sunday: Beautiful Bugs**  
FREE. Suitable for ages 3+. Have you ever seen a rainbow beetle or a sparkly butterfly? Design and decorate your bug in the studio and then finish a background fit for your bug in the gallery exhibitions.  
Oshawa  
[www.rmg.on.ca/events/opg-sunday-beautiful-bugs/](http://www.rmg.on.ca/events/opg-sunday-beautiful-bugs/)  
905-576-3000

March 11 to March 15

**March Break Art Camp**  
Do you want your kids to dive into creativity? Are they looking for exciting new adventures? This popular camp encourages campers to explore and interact with art in fun and playful ways as they share their thoughts, and express their ideas. Kids will create messy and imaginative artworks with fine art materials that will truly inspire all budding artists. Spaces are limited. \$200 Members | \$210 Non-Members  
Oshawa  
[www.rmg.on.ca/events/march-break-art-camp-2024/](http://www.rmg.on.ca/events/march-break-art-camp-2024/)  
905-576-3000

March 23 to March 30, 2024

**Sp-EGG-Tacular Easter Egg Hunt at Pingle's Farm**  
Hop on down to Pingle's Farm for the SpEGGTacular Easter Egg Hunt! While you hunt for a wide array of different coloured eggs, the Easter Bunny will be roaming the playland for photo opportunities and visits. \$13.50/person and children 2 & under are FREE. Doggy tickets are \$10/dog. Dogs are only permitted in the general admission areas (excluding the market and greenhouse).  
Hampton  
[www.pinglesfarmmarket.com/easter-at-the-farm-egg-hunt/](http://www.pinglesfarmmarket.com/easter-at-the-farm-egg-hunt/)  
905-725-6089

March 25, 2024

**Easter Fest at Brooks Farms**  
Bring the whole family to Brooks Farms and celebrate all things Easter at the farm.  
Uxbridge  
[www.brooks farms.com/easterfest](http://www.brooks farms.com/easterfest)

March 30, 2024

**Uxbridge BIA Easter Egg Hunt**  
Uxbridge BIA hosts an Easter eggstravaganza! Kids 12 and under, accompanied by a parent or guardian are welcome to participate in the easter egg hunt at all participating businesses along Brock and Toronto St. Fun events and activities for the whole family!  
Uxbridge  
[www.discoveruxbridge.ca/events/event/uxbridge-bia-easter-egg-hunt/](http://www.discoveruxbridge.ca/events/event/uxbridge-bia-easter-egg-hunt/)

April 6 to April 13, 2024

**Canadian Police Curling Championship**  
The 67th Canadian Police Curling Championship mirrors the Tim Horton's Brier as well as the Scotties Tournament of Hearts in that teams from across the country compete in provincial/territory championships to qualify for one of twelve spots in the national championships. This will be the ninth time since the Championship began in 1956 that the event will be hosted in Ontario. The teams will play an eleven- game round-robin, followed by a page playoff format that determines the national champion.  
Whitby  
[www.canadianpolicecurlingchampionship.com/](http://www.canadianpolicecurlingchampionship.com/)  
705-746-0133

April 14, 2024

**28th Annual Toronto Bottle and Antique Show and Sale**  
The Four Seasons Bottle Collector Club is hosting their 28th annual Toronto Bottle & Antique Show and Sale. Find treasures, meet other Bottle and Pottery enthusiasts and take advantage of the appraisal table. Antique and vintage bottles, syphons, milks, medicines, sealer jars, pop and gingers, stoneware crocks and jugs, signs, and related advertising.  
Admission: \$5  
Pickering  
[www.facebook.com/BottleClubShow](http://www.facebook.com/BottleClubShow)  
905-767-7297

April 27, 2024

**Brooklin Wine Spirits Beer Show**  
Indulge in a wide selection of fine wines from around the world. Discover new flavors and learn about different wine-making techniques from knowledgeable experts. Sample a range of spirits that will ignite your senses and leave you wanting more. For all the beer lovers out there, we've got you covered too! Explore a diverse collection of craft beers, from hoppy IPAs to smooth stouts and sweet ciders. Don't miss the opportunity to try unique brews and find your new favorite.  
Brooklin  
[www.eventbrite.ca/e/brooklin-wine-spirits-beer-tickets-805954941927?utm\\_experiment=test\\_share\\_listing&aff=ebdsshios](http://www.eventbrite.ca/e/brooklin-wine-spirits-beer-tickets-805954941927?utm_experiment=test_share_listing&aff=ebdsshios)

May 4, 2024

**Doors Open Oshawa**  
Join the City of Oshawa for Doors Open Oshawa. Doors Open is a province-wide initiative from Heritage Ontario. It encourages people and communities to learn more about the communities around them. This free event allows guests to go behind the scenes and learn more about Oshawa.  
Oshawa  
[www.oshawa.ca/events](http://www.oshawa.ca/events)

May 11, 2024

**Durham Craft Beer Festival**  
From local Durham favourites to premium Craft Brewers from across the province, come and sample what's brewing in Ontario. Ontario Ciders and Distillers may also be on the menu for non-beer drinkers. This is a 19+ event.  
Oshawa  
[www.durhamcraftbeer.ca/](http://www.durhamcraftbeer.ca/)

May 24 to May 26, 2024

**Ajax Rotary Ribfest**  
Enjoy Live Music, Vendors, Reptilia Zoo & Carnival, along with Famous Rib Vendors and Famous Food Trucks. Don't miss this fantastic annual charity event that supports dozens of local charities.  
Ajax  
[www.ajaxrotaryribfest.ca/](http://www.ajaxrotaryribfest.ca/)

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](http://www.durhamtourism.ca).



# Spring Horoscope

MARCH 2024 to MAY 2024

## Aries (March 21 - April 20)

The universe is nudging you to go deep within at this unique time, Aries. Accept isolation as a chance to delve into your inner self. Grab a journal, decode your dreams, or just simply meditate. Yoga and leisurely strolls might help you peacefully connect with nature. Try expressing yourself creatively through music or art. Be kind to others, but remember to never forget to put yourself first.

## Taurus (April 21 - May 21)

Now is your chance to network and grow socially. It's time to answer the call to get involved with like-minded people by engaging in causes that are dear to your heart. Join clubs or volunteer to show your kindness. Work together on inspiring projects and empathetically bond in your friendships. Picture your aspirations coming true and enjoy utilizing the force of group energy to effect positive change, and then you will accept the beauty of community.

## Gemini (May 22 - June 21)

Your career journey is being emphasized, encouraging you to follow your gut and explore responsibility. Trust your instincts and seek work that reflects your ideals and creative side. Got any innovative ideas brewing? Don't hesitate to share them! Invest in your development to advance your abilities. You must imagine the career path of your dreams and create a vibrant workspace. When making decisions, let your intuition lead the way and let your creativity run wild.

## Cancer (June 22 - July 22)

The universe is urging you to broaden your perspective and thoughts. Explore spirituality via prayer, meditation, or philosophy. You may have been receiving a call to visit sites of worship or get involved in various cultures. Connect with motivating mentors and welcome new perspectives. Let go of restrictive ideas and have faith in your instincts. This is what leads you to spiritual and intellectual development.

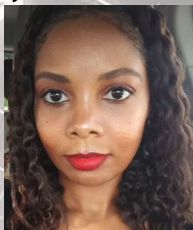
## Leo (July 23 - August 23)

Others respond to you cheerfully when you welcome change for growth and renewal with open arms, Leo. Take time to heal from past hurts through therapy or energy work. Work together with a trusted partner to arrange your finances for stability. You are building stronger ties in relationships and embracing vulnerability. Good job on abandoning material attachments and diving into spiritual exploration. Put your faith in your fortitude to come out on top.

## Virgo (August 23 - September 23)

Relationships take center stage. Develop compassion and empathy in your interactions with others. Have honest conversations and cooperate to find solutions to problems. You are being encouraged to collaborate in creative ventures to strengthen relationship dynamics using your detail-oriented skills. It's okay to start over. Possibly beginning with forgiveness or a romantic retreat. Prioritize harmony in your relationships while having faith in your intuitive abilities.

by Camille Thomas



## Libra (September 24 - October 23)

Having concentrated on serving others and your overall well-being, you are now making self-care routines a priority to nourish your entire being. To reduce stress, practice awareness through yoga or meditation. Show kindness to people in need and promote peace at work. You must follow your intuition to achieve your best possible health and productivity.

## Scorpio (October 24 - November 22)

Engage in soul-stirring artistic endeavors. Express yourself creatively through writing, painting, or music. Have you reacquainted yourself with your inner child, embraced playfulness and spontaneity? You can now accept romance and love with open arms, and treat your relationships with compassion and openness.

## Sagittarius (November 23 - December 21)

You've created a calm and encouraging atmosphere for your family and home, made a comfortable haven by clearing clutter, and incorporated unique elements. Now, you are rewarded with receiving closer ties with your family. Having meaningful conversations and doing kind deeds brings inner serenity, prioritizes self-care and forgiving. Embrace your intuition to help you make choices that will improve relationships within the family.

## Capricorn (December 22 - January 19)

As your interest in learning piques, immerse in meaningful discussions and express yourself creatively. Utilize writing as a means of self-exploration and to re-write your script. Read as much as you can to keep your imagination active. Engage in sincere conversations with siblings or your neighbors. You are now aware of your earlier mental and emotional programming and will now accept opportunities for learning with compassion and wisdom.

## Aquarius (January 20 - February 19)

Now that you've considered your connection to money and your sense of value, it is time to pursue stability by cultivating gratitude and thoughtful money management. Invest in pursuits that enhance your spirituality and self-worth. Embrace plenty in all its higher forms and have faith in your instincts.

## Pisces (February 20 - March 20)

Accept this moment in time for personal development and self-discovery. Honor and appreciate your actual nature. Prioritize self-care routines that nourish your body, mind, and soul. Having imagined the kind of person you want to be and then worked on being that person, you now have faith in your instincts and greet fresh starts with joy.

Written by Camille Thomas. Practical wisdom from the stars infused with down-to-earth advice

Style and service for every budget

Blinds - Draperies - Shutters - Shades  
Great Selection - Stylish Colours - Superior Service  
Satisfaction Guaranteed!

BUDGET<sup>®</sup>  
BLINDS

Style and service for every budget.™

Joe & Cathy Gibson  
905-213-2583 or 1-888-98-BUDGET  
jcgibson@budgetblinds.com  
www.budgetblinds.com/portperry  
Serving Oshawa, Scugog & Clarington



enlightened  
style™  
EXCLUSIVELY BUDGET BLINDS™

## PARKWAY COIN LAUNDRY



905 239 7637  
1691 Pickering Parkway  
Pickering, On  
Wash & Fold Available

“Mention you saw us in Local Biz Magazine”

Modern, spacious, beautiful, clean, all brand-new top of the line machines. Ample parking.

# The Local Biz Magazine



## NOW HIRING!

The Local Biz Magazine is growing  
and ready to hire experienced  
Sales Account Representatives  
for Durham Region.

To apply or for more information  
please email:

[inquiries@inspiredcreative.ca](mailto:inquiries@inspiredcreative.ca)

by Tara Richardson

# Soul Searching



## Wellness Habits

I think we all know deep-down what healthy habits we can incorporate for our well-being. Gratitude, spending time with others, following a restful sleep schedule, movement, avoiding social media, healthy eating, to name just a handful. But knowing what is good for us is so different than *following through* on what is good for us.

When I tried mindfulness meditation in therapy over 10 years ago, I was sure I “hated” meditation. I’m a fidgety, full of thoughts person, so just the idea of sitting still and “being” made me feel the desire to crawl out of my skin. But I gave it another try and discovered that there were aspects that I liked, and I didn’t have to be a perfect meditator. (Initially I put a lot of pressure on myself that each meditation should make me feel calm, serene, etc.)

I wanted to practice meditation regularly because I had heard all of the benefits of regular practice. I decided I wanted to meditate every day and so I added it to my habit tracker. This worked well at first. Every morning I would sit for 10-15 minutes and meditate. Then I’d cross it off on my habit tracker. Until meditation became a chore. A habit to check off that I lost sight of why I was meditating, and it became something I had to do to check off on my habit tracker. I lost the intrinsic power that meditation has because I turned it into an extrinsic task to check off.

Eventually, I recognized that my meditation habit was actually making me feel stressed and I decided to drop it from my habit tracker. I still saw the value of meditation, but I wanted it to be intrinsically directed. I began meditating again but there was no longer pressure to check it off. I wasn’t as consistent as when I was checking it off, but I would recognize times that I’d feel the need or desire to meditate and would do so of my own volition.

When you’re designing your wellness habits, be mindful of intrinsic versus extrinsic motivation-based habits. Intrinsic motivation means that you’re doing something for you because you want to. Extrinsic motivation is guided by doing something because you’re supposed to or “should” do said task. If something is extrinsically motivating but you still want to make it a habit, try to find an intrinsic reason for completing it. Good luck on your habit journey.

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



## 3 Fitness Trends to Add to Your Workout this Spring

Having a career in the fitness industry, I've seen a lot of trends come and go over the years. But great principles that work never really leave us. In our ever-evolving world of wellness, we take basic principles that may have lost their shine and tweak them so they trend again. If you get excited about what's trending in the world of health and wellness, here are 3 fitness 'fundamentals' worth adding to your workout regime.

### Pre-Hab to avoid Rehab

Take the term 'Warm up' and change it to Prehab and you've got something that sounds pretty cool! The goal of Prehab is to use exercises and techniques to improve movement quality, performance, and decrease chances of injury. Doing hip flexor stretches before playing pickleball is one example of how prehab exercises can improve overall performance. But prehab could also be more general like holding a plank to strengthen the core for everyday functional movement. Either way, Prehab focuses on injury prevention which is done before you exercise as opposed to rehab, something you do after injury or surgery.

### Rucking

Take the word "backpack" from German (Rucksack), add it to walking and you've got Rucking. Rucking is basically urban walking with a weighted backpack, based on military training workouts. Do Rucking in the mountains and you've got 'hiking.' What's great about Rucking is that it's a simple, low impact exercise that builds strength while improving cardio and endurance. Personally, I've always looked forward to getting to the peak and emptying my heavy load, aka 'lunch,' but if I'm going to do Rucking properly, I'll have to save that luxury for when I'm done with my workout.

### Post-Workout Recovery

This is what you may have called 'rest' after a tough workout. At-home recovery tools like foam rollers, therapy balls, and hand-held massagers are a great addition to a post-workout regime because they help loosen tight muscles and relieve muscle soreness. Technology-based tools and apps have also come a long way in terms of helping with recovery. What started out as tools designed to track steps, distance, and elevation, now help us track anything from stress levels, sleep patterns, heart rate, and so much more. The key to Post-Workout Recovery is becoming aware of how your body best responds to balancing optimal performance and optimal rest.

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.

**M • B • A**  
MALACHI BROWN & ASSOCIATES

**Malachi Brown**  
Life & Business Coach  
malachi27@outlook.com  
416.520.6199

- Individual Coaching
- Group Coaching
- Corporate Workshops
- Inspirational Speakers
- Changing Thinking... Transforming Lives

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

Your Real Estate Advocate.

Experienced ~ Responsive ~ Compassionate  
*Outselling the Competition since 2012*

**NICOLE FORRESTER** Hons. BA, PFP  
BROKER

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

**Bianca Schaefer** is a **360 Holistic Health Professional** who inspires a global community to take charge of their lives through nourishing their body, mind and spirit with delicious healthy foods, an active lifestyle and a mindset that believes anything is possible!

To find out more visit  
[www.BiancaSchaefer.com](http://www.BiancaSchaefer.com)

**SEAN FOX** Realtor

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

**RIGHT AT HOME**  
REALTY INC. BROKERAGE

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

your local expert for all things REAL ESTATE

## Kate Co Home & Design Studio



32 Kent St. West, Lindsay ON  
705-880-5283  
Call to book your in home design appointment.

Shop Katecohome.com 24/7  
Canadian Furniture & Design Studio

## Tweens, Teens & In-Between

by Tanvi Lee



High school is a period in one's life when we can grow as a person. Despite this time supposedly being a prime era in our lives, highschoolers often forget this amidst all the pressures put on our shoulders. When pressure feels the heaviest, remember to keep your head up.

A belief I aspire to stay true to is, if we are positive and believe the sky's our limit, the pressure will float while we can soar. Though cliché, if we're confident that we can aim for the sky, we can do better. I cannot deny that even I have often underestimated myself, expecting the worst. I'm glad to say this mindset has changed. By expecting more from ourselves, we raise our personal standards. With high achieving goals, we encourage ourselves to work harder. By simply getting over the mental hurdle that we aren't capable or good enough, we will achieve more because we truly believe that we can. Since this change in belief system, I've found myself more positive and motivated, might it be in an academic setting with my grades or personal goals like talking to new people.

As stated previously, having high expectations for ourselves is something I always stand by. However, balance is key. With the pre-existing pressure that may come with high school in general, some may find that having high expectations of yourself just adds to this. This is why maintaining a healthy mindset is another crucial element of day-to-day living. Simply having expectations is a good start, but reassuring yourself and being accepting of your mistakes makes this mindset sustainable with positive effects. As a perfectionist myself, I often struggle with challenges and errors that I make. However, continuously reassuring myself that mistakes are learning experiences has helped me a lot. My mom always likes to remind me, "In the long scheme of things, one mistake doesn't matter. What you change and learn from this is what does."

Finally, consistent application of strategies is the key element that ties everything together for success. First, you'll need to find methods that work for you, which are different for everyone. I like to write down my monthly goals in my Notes app, leave encouraging sticky notes on my mirrors, and read encouraging books that may help grow my perspective. (A personal favourite of mine is *Think Again* by Adam Grant). Be consistent once you find something that works for you.

I hope you, dear readers, will aim for the stars. It is my sincerest belief that once you believe in your ability to change positively, you'll see it too. I wish you all luck in the rest of the school year and have a joyous spring!

Tanvi Lee is a Grade 9 student at Pickering High School. She loves to do art, travel, and is passionate about social justice issues.

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

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

[www.lgreflexology.com](http://www.lgreflexology.com)  
[www.reflexology2go.com](http://www.reflexology2go.com)

**RAC**  
REFLEXOLOGY  
ASSOCIATION OF CANADA

Reflexology2Go



# Family Matters

by Monica Fox



## Building family routines that everyone agrees on

It's 4:00pm on Monday and it's time to move from one job to another. The kids have been home long enough to raid the pantry and relax on our comfy couch. My habit of announcing "it's time for homework" gives us all chills. Everyday it's an exhausting task getting my daughter to do her homework and reading. We'd both dread the four o'clock hour. She'd loose focus and I, patience. It wasn't until she said to me, "Mom, I just don't want to do it *right now*." I'd heard it before but chalked it up to an excuse in getting out of doing the task, and if I'm really honest, between 4-5:00pm was the only time I dedicated to helping her with her work. That night, she whizzed through her homework and read with ease. I was shocked. I learned a valuable lesson that day – my routine wasn't working for her.

No matter how small or large the family, every individual will have their own habits that can become a competition for who gets their way. Parents are often responsible for setting the routine. Children will go through stages of following the household instructions to having a desire to set their own. Spouses also have their own style and preference of how and when they get things done at home. For instance, I love a clean kitchen after dinner and my husband always does the dishes the morning after. Ugh, the compromise!

A simple way to help build a household routine that everyone agrees on, is to ask. Ask your husband if he'd be willing to do the dishes after dinner before you feel that you have to do them again. If you want them done, either you can do them or understand that they will get done, just not your way. Ask your children for their input on when they'll get their chores or homework completed. Have them explain how they'll find the time and how it fits into other obligations going on that day. The conversation will not only get their buy-in, but they'll learn that these tasks aren't an isolated event, and rather part of a bigger picture. After asking, explain why it's important or have them explain why. A greater understanding will build empathy, compassion and respect for one another's point of view.

As parents and caregivers, we have a responsibility to teach and guide our children. As spouses, we have a responsibility to work together and respect one another for who we are. The simple act of asking first and seeking to understand will not only get your dishes done, but will continue to contribute to a positive family home where everyone's opinion matters.

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.

## OPTOMETRISTS DR. BRIAN HADDEN & ASSOCIATES

An Eye Exam Is  
An Essential Part  
Of Your Overall  
Health Routine

Regular visits help to ensure a  
lifetime of clear vision and  
healthy eyes!

E

F P

T O Z

L P E D

E C F D

E D F C E P

F E L O P E D

D E F F O T E C

L A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

E A P P O R E

[www.drhaddenoptometrist.com](http://www.drhaddenoptometrist.com)

- Comprehensive Eye Examinations
- Children's Visual Perception Testing
  - Contact Lenses
- Opto Map Retinal Exams
  - Visual Field Screening
- Laser Eye Surgery Consultation

*Dr. Hadden has been voted several times as best optometrist.*

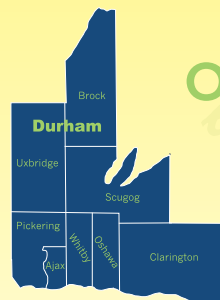
Evening & Saturday Appointments Available

New Patients Welcome

**AJAX CLINIC**  
596 Kingston Rd West  
905-683-0612

**PORT PERRY CLINIC**  
305 Queen Street  
905-985-9385

## Your customers...



## our readers

The **Local Biz**  
Magazine

## Advertise in the only glossy magazine covering the entire Durham Region

Book in our upcoming issues  
Call: 905.231.9722

Published by INspired Media Inc.  
Pickering, Ontario



Shopping for the perfect ring  
is easy...  
...you pick the setting, the metal,  
the stones, and your price!

Custom Jewellery, Gifts, Repairs, and More...



## STUDIO JEWELLERS

Since 1985

640 King St E, Oshawa ON L1H 1G5 905-436-6267

BUSINESS / ENTERTAINMENT / HOME / AUTO



## MCCAM

INSURANCE BROKERS



Call for a quote!  
Stephanie.Herrera@mccaminsurance.com  
(905) 579-0111 x 227  
mccaminsurance.com

YouUniquely  
DIFFERent  
imagery



Specializing in Special Needs (All - Abilities) Photography



**Kara Halonen**  
[www.youniquelydifferent.com](http://www.youniquelydifferent.com)  
Email: [shutterbug@live.ca](mailto:shutterbug@live.ca)  
Mobile: (905) 447-2933  
5% of proceeds goes to Grandview Kids Center

by Kubra Mir

# A Forkful of Healthy



## Asparagus Chicken Puffs

Spring weather means that vegetables such as tender asparagus will be available. These puffs are easy to prepare and flavourful with a curried chicken filling.

### Ingredients

#### Pastry

- ½ cup water
- ⅓ cup butter
- 1 tsp salt
- 2 eggs

#### Filling

- 1 tsp butter
- 1 cup cooked chicken
- ½ lb asparagus
- 1 onion diced
- 1 tbsp chopped fresh coriander
- 1 tsp garlic paste
- ½ tsp chili powder
- ¼ tsp turmeric powder
- ½ tsp garam masala powder
- 1 tsp salt
- 1 package cream cheese (8 ounces) softened and cut into cubes

### Directions

#### To make the pastry:

- Bring the water, butter, and salt to boil.
- Add flour and stir until it becomes a smooth ball form. Remove from heat and cool for five minutes.
- Add the eggs one at a time and beat well until the mixture is smooth.
- On a greased baking sheet, place a round teaspoonful of dough. Continue with the remaining dough. Bake at 425 degrees for 15 minutes until golden brown. Set aside.

#### To make the filling:

- Trim the tough ends of the asparagus and cut the top. Microwave asparagus tips for a few minutes and set aside.
- Dice the remaining asparagus.
- Melt the butter and cook the asparagus, and onion.
- Continuing cooking until the onion become a light brown and the asparagus is cooked. (Add a little water if the vegetables stick.)
- Mix in the coriander, garlic, chili powder, turmeric and garam masala and salt. Cook for a few minutes and remove from heat.
- Mix the cream cheese and cover with a lid. The cream should melt and blend into the chicken.

#### To assemble:

- Cut a slit on the top of each pastry. Spoon the filling into the pastry and place an asparagus tip inside as a garnish.
- Serve 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



## Navigating the Spring Housing & Mortgage Market

It is hard for homeowners to decipher through all the financial jargon. With mortgage rates having doubled in the last year, looming interest rate cuts, and a housing market in the GTA starting to heat up, here are the tips and tricks to help you ride the waves of this changing market.

**The lowest point of the market has likely passed** – Hindsight is 20/20. The lowest point of the market was likely from September 2023 to December 2023. By January, inventory (or the number of houses available for sale) that were sitting on the market from December sold and bidding wars re-emerged on the market.

**Buying now will be cheaper than buying tomorrow** – In escalating markets, we begin to feel like everything is overpriced. The great news is that there is plenty of gain to be had to regain the price reduction over the last year and the escalation has just begun.

**There are still value opportunities** – The condo market hasn't seen an entry point this low in years. If you have interest in becoming a property investor by buying your first duplex, a lower buy-in coupled with rents that are at an all time high, equals cash flow!

**Interest rate cuts beginning in the spring** – It has been projected by all major bank economists that the Bank of Canada will begin to cut rates in the 2nd quarter of 2024 quite significantly. Some economists have anticipated cuts as aggressive as 3% over 2024 - which is unprecedented.

**Spring mortgage renewals** – It is best to keep your spring mortgage renewal in shorter term fixed rate mortgages (1-2 years fixed), variable rate mortgages to ride the rate as it goes down, or renew into an open rate and lock in as the year ends when the rates will be conceivably significantly lower.

**Increase the frequency of payments** – Save years of interest by changing your monthly payment to bi-weekly. You end up paying the same dollar amount combined monthly but reducing the payoff by years.

**Renew into a line of credit component** – Want to shave 10 years off your mortgage? Renew your mortgage into a line of credit component, deposit your salary into the line of credit, have all your bills set up to come out of the account, and you will be mortgage free years sooner!

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.

**Benjamin Moore**  
Paint like no other.

**ADVANCE**  
Interior Paint.  
A premium quality, waterborne alkyd paint from Benjamin Moore.  
Now 2 stores to serve you

Oshawa Paint & Wallpaper Inc., 894 Simcoe St N  
**905-721-2854**

Courtice Paint & Decor Inc., 1414 King St E, Unit 27  
**905-240-0072**

Like us @OshawaPaint @CourticePaint Cures to a hard, furniture-quality finish

**Benjamin Moore ADVANCE**  
Interior Waterborne Alkyd  
PEARL

**RON LEE SEPTIC SERVICE**  
Serving Port Perry & Surrounding Area

**SEPTIC & HOLDING TANK PUMPING**  
**705-277-9594 • 1-800-910-7019**

SEPTIC/HOLDING TANKS EMPTIED  
YEAR ROUND SERVICE • COMPETITIVE RATES  
398 Janetville Road, JANETVILLE

VISA MasterCard

# The Local Biz Magazine

**NOW HIRING!**

The Local Biz Magazine is growing and ready to hire experienced Sales Account Representatives for Durham Region.

To apply or for more information please email:  
[inquiries@inspiredcreative.ca](mailto:inquiries@inspiredcreative.ca)

by Sheila Marina



## Ask Sheila

Dear Sheila,

The cold months kept me indoors without much exercise. With spring upon us, could you recommend some springtime healing activities?

Signed,  
Isolated Isabel

Dear Isabel,

Spring is a season of renewal, making it the perfect time to focus on activities that contribute to your overall well-being. Let's explore some springtime healing activities that can help you embrace the warmth and vitality of this transformative season.

- 1. Nature Walks and Fresh Air:** Take a break from the hustle and bustle of daily life and go for a leisurely nature walk. The gentle exercise, coupled with the sights and sounds of spring, can do wonders for your mental and physical health.
- 2. Outdoor Yoga and Mindful Movement:** Find a peaceful spot in a park or your backyard to stretch, breathe, and connect with the earth beneath you. The combination of movement and nature can create a harmonious space for relaxation and self-discovery.
- 3. Gardening for the Soul:** Planting flowers, herbs, or vegetables connects you with the cycle of growth and the promise of new beginnings. Get your hands dirty and watch as both your garden and your spirit flourish.
- 4. Picnics and Outdoor Dining:** Pack a picnic basket with fresh, seasonal fruits, salads, and snacks. Enjoying a meal outdoors not only provides a change of scenery but also encourages mindful eating, allowing you to savor the flavors of the season.
- 5. Spring Cleaning for a Clear Mind:** Decluttering your home can have a profound impact on your mental well-being. Create a serene and organized environment that reflects the fresh start that spring symbolizes.
- 6. Artistic Expression with Nature:** Whether it's painting landscapes, crafting with flowers, or capturing the beauty of spring through photography, expressing yourself artistically can be a therapeutic and joyful experience.
- 7. Sunrise or Sunset Meditation:** Take advantage of the longer days by incorporating meditation into the serene moments of sunrise or sunset. Find a quiet space, breathe deeply, and let the colors of the sky and the sounds of nature guide you into a state of mindfulness.

**Affirmation: I love Nature**

Sheila's business Planet of Peace Energy Healing serves people world-wide.



# The COACH Corner

by Malachi Brown



## How to Get the Results you Want!

I have never been a big fan of setting resolutions or goals. How often do you hear someone say their resolution is to lose 20 pounds? They buy the trendy workout outfit, join the gym, start off with all the best intentions and then... mid-March the great plan has been derailed. Has this happened to you? Whether it's with weight loss or some other endeavour?

*"You do not rise to the level of your goals; you fall to the level of your system" (Atomic Habits by James Clear)*

What system do you have in place to make this year, a year of becoming more and more the person you want to be?

Too often, we feel in order to get better, we need to make big changes. There are times when that might be necessary, however, the most profound changes begin with those first small steps. As the famous proverb states, a journey of a thousand miles begins with a single step.

In our hurry to transform ourselves, we believe it has to be done with the biggest and boldest course of action. This is where failure happens as it's very hard to maintain those big steps. The result is we give up. We need a simple system; one we can maintain.

Who are you and who do you want to become? Why? Without the why it's hard to keep moving towards the outcome you desire.

Is losing weight going to make you healthier? Is it because when you look in the mirror you don't recognize or like the person you see looking back at you? Do you want to fit into a smaller size wardrobe? Once you answer the why question, the next step is to determine the system you will put in place to achieve the desired outcome you desire.

Put it out there so you can be held accountable. You can no longer have all the comfort food in the house as this makes it easy to fall back into bad habits. Join the gym with the help of a trainer or an accountability partner.

Have an outcome in mind. Keep your outcome always out in front of you. Have pre-determined milestones, with built-in celebration and reward. Don't get caught up into of the latest and greatest marketing hype of product or service. Keep it simple. Put a system in place that is measurable, accountable and achievable. And then, watch those outcomes you want to have happen *actually* happen.

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.

**Join**  
**Durham Region Business**  
**Networking Facebook Group**

**Stay up-to-date with special offers**  
**from local businesses!**

[www.facebook.com/groups/DurhamRegionBusinessNetwork](http://www.facebook.com/groups/DurhamRegionBusinessNetwork)

**WE HAVE EXPANDED AND OPENED A NEW DOJO**

**K.A.S.P.E.R.**  
Kids After School Program  
with Effective Results

**HARMONY**  
MARTIAL ARTS & FITNESS CENTER  
1799 Plummer Street #5, 6 & 17, Pickering

**NOW ONLY \$125<sup>00</sup>**  
+HST /Week

**INCLUDES AFTERSCHOOL CARE, UNLIMITED MARTIAL ARTS, SNACKS & TRANSPORTATION!**  
(Ask for details)

*Limited time offer. Book your spot NOW!*

**CALL 905-839-FITT**  
[theharmonycenter@gmail.com](mailto:theharmonycenter@gmail.com)

Karate, Zumba, Taekwondo, Kickboxing, Yoga, Arnins, Boot Camp, Krav Maga, Summer Camps, Birthday Parties and more!

**The Local Biz Magazine**

**Check out our website**  
[www.thelocalbizmagazine.ca](http://www.thelocalbizmagazine.ca)

AT FIRST GLANCE, FIRST IMPRESSIONS MEAN SO MUCH!

*First Glance*

LIMOUSINE SERVICE LTD.

**24/7 SERVICE**

TO BOOK YOUR LIMOUSINE SEE OUR WEBSITE, CALL OR EMAIL  
416-726-4438 [mwdixon@firstglancelimo.com](mailto:mwdixon@firstglancelimo.com)  
[www.firstglancelimo.com](http://www.firstglancelimo.com)

# The Golden Years

by Linda Calder



Many people who enjoy gardening think about it all winter long. They look forward to seeing a colourful array of flowers or freshly picked vegetables. Some very enthusiastic gardeners plant their own seeds indoors, so that they have plants ready for when they can be planted outdoors. I enjoy wandering through my favourite garden centres picking up lots of my favourite plants.

Gardening is something that grandparents can enjoy with their grandkids. Something simple you can do with little ones in the spring is grow grass in an egg shell. You break open an egg, keeping one 'half' bigger than the other. Cook the egg or save it for another time. Wash the egg shell. When the shell is dry, put it in an egg cup or in the egg carton. Fill it almost to the top with soil. Then add a few grass seeds. Water it lightly and put it a spot where it will get some sun. (Just check to make sure it hasn't dried out.) In a short time, it will start to grow "hair".

Mother's Day is coming up in May. Here's something I used to do with my kindergarten classes for Mother's Day. You need a plastic plant pot about four to six inches diameter. You also need fabric scraps of any colour around an inch or two square. You will also need white glue. Cover a table with plastic (garbage bags will do). Tape the plastic to the table. Mix half glue with half water in a container such as a foil pie plate. Dip a piece of fabric in the glue mixture and put it around the outside of the pot. Press it down gently. Then do the rest of the pot with more of the pieces. When it is all done, squeeze it gently. Set it aside to dry. When it's dry, if you have some urethane or varnish give it a coat. (I would do this after the kids went home.) It can also be protected by brushing it with the same glue mixture. When it is completely dry, it is ready to be used.

Fill the pot with potting soil. Add seeds. Some seeds are more child friendly than other. Nasturtiums are one of the best flowers for kids. They grow almost anywhere. They can withstand a bit of neglect and grow fairly quickly and are a beautiful colour. They are also edible. Lemon Balm is another plant that kids seem to do well with. They can be used to make tea and put in the bath. Other plants that do well are sweet peas, chives (and other herbs) as well as sunflowers. If some pots weren't doing well, I added a few more seeds. Mothers seemed to enjoy getting the plants. Years later, many still had them.

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.





## There's more to Local Biz Magazine than LocalBiz

Feature articles, regular columns and now  
with an interesting collection of blog post updates!  
**Visit us online at [www.thelocalbizmagazine.ca](http://www.thelocalbizmagazine.ca)**

Our fresh new format includes weekly and monthly editorial content from our wonderful regular and guest bloggers on the topics that matter to you.

### Take us on the GO.

Never miss an issue again. Download the latest copy or brush up on past issues of The Local Biz Magazine.

With our convenient PDF version available on our website, you can take The Local Biz Magazine with you wherever you go, on your iPad, Kindle, Galaxy, laptop or other portable device.