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Durham Region Community Publication

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## From the Publisher

As you know, The Local Biz Magazine loves to support Durham. We love to help promote people, organizations and businesses in our community. Last spring, we were contacted by one of the Oshawa chapters of The Red Hat Society about a convention they were having in town. They graciously invited us to attend. Since it was a "ladies only" event, I asked our editor be present. Wendy had a fantastic time and writes about her experience with these wonderful women on page 19 of the magazine. You can't miss it; look for the colourful photos!

What else do we have for you this issue? Well, we have a feature article on Reiki. Not sure what that is? Flip over to page 24 and discover more about this healing modality and how it can help you achieve peace and calm in your everyday life.

As always, make sure to check out what our regular columnists are writing about in their columns. I don't have the space to go into detail here about it, but they always have something interesting to talk about. I'm happy to mention too, that our resident tech blogger Jennifer Liwanag will now be our resident tech columnist in our new column, *You, Me & A Digital Life*. Check it out on page 30.

I hope you enjoy our spring issue and feel free to send us your feedback on it. Finally, don't forget to also visit The Local Biz Magazine website ([www.thelocalbizmagazine.ca](http://www.thelocalbizmagazine.ca)) and read up on what our bloggers are up to. All the best.

**Antoine Elhashem**  
*Publisher*

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## From the Editor

Ever since I was a child, one of my favourite places to go is the library. This hasn't changed now that I am a parent. I love taking my son to the library to sign out books to read to him at home, and to participate in the numerous programs offered for his age group. Not many people are aware of this, but libraries offer lots of programs for the community. Some of these are educational, learning centred programs, but some programs are just for fun. (For example, my library has movie nights and board game nights.)

Libraries nowadays are so much more than what they used to be. They are extremely important and integral to our communities. This is why I am so pleased to have Cathy Grant, CEO of Pickering Public Library share her vision with you for a library for the Next Generation. You can read more on this bold initiative on page 8.

Moving on, since this is our first issue of the year – and you know that with a new year comes lots of resolutions to eat better, exercise and lose weight – we have an article that offers an alternative approach to traditional dieting. It's called flexible dieting or macronutrient based dieting. Wendy Lee, our resident recipe columnist is a macronutrient advocate and explains why following a macronutrient approach to losing fat and building lean muscle is the way to go. She's had success with it and she wants to show you how you can too. Check out her article on page 13.

I hope you enjoy reading these articles as well as the other great content we have for you in our spring issue of The Local Biz Magazine. As always, feel free to share your thoughts on it with us. You can connect with us through Facebook or you can reach me personally by e-mail: [editor@thelocalbizmagazine.ca](mailto:editor@thelocalbizmagazine.ca).

**Wendy Chiavalon**  
Editor-in-Chief

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# A LIBRARY FOR THE NEXT GENERATION

by Cathy Grant

Everything is online now – why do we need libraries? This was a comment that I started hearing over 20 years ago, as the riches of the internet captured the public’s imagination. People imagined a world where all learning and knowledge was available at everyone’s fingertips, but as more and more digital content became available online, the use of the public library did not decrease. In fact, libraries have never been busier!

Yes, the use of non-fiction materials and reference books declined, but program attendance and visits to the library increased. Yes, research questions have declined, but technology support questions have increased. Now 20 years after a predicted decline, public libraries are experiencing a renaissance, and when asked, our community expresses strong support for the value of their public library.

Why, when the internet has had a disruptive influence on so many businesses and services, has the public library thrived? I believe that this is due to two factors – first, we have enduring values that have been embraced by the community during times of great change, and secondly, we have successfully adapted to the changing learning needs of our clients.

Some of the enduring values of the public library are:

1. **Democracy** – in order to support effective decision making and participation among citizens, it is essential that all have access to the information that they need. Ironically, having this information available online has not made this easier.
2. **Equity** – There is value in having all members of our society function to the best of their ability and for some, this may mean additional support. Access to computers for those who can’t afford it, or access to audio materials for those with print disabilities ensures equity of access.
3. **Privacy** – Every individual has the right to intellectual exploration free from corporate or government oversight.
4. **Intellectual Freedom** – Every individual has the right to intellectual exploration and expression even if it is contrary to positions of power or contrary to the opinions of the majority.
5. **Creativity** – Our society benefits when its members have the skills and freedom to express their thoughts and ideas.

It is clear to see why these values speak to the needs of individuals in the 21st century and why an institution that lives by these values would be clung to in the swirling chaos of the relentless change that is so much a part of our everyday lives.

In addition to having values that support those of the community, public libraries have experienced greater public support in recent





years because they have been able to develop programs, collections and services that both embody these values and meet the changing needs of the community. One excellent example of this is how the public library has successfully met the community's changing technology needs.

Technology has expanded our access to information, communication and creativity. Over the last 20 years, public libraries have installed broadband and Wi-Fi access, and recently have loaned out hotspots. This has ensured that all members of the community have access to the technology to look for jobs, communicate with the world, find health and school resources and develop 21st century skills.

Libraries have provided technology training for all ages and stages, both inside the library as well as through outreach to community partners. This training has included one-on-one instruction and classes, ranging from how to protect your privacy online to how to write in machine language (coding).

Public libraries have provided access to communal technology tools such as 3D printers, scanners, video and audio production software and hardware, analog to digital converters, laser cutters, and even high tech sewing machines.

Finally, libraries have provided digital versions of much of their collections to allow the community convenient access to such resources as historical photographs, children's storybooks, homework resources, e-books, language learning materials, and magazines.

So, as you can see, the public library has very successfully responded to the needs and values of the current generation, but what about the needs of the next generation – a digitally native generation that thinks, learns, and plays very differently? The question of what a library for the next generation will look like is top of mind for the

Pickering Public Library as we face the prospect of building new libraries.

Let's take a moment to imagine what a library for the next generation would look like:

## The Building

An urban 21st century library will be part of the urban landscape – outwardly facing, providing “eyes on the street” through street facing windows, outdoor courtyards and reading gardens. Its outdoor spaces will be as actively programmed as its indoor spaces, adding human activity and interactivity to the urban space.

A next generation library will be housed within a community hub of activity and transportation options, ideally housed with similar public services (such as arts centres, schools, or recreation facilities) for convenience and efficiency.

A new Library should stand as a beacon of energy efficiency – providing a leadership and teaching role in the community.

Aesthetically, the building will physically represent the goals and aspirations of the community as a public library is, and will always be, a symbol of the community's investment in its residents and in the future. Wherever possible, a public library should also contain the best of its local artists and stir the soul and the imagination.

The inside of the building should be able to accommodate a wide variety of learning needs and styles from silent study and contemplation, to active hands on collaborative learning. Wherever possible, the furniture should be moveable, allowing the building to flexibly move from a co-working space during the day to a study hall at night, to a family space on weekends.

The building should convey a welcoming and inclusive attitude to all residents in all things from its furniture, suited to all ages and



abilities, to its intuitive layout and signage, to its washrooms. The inclusivity of public libraries provides a unique opportunity in the community to bring those of all ages, backgrounds, and abilities together, and we should strive to encourage this blending through our use of space.

The building will contain hands-on learning activities and interactive displays to educate and spark the imagination.

Finally, a library building for the next generation should have technology interwoven throughout its infrastructure as well as its furniture and fixtures. It will be a smart building – providing a sound environment and HVAC relative to the number of individuals in the space. It will utilize robots and automated assistance where necessary to augment, but not replace, the beloved librarians. But first and foremost, a public library for the next generation should provide the community with equitable access to any technologies that support lifelong learning, self-development and creative expression. It will not be unusual to see a next generation library with a video production facility or a makerspace for building prototypes or circuits.

## The Collections

At this point, it is hard to predict what the shared collections of the community will be over the lifetime of the next generation. While books and movies, from digital to analog, have been the staple of the current generation, it is easy to imagine that the resources that provide information, learning, and stir the imagination may be quite different in the near future.

Recently, libraries have started to loan musical instruments, tools, sporting equipment, and even seeds and have installed a wide variety of technologies and equipment for in-house use, such as 3D printers, laser cutters, learning toys, and even sewing machines. Such collections are in line with the growth in a sharing economy

and the desire of millennials to borrow not own, due to both lack of funds and space.

It has been predicted that libraries of the future could provide access or loan such things as – big databases and virtual experiences (digitally created 3D worlds). It is conceivable that there will be many items available which support lifelong learning and storytelling and which are not available to all. In such cases, it will be the role of the public library, on behalf of the community as a whole, to make these resources available to all.

## The Programs

Library programming has always been aimed at supporting a reading culture, facilitating lifelong learning, and building community in an inclusive and welcoming way. This has been an enduring strength in public libraries and one that we will pass on to the next generation with one improvement. The next generation is a collaborative one – they have been taught to explore collaboratively and to learn from each other. Library programming for this generation will focus more on building and supporting communities of interest and facilitate learning from each other and from community experts.

The library for the next generation would expect to host groups of hackers, mompreneurs, writers and artists. These individuals may find each other online, but their learning and development will be enhanced by real-world connections that they will make in the library.

## The Librarians

Librarians are the heart of the public library and it is they who provide stewardship for the enduring values that we wish to pass on to the next generation. Past and current generations have placed great trust in the ability of library staff to help them locate facts and





reading materials, and recently have counted on library staff to help them locate and use online resources and software.

They will continue to play a role in helping the next generation locate accurate information, analyze data, and create products that communicate their ideas – whether this is a multimedia presentation for class, an infographic for work, or a prototype of their invention. Library staff through programming and outreach will create and support communities of shared interest and will facilitate group learning, decision making, and collaboration.

In the spring of 2016, the Pickering Public Library Board undertook a new advocacy campaign entitled “The Next Generation Library”. The purpose of this campaign was to inform the community of the business case for a Central Library expansion. In addition to conveying the facts of the case, the Board also felt that it was important for the community to understand that they should not be investing in simply a bigger and newer version of what we already have, no matter how well used and award winning. In order to sustain our excellent community, the Board feels that any new library building should meet the needs of the next generation and should embody the values and directions I have just described.

Public Libraries are an excellent investment, representing substantial rate of return in direct economic impacts as well as social, cultural and health impacts. An investment in a public library that meets the needs of next generation will be a transformative investment in the future of great community.

---

Cathy Grant is the Chief Executive Officer of the Pickering Public Library and has served the residents of Pickering for over 21 years.

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# MACRONUTRIENTS 101

by Wendy Lee

We are a few months into 2017, and I wonder how your New Year's resolutions for a healthier lifestyle are going? Are you still struggling day to day to shed those unwanted pounds and inches? Let me guess; you've tried a new plan for exercising and followed a diet that's no longer working. You're frustrated, nothing has changed, and you're back to square one. You are not alone.

Maintaining your weight is a balancing act, but the equation is simple: if you eat more calories than you burn, you gain weight; if you eat less calories than you burn, you lose weight; and of course, if you eat the same number of calories as you burn, you maintain weight.

The traditional model for losing weight is to focus strictly on caloric intake and to count calories for everything you eat to ensure you are eating less calories than you are burning. But what if I told you there is a better way? What if there is way to lose weight without having to restrict your food, without having to starve yourself, without having to give up carbs or the things you love to eat? Sound too good to be

true? Probably. Nevertheless, there is a way and it's called flexible dieting, or macronutrient based dieting.

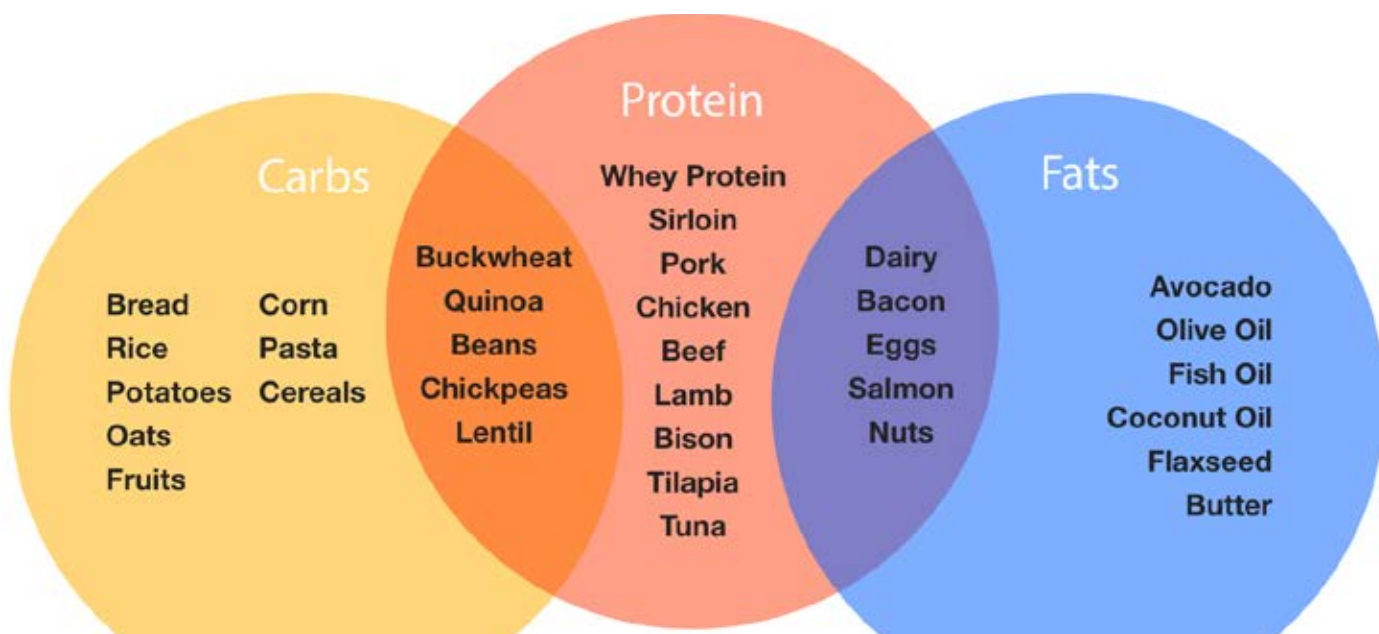
## MACROS 101

Macros (short for macronutrients) refers to proteins, carbs and fats. These nutrients consist of calories. Calories are the energy found in food. Your body has a constant demand for energy and uses the calories from food to keep functioning. Energy from calories fuels your every action, from lifting your arms to running a marathon.

When you focus solely on caloric intake to lose weight, you are only focusing on how much you are eating. As long you maintain a calorie deficit, you will lose weight. But if your goal is to lose fat and build muscle, then what food you eat (i.e. the macronutrients that make up those foods) matters! For example, protein and carbs have the same number of calories gram for gram, but if you want to build muscle, protein is your go-to macronutrient.

Every food is made up of a combination of carbs, proteins and fats, but the amount of each of these macronutrients varies. For instance, 1 cup of bananas has 1.6g of protein, 34g of carbs and 0.5g of fat. In comparison, 1 cup of strawberries has 1.1g of protein, 12.5g of carbs and 0.5g of fat. As you can see, bananas have more carbs than strawberries.

Another example is between regular versus low fat products. One cup of low fat cheddar cheese has 0.2g of protein, 0g of carbs and 0.21g of fat. In comparison, 1 cup of regular cheddar cheese has



28g of protein, 4g of carbs and 36g of fat. By simply switching low fat for regular cheddar, you can cut down your fat content significantly.

Each individual varies in how much carbs, proteins and fats they need given a variety of factors such as age, gender, weight, body fat percentage, activity level, fitness goals and so forth. Finding the right combination of macronutrients that work for your body and lifestyle, and then meeting these macronutrient targets on a daily basis is a very effective way to lose weight.

## THE BREAKDOWN

My Fitness Pal and Livestrong both recommend that your daily macro intake consist of 10-35% PROTEIN, 45-64% CARBS and 20-35% FAT. Each meal can vary in nutrient content, but at the end of the day you want to stay as close as you can to these numbers.

### Protein

Protein contains essential nutrients that are vital for healthy functioning of the human body and are fundamental in facilitating muscle growth. Protein is also used as a fuel source, and it assists with the maintenance of regular body processes such as muscle contraction, digestion, nervous system function, and more. The building blocks of protein are called amino acids, and there are two basic types: essential and non-essential. A complete protein is a protein that provides all of the essential amino acids that your body needs, and animal or animal based products are the best source. If you are vegetarian or vegan and choose not to consume any animal products, be sure to carefully combine foods that contain compatible incomplete proteins to get all essential amino acids. When it comes to protein, what's more important is the quality of the food and the nutrient density. Think of a cup of ice cream (yes, ice cream has protein) vs. a cup of grass fed ground beef. There is no comparison where nutrient density is concerned. Sad to say, but ice cream is not the winner!

### Carbohydrates

What's up with carbs? They are demonized in one discussion, praised in another, worshipped and damned all the time. Of

course, so many strong opinions can't all be right, but they each have some merit. So, what are carbs?

Carbohydrates are the most accessible form of energy for your body. They are broken up into glycogen (used by your muscles and liver) and glucose (used by the brain). There are two types of carbs: simple and complex. Simple carbs are carbs that the body can break down easily, such as those found in sweet and sugary foods; complex carbs like starch take longer to break down. Most people think of grains (bread, pasta, rice, cereal, crackers) when they think of carbs, but starchy vegetables (corn, potatoes), fruits, legumes (beans) and dairy (milk, yogurt, ice cream) also contain carbs. In terms of counting macros, a carb is a carb regardless of where you get it from. This doesn't mean that you should eat ice cream instead of a banana, just that both contain carbs.

Carbs can give you a great energy boost or they can be a source of your worries. Here's why. Once carbs are consumed, they are stored in either the liver or the muscles (as glycogen) until they are needed by the body for energy. But the body only has limited storage space for glycogen, so if you don't use the stored glycogen for energy, any excess glycogen you have (or acquire by consuming more carbs) then gets stored as fat causing weight gain.

So, what's the best approach of fitting carbs into your diet while still fitting into your favorite jeans? Timing – when you eat carbs, quantity – how many carbs you eat, and type of carbs. It is best to choose foods that have low sugar content and are nutrient dense. You can reserve higher sugar and starchy sources for times when you are active and need carbs for energy or recovery.

### Fat

Fat, though often viewed in a negative light has a surplus of benefits, and here's the good news, fat does NOT make you accumulate body fat. Period. Would all of our weight loss problems be solved if we just eliminated fat from our diets? Unfortunately, it's not that simple. We actually need fats; can't live without them.

Fats are an important part of a healthy diet: they provide essential fatty acids, keep our skin soft, deliver fat-soluble vitamins, and are a great source of energizing fuel. But it's easy to get confused with



## VEGGIES

1 Cup	Calories	Protein	Carbs	Fat
Asparagus	46	5g	6g	2g
Celery	36	2g	7g	0g
Potato	190	2g	26g	8g
Green beans	44	2g	10g	0g
Cauliflower	56	4g	12g	0g
Cucumber	58	2g	12g	0g

*For example, it would be better to choose 1 cup of asparagus rather than 1 cup of potato on an inactive day.*

## FRUITS

Bananas	134	1.6g	34g	0.5g
Strawberries	53	1.1g	12.5g	0.5g
Blueberries	84g	1g	21g	0.5g
Oranges	85g	2g	21g	0g

*For example, here you are better off choosing 1 cup of strawberries over 1 cup of bananas on an inactive day, due to the high carb factor.*

## SNACKS

● Almonds	6	42g	1.5g	1.5g	3.5g	●
● Raisins	small	42g	0.5g	11g	0.6g	●
● Triscuits	each	120g	3g	20g	3.5g	●

**Rice Cakes** 1 35g 1g 7g 0g

substituted ingredients that are all round better for you. For

substituted ingredients that are all round better for you. For example, in my Skinnified Scalloped Potatoes recipe in my food column this issue, I've substituted "Ricotta Cheese" and "Low Fat Cheddar Cheese" for the two traditional ingredients of "Whole Milk" and "Regular Cheddar Cheese". By replacing these two simple

milk and regular cheddar cheese. By replacing these two simple ingredients, I was able to put together a much healthier version of scalloped potatoes that brings down your macronutrient count without compromising taste.

If you want to eat healthy, lose weight and build lean muscle start by taking a look at how you are fueling your body. When you follow the system of counting macros, in just a few minutes a day you can reduce the time spent on assessing daily food intake and focus instead on overall food consumption and eating healthy. Food is love, it is to be enjoyed. Here's to success with eating and counting macros!

Wendy is a food blogger, food photographer, writer, lifestyle strategist, self-taught chef, makeup artist and lover of animals. While living in Paris, she mastered the art of a perfect crepe and French cuisine, and also discovered the world of fabulous wines and champagne! Her passion to find healthy alternatives to popular dishes stems from her desire to live a fit and healthy lifestyle while still enjoying food!

The Local Biz Magazine • Spring 2017 • 15



# Spring Events Calendar

**March 13, 2017 - March 17, 2017**

## **March Break Art Camp**

What can your kids learn while having a great time? Arts, crafts, drama, visits to the library, outdoor games and so much more. What a great way to enjoy March break. Bring two snacks, lunch, indoor shoes and outdoor play clothes. Cost: members \$150. Non-members \$185. Student annual membership \$10. Daily rate \$50 members Non-members \$70  
A Gift of Art (Clarington)  
gallery@agift-of-art.com

**March 16, 2017**

## **Durham Storytelling Gathering**

Prior to written history, stories were passed down orally from generation to generation. Today, storytellers uphold this oral tradition and narrate happenings from the past and present, real or imaginary. Come Listen. Come Tell. Catch the Magic.  
Oshawa  
www.durhamfolklorestorytellers.ca

**March 25, 2017**

## **Bubble Guppies Live**

The Emmy award-winning property, Bubble Guppies, is a top-rated television show that teaches kids about a wide range of topics - from dinosaurs to dentists, rock and roll to recycling, and colors to cowboys. Molly, Gil and their fishtailed classmates learn about the world around them through playful investigation. \$23.50, \$27.50, \$32.50. Group Rates Available.  
Tribute Communities Centre (Oshawa)  
www.tributecommunitiescentre.com

**March 25, 2017**

## **Earth Hour**

Earth hour in Centennial Park in Uxbridge. with entertainment. So bring your lawn chair, blankets, candles and enjoy the hour of entertainment.  
Centennial Park (Uxbridge)  
bnortheast@powergate.ca

**March 27, 2017 - April 7, 2017**

## **Oshawa-Whitby Kiwanis Music Festival**

The Oshawa-Whitby Kiwanis Music Festival, a non-profit incorporated charitable organization, has been operating in the Durham region for more than 40 years. The primary objective of our organization is to allow any youth in the Durham and surrounding regions the opportunity to perform and display their musical or speech talents in front of a professional adjudicator. The adjudication process contributes to this process by providing the student and the teacher with an appraisal of the participants' performance, aimed at encouraging the individual to develop their ability to its fullest.  
Oshawa  
www.oshawawhitbykifest.ca

**April 1, 2017**

## **Ganaraska Region Conservation Authority's Maple Syrup Day**

Through site tours, demonstrations, stories and games, learn all about the sweet tradition of syrup production with the Ganaraska Region Conservation Authority. Let the kids create crafts and have their faces painted while you enjoy live music and a pancake feast in the Great Hall of the Ganaraska Forest Centre. Tickets can be purchased at the Gatehouse upon arrival. \$15/adult and \$10/child (16 & under)  
Ganaraska Forest Centre  
www.grca.on.ca

**April 1, 2017 - April 2, 2017**

## **Sunderland Maple Syrup Festival**

Now in its 21st year, this popular event draws visitors from across the Greater Toronto Area and beyond. Sunderland may be a small town, but we know how to celebrate "big" when it comes to showcasing the sweet "liquid gold" harvested at our local farms. In addition to the chance to buy maple syrup and maple syrup products, the annual Festival invites families to enjoy a kaleidoscope of activities.  
Sunderland  
www.maplesyrupfestival.ca/sunderland/

**April 2, 2017**

## **Sunday Cinema and Supper Fundraiser**

Join us for a matinee screening of the internationally acclaimed film "Ocean Heaven". The story of a father preparing his disabled son for life on his own. Movie with snacks followed by dinner. Cash bar. Tickets are \$40 each, available on-line until March 15th or sold out. Fundraiser to benefit families served by Autism Home Base Durham.  
Newcastle Community Hall  
www.homebasedurham.com

**April 28, 2017 - April 30, 2017**

## **Spring Art Festival**

Art Show & Sale - 70 artists in all media  
Camp Samac (Oshawa)  
www.oshawaartassociation.ca

**April 29, 2017**

## **Energy Conservation Show**

Energy Show to save money and energy within your home. Speakers with ideas, demos, hand outs and door prizes to the first 100 people. Children's craft table with all recyclable material for the kids to show their artistic ability. Products made from recycled material for sale, come out and get ideas and samples,recyclable material for the kids to show their artistic ability.  
Arena Community Centre (Uxbridge)  
bnortheast@powergate.ca

**April 30, 2017**

## **Ajax-Pickering Stamp and Coin Show**

Free admission & parking - lunch & refreshments available. Stamp & Coin Dealers - Club & Youth Tables.  
Pickering Recreation Complex  
www.ajax-pickering-stamp-club.com

**May 11, 2017**

## **Cinechats Film Program**

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UOIT (Oshawa)  
artsforum\_magazine@yahoo.ca

**May 16, 2017**

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**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).**



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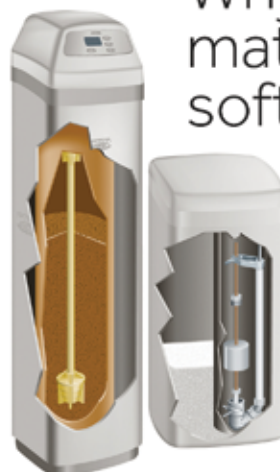
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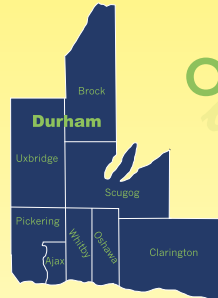
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Glitz, glam, laughter, and lots of bling. This is what greeted me when I entered the Quality Hotel Conference Centre in Oshawa this past April for the Red Hat's Society *Springtime in Paris* themed convention. All around the hotel lobby, ladies decked out in purple attire with fashionable red hats (pink hats if you were a younger lady) milled around sipping cocktails, posing for pictures and chatting animatedly as they waited for the evening events to begin. I was graciously invited to attend by Eleanor Rowlandson, Queen of one of the Oshawa chapters of The Red Hat Society – The Happy Red Hatters – who were organizing this event. In attendance also, was the Mayor of Oshawa, John Henry, and the MPP of Oshawa, Jennifer French.

## The Story Behind The Red Hat Society

The Red Hat Society (RHS) was founded by Sue Ellen Cooper on April 25, 1998. This is her story of how it all began: "When my dear friend Linda Murphy was nearing a 'fifty-ish' birthday she began to joke about getting old. While neither of us thought of 'fifty-ish' as old, we were both aware of society's perceptions about age and women.

With these thoughts in mind, I set out to find Linda the perfect birthday gift, one that would do her imaginative spirit justice. I searched through heaps of trinket gifts and piles of knick knacks, but nothing seemed right. At this point, I remembered a poem, titled 'Warning,' by Jenny Joseph. I recalled its refreshing (liberating!) attitude toward aging. I found a copy of the poem, paired it with a vintage red hat and presented the gift to Linda. She loved its playful reminder not to take aging too seriously. Soon, similar birthday gifts were given to my closet friends and it was decided we would all venture out to tea dressed in our red hats and purple dresses. On that day, April 25, 1998, something magical happened. Whether it was the allure of playing dress-up or the transforming effect of our regalia, the tea was a smashing success. Deciding to make our get-together a regular tradition, we dubbed ourselves, 'The Red Hat Society' then and there."

Pictures from the first tea party were picked-up by a newspaper and soon other Red Hat Society chapters were popping up across the United States. To date, there are 10,000 chapters worldwide, with roughly 60,000 members worldwide. There are 182 members in Durham Region.

## Membership

It costs \$20 US annually to become a supporting member of the RHS, and an additional \$39 US to be a "Queen" and start your own local group (aka chapter). There are often multiple chapters in a given town. Each chapter is unique having their own activities they organize such as going to lunch, shopping, going to the movies, weekend trips and so forth. If a woman wishes to be "Queen" and start her own chapter, she can self-appoint herself. (I actually met a lovely lady who told me she was the Queen and sole member of her Red Hat chapter in Durham Region.) In addition to chapter events, the RHS also holds events frequently across the country.

While originally the organization was intended for women 50+, it is now open to women of all ages. Members under 50 years of age









are Pink Hatters, wearing pink hats and lavender clothing. Upon reaching their fabulous 50th birthday, they are given a "Reduation", (a changing of the colours), and the member's first red hat is placed upon her head. She is officially now a Red Hatter and will wear a red hat with purple clothing.

## Why Do Women Join?

The RHS coins itself as, "... a playgroup for women created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship!" After years of women dedicating their lives to their family, career, community or all of the aforementioned, the RHS allows women a period of "recess" from the cares and duties of everyday life; a time to reconnect with old friends, make new friends, and just have a good time!

To an outside observer like myself, it did seem that women join the RHS for the reasons stated above, but as the evening wore on I discovered it went beyond that. In my conversations with the Happy Red Hatters I was seated with, I discovered various reasons for why these ladies joined. One lady in her early 80's, told me it was an excuse to dress up, attend social gatherings and have fun. Another woman I spoke with said her Red Hat chapter allowed her to express herself and feel confident and comfortable in outfits she normally wouldn't ever wear. It was exhilarating! A soft spoken woman told me that in the years she spent being a mother and raising her kids, she had lost all her friends and felt socially isolated. Her neighbour told her about the RHS and upon attending one of their outings, she felt so welcomed and decided to join... and this was in spite of her not uttering a word to anyone!

I too felt the warmth and hospitality stemming from the room that night. The Happy Red Hatters especially, but really, all the women that evening treated me as though I were family even though they had just met me, including me in group pictures and even making me an honorary member! I was pulled onto the dance floor by an extraverted American RHS lady who definitely knew how to shake things up, and had another lady open up to me when we had a quiet moment alone to talk. I could see this organization meant more to these women than just the glitz and glam - that was a happy by-product. These women had formed deep friendships with each other, they had a strong emotional support group in place should they ever need it. They were, in essence, a sisterhood.

Wendy Chiavalon is the editor-in-chief of The Local Biz Magazine. In her spare time, she doubles as a cake, cupcake and cookie decorator. Check out some of her custom creations at Wendy's Cake Shoppe.

When I am an old woman I shall wear purple  
With a red hat which doesn't go, and doesn't suit  
me.

And I shall spend my pension on brandy and  
summer gloves

And satin sandals, and say we've no money for  
butter.

I shall sit down on the pavement when I'm tired  
And gobble up samples in shops and press alarm  
bells

And run my stick along the public railings  
And make up for the sobriety of my youth.

I shall go out in my slippers in the rain

And pick flowers in other people's gardens  
And learn to spit.

You can wear terrible shirts and grow more fat  
And eat three pounds of sausages at a go

Or only bread and pickle for a week

And hoard pens and pencils and beermats and  
things in boxes.

But now we must have clothes that keep us dry  
And pay our rent and swear in the street  
And set a good example for the children.

We must have friends to dinner and read the  
papers.


But maybe I ought to practice a little now?

So people who know me are not too shocked and  
surprised

When suddenly I am old, and start to wear  
purple.

*by Jenny Joseph*

For more information about The Red Hat Society  
visit their website at [www.redhatsociety.com](http://www.redhatsociety.com)



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# The Healing Power of Energy

by Shelby Leith

**Is it possible to experience deep physical and emotional healing *without* the use of traditional therapies or doctor-prescribed medications? Is it possible to alleviate stress and anxiety and bring peace and calm into your day-to-day life? Many who have tried Reiki say that it is, and are turning to this therapy as an alternative healing modality.**

At the turn of the century in the mountains of Japan, a man named Mikao Usui stumbled upon the wonderful gift of being able to heal others with only his hands. By channeling the universal energy source to balance and realign a person's energy, he found that both physical and emotional ailments could be alleviated. He named this practice Reiki (pronounced Ray – Kee), meaning Universal Life Energy and his teachings have been passed down throughout the generations. Today, Reiki is becoming a popular alternative healing practice that many are turning to, seeking relief from the symptoms of a stressful, hectic life.

## How Does Reiki Work?

The concept of Reiki is based on the scientific principal that we are all made up of energy. Our bodies, at their subatomic level, are created from tiny particles of energy and it is through energetic waves that our brain sends signals and impulses to other parts of our body to communicate. In essence, our entire being is one vibrating mass of energy; but unlike our cardiovascular system, which uses our heart to pump blood, there is no major organ or bodily system responsible to ensure proper flow of energy in our bodies. It is believed that a person's energetic flow can become blocked at certain energy centers (or chakras) throughout the body and when this occurs a person may experience either physical or emotional ailments.

Reiki is said to help alleviate the symptoms of these blockages. A practitioner is trained to identify different blockages throughout the body and through the use of meditation and different hand positions uses the universal energy source to repair any channels that are not functioning efficiently. Once a person's energy is flowing freely again, many of the previously experienced symptoms will decrease, or even disappear completely.

Reiki can be best compared to acupuncture. Acupuncture deals with aligning and balancing the different energy channels (or meridians) in a person's body using tiny needles. In the practice of Reiki, universal energy is channeled to clear any blockages in the human auric energy field or in the major energy centers which are called the chakras.

## What to Expect During a Reiki Session

A Reiki session is a very relaxing and rewarding experience. Most will take place in a spa-like atmosphere where it is not uncommon



for soft, relaxing music to be playing. To begin, you will be asked to lay down, fully clothed, on a massage table and will usually start lying face down. It is of utmost importance that you are completely comfortable. Ensure that you are wearing comfortable clothing, and feel free to lay under the covers if you will be more relaxed. Many Reiki sessions will begin with a guided meditation which will help you to slow your breath, relax your body and help to silence your mind. Try to focus on your breathing throughout the session and release any stress or tension that you have been holding on to. By actively releasing any negative energy and focusing your attention on becoming as relaxed as possible, you will be assisting your body in healing itself. Just as your body rejuvenates and replenishes itself during sleep, the same benefits can be found during relaxation and meditative exercises, further enhancing your healing experience.

Throughout the remainder of your Reiki session, which may last anywhere from a half hour to an hour and a half, your practitioner will use different hand positions across your body to help channel the flow of energy to where it is needed most.

Throughout your session you may sense changes in temperature, you may feel tingling or pressure in certain areas of the body, you may feel twitching or slight muscle spasms and all of this is completely normal. After your session is complete you may feel emotional, unusually happy or sad, you may be very tired and relaxed or you may be extremely energetic. Again, all of this is completely normal and is your body's own way of realigning and releasing old, stagnant energy.

## How do I Know if Reiki is Right for Me?

Reiki is a beneficial therapy for everyone, both young and old. There are no known side effects from a treatment, however, the benefits that have been shown are endless.

Reiki has been shown to:

- decrease symptoms of stress and anxiety
- aid in decreasing the frequency and severity of migraine headaches
- improve sleep quality and reduce insomnia
- improve pain tolerance
- improve mood and decrease depression and other mood related disorders
- minimize panic attacks
- promote healing of both mind and body
- improve the outcomes from other therapies such as radiation and chemotherapy

As the seasons change and the time of year for new growth and new beginnings is upon us, now is the perfect time to stop and take some time for ourselves. Spring represents letting go of the old and welcoming in the new, just as Reiki will help to release old energy and blockages and create an environment of healing and growth within ourselves. By taking the time to relax and rejuvenate and allowing the universal energy source to restore us, we are promoting good health and planting the seeds for a bright and healthy future.

Shelby Leith is a fully insured Reiki Practitioner, licensed with both the Canadian Reiki Association and the International Association of Reiki Practitioners. Working out of the First Step Family Chiropractic clinic in Whitby, Shelby offers personalized Reiki sessions to her clients as well as private and group meditation classes.



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by Stephanie Herrera

## AT THE BOX OFFICE



Spring 2017 is filled with great movies: a whole group of new stories as well as the opportunity to revisit some classic characters!

### Dramas & Thrillers

Chris Evans shows us a new side in **Gifted**. Evans plays Frank Adler, a single man raising his niece, Mary, in a small town in Florida. He is dedicated to giving Mary a happy and normal life, the dying wish of his sister. But his promise is threatened when it is discovered that Mary is a mathematical genius and Frank's fierce and powerful mother steps in to take Mary away to hone her gift with top mathematicians. This will be a heartfelt and touching movie about family, promises, and exceptional children. Opens April 12th.

Based on the 2013 novel by David Eggers, **The Circle** is the story about Mae (played by Emma Watson) who is hired by the world's largest tech and social media company. Although her new position seems like a utopia with a mission to help the world, lead by their founder, Eamon Bailey (played by Tom Hanks), Mae soon finds out that there is a dark motive underlying this seemingly perfect company that threatens everyone it touches. And that means everyone. The company's motto: "Knowing is good. Knowing everything is better." Get ready to sit on the edge of your seat on April 28th.

### Comedies

**How to be a Latin lover**, opens on April 28th with comedy stars Rob Lowe and Salma Hayek and introducing Eugenio Derbez, who also is the film's producer. Derbez plays Maximo, a man whose one goal in life was to marry an older, rich woman and live out his life in the lap of luxury. His dreams all seem fulfilled until his 80-year old wife dumps him for a younger man. Maximo is forced to live with his sister (Hayek) and her son while he attempts to rekindle his mojo as a Latin lover. As Maximo bonds with his nephew, Hugo, he begins to learn that the love for money is no match for the love of family.

### For the kid in us all

90's kids are anticipating March 24th when **Power Rangers** hits theatres. Five "teens with attitudes" are brought together due to their self-destructive ways and seemingly bad luck. But, through a chance encounter with alien artifacts, the group learns that it was in fact destiny that chose them to save the world from alien invaders. This family film is a great opportunity for parents to share a piece of their childhood with their kids.

For the 80's kids, the **Smurfs** reboot on April 7th will be a great adventure for the whole family. All the classic Smurfs, as well as their arch enemy, Gargamel, will be present for a journey into a mysterious lost village in the Forbidden Forest that leads to a discovery of the biggest secret in Smurf history. Voiced by some big names like Mandy Patinkin, Demi Lovato, Rainn Wilson, and Jack McBrayer, this reimagining of the Smurf's origin story is sure to be "smurfy."

Stephanie Herrera is an Entertainment Specialist, speaking, teaching, and writing about Improv, Comedy, and Life through her company, Durham Improv & Acting Studio. She is an award winning actor, writer, and singer performing regularly on screen and stage.

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by Rhian Torontow

## The Magic Of Travel



Spring is in the air and with it comes a feeling of eager anticipation and lots of built up energy. We want to get out of the house to explore and 2017 may just be the best year yet to do that. Canada is celebrating its 150th birthday and we are blessed with a lot of opportunities to explore our own country. Normally I like to encourage you to explore beyond your own backyard and see the different cultures and landscapes that make up our diverse world but this time I want you to stay closer to home.

I grew up in England and it wasn't until 2014 that I became a Canadian citizen. As a travel consultant, I have the privilege of planning many different types of holidays although my favourite is when families travel to England. I have insider knowledge and I love showing off the country where I grew up but the best part is sending people to landmarks and cities that I took for granted when I lived there. Having left England, I appreciate more now the history that I was surrounded by and the vastly different cities that are minutes away from each other.

I don't want that to happen to you. I want you to appreciate Canada fully now and not take anything for granted. The next time you think about heading down to Florida for the third straight year or down to Mexico for the 5th time, I hope you consider going out west and experiencing the Rockies, or going east and seeing the Bay of Fundy with its unbelievable tidal range.

Celebrating your 150th birthday is a big deal and in honour of that, Parks Canada has a free 2017 Discovery Pass that will grant you admission to Canada's National Parks, Historic Sites and Marine Conservation Areas. The big birthday celebrations will occur on Canada Day and I have experienced Canada Day in Ottawa and had such a fantastic time. Instead of going to the cottage for Canada Day, make the short drive to the Nation's capital and join the sea of red and white downtown to celebrate Canada.

Exploring Canada and its parks doesn't mean that you have to go camping everywhere; you can stay at the Fairmont at Lake Louise or take a trip on the Rocky Mountaineer. It also doesn't mean making a day trip to your nearest national park, go all in and make a holiday out of it! Planning ahead will make sure you get the most out of this incredible and diverse country.

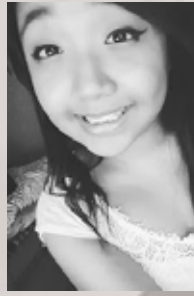
Is seeing the Northern Lights on your bucket list? You don't have to go to Iceland for that! Make your way to Churchill, Manitoba and get away from light pollution to enjoy the aurora borealis and don't forget to take a photo of those polar bears! How about spending the day as a cowboy? You don't have to go to Wyoming for that, go to Alberta!

Let's get out there and enjoy celebrating this great nation's birthday. Happy Birthday, Canada!

Along with her mother, Carol, Rhian owns the travel consultancy business, Magical Family Adventures. As a Family Travel Consultant, Rhian creates travel experiences that foster connections in your family that will last a lifetime and transform your children into open-minded, flexible, well-travelled people.

by Jennifer Liwanag

## You, Me & A Digital Life



With flowers blooming and longer days ahead, spring is your time to shine! Why not take advantage of the burst of positive energy coming your way by making some positive changes in your life? Whether you are looking to become more productive, reach a goal, or feel more organized, I have a few apps that may give you an extra lift for this bright new season.

**Forest: Stay Focused** | "Forest: Stay Focused" is a productivity app available for Android and Apple devices that builds a virtual forest every hour you are productive. Just pick a tree you'd like to plant in your digital landscape, set the timer, and get the job done! The longer you spend doing productive things and not getting distracted by your phone, the more prosperous your virtual forest will grow. If you decide to use your phone to procrastinate, you will be interrupting the growth of your trees and killing your virtual forest. Sometimes, being able to see a representation of our time helps us feel more motivated to get more done!

**HabitBull – Habit Tracker** | "Habit Bull" is a habit tracking app available for Android and Apple devices. In this app, you can set your habit goals, track your daily successes, and keep yourself on track for complete goal reaching! By using this app on a daily basis, you are able to track how well you have been doing so far, how much work still needs to be done, and create a routine to set your habit changes in stone. The interface is super easy to learn, simple to use, and takes little time out of your day to track your progress. Whether you are looking to eat healthier, work out more, take more walks, remember to take medication or supplements, or any other goals, you are able to customize and record them in this app. When you consciously see that you have crossed off several days to show you've achieved your daily goals, sometimes you are more motivated to continue.

**Planner Plus** | "Planner Plus" is a calendar organization app available for Android and Apple devices. In this app, you can plan your personal life on a daily, weekly and monthly basis. You can add upcoming events, daily/weekly/monthly tasks, and use unlimited note pages at your disposal to remember everything. You can also sync your calendar between devices—making it super accessible no matter where you are. Whether you need to remember things for your personal life, your work, your personal business, your childrens'/spouse's schedule or any other important aspects in your life, this app is easy to customize to your needs. It is so much easier to be organized when you are able to keep everything you need to remember all in one place—a digital space away from coffee spills, wind to blow away papers, and dogs who like to eat your work.

I hope you take a look at these three productivity app suggestions and give them a try! What better way to start the spring season by making some positive changes to your life?

---

Jennifer Liwanag is a freelance writer and the website owner of Jennibearxo.com. She is also technology blogger for The Local Biz Magazine. She enjoys discovering new technology, experimenting with new beauty products, collecting stationery, and going on travel adventures.

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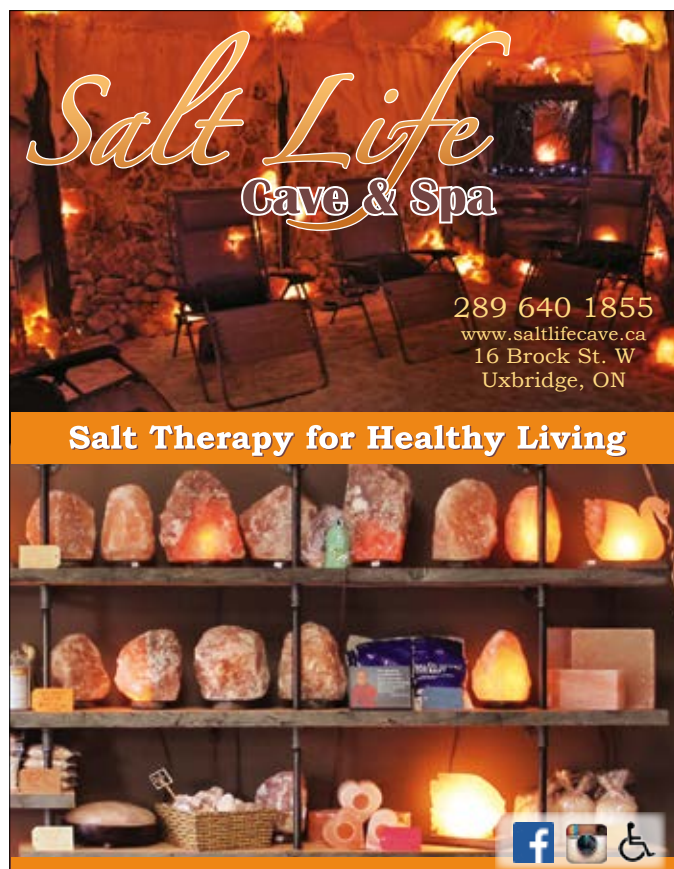
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by Victoria Cozza



## Tweens, Teens & In-Between

*"You must be the change you wish to see in the world." - Gandhi*

Happy Spring readers! I hope you all had an excellent break and end to 2016, but it is finally time to move on to bigger and better things in 2017! Since spring is known for new beginnings, I wanted to talk about change. I personally am about to experience a lot of change with my upcoming graduation and transition into post secondary education and I wanted to share some of my thoughts and advice on the subject.

As many of you can guess, most people are not fans of change. As creatures of habit, many people find change to be a big and scary thing to experience. All people seem to focus on is the bad that can come from change. We constantly fix our minds on this idea that no good could possibly come from it, and that leaving our comfort zone is the worst decision someone could make. This mindset has allowed our society to adopt this daily routine that everyone falls into whether they mean to or not. It's a constant cycle of waking up, going to school/work, coming home, sleeping, and repeating it every day. We have become people who can't handle the slightest change to our tight schedules because we all believe that there's no time to do things differently. Slowly, we're losing our sense of adventure and wonder, and people are settling instead of striving to be more. That sense of drive to do more and be more is a trait that not many people possess in today's day and age. Sometimes, I even catch myself getting into this routine, failing to realize that if I want something I need to work for it, even if that involves making changes in my life that aren't always easy.

This year, I challenge you all to break the routine society has set and allow change to be in your life more often. If you don't like the way someone is treating you, have the courage to do something about it and change your situation. Take charge of your life this year and don't let anyone stop you from setting goals and daring to reach them. Don't settle. Surround yourself with people who believe in you and love you. They are the ones who will help you succeed.

Don't lose your desire to be the best you can be. Live an adventurous life and let change happen. Don't look at change as something that's lost, but something that can be gained by doing what's best for you and your life. Make 2017 the year of change and don't fall victim to the routines of society. When you look back at this time of your life, I hope you're able to say that this was the year that started it all. I wish you all the best of luck with the rest of your school year and I hope you're able to change your life for the better. All the love. Victoria ☺

Victoria Cozza is a 17 year old grade 12 student in Ajax. She loves singing, playing piano and reading. She also has a passion for music and writing. She loves spending her free time with her family and friends.



# DIY DÉCOR

by Sheila Borlase



## Clear your Clutter to Clear your Mind

After a cold winter of hibernation, we welcome spring with warm smiles. Spring is a time to shed those winter coats and to let go of those winter blues in favour of new life. In this article we will talk about the many values of spring cleaning and organization preparation.

This spring you can invite the fresh air into your home by opening windows and allowing cool breezes to move the stagnant stillness of the winter months. As the air begins to clear, you can clear your living space one room at a time. After all it is a well known fact that clearing the cluttered room clears the cluttered mind which can allow the brain to process information faster and better.

Little things we don't usually notice need to be taken care of at least once a year, and what better time to bring new life to your inside living space than when the planet is bringing new life to our outside world? Simply remembering to wipe down all light fixtures and switch plates throughout your home adds a brightness that you may not be expecting. Wiping the dust from the tops of door frames and door handles also adds a subtle brightness and allows energy to flow more freely throughout each room.

Breaking down the task of decluttering a house into smaller more manageable jobs is the key to success. And if you have a particular room with excessive clutter, you can try concentrating on one corner of the room at a time. Start small since it can be sometimes overwhelming to look at all the clutter. Set yourself up for success by setting aside a few hours on a Saturday afternoon and setting a timer for thirty minutes to clean and thirty minutes to take a break.

Your bedroom is the best place to begin clearing clutter since this is the last place you see each evening and the first place you see each morning. You can begin by sorting the items into four boxes or large bags labeled – things to keep, things to donate, things to store and things to throw out. For the items you simply cannot decide you're ready to part with, place them in the box marked things to store and put the date on the box, if you haven't opened the box in a year it's time to realize you can let that item go to new home.

When clearing out old items for donation, be sure those items make it out of the house. Often times we sort our items to be donated or passed down to a friend or family member and then leave the items in a closet or at the front door for an extended period of time. Your goal is to have these items delivered to their destinations within a week.

The rewards are far greater than any of the hassles of taking the time to tackle the clutter.

---

Sheila Borlase began PeaceLands Garden Design for the love of dirt. She has a keen passion for landscaping designing and building. Her winning attitude and professional courtesy will leave a lasting impression.

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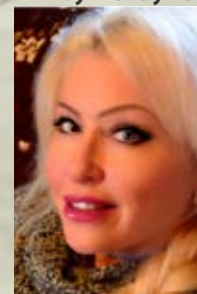


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# A Forkful of Healthy



## Skinnified Scalloped Potatoes

I love cheesy, creamy potatoes! There's just one problem. All of that creamy, cheesy, ooey goopy sauce contains a whole lot of extra macros and unwanted calories. So, what's a girl to do? Well, I had no other alternative than to create a "skinnified" version of this traditional dish. I "skinnified" it up by substituting ingredients that were high in fat and carbs with other wholesome ingredients that stayed within my macros, and were all round better choices. I replaced cheddar cheese and milk with ricotta cheese and low fat cheddar. It has an epic yum factor! (P.S. If you are wondering what I mean by macros, read my feature article Macronutrients 101 this issue.)

3 Medium Yukon Gold Potatoes

2 Cloves Garlic

1/4 cup Ricotta Cheese

1/2 cup Low Fat Cheddar

Dab of Dijon Mustard (to taste)

1 tsp Butter

1/4 cup Mushrooms chopped

3 Slices of Low Sodium Bacon

2 tbsp Parmesan Cheese

Salt &amp; Pepper to taste

1. Preheat the oven to 350F & spray a medium sized muffin tin with coconut oil non-stick spray.
2. Cut the potatoes & place in boiling water until cooked. Let cool. Slice into small thin pieces.
3. Heat 1 tsp butter & add mushrooms in a fry pan over medium heat. Smash the garlic & add to mushroom mixture. Cook bacon, until crumbly & set aside.
4. Remove mushrooms & garlic from heat & mix with ricotta cheese, mustard, salt & pepper.
5. Place the thinly sliced potatoes on the bottom of each muffin cup. Top with a drop of mushroom ricotta mixture. Add a sprinkle of the cheddar cheese. Repeat with another layer of potato, mushroom ricotta mixture, a touch of crumbled bacon & top with the cheddar cheese & a pinch of parmesan.
6. Place in the oven for 20 minutes or until beautifully browned on the top. Let sit for another 15 minutes and remove so they keep their shape. Devour & enjoy!



Serving size 100g			
SKINNIFIED SCALLOPED POTATOES		REGULAR SCALLOPED POTATOES	
Calories:	145	Calories:	226
Protein:	9g	Protein:	6g
Carbs:	8g	Carbs:	13g
Fat:	8g	Fat:	22g

Wendy is a food blogger, food photographer, writer, lifestyle strategist, self-taught chef and lover of animals. While living in Paris, she mastered the art of a perfect crepe, and discovered the world of fabulous wines and champagne! Her passion to find healthy alternatives to popular dishes stems from her desire to live a fit and healthy lifestyle while still enjoying food!

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# Taking THE Lead

by Corry Hamilton



## Macronutrients 101 for Your Pets

As a biochemist, I've always been fascinated with nutrition. It can be overwhelming to pick a food or to make your own. If you've ever been to a pet store, there can be hundreds of choices: dry, wet, fresh, raw, organic, grain free; the possibilities are endless. But what exactly is it your pet needs? Is there one choice that is superior to another?

Macronutrients are needed to maintain a healthy pet and to provide the building blocks for the cells in the body.

Macronutrients are carbohydrates, proteins and fats. Carbohydrates are the main source of energy for the entire body and they're needed to process other nutrients. Fruits are often more than 90% carbohydrate, usually as glucose and fructose. Choosing beans, apples, carrots... over grains is generally a better decision as grain based carbohydrates are normally the first ingredients to be eliminated when your pet has allergies as they can cause inflammation.

Carbohydrates are digested by enzymes in the small intestine or the gut. They are broken down into simple sugars and absorbed. Carbohydrates are the most readily available source of energy, so if you feed a lower carbohydrate diet, the body needs more protein to meet their energy needs.

There are many kinds of protein, animal or plant based. Each type of protein consists of a varying mix of amino acids. Dogs and cats can manufacture some of the 22 amino acids, but need a dietary source for others. Amino acids build proteins, which are in turn used as building blocks of enzymes, hormones... It is important to balance the deficiencies/excesses of amino acids when selecting proteins for your pet's diet. In theory, any source of protein (plant or animal) can satisfy your pet's nutritional needs as long as they are in digestible form and have balanced ratios of amino acids. Lower quality pet foods can contain beaks, hooves, hair; they are considered indigestible and therefore to be avoided.

Fats are made of carbon, oxygen and hydrogen, creating a complex molecule called a fatty acid. Dogs can manufacture certain fats from dietary carbohydrates making them non-essential. Essential fatty acids must be fed as your dog can't make them. They are found in both plant and animal sources and are an excellent source of dietary energy. Fats will yield more energy than proteins or soluble carbohydrates. Linoleic acid is the only essential fatty acid required by all animals.

The old adage "you are what you eat" should be taken literally when choosing a pet food. By choosing better quality ingredients you are providing your pet with nutrition that can result in a stronger immune system, and better overall health. You want human grade ingredients. They are more digestible, and your pet will absorb more and poop less.

Nutrient needs vary greatly from pet to pet and over time; there is not one food that fits every single pet. Do your research, ask questions and your pet will surely have a long and healthy life.

Corry is founder and owner of Taking the Lead, a professional pet care company based in the Durham Region.

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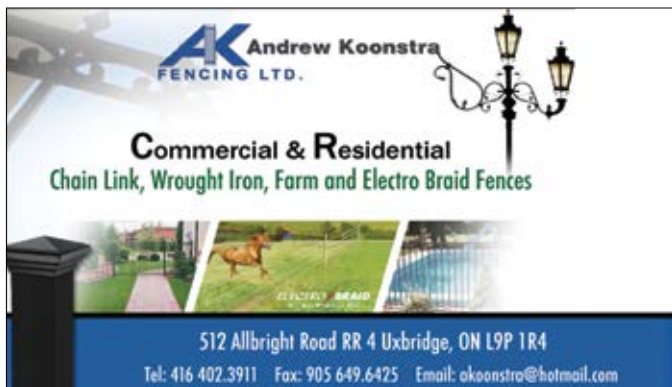
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# Ask Sue-Ann



Dear Sue-Ann:

I have a dilemma to deal with that requires your help. I have been to see someone who claims to be a karma expert and they say that bad karma or some sort of enchantment is attached to me. I was wondering what your thoughts are on this and if you could tell me if I have these issues. The supposed expert is telling me that I need to buy a love talisman from her and that it would bring back what was mine and it would save my destiny. Do you believe this to be true?

Signed, Confused

A. You would be surprised how often I get asked this question. The answer is more detailed than a yes, I believe, or no I do not. Culturally, talismans are believed to hold the power of what it is intended for. Saying that, I have yet to meet an overwhelming amount of people that have gained their intended goal as a result of a talisman. Individual success or failure lies within just that, the individual. If you believe you will succeed and hold a talisman and then acquire success to your goal, is it because you had a talisman or because you believed you could? I err towards believing that you could is a more important component to the situation in most cases. There is always the anomaly but generally speaking there are many who make a living creating the fear that if you do not purchase their talisman then success and resolution will never be yours. I do not believe we should function in fear ever, and the goal is to have faith that life will always resolve exactly the way it should. That our personal responsibility towards outcome means we need to address our component in the situation and work towards resolving it. If something has been removed from your life, there is always a reason. A talisman would serve as a visual reminder of what you are working on, but not necessarily the thing that will resolve it.

Dear Sue-Ann:

I can't believe I am writing you because this is not usually the type of thing I believe in. My Mother died awhile ago and I have not had a sign that she is alright. Is she?

Signed, Missing Mom

A. Yes, your Mom is at peace. If you don't believe then how would you see a sign? Mom's passing is a test of faith and that is something you may need to address at this time.

---

Sue-Ann is a mother of 3 and resides in the Oshawa area. She chooses to utilize her undeniable psychic ability to assist you in resolving all of life's issues. Host and Community Producer of Divine Lane on Rogers Cable 10, Tuesdays at 9 pm. You can find out more and forward your submissions to Sue-Ann at [www.divinelane.com](http://www.divinelane.com)

# The COACH Corner

by Malachi Brown



## Question Everything

I was recently having a conversation with a friend of mine. It was a pretty deep, intense conversation. We got to a point where common ground seemed unattainable. Continuing our conversation, we realized our discussion was at an impasse because we both had a different understanding and definition of a word that was critical to our conversation.

My friend, from an early time formulated an understanding and premise of this word; I too had built mine on a different understanding and premise.

How about you?

How much of your understanding of a word, a concept, or a philosophy is based on someone else's understanding or premise? What if this definition, understanding or premise is faulty?!

When was the last time you questioned the things you hold on to, your understanding? When was the last time you looked up the definition of a word or learned a new word and its meaning? If you do, that's fantastic. How about the rest of us?

Are you, as this new spring season unfolds, be willing to plant some new seeds? Are you willing to look at, and try new ways and ideas? Do you want to stretch yourself and grow? Are you brave enough to question things? Are you willing to give up some of your old ideas and ways of thinking and embrace new ones that could better serve you?

Are you willing to read books on topics that are not necessarily your favorite, or in your area of expertise? Will you engage in conversations with individuals who have a different point of view, with the understanding of growing as a person by hearing new thoughts and ideas? Are you willing to boldly share your thoughts and ideas?

How about signing up for a seminar or workshop that's out of your comfort zone in order to learn new ideas? While you are there, be willing to share your thoughts and ideas with the freedom and confidence to be challenged on them. Are you willing to change your way of thinking if some of these new concepts and ideas offer a better and richer understanding which can help you grow?

Like my friend and I, once we realized parts of our discussion were based on the understanding and definitions of words and ideas we had from a very young age, we were able to continue through our differences to a healthier conversation. As we continued talking, we saw how our different culture and upbringing shaped our thinking, and that helped us understand and learn from each other.

The idea of being open to other thoughts and ideas doesn't have to be scary. It doesn't mean you have to give up all of who you are. You possess great qualities, however stay open to new ideas and learning. Be bold, question everything and everyone, in polite, respectful ways.

We love and admire the new plants and flowers that are coming back, growing and being more than they were last year. How about you? Are you willing to grow and be more this year?

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# The Golden Years



A juicy rare steak served with baked potato and sour cream. Or fish and chips followed by sticky toffee pudding... Most of us have our favourites when we head to a restaurant. The choices aren't always the best nutrition wise, but taste is often the motivation.

No matter what our age, good nutrition is important, but it becomes even more important as we get older and more health issues present themselves. There are heart issues, high blood pressure, diabetes, osteoporosis and arthritis, just to name a few. One of the things that can help (not cure) is good eating habits. Certain foods contain certain ingredients which can help if you have a certain ailment. Almost any magazine you pick up tend to have articles with lists of food that help with whatever ails us. There are also articles that suggest adopting a particular diet which includes eating certain food groups and eliminating others. And don't forget those who push various vitamins that we should also be taking! Many of these suggestions should be taken with a grain of salt. (Although salt is one of the things we are told we should avoid!)

The seniors I know enjoy their food and can't imagine not wanting to eat. However, there might be some seniors who for various reasons, don't eat properly. Some seniors who live alone may cut down their food intake; it's often easier to have just tea and toast than to buy and cook food. I was surprised while doing research to discover that there is a 'tea and toast syndrome'. According to an article published by Food Nutrition & Science, "Elderly people who live on their own that don't prepare whole meals or don't know how, tend to dwindle their intake to 'tea and toast' at the expense of vital nutrients and their health."

Good nutrition though, doesn't have to be complicated. Our parents were right all those years ago when they told us to eat our vegetables. Vegetables are good for your body. Doesn't matter how young or old you are, they're good for you! Fruits are good for you, whole grains are good for you, nuts and seeds are good for you... I could write out a long list of foods that you should and should not be eating, but I don't have the space to do so. So I'll sum it up: Eat food in its most natural form. Avoid processed foods as much as you can. Of course it's okay to indulge in "treat foods" (pizza, chocolate, cake, fries etc.) every so often, but they shouldn't be the staple of your diet.

If you would like to eat better but don't know how, Eat Right Ontario is a great place to start. Their website offers nutritional information geared specifically for seniors. Or, you can call and speak with a registered dietician.

So let's enjoy the food we eat this year, keeping in mind that proper nutrition is important as we age. Remember, to be healthy, you need to eat healthy. When you feed your body good food, you feel good too.

Linda Calder is a retired teacher. She likes to write and enjoys spending time with her family. She also enjoys going on cruises, taking pictures and scrapbooking.



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# Horoscope

March 2017 to May 2017

## Aries (March 21st – April 20th)

Newton's 3<sup>rd</sup> Law states that "Every action has an equal and opposite reaction". These principles will apply especially strongly this Spring for you. Love may bring hate, creation may bring destruction, beginnings may bring endings, spending may bring wealth! Everything has its shadow side and everything has its full cycle of expression.

## Taurus (April 21st – May 21st)

You are being asked to trust more this Spring. The more you do, the more you will be shown trustworthiness. But of course, this applies to yourself as well. Trust your inner voice and it will reaffirm back to you how right you always knew you were! That is, if you are quiet enough to listen...

## Gemini (May 22nd – June 21st)

Time for a spring makeover! All things are new for you in this (*numerologically speaking*) number 1 year of 2017. It's a good time to start a workout routine to tone and invigorate, get a new wardrobe, a new haircut, a new car, a new home, or a new relationship! Whichever area of your life is screaming for a re-do, the planets say go for it.

## Cancer (June 22nd – July 22nd)

Your private affairs need to be kept private and free from meddling unless you enjoy being gossiped about. Not everyone is as trustworthy as they appear, so it's best to act with reservation and observe quietly. Many surprising details will be revealed to you if you act with prudence, especially regarding your own confidences.

## Leo (July 23rd – August 22nd)

No rest for the wicked? You busy little bee, you never stop! You are advised to take a spring break to restore your strength. Perhaps someplace sunny, as the Sun is indeed your ruling planet! Bring loved ones with you and enjoy quality memorable time together. Leave your work at home. It won't abandon you, don't worry.

## Virgo (August 23rd – September 23rd)

Your ex is feeling the spring fever and wants to weasel their way back into your life. Remember why things didn't work out though? There is more to a relationship than physical attraction. There must be emotional exchange and intimate communication. Don't let yourself get bored and lonely again.

## Libra (September 24th – October 23rd)

The seasonal transition from winter to spring has made you feel appropriately, "under the weather". Libra. Give yourself some time out and ask for some TLC from loved ones. Plenty of rest and sunshine will get you through. The universe understands, Autumn is more your cup of tea.

## Scorpio (October 24th – November 22nd)

You're not accustomed to appearing so transparent, Scorpio. Hiding out and silently brooding in a dark corner is more your comfort zone. But lately, it's been very difficult to hide your feelings, try as you might. Come out of hiding and show your true self to your loved ones. They love you just as you are.

by Julie Antoinette



## Sagittarius (November 23rd – December 21st)

Delegate. Delegate. Delegate. Let this be your mantra, Sagittarius. The universe did not elect you to fix everyone's problems. Yes, of course, you know just the right thing to do in each situation and just how to do it. However, there is value in allowing others to learn and experience problem solving for themselves. You must become comfortable trusting others with their own lives.

## Capricorn (December 22nd – January 19th)

You've been patient and have waited without complaint for a long time for your good news to come. However, by now your patience grows thin and you're sick and tired of waiting. But you must persevere and know that if you want something strongly enough, you will most definitely have it. Perseverance is your thing Capricorn. You know you got this. You didn't choose to be a Capricorn for nothing!

## Aquarius (January 20th – February 19th)

Are you confused because you don't know what you truly want? This may be interfering with your happiness. It may be valuable to seek positive advice and insight from a trusted friend or counsellor, someone who you know is a good soundboard. Your soul is nudging you to listen up. It says, "Human desire can never be quenched. It's what keeps evolution ever expanding on its course." Therefore, it's best to listen to what your desires are expressing if you care at all about humanity. And I know you do, ever-futuristic Aquarius.

## Pisces (February 20th – March 20th)

Is it time to fall in love Pisces? If you haven't had love for awhile, you know that you need it in your life to inspire you to accomplish great things. What are your ideal qualities in a partner? I see you taking a nice hot candle-lit bubble bath while bringing to mind all these special qualities that you require in a mate. Do this as many times as required. Rinse and repeat. The universe is listening and is ready to take your order.

Julie is a Sociology and Psychology graduate, a Psychotherapy Intern and a lifelong student of the psyche. She seeks to relay intuitive messages of guidance from the collective astrological archetypes. As above, so below.



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