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Summer 2017

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From the Publisher

Have you ever noticed that during spring and summer, houses start to go up for sale everywhere? They don't stay on the market long either; nowadays houses are sold over-asking in a matter of days! What's interesting too is the speed at which Durham Region is being developed. The number of subdivisions coming up is staggering. If you want to better understand the housing market, and in particular, Durham Region's allure, check out Croydon Demello's article, *The Balloon That Would Not Burst* on page 13.

This summer as you know is also Canada's 150th birthday. Our editor-in-chief Wendy will go into much more detail about the content we have for you on this topic, but I do want to bring your attention to what's happening right here in Durham Region for the celebrations. Durham Tourism will be launching the www.durham150.ca website on June 7th at a special event in Regional Headquarters. The website will highlight all tourism-related Canada 150 events and initiatives that are taking place in Durham Region in celebration of Canada's 150th. The Local Biz Magazine will also have a blog post discussing what's going on closer to the events so make sure to visit our website www.thelocalbizmagazine.ca

In other news, I'm sad to report that our travel blogger and columnist Rhian Torontow will no longer be writing for us. Rhian has been a great asset to The Local Biz Magazine over the past few years, and we wish her well in her future endeavours. However, I am happy to report that Tara Richardson, our self-help and mental health blogger has joined us as a regular columnist. Tara is an excellent writer with thought-provoking content and I know you will enjoy reading her column *Soul Searching* on page 29.

I hope you enjoy our summer issue. As always, feel free to send us your feedback on it. Happy Summer and Happy Canada Day to you all!

Antoine Elhashem
Publisher

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From the Editor

When deciding content for this issue of The Local Biz Magazine, it was a no-brainer there needed to be at least one, perhaps two, articles about Canada. After all, Canada turns 150 on July 1st and that's a milestone worth celebrating (and writing about)! The last big birthday Canada celebrated was in 1967 for it's Centennial, so, we decided an article that looked back at Canada's 100th birthday and looked forward to Canada's 150th birthday would be fitting. From Centennial to #150!

In helping writer Jessica Liwanag research information for this article, I realized that many people who weren't around at the time (myself included if I'm being honest here), couldn't grasp the magnitude of Canada's Centennial. The Confederation Train that travelled across the country and Expo 67 for example, were impressive projects for the time. Expo 67 alone was a huge undertaking, literally changing the landscape of Montreal forever. The history on it is fascinating! In reading about it, I gained a new appreciation for Canada's past.

Additionally, I discovered there are many birthday themed projects planned for Canada's 150th. A travelling Red Couch, 40 tall ships sailing on Canadian Waters, Voices from Nunavut, just to name a few. We don't have the space to discuss all these projects in the article, but you can find out more from the government's website.

The second article we have for you offers a different angle. It is about a young couple's adventures of a small antique plane race they took part in across Canada back in the 70's. Written by the talented Barbara Szita-Knight, *Flying by The Seat of Our Pants* offers a unique perspective, a glimpse of Canada and its people from the skies above. ...It will also teach you a thing or two about what it takes to fly a small plane so get ready to climb aboard!

I hope you enjoy reading these two articles as well as the other great content we have for you in our summer issue. Happy Canada Day and have a wonderful summer!

Wendy Chiavalon
Editor-in-Chief

Have Your Say

Are you planning to attend one of the many Canada Day celebrations this summer?

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A red biplane with a white star on the tail is parked on a grassy field. The title "FLYING BY THE SEAT OF OUR PANTS" is overlaid in large, blue, outlined letters.

FLYING BY THE SEAT OF OUR PANTS

by Barbara Szita-Knight

Twenty-somethings are young and fearless, and on many occasions - foolish. These are characteristics that lead to unique experiences and death defying stories to share. In our twenties, my husband spontaneously purchased a small plane and entered us into an antique air race from Vancouver to Toronto.

Big deal you say.

Did I mention he was *not* a licensed pilot, had *never* flown an aircraft and between the two of us, we had *only* been in a plane three times in our lives? As visions of jagged mountains came to mind I responded, "You want us to do what?" With only weeks to prepare, I was apprehensive. But hey, why not? We always dreamed of travelling across Canada. I could not think of a more extraordinary opportunity to explore the beautiful countrysides and varied regions of our homeland. Preparations would start immediately.

Flight training was proceeding well until one week prior to my husband's flight test. On Friday 13th, a sudden hard landing

occurred, otherwise known as a crash. There were no injuries but the plane suffered damage. Was there enough to bring the trip to a screeching halt? Heck no! She was a 1946 Champ, high wing, tail-dragger with a red and white design. The cockpit panel consisted of a handful of instruments. Honestly, who needs more? To start the engine, you manually swing the propeller. The horsepower was slightly greater than a lawnmower, her top speed 65mph with a tail wind. There were no lights, no radio and gasp, no cellphone! Only signal flags or hand gestures to communicate. And the most interesting feature: the frame was covered with fabric. Would a little damage stop us? No way! Our emergency kit included 100mph duct tape. We were flying on a wing and a prayer. ...And we prayed often on our journey.

The race had a corporate sponsor and designated stopovers with BBQ's, musical bands and newspaper reporters. In Moose Jaw, the R.C.A.F. Snowbirds were scheduled to perform in our honour. But first we had to get there!

Our hometown was Ajax. To reach the starting point in Vancouver, Toronto area pilots agreed to fly together – safety in numbers. Our plane repairs were not yet complete. We stood beside the runway and watched these seasoned pilots take-off, without us. We would travel the first half of an 8,000km odyssey alone. With a pilot's license only days old, and a reluctant passenger in tow, (me), we were the least experienced participants... young and foolish come to mind.

Finally, we rolled down the runway, the start of an epic flying adventure over iconic Canadian freshwater lakes, dense forests, prairie grasslands and majestic mountains. Camera in hand, I thought I could sit back and enjoy the scenery. Not so. We had our first scare.



PILOT OR 1st PILOT OR INSTRUCTOR	2ND PILOT, STUDENT OR PASSENGER	REMARKS
SELF	BARB KNIGHT	TOTALS BROUGHT FORWARD →
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"	"	HOPE - DELTA BC.
"	"	DELTA - CHILWICK BC.
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"	"	CLARESHOLM - AIRDRIE ALBERTA

Thirty minutes into the flight there was confusion and jarring turbulence. We landed in Stratford. As we came to a stop, I immediately declared, "I want to go home!" My husband, although rattled, was determined to continue; we made a deal. If the next leg were equally stressful we would return home. Needing some control, I

took possession of the map. Airborne once more, the flight was smooth with no directional hiccups; we touched down in early evening. The magic hour, when the setting sun creates long shadows and dreamlike colours with golden hues that blanket the countryside. The view from above was stunning. I was hooked.

Overnight accommodations consisted of a tent beneath the wing. Alone, on an open airfield under the stars, we rolled into our sleeping bags to settle for the night.

The Canadian prairies are a mosaic of grain fields and pastures that seemingly go on forever. With few visual cues, aerial map interpretation becomes difficult. Our next scheduled airport was long overdue. Desperately low on fuel and no idea of our location,

we popped down to read painted words on a grain elevator. 'POOL' we figured wasn't a town on the map. Spotting a nearby water tower we circled: Oxbow, Saskatchewan! The gas indicator was on E. My husband was flicking the gauge frantically hoping it was a malfunction. Remembering reserve fuel tanks in the wings, he banked the plane violently to activate the release. Nothing. Resigned to the fact an emergency landing was needed, we began our descent into the nearest field. Whoa, haystacks scattered in the pasture were close together. Unsure if our wings would pass between the hay bales, we had no other choice. The steep descent, however, released the tanks and gas flowed! We quickly climbed in search of the nearest airport. Having found our bearings, but low on fuel, we flew for endurance. The higher the altitude, the farther you glide without engine power. My husband began a continuous climb; we spotted the airfield at Estevan, Sask. People on the ground watching knew we were in trouble, cheering as we landed. Happy to be down, but with no time to spare we refueled and took

to the sky. Our take off was a slow rise with a tight left turn bank. We rocked our wings to the waving people below. Gas tanks full, no obstacles in sight, not a care in the world, we were free ...like a bird.

We planned for weather delays but not mechanical failures.

Assiniboia, Sask. airport is an ex-airforce facility consisting of three long runways that form a triangular shape. After landing on many surfaces in rural Canada from dirt to grass to narrow strips and empty fields, Assiniboia's runways were a welcome relief. Our approach was directly into the setting sun. The propeller was causing a strobe effect from the sun's angle. We touched down further along the runway. The brakes were applied immediately, we heard a POP! The plane did not slow. The brake pedal was applied again but our speed remained unchanged; leaving no doubt the cable had snapped. Turning off the engine and coasting to a stop was the only solution. Thankfully we had the runway length! The next morning my husband took the plane apart. Cabin seats, tools and duffel bags were piled on the ground. Only certified aircraft mechanics are authorized to perform repairs. While deep in the bowels of our plane, a car approached with the words Department of Transport printed on the door. Oops! The inspector got out of his car walked over and asked, "What ya doing?" "Where ya from?" he paused then continued, "Well, if you need anything check out Harry's place across the airfield. He has a ton of vintage airplanes and spare parts in his barn." And with that he smiled and offered us a ride. Phew, another bullet dodged.

Harry nicknamed our plane "the little red champ". In small towns news travels fast, from Assiniboia westward her reputation spread!

Nearing Swift Current, Sask. a slimy coat of liquid was forming on the left engine cowling. The pilot thought it might be a good idea to set down. Upon landing, the cowling was completely coated in engine oil. As my husband prepared to lift the cover I hurried into the clubhouse exclaiming, "Our engine has a major oil leak." An aircraft maintenance engineer followed me outside. He took one look, whistled and said, "yup, it sure does!". We truly thought this was the end. Remarkably, the exact replacement cylinder was located in the hangar, attached to a junked antique plane. Unbelievable!



On the Alberta horizon we could see the Rocky Mountains, the highest obstacles we had to cross. No oxygen masks were aboard. Top flying altitude would have to remain safe for breathing and still clear mountain heights. That much we knew, nothing more. Coming from Ontario with no mountains in sight, what were we thinking? Young and fearless come to mind.

Our last stop before the Rockies was Taber, Alberta. The airport owner was a flight instructor. "So" he began, "are you mountain checked?" "Are we what?". He quickly pulled us into his classroom and began an intense lecture on mountain flying. Describing the strength of downdrafts and updrafts, how to manoeuvre without crashing. He emphasized, never follow anyone. He warned about blind canyons. The mountains

are unforgiving; you could crash and never be found. Okay, okay we get it... It was the best advice ever, he literally saved our lives.

At dawn, we ventured into a cloudless sky and were promptly swallowed by the imposing Rocky Mountains, a humbling experience.

A tiny spec against treed mountainsides of rugged rocks, aqua rivers and logging roads, this was isolation. Occasionally, sweeping valleys of fruit tree orchards and grape vineyards would come into view dwarfed by the bordering mountainous walls. We flew in awe of the majestic scene. Then it happened, a downdraft. We watched the altimeter spin; we had no control. Lessons learned in Taber kicked in. It was time to hold on and ride it out. We dropped 3,000 feet of altitude in only seconds.

Miraculously, we arrived safely at the starting airfield on the southern outskirts of Vancouver. The race from west to east would begin the next day.

Now heading eastward, the weather was becoming tricky. We encountered low clouds and spotty rain, barely able to see past the nose of the plane. The ground was rising, squeezing us between land and the low ceiling. We flew into clouds at altitudes less than 200 feet with zero visibility. My husband had no formal instrument training. Instinct took over. The map indicated communication towers were close, but we didn't have a visual. The highway was below us; if we flew along the center we would clear the towers. Other aircraft were in the vicinity, unable to communicate their position. It was absolute luck, there were no mid-air collisions.



Orders from the cockpit: "Locate the closest airport, now! Any airport, we are landing!"

Ontario holds the title for scariest moments. The view from Gore Bay to Tobermory is spectacular, a large expanse of open water with scattered islands, shoreline cliffs, and sunken shipwrecks. Storm clouds were in the distance. Could we cross ahead of the weather? Our plane had no navigation lights, nor did my husband have his night rating. The clouds were dark, turning day into night. They rolled in faster than we expected. We followed the main highway to the tip of Manitoulin Island. No worries of straying off course into vast Lake Huron, forever lost. It was pitch black. I was reading the map by flashlight. An airport was across the strait at the top of the Bruce Peninsula less than 20km away. There was no turning back. Completely over water, in the dark, the only visual reference to shore were car headlights on the Peninsula side. They became our beacon. We saw what appeared to be the airport but couldn't see the landing strip. A fellow racer touched down moments before. Knowing other planes were nearby with no radio or navigation lights, he shouted to airport staff, "Turn the runway lights on!" Two straight parallel lines lit up, a welcome sight, indeed.

Our final destination was Toronto Island Airport, situated in a heavily congested area of overlapping controlled airspace with Pearson, Canada's busiest airport. On radar screens, a line of twenty-five antique airplanes encircling the CN Tower appeared, adding to the congestion and air controller headache. Upon our arrival, we hand delivered aspirin tablets to air traffic control as a peace offering, to help ease their pain.

We landed in 53 airports plus numerous farmers' fields. Our sense of adventure never waned.

In Penticton, B.C., four of us rolled down the runway simultaneously in a tight fighter formation. The roar of our engines bounced off mountains and echoed across lakes. It was a nod of confidence by fellow pilots to my husband's newly gained abilities. From tall peaks to flat prairies, three of us sped, side by side, so low our wheels practically touching the tall meadow grass. We climbed to go over the telephone wires like hurdles in a steeplechase. It was foolishly dangerous, but incredibly exhilarating.

The kindness of strangers was astounding, lending their cars or money for cabs. Showing us where keys were hidden and never thinking twice. Private flying associations offered their clubhouses so we could sleep indoors and not outside in our tent. Grateful for their trust and overwhelmed by their hospitality, this trip was less about the race and more about the people we encountered along the way...our fellow Canadians.

Barbara Szita-Knight has been writing true stories for over twenty years. She is a newsletter publisher and former humour columnist for Toronto and cottage country newspapers. Barbara lives in Durham Region with her husband, nearby to her children and grandchildren. She stewards the environment, enjoys photography and is a proud PanAm torchbearer.



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The Balloon That Would Not Burst

by Croydon DeMello

The region of Durham is to be found in Southern Ontario and extends from Pickering to Newcastle alongside Lake Ontario and goes as far north as Beaverton touching Lake Simcoe. The land is vast with a diverse array of urban cities, quaint hamlets, picturesque countryside hills, flowing rivers, extensive lakes, prime farm land, flourishing orchards and cultivated vineyards.

At just under an hour's drive by car from Toronto, the central cities of Durham are no longer to be passed by hastily on the 401 East Highway on the way to Montreal, but an exit unto which Ontario's "waiting to discover" can be realised with fun, curiosity and adventure.

Throughout the year there are attractions to suit every season. From golf clubs to ski resorts to music and food festivals, there are lots of things to see and do and to be enjoyed, not only for the many tourists that come to visit but which are also relished by local residents as well.

Its motto "a great place to grow" is quite fitting for a municipality that has become the epicentre of its development for residential, commercial and agricultural aspirations. Durham is home to the GM Auto plant, Ontario Power Generation, University of Ontario Institute and Technology, historical heritage sites, Archibald's award winning Estate Winery, Great Blue Heron Charity Casino, farmers markets, airports, CN, CP and GO railway systems and much more.

According to the Durham Region Health department in 2015, the population count enumerated at 661,190 and today, it is increasing at an exponential rate. But surprisingly not for the reasons mentioned earlier as one would postulate.

There is a force that is causing an exodus of people to move east and settle in parts of the region which until now was familiar only to the locals. This force has uprooted people from their homes, work, families, friends and community. It has persuasively made them, with much reluctance choose a new life at a time when the living was good. This force is the wave of the tsunami effect of the state of the GTA real estate market which is on fire. The wave is spreading in all directions and at the time of writing this article it has yet to hit the shoreline. Before we come to why Durham is where much of the wave's trajectory seems to be heading toward,



let us get into a bit of background information on the market factors causing this.

Welcome to the new gold rush. And this time, land has become the new gold. During the California Gold rush, people who relocated bought a home to be within proximity of the action. But now we see an era where home is the new action. Or rather the land it sits on. This land, which is part of Canada's milk and honey is sold to you along with a property at a price deemed reasonable by a purchaser and seller, to be owned by law in fee simple. (A form of freehold ownership but note the government can decide to expropriate at anytime – mortgage free or otherwise.)

As the world watches Canada's housing market act like a dramatic circus performance, economists and pundits are each promoting their claim as to why prices for homes have done what no one imagined it to do. And each would like to have you subscribe to their theory as the absolute truth. To be fair to the market though, it is important to note that there are many reasons, all fuelled by a primary driver.

STUNTED GROWTH

The primary driver being 'The Places to Grow Act' which received royal assent in 2005. This act helps the Ontario government give out land in a strategic way that balances the needs of the community, economy and environment. Traditionally, the government would extend more land outward of the city limits to the builders as the need for city growth bloomed. But in recent years, we have seen less land being given out and more new building permits zoned within the density of the existing city limits. The reasons for this have to do with land values increasing and owners holding onto it and also, internal government strategy. This has brought about a low supply for new land. And when anything is in low supply it becomes scarce and in turn becomes a luxury item which creates high demand - which eventually creates for high prices.

FOREIGN ENCOUNTERS OF A NEW KIND

The other reason is the occurrence of the foreign buyer market. It has been said that even with bidding hundreds of thousands of dollars higher, it is still lucrative for foreign buyers to purchase a home in Canada. With higher taxes, unstable political climates

and modest returns from their own country acting as a deterrent, Vancouver and Toronto have placed as top ranking cities in which to park their hard earned money and to watch it grow with encouraged stability. And with not having to leave the country of origin, investing in properties can be conducted from their own backyard. Being a silent investor makes it convenient, and the realtor, lawyer and bank to oversee the purchase process, further accommodates this convenience. Note however, that the foreign buyer market is only a trigger to surging prices.

LOCAL POWER UPRISING

Another reason is the buying power of the locals. Do not underestimate the buy-in power that local Canadians can bring to the table. Whether they utilize from their savings, beg, borrow or steal their down payment, local buyers are not letting foreigners or lack of land beat them to the finish line even if it means purchasing a property within considerable distance. In the past two years, we have seen locals uproot from places where they had all along planned to settle their families, only to move drastic distances which were once a place you stopped by on the way to the country cottage. And with the advent of telecommuting to help negotiate an extensive travel time to work, the house in the boonies is now the house in the suburb of the burbs.

FROM STOCKS TO ROCKS

After the 2008 stock market crash, it was no surprise that faith and trust in Wall Street also crashed and left its investors with much heartache. And to think - that which disrupted the raging bull market index were the very same financial companies who were supposed to be the foundation of a solid investment. Stocks, which were the poster boy of the investment market were now a poster boy tossed in a dumpster in an alley. For the common investor in Canada, there was a mindset shift from investing in paper equity to investing in a traditional bricks and mortar real property. During this time homes were increasing a meagre 5% per annum, which if you matched that with the stalwart companies of the time, would give you about the same annual return on average. But in this case if anything happened at least you were physically left with the kitchen sink in your hand. Not to say that the stock market has not rebounded back today and is on a steady climb with stronger gains than ever, but that from its aftermath, it opened up a new avenue for



investments which previously was only viewed for acquisition by the landlord types mentality.

ECONOMICS 101

Let us also give credit to basic economics for the increasing home prices. Low interest rates from the Bank of Canada from a recovering recession, which results in low interest rates from the banks made your monthly mortgage payment affordable. Also, when you compare it to what it costs to rent a home or apartment these days, for a few hundred dollars more per month you can be a landlord to yourself. Also, we see a falling rental supply in the good old fashioned apartments built for rental use which alleviates toward an option to purchase property.

“DOROTHY WE’RE NOT IN KANSAS ANYMORE.”

So out of all places, why is the wave carrying towards Durham? Again, there are many underlying reasons.

Proximity to the GTA is first and foremost. You can spend an hour or more riding in transit within the city to get to work. Most cities in Durham along the 401 East Highway are within an hour’s driving distance from the GTA and provided you have a vehicle, the time/distance formula is acceptable.

Then there are prices. Unlike the other cities with the GTA you are getting bang for your buck in Durham in terms of price, design, space and age of homes. According to the Toronto Real Estate Board (TREB) February 2017 report, the average price of all homes sold in the city of Toronto was \$859,186 and in the Durham region was \$665,005. That is an average savings of approximately \$194,181 which is equivalent to a 20% down payment in some cases. If you distil it further down to a single-family detached home – in the City of Toronto in February 2017 TREB reported the average home price index at \$1,105,700 with a Year over Year gain of 23.28% and in the Durham region was \$587,300 with a Year over Year gain of 27.56%. In terms of affordability and gain on investment those are good numbers.

As Durham has a lot going on recreationally and in residential capacities, there is a growing focus to develop its potential commercially. Just recently, the 407 ETR series Highway completed development up to Oshawa limits and should continue eastward in the future. The 412 ETR series Highway has completed construction

too and will eventually mimic the DVP in terms of commuter volume. Granted that commerce was once a slow-moving mechanism, we see that there are many sites zoned for new commercial activity and even though they are currently proposed for primarily retail activity, we will see companies moving in and new businesses setup to take advantage of lower rents and a rising community with buying power. For the entrepreneur types, there are a lot of local advisory not-for-profit companies which provide business training support in the hopes of helping new business owners so that they in turn create new jobs.

If you take a drive through the cities of Pickering, Ajax, Whitby and Oshawa you will see signs of many reputable builders such as Tribute, Mattamy and Holland Homes setting up sales centres and beginning construction for the building of subdivisions for homes. Once priced cheaper than existing homes, the builders are now on par with the current market and some even ahead as they price to match speculation for future market growth.

And then there is good old fashioned living in Pleasantville. Compared to the hustle and bustle way of life in the GTA, Durham still boasts some old world charm style of living which is rare for today’s technology driven world. Where rushing to work and packed schedules make up the better part of the day, residents in Durham still have a mentality of the small town persona where if you want to know what is going on in your life you can ask your next door neighbour! That coupled with a good amount of schools, universities and colleges, places of worship, state of the art community centres geared toward family fun, hospitals and shopping centres is making the GTA seem almost irrelevant for recreational purposes.

So, is a crash inevitable? While that is a topic for another article let me leave you with this. As far-sighted author John Naisbitt says, “a balloon will only fly till it bursts.” Prices will continue to rise till someone (government or banks or markets factors) does something to slow it down to give us back an old fashioned market with predictable and sustainable growth. In the meantime, grab while the grabbing is good. And with Durham being “a place to grow”, it is definitely on the radar for many homeowners and investors to both grow their family and money.

Croydon DeMello is a Mortgage Advisor and has been active in the industry for 10 years. He is an avid follower of the real estate market. He also sits at the Board of Directors for a Condominium Corporation.



Summer Events Calendar

June 9, 2017 - June 11, 2017

Arts at the Waterfront

Local artists display and sell their artwork at the Latcham Centre, Port Perry, by beautiful Lake Scugog. Fri. 5-8 pm, Sat. & Sun. 10 am to 4 pm. Free admission, free parking, free refreshments. Draw prize, painting demos. Visa/MasterCard accepted.
Port Perry
ppaaart.blogspot.ca

June 10, 2017

Candy Dash

The Candy Dash is a super fun family oriented walk that the whole family can enjoy. The event features a 5km walk and 2km Toddler Trot/Stroller walk within three dynamic communities: Georgina, Vaughan and Whitby. We bring that sweet treat excitement to a fantastic family event.
Whitby
events@shinethroughtherain.ca

June 10, 2017

Doors Open Clarington

Doors Open Clarington 2017 will be from 10am – 4pm in the village of Kendal and the surrounding area.
Clarington
www.doorsopenclarington.wordpress.com

June 10, 2017 - June 11, 2017

Peony Festival

This free event displays 300 types of peonies in the gardens and 100's more inside Children's Arena. Artisans, live music, food, gardening seminars, community displays and more are all part of this festival.
Oshawa
www.oshawa.ca/things-to-do/peony-festival.asp

June 15, 2017 - June 17, 2017

Summerfest Bowmanville

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Bowmanville
www.bowmanville.com/events/summerfest

June 18, 2017

Father's Day

Looking for a unique way to show your dad how much he means to you? Why not treat yours to a trip on the York-Durham Heritage Railway through the picturesque Oak Ridges Moraine. Dads ride for ½ price when accompanied by a child. The train departs Uxbridge Station at 10:00 am and 2:30 pm and from Stouffville at noon. There are boarding facilities for disabled persons available in Uxbridge.
Uxbridge
www.ydhr.ca

June 23, 2017 - June 25, 2017

Weekend of Wreckage Demolition Derby

Back again for another year! Weekend Of Wreckage will be taking place at the Orono Fair Grounds. Times vary.
Clarington
www.oronofair.com

July 1, 2017

Canada Day 150th Celebrations

Mayor Mitchell and Members of Council invite you to celebrate Canada's 150th with live entertainment, activities and fireworks at dusk!
Whitby
www.whitby.ca

July 1, 2017

Canada's 150th Celebration

Celebrate Canada's 150th in Downtown Newcastle! Fun for the whole family.
Newcastle
www.villageofnewcastle.ca

July 1, 2017

Canada Day 2017

Our Canada Day celebration is an open, free public event. Photographers will be present taking photos and video footage at this event. These images may be used without further notification (printed materials, website or social media outlets) for the promotion of the City of Oshawa.
Oshawa
www.oshawa.ca/things-to-do/canada-day.asp

July 1, 2017

Canada 150 Celebration Train Ride

Celebrate Canada's 150th birthday with a ride on-board a heritage train through the Oak Ridges Moraine. Enjoy our doors open baggage car and on-board family entertainment. Today only, ride the train at a discounted price. Tickets are \$15 for adults, students and seniors and only \$1 for children.
Uxbridge
www.ydhr.ca

July 6, 2017

Concerts in the Park

Concerts in the Park is a free outdoor concert series at Memorial Park Bandshell. Bring your lawn chair and enjoy a variety of genres every Thursday night. Past performances have included opera, rock, pop and jazz music!
Oshawa
www.oshawa.ca/things-to-do/concerts-in-the-park.asp

July 11, 2017

Tom Thomson Returns to Pickering

Celebrate Canada 150 and Commemorate the 100th Anniversary of Tom Thomson's Death with the PineRidge Arts Council and Friends" with writer Angie Littlefield, sculptor Ruth Abernethy and music by PineRidge Arts Council's Cathy Schnipper and Kevin Byrne. Angie will be talking about her latest book "Tom Thomson's Fine Kettle of Friends".
Pickering
www.angelittlefield.com/bookTalks.html

August 12, 2017

BluesBERRY Festival

BluesBERRY Festival celebrates the best of Blues music and fresh Berries! Come to Historic Downtown Bowmanville to enjoy a blueberry pancake breakfast, fresh berry shortcake, pies, tarts, sweets, and so much more. Stroll the 4 city blocks while listening to live Blues bands and check out the artisan and craft booths. There's lots of family-friendly fun including jumping castles, rock climbing wall, and a visit from our friends at Clarington Fire Services.
Bowmanville
www.bowmanville.com/events/bluesberry

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.

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CELEBRATING CANADA'S BIRTHDAY! FROM CENTENNIAL TO #150!

by Jessica Liwanag and Wendy Chiavalon

The year was 1967. Canada was going to be celebrating its 100th birthday in a few months, however, the nation was overflowing with excitement and ready to begin the party. On midnight of December 31, 1966, the festivities began across the country as the new year was ushered in. The Centennial flame was lit on Parliament Hill in Ottawa. It was going to be a time of grand celebration and Canada did not disappoint.

The Centennial celebration was, *"...meant to be an occasion for Canadians to find out what Canada was all about, to help them develop deep feelings of unity and purpose. It was also intended as a way to tell the world about modern Canada, as well as about its history."* (The Robinson Library). A Centennial Commission was formed to oversee the celebrations; they encouraged Centennial themed projects across the country.

Theatre & Music

Gordon Lightfoot created the song "Canadian Railroad Trilogy" which aired on CBC on January 1st, 1967. There was also Bobby Gimby's very popular song "Ca-na-da" which many people fondly remember singing along to at the time.

The Canadian Armed Forces contributed to the Centennial celebration with their travelling tattoo show – "Canadian Armed Forces Tattoo 1967" – which was a reenactment of more than 300 years of Canada's military history.

Centennial Memorabilia

Most recognizable during 1967 was the Centennial Logo designed by Stuart Ash. It was a stylized maple leaf made up of 11 equilateral triangles representing the 10 provinces and the Northwest Territories (Canada's geography at the time). There was the Centennial Medal designed by Bruce W. Beatty, which was a circular silver medal with Centennial themed designs hung from a red-and-white-striped ribbon. It was given out to those who made a valuable contribution to the country. There was also a special coinage collection. Alexander Colville designs were chosen: The penny had a dove in flight; the five-cent piece a rabbit; the 10-cent piece a mackerel; the 25-cent piece a bobcat; the 50-cent piece a howling wolf; and the dollar a Canada goose in flight. On the other side of the coins was the Queen's bust.

Confederation Train

Perhaps one of the most talked about aspects of 1967 (in addition to Expo 67) was the Confederation Train. The Confederation Train was a train made up of six specially designed railcars outfitted with exhibits showcasing Canada's history and culture. It was a timeline of Canada from the ice age, to the first settlers and explorers, to Confederation in 1867, to the European wave of immigration, to the experiences of Canadian soldiers during the war, to the roaring 1920's, the 1930's depression and so on.

The train started its journey in Victoria, British Columbia on January 9, 1967 and travelled eastward across Canada before making its final stop in Montreal, Quebec in December 5, 1967. It stopped at various towns and cities along the way, its horn sounding the first four notes of "O Canada" whenever it arrived and departed. Caravan tractor trailers with similar exhibits visited places that the train did not stop at.



Expo 67

Canada also wanted to show the rest of the world what it was all about and Expo 67 was the perfect opportunity to do so. The event was one of the biggest hosted by Canada at the time, and also one of the most successful exhibitions of the 20th century.

Expo 67 (the Universal and International Exhibition) was originally supposed to be held in Moscow to celebrate the Communist regime's 50th anniversary, but the Soviets declined due to cost; Montreal re-applied, and won the bid to host it. It was held from April to October 1967, and served as the perfect focal point to celebrate Canada's Centennial birthday.

Building the site that would host Expo 67 was no small feat. The plan was to build the site along the St. Lawrence River waterfront in Montreal. This required enlarging the size of Ile-Sainte-Helene, and building Ile-Notre-Dame (which was just mud flats at the time). Expo 67 and the resulting construction changed the landscape forever. The Expo 67 site still stands today and is now Parc Jean-Drapeau (home to the Canada Grand Prix at Circuit Gilles Villeneuve), the Olympic Basin, La Ronde Amusement Park and the Osheaga Music Festival.

Many noted people visited Expo 67 including Queen Elizabeth II, Grace Kelly and Prince Rainier of Monaco, Robert and Jacqueline Kennedy, emperor of Ethiopia - Haile Selassie, Thelonius Monk, Harry Belafonte and Bing Crosby to name a few. The Ed Sullivan Show also aired live broadcasts on May 7th and 21st with performances by The Supremes.

Durham Region's Centennial Celebrations

The News Advertiser & The Guardian in 1967 reported that the town of Ajax held Centennial celebrations in May over the Victoria Day long weekend with a parade, sports day and fireworks which attracted 15,000 people (double the town's population at the time). Pickering Village and Township together held a big celebration on Canada Day weekend with a parade, bands, drill teams, sports day, street dance, fireworks, a non-denominational church service and more.

The City of Oshawa had the Oshawa Fold Festival, a week-long celebration with events leading up to July 1. On July 1, there was a parade, events and fireworks. Oshawa also took part in the

"Wild Bells" program which had church bells, factory whistles and sirens going all off. Said the chairman of the Oshawa Centennial Committee at the time, "...this seems like an excellent and appropriate way to usher in Canada's 100th birthday. We want to have as many bells, whistles and sirens sounding as possible." Oshawa also had a Centennial house built at the corner of King Street and Melrose Street which today operates as the Oshawa / Clarington Association for Community Living.

The town of Whitby's Centennial project is still around too – the Centennial Building on Centre Street. It was built in the early 1850's and originally served as the Ontario County Courthouse. In 1967, a local Centennial themed community project turned it into a community centre. In 1979 it was declared a heritage building and is currently one of Whitby's top rental facilities for special occasions, conferences and meetings.

The Big 1-5-0!

This year Canada turns 150, and as in 1967, the party started early! Two spectacular firework displays normally reserved for Canada Day took place on Parliament Hill in Ottawa to ring in 2017. Special birthday-themed celebrations also took place in major cities across the country.

As in 1967, Canadians are being encouraged to show their love for their country. The Government of Canada encourages Canadians to post pictures holding the country's flag with the hashtag #Canada150 and #CanadianFlag in honor of Canada turning 150! This is a great way to show our proud spirit! Parks Canada is also offering FREE admission all year long, to their national parks across the country, so get out there and explore our beautiful, natural, landscape!

Canada 150 Logo

There is also a special logo for the celebration. Ariana Cuvin is the winning designer of the Canada 150 logo. Ariana's logo is comprised of a series of diamonds (or celebratory gems) arranged in the shape of a maple leaf. The four diamonds at the base of the leaf represent the 4 original provinces during Confederation time (Ontario, Quebec, New Brunswick and Nova Scotia). Additional diamonds extend out from the base to create 9 more points. In total, these make up the 13 provinces and territories. Ariana explains, "...the repeated shape is meant to create a sense of unity



and the 13 shapes forming the leap represent our togetherness as a country."

Canada 150 Projects

Similar to 1967, Canadians across the country are also encouraged to present 150th birthday themed projects. Of the 387 projects presented, 38 were chosen. The common goal of all projects is to unite Canadians, to bring them together to celebrate Canada's milestone birthday, participate in events and share their experiences with each other. We only have the space to cover a few projects in this article; for a full list visit: www.canada.pch.gc.ca/eng/1475163068164

The Red Couch

Instead of a travelling train with exhibits, this time around there will be a travelling Red Couch. The leather Red Couch will travel across the country inviting Canadians to sit down on it and share their stories of what Canada means to them.

The Red Couch Tour started in March 2017 with a trip to Canada's northern communities in Ilqaluit, Yellowknife, Whitehorse, Winnipeg and Churchill, Manitoba. In June and July of 2017, the tour will start a journey across Canada by RV, starting from Newfoundland and Labrador to British Columbia. It will stop along the way in many places, including Ottawa, Toronto, Montreal, Winnipeg, Saskatoon, Calgary and Vancouver. Videos of stories will be posted on YouTube. To find out more about The Red Couch Tour and to track its journey online, visit www.redcouchtour.ca

Rendez-vous 2017

More than 40 tall ships will set sail on Canadian waters to honor Canada's 150th birthday. The ships are scheduled to stop at ports in Ontario, Quebec and the Maritimes. People can hop on board and take a tour of the ships. Lots of other fun activities will be taking place too. There is also an opportunity to become a crew member and experience first-hand what it's like to sail a tall ship. For more information visit www.rdv2017.com

National Canadian Film Day 150

National Canadian Film Day 150 (NCFD 150) showed their Canadian pride by encouraging film and arts lovers to be a part of Canada

Film Day! It was a massive one-day, coast-to-coast-to-coast celebration of great Canadian cinema and an acknowledgement of Canada's contribution to the film industry. On April 19, 2017, Canadian movies often featuring talented Canadian actors and actresses were broadcast in theatres, libraries, schools, public spaces and drive-ins across the country. It was literally the world's largest film festival ever!

History Lesson

Many Canadians do not know much about Canada's history, or at the very least one could always use a refresher. This year, the Library and Archives Canada heritage collection has an "On This Day" collection, where you can find out what significant event in history coincided with today's date. The collection includes historical information from Confederation times onwards. For more information, visit www.Canada.ca/onthisday

Durham Region Celebrates Canada 150!

Durham Region plans to make Canada's birthday just as big! Durham Tourism will be launching the www.durham150.ca website on June 7th at a special event in Regional Headquarters. The website will highlight all tourism-related Canada 150 events and initiatives that are taking place in Durham Region in celebration of Canada's 150th. Residents and visitors to Durham Region will be able to navigate through the site and determine which type of event or activity appeals to them from the following categories- Family, Food, Culture, Movement, and Other Experiences. The website will also highlight other suggested itineraries and places to see during your visit.

Jessica Liwanag is a first-year Journalism student at Durham College. Reading and writing has been her passion since a young age. Her interests in reporting news sparked, after realizing how much she loves to be in touch with the community, raising awareness of issues important to them.

Wendy Chiavalon is the editor-in-chief of The Local Biz Magazine.

Sources used in this article include: The Government of Canada, The Canadian Encyclopedia, Historica Canada, MTL Blog, The News Advertiser, The Guardian & The Robinson Library.

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Restoring the Past

by Wendy Chiavalon

Holding onto the past isn't always a bad thing, at least not according to those who are passionate about collecting vintage items and memorabilia. Memorabilia (objects kept or collected because of their historical interest, especially those associated with memorable people or events) is a growing trend.

The kinds of memorabilia people collect is diverse, and there are people and businesses that have collections for just about anything you can imagine. There's sports memorabilia (baseball trading cards, jerseys, autographed photos), war memorabilia (medals, uniforms, weapons), vintage movie posters, vintage music posters and vintage furniture, just to name a few. Given this, it's not surprising that businesses offering services to restore worn pieces of memorabilia back to their original condition are in high demand.

Vintage Posters

Whether it is for a business or an individual's personal collection, restoring vintage posters is growing in popularity. Add to the fact that there aren't many businesses offering this service (only 2 in Canada), and you end up with a truly unique business stemming right out of Durham Region.

Dan Miles is the owner of *Backing To The Future*, a Port Perry based, poster restoration, preservation and shrink wrap framing

business. *Backing To the Future* restores posters that have been subject to wear and tear over the years, to as close to the original condition as possible. They ensure that a poster, whether it has sentimental value or is a valuable collectable, is properly preserved and prepared to display for years of enjoyment. Services provided include linen backing, washing, bleaching, paper replacement, tape removal, filling in fold lines, air brushing and shrink wrap framing. For example, a client sends Dan a poster of "The Beatles" they want restored to its original condition. The poster had been folded several times over, had crease marks and was missing some paper where the crease lines were. Dan and his team using a highly specialized artistic process, fixes this poster and makes it look brand new again.

Backing To The Future has restored hundreds of posters, including pieces for the Toronto International Film Festival, executives at Universal Pictures in the United Kingdom and film industry people in the Greater Toronto Area. Their client base is truly global, as they have also done work for people in Australia, India, Japan, Brazil and across the United States and Canada.

Owner Dan is a vintage movie poster collector and movie buff himself. He has been restoring posters for 16 years now and learned this trade by studying under the guidance of a master printer and paper restorer in Toronto and a professional shrink wrapper in Toronto. Dan works with two local artists, Tanya Petruk and Kailin Mason, whose expertise in fine arts and design are key in ensuring that the detailed images of a poster are manually recreated to perfection.

For more information, visit www.backingtothefuture.com

Vintage Furniture

Sometimes, people hold onto vintage furniture for sentimental reasons. There is a family connection tied to a particular piece. Other times, people hold onto vintage furniture because the



craftsmanship in an attempt to honor the piece and the original makers of that piece.

2. Furniture Painting – Taking something old and dingy that may not be desired and giving it a makeover to change the look to a more modern or retro look. This can be done by painting, mixing stained and painted components, or by painting and distressing. Back in the day, if a piece of furniture was “distressed”, it meant it had been around for generations and most of the paint had worn off in areas that had been touched too much or dented. Today, the distressed look is actually sought after as a way to add character and style to a piece of furniture. A fresh look is the goal without making it look mass produced!

For example, a client asked Michael to make over a rocking chair that had been faux grained and had tired fabric and cushions. Michael stripped off the upholstery, painted and sanded it down fully. He gave it an espresso dye stained look and had a quality fabric added that was honouring the period, while also giving it a more modern look.

Michael has long had a passion for furniture restoration. He started woodworking as a kid watching his dad in his wood shop. He always had an interest in learning how things are built and how to fix them; this translated over to antique furniture. Seeing how furniture was built back in the day vs. today's mass production methods and using those old-world methods is Michael's way of travelling back in time and honouring the past. Inspiration for his work is garnered from the brilliant work of Thomas Chippendale, Michael Fortune, Sam Maloof and Anton Gaudi. For more information, visit www.sandradees.com.

quality of construction and materials used to make that piece of furniture is far superior to today's furniture. The piece is durable and can last for many years to come; the only problem is that time has taken its toll on it.

Enter Michael Lehtikainen, owner of *Sandra Dee Furniture Refinishing*, a Pickering based business that provides quality restoration and refinishing services of furniture items. The business is named after founder Sandra Dee, who established *Sandra Dee Furniture Restoration* back in 1997. Sandra had apprenticed with a German craftsman for 6 years prior, who taught her the art of traditional furniture construction repair and finishing. Michael purchased Sandra's business in 2013 and is committed to continuing Sandra's tradition of providing quality craftsmanship and value through furniture repair, restoration and refinishing.

Sandra Dee Furniture Refinishing offer 2 key areas of expertise:

1. Antique Furniture Restoration and Repair – Repairing or re-manufacturing parts of a piece or set of antique furniture. The goal is restoring the original finish of the piece without removing the original finish. This is achieved using old world techniques in

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.

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AT THE BOX OFFICE



Action

Raised on a mythical island and chosen by the gods, one woman journeys to the "other world" when enemies threaten all life in *Wonder Woman*. Gal Gadot reprises her role as the iconic DC character alongside Chris Pine as Steve Trevor. This action-packed adventure takes us back to World War One and gives us themes of freedom, justice, and equality. Opens June 2nd.

Another anticipated comic character is Marvel's *Spider-man: Homecoming* on July 7th. Tom Holland reprises his role along with Robert Downey Jr. and Marisa Tomei with the addition of Michael Keaton as the "Vulture". Spiderman, coming off a great victory with the Avengers, is under the watchful eye of Tony Stark and as he tries to settle back into a "normal" life, he has to spring back into action when everything he loves is threatened by a new evil.

War for the Planet of the Apes is opening July 14th and promises to be another heart pounding dramatic action film. Caesar and his kind are threatened by a new and powerful enemy, a Colonel, played by Woody Harrelson, that throws their two races into the biggest battle that will determine the fate of the world..

Comedy

A hilarious homage to action flicks and the macho men who make us swoon with their man-of-mystery good looks comes, *The Hitman's Bodyguard*. The "hitman" in this scenario is Samuel Jackson who needs protection from forces out to kill him, his saviour: Ryan Reynolds, who plays the greatest "bodyguard" ever. These two are at odds immediately with their outrageously different personalities and keep us laughing as they call up some iconic discrepancies in action films. Get ready to laugh, while still getting your action fix, on August 18th.

Brigsy Bear was bought for 5 million dollars at Sundance by Sony Pictures and promises to be an absurd and wonderfully original comedy, coming to theatres on July 28th. This simple story of a creator of a children's television programming having to deal with his life after the show gets canceled. This is a star-studded cast including: Greg Kinnear, Mark Hamill, and Claire Danes.

The kid in us all

From book to big screen comes *Captain Underpants: The First Epic Movie* on June 2nd. Dreamworks and 20th Century Fox have teamed up to bring to life the story of George and Harold's prank to hypnotize their principal (Mr. Krupp) into thinking he's a superhero and who ends up surprising us all. Voice talents on this anticipated favourite include: Ed Helms, Kevin Hart, Nick Kroll, and Jordan Peele.

Transformers: The Last Night is what director Michael Bay is calling "A new Transformers. Optimus Prime is gone and the humans and Transformers are at war. The answer to the future is hidden in the history of the Transformers and of the Earth. Some heavy hitters help to bring the humanity to this story with Mark Wahlberg, Josh Duhamel, and Anthony Hopkins

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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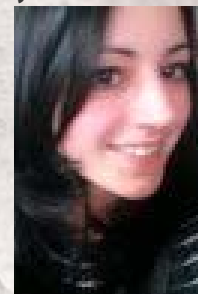
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by Tara Richardson

Soul Searching



Self-help books are selling faster than McDonald's all day breakfast sandwiches – and that's pretty fast. But who really needs self-help, anyway? Here's a reality check – we *all* do! There are strong advocates out there who want you to just accept yourself, whoever you are... And I absolutely agree that self-acceptance is crucial for happiness. But self-help books are not asking you to revolt against yourself and be someone you're not! (Unless you're a sociopath, then they might encourage such revolution.)

Self-help is about being able to show up in the world as your best possible self in all facets of your life – the way you want to show up. Self-help writers are not accusing you of being inadequate, but it is certainly a human condition to feel inadequate at times. And we can turn these so-called inadequacies into advantages. In case you haven't noticed, it's not a perfect world out there, and none of us are perfect – nor should we be – but we can usually improve in some capacity of our life to be the ideal people we desire to be.

Many self-help books are actually supported by science. If you're into evidence based practices then you won't be disappointed. And, if you're not so into science then you can skip the technical terms and get right down to the practical applications. That's the beauty in self-help books, there's such a variety of them out there because let's face it, what works for me might not necessarily work for you. Some people read positive affirmations and love their way to wellbeing, whereas some people are hard as nails kicking their butt to wellbeing. We're all different and that's what makes each book so unique. Plus, you have the opportunity to feel even more amazing! Who doesn't want that?!

As the summer sets in, I highly encourage you to set some self-care goals (like reading a good self-help book, maybe) because you *matter*, and when you're worn down, tired, stressed, whatever, how can you possibly be your best self?

Have I sold you yet? Splendid!

Here are my top three recommended reads this summer:

Creating Your Best Life (Caroline Adams Miller & Dr. Michael B. Frisch) – Some people may like long walks on the beach but be prepared whilst on vacation to write long lists on life goals and set them in motion with this book.

Daring Greatly (Brené Brown) – Everyone is vulnerable to feeling vulnerable and Dr. Brown highlights both inspiring stories and research to talk wholeheartedly about taking risks in life.

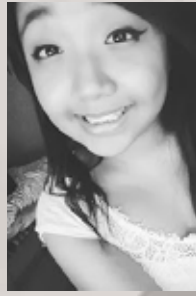
The Success Principles (Jack Canfield) – This was my first official self-help book and I still highly recommend it to anyone who, as the title implies, wants to be successful. Dream big.

Happy summer everyone! Be your best selves!

Tara is a wellness blogger for The Local Biz Magazine who hopes to publish her memoir on finding hope and meaning while living with a mental illness. When Tara is not at work she can be found reading, reading, and, reading.

by Jennifer Liwanag

You, Me & A Digital Life



Travel Apps for Your Nation-Wide Road Trip

How many years have you longed to travel and explore Canada, then scrapped the idea and said “maybe next year” to yourself? Well, this year could be your year! What better time to explore our nation and its beautiful wonders than this summer for Canada’s 150th birthday? Thankfully, with the technology we have today, you could easily plan a nation-wide road trip with minimal stress on a budget. Here are some apps you definitely have to download on your iPhone or Android for your road trip this summer:

Travel Accommodations | When looking for places to stay overnight, I highly suggest downloading apps like **Airbnb** and **Groupon**. With Airbnb, you are booking a space that someone is renting—whether it be an apartment, a spare room in their house, or a full home for the whole family. You can even book cabins and cottages! Airbnb’s are usually significantly cheaper than staying at hotels and you get to experience living like a local in the town you are staying at for the night. Groupon offers discounted hotel rates for big cities throughout Canada. This is a great option if you’d like to stay closer to touristy areas without worrying about high hotel prices.

Meal Options | Travelling, especially on a nation-wide road trip usually means you will be purchasing meals rather than cooking them, since you will constantly be on the road. I suggest you download the **Yelp** and **TripAdvisor** apps for this. Both apps post reviews from real people—like YOU!—who share their personal experiences at restaurants in different regions of Canada. These are great apps to find cheap eats that don’t make you trade price for quality. Just-Eat is another great app to download for ordering food. It lists all the restaurants hosted by Just-Eat, and allows you to order meals directly from the app. You can pre-order food through the app and pick it up at the restaurant as you pass it. Or, as a little treat, you can have food delivered to your Airbnb or Hotel around the same time you check-in. (You can also do this with UberEats in selected areas of Canada).

Sightseeing | **Yelp** and **TripAdvisor** are also great for reading reviews on sights to see nearby. When you are nearing a new city, why not pop open Yelp or TripAdvisor and see what other travellers vote are “Must-Visit” sights in the area, and what sights are worth the pass. Apps like **GroupOn**, **LivingSocial**, and **Wagjag** also have great deals on “Things To Do” in different cities.

These are a handful of apps for your road trip. All apps are easy to navigate and are perfect for both the tech novice and veteran. Hope you have happy travels this summer!

Jennifer Liwanag is a lifestyle blogger, freelance writer, and candidate for an undergraduate degree in legal studies with a minor in communication and digital media studies at The University of Ontario Institute of Technology. She is the Technology Blogger for The Local Biz Magazine and is also known as Jennibearxo on social media, where she posts about beauty, technology, paper crafting and travel.

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"You can't win in life if you're losing in your mind. Change your thoughts and it'll change your life." - Tony Gaskins



Hello readers! I'd like to start off by congratulating you on getting through another year of school. If you're like me, this is the first summer spent as a high school graduate! It feels so amazing to finally achieve this accomplishment and I'm very excited for the next chapter of my life. Until then, I'll be out enjoying summer, hopefully creating new and exciting memories to take with me to university. But, before we dive into summer break, I wanted to share some knowledge that I've known for a long time, but only recently understood.

This past year has been a very stressful one for me, full of change and huge decisions. Somewhere in all of the craziness I lost myself and my happiness for a while. The uncertainty of the future overwhelmed me and took precedence over my desire to think positively and succeed. It got to the point where I was placing such an enormous amount of pressure on myself that I came close to giving up what I've worked so hard to achieve. I found myself feeling like no matter how hard I tried I just wasn't good enough to attain the unrealistic goals I was setting for myself. This, together with all of my commitments outside of school left me feeling like I could never catch a break. I lost sight of my life and strictly focused on the stress of school, which left me with nothing but anguish.

During one of my particularly stressful weeks, every aspect of my life was demanding my full attention and I didn't know how to handle it. While I was trying to hold it together for appearances' sake, I remembered some advice that I had read about and received from my mother so many times I've lost count. "We must live with a positive attitude and believe that we will live a good life in order to obtain it." Despite hearing this daily, I've never truly understood how this philosophy can really change a person's life until I went through my last semester of high school. I stopped everything that I was doing and took a step back to re-evaluate how my recent outlook of life had taken away my confidence. Since then I've promised to never allow myself to think that way again.

My advice to you this summer is to live by this quote. Don't let the negative outweigh all the good things you have in life. Always remember that school is never as important as your relationships with others and the outlook you have on life. Take time out your day to do things you enjoy, and remember that one bad grade does not mean you aren't good enough. As Tony Gaskins points out, you must win in your mind to win in life. With my new outlook, and hopefully yours too, I wish you all an amazing summer. 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 Kim Dobie



Steps for Staining your Deck

Have you been putting off staining your deck? It can be a big job depending on the size of your deck and one you do not want to have to redo. So, better to follow all the steps below, get it right the first time, and save yourself the headache of having to re-stain every year. Prepping is key.



1. Wait until your deck is free from any frost or wetness or the stain will bubble in a couple of months.
2. Check the weather forecast to be sure you will have 12 to 24 hours of no rain.
3. Pressure wash your deck to make sure it is clean. If your deck is a soft wood, a pressure washer may damage. In this case, you can use your garden hose. If there is a lot of old product still on your deck you may have to use a stain or paint remover (follow the package directions)
4. Some experts suggest you also use a deck cleaner, while others say it depends on the condition of your wood.
5. Sand. Depending on the size of your deck, you can rent a floor sander. You will have to be sure your deck boards are not curved or it will take off too much in some sections and not enough in others. The best way to do it is by hand, using a belt or palm sander and a sanding sponge.
6. Remember to put on your safety glasses!
7. Start with the belt sander using a heavier grit (something like a 50), followed by the palm sander for areas you can't reach with the belt sander. For areas like rails and benches, you will need to use a sanding sponge wrapped in sandpaper.
8. Repeat the process using a lighter grit sandpaper (60/80) in order to leave a smooth surface that will take the stain.
9. Rinse off any dust from sanding so you have a clean dry surface.
10. Use a proper stain brush for applying your stain.
11. Do not apply stain in direct sunlight as it will dry before it has a chance to penetrate the wood.
12. Apply the stain making sure there are no bubbles. Stain should be applied in a thin coat; two thin coats are better than one thick coat.
13. Allow to dry completely before putting furniture back on deck.

Kim Dobie is a self-employed virtual assistant. She has taken on many small reno projects herself, learning from professionals in the field. Her next project will be volunteering on a Habitat for Humanity build. Kim also loves helping people live a healthy lifestyle and is an independent associate for Isagenix.

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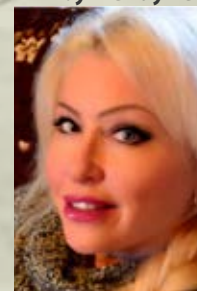
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A Forkful of Healthy



Skinnified Caesar Salad Dressing

The days are getting warmer and the perennials are starting to peek through. You know what that means? Summer is approaching! I thought it would be fitting to share one of my favourite summer recipes of all time, a skinnified homemade version of the original Classic Caesar Dressing made with Greek yogurt. It's all the flavour of the original classic, without the guilt!

You must use the chopped anchovies (I use it fresh in oil, but you can also use a paste), for the success of this recipe as they are essential to the dressings flavour. The anchovies provide the perfect blast of richness and saltiness.

For maximum ease, you can mix this dressing in the blender. If you do use the blender, add all ingredients except for the oil. The oil must be added gradually, so remove the top cap and while the blender is on, drizzle the oil slowly to blend. It will thicken in about a minute and you'll have a healthy Caesar Dressing that's a dead ringer for the real thing. Hail Caesar and bon appetite!



- 2 cups torn Romaine leaves
- 1 teaspoon lemon zest
- 1/4 cup grated Parmesan
- 1/4 cup plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon rice vinegar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Dijon mustard
- 2 oz. anchovy fillets packed in oil, drained (or paste)
- 2 garlic cloves (or to taste)
- 2 tablespoons red onion
- 5 tablespoons olive oil
- Salt and Pepper

1. Wash Romaine leaves, dry and set aside or wrap in paper towel and refrigerate to maintain crispness.
2. Grate a teaspoon of lemon zest and place in a bowl. Add grated parmesan, Greek yogurt, fresh lemon juice, rice vinegar, Worcestershire sauce and Dijon mustard and whisk until blended.
3. Finely chop anchovy fillets, add the chopped garlic and a pinch of salt. Mix together to form a paste. Add to bowl.
4. Add oil drop by drop to start, gradually whisk in olive oil, until dressing is thick and glossy.
5. Add red onions.
6. Season with salt, pepper, and more lemon juice, if desired.
7. Top with grated parmesan, serve and enjoy this healthy classic!

SKINNIFIED CAESAR SALAD DRESSING		REGULAR CAESAR SALAD DRESSING	
Protein:	7g	Protein:	1g
Carbs:	3g	Carbs:	5g
Fat:	19g	Fat:	45g

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



Summertime Tips To Keep Your Pet Safe!

The weather has warmed up, and you and your dog are getting out more and enjoying the gorgeous weather. You always apply sunscreen before you leave the house, but should you apply to your pet?

First off, sunscreen should never be applied to cats, but for dogs or horses, possibly if they are white or are very thin skinned.

The problem with sunscreen is that pets love to lick and may ingest the chemicals causing a toxic reaction. There are sunscreens made for pets but there is a debate on if they are truly safe. It would be effective to limit their time outside or if they are outside in a pen to make sure that you have a sun block top to reflect the harmful rays.

Heatstroke is another summer hazard to be on the lookout for as the temperatures rise. Unlike humans that sweat to cool off, dogs cool down mainly by panting. It is not terribly effective and can quickly progress to a life-threatening condition. Be on the look out for increased heart rate, diarrhea, vomiting, the gums changing colour from brick red to purple/blue and seizures.

Short-nosed breeds such as pugs are more susceptible to heatstroke. Contact your veterinarian and begin cooling them down by wrapping them in cool towels focusing between their legs and around their neck. There are also cooling beds.

Burnt pads are quite common in the summer. While we love to be outside, the hot pavement can easily burn your pet's paws, especially if they have been swimming. The water will soften the pads and make them more susceptible to burning. The easiest way to prevent this is to have them walk on the grass instead of the sidewalk, limit their time outside between 10-2 or have them wear booties; yes, they're not just for winter.

The easiest way to prevent heatstroke for your pets is to keep them indoors or in shady parts of the yard on extremely hot days. And it goes without saying, never, ever leave your pet in your vehicle.

Follow these simple yet effective tips and you and your pets will have an awesome summer.

We loved the name of Corry's business so much, that we decided to name her column Taking the Lead. Corry's furry family is full of special needs animals, and when she isn't planning her next great international adventure, you can find her curled up with a book, snapping pictures or taking a nap with her cats.

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Ask Sue-Ann



Dear Sue-Ann:

I suffer with stress daily. I cannot seem to find a way to rid myself of these feelings. I do not want to medicate myself in order to deal with it. Do you have any suggestions?

Signed: Stressed Out

I do a LIVE call-in show on Rogers every Wednesday at 7:00 PM. Each week I choose a word of the week in order to provide a thoughtful process to work on the self. Recently, I chose the word MINDFULNESS: the dictionary meaning is the quality or state of being conscious or aware of something; or, a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, and bodily sensations. It is used as a therapeutic technique. You hear the term mindfulness banded about everywhere lately. Practitioners from medical doctors, psychiatrists, counsellors and media are talking about mindfulness. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment in order to evoke peace within body, mind and spirit. Mindfulness also involves acceptance, which means we need to pay attention to our thoughts and feelings without judging them. Without believing for an instance that there is a right way or a wrong way to think or feel in any given moment.

When we practise mindfulness, our thoughts tune into what we are sensing in the present moment rather than rehashing the past or imagining the future. If you think about it, a primary chunk of stress in the mind, that will eventually reflect on the body is based on anxiety over thoughts of what might happen. We delude ourselves into thinking we can control our outcome if we obsess and dwell on it. There is not a person alive who will not rehash the past and get stuck there. We all learn eventually that you cannot change the past. In this instance, mindfulness is very effective to bring your focus back into the present moment and hit the pause button. Focus on the moment, one thing at a time...thoughts, feelings, bodily sensations and surroundings. Affirmations are very effective and the affirmation I am suggesting you work with is:

With each purposeful breath that I take, I am present in the moment, I am aware of my feelings, I can easily acknowledge and move through the sensations within my body, I am one with my body, mind and spirit.

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, Wednesday at 7 PM. You can find out more and forward your submissions to Sue-Ann at www.divinelane.com




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The COACH Corner

by Malachi Brown



It's So Beautiful...

After years of travelling in and out of Canada to different parts of the world, I had the opportunity to travel within Canada recently. My wife and I were to attend a conference in Banff. Our itinerary said we would be landing in Calgary for our drive into Banff. Prior to this, I had only been to New Brunswick for a weekend conference, and a short stay in downtown Halifax, which I enjoyed. I had no expectation other than I would be landing in another city, Calgary this time, which I've seen a fair share of in my journeys.

After picking up our rental car, we headed out for the hour and a half drive to Banff. Once we navigated out of the city we were on our way; I was expecting the typical drive.

As we moved farther away from Calgary, I noticed in the distance what appeared to be small hills. Much to my delight, the scenery started becoming much more interesting. What appeared to be little hills were gradually getting bigger and bigger. These weren't hills anymore; we were now in the middle of some of the most majestic mountains I have ever seen!

The landscape was becoming more and more breathtaking. Snow capped mountain peaks, water colours in streams and lakes I have never seen before. In a word, spectacular! We spotted a group of moose next to the highway. A train meandering out of the side of a mountain. One picture postcard after another. I was in awe; I had no idea we had these amazing treasures right here in Canada. The drive was so enjoyable. Before we knew it, we were pulling up to the majestic Banff Springs Fairmount Hotel, another incredible land mark with an enduring history.

Throughout our ten-day trip, there wasn't a down moment. Hiking the trails, exploring the beauty of Banff from the height of a cable car (in awe of the heights of the ski mountains), learning the history of the area (the start of the Canadian park system after a couple of travelers discovered the first hot springs in the area). We visited Canmore and learned about the RCMP back in its early days and the vital role they played, toured the still standing jail and residence of the police officers for the region.

We had so many encounters with people from all around the world, with a huge population of young people from Australia working the different attractions. The most common answer from anyone as to why they had moved to live and work in Banff was the mountains and the overall beauty.

There is something very compelling and alluring about the mountains and all the things that go along with Banff. It's hard to describe in words and something you need to experience for yourself.

One of the great things about exploring all the federal parks such as Banff is they all have FREE admission this year as Canada celebrates its 150th birthday. Get out there and explore Canada this year. You will fall in love with its beauty, and give your life some much needed beautiful balance

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 live.



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by Linda Calder

The Golden Years



Looking back, 1967 doesn't seem like that long ago. It was a wonderful year for Canada – we turned 100! – and I feel fortunate to have been around to experience the celebrations. Two years earlier on February 15, 1965, I remember watching on TV as the new Canadian flag with the red maple leaf was unfurled on Parliament Hill for the first time. So, when Canada reached its 100th birthday on July 1st, 1967, we had a distinctly Canadian flag to raise!

The big party that year though was Expo 67. The world came to Canada's doorstep to tell us about their countries and to celebrate our birthday. Expo 67 ran from April until October 1967. The theme was "Man and His World". Millions of us made our way to Montreal that year. (Many schools even had school trips to Expo 67.) My sister and I had a friend invite us to go with her to stay at her aunt and uncle's place in Montreal. We packed our miniskirts and hopped on the train to take us to a city we had never visited before.

What a place Expo 67 was! There were pavilions representing the Canadian provinces and about sixty countries around the world. The architecture of many of them were beyond our imaginations. Canada's Pavilion looked like an upside down pyramid. In the pavilion, there was a large rotating theatre. From what I remember, we stood on some "floors" that moved us from one scene to the next. The Maritimes, Western Provinces, Quebec and Ontario also had pavilions. The Ontario Pavilion had a circular screen that played the movie "A Place To Stand". That's the film that made the song "A Place To Stand, A Place To Grow" so popular.

The United States pavilion was a geodesic dome which I remember as being very large. One display showed the evolution of kitchens. Life-like looking figures (made by Walt Disney) moved in six kitchens. We sat in theatres that moved from one kitchen to the next. The first kitchen represented the late 1800s, then it moved through the decades up until the 1960s. It was interesting to see the time period when electricity made it into the homes. The wires were visible running around the kitchen, not hidden in walls as they are now. Today, the USA pavilion still stands; it's the Montreal Biosphere.

One of the most fascinating buildings architecturally back then was Habitat 67. It was a large apartment building that looked like a series of boxes piled randomly on top of each other! It still stands today as an apartment complex with a whopping \$500,000 price tag!

Being at Expo 67 was a wonderful, memorable experience for me. I could probably write thousands of words about it! There were so many interesting pavilions to see, so many countries to visit without ever having to leave Canada. The many countries that took part certainly put their 'best foot forward'; their pride showed.

Canada's centennial was a great year with parades, fireworks and fun. Canadians all across the country were proud and happy to be Canadian. I hope as our 150th birthday approaches that same sentiment is felt across our nation.

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.

Horoscope

June 2017 to August 2017

by Julie Antoinette



Aries (March 21 – April 20)

It's now time to let go of the past. Bright new heights, strokes of luck and fortune await you. Write your memories down, then pick any combination of the following: burn them, rip them into pieces, flush them down the toilet, bury them, light a candle, take a shower and cleanse them out of your head as you shampoo. Do whatever symbolic gesture will act as a permission slip for you to let go and move on.

Taurus (April 21 – May 21)

You are trying to find a solution to a problem that has been plaguing you for some time now. The problem is your perspective. Things are not as they seem. What you need is to "hit the reset button". A new solution will dawn on you in the morning of your mind.

Gemini (May 22 – June 21)

Some things are better left unsaid. The opposite is true for you. There are words between you and someone that are awaiting expression and attention. However reluctant you feel to have this conversation, you'll feel better once you do. Clear the air and lend an ear. Better now than in a year...

Cancer (June 22 – July 22)

Feeling overwhelmed by all the change surrounding you? Don't be alarmed. These changes represent your life rearranging itself into new levels of positivity. Welcome this new positivity into your reality with optimistic and innovative adjustments. Once you have, you'll be able to step into the life of your dreams.

Leo (July 23 – August 22)

You are currently confusing optimism/pessimism with fantasy/realism. In other words, don't assume that a pessimistic viewpoint is the only reality, or that optimistic notions are unrealistic and utopian. The phrase "Perception is reality" will guide you into an understanding high above simplistic duality. The movie "Life is Beautiful" will help you understand this.

Virgo (August 23 – September 23)

Put that heavy issue you've been struggling with to rest. A resolution has arrived and you are pronounced worthy of a happily ever after ending. You've been steadfast and diligent and have approached this monstrosity with purest intentions. All that's left to do is kiss passionately, embrace and ride off into the sunset...

Libra (September 24 – October 23)

The planets announce your liberation from the physical, emotional, mental or spiritual shackles that have imprisoned you. The circumstance that effected your imprisonment was orchestrated for your learning. The moment you piece the lesson together is the moment of your unshackling. Consider this while the guard fumbles with his keys...

Scorpio (October 24 – November 22)

You've watched someone struggle with an issue. You've thought about approaching them to chat, but you've been hesitant to offer unsolicited advice. The planets say that it's safe to offer your wisdom. Your words are transparent, helpful and will ring of truthfulness. Your friend won't dare ask for help, so you'll have to tactfully request to make an offer they cannot refuse.

Sagittarius (November 23 – December 21)

You've experienced a bit of a rough patch in dealing with limitations lately. Brace yourself because all is about to change. Like an elastic band being pulled backward with increasing tension - the limitations will soon be lifted and in will flood so much momentum that you may find yourself a deer caught in headlights, wishing for simpler, slower times. Now is the time to strategize how you will handle all that freedom and momentum once the planets finally release and let that rubber band fly!

Capricorn (December 22 – January 19)

The planets are lined up in your defense. Although you may feel blocked at every turn, just know you are being spared and kept safely out of harm's way. Whether from a deceptive person's designs on you, or your physical movements through your day (such as driving or walking down the street), or information that never reaches your ears... you are being shielded by the cosmos.

Aquarius (January 20 – February 19)

Feeling the urge to rebel against every authority figure you encounter? Why don't they who make the rules consider those who have to carry them out? Furthermore, you notice that the rules benefit the rule makers and not the rule followers. What manner of injustice is this? Justice prevails upon you to help it prevail but first, you have to get angry. Remember: no one ever erected a statue to someone who followed the status quo.

Pisces (February 20 – March 20)

Recently, an issue has left you emotionally torn. The planets urge you to take heart, literally! Your heart guides you in one direction while emotions linked to your past want you to stay put. Take a quiet moment near the water to seek the answer. Be discerning. She moves in mysterious ways...

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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