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Autumn 2017

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From the Publisher

Another summer has gone by and another back-to-school season is upon us. It happened so fast but that could be due to the weather. We've definitely had our fair share of rain this summer season. Additionally, the warm temperatures didn't seem to kick in until much later. What a difference compared to last summer when rain was scarce and the hot days were never-ending!

Okay, enough mourning summer. It's time to move on to fall and what's new with the magazine.

I'm sad to report that after many years of writing for The Local Biz Magazine, Corry Hamilton will no longer be able to write for us. We have also had to say goodbye to our DIY columnist Sheila Borsalese. We wish both ladies well in their future endeavours and we thank them for their contributions to our team. Fortunately, we've got two new columnists joining us going forward. The Durham area has a lot of young families residing here, so it's about time we had a column about topics relevant to families and parents! Leshanne Mori will be our new family columnist with her aptly titled column *Family Matters*. In this issue, Leshanne provides tips on how you can handle the upcoming school year like a boss! Check it out on page 32.

We also have a new financial writer aboard. V. Solo will be enlightening us about financial matters and giving us tips on how we can save money (who doesn't want to know that?) in his new column, *Money Hack\$*. In this issue, he looks at the differences between mortgage insurance and life insurance and how to determine which is the right choice for you. Check out his column on page 34.

The rest of our columnists are still typing away, whipping up interesting content for you. We've also got an interesting line-up of features which our editor Wendy will touch on in her letter. I hope you enjoy the fall issue of The Local Biz Magazine. We love to hear from you our readers, so please drop us a line sometime. Have a wonderful autumn.

Antoine Elhashem
Publisher

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From the Editor

Anyone who knows me, knows that I love wine, in particular red wine. I'm fortunate too, because my husband makes wine every year, so I tend to have an unlimited supply on hand. That being said, one of our favourite things to do as a couple is to visit different wineries and try out different kinds of wines. I'll admit, we're partial to red wine, and in particular to wine made from grapes. Wines made from other kinds of fruit weren't even on my radar. It took a visit to two local wineries right here in Durham Region to open my mind up to the possibilities of fruits and vegetables that can also be made into wine. Flip over to page 24 and read *For the Love of Wine* to discover more about the ins and outs of fruit wine.

In addition to wine making, Fall season also means Halloween is just around the corner. And with that comes images of ghosts, witches, ghouls and all things frightening and creepy. Halloween is still a controversial festivity. Some people go all out when celebrating it; some don't see what the big deal is in donning a costume and heading out trick-or-treating or to a Halloween party. Then there are those who choose not to acknowledge it for religious reasons. There are also a lot of people who dislike Halloween because it perpetuates gross misinformation about the spiritual world. We thought it would be fitting then, to have an article that sheds light on the spirit world and attempts to dispel common misconceptions often associated with it. We are fortunate to have Rachel Cross, Founder and Lead Investigator of Durham based, The Paranormal Seekers enlighten us about the world of the paranormal and share with us findings from her investigations around Durham Region. Rachel's article is a must-read for those fascinated with the paranormal and seeking to discover more about it. Check out, *When the Dead Come Calling* on page 13.

I hope you enjoy reading our Fall issue. As always, feel free to send us your feedback on it. If you would like to pitch a story, or write for us, you can reach me at editor@thelocalbizmagazine.ca.


Wendy Chiavalon
Editor-in-Chief

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RAISING A READER

by Joan Gajadharsingh

Do you remember a favourite childhood story that was read to you repeatedly by an attentive adult? Would you like your own child to have the same wonderful memories? This is one of the many ways to raise a reader. Author and publisher, Emilie Buchwald is quoted, “Children are made readers on the laps of their parents.

If reading to your child for approximately 15 – 20 minutes is part of your daily routine, you are on your way to raising your own little reader. This is one routine that can start when your child is born and hopefully, it becomes a lifelong ritual, long after your child becomes an independent reader. Reading every day is just one of the fun and rewarding activities you can share with your child to develop his emergent literacy skills. Emergent literacy skills can be described as the knowledge your child has of reading and writing *before* he is actually reading and writing

on his own. Before your child can read and write, he or she has to be ready to read and write. Let's explore ways of promoting emergent literacy skills to get your child ready to read.

Talk with Your Child

When your child is born, the first gift you give him is the gift of your voice and your gaze while you talk directly to him. He looks at you, you return the look and the life-long exchange begins – first with coos and gurgles, then with actual words. Your child wants and needs your undivided attention as you have your most important conversation of your day – every day.

Everyone talks to their child, right? Yes, you do. Now, let's think about how you talk to your child and how you can extend your conversations. Children learn to talk from having conversations with people who are providing them with vocabulary. We all talk to our children but imagine how you can increase and enrich your child's vocabulary if you use new and curious words in your conversations. If you are making pancakes for breakfast, you might describe them as being flat and round at first mention of them. Then, when you make the second batch, you call your child's attention to the pancakes and describe them as circular shapes. Ask your child what else they see in the kitchen that

is round or circular. With repetition, your child learns the word 'round' is the same as 'circular' and that is a variation of the word 'circle'. A Math concept has been thrown into the vocabulary mix as a bonus.

If you're stumped on topics to talk about – ask your child. I guarantee there is an idea waiting to bubble over into a full conversation. Conversation prompts can be used to increase your child's general knowledge of their surroundings and their community — how many steps to the end of your driveway (literacy and numeracy go hand in hand), which way do you turn at the end of your driveway to go to the park, discuss street signs (include colours and shapes).

BEFORE YOUR CHILD CAN READ AND WRITE, HE OR SHE HAS TO BE READY TO READ AND WRITE.

upon a time...' story or telling a story can be as simple as reviewing your child's day, using connecting words such 'first we..., then we... and at the end of the morning we...'. Children love to hear stories about themselves so this is a great opportunity to tell your child 'his story' about when he was born, when he learned to walk or recounting the last vacation you had together.

Lisa Lipkin, author of *Bringing the Story Home*, says, "The stories we tell our children will define who they are and where they are heading. Most important, they will teach our kids to dream."

Just think – along with raising a reader, you are raising a dreamer.

Read with Your Child

Here it is again — reading. As mentioned earlier in the article, if you want to raise a reader then reading needs to be part of your daily routine with your child. When you fit reading into your day is up to you and your child. It might be part of your evening ritual as your child is being tucked into bed or perhaps you read while your child is splashing in the bath. Whenever and wherever you read with your child, ensure your child is engaged and enjoying the story. Read books on topics that your child is interested in and curious about. If your child is hooked on space, then see what your public library has in their collection on this topic. Children who have their own library card take pride in borrowing their own books from their local library.

Make your reading time fun — for both of you. Make the animal sounds, read in an animated voice, read books with nonsense words and silly rhymes (recognizing rhyme is an important skill for an emergent reader), ask questions about the story and suggest an alternate ending to the story.

Have your child 'catch' you reading. Parents are role models and if you are engrossed in a book or magazine, there is a strong possibility your emerging reader will want to be just like you! You read recipes to prepare meals, you prepare grocery lists and 'to do' lists and you read to get driving directions (even with a GPS in your vehicle). Make a point to talk about these tasks as you are doing them – your child is learning to make the connection from seeing you write the words to reading the words.

Tell Stories with Your Child

Perhaps you and your child are too tired to read a story at bedtime and you just want to snuggle into bed with the lights off. This is a perfect time to 'tell' a story. It can be a creative, 'Once

Sing with Your Child

Singing provides your child with a rich opportunity for oral language development and creative expression. Songs and finger plays lend themselves naturally to exploring rhythm, rhyme and speech patterns. Your child will learn to rhyme and then learn to read.

Sing anywhere and everywhere. Sing songs that you and your child know well. Now, take that song and create new words for it. Change the words of 'Twinkle, twinkle little star' to 'Crinkle, crinkle little car' – you make up the rest of the lyrics! Sing nonsense words in your songs – just make it rhyme.

You don't have to be a rock star to be a singing star to your child. He just wants to sing and play with you.

Play with Your Child

You have no doubt heard that play is a child's work. While your child is playing, look at how hard he is working at stacking the blocks one on top of the other (physics), getting the doll to fit inside the stroller sitting up (spatial awareness – math), rolling out the play dough to make the letters of his name (writing) - the list is endless. A child's learning is supported through play.

A child's emergent literacy skills can be promoted through play in various ways. skills.

Play dough is a play prop leader in this category. Manipulating, rolling and cutting those pieces of play dough strengthens your child's finger and hand muscles that will be needed to support a writing utensil properly. Play dough is necessary in creative/dramatic play as it is baked into cookies for sale (How many cookies do you want to buy? ... More numeracy skills).



Story telling with puppets or flannel board characters is another great adventure in oral story telling. You and your child can re-create a well-loved story or create a new family tale on the spot.

As your child is playing with blocks, try enlarging his vocabulary with words related to block play such as balance and talk about the shapes of the blocks. Have a book related to structures in the block bin.

Outside play is a great open canvas for emergent readers and writers. Do a 'story walk' through the park, telling a story using items you see as you go along the path. Gather nature props to recreate a story at home.

Draw a wordless picture story with your child in the sand during your outdoor adventure. You'll be leaving this story at the park so it will become an oral storytelling opportunity at bedtime!

Now, you've been doing all of these great activities at home with your child and you're ready for an outing. You and your child need to gather some new ideas and meet new people. There are two great options in your community that will fulfill these needs.

Public Libraries

The first option is your public library. Every community in Durham has a public library branch that offers programming specific to your child's age. Of course, you are welcome to drop in at the libraries at any time to peruse and/ or borrow books, dvds,

and computer activities. Contact your local library for operating hours and days.

An example of one program you can explore is the 'Ready Set Kindergarten Program' at the Ajax Public Library - Main and McLean Branches. It is a 4-week program offered in the fall, winter and spring for children ages 2.5 – 6 years, created on a play based model that focuses on a different topic each week – pre-writing, pre-reading, math and science. Each session begins with a group time where a story related to that week's topic is read. This is followed by a rambunctious singing time and then the program transitions to a free play format. Children are encouraged to explore the different play stations that are set up in the area. Stations include a specific art activity related to the week's topic and a variety of toys or materials that promote literacy through play while reinforcing the specific topic. These activities include play dough, building blocks, letter boards, puzzles, to name a few. It is the perfect opportunity for your emergent reader to test their newly found skills. It is offered in partnership with staff from the Ontario Early Years Centres and program registration is done directly with the library.

Ontario Early Years Centres

The second option is to attend any of the many programs offered at your local Ontario Early Years Centres. These centres, for families with children from birth – 6 years, are located throughout Durham region and offer a variety of parent/ child

interactive programs in a play based environment. Programs are on a drop-in or registered basis. Drop-in programs provide an opportunity for you and your child to play in an unstructured environment while interacting with early childhood professionals who are at the ready to answer questions on your child's development or any parenting queries you may have.

Registered programs provide the same play opportunities but with a focus in mind for the child. Some of these programs are even entitled 'Focus on Infants', 'Focus on Toddlers' and 'Focus on Preschoolers'. One popular example of a registered program is 'The Stepping Stones Program', offered at various satellite OEYC locations. Children entering kindergarten in the following school year are eligible to enrol in this program with their parent or caregiver. Parents and children are together for art activities, a story and song time.

"CHILDREN ARE MADE READERS ON THE LAPS OF THEIR PARENTS."

EMILIE BUCHWALD

This is followed by a parent education session for the adults while children remain in a separate room on the premises with OEY staff and participate in play based activities with a view to school readiness. For centre locations and program calendars, visit www.ontarioearlyyears.ca

As a parent, when does raising a reader start? It begins right from the time of your baby's birth. Enjoy the journey.

Joan Gajadharsingh works as an Early Literacy Specialist with Durham's Ontario Early Years. As the mother of two adult children, Joan is on a constant search for preschool children to share that next amazing story book with her.



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WHEN THE DEAD COME CALLING

by Rachel Cross

You hear what sounds like footsteps but you know you're home alone. You see a shadow out of the corner of your eye. Was that a male voice you just heard? Your first thought is someone must be in your house, but you know that's impossible.

Now your mind begins to fill with thoughts of ghosts and how you must prepare to come into contact with what you can only describe as the "girl from The Ring". You begin to fear what Hollywood has portrayed as evil, malevolent and terrifying. Could this really be happening to you? Is this real? This can't be the end, can it?

The biggest misconception with the paranormal is that they are all out to get revenge, to take the lives of the living because they can no longer be a part of this world. The truth is the majority aren't. While there are some negative energies out there that thrive on the discontent and sadness of the living, most haunting are usually caused by something,

or one, far less wrathful. The second biggest misconception with the paranormal is that ghosts and spirits are the same thing. They are not. A ghost is someone who has died, usually rather suddenly (murder, accident, etc), and they do not understand that they are dead. They tend to search endlessly for help and try to get the attention of the living. They may also repeat the same actions over and over or continue on with their "life" as they know it. A spirit is someone who has died, crossed over to the "other side" and now comes back to visit. Spirits are known to visit their favourite person (or people), places and things, or whatever they had a connection with in life. While they can have the same characteristics of ghosts, Spirits tend to let the living know they are there. How can you decipher between the two? That's where The Paranormal Seekers come in.

WHO YOU GONNA CALL?

Founded in late 2004, The Paranormal Seekers set out to investigate local paranormal activity and bring history back to life. With the use of good old-fashioned research, technology and Psychic Mediums, The Paranormal Seekers venture into many locations with the hopes of connecting with those on the "other side" and letting these locations know who their invisible residents are. Throughout the last 13 years, the team has grown to have 12 unique members and have been to a plethora of locations, both private residences and public places, throughout the province of Ontario. Many of those



locations have been right here in Durham Region.

Located on Simcoe St. South in Oshawa, the **Canadian Automotive Museum** may seem like a boring place for the dead to hang out, unless they like cars of course. The building dates back to the early 1900s and was once the Ontario Motor Sales car dealership. It was also numerous other businesses, including the local welfare department and a hallmark card store. The Museum opened its doors in 1963 and has since been rumoured to house a ghost or two (and not the Rolls Royce kind). During our first investigation, a Psychic that had joined us had picked up on a spirit by the name of Cameron. The Psychic had also picked up on a little girl and boy that played amongst the vehicles. At around 2 o'clock in the morning, one of our walkie talkies went off without assistance. Coming through was a little girl calling out for Cameron. It shocked all of us and is one of our best pieces of evidence to date. Fast forward 8 years and we find ourselves back at the Automotive Museum with the same Psychic. Cameron is still present and keeping things in line. Since we didn't get any information about him the first time, we decided this would be a good time to get to know him. We asked many questions and the Psychic relayed the answers to us – his last name was Dart. He didn't live in Oshawa, but had family here. He was technically 21 when he died of what he thought was a gunshot wound and the last place he remembered was Belgium. With this information, we were able to find a Private Cameron Dart who served in the First World War. He was just shy of his 22nd birthday when he was killed in action. He was buried in Belgium. He was originally from Burketon, but his Dad lived in Oshawa. His name is also inscribed on the war memorial wall across the street from the museum, in the park. When we asked why he chose to stay at the museum, according to the Psychic, his response was "Why not?" With that, we like to say that the Canadian Automotive Museum is Cameron's residence and is most definitely haunted.

One block west of the Automotive Museum is Centre Street South. Slightly to the north of Memorial park sits

a historically deemed building that was built sometime between 1924 and 1926. Once a family home, this building is now commercially zoned and is home to **S. Caper's Break Out Zone**. As an escape room game facility, the staff at this location will tell you that there is much more than just the thrill of escaping the room present. Footsteps, strange feelings, doors closing and an apparition have been reported by current and past staff. The Paranormal Seekers have investigated this location numerous times and have been given the opportunity to continue our studies here to see if anything changes over time. The team has had many different experiences here. There are 8 spirits that come and go. While some are there more frequently than others, we always know who is with us by the way we feel and how they use our equipment. We have had some interesting ghost box responses, K2 meter hits and REM pod activations. Our Ovilus can be very talkative at this location and eerily accurate. Not all of our spectral friends at the location are connected to the house itself. The location seems to emit a beacon of light, which brings all of those looking to get a message across. We definitely believe that S. Caper's Break Out Zone is one of the most active locations we have investigated.

Having been moved twice, the **Station Gallery** can now be found at the corner of Victoria Street and Henry Street in Whitby. Originally located at the foot of Byron Street, this former Grand Truck Railway junction has an unsolved murder associated with it. In December of 1914, Billy Stone, a night time telegrapher operator, was shot and killed inside the station during his shift. He was able to call for help but sadly succumbed to his injuries before help arrived. Over 100 years later his murder is still a cold case file. Now an art gallery, visitors to the location have felt and seen some unexplainable things. A little boy has also pointed out that he had seen a man walk through a wall. During our investigation of the location, we felt that we had communicated with Billy through our REM pod. We also feel that we communicated with Billy's father, William, who ended his own life six months later,



through the REM pod as well. We had some interesting ghost box communication and were able to capture some strange anomalies on our digital video recording system. We believe Billy is still at the station, working away like he did, hoping that someone will solve the mystery surrounding his death. We also believe that William is at the former station. However, we are unsure if he is there because he feels lost or if he is trying to find his son's killer.

Heading north on Island Road in Port Perry, on your way to "Ghost Road" or the Casino (if that's more your thing), you will pass an old school house with numerous buildings behind it, as well as a cemetery. The **Scugog Shores Museum Village** is a living history museum made up of 12 restored buildings that were moved to the property over time. There have been numerous reports of paranormal activity throughout the location – Apparitions, strange noises, disembodied voices, feelings of being unwelcomed and even the sounds of phantom horses. We focused mainly on 4 buildings: The Schoolhouse, the Lee House, the large barn and the Church. It is said that Mrs. Lee still inhabits her former home and does not like when people come to visit unannounced. It is known that she will tend to keep out those she does not want in by locking the doors. In the Schoolhouse, it is said that the energy of children is felt. However, something much darker lurks in the basement. This darker energy seems to dislike many and will make you feel uncomfortable and unwelcomed. It is with these feelings that it succeeds in getting people to quickly leave the lower level. The barn is said to have a death attached to it. Whether it was murdered or misadventure, it is a tale that is still unknown. During numerous investigations we captured some amazing Electronic Voice Phenomenon (or EVP as us paranormal enthusiasts call it) on our audio recorders. We also had some interesting REM pod activation in the Lee House and a large item was captured shimmying off a shelf and landing with a thud when no one was around. We definitely believe that the Museum and a few of its buildings are haunted.

THEY'RE HERE...

Whether you believe in the paranormal or not is a choice that is left to you. Sometimes an experience is all someone needs to believe. Some people may need a ghostly slap to the face to feel that they can believe in it. For The Paranormal Seekers, the reality is that it does exist. Just not in the way you see on television or in the movies. Most investigations only provide a small bit of evidence, nothing big like you see while watching your favourite ghost shows. An eight hour investigation may only yield one tiny audio recording. The holy grail of paranormal evidence has yet to happen, but it is something that we strive to capture during each investigation. Ghosts and spirits are not performing circus monkeys; they won't speak into the red light or touch the teddy bear just because you asked. As in life, if you don't want to do something someone told you to do, you won't do it in death.

Everyone, at some point in their life, has had or will have an experience. It is up to the individual to believe whether or not it is paranormal in nature. Unexplained activity happens every day, but society has put out the notion that these things do not exist. A once taboo topic has now become the norm. Have you had your experience yet? If not, today just might be your day.

Oh and one more thing - if you're already out there investigating the paranormal be careful. What you may be seeking, may be seeking you.

Founder and Lead Investigator of The Paranormal Seekers, Rachel Cross has had some interesting paranormal encounters throughout her life. Growing up in Durham Region and Clarington, Rachel has always been interested in local ghost stories and finding out the history behind each location. She hopes to one day pass on her love of history and old houses to her son.

Autumn Events Calendar

September 7 - September 10, 2017

Orono Fall Fair

The 164th Orono Agriculture Fair is happening at the Orono Fair Grounds. Orono
www.oronofair.com

September 8 - September 10, 2017

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September 10, 2017

Grandparent's Day

Today is grandparent's day! Treat yours to a trip on the York-Durham Heritage Railway through the picturesque Oak Ridges Moraine. Half price for each grandparent accompanied by a fare-paying grandchild. 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. Book your tickets online.
Uxbridge
www.ydhr.ca

September 16, 2017

Port Perry House Tour

Come and tour some of Port Perry's finest homes in support of local charities. Tickets are \$25.00 per person (\$27.00 online).
Port Perry
www.portperryhousetour.ca

September 21, 2017

Harvest Dinner

Tantalize your taste buds at the Centre for Food's (CFF) exclusive Harvest Dinner with a menu featuring fresh food grown and harvested by Durham College (DC) food and farming students, cooked by DC culinary and baking students, and served by DC hospitality and event planning students. Net proceeds from the Harvest Dinner will fund bursaries for students enrolled in the CFF's culinary, baking, food and farming, event and hospitality programs.
Whitby (Durham College)
www.durhamcollege.ca/academic-schools/centre-for-food/harvest-dinner

October 7, 2017

Newcastle Harvest Festival

Join us for an exciting festival that showcases Newcastle's wonderful art, food, and music. There will be something for the entire family: games, music, and fun events! Everyone is welcome to join us for some old fashioned fun!
Clarington
www.villageofnewcastle.ca

October 13 - October 15, 2017

Fall Art Festival

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

October 14, 2017

DurhamVeg Vegan Festival

A festival to celebrate healthy eating, animal compassion and the health of our planet.
Whitby (Abilities Centre)
www.durhamvegveganfestival.com

October 20 - October 22, 2017

The Spirit of Canada: A Literary Celebration

An international conference blends Lucy Maud Montgomery's love of country and patriotism with a celebration of Canada's 150th birthday. Includes speakers, concerts, a writing contest, and more.
Leskdale
www.lucymaudmontgomery.ca

October 21, 2017

Devil's Den Trail Race

Join us in this great trail for a 5k, 10k and kids 3k. First 100 people receive a free running buff. This local race is sponsored by The Brooklin Run Club, Copper Branch (Brooklin) and Running Free Ajax. All proceeds go to support the Abilities Centre in Whitby, a charitable organization that offers sports programs, an indoor track, and classes for people of all abilities.
Whitby (Herber Down Conservation Area)
www.raceroster.com/events/2017/13301/devils-den-trail-race

October 27, 2017

Ganaraska Region Conservation Authority's Under the Stars

Join the Peterborough Astronomical Association and GRCA staff at the Ganaraska Forest Centre to see Jupiter, our Moon, Mars, Saturn, star clusters and other celestial sights with telescopes and other observing aids provided by the PAA and instruction by its members. Pre-registration is required by calling 905.885.8173. \$15/adult & \$10/child.
Clarington (Ganaraska Forest Centre)
www.grca.on.ca

November 9, 2017

Bowmanville's Girl's Night Out

Grab your favourite ladies and spend a night on the town in Historic Downtown Bowmanville during our fabulous ladies shopping event! Come experience the FUN of a Girls' Night Out! Stores open late for you to SHOP! DINE! DISCOVER! From 6 p.m. to 10 p.m.
Bowmanville
www.bowmanville.com/events/girls-night-out

November 11 - November 12, 2017

Autumn Art Festival

Over 20 local Port Perry artists display and sell their artwork at Scout Hall, 10 am to 4 pm both days. Draw prize, painting demos and free refreshments. Visa/Mastercard accepted.
Port Perry
www.ppaaart.blogspot.ca

November 24, 2017

Brooklin's Christmas in the Village

Experience the essence of an "Olde Time Christmas" at Downtown Brooklin's Christmas in the Village. The weekend of events begins on Friday evening at Grass Park at 6:00 p.m. Santa, his reindeer and friends help light the Christmas tree.
Brooklin
www.whitby.ca/events

November 25, 2017

Pickering's Santa Claus Parade

Annual Santa Claus Parade presented by the Kinsmen and Kinette Club of Pickering. Applications will be available online at pickering.ca/greatevents and at City facilities after September 5th.
Pickering

November 25, 2017

Old Fashioned Christmas Concert

Community talent takes the fore in an evening of music, dance, recitation and skits. All the family can join the carol singing and fun, and enjoy a visit from Santa.
Leskdale
www.lucymaudmontgomery.ca

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

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Raindrop Wellness

by Kim Duffield

What is The Raindrop?

About 4 years ago, I was introduced to the “gift” of the Raindrop and was completely blown away at the extreme benefits it provides to people and their health. The Technique was based on extensive Aromatic Science research and education on alternative treatments of organic essential oils and their anti-microbial properties, conducted by Dr. Gary Young, Founder of Young Living and World Leader in therapeutic botanical essential oils.

Many medical professionals such as chiropractors, massage therapists, and other practitioners around the world are using the Raindrop Technique as treatment in their medical practices and have found it to be an outstanding method to relieve the symptoms associated with sciatica, scoliosis, kyphosis and chronic back pain and that it helps with relaxations, correcting spinal misalignments and antiviral effects.

With the application of nine or more of the purest organic essential oils in a specific order along the spine of the back and spine of the feet, the treatment allows the body to be brought back into balance and the energy centers to re-align.

The term “Raindrop” was created by the Dr. Gary Young and the Lakota Indians. Traditionally, they used “Rain” dance as part of their ceremonies and the “drop” is the motion of dropping the oil in a line down the spine.

The Lakota People & the Aurora Borealis

Raindrop Treatment first originated in the U.S.A by the Lakota Indians in the 1980's. Dr. Young, when visiting the villages had learned about this treatment from Wallace Black Elk, “Medicine Man”.

For several generations before the U.S./Canadian border was established, the Lakota people had migrated across the Canadian border into the northern Regions of Saskatchewan and Manitoba

where they often witnessed the phenomenon of the “Aurora Borealis” or what we know as the “Northern Lights”.

People who were ill or had complicated health issues would stand facing the Aurora Borealis holding their hands towards the lights and inhaling deeply. The Lakota believed that when the Aurora Borealis was visible, the air was charged with healing energy and they would inhale this energy mentally, passing through their spine and onto other afflicted areas of the body through neurological pathways.

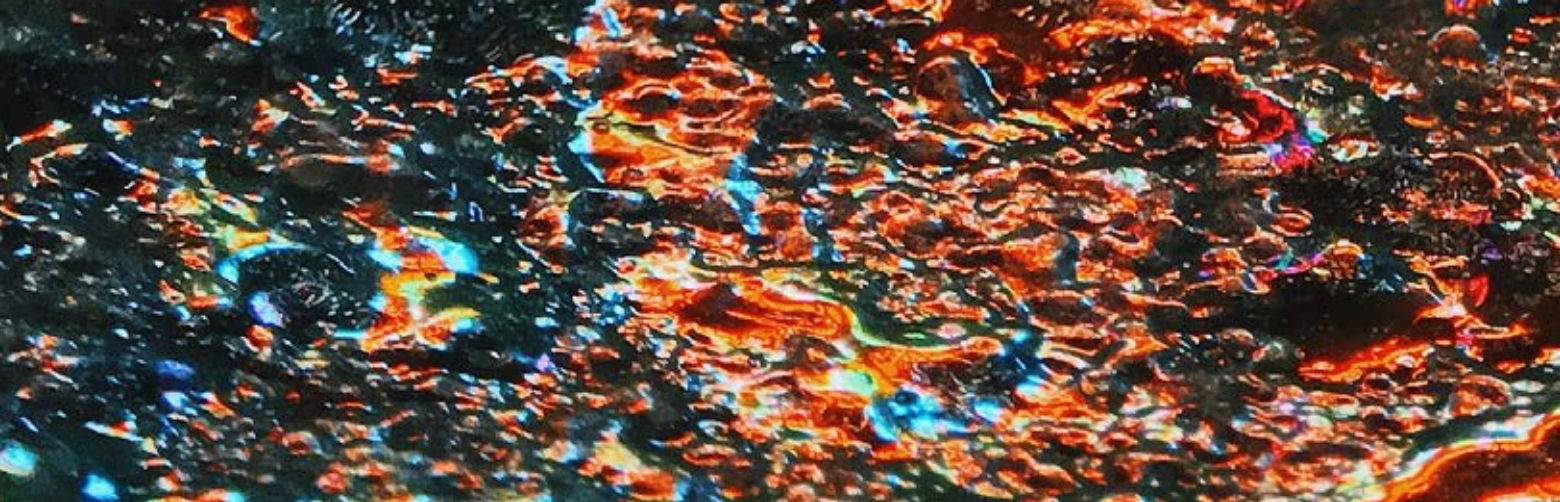
Effleurage Technique

Many people experienced dramatic healing effects by this practice and would use it together with the application of therapeutic essential oils by specialized light stroking or “feathering” of the skin known as effleurage technique which stimulates the receptor cells in the body to facilitate the spreading of energy.

Some researchers believe that a “systematic memory” exists in everything around the world and when effleurage is performed on the spine of the back, the effects on the entire body are greatly enhanced or heightened. The medical hormonal-like properties begin to work as they are extremely concentrated and have a unique lipid-soluble structure, including oxygenating molecules which fuel our cells and are similar to the makeup of our cell membranes. This gives the ability to penetrate our cell membranes and diffuse throughout the blood and tissues, and can travel throughout the body transporting oxygen and nutrients inside each cell of the body within only 21 minutes of the application, and in some cases within seconds.

Pathogens Causing Scoliosis and Sciatica

Scientific research shows certain microorganisms lodge in the “Ganglia” near the spinal cord and can contribute to deformities



causing inflammation which contorts and disfigures the spinal column.

Raindrop treatment fights against these pathogens lying dormant against the spine and alleviates symptoms of spinal malformations and strengthens the immune system.

What is Vita Flex?

Vita flex is another therapeutic technique adapted from Oriental acupuncture, acupressure and reflexology. The term "Vita flex" meaning "vitality through the reflexes" involves the gentle pressing and rolling of the fingertips upon a person's body and/or feet at specific meridians/reflex points. Having originated in Tibet thousands of years ago, it was perfected by Stanley Burroughs in modern times, long before acupuncture was developed. The theory of Vita flex uses the fact that the human skin is "piezoelectric", and that through stimulation and when even a slight pressure is applied to the body and feet, electric charges or currents move accordingly into the body and have therapeutic value in acupuncture treatment. These charges allow the energy to flow delivering the benefits of each oil used by following the nerve pathways to a break in the electrical circuit caused by toxins, damaged tissues, or loss of oxygen.

As a pressure point therapy, Vita flex is known to have helped more than 5000 reflex points in the body to heal itself and is capable of releasing many kinds of tension, congestion and imbalances in the body.

Essential Oils vs. Modern Medicine

No one knows when aromatic essences of certain trees and plants began to be cherished. Their ability to comfort as well as heal ailments predates recorded history. A search of the website of the National Library of Medicine (PubMed) retrieves over 9,500 studies on the benefits of using essential oils. While scientists are able to replicate the exact chemical nature of an essential oil, their chemical copy cannot duplicate the therapeutic effects found in a natural organic essential oil.

Essential oils are nature's perfect solution for the problems that chemicals, poor nutrition and stress have added to our lives and have a critical importance and benefit in the health and wellness of people and animals. Considered the "Missing Link in Modern Medicine" to battling illness, they are called the "Life Force" of a plant and are stored in special cells, ducts or glandular hairs that are distributed among the flowers, leaves, bark, stems and roots

of the plant. The oils protect the plant from injuries, insects and microorganisms.

Therapeutic Essential oils that are applied support healthy bone and spinal structure and relieve spinal misalignments. They also:

- Support and boost the strengthening of the immune system.
- Support a healthy digestive system and lung function.
- Help you focus and feel balanced easing emotional trauma.
- Relieve back tightness and soreness and massage away muscular knots and spasms.
- Provide nervous system support during times of stress.
- Calm the body and revitalize your spirit promoting emotional well being.
- Relieve tension and increase flexibility.
- Provide relaxation, energy and rejuvenation of the body.

Benefits of Botanical Essential Oils in the Body

Essential oils stimulate the secretion of antibodies, neurotransmitters, endorphins, hormones and enzymes. Oils containing limonene have been shown to prevent and slow the progression of cancer. The nutrients and proteins work as a restorative building block and have numerous unlimited benefits such as destroying infectious agents, eliminating chronic pain, restoring muscle mobilization, removing inflammation and disease, improving brain function, preventing congestion of toxins and expediting the elimination of toxic debris, thereby improving lymphatic flow.

Some essential oils have the ability to decrease the viscosity or thickness of the blood which can enhance circulation and immune function. Adequate circulation is imperative to good health as it affects the function of every cell and organ in the body including the brain. Research has indicated that when diffused, essential oils can increase the atmospheric oxygen and provide negative ions which in turn inhibits bacterial growth. Because of their ionizing action, they can break down potentially harmful chemicals and render them "nontoxic".

European scientists have also found essential oils to have the ability to work as natural chelators, binding with heavy metals and petrochemicals and removing them out of the body

Today there are over 300 essential oils distilled or extracted with several thousand natural chemical constituents and aromatic molecules identified and registered. The quantity and quality and



compound types will vary depending on climate, temperature, and distillation factors and ninety-eight percent produced today are used in the perfume and cosmetic industry. Only about 2 percent are produced for therapeutic and medicinal applications.

Most Importantly, because of the complexity of essential oils, they do not disturb the body's natural balance or homeostasis; if one constituent exerts too strong an effect then another may block or counteract it. Synthetic chemicals in contrast have only one action and often disrupt the body's homeostasis. This is why it is vital to your health to use only the purest therapeutic grade oils with the highest ORAC values.

The Importance of Purity in Every Drop

Dr. Gary Young established the term "Therapeutic-Grade," now known as Young Living Therapeutic Grade™ (YLTG), as a guarantee that Young Living will only distill 100% pure, natural, uncut oils that maintain the vital therapeutic potency. "Copycat chemicals mixed in a sterile, stainless-steel laboratory would never compare with the power of the essential oils from a plant that grew in its natural environment with rich soil, warm sun, pure water and fresh air" – Dr. Gary Young.

Young Living has developed the world's largest organic herb farms for the production of therapeutic grade essential oils and owns more than 1,800 acres of organic farmland in Utah and Idaho with over 70,000 square feet of greenhouse space. Harvesting over 2,000 acres of wild herbs and vegetation, they are one of only a few companies in the world that are growing from seed, harvesting, distilling, producing, formulating, packaging, and marketing pure A-grade essential oils.

Young Living participates in joint-venture research farms in Provence, France, and Seville, Spain and is the first company to expand their farms into Ecuador, owning more than 2,000 acres harvesting Rainforest oils. They are also the first to combine guaranteed pure essential oils with dietary supplements and has formulated proprietary chemical-free products for personal care on humans and veterinary care on animals as well.

Veterinary Care

Formulated especially for all species of animals, Dr. Gary Young has created the most amazing line of singles and blends of essential oils that treat various ailments that animal's experience. They have been used very successfully on many different kinds of animals from kittens to 2,000 pound draft horses. Animals

generally respond to essential oils in much the same way that humans do, however they are more sensitive to the effects.

They often tend to have a natural affinity to the healing influences of the oils and help with:

- Viral or bacterial infections e.g. yeast
- Mineral deficiencies
- Arthritis. bone injury
- Ligaments. tendon injuries
- Ticks, fleas, other parasites (mites, worms)
- Inflammation, pain
- Trauma, nervous anxiety
- Skin cancer, tumors, dry skin
- Wounds, cuts and scrapes
- Sinus problems, colds and flu, kennel cough, colic
- Insect repellent
- Shiny coats

Personal Journey and Introduction to the Raindrop

Tragically In 2009, I lost my mother to a rare form of Leukemia she was infected with. As she was anemic and had heart issues, she was prescribed traditional over the counter medication, which was thought to have started the chain reaction, thinning her blood and requiring her to have a blood transfusion. My mom's body had rejected the blood and the disease had spread through her body at an alarming rate, destroying her entire immune system and finally succumbing to her illness all within a time span of a month.

My father suffered from Parkinson's disease and Dementia and out of loneliness and missing my mother, passed away in 2010. I felt so devastated and helpless and with their passing led me to reflect on my own health issues I was struggling with, and motivated me to find a natural solution to combatting disease. This desire to find the answer led me to the Raindrop and I haven't looked back at modern medicine since.

Kim is a professional Raindrop Consultant. She is a strong proponent of the Raindrop Technique and Young Living essential oils after experiencing the positive benefits associated with it.

The views and opinions expressed in this article are solely those of the writer and do not necessarily represent those of INspired Media Inc. Please consult with your medical professional before starting any new health program.

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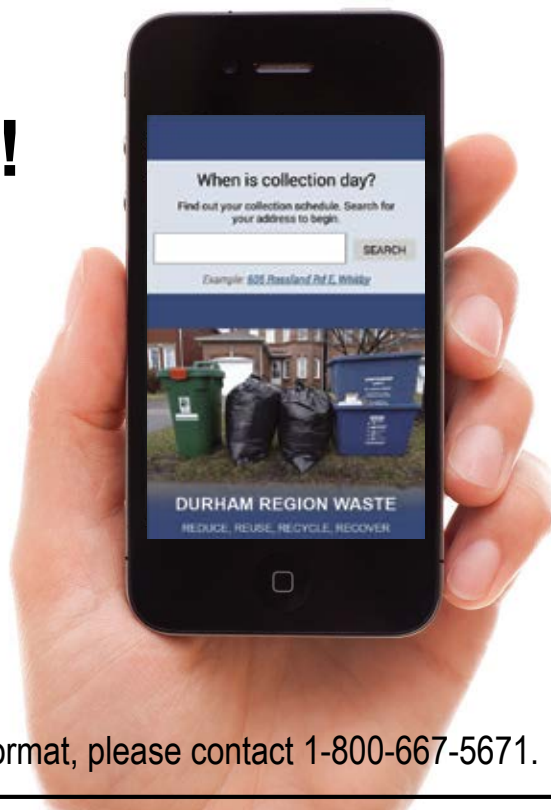
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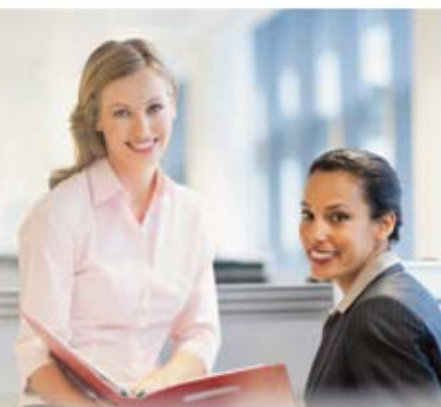
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For the Love of Wine



by Wendy Chiavalon

There's nothing like sitting back and enjoying a glass of red... or white, or blush if you prefer. Most people when they think of wine, think of wine made from grapes. But did you know that in addition to grapes, an array of fruit (and vegetables) can also be used to make wine?

Here in Durham Region, we are blessed with not one, but two wineries at our doorstep – Archibalds Estate Winery in Bowmanville and Ocala Winery in Scugog – who offer a selection of wines for the fruit wine lover. I have visited both these wineries, tasted their delicious wines, and had the opportunity to chat with them and learn a bit more about the differences between fruit wine and wine traditionally made from grapes.

1) What kinds of fruit can be used to make fruit wine? Are the possibilities of fruit that can be used limitless?

According to Archibalds Estate Winery, any fruit with natural sugar can be fermented and made into wine. Ocala Winery agrees and further adds, many types of vegetables too can be used, even weeds. For example, you can make with rhubarb and beets.

Beets actually make a deep, rich, red wine. At least one winery in Ontario has made wine using Dandelion and Golden Rod. Although not commercially of value, a wine could basically be made from anything that could be soaked in water to extract a flavour, then sweetened up to create alcohol with the addition of yeast.

2) In your opinion, why are grapes the "chosen" fruit for wines? (That is, when people ask for wine it usually refers to wine made from grapes, but fruit wine refers to wine made from other kinds of fruit besides grapes.)

Grape wines are, for the most part, the wines that people turn to in commercial liquor stores. Fruit wines make for excellent variety for tourists and visitors to "Cottage", and "Farm Gate" wineries. Grape is the easiest fruit to work with for winemaking as it is capable of ripening with the required sweetness to make the desired alcohol level when fermentation is complete (Ocala Winery).

3) Is the harvest time different for fruit wines vs. grape wines?

Both wineries point out that harvest timing is different for every type of fruit including grapes. It usually ranges from early June to late October. For example, raspberries in Ontario are harvested in mid July; plums ripen from late July to early September; blueberries ripen late in August; apples ripen from mid September to late October; wine grape varieties vary by varietal and ripen from mid September to late October. Each variety for fruit or grape wines must be monitored in order to be harvested at the peak of ripeness.



4) Do certain fruit wines pair up best with certain types of foods?

Finding a good match between the food you are eating and the wine you are drinking is key. "Good food & wine matches enhance the taste of the wine & the food. Sip the wine first... taste the food... then sip the wine again. If the food or wine seems to dominate, it's time to try a different match." (Archibald's)

Similar to grape wines, certain varieties of fruit wines do pair well with certain foods. For example, an apple wine is a great choice for a pork dinner. Apples are often incorporated in the cooking of this meal. As well, a dry apple wine pairs well with a spicy pasta dish. Try a cherry wine with a Turkey dinner. Many salads today use different fruits to enhance the flavour. Wines such as Plum or Apricot are often served as compliments (Ocala).

5) What characterizes a wine as a "dessert wine"?

The word "dessert" is key here. Desserts are typically sweet. Generally speaking, dessert wines are sweeter - some much sweeter than table wines. How often do we finish the first course of a meal, we feel full, but still have "room" for a taste of a sweet dessert to finish? A dessert wine can compliment a dessert, be used in a dessert, or be served alone as the dessert. Ontario is famous for the production of "Ice Wine", a sweet wine made using grapes frozen on the vine and harvested near Christmas (Ocala).

6) What types of products do you offer customers?

Archibald's Estate Winery uses all Ontario fruit – everything but grapes! Their primary fruit is apple. They have 12,000 trees and 13 different varieties. The apple varieties that make the best wine are tart ones like McIntosh and Ida Red. They have also recently used Honey Crisp apples. Archibald's favourite berry fruits include

raspberry, black currant, strawberry & cranberry. They also use tree fruits like sweet and tart cherries and peaches. A unique fruit, grown in Niagara is Kiwi.

In addition to alcoholic wines and ciders, Archibald's also make four non-alcoholic ciders. Apple, Apple Raspberry, Apple Black Currant & Apple Cranberry. These are very popular for people of all ages at special occasions, diet restrictions etc.. An extensive list with wine/cider information can be found on their website: www.archibaldswinery.com. In the fall, their Apple Core Cafe is also open with fresh cut fries and caramel apple dumplings.

At Ocala Winery, the wine production is about equal in that of fruit wines and grape wines. Due to the winery location on the Oak Ridge Moraine, weather and winter intensity often dictates the volume of individual wines that will be produced the following year. The wines at Ocala include several varieties made from different types of grapes, plus fruit wines made from apple, pear, plum, cherry, raspberry, blueberry, and rhubarb. In recent years, Ocala has planted several winter hardy varieties of grapes that are proving to be excellent for its northern location. These include Marquette, Le Crescent, Adalmina and Sabrevois. A listing of their selection of wines can be found on their website: www.ocalawinery.com.

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

Many thanks to Sandy and Fred Archibald of Archibald's Estate Winery and Irwin Smith of Ocala Winery for taking the time to share their expertise with The Local Biz Magazine.

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by Stephanie Herrera

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Back to school and back to the theatres for the fall movie line up!



For the kid in us all

The **Lego: Ninjago Movie** is opening September 22nd and promises to have everything a family movie needs: heart, humour, and action! From the makers of the first **Lego Movie** and with a following of books, toys, and a TV series, these comical, yet intense Ninjas are ready to save Ninjago city from the evil warlord Garmadon. One small problem: our hero, the Green Ninja, is also Garmadon's son, opening us up to humorous banter.

Thor: Ragnarok is hitting the theatres November 3rd and hitting it hard! Chris Hemsworth is back in this title role, along with Tom Hiddleston as his brother Loki and Mark Ruffalo (reprising his role as Bruce Banner/The Hulk). This sequel has Thor, imprisoned on the other side of the universe and he must fight his way back to his world from the evil Hela (Cate Blanchett) who has destruction on the brain. Fighting against time, countless enemies, and even against his old friend, the Hulk, in a gladiator style death match, Thor will delight Marvel fans guaranteed.

Adults only

35 years after the iconic original, fans are anticipating **Blade Runner: 2049** on October 6th. Harrison Ford reprises his role of Rick Deckard, tracked down by a new blade runner, LAPD Officer K (Ryan Gosling). This movie has the powerful and stunning vision of Denis Villeneuve (**The Arrival**) as director and the writing chops of Michael Green (**Logan** and **Alien: Covenant**) behind this long-awaited sequel.

Jackie Chan's reign as one of the most recognized action stars, is far from over as he returns on October 13th with **The Foreigner**. Based on the novel "The Chinaman," by Stephen Leather, we follow the story of a restaurant owner who is forced to abandon his morals after the justice system fails him. He is pushed on a mission of revenge after his family is killed by Irish terrorists. His nemesis: Liam Hemsworth, played by Pierce Brosnan.

Holiday Movies

Time to start off the holiday movies early with **A Bad Moms Christmas**. On the heels of the first Bad Moms box office success, the moms (Mila Kunis, Kathryn Hahn, and Kristen Bell) are dealing with the holidays and their own moms in town to visit. Cue the comedy family dysfunction as bad mothers, including Cheryl Hines and Susan Sarandon, clash with their younger selves in their daughters.

Walt Disney Pictures and Pixar Studios have joined together to make a dazzling animation movie on the Mexican "Day of the Dead" holiday. **Coco** follows a young Mexican boy, Miguel, who unwittingly finds himself propelled into the Land of the Dead and, with new friends in tow, journeys to find his way back to his family. This is a heartwarming tale that will be visually awe inspiring and entertain everyone who wants to escape and return home all at the same time. The magic starts November 22.

Stephanie Herrera is the Artistic Director of the Not-for-profit: Durham Improv Collective Inc., the Director of Industry Operations for the Future of Film Showcase in Toronto, and the Durham Region International Film Festival. She is an actor, voice over artist, writer for stage, TV, and film, director, producer, and acting and improv teacher. Check out her book: "The Ten Commandments...of Improvising!" on her personal website.

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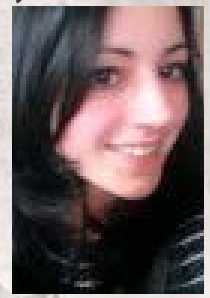
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by Tara Richardson

Soul Searching



Are you showing up in the world the way you want to?

So often we are just plain busy and stressed that we fail to have patience, our manners begin to elude us, and we're so involved in our electronics that we miss human connection. All of this is normal- and we can manage our hectic lives so much better if we make the intention to look up and beyond our own stress. And, we will always have stress- it's an inevitable part of life.

One way to alleviate some stress is to commit to living a value-driven life. Values are not rules, rather they are our guiding principles. If you google "list of values," you will find authenticity, persistence, curiosity, compassion, and so many other important values. I recommend writing down what you think your top five values are on a sticky note or index card and leaving it in a place that you see every morning (like your bathroom mirror) to remind yourself to lead a more intentional life. This means waking up knowing what you want to make happen in your day and actually doing it.

I recently read a book on confidence (The Confidence Gap by Russ Harris, based on Acceptance and Commitment Therapy) but it was very much applicable to values. It asks questions such as, if you had unlimited confidence, how would you behave differently? Think about this question in terms of your ideal world, where you practiced your values all the time... what would it look like? How would you walk and talk differently? How would you treat others differently? How would you treat your body? How would you talk to yourself? How would your character change? What sorts of things would you start doing or stop doing? What goals would you set and work towards?

For example, if you value curiosity, how might you behave differently? You may decide to take an online class and learn something new. It doesn't have to be big and you don't want it to stress you out more but it will feel great to put your foot into something you truly value instead of more obligations. If you value kindness, you may wake up in the morning and decide to start 3 positive conversations with strangers today. Or, if you're not in a talkative mood that's fine too; you can still look up and smile at others. Small acts that coincide with our guiding values can go a long way in making us feel better about our own lives and others too. I think that if we ignore our values for too long then it becomes a source of distress and disconnect.

A final note on values: we can value something and not act on it all of the time- and that's okay- it's recognizing where we're at, how to move forward, and most importantly, how to do the next best thing to get back on track with our own very unique value system.

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.

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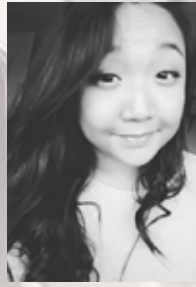
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by Jennifer Liwanag

You, Me & A Digital Life



Back To School Apps You NEED To Stay On Track This Year!

I think we can all agree that despite how motivated we are to do well every school year, we all eventually fall into a rut once the workload and stress starts to build up, causing us to lose our tracks. That being said, you can still be productive and successful without running your mental health crazy. Here are a couple of apps that will do the job:

Pocket Schedule | “Pocket Schedule” will be your holy grail this school year. It is an app that you can input all of your classes, all of your assignments, all of your readings, all of your homework, and all of your in-between tasks. You can even enable the widget for this app onto your home screen to ensure you will always see what’s due next. I suggest that the moment you get your class syllabus or an assignment, you input all of the due dates into this app. That way you can keep track on how much time in-between multiple assignments you have so you can prioritize your time more wisely. This will definitely help you defeat those moments of overwhelming fear when you realize you have multiple final assignments due on the same day!

5 Minute Journal | I cannot stress how important it is to take care of your mental health—especially during the school year. Yes, you want to get amazing grades, but overworking yourself is not worth burning yourself out. 5 Minute Journal is an amazing app that only takes 10 Minutes out of your day—5 Minutes in the morning and 5 Minutes in the evening. This app encourages you to reflect on what you are grateful for, what you will do today to make it a great day, what makes you special, amazing things that happened today, and how you can improve tomorrow. There is even a section to upload a daily photo for remembering those special moments in-between. This app is especially important to have during the school year because it focuses on encouraging positivity and gratitude—which we tend to forget when we are so stressed and overwhelmed with school. When you feel mentally healthy, you tend to do better in school.

Study Blue | Do you love learning new concepts through flashcards, but hate carrying around multiple bulky sets for your multiple classes? Well, Study Blue is the app for you! This is a virtual flash card set that lets you create sets for your classroom material. It is very nice because you no longer need a friend to “quiz” you and you can share this set with all of your friends in your class!

I hope you take a look at these three app suggestions for back to school and give them a try! By organizing your schedule with Pocket Schedule, staying mentally healthy with 5 Minute Journal, and studying hard with Study Blue, you are going to rock this year!

Jennifer Liwanag is the founder of StickToPlan on Etsy and the website owner of Jennibearxo. She also blogs for The Local Biz Magazine as the Technology Blogger. She enjoys discovering new technology, collecting and designing stationery, and going on travel adventures with her high school sweetheart.



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"All the people we have met and all the people we have yet to meet, are meant to exist so we can find them. So we both could exchange a set of directions, which will guide us to the next place we are meant to go." - Robert M. Drake

Hello readers! I trust that this past summer has been relaxing for all of you, and I hope you were successful in discovering things about your lives and how you want to live them.

With summer gone as fast as it came, we can safely say that the new school year is in full swing. This means it is autumn once more, and as the weather grows colder with each passing day, I become more aware of the fact that I'm growing older and moving on to other things. Autumn has always been my favourite season, so it seems and feels fitting that I end my journey with this column in this fall issue.

Writing this article was harder than I imagined it would be. After almost four years of writing this column, I've grown fond of all of you and this outlet that we've created to navigate life as a teenager. Saying that I had a hard time finding the right way to say goodbye is an understatement. Truth be told I knew this day would come eventually, but that doesn't make the goodbye any easier. It has been tough for me to let this go, but I'm excited to move forward and enter a new chapter of my life. Thank you for being a part of this endeavor with me. Without this column, I would have never discovered just how deep my passion for writing is.

So, as I go off on a new journey and bid farewell to this one, I want to wish each and every one of you the very best of luck with yours. I'm extremely grateful for this opportunity and I hope that through my self-discoveries I've helped some of you with yours.

My final piece of advice to you is to focus on your relationships with other people. Remember to appreciate people and show them how much you care about their presence in your life. Always be conscience to the fact that they have been put in your path for a reason, whether it be as a lesson, a realization, or an inspiration. Let people in and allow them help you as you help them. Never believe that you are alone in your journey. As Robert M. Drake points out, people exist for you to find them, so that you can exchange directions and find where you are supposed to go. Thank you for letting me find all of you. For sharing the directions with me, and for allowing me to move on in my journey. I will never forget what this opportunity has done for me and the impact that it has had on my life. 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

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Family Matters

by Leshanne Mori



How to survive back to school like a boss

As summer draws to a close and we fall back into a school-year routine, September can be the perfect time for a fresh start for all members of the family. Getting yourself and your family back into a routine can take a tremendous effort though. In a regular year, getting back on track would be tough, but this year feels particularly challenging, mostly in part to the weather. The summer weather we waited so long for took its time to arrive after we had to search for it amongst the marathon of rain! Before we all knew it, back to school ads were everywhere to remind us that responsibility was waiting for us and no, she could not wait. So, while we all mourn the summer while we get back on track with routines, the key to embracing change is self-care, creating the right environment and focusing on the future.

Sleep. And then some.

The temptation is there to make sure all the things are taken care of, but the ultimate act of self-care is to make sure you go to sleep earlier than you think you need to. Ever notice how sleep can make most concerns easier to tackle? It can be tempting to scale back on sleep to fit everything into your day, but over time sleep deprivation can eat away from performance at work and school. Put sleep first and see how the extra energy helps everything else fall into place.

Evaluate and eliminate clutter.

Family life breeds clutter, and clutter leads to stress. It's unavoidable too - With young kids in the home, laundry and toys get more backed up than Monday morning traffic on the 401. Start the school season strong by creating a peaceful environment in the home. Are there items in your home that are still relevant for your family? Every item you own takes time out of your life to manage it, clean it, repair it, and maintain it. Your home should only contain the things you love or use. Toss anything everything else and reclaim more time for the things you love.

Plan the next family adventure.

There's no immediate pay off with this step however it is an important one! A good way to keep everyone positive during a chaotic time is by keeping focused on the future, especially when there is a fun activity to look forward to. Choose an activity that makes most sense for your family. If you're dreading the cooler weather ahead, make planning for your next beach escape a group activity. What's key to this step is enjoying the process of dreaming up something great that can be shared, to focus on what's beyond the growing pains of back to school season.

Creating the space in your life to build healthy habits takes time, dedication and practice to get right. Get the foundation right and you will have a happier and more calm back to school season ahead. Use these tips to nudge your family in the right direction and give yourself a break.

Leshanne Mori writes for The Motherhood Scene, a blog about the best events, businesses and child care centres in Durham, Ontario. Follow her blog to get the inside scoop on navigating life as a new mom in our community.

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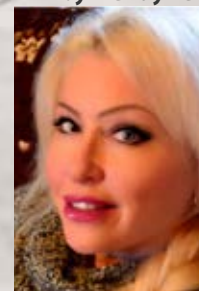
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by Wendy Lee

A Forkful of Healthy



Greek Chicken Souvlaki & Tzatziki Sauce

This popular Greek dish can be referred to as Greek "fast food", although it's far from being unhealthy. The juicy bits of meat loaded on a skewer or wrapped in piping hot pita bread is a delicious meal, and absolute heaven when served with a traditional Greek salad and a dollop of tzatziki sauce.

Chicken Souvlaki

- 1/8 cup olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp salt
- 1 pound skinless, boneless chicken breast - cut into bite-sized pieces
- 4 wooden skewers, or as needed

Combine olive oil, lemon juice, minced garlic, oregano and salt in a large re-sealable bag. Add chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 hours. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Soak wooden skewers in a bowl of water for about 15 minutes. Remove chicken from marinade and thread onto the soaked skewers. Discard unused marinade. Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides and chicken is no longer pink in the center, about 7-8 minutes per side. Serve with tzatziki sauce.



Tzatziki Sauce

- 1/2 a large cucumber
- 1 1/2 cups thick greek yogurt
- 3 garlic cloves finely minced or adjust to taste
- 2 tbsp olive oil
- 1/2 tsp lemon juice
- 1/2 tbsp rice vinegar
- 1/2 tsp salt
- 1/2 tsp dill

Grate the cucumber and drain through a fine mesh sieve overnight in the fridge. Make sure your cucumber is well-drained. If you have time, drain it in a cheesecloth or a fine mesh sieve overnight or it will be too watery and you won't get a thick consistency. If you are tight for time, squeeze the cucumber in a cheesecloth to eliminate the liquid. Combine the yogurt, garlic, olive oil, lemon juice, rice vinegar, and salt in a large bowl. Cover and refrigerate overnight. Transfer the grated cucumber and fresh dill to the yogurt mixture and stir to combine. Serve chilled.

| CHICKEN SOUVLAKI | | TZATZIKI SAUCE | |
|------------------|-----|----------------|------|
| Protein: | 24g | Protein: | 6.5g |
| Carbs: | 3g | Carbs: | 4.5g |
| Fat: | 10g | Fat: | 6g |

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 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!

MONEY HACKS

**Are You Paying Too Much
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Not Pay Out?



Let's talk about something that most families can benefit from – mortgage insurance vs. life insurance! So, what is the difference? Mortgage insurance is a product you purchase from the lending institution so that if you were to pass away, the balance of your debt would be paid off, or if you were to get hurt or sick and not be able to work, payments would be covered by the insurer. To keep things simple, we'll only look at the life coverage portion in this column.

Sounds great, right? ...It is, if it pays out. And even if it does, are you getting the best value? Let's see how Mortgage Insurance stacks up against Life Insurance:

Mortgage Insurance: underwritten post claim. This means that the insurer does not make sure that you're insurable at the time of application. If you pass away and a claim is made, they will look into your medical history to see whether or not they have to pay out. If you had a health condition (known or not) at the time of signing the papers and it is not disclosed, your claim can and most likely will be denied. Why would you NOT disclose a condition? Often it is simply because people did not understand what they were signing. These applications are known to be hard to understand and essentially ask you to be your own underwriter. Sound like a recipe for failure?

Life Insurance: underwritten before policy is issued. Your policy is issued based on the state of your health at the time of application and is therefore guaranteed, with a few exceptions (ex. fraud, or suicide within the first 2 years) to pay out in the event of your passing.

Mortgage Insurance: Premiums are generally higher.

Life Insurance: Premiums are generally lower.

Mortgage Insurance: Premiums are level for the length of the mortgage term even though the benefit only pays the balance of your mortgage which is always reducing.

Life Insurance: Premium AND the benefit are level for the length of the term.

Mortgage Insurance: Tied to your mortgage. Therefore, you must obtain new coverage if you move or renew your mortgage.

Life Insurance: Tied to the insured. No need to obtain new coverage.

Mortgage Insurance: If a claim is made (and honoured), the benefit is paid to your lender.

Life Insurance: If a claim is made, the benefit is paid to your beneficiary.

Where can you find more information on this? Youtube "CBC Marketplace In Denial" or Google "mortgage insurance vs life insurance". Once you get past the ads for mortgage insurance, you'll find a number of articles on the subject.

V. Solo is a Financial Advisor who is passionate about helping families and business owners build and maintain a plan that makes it possible for them to achieve their financial goals.

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Ask Sue-Ann



Dear Sue-Ann:

I have never suffered from anxiety in my life until now. It is overwhelming me daily. I have had to see a doctor and get medication and even that worries me. There is no real reason for it that I can see because nothing has changed. My stress is the same stress I have had for a very long time. What do you suggest I do? Has someone put a curse on me?


Signed: Suddenly Anxious

I am sorry life has become overwhelming for you. First of all, there is no correlation between a curse and anxiety whatsoever. So, no curse has been placed on you. Anxiety can show up for a lot of different reasons and one that I see quite a bit is, that everything we do in a day is a goal. From an emotional perspective being happy is a goal. Sad, chaotic, addicted to drama, they are all goals also. Sometimes they become a goal because you go through a period of it and learn to acclimate to it and then you begin to recognize it as normal and you seek that emotion out because it has become a comfort zone. Staying conscious about how you feel moment to moment is key to altering an emotional response.

Even before that you need to understand what happy means to you and how you achieve it. Staying in the moment and acknowledging all the little things around you that make you happy. For example, it can be as simple as a hot coffee, a comfortable seat, pleasant music, observing photos that evoke good memories. For now, when the feeling of anxiety starts, stop and focus on something in the room and describe it to yourself in detail and the symptoms will dissipate and then disappear. Learning to meditate and quiet the mind is also an integral part to successfully eliminating anxiety.


The final step is to re-evaluate your goals, daily, weekly, monthly and yearly. Set achievable ones and acknowledge their successful completion. The one thing I always remind my clients of is to have something that they are passionate about doing. Whether it be researching information, or a hobby, a course of study, reading, joining a gym, whatever it is that ignites you. It is that one thing that you can't wait to get to everyday. I hope that helps.

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.



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The COACH Corner

by Malachi Brown



What are they saying about you?

When you hear the word "Legacy", what thoughts come to mind?

For many people, it's not something that is on the forefront of their minds. You might be thinking, "I'm too young to be thinking about a legacy" or "only important and famous people leave behind a legacy". Others may be thinking, "I don't have anything, or enough to leave as a legacy" or "I have so much money, possessions and a sizeable family business to leave behind". Perhaps you think "Are legacies that important?".

I have had the opportunity to think about the idea of legacies recently while attending back to back funerals. One gentleman was in his early fifties and the other, in his mid-nineties. The eulogies were given by the oldest child, a daughter and a son. These were two of the best eulogies I have heard.

As I listened to the first for the older gentleman, I was expecting to hear about his many accomplishments around work and success. He was in his mid-nineties so I was expecting a long list. His daughter instead started with what she had heard about her father from boyhood through to when he married her mother. She had to rely on others for the early information. She then continued the story about her dad from her experiences. She painted with such eloquence what a great man her father was. As I listened, it quickly became evident these things were not being said as niceties at a funeral, these were genuine, deep thoughts about a person who deeply loved her and she deeply loved. Her thoughts about her Dad were not about his possessions, wealth or work accomplishments, it was all about his character. He was a great father, husband, grandfather and, his caring and love for all who crossed his path. She was proud of all the valuable life lessons her dad taught her, and how these lessons have profoundly affected the life of her and her children. As I sat and listened I was in awe of this man's character.

The second funeral was the following day. What I heard from the son was the lessons his dad taught him about manhood and life. There were practical things and profoundly deep things. These were lessons that will influence the rest of his life.

I was deeply moved and inspired by these legacies. As I thought about both these lives I realized, money, fame the large family business are nice, however, I believe above all else it's your character that really matters. All the other things will fade, your character is what continues on.

What legacy will you leave behind?

Legacies won't start the day you die. Your true legacy began long ago. How is it going? It's not too late to make the changes to ensure you will leave the value of your good character for generations to come. Be the very best authentic you, be a person of great character.

Malachi Brown, life coach, applies his passion in helping others unlock their full potential, enabling them to live the abundant lives they were created to have.

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by Linda Calder

The Golden Years



Whitby's Age-Friendly Action Plan

Seems like it has happened or will happen to all of us, we become older. The percentage of the population who are seniors is steadily increasing. According to government statistics, there are now more people over sixty-five than under fifteen. People are living longer, and the stereotypical "old granny in the rocking chair knitting" is a thing of the past.

The Town of Whitby has recognized this and in December 2014, joined the World Health Organization's (WHO) Global Network of Age-Friendly Cities. "Age-Friendly Communities are 'supportive physical and social environments that enable older people to live active, safe and meaningful lives and continue to contribute in all areas of community life'.

A local committee was formed to oversee the project. Community research ensued, and as a result, 72 recommendations were made to make Whitby a better place for seniors to "live, work and play". The action plan was approved in May 2017 and work is now underway to implement the recommendations.

I find this initiative to be very exciting and I hope you will too. Obviously, it would be impossible to write about all of these areas, so I've selected a few that may be of interest. This is still in the early stages so all of the ideas will slowly come into effect if they haven't already. Many of us enjoy being able to get outside and enjoy our community, especially our parks. More community gardens are planned with more shade and more benches. More benches around town are also mentioned.

Walking is a great way to exercise and enjoy the fresh air. Whitby has a great walking/bike path near the lake. In addition to the exercise, it's a chance to stop and talk to people along the way. One of the goals is to, "continue to identify and improve connectivity of sidewalks, trails and pathways between neighbourhoods creating a more pedestrian and bicycle-friendly town."

Getting around town and how we do so is important. For those of us who drive, more handicapped spaces are suggested. Another suggestion is to have more accessible taxis and to promote the idea of volunteer drivers for seniors. Improved accessibility for public transportation where needed is also a recommendation, as well as improved accessibility downtown, and easier access into stores, businesses and at community events.

The list goes on and on... I was impressed with the action plan. It is visible on the Town of Whitby's website if you would like to read it (<http://whitby.ca/en/residents/Age-Friendly-Whitby.asp>). An Age-Friendly Whitby Network is underway to ensure the action plan is carried out. Progress will be monitored through community feedback and annual reporting. It's great to see that Whitby is at the forefront in making seniors an integral part of the community.

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.

Autumn Horoscope

September 2017 to November 2017

by Julie Antoinette



Aries (March 21 – April 20)

Your emotions are running at full-tilt recently and you can't figure out why. Sometimes you entertain wonderings of what life would be like without emotions. Before you wish them away for good, consider this: experiencing emotions is healthy --> release = relief. Emotions are a wonderful guide to the state and health of our inner worlds and can show us where we could use some attention. It may be beneficial to allow yourself your full expression whenever you can.

Taurus (April 21 – May 21)

You've been surprised by your intense emotional reaction to some issue that's arisen. Your reaction surprises you. You truly had no idea you felt so strongly about this. Be glad for the reaction. You were asking on a deep level to be illumined about your true priorities.

Gemini (May 22 – June 21)

You've really dedicated yourself to doing your part in alleviating social stresses. You give of your time in service to your community and your satisfaction comes in the form of smiles. No one can doubt your sense of social responsibility. Gemini is renowned for its ability to engage socially. The stars encourage you to include more social gathering with friends. There is someone who needs your presence and smile.

Cancer (June 22 – July 22)

Having some trouble making up your mind, Cancer? You are faced with a decision where both options have heavy emotional bearings. It's causing you some frustration and impeding your cool minded approach to your dilemma. Let's take care of one layer first. Have a tantrum, a good cry and let yourself free of the emotions related to your issue. Once the clouds clear, a path to your answer will present itself.

Leo (July 23 – August 22)

Your intuition nags at you regarding an opportunity. Listen to the quiet voice as you may risk losing out. Practicality and logic may try to dissuade you from acting. There is some risk, but life often rewards those who take risks. Old Faithful, your intuition is correct and guides you expertly as it always has.

Virgo (August 23 – September 23)

With Mercury (The Messenger) being your ruling planet, you have the gift of an inquisitive and investigative mind, Virgo. Lately you've found yourself travelling deeper into the rabbit holes as you follow lead after lead in your investigative quests. Don't worry about where you'll end up. Allow yourself to be led and seduced by the clues left for you along the way.

Libra (September 24 – October 23)

Someone's got the blues real bad. Summer is ended and its time to hunker down for a cool transition into blustery winter. You're not feeling it and you're not having it either. A little self-care could do some good as you go through withdrawal from that vitamin D-saturated feeling of the sun on your skin. Get good sleep, take a bath. Natural endorphins are your friend.

Scorpio (October 24 – November 22)

The land of milk and honey awaits your arrival. It seems like a windfall, an abundance or jackpot of some sort is in store for you. Think carefully about your dreams and decide which ones you will make reality because all is within your reach. The golden road is paved before you.

Sagittarius (November 23 - December 21)

Your energy levels are up and down as Summer wanes and Autumn swells. So are your moods. Don't let the minor low states alarm you as you will be bouncing into the opposite highs almost in succession. Take care not to let the extremes get out of hand but let the oscillations in mood and energy play out naturally.

Capricorn (December 22 – January 19)

Your professional roles are firmly established and you play them in a fashion worthy of an Academy Award. Yes, you're established, but an identity crisis looms on the horizon and you're dreading what this means. It will involve asking yourself the hard questions and demanding brutal honesty of yourself. The question is: Who am I really?

Aquarius (January 20 – February 19)

You've been evaluating all aspects surrounding your career as the seasons turn. What do you really want out of your work life? How do you prefer to spend your time and energy? What is the most honoring work for your natural gifts and talents? How will you achieve your goals? The planets urge you to go back to your childhood. What did you always want to be when you grew up?

Pisces (February 20 – March 20)

You're feeling on shaky ground as some aspect of your life is falling apart and falling away. You're not terribly shaken because you've wanted this change for a long time. The universe has decided to respond. Hang on to what lies before you to stabilize yourself at this time. Once the earthquake has shaken all that is not firmly rooted, you'll feel remarkably lighter

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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