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## Summer 2018

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## From the Publisher

One of my favourite parts about summertime is the cottage. Every summer, I take two weeks off from work to drive up to a beautiful cottage just north of the city. I look forward to my time away from the hustle and bustle of everyday life. I try to unplug – although that doesn't always happen – but I do try to limit how much I am on social media. (Sharing pictures of the beautiful scenery on Facebook doesn't count, right?)

While up there, I've always contemplated how great it must be to own your own cottage and have the opportunity to go up every weekend (or even all summer if you could)! In this issue, long-time cottage owner, Barbara Szita-Knight shares with us the joys, sweat and tears of cottage life in her article, *Where Time Stands Still*. If you ever wanted to know more about the ins and outs of cottage life, her article is a real eye-opener. You can find it on page 8 of the magazine.

Another feature we have for you this issue has to do with our very own *At the Box Office* columnist Stephanie Herrera. Stephanie is an all-around entertainment specialist, with experience in theatre, singing, acting, TV hosting and keynote speaking, just to name a few. Recently, she wrote a book called, *The Ten Commandments...of Improvising*. It's a great book for people interested in performing improv, but it also helps people develop skills for everyday improvising too. Check out our interview with her on page 24.

In other news, we have two new columnists aboard our team. Bianca Schaefer, who has already written numerous feature articles for us will be joining us with her column *Get Fit: Inside & Out*. As well, Karolina Szymanska will be taking over our financial column, newly titled, *Money Matters*. Both ladies bring a wealth of knowledge with them and I know you will learn a lot about health and money from reading their columns.

We are still however on the lookout for an ambitious and diligent young teen or tween to take over our teen column, so if anyone is interested in this amazing opportunity, please email our editor Wendy.

I hope you enjoy reading our Summer 2018 issue. Feel free to share your thoughts on it. You can connect with us through our website [www.thelocalbizmagazine.ca](http://www.thelocalbizmagazine.ca) and Facebook page.

**Antoine Elhashem**  
**Publisher**

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## From the Editor

In my early years of trying to lose weight, I partially operated under the when-then belief – when I lose 20 pounds then I'll be happy. It never occurred to me that I could be happy even though I was a size 16 (my current size at the time). For me, happiness would be waiting for me at a size 8 (my goal size at the time). Not that I was unhappy at size 16; just that I presumed when I fit into a size 8 pair of jeans, I may be happier.

When I did finally drop down to size 8, I felt great, I felt accomplished. I felt like I could take on the world if I put my mind to it. Did I feel happy? Sure. But as I mentioned I was already happy to begin with it. As my weight has fluctuated over the years, so to have my feelings of happiness, but the two are not correlated. I sincerely believe if you are unhappy in life for whatever reason, then losing weight itself won't bring you happiness. But how many of us mistakenly think it will? Too many, unfortunately. Tara Richardson digs a little deeper into this phenomenon in her article, *The Thin = Happiness Myth* on page 19.

Being healthy however, is still important. There's no denying that. And given that it is summertime, the desire to be fit and get in-shape is even more prominent on our minds. Which is why we asked Holistic Health Coach Professional Bianca Schaefer to write an article targeted towards our male readers (although the information is applicable to women as well) on how you can get started on your journey towards better health. Gentleman (and ladies), whether you're already on the health bandwagon, or you need a bit of a nudge to do so, don't miss Bianca's article on why *Healthy is the NEW Sexy* on page 13.

I hope you enjoy reading this issue of the magazine. As always, feel free to send me your feedback on it. If you would like to pitch a story, or write for us, you can reach me at [editor@thelocalbizmagazine.ca](mailto:editor@thelocalbizmagazine.ca).

**Wendy Chiavalon**  
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# Where Time Stands Still

*by Barbara Szita-Knight*

**“ARE WE THERE YET?” Four words repeated by kids that resonate from the back seat of a moving vehicle. Occasionally echoed by parents, as anticipation grows. We have the routine down pat. We should. We have been doing it weekly for 29 years. Many folks don’t understand the strong pull of our destination. Many say they couldn’t do it. And then there are others, like us, whose love and dedication drive them, literally, to the wilds of cottage country.**

The drive is a fundamental piece of the cottage puzzle. It tests the creativity of parents; how to keep young children occupied for hours seat-belted in a car. Today with onboard movie screens and iPad video games the trek is more civilized. Wind the clock back twenty-nine years and we would play ‘I Spy’ or ‘Twenty Questions’, or a variety of card games to pass the time. And, have real ‘Face-Time’ conversations with each other! Junk food reigned supreme as we motored along.

Junk food aside, the first step to a successful cottage weekend is meal planning. Eating is a favourite pastime at the cottage. Menus generally reflect the location: BBQs and easy no fuss meal prep. We don’t get too fancy. Which translates into as little dirty dishes as possible! The exceptions: cottage-baked cakes and breakfast. Bacon, sausages, eggs, pancakes, waffles, toast with jam, and muffins are always on the menu. What a great alarm clock... air fragrant with bacon essence flowing into the bedrooms. The first question asked: “how many pieces each can we have?” At the top of the food chain, not always healthy, but definitely a hit, are snacks. Depending who

is visiting for the weekend, one might need a PhD in logistics to combine who is bringing ‘what’, with who can eat ‘what’, with who can’t eat ‘what’, into an interesting meal everyone can enjoy. If all else fails, fill a bowl with potato chips and no one goes hungry! Laws of nutrition? HAH! They go out the window. It is all about fun.

The next challenge is fitting all the necessities for a weekend stay into one vehicle. Said vehicle may have 2 or 3 kids, possibly 2 parents, a couple of cats, maybe a dog, groceries, flats of springtime flowers, towels, pillows, sheets and blankets. Every nook and cranny is needed. Our trusty steed is only a 5-passenger sedan but it possesses a humongous trunk! It does the trick. My husband has doubts each weekend that all will fit. Between his masterly packing skills, using Tetris techniques, and my uncanny ability of knowing what can squeeze in, we manage to pull it off. Nothing is left behind...all kids aboard....passenger doors closed....ready for takeoff, here we go!

But then there is traffic... the Friday night dash...

Literally thousands of cars winding their way through busy rush hour congestion heading towards cottage cabins. We won’t talk about that except to say, over twenty-nine years we have perfected the back roads, zigzagging to avoid the heaviest congestion.

The five senses are stimulated once we arrive at our oasis and step out of the car. In a nanosecond, the scent of evergreen trees tingles our noses and the familiar haunting sound of loons reach our ears. Memories of sweet tasting roasted marshmallows pop into, and linger in, our minds. Through the trees we catch a glimpse of the lake. Drawn to the shore we run our fingers through the water, refreshing to the touch. Heightening our desire for a quick evening dip that leads to a peaceful night sleep. A deep breath in and city strife evaporates. All the prep work and long drive are forgotten

Now, being a do-it-yourselfer or handy with a hammer and chainsaw, goes a long way to the ultimate enjoyment of cottage survival. Especially when turning the water back on in the spring, an adventure in itself. Over the winter months, the pipes may have cracked. Water has been known to explode, gushing



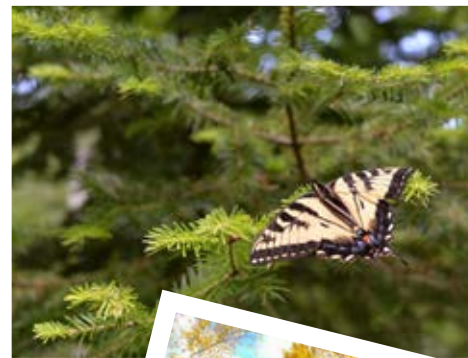
out across rooms when the main tap is opened. Which is generally followed by a plethora of not so pleasant words echoing throughout the cottage. Towels of all shapes and sizes plus the odd t-shirt or sweatshirt are employed to soak up the puddles. As the floodwaters recede and our sanity returns, the chuckling takes over and new words are uttered: "No problem, I can fix that." Many water pipes are accessed through no-man's land, a dark narrow cavern overrun with spiders and mouse droppings, a place not fit for humans! Fixing a malfunctioning septic system is not for the faint of heart, or delicate nose. Been there, done that – oh the stories we can tell. It is a dirty job, but necessary, for proper operation of a flush toilet...no outhouse for me!

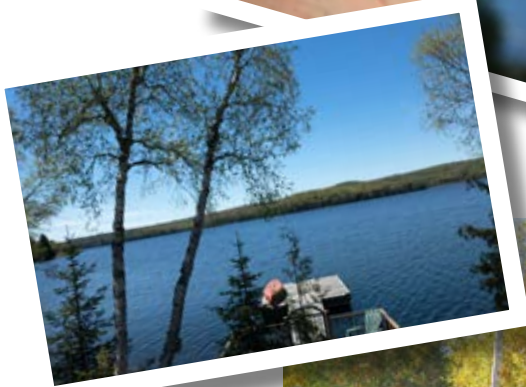
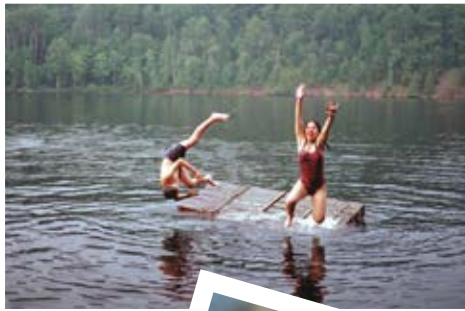
Did I mention mouse droppings? If you don't have mice, it's not a cottage. Or at least that's what we tell ourselves. Tons of steel wool can be seen encasing pipes and other 'holes' throughout the cottage. Finding the active entry hole is a mystery yet to be solved. The last straw is when they appear in the cutlery drawer mingling with forks, knives and spoons. An ongoing battle of wits plays out between man and mouse. Numerous times the mouse outwits the man. Organized teams of four adults have tried to coral them with cooking pots, to no success. We've had families of mice living in clothing drawers; others scurry onto counters right before our eyes. We try to warn them, we try to live trap and release them. But if they keep finding their way in, they become fair game to the SNAP of a trap. Sorry.

Scarier than mice are the bats. One late night encounter had our cats jumping repeatedly, with heavy thumping, into the air. Not knowing what to expect, I nervously entered the room. Normally our cats would greet us with eye contact. Not this night. Behind me at the ceiling was a terrified bat cowering in the corner. Quietly, I pushed my husband out of a deep slumber to "catch" the intruder. Cottage owners are MacGyver's at heart; we utilize and improvise what is available. Did you know an empty margarine container is the perfect size trap for a bat? Holding the container up against the corner, the bat exhausted but sensing a safe haven, simply fell in. My husband dragged the container along the ceiling and around beams to the front door. Out it flew into the darkness. Smarter than mice it never returned.

**A**fter dive-bombing bats, mice filled pots and smelly septic systems, would now be a good time to reflect on the functionality of a cottage kitchen? Usually small with limited counter space and few cupboards, how do cooks prepare such wonderful fare? A layback attitude is a pre-requisite for cottage culinary undertakings. The kitchen, being a gathering place, is always crowded. A cottage chef must be agile and adept at carrying pots and pans while running an obstacle course around people and pets. Undeniably the most valuable piece of kitchen real estate is fridge space. Anyone and everyone who visits our cottage knows our fridge is bursting at the seams. If you show up last, good luck trying to find a sliver of space to squeeze in a carton of milk. Totally disorganized, no one attempts to seek out the food from within - such cowards!

Turkey is not a favourite meal to prepare at a cottage, but a must on Thanksgiving. Ill equipped kitchens and non-filtered lake water running through the taps, makes for tricky hygiene when turkey is the main course. Preparing a feast while carrying on a conversation can be difficult. For example, the most laughed at wrong that turned out right. Having managed to conquer the turkey, I was preparing the stuffing. I admit to using Stovetop stuffing. Everyone seems to love it, so why knock it, easy enough. However, on this occasion I must have miscalculated the liquid added to the mix. It was a total failure. As I was about to throw out the sloppy brew, someone





grabbed the pot and said "No way! This is very tasty stuff!" And proceeded to pour it over their turkey and mashed potatoes, and then passed it around the table. Every last drop was consumed. It became known as "stuffing gravy". (The stuff of legends.)

Cottages have a unique way of forging and cementing family and friends. Our kids retain memories of the early years. Memories permanently imprinted of cousins sleeping in the Bunkie, bring many a gleeful laugh and secretive smile. What happens in the Bunkie stays in the Bunkie, I guess. All we know is the aromatic aftermath of many \*ahem\* farting contests has absorbed and lingers still, in the pine walls that panel the Bunkie.

Children and cottages go together like peanut butter and jam. Always a delight to see their rosy-cheeked faces glowing as they explore and expand horizons. Early hesitant approaches to the edge of the dock turn into carefree leaps into the lake and years later, perfect dives head first into the depths. Cherished moments shared together in the canoe drifting quietly along the shore, pointing out loons and herons. Learning to find the Big Dipper or Northern Lights while lying on the dock staring endlessly into a starry sky. These are the magic moments, and then there are the imaginative ones. Kids playing for hours in the water, underneath an overturned canoe singing and laughing at the odd acoustics projected. Jaunts into the local village where penny candy and surprise grab bags were a highlight. Choosing just the right bag was agonizing for them and us, as we waited patiently by the cash. Nighttime negotiations taking place for who sleeps in the top bunk, with the lower berth inhabitant scribbling messages on the underside of the upper bunk, representing early day texting. We still have that bunk bed! Soon our grandchildren will take over from their parents and start their own negotiating technique.

In the beginning, many nights were spent playing rousing tournaments of Pictionary or Chinese checkers, animated unabashed rounds of charades and ghost stories ruled. No TV or electronic devices, no cell phones, no iPads, no Internet hookup; made weekends what they were supposed to be, relaxing.

It is pretty tough these days to disconnect, but if you try you'd be surprised of the wonders before you. Wildlife discovery is a glorious thing in the eyes of a child, and adult alike. The transition of tadpoles to frogs, fireflies sparkling in the night, feeding chickadees by hand and hummingbirds fluttering gracefully at the feeder; enrich our lives. Of course, bears and snakes are also part of cottage life, creatures we hope not to meet in the forest or see on the cottage deck. And then we have the dock spiders, big and hairy and ugly. Many a scream has been exclaimed as these eight-legged arachnids suddenly appear at your toes from beneath the dock frame.

As the weekend comes to a close, we begin the process in reverse. Mounds of damp towels and well-worn sheets are gathered together for return to the city and laundry duty. Water pump turnoff requires precision timing, to ensure everyone has a last-minute bathroom break before the journey home. Call us crazy, but we shut down the electrical power every time we leave. (Recommend highly.) We try to gulp down that last bit of milk or leftover salad. Remaining perishable foods are placed in coolers and carted back home. The car seems just as loaded going as coming.

Of course, no closing sequence would be complete without garbage drop-off at the local dump. We take care not to toss out the laundry with the trash— experience talking! Bears, turkey vultures and seagulls are well fed on our leftovers.





The cottage is always neatest when we arrive and when we leave. In-between is the result of family chaos, the best of times. Before we pile into the car, we take a leisurely glance back. We pause on the dock to soak up the scene, knowing it will carry us through until next weekend. Although, sometimes our return is sooner than expected, when it is discovered homework due on Monday, is unfortunately forgotten at the cottage on Sunday.

Trial and error has proven the best time to avoid traffic back home is to leave during the dinner hour. Sandwiches are whipped together to keep tummies happy. The homeward trip has its own special traditions of comfort food pit stops for ice cream or freshly made French Fries from roadside chip trucks. Traditions we witness drifting down to the next generation.

Why do we continue this weekly ritual, this labour of love?

Partly for the gifts of peace and tranquility Mother Nature creates. A sunrise brings a new day of surprises to life and a stillness of water that reflects like a mirror. Silently gliding through early morning mist, our efforts are rewarded in ways that are priceless. Sunsets are quiet times to relax and reflect. Brilliant shades of gold, orange and mauve blanket the sky as day turns to night.

But mostly we do it for the greatest gift of all; family time together. The cottage is a mosaic that weaves lifelong memories happy and sad, frustrating and relaxing into patterns that portray our cottage experience. Listening to our children now adults, reminiscing about days by the lake, warms the heart. And for the promise of new adventures and memories we hope will continue for generations to come.

*All photos courtesy of the author.*

Barbara Szita-Knight has been writing true stories for over twenty years. Together with her family, she lives in Durham Region and cottages in the Haliburton Highlands. She stewards the environment, enjoys photography and is a proud Pan Am torchbearer.

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# Healthy is the New Sexy!

*(and it has nothing to do with your age!)*

by Bianca Schaefer

Think back to your college days when you felt invincible. You could drink a pitcher of beer, eat a large pizza with a side of chicken wings, pull an all-nighter and still not gain a pound.

You didn't have to plan or even think about what you were going to eat, when you were going to exercise, or if you even got enough sleep. Your body seemed to have a super-charged metabolism that just magically made those extra calories disappear. Now, as you're getting older and reminisce about the good ol' days, you realize that the person looking back at you in the mirror looks far different than that young, buff guy with the six-pack abs. And to top it off, you've got some aches and pains that have started to creep up, and even though you try to brush it off, their persistency is reminding you that maybe not all is what it used to be. And that has caused you to think that your body may very well be in need of a tune up!

So, guys, if your waistline is expanding and you're getting more aches and pains, that is your body's way of telling you that something has got to change; and if you don't listen to

it, there will be a lot more of that and then some coming your way!

Unfortunately, many men don't take these warning signs seriously because over time, they are quite subtle. After all, it's normal to gain some weight as you get older, right? Don't most of the guys you know (over 40) have high cholesterol or high blood pressure? And isn't it normal to have a considerable amount of stress with a demanding career such as yours? The problem with this thinking is that it diminishes the importance of taking care of your health before serious health problems arise.

I'm not saying all men are like this. In fact, I know many that are just the opposite. Men who have been active their whole lives. Men who have made exercising and eating well a lifestyle choice. But I also know men who have struggled with their weight and fitness ability who are finding it more and more difficult to stay healthy as they age. No matter which category you fall into, whether you're an advocate for a healthy lifestyle, or you've come to realize it's time to make a change, here are **3 Weight Loss Game-changers**, **4 'Get Started' Tips** and **3 Motivational Ideas** to help you get healthy, lose that beer belly and get your sexy back! Let's begin.



### **Game-changer #1: Diet and exercise alone is NOT the first step; changing your mindset is!**

Yes, you read that right. Unfortunately, this is the number one go-to for men (and women) who want to get healthy and shed pounds. While these two things are super important, the first step towards better health is actually changing your mindset - and this applies to everyone. Think of it this way: if you're the type of person who has made health a priority, you understand the power of having the right mindset to create, and sustain, healthy habits. And as you age, what may have worked for you in the past, may no longer work for you anymore. That's why changing the way you think first, will help facilitate the physical changes you want after.

The same goes for someone looking to improve their health or lose weight. Let's face it, denial seems to be on the top of the list when the scale begins to creep up. We give ourselves every excuse in the book to justify why the clothes are feeling tight, like, "I put on some weight over the holidays", or "it's normal to gain weight as you age", or "I've got an old sports injury". And while these excuses may seem perfectly legitimate, it doesn't erase what's actually happening. Having the right mindset and being open to shifting it as your body changes, is key for staying on top of your health game. If you're trying to lose weight, lower your blood pressure or deal with type II diabetes, transforming your health and body requires changing those unhealthy lifestyle habits that got you overweight, or sick, in the first place. That means re-evaluating the way you cope with stress (which itself can cause weight gain) as well as your eating and exercising habits. Know your **why**. In other words, define why losing weight or getting healthy is so important to you now. Then set reasonable goals to help you achieve your desired result. In order to do that, you will need to shift away from bad habits and usher in new behaviours that support your goals.

That's why it's so important to have the right mindset and fortitude that will allow you to make these changes over the long term.

### **Game-changer #2: "I can sleep when I'm dead" ain't cool. No sleep = no health**

While you might take pride in the fact that you can survive on just 4-5 hours of sleep a night, study after study proves that without it, your health will seriously decline. Sleep is essential to memory, mood and cognitive performance which are all markers for longevity. Inadequate sleep is linked to increased anger, stress, and mental exhaustion, according to a study by the University of Pennsylvania. Sadly, getting more sleep is one of the hardest lifestyle changes people are willing to commit to. One of the reasons this is so difficult to change, is because we simply don't place enough value on our body's need to rest. When we have long working hours, are stressed and overwhelmed, we rob ourselves of the sleep we need to function properly because we don't see the full spectrum of how sleep, or lack of it, affects our lives.

Without the proper amount of sleep (7-9 hours per night), critical fat-burning and fat-storing hormones get all messed up, which means that even if you're following a "well-balanced" diet, poor sleep forces your body to store fat; which is the exact opposite result you want if you're trying to lose weight.

So how does this happen? During deep sleep, your brain secretes a large amount of growth hormone which tells your body how to break down fat or fuel. If you don't get enough sleep, there won't be enough growth hormone to break down the fat that results when you take in extra calories. Instead, your body takes a shortcut and packs the added fat away to your belly, chest or back (or thighs, belly and butt for women) – or wherever you tend to gain weight. In addition, poor sleep also increases your appetite making you crave sweets, carbs and high fat foods.



Simply put, sleep is not a luxury. It is a necessary physiological function which keeps you alive and healthy. So, if you want to lose those extra pounds, you've got to make getting good quality of sleep a top priority.

### **Game-Changer #3: If you want to weigh less, you've got to stress less!**

Stress is probably the single most potent enemy of vitality and health. Yet – most people don't take it seriously enough to link it to all the sickness and disease it causes. Stress can shorten your life. It can cause you to gain weight. And it can lead to a multitude of mental and emotional disease that will hinder your ability to be your best self.

So, what is stress exactly?

Stress is any physical, mental, or emotional factor that causes mental tension or bodily harm. While it's true that it does start in the brain, it doesn't stay there. The stress response is a complicated set of hormonal and biochemical responses that affect virtually the entire body.

Stressors include either positive or negative life events (e.g., death, divorce, new job, new house, new baby) which require you to adapt to these changes in your life. Stress results when pressures, challenges, or demands in life exceed your means of coping with them. Stress can manifest itself in physical, emotional, or behavioral symptoms. But the most important thing to understand about stress is that if you can learn to manage it, your quality of life will significantly improve.

Once you've got the right mindset, make sleep a priority and have found healthy stress coping mechanisms, you're ready to start your weight loss journey!

### **Weight Loss Tips to Get Your Sexy Back!**

**#1** Change the way you eat as you enter a new decade or season in your life. You already know that your body is changing and as you get older those late-night pizzas don't melt away like they used to. Your metabolism does slow down. Your muscle mass decreases. Hormonal changes occur. Choose natural, fresh, good quality foods that nourish your body, give it the energy it needs and agree with your waistline. Have more vegetables and fruits; eat whole grains, choose lean sources of protein like wild-caught fish, grass-fed meat or beans and legumes and incorporate healthy fats like avocado and raw nuts. Stay away from, or reduce, your intake of packaged, processed, and high sugar foods. But more importantly, be open to changing it up and creating new healthy habits that support your body's changing needs. When you stay in tune with what your body needs to thrive, you'll always make the best choices.

**#2** Drink more water and less alcohol. Most people are dehydrated and simply don't drink enough water. The problem is that if you're one to regularly drink coffee, pop, or alcohol, all of which are diuretics, your body is in a state of water deprivation, which essentially can lead to overeating. Sure, you may want that cold beer or spirit after a long, hard day, but consider the effects it has on your waistline; not to mention your health. Remember that changing habits boils down to changing your mindset. Drink more water; your body and your waistline will thank you for it.

**#3** Be active. If you don't move it, you'll lose it! Start moving or changing up your old routine. Part of what happens with a stressed and busy lifestyle is that exercise seems to fall to the way-side when you're not careful. Another drawback is that as our bodies age, we produce less synovial fluid that surround, and essentially protect, our joints. Add an injury or sedentary lifestyle to the equation and you've got yourself a recipe for a stiff, old man! Don't wait for a health scare to decide when you suddenly can find the time to be active. Make it a priority to move your body on a daily basis. Whether you work out at home or a gym, play a sport or go for a walk, make becoming physically active a must if you want to improve your health.

**#4** Pay attention to your poop and have more fiber. Guys might like to joke about crap, but the truth is, being all clogged up is just not healthy. Constipation, diarrhea and foul-smelling poop are signs that the body is not digesting or eliminating properly; this can lead to a whole slew of health issues not to mention weight gain and a loss of vital nutrients. Having daily bowel movements (1-3x/day) is essential for so many reasons, but if you want to avoid feeling bloated and constipated, you want to make sure that what goes in your body, also comes out. Tip: incorporating just 2-3 tablespoons of extra fiber such as flax meal or psyllium husks, is a great way to promote better bowel movements; just don't forget to have plenty of water as well, otherwise you'll just feel bloated.

### **How to Get Started**

Getting started is the hardest part. Here are some ideas to motivate you.

**Work out with a buddy** or join a recreational league. Becoming more active with the support of a friend(s) can help motivate you to change your mindset, change your eating habits, reduce stress and help you get more sleep.

**Create a weight loss contest** with a group of like-minded friends who share the same goal. Getting some skin in the game (like cash) can be a fun way to get healthy, fit and make some money!

**Make getting healthy a family affair.** Get your spouse, kids, siblings or significant other on board with making changes to your health together. Changing your diet, exercise regime, meal-time and sleep habits can be a great way to stay motivated, bond and cheer each other on. Plus, you'll all benefit from becoming healthy at the same time.

Just remember, "aging" has less to do with your age and more to do with your lifestyle habits. Whether you are 25, 35, 45 or 55, how you treat your body impacts how you feel, look and ward off disease. Make being healthy a life-long priority and you'll never have to wonder where your "Sexy" went; it'll stay with you for the rest of your life!

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Bianca Schaefer is a Holistic Health Coach Professional who inspires a global community to take charge of their lives through nourishing their body, mind and spirit with delicious healthy foods, an active lifestyle and a mindset that believes anything is possible! Her mission is to help others realize their greatest potential and use their unique talents to be an inspiration to others.

# Summer Events Calendar

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## June 2, 2018

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### **Tour of Homes**

The 48th Annual Tour of Homes----\$20 in advance or \$25 day of Tour. Tea and cookies included at the Church. Presented by Uxbridge United Church Women.

Uxbridge

[www.trinityuxbridge.com/events](http://www.trinityuxbridge.com/events)

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## June 9 & 10, 2018

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### **Peony Festival**

Join us for this free event at the Oshawa Valley Botanical Gardens. Over 300 varieties of Peonies in the garden and hundreds more in the judged flower show inside. Artisans, live music, local cuisine, gardening advice, community displays and cultural performances as well.

Oshawa

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## June 10, 2018

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### **Heritage Train Rides**

Take a trip through time seated in one of our heated/air conditioned heritage coaches from the 1950's and enjoy our doors open baggage car. Each trip also features on-board entertainment for the whole family to enjoy. Departures: Uxbridge - 10:00 am and 2:30 pm; Stouffville - 12 pm. Adults: \$27, Senior & Student: \$25, Child: \$19

Uxbridge

[www.ydhr.ca/train/schedule/](http://www.ydhr.ca/train/schedule/)

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## June 16, 2018

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### **Monarchs**

A travelling exhibit developed by the Canadian Museum of Nature, Monarchs features information, specimens, games, and interactives about this beautiful creature. Did you know that the City of Pickering has undertaken many initiatives to protect the Monarch butterfly and other pollinators? Find out what these initiatives are and how you can get involved! Various dates throughout summer.

Pickering

<http://calendar.pickering.ca/>

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## June 16, 2018

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### **Nova's Ark - 8th Annual Friendship Walk**

Join us for this fun-filled community event which includes a 3K walk lead by Bing the camel. All money raised will be used to maintain this unique facility, which supports individuals of all ages with varied abilities. Sign up and make your pledges. The walker with the most pledges will win a day at Nova's Ark with 10 friends! As well, we invite you to enjoy the music of Workin' Dawgs, a BBQ by Starr Burger, face painting and interaction with our therapy animals as you learn about the many programs offered by Nova's Ark.

Brooklin

[www.novasark.ca](http://www.novasark.ca)

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## June 16, 2018

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### **Durham Caribbean Festival**

Celebrate Caribbean culture in Durham Region with live entertainment, mouth-watering food, local vendors and fun for the kids.

Ajax

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## June 17, 2018

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### **Father's Day Train**

Is your dad a railfan? Then this experience is for him! This Fathers Day treat your dad to a ride through the Oak Ridges Moraine on-board the York-Durham Heritage Railway. Don't forget to check out our doors open baggage-car! Dads ride for ½ price when accompanied by a child.

Uxbridge

[www.ydhr.ca](http://www.ydhr.ca)

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## June 21, 2018

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### **Durham Storytellers Gathering**

You are invited to a Durham Storytellers Gathering. Come by and listen to our personal anecdotes, historical accounts, folk tales, myths, fairy tales, and legends. Or tell us a story of your own. Various dates throughout summer.

Oshawa

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## June 23, 2018

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### **Teddy Bear Picnic**

Once upon a time at the Pickering Museum Village, there came a great adventurer. The adventurer spent his whole day in the village, watching a play, having his stuffed friends stitched up, and telling legendary tales of his adventures. That adventurer could be you, if you come to this fun-filled day! Bring your teddy bear and a picnic to join us for lunch. Backwoods Players presents "A Wolf's Tale." Free with admission.

Pickering

[www.pickering.ca/en/pickering-museum-village.aspx](http://www.pickering.ca/en/pickering-museum-village.aspx)

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## July 14, 2018

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### **Enniskillen Butter Tart Fest**

It's back for the 5th year!

#EnniskillenButterTartFest 2018 will host Top Butter Tart Bakers from across Ontario selling over 50,000 Butter Tarts in ONE DAY! with so many different flavours. Supporting small business this event is FREE for vendors and visitors. We also GUARANTEE we will have Butter Tarts the entire day or we will give you a coupon for a FREE 6pk to be used at a later date. Rain or Shine. Open to everyone of all ages!

Enniskillen

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## July 19 2018

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### **Whitby Drop-in Breastfeeding Group**

A weekly Health Department drop-in breastfeeding group facilitated by public health nurses. Join us for an opportunity to share ideas, meet other parents and support one another. Family members and support persons are welcome. This group is held at the Durham Region Health Department, Whitby Mall location (2nd Floor, West Lang Tower).

Whitby

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## July 31, 2018

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### **Ajax Drop-in Breastfeeding Group**

A weekly Health Department drop-in breastfeeding group facilitated by public health nurses. Join us for an opportunity to share ideas, meet other parents and support one another. Family members and support persons are welcome. This group is held at the Ajax EarlyON Child and Family Centre (inside the Ajax Community Centre).

Ajax

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## August 11, 2018

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### **Port Perry Farmers' Market**

Come support your local farmers. Various dates throughout the summer.

Port Perry

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## August 10-12 & 17-19, 2018

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### **Day Out With Thomas**

Start your engines! Thomas the Tank Engine will be visiting Uxbridge for 6 days this summer for the Big Adventure Tour. Take a 25 minute ride with Thomas the Tank Engine and to meet Sir Topham Hatt, the Controller of the Railway. Visit the Imagination Station for face painting and temporary tattoos. Enjoy Thomas storytelling and videos in an actual train car. There are lots of activities for the kids to enjoy including live entertainment, Zoo to You, a bubble station, kiddie train, hay maze, jumping castles and more. There will be food vendors on-site.

Uxbridge

[www.ydhr.ca](http://www.ydhr.ca)

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## August 12, 2018

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### **Ride4United Way**

This year is the 10th anniversary of the annual Ride4UnitedWay cycling event that supports the United Way Durham Region. It is a fully supported ride with lunch, showers and massages at the finish. The Ride begins and ends at the Durham District School Board Education Centre, 400 Taunton Rd. E., Whitby. Registration and Rider check-in opens at 6:30 am

Whitby

<http://ride4unitedway.com>

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## August 18, 2018

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### **Reuse Days**

Drop off reusable items free of charge at our Reuse Day events. Items will go to Habitat for Humanity Restores, the Diabetes Canada and Salvation Army. Acceptable items: Clothing, shoes and accessories; Home decor, bedding and linens; Worn out textiles and scraps of fabric; Hard furniture; Light fixtures; Good quality renovation material; Sporting goods and much more.

Whitby

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





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# The Thin = Happiness Myth

by Tara Richardson

Welcome to summer, where we are now bombarded with magazines and other media types plastered with models bearing resemblance to toothpicks promoting us to, "Get Your Bikini Body", "Hot Body in 30 Days", and "Last Minute Beach Body Workout".

There's no denying that eating healthy and exercising regularly is beneficial to your wellbeing; it can even prolong your life. According to Health Canada, the benefits of eating healthy and doing regular physical activity are enormous – and span across more than simply looking good. The risk of obesity, type 2 diabetes, heart disease, osteoporosis, specific types of cancers, high blood pressure, and depression all decrease, while your mood, strength, and energy, all increase. Healthy eating and exercise also promotes growth and development in kids and maintains bone and muscle strength. For older adults, having a healthy diet and being active can actually lengthen independence.

So being healthy and staying physically active are important; we can all agree on that. But, why does it seem in today's society there is an "obsession" (if you want to call it such) to be thin? Are thinner people happier? And more importantly, why do we believe that being thin equates to being happy?

Most people (and society in general), believe that if you are thin then it means you must be happy. And by default, if you are overweight,

you must be unhappy. We tend to think that thinner = happier. A quick glance at the cover of most mainstream magazines perpetuate this belief. What do you always see? A smiling, slim, most likely air-brushed woman on the cover. This is often combined with catchy phrases on the magazine cover telling you how you too can achieve

this woman's slim figure. The underlying message being that you too can look great and feel great if you are slim like her. Does looking great means that you feel great too? Not necessarily.

How many times have you also heard someone say, "I will be happy once I lose 40 pounds"? ...Why can't they be happy at their current size? They can. There are people who are comfortable in their own skin and perfectly content regardless of their size, however, they tend to be the exception rather than the

norm. Advertisements for weight loss products and programs further perpetuate the stereotype. The "before" picture is usually an unhappy overweight person, while the "after" picture shows a happy, thin person. Same person but much thinner and therefore, much happier.





### What is healthy, anyway?

Dieticians don't promote the Canada's food guide to make us all fat; their intentions are to make us as healthy as possible. The Canada's food guide includes guidelines to eating a balanced amount of food. Diets that severely restrict calories, or restrict entire food groups are generally not as helpful and not as sustainable as eating a moderate amount of everything. If you're sensitive or allergic to wheat, then by all means, don't eat it. But also, don't jump on every diet wagon you hear about. I remember watching a documentary on sugar and lived for days in a sugar obsessed world. While it's important to be knowledgeable of what you're eating, obsessing endlessly is just tiring.

The Canada's food guide also recommends 30 minutes of daily activity per day. Keep in mind that it doesn't have to be the conventional exercise. Gardening, cleaning, and other household routines done with enough vigor fit the bill too. Don't make exercise a chore to be done each day. Make it as interesting and exciting as possible. Do you enjoy dancing? Take a class. Walking? Take a hike. Exercise with people so that you connect exercising with relationship building and enjoyment. Be happy that your body will do these wonderful activities. There's a huge difference between the thought:

"I get to" versus "I have to". To put this into perspective, my 85 year old grandfather is grateful on the days when he is able to get to the gym. He "gets to" exercise and due to his physical health, he doesn't get to do it all the time but he appreciates his body for what it can do.

### Ways to meet your weight management goals

Regardless if you want to lose, gain, or maintain your weight, here are some proven ways you can set and meet those goals. The first recommendation is to keep track of your food and activity level by self-monitoring. In a recent study by Reed, Struwe, Bice, & Yates (2017), those participants who adhered more to the practice of self-monitoring lost significantly more weight than those who slacked off. This doesn't mean that self-monitoring is easy; it's not. At first, it can be hard to remember when to track. Set alarms on your phone to remind you to write down your food and activity. You can be most effective by keeping a binder or digital file dedicated to your food records. If you're up to using technology, try using an app like MyFitnessPal which gives you a more detailed breakdown of nutrients, and can even sync with activity trackers, like FitBit.

The second recommendation is finding an accountability partner could dramatically alter your results. Find a buddy- this could be a friend (in person or online), a counselor, a coach, whomever motivates you to stay on track.

A healthy lifestyle- especially in the beginning- requires constant planning. Planning your meals in advance is another great way to stay on track, plus it makes grocery shopping simple. It's also important to plan ahead for triggers. Known as "If then plans", you brainstorm what might get in your way and how you will handle these triggers. A trigger could be thoughts, situations, or feelings. For example, I might say, "If I am feeling stressed out, then I will make a nice tea instead of eating my feelings". Or, "if my colleague brings in donuts then I will have half of one so that I can enjoy this treat and still feel in control."

### But wait...Why do you want to be thin?

We receive accolades when we lose weight. "Wow, you've lost so much weight!" How good does it feel to hear those words? We are so used to being congratulated for our smaller size that it becomes an internal message that weight loss is good. On the flip side, "Wow, you've gained so much weight!" is deflating to hear (unless you are a body builder trying to put on muscle mass)! The internal message is that weight gain is bad.

Although we are quick to equate thin with happiness, there is plenty of research that suggests your weight doesn't actually determine your happiness level. In the Summer 2016 issue of The Local Biz Magazine, I wrote an article called *The Never-Ending Quest for Happiness*, which looked at what does make us happy. And, being thin is not on the extensive list of researched ways to improve your well-being. Counting your blessings, infusing positivity into your surroundings, including pleasurable activities in your life, meditating, and finding something to look forward to, are all happiness tactics that actually work.

So why then do so many of us fall into this trap of believing that being thin is the direct route to happiness? Does the media have anything to do with it? According to a 2014 Cosmopolitan article, plus size modeling in the fashion industry starts at a size 8. The average woman is a size 14-16. The average model is usually a size 0-2. What does this say about how we "should" look? Is it realistic to look like this? Absolutely not. Why do you think eating disorders are so prevalent in our culture? In my opinion, it's most certainly because of these unreasonable expectations that are placed upon us from





an early age. I know from personal experience how damaging these messages can be. At the tender age of twelve, I went on my first diet that spiraled into decades of disordered eating, believing that my weight was the most important thing in my life and that my worth as a human being depended on the number the scale read that day. It's a miserable way to live your life.

Researchers also talk about the role of comparisons in body satisfaction. Upward comparisons, where you compare to someone who you perceive as better off are associated with higher levels of disordered eating behavior and lower body satisfaction for women of all racial/ethnic groups. (Rancourt, Schaefer, Bosson, & Thompson, 2016). Although downward comparisons (comparing yourself to someone you perceive of as worse off than you) are not associated with such detrimental effects, it's best to curb your comparisons completely. Likely they are just making you feel bad!

### **Tips for true happiness... regardless of your weight**

How do we go from hating ourselves to loving ourselves? The answer is not straight forward and varies for everyone. The first step is moving from self-hatred to becoming neutral. You might not love your body but you learn to tolerate it- and then you can build to acceptance and even self-love from there. Recognize the comments you say to yourself. Imagine you were talking to a young child. Would you be so harsh with them? What would you say? It's important to catch your negative thoughts in order to be able to neutralize these powerful messages you tell yourself. One route to accepting your body just as it is could be asking yourself, "do I want to spend so much time exercising and exhausting my body or do I want to live my life more and be a little softer?" I admit that I don't always choose to be kind to myself and sometimes I push myself even when I'm feeling sick. It's hard not to fall into the trap of hating on yourself but over time and with practice it gets easier to be nicer to yourself.

Acknowledging underlying issues. Sometimes there are triggers to us wanting to lose weight without us consciously understanding them. For example, have you ever been upset with a situation at work and then "suddenly" finding yourself dieting to improve yourself? You may not have made the connection but usually wanting to be thinner is about more than just weight. It makes sense that triggers like wearing a bathing suit are more observable in one's

self-awareness but pay attention to what else is going on in your life when you find yourself thinking, "I'm fat. I should lose weight."

Ask yourself, "What would I do if I was thinner? What can't I do now that I could do if I just lost some weight?" The answer is usually that you actually can do the activity, it's just not ideal in your mind. (Of course, there are some situations such as weight restricted roller coaster rides, where you actually can't do the activity.) However, thinking, "I can't date until I weigh XXX pounds" is silly. Of course you can date- you're still the same you as you are at any weight. At the height of my eating disorder I believed that cinnamon buns were the devil disguised in frosty icing. Honestly, treating myself to a cinnamon bun now and then is a pleasure that I can now enjoy. And it's not a "guilty" pleasure. I wholeheartedly feel positive about eating treats in moderation- and I'm fit and at a healthy weight for me. I think it's important to remind yourself that your weight is really not that important you can't enjoy life because of the calories in the dessert you just consumed.

Practice being grateful and noticing the good things both related and unrelated to your body. Gratitude is a universal mood booster. For example, you might be grateful that you are a fertile female and that without your wide hips you would have a more difficult labor. Identifying the many things you are appreciative of is important in life satisfaction.

### **Finally...**

Do what works for YOU. All of these health and fitness tips are fabulous, but ultimately it comes down to doing what works for you and then being able to keep doing it. And we all fall off the proverbial wagon sometimes. Don't get stuck down in the mud. Live your life now - at any size. Be happy in your own skin. Your stellar summer depends on your attitude, not the number on the scale!

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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.

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# THE TEN COMMANDMENTS

## ... of Improvising



Interview by Wendy Chiavalon

**If you've been reading The Local Biz Magazine for a while now, you'll recognize the name Stephanie Herrera. Stephanie is our movie, *At The Box Office* columnist, but that is just one of the many hats she wears in life. Stephanie is an all-around entertainment specialist, with experience in theatre, singing, acting, TV hosting and keynote speaking, just to name a few. Recently, she wrote a book called, *The Ten Commandments...of Improvising*; we were intrigued to discover more about Stephanie and her book.**

**Q. How did you get into improv?**

**A.** I had just finished my Theatre degree at York University and was into musical theatre when my sister asked if I wanted to come see an improv show with her at Theatresports Toronto, and I was hooked. I started taking classes there as well as at Second City and before long I was taking three classes a week and performing sometimes up to

five nights a week. Within a year I had formed three improv troupes, one of which was the first musical improv troupe, and we were touring as far as the East Coast and at the Orlando Improv Festival. When I moved to Durham Region in 2004 and discovered there wasn't an improv community that I could join, I decided to start one, and Durham Improv was born.



**Q: You often stress that improv is not just for actors. What makes you say that?**

**A:** Improv is definitely not just for actors! I've always had a goofy personality with a desire to act, but most of my life was in sales. Whether that was in retail and the food and bar industry or in corporate offices, in radio, and many years in network marketing, I found the ability to improvise tremendously helpful. It improves personal interaction by making one better at connecting with people faster. Everything from job interviews to working within a team is easier when someone is eager to build and shape ideas together and listens intently to other people to find something they can grab on to. The old saying that people do business with you because they, "Know you, like you, and trust you" is developed much faster through improv.

**Q: Is this how you discovered the link between business and improv?**

**A:** Yes, a friend of mine, a very success salesman, was intrigued about my career in improv. He asked me a great question, "What makes a good improviser?". I began rattling off a list: A person who says "yes", someone who supports and builds on an idea, someone who is a good listener, etc. and he stopped me and said: "That's a networker. That's sales," and my first thought was, "Heck! I can teach anyone to do all that!"

**Q: So, are you suggesting that anyone can improvise?**

**A:** That's exactly what I'm suggesting! People forget they are improvising everyday of their lives. No one wakes up, is handed a script, and continues on their way with all events and dialogue set out before them. We find ourselves in impromptu conversations in lines, on buses, at work. Life is improvising, taking an improv workshop just makes you seem like you're faster at coming up with funny things because you are learning to trust your instincts and to listen better.

**Q: Is your book helpful for people who are not actors or improvisers then?**

**A:** I think it certainly is! My editors are very removed from my subject material but both commented that life lessons were embedded in it. I mean, how much better would life be if people were all skilled in the art of listening intently and building on your ideas in a positive way?

**Q: Is that why you wrote the book?**

**A:** I think I started writing the book because, at the time, books on improv were either very text heavy, pages on theory and history, or they were very basic, like "Here are games for your classroom". I was inspired by an advanced workshop I took that was taught by Scott Adsit, who is best known for his role of Pete, best friend of Tina Fey's character Liz Lemon, on *30 Rock*. Scott came to the workshop with pet peeves. He would start with, "I hate when improvisers \_\_\_\_" and we did improv scenes that tackled what he felt improvisers were avoiding, like intimacy. Several participants took amazing artistic risks and the scenes were fantastic. I wanted my book to start with the concept of, "If I have to watch one more bad improv scene, I'm going to lose it" and that was through the use of a generic character of the "Improv God" who gives a commandment at the beginning of each chapter. When I've team taught with Colin Mochrie, we used that idea of, "This is what we see and we don't like, so here is an exercise we came up with to tackle this lazy improvising".



**Q: And Colin wrote the foreword to your book?**

**A:** Yes, he is an exceptional improviser and human being. Generous on and off the stage. I love working with him.

**Q: So, this book is for people interested in performing improv, but it also helps develop skills for everyday improvising too. With a foreword by Colin Mochrie and each chapter written by the "God of Improv" it sounds like it is also an entertaining read, am I right to assume?**

**A:** Yes. I definitely wanted it to be entertaining. Even the commandments have funny quips, but the intention was to teach valuable lessons about interpersonal skills. There are examples and antidotes throughout and I even included exercises and games people can try on their own and with others. My final editor also had me include a glossary as she saw this book in the hands of non-performers and she wanted to make sure that everyone was understanding every aspect.

**Q: It seems like the book might inspire people to try improv. Is it possible for people to start at any time in their lives?**

**A:** Improv is wonderful for that! I have taught improv to kids as young as six years of age and always have people well into their 70's and 80's taking a crack at it in sessions. What's amazing with improv is that it is imagination based, so you can literally be anything in a scene, you can be younger, older, a superhero, an object, an animal, a different gender, really anything, so it doesn't matter what you are in real life, it has no bearing on your characters. There are no limitations, you can dodge bullets in improv, be a millionaire, be a villain. It's really allowing people to be kids again and re-learning how to play pretend, and with our lovely "rules" of improv, people learn to create together and avoid confrontation. I've never seen anyone take their improv net and go home upset that people were cheating or being mean. It's a safe place to play and kind of addictive when you start putting an audience in front of it.

**Q: Can you leave us with a piece of advice when (and if!) people get up the courage to perform in front of an audience after reading your book?**

**A:** Always remember that when you're improvising, people aren't laughing at you, they're laughing in front of you.

---

Wendy Chiavalon is the Editor-In-Chief of The Local Biz Magazine.

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by Stephanie Herrera

## AT THE BOX OFFICE



*Ocean's 8* is a female spin off of the classic heist movie and is a star-studded cast at that. Sandra Bullock plays Debbie Ocean, Danny Ocean's sister, fresh out of prison who forms a group of high caliber thieves. Her band of merry women include: Cate Blanchett, Anne Hathaway, Rihanna, Helena Bonham Carter, and Mindy Kaling. The plan is to steal the most valuable jewellery in the world during an annual gala in New York city. Get ready to see if they can pull it off on June 8th.

*Jurassic World: Fallen Kingdom*, is the 5th installment from the inspiration of Michael Crichton. We return to Jurassic World four years after the last film. Owen (Chris Pratt) and Claire (Bryce Dallas Howard) put their differences behind them as they focus on the mission at hand, to save the dinosaurs. The dormant volcano on Isla Nublar has become active and Owen and Claire work to save the remaining animals on the island. Jeff Goldblum makes an appearance as Dr. Malcolm along with some of the unforgettable creatures we have come to admire and fear. The race against time begins on June 22nd.

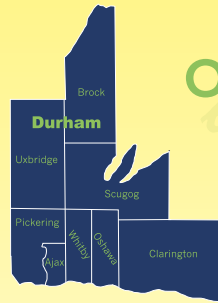
Based on a true story, *Don't Worry, He Won't Get Far On Foot*, will surely live up to the acclaim it received at Sundance this year. We are introduced to John Callahan, played by Joaquin Phoenix, who is forced to face his alcoholism when he becomes quadriplegic after a car accident while bar hopping in the 70's. Callahan faces his pain with his girlfriend, (Rooney Mara) and sponsor (Jonah Hill) and discovers a new outlook on life and a new talent as a cartoonist. This has been a passion project for director Director Gus Van Sant for years and his retelling of this true-life story promises to be memorable, opening on July 13th.

*Mission Impossible: Fallout* is exploding across theatres on July 27th. The 6th instalment in the Mission Impossible franchise has some big names back including Simon Pegg, Alec Baldwin, and Tom Cruise, as our hero, Ethan Hunt. It's another race against time as Hunt and his team attempt to save the world after a mission gone wrong. Cruise will not disappoint with his nail biting stunts!

The producers who brought us the movie *Arrival* and the TV show *Stranger Things* has a new sci-fi adventure called *The Darkest Minds* opening on August 3rd. Based on a young adult novel we are taken on a journey within our world today but with one major difference: the children. Not only have most children died but the remaining ones have developed incredible powers and are now considered a threat to society and are removed from their homes and detained in military prisons. Our heroine, Ruby, escapes and falls in with a group of teens looking for a safe haven but soon find that there is no escape. All there is left to do, is to start a revolution for freedom.

Stephanie Herrera is a Canadian Comedy Award nominee and the founder of the Not-for-profit: Durham Improv Collective Inc. She specializes in hosting, corporate training, and has a keynote speaker series. She is an actor, director, producer, voice over artist, writer for stage, TV, and film, and teaches acting and improv across North America. Check out her book: "The Ten Commandments...of Improvising!" on her personal website.

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by Tara Richardson

## Soul Searching



Does perfectionism dictate your life? Do things have to be perfect in order for you to feel content? You're not alone, AND you can be free of perfectionism.

In Tal Ben-Shahar's book, *The Pursuit of Perfect*, he distinguishes between healthy perfectionism and maladaptive perfectionism. Healthy perfectionism is also known as 'optimalism' because the person tries to get the most optimal outcome based on realistic expectations. In contrast, maladaptive perfectionism (which Shahar simply calls 'perfectionism') is not based on realistic expectations and will actually hinder one's quality of life.

An optimalist will be accepting of reality and also accepts the chance of failure. A perfectionist gets so lost in the fear of failure that they reject reality and set unrelenting standards. A perfectionist focuses solely on their destination whereas the optimalist is heading to the same place; they just get to enjoy the journey too.

You can be both a perfectionist and an optimalist in different areas of your life. For example, when raising kids you might be an optimalist and let their B+ be celebrated, whereas at work if any report is less than stellar then you must be a complete failure.

The biggest fear that accompanies perfectionism is never being 'enough'. We need to recognize when something needs to be perfect (an intricate surgical procedure) and when something is good enough (a report you've spent a lot of time working on).

Research has shown that a perfectionist is more likely to have concerns such as low self-esteem, eating disorders, sexual dysfunction, depression, anxiety disorders, and chronic health problems, whereas the optimalist, in contrast, tends to lead a longer, healthier, and more flourishing life.

So how do we overcome perfectionism and get to 'this is enough'? Shahar recommends exploring all facets of your life (spiritual, work, family- whatever is most important to you) and identifying your ideal in each category but also making a good enough list. What on your list can stay at good enough? For example, it might be your ideal to work 80 hours per week but based on the other things you need/want to accomplish as well, 50 hours per week may be 'good enough' to satisfy all the work you want to finish while not ignoring other parts of your life.

I am a recovering perfectionist and one of my perfectionistic beliefs was that I should always be productive, and that I don't have time to relax. Lack of relaxation and pleasure can make a person seriously burnt-out; I can attest to this. One helpful technique I used was from the Centre for Clinical Interventions (CCI). Make a list numbered 1 through 6 of activities that you enjoy or help you unwind. Choose a date and a time that you will practice relaxing. Then roll a dice and whichever number is rolled you do the corresponding pleasurable activity. No switching numbers or "doing it later".

The only way to prove perfectionism wrong is to notice the fear, accept the fear, work through it, allow yourself to make mistakes, and still feel like you are enough. Because we are all enough.

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.

by Bianca Schaefer

## Get Fit: Inside & Out

### *Tips to Avoid Weight-Gain During Your Summer Holiday*



Summer — a favourite time of year to relax, enjoy the sunshine and go on that well-deserved vacation! But if you're anything like me, the last thing you want to do is to come back from your holidays with a little muffin top or beer belly. Whether you're staying at the cottage or jetting off around the world, here are four tips to help you avoid packing on holiday pounds.

#### **Plan what you are going to eat. Be Mindful.**

Whether you're staying at a hotel or making your own meals, planning what you will eat during your holiday is an absolute must if you want to protect your waistline. Planning can mean anything from making a grocery list before you shop to researching restaurant menus ahead of time. This will help you choose healthier meals and for preplanning those little indulgences you can look forward to (like a dessert or cocktail). Tip: share meals, desserts and drinks. It'll cut your calories in half and you'll save money too!

#### **Eat a healthy breakfast that includes plenty of fiber.**

One reason things go south during a vacation is because you're not getting the proper amount of fiber to start your day. Loading up on breakfasts that are full of empty calories (like coffee and croissants) can lead to unsteady blood-sugar levels and cravings for all the foods you may be trying to avoid. Having a fiber-rich breakfast (like a fruit-veggie smoothie, flax meal and almond milk) is a great way to ensure that you won't over-eat because fiber is filling and beneficial for healthy bowel movements. If you want to avoid feeling bloated and constipated, you want to make sure that what goes in your body, also comes out.

#### **Incorporate some type of physical activity into your day.**

If you typically overeat on your holiday, it might be wise to add a little physical activity to offset those extra calories. Of course, you can't out-train your poor food choices. It's not that simple when it comes to how your body burns fat. But a little exercise certainly helps you feel better, look better and release stress. Tip: Choose activities that you enjoy. Whether it's doing a walking city-tour or swimming in the lake, when you move your body you're burning more calories than when you're doing nothing.

#### **Load up on water. Hydration is key to staying slim.**

I'm always surprised to hear how hard it is for some people to drink water and it makes me sad to report that over half of the population in North America is dehydrated. You may not think this matters, but dehydration is one of the leading causes of over consumption. Simply put, people often confuse thirst for hunger which leads to overeating. So, if you want to avoid eating too much, drink more water instead. Tip: Drink a glass of water first thing in the morning and carry a water bottle with you throughout the day.

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Bianca Schaefer is a 360 Holistic Health Coach who inspires a global community to take charge of their lives through nourishing their body, mind and spirit with delicious healthy foods, an active lifestyle and a mindset that believes anything is possible! Her mission is to help others realize their greatest potential and use their unique talents to be an inspiration to others. Find out more about Bianca on her personal website, Bianca Schaefer.

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## Tweens, Teens & In-Between



**Prom season is once again around the corner. Are you all set? Here are a few things to keep in mind to help your big day – and the days leading up to it – go as smoothly and stress-free as possible!**

1) Have a budget—Prom can get expensive. All those things you need to get (dress, tuxedo, shoes, hair, makeup, corsage/boutonnieres, limo, tickets etc.,) can add up. Know how much money you have to work with and try not to go over your budget. Tip: Certain businesses offer “prom specials” in which services and products are offered at a special discounted rate. Just ask as it may not be advertised! Also, borrowing items (e.g. jewellery or tux) from your family or friends is another great way to save money.

2) Book ahead – Need a hair stylist? Got to get your nails done? Hiring a limousine? Things can book up fast during prom season because all high schools tend to have prom around the same time, so make your appointments ahead of time to avoid disappointment. Some experts advise booking a month ahead.

3) Organize your prom group – Who are you going to go to prom with? How are you going to get there? What time will you meet? These are all things you and your friends will need to figure out. To make sure everyone is on the same page, create a WhatsApp group chat, or Facebook group where all details can be discussed in one spot.

4) Coordinate with your date – Trying to match? Going for a theme? Splitting the cost of the limo? Whatever it is, make sure to talk to your date about what you are planning to do so you are on the same page. There is nothing worse than assuming someone can read your mind of how you want the night to go—they often can't. Avoid arguments by having those all-important conversations ahead of time.

5) Determine Your Post-Prom Plans – What do you want to do after the prom? Will you be going over to a friend's house? Going home? Try to determine this ahead of time if you can. Make sure to discuss your plans with your parents and prom group so the people closest to you are in the loop of your whereabouts.

5) Involve Your Parents – It's important to let your parents know your plans for the night so they don't keep checking up on you all evening. They will be happy you included them, and you will be happy they aren't being overbearing with you. Tip: Allow them to indulge and take photos of you and your prom date! It'll make their day!

6) Have a good time! – Going to prom is a once-in-a-lifetime event. It's supposed to be fun not stressful! If things don't go your way on your big day don't panic. Ask yourself if whatever didn't go as planned really matters in the bigger scheme of things. Most of the time the answer is 'no'. Don't ruin your night over something trivial; make it your goal to have a good time.

Happy Prom- Class of 2018!

Wendy Chiavalon is the Editor-in-Chief of The Local Biz Magazine.

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# Family Matters

by Leshanne Mori



## The brighter side of family vacations

Does the thought of flying out for a family vacation fill you with excitement or dread? I'm usually in the latter category. With my family back in Australia, trips back home are a full day of flights away. In our most recent family vacation we learned the following important lessons I wanted to share with you.

### Airlines and airports can mess up, but truly, their staff want to help you

I set my expectations low for my flights home and packed my carry-on to the brim with toys. The plan was to pick up snacks before boarding for our next flight, but because our previous flight was delayed, we had to race between gates to make our next flight. Multiple reasons meant we were scrambling. It would have been easy to blame the airline and leave it at that, but if parenting has taught me anything it's that it truly does take a village to make things work. Hubby and I made it our job to rally whatever help we could find. An airport transport vehicle driver came to our rescue and whizzed us over to our gate with five minutes to spare. After finding our seats, a sympathetic flight attendant brought us crackers to feed the kids even before any one else had been served, saving us once again.

### Creating a vacation routine will help family members adjust

The part of my trip I looked forward to most was how much change a vacation would bring. Less rules, more flexibility, new places to stay! The more variety the better, was my motto as I booked family activities. Vacations are a break from the norm, so maintaining a regular schedule wasn't at the top of my list. Sleeping and eating at regular times brings a sense of security when everything else is new.

### The change in environment can help you build better habits

Being away from our usual creature comforts first appeared as if it would make for some difficult time away, but my vacation experience proved otherwise. We knew that keeping everyone comfortable during long drives was important to making the most of our time away. To give our kids their usual road trip experience would mean playing their favourite tv shows to pass the time, but this only felt like a waste of an opportunity. Many of the things they would see on our drives would be things they wouldn't normally see. We did the opposite of what we had done to cope during long drives while back home. No devices in the car for the whole trip! At first it felt strange not hearing the usual songs playing while we drive, but the transition to a show-free trip was surprisingly smooth. The kids missed it less than I thought they would, surprising us most of all.

Like any family vacation, our time away felt busier than what we're used to with our daily routine. Coordinating activities and keeping everyone comfortable was work, but worth every second for the memories. As daunting as the long trip seemed at first, I'm feeling positive for the next adventure.

---

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.

## Celina CAESAR-CHAVANNES

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## KITCHEN SINK STIR FRY

If you're anything like me when you get home from a long work day, you wish dinner would make itself as you stare into your fridge, scanning all of those leftover veggies and meats in front of you. "What can I make that is both interesting and something everyone will love?" This Kitchen Sink Stir Fry is your answer!!



I would take whatever was left sitting in my fridge and/or freezer, toss them together in a pan and the Kitchen Sink Stir Fry was born! Onions, celery, broccoli, cauliflower and carrots are probably veggies that everyone already has. Chicken, pork or beef? Feel free to throw in an egg too. There are a lot of amazing spices and sauces that can be added to this dish as well, such as garlic, ginger, soy sauce, hoisin sauce, peanut sauce, or plum sauce. Can you see why this recipe is just soaked in goodness??!



### Stir Fry:

3 tbsp vegetable oil	2/3 cup cauliflower florets
3 boneless, skinless chicken breasts, cut into 1-inch cubes (or any other meats)	2 scallions, sliced
Salt and pepper, to taste	1 cup sugar snap peas
2/3 cup carrots, sliced	2 celery stalks, sliced
2/3 cup broccoli florets	2 tbsp fresh ginger, minced
	2 garlic cloves, minced

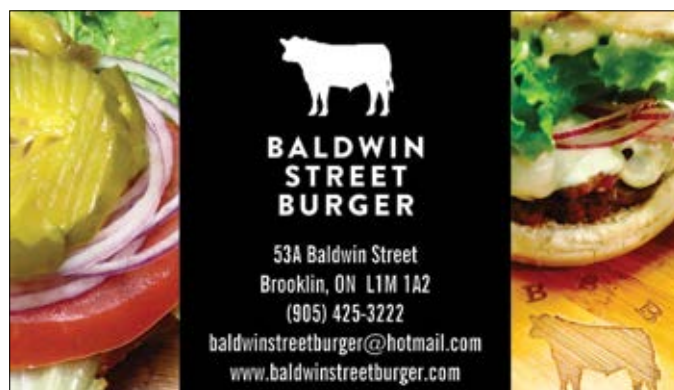
### Sauce:

1 cup chicken broth	4 tsp soy sauce
2 tbsp cornstarch	3 tsp sugar

1. Prep all your vegetables.
2. Over medium-high heat in a large skillet, heat half the oil and cook the chicken, seasoning with salt and pepper, until well browned and cooked through, about 8 minutes.
3. While the chicken is cooking, mix all the sauce ingredients in a bowl and set aside.
4. Remove chicken into a separate bowl and set aside.
5. Add remaining oil and stir-fry the vegetables, ginger and garlic until the veggies are tender, about 5 to 10 minutes depending on size.
6. Once the veggies are tender, add the chicken and its juices back to the pan.
7. Add the sauce and stir until thickened, about 2 minutes.
8. Serve over rice.

Protein:	47.9g
Carbs:	20.5g
Fat:	8g

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 MATTERS



## Summer marks the halfway point of the year.

At this time, I often ask the families I work with to reflect back on their New Year's financial resolutions.

What were your beginning of the year "financial" goals and have you made any progress thus far? It can be a sobering thought. Let's face it, most of us make some sort of fitness resolution at the start of each year, and by this time many of us may have already given up on that beach body.

But guess what? That's OK! The last thing any of us need is to feel guilty about how we've chosen to spend our money in the past. What we need to realize is how making small financial changes today and sticking to them, can make a HUGE impact on our family's future security. It's amazing how much money leaves our pockets because we don't set a purpose for it.

To add purpose to your money, first start by reviewing those financial goals. Establish what your biggest financial concern is for this year. For example, you may be worried about how much debt you are carrying and having difficulty managing it. If that is your biggest concern, reviewing your budget and debts would be your first goal. To make your debt payments more efficient, you may need to focus on paying higher interest debts first and increasing your payments.

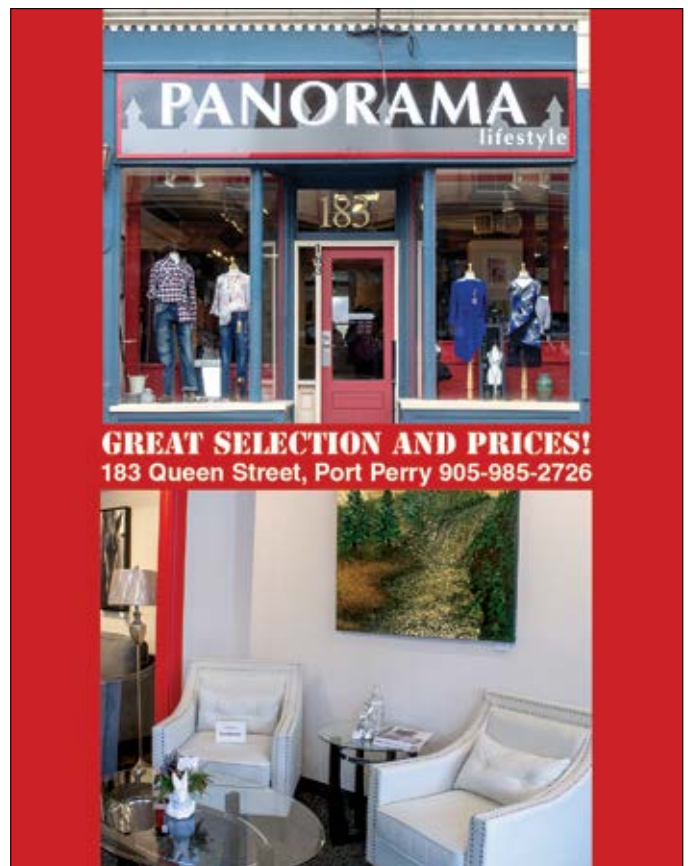
For example, simply increasing your credit card payment from \$250 to \$350 per month on a standard interest credit card with a \$5000 balance would decrease your debt repayment time from approximately 2 years to 1 year and 4 months. That is a difference of 8 months!

It is no surprise that all of us can be a little more disciplined with how we spend our money. Instead of constantly feeling guilty about overindulging in spending after the fact, add purpose to your money. For example, if you are hoping to purchase your first home, now is a good time to start saving towards your down payment. Also, commit to learning what you need to qualify for a mortgage, and attend workshops that could help you learn to pre-plan for your home purchase more efficiently. Creating a plan would help you keep focused on your goal and discipline you in your day to day spending.

Remember, it is never too late to catch up on your resolutions. All you need is a little inspiration, and an achievable goal. To help get the ball rolling in the right direction, it always pays to sit down with a financial advisor. A consultation should not cost you a penny, and would leave you feeling confident that you are on the right track! Believing you can achieve your goals is half the battle. With that, your discipline will become stronger and you will have much more to show for your money before the end of the year.

Wishing you a warm, sunny and safe summer.

Karolina Szymanska is a financial literacy advocate and advisor who organizes financial literacy workshops in the GTA and beyond. Her passion is helping others realize positive possibilities in their own financial situations. Along with her team, Karolina helps educate families about the basic fundamentals of money and provides useful resources to help families achieve their goals.





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## Ask Sue-Ann



Dear Sue-Ann:

I am sure you hear this all the time; I am stuck. I don't know how to move forward. I feel numb to life and I shouldn't. I have kids, a career and I am happily married but I feel stuck. Can you help?

Signed: Stuck in Ajax

Yes, you are correct, you are not alone. I do have clients report they feel stuck a lot. The good news is the fix is easy. We get stuck emotionally for many reasons. I think it is a by-product of adult responsibility. Having to put everyone and everything before ourselves, we end up getting lost in the responsibility of the day-to-day. It's time to go through that internal list of things that gets filed away over the years. The things that you couldn't find the time to do or the things you thought would take you away from your responsibilities. For example, yoga, a hobby, a club or finally carving out some time to read those books you never had time to read. Durham Region has a lot to offer for recreation and community involvement. It really does not matter what it is or even if you enjoy it, in the end it's the decision to try something that's outside the routine. Just the act of doing that will help you build on that momentum until you find what you can be passionate about. It's giving yourself permission to enjoy something or even become passionate about it. Giving yourself permission to feel good and have pure joy about it because you chose to, not because you have to. An affirmation you can use for this is: With each breathe that I take I give myself permission to be open to possibility.

---

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



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# The COACH Corner

## Summer!

What a great time of the year to get out and enjoy, discover new places, enjoy new adventures, make new friends, get reacquainted with neighbors, perhaps meet some new ones.

Ahh! Those wonderful summer rays. All around, everything is full of life and vitality. How about you?

One of things I have discovered over and over again in my coaching practice is the ability for people to project an image on the outside that all is well. However, when we scratch the surface of their lives we discover quite a different story.

Just like the beautiful gardens around us, we don't always see the stuff it's growing in.

Is that manure I smell?

How do we grow beautifully from our messes?

I believe from years in my practice it's safe to say, the most consistent cause of our drama, issues or shortcomings, are the result of family dramas. As it's been quoted, "There are no adult issues, only unresolved childhood issues". I see this over and over again.

It's refreshing lately to see more and more, prominent individuals, sports celebrities, or actors, sharing their internal emotional struggles. This is most beneficial as, it helps dispel the notion that if you are rich and successful, your life must be fantastic.

I have been reading from the Bible, and when motivational or inspirational speakers or book writers are being honest, a lot of the principles they promote are rooted in biblical wisdom. However, I digress. Back to my reading. It mentioned, God knew the plans he had for you from before the foundations of the world. I would think that single thought alone would make us very significant. The second part of my reading, mentioned, not to conform to the ways of the world, but be transformed by the renewing of your mind. It's saying change your thinking, change your life.

Until we work on our inside, we are only putting window dressing on the outside of our lives. If you are being honest, how does our current inside thoughts and feelings match up to our outside life?

In order to change our life, one needs to resolve and move past, in some cases lifelong family dramas. How do we do that? One of the most effective way to resolve these captivating issues, is to have an adult conversation with that person, the individual to whom you give your power away to, or they just take it.

No longer give your power away to that individual who can still make you feel like a little child, even though you are now an adult. Conjure up the courage and decide to no longer be held captive. Speak to that person as the adult you now are. Then forgive them and yourself. Once you do this you will be free from the emotional prison that's keeping you from being the beautiful person you truly are.

It's time for you to bloom. Grow from your mess, show the world your true inner beauty. Enjoy your summer.

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.

by Malachi Brown



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by Linda Calder

# The Golden Years



## Visit Durham This Summer!

### Ajax

In June, Ajax is celebrating Seniors Month with free activities and events. Adults 55+ can also meet new people at our seniors' clubs or participate in specially designed programming including dancing, cooking, painting and more! Or, spend a day cycling and explore part of our 150km of scenic trails and cycling facilities.

### Brock Township

In the summer months, visit the Harbour of the Future, take a stroll on the accessible walking trails, partake in main street shopping, tour local gardens, homes and museums, participate in lawn bowling tournaments, be entertained by the local theatre groups and attend local events.

### Clarington

Clarington is an ideal spot, bounded by the shores of Lake Ontario to the south and the rolling hills of the Oak Ridges Moraine to the north. You can shop and dine in one of our historic downtowns and, minutes away, find yourself on a beach or in a rural landscape full of country charm.

### Oshawa

The City of Oshawa is host to many recreational facilities, 27 km of walking trails, a vibrant downtown, lakefront and a growing arts and culture community. Oshawa Seniors Centres continue to offer a wide variety of programs, classes, services and events throughout the year. Our Peony Festival features one of Canada's largest contemporary peony collections with over 300 varieties.

### Pickering

Enjoy our Waterfront Concert Series Thursdays evenings in July and August down at Millennium Square. If you're looking for a bit of exercise that's not too physically demanding, why not try Pickleball? It's a great way to make friends.

### Scugog

Come enjoy our historical shopping district with unique shops, restaurants and cafes. Come take in a performance at Town Hall 1873, tour vibrant galleries and heritage museum. Visit our local artists for a one of a kind treasure. Palmer Park offers scenic waterfront views, trails and the annual Canada Day celebration. Please join us for our *Ageing with Confidence* fair on June 14.

### Uxbridge

Seniors who love the outdoors will discover exceptional trails in Uxbridge Township and some of the most scenic countryside for driving, walking or biking in Ontario. Experience our cultural sites, our microbrewery, our Heritage Railway, and shop in our downtown. Come for a garden tour, quilt show, local festival, or farmer's market.

### Whitby

Whitby is proud to be an Age-Friendly Community. Whether it's attending one of our summer events, such as Culture in the Square or Music in the Park or enjoying one of our beautiful parks or age-friendly walking trails – each day there is something new to explore and experience. Seniors can also drop in to our Whitby Seniors' Activity Centre, which offers a variety of social and active programs each year.

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.

# Summer Horoscope

June 2018 to August 2018

by Julie Antoinette



## Aries (March 21 – April 20)

If you want to know what you're made of, you may find clues in your ancestral history. Yes, we are all unique individuals, reacting uniquely to our environments. However, DNA does hold memory and your genes do contribute to your makeup. If you have living family members who know stories, get them talking and bring your voice recorder. There's a reason that certain peoples honor the ancestors. Find your reason.

## Taurus (April 21 – May 21)

You desperately want to come to terms with that painful situation you've been living with for some time now. Perhaps it is time to exorcise it from your system once and for all. This can only mean one thing. Allow your emotions to surface no matter how excruciating. Feel it and heal it. Release now or forever hold your grief.

## Gemini (May 22 – June 21)

You are undergoing an important transition sparked by the adjustment to new people entering your life. While you may not have hand selected these new individuals into your life, they are here and surround you now. Motivational speaker Jim Rohn has said, "You are the average of the five people you spend the most time with." Take note of yourself in their company if you would discover yourself more deeply.

## Cancer (June 22 – July 22)

A young child will impact your life and your personality toward a fundamental change. Whatever the circumstance surrounding the appearance of this child into your life, this change is permanent and the changes in you will be drastic. While it's fair to say that life is no longer about you, your role is now more crucial than ever.

## Leo (July 23 – August 22)

All kingdoms and dynasties must rise and fall, Leo. You know that one day, you too will have to pass the proverbial torch to the next in line. Now is the time to ask the important questions. Will I have served my role the best I could? Will I have any regrets? What legacy will I leave for my successors to build on? Evaluate your decisions. There is still time.

## Virgo (August 23 – September 23)

The planets urge you to speak up regarding a looming controversial matter. Someone needs to hear your point of view to assist them toward liberation in a specific situation. There is value in breaking convention. After all, it is said, "No one ever erected a statue of someone who followed the status quo." Your courage will be spoken of.

## Libra (September 24 – October 23)

Someone is adamantly pushing against you in a stance you have taken toward a noble cause. Do not be discouraged. Such opposition is necessary to illuminate the intricacies of your position and thereby strengthen your stance. It may help to think of your opposition as a dumbbell. With each resistive pump, your strength is sculpted and honed.

## Scorpio (October 24 – November 22)

Changes in your social circle recently are the universe's way of assisting in your evolution. You are no longer the person you were. Therefore, you can no longer interact with those around you in the same way. Some relationships have fallen away. Not to worry, new ones which are a much better match, are on the horizon. Welcome to the new you, version 2.0.

## Sagittarius (November 23 – December 21)

If you've been in a whirlwind of rushing about from task to task, the planets urge you to slow your pace and rest—or risk an abrupt halt not of your choosing. Yes, all the other signs envy your boundless energy, but even Mother Nature takes a break sometimes to just hibernate. You will emerge from your cave refreshed and ready to begin anew.

## Capricorn (December 22 – January 19)

That thing you said in a heated exchange continues to haunt you. Perhaps you were driven to it in a way that would make even the strongest of characters unable to resist. But this feeling of cringing regret won't relent! What to do to get some peace? It's time for a little self-talk about acceptance and self-forgiveness. As the Brits would say, "Perhaps you'd like to have a word with yourself?"

## Aquarius (January 20 – February 19)

Travel plans anyone? The travel bug has bitten and someone has a fever! But where to go? Do ancestral lands beckon? Are exotic landscapes luring you? One thing is certain, wherever you end up, adventure awaits. Travel and unravel.

## Pisces (February 20 – March 20)

Fear not. That matter you were afraid of becoming your greatest nightmare is nothing more than a subconscious fear bubbling to the surface for release and resolution. Many of the things we fear originate this way. Why carry that around any longer? Five hundred years ago, Michel de Montaigne said: "My life has been filled with terrible misfortune; most of which never happened."

Written by Julie Antoinette. Julie is a Sociology and Psychology graduate. In her free time, she is a crochet adventurer and musical muse. In this horoscope, she relays intuitive messages of guidance from the collective astrological archetypes. As above, so below.

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