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## From the Publisher

As we get older, it's inevitable that some of us may end up in a nursing home. It's a sad thought, one that I don't even like to think about. If you are caring for an aging parent, this may be all too real for you right now.

Unfortunately, most of the stories about nursing homes that make headlines in the media tend to be negative, which gives nursing homes (even the good ones) a bad rap. There are a lot of people however, who have very positive experiences with nursing homes; you just don't hear about these stories as often. This is why we asked senior columnist Linda Calder to share her experiences of what it was like making the tough decision to put her mother in a Durham Region nursing home. You can read her heart-warming story on page 13 of the magazine.

Another feature we have for you this issue is a spotlight on long-time Durham resident and sculpture artist Ron Baird. Ron is one of Canada's most successful sculptors having created over 300 public, corporate and private commissions. His works celebrate the accomplishments of others and our great country. Check out our editor's interview with him, and see pictures of his amazing work on page 24.

In other news, we are still 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. Our regular columnists are still typing away providing great content for your reading pleasure so make sure to check out their columns.

I hope you enjoy reading our Fall 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. (P.S. Don't forget to also check out what our bloggers are up to online.)

Until next time...

**Antoine Elhashem**  
*Publisher*

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## From the Editor

If having one baby is hard, then having two babies (aka twins) is twice as hard! ...Or as my husband says, four times as hard!!! My husband and I last year were blessed with twin girls, who decided to make their entrance into this world at 27 weeks gestation! (That's a whole article in and of itself!) It's been a challenge to say the least, but once we got past the NICU, preemie and newborn stage, things got easier... and much more fun!

I honestly don't think it's possible though, to comprehend what life is like with twins, until you have twins. And if you don't have that opportunity, then the closest you can get to understanding what it's like, is to see a parent who has twins in action. When family and friends spent time with my twin girls and I, they finally started to understand what it's like taking care of two babies! It ain't easy, especially when both babies are crying at the same time and there's only one parent around. The odds are stacked against you. With one baby, you can easily pick them up and soothe them. With two? It's a challenge; you get used to a lot more crying in your house than you'd like. Throw a toddler into the mix and things can get even more hectic! This is why I asked fellow twin mom Tanya Wade to share her experiences of what it's like being a mom to identical twin boys. You can read her compelling story on page 19.

While on the subject of babies, toddlers and kids, have you ever considered taking your little ones to a chiropractor? I know this may seem an unusual question to ask, especially if you have never been to a chiropractor yourself, but there are tremendous benefits experienced by children under chiropractic care. Don't believe me? Then flip over to page 8 where Drs. Jeremy and Holly Barchman share their knowledge and expertise, and discuss why kids should be under chiropractic care. The research speaks for itself.

As always, I hope you enjoy reading this issue of the magazine. 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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A close-up photograph of a baby lying on its back, wearing a white onesie. Two hands are gently massaging the baby's back. The baby is looking towards the camera with a slight smile. The background is softly blurred, showing more of the baby and the person's hands.

# Why Kids Should be Under Chiropractic Care

*by Drs. Jeremy and Holly Barchman*

**“So, what goes on in here? Is this some kind of a daycare?”**

**This is a common question that our clinic staff receives when some people enter our office for the first time. Although chiropractic care for children is the most widely used non-medical intervention for kids according to the National Centre for Health Statistics at the CDC,<sup>1,2</sup> people are commonly puzzled to see a chiropractic office bustling with babies and children of all ages.**

We understand where the confusion comes from. A common perception of chiropractic care is that it is mainly used to help to fix broken adults. A great many chiropractic offices achieve fantastic results in their care for adults, and we care for many grown-ups in our clinic too. For some offices, the majority of their clientele come to see them when they are in some sort of musculoskeletal pain, and their patients relate chiropractic care with treatment for low back pain, neck pain and headaches. But, if that were the full scope of application for chiropractic care, then what on earth would all these children be utilizing it for?! Do they have back issues too? Allow us to offer a deeper look into chiropractic care, and it's potential for helping kids.

Chiropractic care is concerned with the assessment and restoration of balance within the musculoskeletal and nervous systems, to improve the quality of life of the patient, no matter the age.<sup>3</sup> Chiropractors are skilled at detecting these imbalances and use specific adjustments to the spine or joints of the body to improve function and correct the problems they find.

With this being the definition and the goal of chiropractic care, it should be no surprise that children are perfect candidates to get checked. After all, the body of a child is growing and developing at a rate much faster than adults; their bodies are ever changing. They undergo stresses of at a far greater pace and magnitude than any other time of their lives. It would make sense then to have a professional who is specialized in musculoskeletal (structural and functional framework) development to check on them now and again to make sure everything is working properly.

But what if we told you that we look well beyond that structural framework? What if we told you there is much more to chiropractic care when approached from the standpoint of optimizing the function of the nervous system by normalizing the imbalances within the musculoskeletal system? What is the neurological impact? That, my friends, is why children respond so readily to chiropractic.

To fully understand this, let us look at some basic truths:

1. The Central Nervous System (CNS – the brain and spinal cord) is the master control system of our whole bodies. Everything we do, say, touch, feel or experience is coordinated by this central nervous system. The CNS communicates and processes information going from the body to the brain (afferent, or incoming messages) and from the brain to the body (efferent, or outgoing messages). This two-way communication is the primary responsibility of the spinal cord. The spinal cord is housed in, and protected by, the 24 moving bones of the spine.





2. The incoming and outgoing messages are altered by dysfunction that occurs in the spine. When parts of the spine get stuck (fixation and misalignment), the CNS doesn't work like it should to coordinate the normal functions of the body. Chiropractors have long known that an alteration of the ingoing or outgoing messages can have a great impact on the function of the body and the overall health and well-being of a person.<sup>4</sup> When we restore function to the spine, we have the potential to restore normal function to the CNS, and allow the body to work as it was intended to. This fixation and misalignment happens when we can't quite fully adapt to or overcome the combined effects of the 3 forms of stress that can occur in our lives: physical (traumas), chemical (toxins), or emotional (thoughts).

## Where do these stresses come from?

**Physical:** In a toddler or child, physical stress or trauma is easy to understand. They fall often, their bodies are growing rapidly and they engage in risky behaviours like climbing and jumping. But, let's also rewind and consider for a moment the physical effects of the birth process itself. As a society we focus on the physical impact of birth on the mother, but what about the baby? During the contractions of normal, natural, un-medicated, vaginal childbirth, research tells us there is approximately 27 lbs of pressure exerted on an infant's head and neck.<sup>5</sup> Then, once the baby's head is free, the midwife or doctor often uses similar force magnitudes to pull and twist free the rest of the body. In circumstances where further medical interventions are utilized, those forces climb very quickly. In vacuum extraction, research shows that an additional 25 pounds of force can be applied, reaching a total of up to 52 lbs of force pulling on the baby's head and neck<sup>6</sup>, and in the event of forceps delivery, the total forces can jump to as high as 72 lbs of force or more.<sup>7</sup> Even before that point in the birth process, we can consider the forces of a baby's descent down the birth canal, and their gestational position within the womb, and it becomes easy to understand how even the

teeniest of humans can enter this world with challenges to their normal musculoskeletal function, which could thereby affect the proper function of the CNS.

As kids get older, it is very common to see the increased use of handheld electronic devices paired with poor posture, is a primary source of physical trauma. Add in recreational and competitive sports, routine childhood traumas and "just being a kid", and the stresses add up quickly.

**Chemical** stresses come in the form of environmental toxins, chemicals, food sensitivities, pesticides, medications, etc. Many of these compounds are new to our environment and new to our bodies, and we simply do not know how each person or child will tolerate exposure to each one.

**Emotional** stress is often not as obvious to spot, but the scientific world is ever-expanding their knowledge and understanding of how our emotions are closely linked with our health. Consider a child who lives with a stressful home life, divorce, chronic health problems themselves or that of a family member, moving, death of a family member, racism, financial struggles, parents who work multiple jobs, the demands and expectations of school, bullying... The list could go on and on. Consider also the emotional stress of a pregnant woman late in pregnancy that may be working or caring for other children. The stress level of the mother impacts the way the baby's brain is wired to receive stress signals. Emotional stresses are more present now for kids than ever before.

## How do these stresses manifest? How do we know when to get our kids checked?

These early traumas can present in babies as torticollis (preference of turning the head to one side), excessive crying, digestive issue



like gassiness and difficulty breastfeeding because they simply can't comfortably get into the right position to latch correctly. Both Doctors of Chiropractic (DC) and Medical Doctors (MD) have stated the impacts of misalignment and fixation of the upper neck from birth trauma. One such MD, Dr. Gutman, stated that those stuck spots caused by birth trauma can create "dysregulation of brainstem and motor regulatory systems as well as an inclination to upper respiratory infections".<sup>8</sup> When we consider that the brainstem he speaks of controls our cardiovascular and respiratory control centres and conducts all incoming information from the body that the brain uses to make its decisions, it becomes obvious that we simply can't leave those stuck spots in the spine of our children. The stress on the spine, and therefore the CNS, often impacts the balance of the autonomic nervous system (all of the stuff that goes on automatically without our conscious control) and can therefore affect regulation of the immune and respiratory systems, whereby it is common to see allergies or asthma, but it can also be in more subtle ways like chronic ear infections. The autonomics also control digestive and urinary systems, causing constipation or diarrhea, or even chronic bedwetting.

We do not review these points as a way to cast blame or in any way diminish the ways that birth personnel and professionals do amazing work that helps countless people through the birth process, we simply have to be mindful that interventions create additional stress on the newborn, and that those stresses often have deep impacts. We truly feel that integrative and cooperative management and improvement of our patients' lives is a true asset,<sup>9</sup> which is becoming increasingly more common as inter-professional communication improves.

It is a chiropractors' job to find out how their patients' bodies have responded to physical, chemical and emotional stresses of their individual life story. Often this results in finding a part of the individual's spine where there is fixation and misalignment (we

refer to this as a subluxation), and we formulate a plan of action to relieve that part of the body's stress by restoring proper motion by the use of specific and specialized chiropractic adjustments. The very first thought that comes to the minds of people when we tell them that we adjust children, is that we will be twisting and "cracking" their spines. You can rest assured that is not how young children get adjusted. There are a multitude of adjusting techniques for both adults and children, but the ones we prefer are a method that uses approximately the same amount of pressure as checking the ripeness of fruit, with no twisting or noises; and another that uses a very gentle, low-force handheld instrument to deliver a safe, specific adjustment. When we clear out the misalignment and fixation (subluxations), we are helping to improve the transmission of information from the body to the brain (and brain to the body). When this correction is achieved, the symptoms effecting an individual often see great improvement or resolution.

Our bodies are designed to adapt and thrive in an ever-changing environment, but when the stresses of life (physical, chemical and emotional) accumulate to a degree greater than that which we can adapt to, problems arise. Things get jammed up, and life is diminished. By freeing up this accumulated stress, we can restore the full potential of our amazing nervous system to control and coordinate the function of an amazing life full of health and vitality!

---

Drs Jeremy and Holly Barchman are a husband and wife team in private practice for 13 years. They have been serving the community of Durham Region at their clinic, Dynamic Balance Chiropractic in Ajax, as well as at many local events and projects. When not in their roles as chiropractors, you can find them spending time with their 3 boys and enjoying adventures outdoors.





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### [Editor's Note]

*My husband and I regularly see a chiropractor, but I didn't think babies or kids needed to. Like most people, my perception of chiropractor care was that it was used by adults with back and neck problems. So, when it was suggested to me by my lactation consultant that I take my twin girls (5 months at the time) to a paediatric chiropractor for a mild tongue-tie issue effecting breastfeeding, I was skeptical. It was not the typical advice I expected, but I decided to give it a shot and I'm sure glad I did.*

*My twins loved being "adjusted". (I put the word in quotation marks because adjustments on babies are done very gently—you don't hear a cracking sound as you often hear when adults get adjusted.) The chiropractors worked with them to address their unique needs (which were assessed at our initial appointment). In the case of my twins, the chiropractors worked on their mouth to address their tongue-tie, clamping and palette issues as it was impeding breastfeeding. They worked on their neck to ensure they had range of motion on both sides, as babies tend to have a preference towards turning their head to one side (torticollis). They worked on their upper body strength and overall posture. They addressed reflux and constipation issues which were fairly common with my twins.*

*As the weeks passed, I noticed a significant improvement in my twins. Breastfeeding was going much more smoothly. Their torticollis was corrected, and a referral to a rehab centre for this issue was no longer required. Overall, my twins were thriving, and isn't that what any parent would want for their child?*

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# When It's Time for a Nursing Home...

by Linda Calder

**Volunteering at a long-term care facility is wonderful and very rewarding. However, it is a much different experience from moving a family member into a long-term facility. Even though by the time you move a parent in, you know that it is necessary, it's definitely not an easy thing to do.**

The process for getting Mam (my mother) into long-term care facility started a few years before she actually moved there. (You can't walk up to the door of a nursing home and tell them that you would like to move in there; there is a procedure that must be followed.) Initially, my sister and I sought out a meal service for her. My sister and her husband had added onto Mam and Dad's home and made it into a duplex so that my sister was close by and could be there for her. But she was still working, so Mam was home by herself

during the day. It was arranged for "Meals on Wheels" to be delivered a few days a week. It was a hot meal with soup, entrée, bread and dessert. For a small eater like Mam, it was enough that she could eat the soup and bread for lunch and the entrée for supper. My sister cooked supper for her as well. When I made things like soup, I froze them in individual serving sizes to put in her freezer. If my sister and I went away for a weekend, a wonderful cousin spent the weekend with Mam. When we went away on vacation, friends visited her each day.

After a while, more than this was needed. My sister learned about Community Care Durham (CCD). They offered in-home care services for those who needed it. They provided in-home care for Mam for three hours a day, three days a week. They got Mam up in the morning, made breakfast, helped her to have a bath, tried to get her to do some exercises and prepared lunch. There was a charge of nine dollars a day.

At this time, my sister also discovered the Central East Community Care Access Centre\* (CCAC). Contact was made with CCAC. A lady from CCAC made a home visit to Mam's home. My sister and I were both there. The lady from CCAC talked to the three of us. She did things like a simple memory test on Mam. (She did better than I did!) We discussed what Mam's needs were. It was decided that she would have a CCAC worker three days a week for three hours a day. Their duties were the same as the people from CCD. We also



discussed long-term care facilities. At the time, it seemed like Mam going into a home was in the distant future. However, long-term care facilities have long waiting lists. The minimum waiting period for most of the homes back then was three years or more. We decided to put Mam's name on the waitlist and selected three facilities (now it's five).

All of this was great, but after a while even this wasn't enough. Mam got to the point that she was eating almost nothing. She dropped down to 87 pounds. We knew that she needed round the clock care. It took my sister two weeks to make the difficult call to CCAC. Because of her weight loss, CCAC put Mam on the crisis list. The call was made on a Thursday and we were told she could go into Fairview Lodge the following Monday. We had one day to decide. If you turn down a home, you go to the bottom of the waitlist, so we accepted on behalf of Mam.

It wasn't an easy weekend. I constantly thought, what are we doing? We were moving Mam from the home she had lived in for forty years. There were feelings of guilt. How could we be agreeing to the move?

On the morning we were moving Mam, I again experienced feelings of guilt, as well as dread. Knowing we were doing the right thing still didn't make it any easier. My sister, my sister's son and I drove Mam the short distance to Fairview. As we walked in, I again questioned, what are we doing? I wasn't ready for this. I wasn't ready for Mam to move into a long-term care facility. I wanted everything to be the way it had always been...

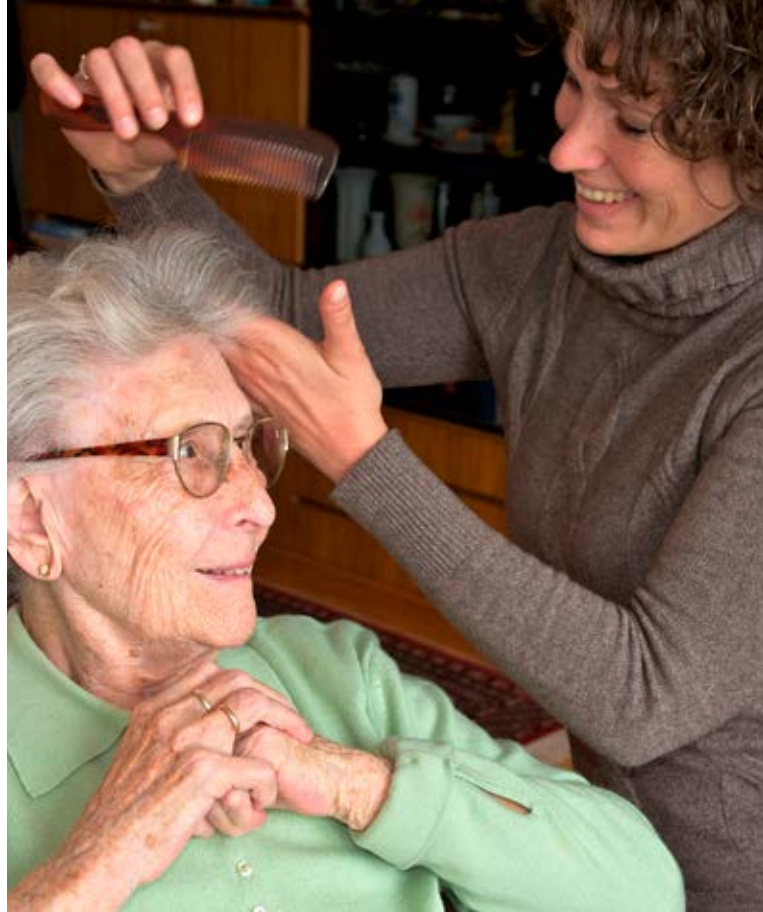
Mam had always been a strong person. She went through life like a figurehead on a sailing ship. When we went places,

she usually walked quickly, a step or two ahead of the rest of us. She travelled comfortably and confidently all over the world. She didn't take nonsense from anyone. When we came to Canada in the mid-fifties, she got a job while most women were still staying at home. She took leadership roles in various groups she belonged to and even spent a few years as a trustee on the Whitby Catholic School Board. Dad was a gentle man and a gentleman. He supported Mam in what she did. He was ahead of his time because he worked around the house, cooking cleaning and doing dishes when a lot of men thought of that as women's work. They were a great match until his death in 1984. And now, Mam was meekly submitting to being told by her daughters that she was moving into a long-term care facility. She didn't put up a fight and tell us we couldn't do that to her. Back in the day she probably would have!

Now, we were checking Mam into a home. My sister's son took her to her room while my sister and I went into the office to do the paperwork. Filling out the paperwork made things all the more real to me; there was no turning back now. I remember the office as being a dark room. I don't know if it really was, but that is how I remember it. It probably matched my mood. As I was leaving the office, I had a thought and asked, "Can dogs visit?" I was told "Yes". I don't know what made me ask, but it was something special for Mam that our dogs were welcome.

After our meeting, we went down and saw Mam's room for the first time. It was a semi-private room. (She was on the list for a private room when it became available.) After spending some time with Mam, we left her to settle in. Leaving her alone that first day and walking out was so difficult. I wanted





to turn back time, and the years, and just have Mam at home with us again, but I knew deep down this was the best place for her.

It took a while for Mam to settle in. My sister and I visited on alternate days so she had a visitor each day. I had a calendar of activities on my fridge. On days there was an event going on, my dog and I went to see Mam. Eventually Mam settled in. She smiled a bit more and gained weight. The food always looked great.

Mam was at Fairview for about two and a half years more, until her health started declining even more. By the first week in November of 2010, she seemed to be getting weaker and not wanting to get out of bed. A kind nurse asked her if she was ready to go and she said she was. On the Saturday before she died, after Mass, I told our priest that Mam wasn't well. He went to visit her and pray with her and for her. I also told her friends that I saw at Mass that she wasn't doing well. Several of them visited her. On the Wednesday, for some reason, I decided to take my sister's dog as well as mine to visit. They both spent time on her bed with her. When it was time to leave, I kissed Mam and told her what a wonderful Mother she had been and a great example of a strong woman. That evening we got the call that she had died.

Since the time Mam went into Fairview, about eleven years ago, much has changed. Now, when a new resident arrives, they are met at the door with a gold hotel luggage cart. Any items a new resident brings with them are loaded on the cart and the family walks along the hall together with a staff member. They go into the Harvest Room, which is a brightly lit nicely decorated room with a big window and a

dining table. This is where the paperwork is filled out. When a resident enters their room, on the bed is a welcome gift from the Family Council. On the wall outside each room is a 'memory box'. This is personalized by each resident. Things that are important to the resident are there. It tells a little story about the resident. If they can't remember their room number, it is a way to recognize their room. The care is person-centred so that the home seems less institutionalized. They are working on programs to help people write their life stories; things like 'the day in the life of'. The staff do everything they can to make it feel like home, and I hope all long-term care facilities do the same for their residents. It makes the transition from home to long-term care facility slightly easier.

I had forgotten, but my sister came across a copy of a letter I wrote after Mam died. "Thank you to all the staff on B Wing for the way you took care of Mam. You were very important in the last two and a half years of her life. We saw how kind and caring everyone one who works on B Wing is. Your patience with Mam and all the residents is amazing. You were so kind and supportive of us as Mam was dying. We won't forget that."

---

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.

\* Community Care Access Centre (CCAC) is now the Local Health Integration Network (LHIN). For more information about senior services and long-term care facilities, visit their website: [www.healthcareathome.ca/centraleast/en](http://www.healthcareathome.ca/centraleast/en)



# Autumn Events Calendar

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## September 14, 2018

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### **A Spirit Walk**

Join Backwoods Players for this award-winning dramatic play of the events that led to the Rebellion of 1837 and how Pickering took part.

Pickering  
www.pickering.ca

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## September 15, 2018

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### **Uxbridge Art of the Fringe**

A venue for emerging and established artists ... over 20 Exhibitors. Admission Free, Refreshments, Music - Accessible  
Uxbridge

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## September 15, 2018

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### **Makerfest**

Join us for MAKERFEST, the event of the year! Learn about the maker culture and bring your ideas to life! Be inspired!

Pickering  
www.picnet.org/makerfest

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## September 15, 2018

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### **A Night at Windreach Farm with The Wilkinsons**

This year, we will be entertained by the multi Grammy nominated and Juno award winning Canadian trio 'The Wilkinsons' at our annual fundraising event. Live and silent auctions, plus a gourmet dinner held in our beautifully transformed equestrian centre. Each year this event gets bigger and better. Put it in your calendar now and do not miss one of Durham Region's event highlights of the year!

Ashburn

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## September 20, 2018

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### **Durham Storytellers Gathering**

We are all hard-wired for story. Telling and listening to stories are part of being human. Whether we are relaying the events of our day or spinning an ancient tale, we are all storytellers. 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. We look forward to meeting you.

Northview Community Centre,  
150 Beatrice St. E., Oshawa  
905-697-0701  
durhamstorytellers@gmail.com

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## September 22, 2018

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### **Fall Community Food Drive**

The Church of Jesus Christ of Latter-day Saints is holding a Community Food Drive to help stock local food banks. The food collected will be donated to Feed the Need Durham who supply food to over 60 food banks, soup kitchens, drop-in centers and shelters in the Durham Region. Please bring your non-perishable food items to 632 Thornton Rd. North, Oshawa on Sept. 22 from 10 a.m. to noon.

Oshawa

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## September 22, 2018

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### **Port Perry Town and Country House Tour**

Every year, our house tour patrons tour a variety of homes old and new, small and large. They see incredible examples of the varied and interesting architecture, interior design and decor found in beautiful, historic Port Perry, Prince Albert and the surrounding area. The Port Perry Town & Country House Tour is a charitable event with all proceeds supporting five important local organizations,

Port Perry  
www.portperryhousetour.ca

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## September 23, 2018

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### **Kidney Walk---Durham Region**

The Kidney Foundation's Kidney Walks are the largest community fundraising event in Ontario dedicated to raising funds for innovative research, vital programs, and services that support people living with kidney disease.

Oshawa  
www.kidneywalk.ca

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## September 29, 2018

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### **Doors Open--Ajax**

Doors Open is a community initiative providing an opportunity to showcase and promote our past present and future, to glimpse inside our unique and historical buildings and to explore the local architecture and culture of Ajax. This event offers residents and visitors with a day to explore a side of Ajax they've likely have never seen.

Ajax  
www.ajax.ca

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## September 29, 2018

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### **Doors Open--Oshawa**

Doors Open Oshawa is an annual event where you can explore different heritage and cultural sites in Oshawa. Spend a day discovering local history first-hand and celebrate our community heritage.

Oshawa

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## September 30, 2018

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### **4th Annual Superhero Walk**

Calling all Superheroes to come join us at Purple Woods Conservation area for the 4th Annual Durham Superhero FunWalk. All ages welcome for a fun-filled event! Funds raised will go in support of Durham's most vulnerable children and youth. The Durham Children's Aid Foundation currently supports over 3000 children. Registration is \$25 each. Registration is waived if you fundraise a minimum of \$100. Kids under 5 are FREE.

Oshawa

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## October 06, 2018

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### **Fall Colours Train**

If you enjoy fall colours then this experience is for you! The Oakridges Moraine is known for its beautiful forests and captivating fall colours, so what better way to enjoy them than from the comfort of a classic heated 1950's heritage train car? Don't forget to check out our doors-open baggage car. Fall Colours trains operate Saturdays and Sundays from October 6th through to October 14th.

Uxbridge  
www.ydhr.ca

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## October 20, 26, 27, 2018

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### **Cannington Haunted Trail & Mazes**

Bring your family, bring your friends, bring your courage - you're going to need it! Now TWO weekends with THREE attractions: the ever popular Haunted Trail, our intense Manic Maze in the Barn (Outbreak) and our new Dark Maze in the Pavilion (Urban Legend). If you are looking for a fun, frightening haunt experience this Halloween, you've found it! \$15 per person/\$50 family pass of 4 (must include at least 1 adult and 1 youth)

Cannington  
www.canningtonhauntedtrail.com

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## October 27, 2018

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### **Halloween Trains**

Put on your costumes and join us for a spooktacular heritage train ride with on-board entertainment. Children will receive a treat bag upon departing the train. Children 12 and under in costume ride for only \$2! (maximum of 2 children per adult)

Uxbridge  
www.ydhr.ca

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## November 02, 2018

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### **Health Soaps Bath & Body Annual Christmas Open House**

Food & Drinks Catered - Door Prizes - Christmas Basket Draws  
Newcastle  
www.healthysuds.com

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## November 02, 2018

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### **Ganaraska Region Conservation Authority's Under the Stars**

Join the Peterborough Astronomical Association at the Ganaraska Forest Centre to marvel at the celestial sights with telescopes & other observing aids provided. \$15.00 + HST/ adult & \$10.00 + HST/child. Pre-registration is required by calling the GRCA at 905.885.8173.

Ganaraska

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## November 16, 2018

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### **Gordon Lightfoot Live**

Gordon Lightfoot will be performing at the Tribute Communities Centre on November 16, 2018. Lightfoot will be joined by Rick Haynes on Bass, Barry Keane on Drums/Percussion, Michael Heffernan on Keyboards and Carter Lancaster on Lead Guitar. Tickets start @ \$45.50

Oshawa

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## November 17, 2018

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### **WhitCAF: Whitby Comic Arts Festival**

Back by popular demand, the Whitby Library will be hosting the Whitby Comic Arts Festival (WhitCAF) on Saturday, November 17, 2018 from 10:00 a.m. to 4:00 p.m. at the Central Library. Be part of the festival! Are you a comic book artist, writer, publisher or retailer? Interested in having a table at WhitCAF? Complete our Whitby Comic Arts Festival Exhibitor Application and email it to Andrea Bungay at abungay@whitbylibrary.ca

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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# My Miracle Twin Boys

by Tanya Wade

## The Beginning

I had been here before. It was dark, the cold gel was on my belly. The tech struggled to get a good view of what was going on 7 weeks into this pregnancy. After what seemed like an eternity I was finally done. I sat up and asked “so what’s the news?” “There are two” he said “twins”. So nonchalant, he didn’t even elaborate. He left me there, alone with this news. I quickly got dressed and headed home. I knew this news was meant to be shared with my husband in person so I held onto it until I got home. When I walked in the door and he saw my face he immediately asked what was wrong. I started to cry, and then the words came out “we are having twins.” We hugged, cried, and talked. We did a lot of talking. This was the second scariest moment of our lives.

## Our First Boy

Jaxson was born on April 23, 2011. The moment he was pulled out of me the room went quiet. Nurses and doctors quickly crowded around him and began to work feverishly to save his life. A code pink was called. Life as we knew it changed in an instant. This was not his time though, not his time to leave earth as we know it. Jax was transferred to Sick Kids and this is where he lived while he was here with us. Jaxson had Myotubular Myopathy. This is a rare genetic disorder that only affects boys. It is X-Linked meaning I carry the genetic mutation but since I have another healthy X gene I do not present with symptoms. Jaxson got the mutation from me, and unfortunately presented with the disease quite severely. XLMTM is a muscle disease. He was born with muscles so weak that he couldn’t swallow, move or breathe on his own. Most boys with the disease die within their first year of life. Jaxson passed away two months later on May 28th, 2011. We had lost our first child and our lives were turned upside down.

## Our Rainbow

After Jax died, we were left with a hole in our hearts and an empty crib in our house. We wanted to start a family as soon as possible but we knew the risks. Each pregnancy had a 50% chance of inheriting the bad X gene from me. There was no way to guarantee a 100% healthy baby. Of course, we could try fertility clinics that could pre-screen the embryos but that would cost thousands and would not guarantee anything. My husband and I took the chance and got pregnant quickly in August 2011. We decided to go ahead with CVS testing at 12 weeks. This test was able to determine gender and genetic mutations because the placenta is made of the same genetic material as the fetus. About a week later I received the call at work. It was a girl. I was pregnant with a healthy baby girl. Penny Hope was born on April 30, 2012. The screams she let out when she entered the world was music to our ears. She was healthy, and beautiful. She was our rainbow baby and made our family complete.

## The Miracle Twins

Due to the MTM gene that I carried, being pregnant with the twins was a challenge. At first with two placentas and two sacs we were sure the twins were fraternal. Many scenarios ran through my head... “maybe one will be a girl and be healthy”, “maybe both will be girls and be healthy”, “maybe only one will be affected and the other will be healthy”. Not once did the scenario “identical twin boys” run through my head. At 10 weeks I had a simple blood test that can test for the presence of the Y chromosome (which would mean I was carrying a boy). A week later I got the call at work, “You are carrying at least 1 boy”. I was devastated, terrified and just needed to get home to be with my little girl. Once the news sunk in I was ready for step 2. CVS again at 12 weeks. We quickly received the news that not only was I carrying two boys, but they were IDENTICAL. This came as a complete shock and was the worst-case scenario. It was now a 50% chance that both boys would carry the gene and would likely pass away at birth. Needless to say, the wait to find out if they were



carrying the gene was the most stressful time of all our lives. Finally, the news came in right before a holiday weekend. The boys were MTM free, they were NOT carriers. They were healthy. They were miracles.

Late October 2014 I was able to hear the cries of two healthy newborn twins. Preston and William were born, pink, healthy and screaming. This sound was all the reassurance I needed to know they were really, truly healthy.

## Newborn Stage

When you think about newborns, you picture these beautiful, peaceful, sleeping babies. All snuggled up as people poke their heads in to catch a peak. Preston and William were not those babies. These boys gave us a run for our money the moment we brought them home.

The first night consisted of us trying to find a way for them to sleep. In their car seats, in the bassinet, swaddled in their blanket and placed in the pack in play, in the swing. We tried it all. These boys cried, and cried, and cried some more and so did I. In the end we managed to bring in our lazy boy recliner, which is where I slept, with both boys on my chest for weeks to come. Now I know what the professionals say, keep the babies on their backs and in a safe space like a crib or bassinet. Having the boys sleep on me was not the best option but it was the only way we all got sleep. When you are in it, you do what works for you because sleep is rare and with two, I was lucky if I got 2-3 hours of sleep a night. It also made it a lot easier to breastfeed them in the middle of the night. As a precaution we clipped little monitors on their diapers. An alarm would sound if the monitor came off, or if a baby stopped breathing. By 4 months the boys transitioned from co-sleeping in our bed, to finally sleeping in their cribs. This milestone was huge and I finally could see the light at the end of the tunnel.

Nursing was a whole other story. I exclusively nursed both boys until about 10 months when they just weren't interested anymore. The first 8 weeks of nursing was a challenge. They cluster daily and I felt like I lived my life on the couch, both breasts out, 24 hours a day. My nipples were cracked, and everytime they latched I was in agony. I was focused though and I did not want to give up. Looking back now I wish I had supplemented with formula. This would have saved me a lot of anxiety, pain and stress. My advice to new twin moms – and moms in general – is to do what works for you. If formula works DO IT, if breastfeeding and formula works DO IT. Having two lives relying on you 24 hours a day puts a lot of strain mentally and physically



so being able to give them bottles now and again can give you the break you definitely need.

## Caring for One vs. Two

There are many challenges when it comes to caring for twins versus a singleton. What happens when they both start to cry? How do you feed them if they are both hungry? These are common questions I have been asked and I am sure other twin mommies have been asked as well.

## Crying

What happens when both need to be held and soothed? With one child it's easy you just pick them up and give them some snuggles. With two babies crying at once it can be much more challenging. What worked for me was having one baby in a bouncy seat or car seat on the floor and the other twin would be in my arms. I could bounce or rock the chair with my foot while I tried my best to soothe the other baby. Sometimes when a chair or seat isn't handy having one baby in a ring sling or carrier and holding the other can be useful. With only two hands you have to figure out what method works best for you to help soothe those babes.





## Nursing

What about when both twins are hungry? My advice, learn how to feed them at the same time. Definitely buy a large twin nursing pillow. Having a large pillow that can support both babies at once is a life saver! By using the football hold and having the pillow for support, you will be able to successfully feed both babies at once. Although I did try to keep track of which baby fed on which side (believe it or not there are apps for that), the boys ate so much, up to 14 times a day at first, that I couldn't keep track and just put them on whatever breast was available. It may seem overwhelming at first but eventually it becomes second nature and you can have the babies fed in record time.

What else did I learn in the first year of being a mom to twins?

1. Save yourself the pain of waking up multiple times at night and feed both babies at the same time. If one is sleeping, wake them up and feed them. Trust me, this works much better then waking up an hour later to feed the other one.
2. Keep up a bedtime routine. At about 6 months the boys sleep was so routine that we could put them down at 6pm and they would sleep through the night easily.
3. Get out and socialize. Join mommy groups, seek out local play groups and meet up with other families of multiples. It can be hard to watch two kids all day and surrounding yourself with the support of others helps make things a lot easier.
4. Take up others offer of help. Whether its family or friends, tell them what you need or ask for the help. Even if you need some space. Just tell them....family love you and want to help in any way they can.
5. Invest in a good stroller system. Having to carry both twins and lug around a big stroller can be challenging. We used a great double stroller system that allowed for the car seats to clip in easily. We also added a kickboard on the back so Penny could still use the stroller when she was tired. Check online sites for deals on second hand strollers as well. Lots of good deals are out there to be had.
6. Take a break. Get out with your significant other, go see a movie, have a mommy spa day. Even for a few hours try and get out of the house. Taking care of one baby is no easy feat, let alone two. We all need a break sometimes, and don't feel ashamed of needing one as well.

## The Toddler Years

Before we knew it, Preston and William turned one. They were both walking and getting into as much trouble as possible. Whether it was climbing in drawers, dumping out diapers all over the floor, fighting over toys (where in most cases there were two of the same toy), the boys were into everything. People often asked my husband and I if we noticed differences in the boys' personalities. Often times we did. William was the lover. Always wanting snuggles and mommy time. He was emotional and got upset over small things. Preston was the independent one. Always trying things on his own, often getting frustrated in the process. Both boys developed into two very different little people. Often their roles reversed and for a week here or there William would take on his brother's personality traits and Preston would take on Wills (and no we didn't get the two mixed up (big grin)!

We get asked a lot about how we can tell the boys apart. I think every twin parent must have a way to tell who is who. I heard about parents putting nail polish on one of the twins toe nails, or putting different colour teething necklaces to tell them apart. We were lucky, Preston was born with a birthmark on his head and Will with one on his hip. Preston was nicknamed. Preston polk-a-dot and that was one way family and friends could tell them apart. William now has a chip in his front tooth and that also helps. It is funny because now when I look at them I don't think they look anything alike, I can tell them apart instantly. But to family and friends they still have to use things like remembering who was wearing the green shorts, the blue shirt etc., and this is why we try not to dress them the same.

I often look at the boys and Penny in complete awe. Somehow I was able to have three healthy babies, and to have healthy identical boys is still so hard to believe. Although having three kids brings a ton of chaos, it also brings a lot of love. We are all so lucky to have each other and the stories, memories we make daily are what make the challenging days worth it. Remember these days because the time certainly flies by and in the blink of an eye they will be grown and with kids of their own.

---

Tanya Wade grew up in Ajax and currently lives in Oshawa. She is a mother of three, and an elementary school teacher. Tanya is a first time writer who is trying to balance the demands of a busy career, raising three children, coping with grief and just getting through life one day at a time with a smile on her face.

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# Ron Baird

## Sculptor

*Interview by Wendy Chiavalon*

**Ron Baird, a long-time Durham resident, is one of Canada's most successful sculptors having created over 300 public, corporate and private commissions. His works celebrate the accomplishments of others and our great country.**

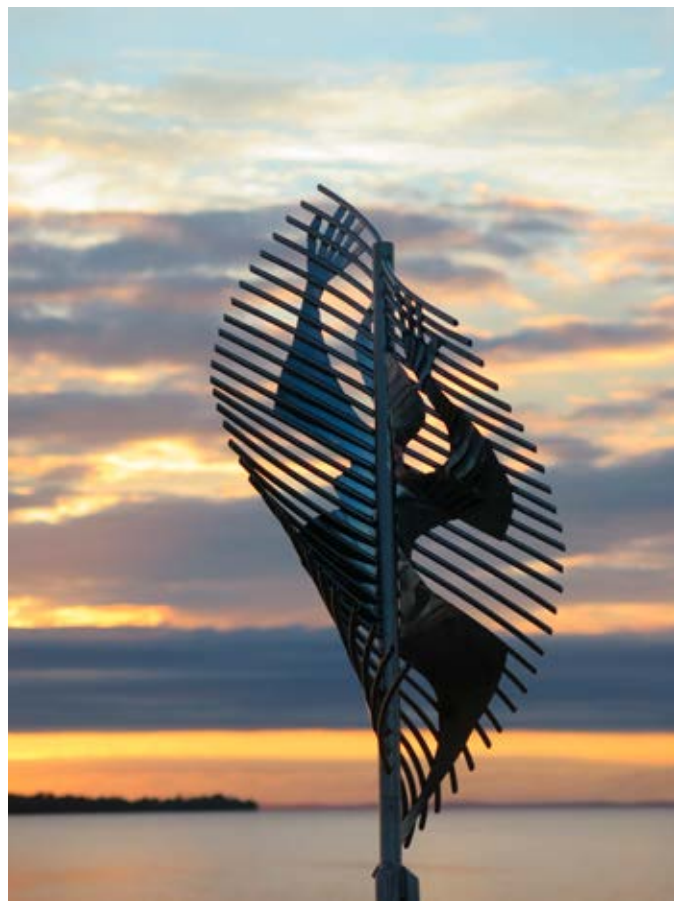
Dedicated to emergency workers, the generosity of donors,

Canadian peace-keeping efforts, honouring our history-makers, our First Nations, celebrating our multicultural diversity, his works are in many public parks, churches, synagogues, subway entrances, community centres, libraries, and government buildings, not only in Ontario, but also across Canada.

I recently had the opportunity to chat with Ron Baird about his life and his work. In his own words, here is his story...

My passion for making sculpture was ignited when I first viewed an exhibition of contemporary British sculptors in 1960 at the AGO which was then called The Art Gallery of Toronto. All the great English sculptors of the mid-century were included and it was a life altering experience for me. My ambition to become an industrial designer switched that day to becoming a sculptor. Experimenting with sculpture seemed a lot more fun than designing products and





packages.

When I graduated from The Ontario College of Art in '64 I was appointed to the position of resident sculptor at the University of Toronto's School of Architecture and was subsequently invited to teach design to the students. This really developed my interest in sculpture in the context of architecture.

The 1960's were an exciting decade in Canada, the mood was positive, people were creative, daring and happy to move in new directions. Montreal was host to one of the greatest world's fairs, the much-lauded EXPO '67. I was very fortunate to be commissioned to create 9 large sculptures for Eric Arthur's Man in the Community Courtyard. I resigned my teaching job, moved to Claremont and built a studio to do the work. Things were easy in those days, 5 acres on Duffins Creek with a tiny house cost me \$12,500. The taxes were \$80/year. Ahh, the good ol' days!

That was the studio where I built what was then the world's tallest steel sculpture in 1969 which still stands on Dufferin Street in North York outside the Atmosphere Canada building. But, the house and studio are gone, sacrificed to the proposed Pickering airport in '72.

For the past dozen years, I have been working mainly in stainless steel, chosen for its durability and beauty. I love the way the polished surface reflects the sky, the grass, the people, the snow. I have executed over 300 sculpture commissions which can be found in government buildings, parks, hospitals and courtyards across Canada. I also have large scale works in the USA and the UK. I am currently building a piece for the building that houses the Norwegian embassy in Sri Lanka. We are looking forward to that trip this fall.

Sky Woman is the title of the 12-meter-high kinetic sculpture I proposed to the Beaverton Special Events Committee ( [www.skywomanbeaverton.com](http://www.skywomanbeaverton.com) ). Sky Woman is a first Nations creation story of the woman who fell from the heavenly realm when the earth was covered in water. Canada geese carried her safely down to the turtle's back and muskrats carried mud from the sea bottom to the turtles back which then grew into Turtle Island which is North America. Otsi'tsaka:yon touched down and spread the first seeds in what is now Beaverton harbour, the proposed site for the sculpture. A model of Sky Woman is undergoing wind tunnel testing. I have a special interest in this project because my artist wife Sarah Cowley and I have made our home in Beaverton for the past ten years.

Durham region is home to a few of my pieces, early works at the Robert McLaughlin Art Gallery, three more are included in Stouffville's sculpture walk, five in Uxbridge and one in Oshawa's city hall.

I was honoured to be one of just 30 Sculptors in the world chosen to exhibit my work in the prestigious Venice Biennale 2018. My show is in a palace on the Grand Canal. The Palazzo Bembo is just steps away from the famous Rialto bridge. While we were there for the opening celebrations we went kayaking in the canal with family... we all scrubbed our hands when we got back.

To learn more about Ron, visit his personal website: [www.RonBairdArtist.com](http://www.RonBairdArtist.com).

---

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

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by Stephanie Herrera

# AT THE BOX OFFICE



## For the thrill seekers

Action filmmaker, Shane Black, is introducing a reboot of one of the most successful franchises: *The Predator* on September 14th. A young boy (played by Canadian actor Jacob Tremblay) accidentally sets in motion the return of this deadly space hunter and his mother, a scientist, and a gang of outlaw military men assemble in a race against time to save the world. The real threat? The new, stronger, and bigger Predators who have genetically enhanced themselves to be unstoppable.

The producers who brought us action packed films like *John Wick* and *The Spy Who Dumped Me*, unveil another spectacle: *Robin Hood* on November 21st. This retelling centres on a Moor named Little John (Jamie Fox), a veteran of The Crusades, and his distrust but eventual alliance with a young war-hardened rebel named Robin Hood (Taron Egerton).

## Movies that move us

It's time to pull at the heart strings with *Life Itself* on September 21. From the creators of the hit TV show "*This is Us*", comes a movie with a powerful cast including Oscar Isaac, Olivia Wilde, Annette Bening, Mandy Patinkin, and Antonio Banderas. A seemingly random event connects characters, spanning both decades and continents, with one common theme: that there is no greater story, than life itself.

*Welcome to Marwen*, based on the tragic true-life story of Mark Hogancamp, is opening on November 21st. A film by Robert Zemeckis and starring Steve Carell who delivers a powerful and unforgettable portrayal of an artist beaten so badly by a gang that he is left with extensive brain damage and yet creates an astonishing art installation. Hogancamp creates a miniature town called "Marwencol" in honour of the strong women in his life. This story explores a man's thrust into fame and explores his fear of leaving the safety of his fictional town to re-enter the real world that he has been avoiding.

## For the family

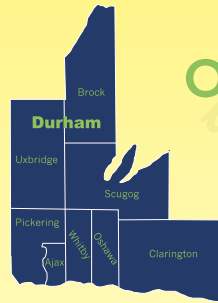
From the creators who brought us *Storks*, comes Warner Brother's second animated movie: *Smallfoot*, on September 28th. A young Yeti cannot convince his community that he has seen a mythical creature: a human. To prove himself, and to impress the girl of his dreams, he embarks on a journey to find Smallfoot which leads to hilarious encounters that speak to adventure, friendship, and learning about what is beyond your comfort zone.

Just in time for Halloween and for those future horror fans, *Goosebumps 2* will be hitting the theatres on October 12th. This sequel centres on two boys who come across the abandoned Stine house where they find a book that was never meant to be found. Jack Black reprises his role as "Slappy", the ventriloquist dummy, who unleashes chaos on the town.

---

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



Are you having trouble keeping on task? Sticking to a timeline? Completing important deadlines? You're not alone, but it is possible to become more motivated. I've found a couple of tried and true methods to overcoming motivation roadblocks.

### 1. Change how you perceive an event.

Thinking, "this party is going to be so boring" will probably mean that regardless of what goes on, it will be boring. We often prove our expectations correct. Psychologist, Jennice Vilhauer has a wonderful ted talk called, "Why you don't get what you want, it's not what you expect". Managing our expectations is a trick to stay motivated. Imagine you are going on a trip with your in-laws who you find challenging. If you go into this trip with the expectation that your mother-in-law is going to cause a scene, you will probably only notice these negative times. However, if you go in with the expectation that despite her challenging ways you are going to enjoy the trip, you're much more likely to find joyful moments.

This mind hack can be used in everyday situations as well. Next time you're sitting in a staff meeting, make a learning goal to understand three new concepts your boss is introducing. It might not eliminate all boring parts but it will help you stay more focused and maybe make it just a little more manageable, interesting, and motivating.

### 2. Stick to a daily routine

Thinking, "ugh, I have no motivation" means we will fall into the trap of not being able to find motivation. When we look outside of ourselves for something to motivate us we diminish the power we have within us. Motivation is like a muscle: the more you practice exercising it, the more motivated you get.

Often it seems (especially when we lack motivation) that the people around us are so motivated and we're just...not. We may question, how did they become so motivated? The simple answer is that they worked at it. Motivation doesn't just strike people at random. They are likely disciplined in what they are doing. I find that sticking to a routine is helpful in keeping me motivated. When I follow my routine, I know what my expectations are every day. I wake up, eat breakfast, meditate, get ready, write for 30 minutes, go to work, drive home, exercise, eat dinner, shower, read, visit family/friends or Facetime them, and go to bed. If I stick to these scheduled activities then it's a no fail way to stay motivated.

But, you're wondering, how do I stick to this disciplined routine? I award myself points. I keep track of the habits I want to incorporate into my daily life and if I do them that day then I get a certain amount of points and every day I can cash in my points for rewards. Rewards can be anything that is pleasurable to you. Some of mine include: extra Netflix time, reading time, a sweet treat, a lazy do nothing day, haircut, etc. These are otherwise guilty pleasures but when you've earned them they simply become pleasures!

Remember, finding motivation doesn't have to be a daily fight! Kick-start your motivation with these tried and true tips this fall.

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

### *Your Three-Month Plan to get Healthier this Fall*



Ever notice we tend to treat September the same as January? It's as if once Labour Day weekend comes to an end, we're in a hurry to start that new diet or get back in shape. The problem is, September is a lot busier than January, so implementing too many lifestyle changes can become overwhelming and frustrating. Instead, if you want to be successful, try incorporating gradual changes over a 3-month period. Here's how.

**September** tends to be the hardest month of transition as vacations come to an end, kids go back to school and work gets busier. To help you transition easier, plan meals, pack lunches and do grocery shopping on a weekly basis to avoid grabbing fast food on the go. Prepare healthy snacks by having plenty of cut up veggies and fruit available for easy lunch making and after school/work snacks. Get everyone to drink more water. As schedules get busy, people tend to forget to hydrate; adults and children alike. Get the whole family on a sleep schedule, that includes you too! Without the proper amount of sleep, it's hard to concentrate, focus and be productive. Don't overload your (or your children's) schedule in the first few weeks back at work/school. If possible, space out extra curricular activities, workouts and social events so it doesn't seem like you're going from 0 to 100 in just a few weeks.

**October** tends to settle down a little but is not without challenges. With Thanksgiving and Halloween festivities, it's important to keep eating healthy a priority. Buy Halloween candy at the last minute. You know if it's in the house you'll eat it, so wait until the day of! Don't use Thanksgiving as an excuse to go on a three-day eating binge. It's all about balance. Keep it in check by having plenty of healthy options to choose from and by monitoring your portion sizes. October is also a great time to make fitness a priority, especially if you've gotten off track. Take advantage of being outdoors with walking, running or cycling. Try a new group fitness class or create an exercise goal with the help of a cool app or fitness device. Stay committed by sticking to a regular schedule.

**November** can be super depressing as our weather changes and our daylight hours decrease. In order to keep your energy and mood in check, I suggest making additional nutritional changes that can support strengthening your immune system and get you geared up for the holiday season. Consider a gentle detox such as eliminating one or more unhealthy diet habit (s) for a period of 2-4 weeks. This doesn't have to be a complete overhaul. I'm talking about reducing your sugar, caffeine, alcohol, gluten, dairy or anything else you feel you'd benefit taking a break from.

Finally, incorporating lasting lifestyle changes takes time and commitment. Take advantage of all the things that Autumn has to offer; new experiences, new habits and a healthy kick start to the holiday season.

---

Bianca Schaefer is a 360 Holistic Health Coach who inspires a global community to take charge of their health through nourishing their body, mind and soul with delicious foods, an active lifestyle and a mindset that believes anything is possible. Find out more about Bianca Schaefer on her personal website, Bianca Schaefer.

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## Tweens, Teens & In-Between



Studying hard and getting good grades is very important. But you know what is just as important? Getting on-the-job experience. Don't underestimate the value of work experience (or real-world experience) while still in school. You can learn a lot of valuable skills while on the job or in a volunteer position; and these are skills that can't be taught in the classroom.

Ideally, try to get a job in a field you are interested in, so you can get a sense of what it may be like to work in that field. If you are interested in becoming a writer, get experience writing and/or blogging for different publications.

For more information on how you may gain experience writing our Tweens, Teens & In-Between Column please email me at [editor@thelocalbizmagazine.ca](mailto:editor@thelocalbizmagazine.ca)

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

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# Family Matters

by Leshanne Mori



## *Reap the benefits of creativity this school year*

Kids naturally have big imaginations and a sense of curiosity about their world. As parents, we can create the opportunities for our children to grow their creativity and experience the numerous benefits of this important skill. Creativity helps kids to be more confident, develop socially and can help them to learn better – all necessary ingredients for adjusting and thriving in the new school year.

So, what's the secret to developing this side in our children? In our overscheduled lives it may be difficult to see it, but open-ended, free wheeling opportunities are what lay at the heart of cultivating creative expression. The great news is you don't need money or space to get there, all you need is patience and time. Below are the building blocks to encourage creativity:

### **Put your children in new situations and places.**

One of the best and oft-missed parts of summer is the adventure of exploring new spaces. This doesn't need to be lost with the onset of Fall! Places you've explored in summer may be entirely different experiences worth rediscovering in the Fall as the seasons change. By allowing children to think and approach an environment differently, you're helping them hone their creative problem-solving skills. Kids that can work with ambiguity will be able to much more easily go with the flow if they have experience doing so in the past.

### **Give them the tools and resources to create something they haven't had before.**

This step doesn't require a huge undertaking or trip to the craft store. The next time someone asks you for a gift suggestion for your kids, ask for items that can be used as part of creative play. Items like art supplies, props, building materials and costumes can help build a stockpile of items to work with for creative play and break free from the endless stream of pre-fab characters and toys. Consider using natural materials for play if you're ever in doubt for where to start. Keeping in touch with objects from nature inspires a child's inherent imagination and joy for endless possibilities.

### **Surround them with new people and cultures.**

As comfortable as our homes, streets and lives may be, the world is much larger than our immediate environment. It can be hard to find time for new experiences and new friends, but the benefits are there if you can make these moments happen. Introducing your kids to new people shows them different approaches and new ways to live. Any feelings of nervousness will disappear as they dive into meeting new and different people – leaving children with more confidence to work with others and experiences learning from different perspectives. Their view of the world will begin to feel so much safer and richer for it.

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

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# A Forkful of Healthy

## Beetroot Hummus



I'm totally in love with the vibrant pink color of this roasted beetroot hummus! Roasted beets with their subtle sweetness add a delicious twist to the traditional hummus! Try it as a snack with your favorite veggies, crackers or as a spread on your sandwiches and wraps. I had mine slathered on a slice of toasted whole wheat bread topped with avocado. Amazing!

The recipe is very easy but roasting beetroots takes some time, approximately 1 to 2 hours (it depends on the size of your beets). Once they are cooked, this hummus comes together very quickly. Just toss all the ingredients in the food processor and blend until it's creamy.



If you don't want to wait for 2 hours feel free to microwave the beets, buy precooked beets in vacuum packed bags or roast them the night before.

Hummus can be stored in an airtight container in the fridge for up to 1 week

### INGREDIENTS

|   |                          |
|---|--------------------------|
| 2 medium sized beetroots skin on                          | 1 tablespoon lemon juice |
| 1 can chickpeas (400 grams /14 ounces) drained and rinsed | 1/2 teaspoon salt        |
| 2 cloves garlic   | 1/4 teaspoon cumin       |
| 2 1/2 tablespoons tahini                                  | water to thin            |

### INSTRUCTIONS

1. Preheat the oven to 200 degrees C (400 degrees F).
2. Wrap each beetroot in aluminum foil and roast them for 1 to 2 hours (it depends on the size of your beets) or until soft and tender.
3. Once the beetroots are roasted, remove them from the oven and let them cool.
4. Peel the skin and chop them into chunks.
5. Place the beetroots, chickpeas and garlic into a food processor and blend for 1 minute.
6. Add tahini, lemon juice, salt, cumin, 1 teaspoon of water and blend until the hummus becomes smooth and creamy. If it's too thick add more water until the consistency is perfect.
7. Taste and adjust the seasonings, adding more salt or lemon if needed
8. Refrigerate or use immediately. Roasted beetroot hummus will last in the fridge for approximately 1 week.

|          |       |
|----------|-------|
| Protein: | 47.9g |
| Carbs:   | 21.6g |
| Fat:     | 4.4g  |

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



## Raising Financially Smart Kids

Throughout the years of teaching and offering financial literacy workshops, our adult attendees commonly offer the following feedback; how money works was never taught to us as children, and that learning about money then would have prepared us better for our financial responsibilities as adults.

I think we can all agree that money is a very important topic, and although measures continue to be introduced in schools to help teach our kids about financial literacy, the best place to start is always in the home. Our kids are picking up a majority of their money skills from family, and later on from their friends. Unfortunately, many parents shy away from the topic because they may feel guilt over how they may have handled their finances in the past. Regardless of your history with money, please try to remember that you as a parent offer one thing that a book or a friend cannot, and that is perspective and experience.

Here are a few tips on how you can start discussing money with your children today.

- The value of money can easily be taught during grocery store trips. Children can be shown which items have more value for the money you pay, versus those that should not be purchased. It's amazing how doing this regularly can also help you stay accountable to your budget at the grocery store and avoid overspending.
- Setting up a weekly allowance teaches responsibility, and helps children learn about earning money. Creating a schedule for the week outlining a few responsibilities and the dollar value that go with them will help the child stay motivated to help around the house. Before you begin, discuss your child's savings goals. For example, will the allowance he or she receives go towards long-term or short-term savings? What will the child be saving towards? Setting goals will help your child stay self-motivated.
- Set up an appointment for your child at your bank to start their very own savings account for the money they earn through their allowance. Bring your child along to financial literacy events in your area. The topic of money doesn't have to be boring, and it's truly amazing how our children soak up good information.
- Lastly, if you have already set up a Registered Educational Savings Plan for your child, look over the statements together, and set educational goals for the child so they can visibly see that money growing. This will introduce them to investing, and how money can grow over time. This will also help them understand that starting to save for the future early on is important. As teenagers, it may encourage them to save (and perhaps invest) the money they earn from part-time jobs instead of frivolously spending it.

---

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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Dear Sue-Ann:

I am sure you hear this all the time. Thanks for doing the readings recently for my friend and myself. I learned a lot and so did she. But, here's the kicker. I brought a tape recorder to record both of our readings. We chose to do our readings together and I thought it would make things easier to have both readings on the same tape. I had checked it at home to make sure it worked and it did... perfectly!

When we sat and I tried to get it to work for my friends reading, the red indicator light showing that it works would not go on. You can visually see the wheels spin to show it is working and they simply would not turn. You watched me do this. I checked the batteries and nothing. So, I gave up and placed it on your desk. None of the buttons were depressed for it to work. You proceeded to do our readings back-to-back. As you witnessed, I did not touch the recorder until we were getting ready to leave and it was not working/on when I picked it up. I pulled it out tonight to see what the issue was with it. Not only did it turn on but my reading and only my reading is on it and not my friends. It is quite shocking for me. Can you explain?

A. You are correct, I do hear this from time-to-time. Phones, recorders shut off and on or simply don't work at all. I have had recording devices show they are on and have nothing on the tape. It's spirits way of making sure we know that we don't control the reading they do. They are making it clear they are there. I have been reading for a lifetime and this type of thing never gets old for me. It serves as proof.

Affirmation: With each breath that I take I am open to possibilities. I breathe in hope.

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

# The COACH Corner

by Malachi Brown



## Put on that Bathing Suit

Are you stuck in a rut? Are you unhappy with your career, your finances, your relationships? Well, you are not alone; a great part of the population feels the same way.

What to do?!

For most of us, we have an idea of what we want out of life. We have an idea of what would make us feel more fulfilled and happier, however we are afraid to make the changes necessary to have it. We are afraid to take off our clothes and get into our bathing suits.

We have become very comfortable with what is – that old dress or that favorite suit feels so comfortable. We know it no longer fits or serves us, it's out of date... but it's what we know.

How do I strip off the old and expose myself to what is possible? How can I be in the bathing suit, when everything I have worked so hard to hide behind is no longer there?

Will I feel comfortable, will people look at my flaws, will I fit in? Is it possible to no longer listen to the negative thoughts in my head? Can I live without what I have always known?

So, how do we go about making changes and transition into something new.

First, we need to change the negative recordings in our heads. Those old stories are just that – old! And, they no longer serve us. Those are other people's opinions and not who we are. We need to start positive self-talk about who we truly are. I look good in my bathing suit and as I self-care, I will look even better.

Second, we need to separate ourselves from the negative influences and people in our lives. Step out of your comfort zone and find new positive people and environments. Be with others who want to see you succeed.

Third, study the lives of successful people. Read biographies of people you would like to emulate. What made them successful? How do they think? Arrange to meet and be mentored by people you admire and are at the top of their game. Successful people are very often more than willing to help you in achieving your success.

Fourth, set goals, stick with them and stay focused. Once you firmly establish what you want and who you want to be, it will be hard for others to pull you off your path.

Fifth, maintain a healthy lifestyle. You won't be able to enjoy your life and success if you are sick or too tired. Living a healthy balanced life is very important. There is a time to work hard, and there is a time to enjoy your life.

Lastly, have a spiritual connection. You just didn't show up on this planet. You will die one day and there is a life after death. Know what that means and in light of that, how should you live your life? Meditate, pray, ask for guidance. My Christian faith has served me incredibly well over the years.

Put on that bathing suit and jump in. The water is just right to start enjoying the beaches of your new life.

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

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by Linda Calder

# The Golden Years



## Food Tips When Money Is Tight

When I retired, I was happy that I could head to the supermarket early on weekdays, no longer tied to busy times such as Saturdays and after work. I also discovered reduced produce, meat and bread. Meat was a day or two from its best before date so it could be thrown into the freezer until needed. Same with veggies and bread. You could get a T-bone steak or garlic bread for 40% off! Or a pack of avocados or mushrooms for just 99 cents!

Unlockfood.ca (formerly Eat Right Ontario) has a wealth of resources under the header, *Food Choices When Money is Tight - Budget-Friendly Information Sheets and Recipes*. Here you will find healthy recipes, meal planning tips, food storage tips, as well as tips on how to save money at the grocery store. Some suggestions: check store flyers to see what's on sale. Look online for coupons. Buy only what you need—this would include items you need to make a meal, or items to restock your pantry. Consider buying store or “no name” brands—these items are of comparable quality to brand name items but for a fraction of the price.

A bargain isn't a bargain however, if you end up throwing food away. Large sizes of things such as ground beef are often cheaper than smaller ones. Before it goes into the freezer, divide it into usable amounts. Using a margarine container to measure - it works well. After you measure it, put it into a small plastic bag, then put this into a large freezer bag. Separate chicken leg quarters, wrapping each one separately and put them in a freezer bag. You can do this for any meats. Consider also buying items in small quantities at the Bulk Barn. For example, I often purchase spices (which can be pricey) at the Bulk Barn on Senior's Day which is Wednesdays.

Buy food that is in-season. If buying fresh, freeze some for later. Things like peppers can be washed, sliced and put on a cookie tray in the freezer for an hour or two. Then pop them into plastic bags (so they won't stick together) and put in the freezer. Vegetables that need to be blanched can be treated the same way. Make sure they are dry and put them on the cookie tray. Tomatoes can be washed, put into plastic bags and placed in the freezer for later use in sauces. Bananas can just be put in the freezer as is and used later for smoothies or baking.

Some produce (like bananas) are available at a reasonable price all year. Consider purchasing frozen vegetables and fruits when fresh aren't in season. They are just as good quality as they are frozen at peak ripeness, and they're more affordable.

Finally, one of the things mentioned is not to be ashamed to go to a food bank if you need to. No one should suffer from lack of food when it is available. Some of us are also in the position where we can donate food - through non-perishable food drop boxes in churches and stores. Dry pasta and sauces, canned meat and fish, hot and cold cereal, etc., are just a few of the items that are always needed.

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

# Autumn Horoscope

September 2018 to November 2018

by Julie Antoinette



## Aries (March 21 – April 20)

Someone is pulling at your energy in a way that is uncomfortable. You are strong and fiercely independent, Aries. Your strength sometimes attracts characters who need to feel more stability and have very little of their own. Yes, it's nice to help others, but be careful of energy drainage. Parasites can wreak havoc on even the healthiest of systems.

## Taurus (April 21 – May 21)

Matters of career are at the forefront this season. You are well-established and have built up a nest egg for retirement. But you're bored - to tears. There is a way to find an element of creativity in your work and you must find it. Mary Poppins says, "In every job that must be done, there is an element of fun. You find the fun and snap! The job's a game!" Look for that spoonful of sugar.

## Gemini (May 22 – June 21)

Whether you've been with your partner for a short time or a long time, you may have found some friction surfacing between you both recently. The problem is nothing more than growth taking place in your relationship. You are moving from one stage into another together. This friction you feel is merely growing pains. If you can weather this transition as a couple, greater intimacy and connection will follow.

## Cancer (June 22 – July 22)

Your thoughts recently have been circling around your mother. Whether she is still present in your life or not, her influence in a particular part of your experience is surfacing at this moment. If you have the opportunity, have a date with mom to chat about what's going on with you. Her feedback will provide the answers you need. If mom is not present, try journaling, or asking for answers in a dream.

## Leo (July 23 – August 22)

Please don't take this the wrong way, but not everything is about you, Leo. Yes, the planets all revolve around the Sun - your ruling celestial body. But keep in mind that the Sun is the giver of life and light and sustains everything in its surrounding. Your lesson is to recognize the necessary flow of give and take energetically.

## Virgo (August 23 – September 23)

It's harvest time! As the keeper of the sheaf of wheat, now is your chance to reap what has been previously sown. Think back on the previous twelve months. What has the universe produced with the efforts that you have planted? How will you use this harvest of abundance to fertilize a new cycle come the Spring?

## Libra (September 24 – October 23)

If you have a pet, pay close attention to their habits and behaviors. It is said that animals reflect the personality of their owners. Like children, animals have no ego. They are a clean slate, pure innocence. Without intellect or reason. An untarnished reflecting pool. Look into your pet's eyes and notice what you see.

## Scorpio (October 24 – November 22)

What's going on at home, Scorpio? Has order left your abode? Has clutter moved in to stay past its welcome? You are far more fastidious than that. Scorpio runs a tight ship. But your ship needs some repair and TLC. It is said, "The state of my home is the state of my mind." Its time to clear the cobwebs from the corners of your mind.

## Sagittarius (November 23 - December 21)

Feeling antsy? I know why... You've let your fitness routine fall behind. The law of inertia says that an object in motion will stay in motion, and an object at rest will stay at rest. Your task is to move from a state of stagnation into agitation. Choose your favorite activity to make it less onerous. Salsa dancing? Take a partner and have some fun!

## Capricorn (December 22 – January 19)

Time to clear out your closet, Capricorn. And I don't mean this figuratively. You are in desperate need of a new wardrobe as a means to reinvent yourself. It is said, "The clothes make the man (and the woman)." Try it and get ready to meet the new you!

## Aquarius (January 20 – February 19)

Slow down, you move too fast! You've taken on more than you can handle and now you've had to speed up just to keep up! Perhaps you could enlist help to take on less pressing tasks while you concentrate on others. Many hands make light work. Delegate! Delegate! Delegate!

## Pisces (February 20 – March 20)

A certain worry has plagued you in recent weeks. You secretly feel that by worrying, you are handling the issue mentally and this gives you a sense of control. But the opposite is true. Worry cannot change a single thing other than to rob you of your present peace and happiness. Let it go. Accept that you cannot control anything, but you can command everything.

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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