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## From the Publisher

Summer is here, and you know what that means? Camping, cottaging, barbecuing, picnicking and all sorts of outdoor activities. Guess what else is part of summer? Sunburns, dehydrations, stings and of course, mosquito bites.

It's important to be prepared to deal with these common ailments of summertime should they arise. Most of you I'm sure, probably already have a first aid kit in your house, car, or cottage. But what is it filled with? Popular over-the-counter products you find at your local pharmacy? How about, instead of opting for typical pharmaceutical products, why not create your own natural first aid kit with products easily accessible at your local health food store/grocery store. Licensed naturopathic doctor, Dr. Kate Klein shows you how you can easily make the switch in her article, *Mother Nature: The Original First Aid Kit* on page 13.

In upcoming news, Durham Live is expected to open in Pickering later this year. Want to know what the excitement is all about? We've got you covered. Writer Sam Burton, reached out to the Apostolopoulos Family (the developers behind Durham Live) to learn more about their vision for this grand entertainment complex, and also, what it will mean for the City of Pickering and Durham Region. You can find her article, *Mini-Vegas in Pickering: Getting Ready for Durham Live* on page 19.

Finally, for all you moms reading, we've got a feature article that stresses the importance of having a mommy network in your life. To learn how you can find your own mommy group, check out Khati Nathoo's article aptly titled, *The Mommy Network* on page 24.

Also, as mentioned last issue, we are on the lookout for another mom (or dad!) to take over our family column. If you are a parent eager to write about your parenting experiences, as well as share parenting tidbits with other parents in the Durham community, please contact our editor Wendy.

I hope you enjoy reading our Summer 2019 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. Don't forget to also check out what our bloggers are up to online.

**Antoine Elhashem**  
**Publisher**



## From the Editor

This past January, I attended a seminar in a Brooklin, Ontario high school about human trafficking in Durham Region. ... Yes, you heard me right. I said human trafficking in Durham Region. I decided to attend because I saw it advertised on Facebook, and I was curious. I didn't really know what human trafficking was, let alone that it was a problem here.

The seminar was a real eye-opener for me. It started off with a documentary of a former trafficked victim who shared her story. Following that, there was a panel discussion with experts in the field. Some of the experts included members of the Durham Regional Police Human Trafficking Unit, social workers and shelter managers. All of these individuals work closely with a trafficked victim once they decide they want to leave the clutches of their trafficker.

After having attended the seminar, I felt that it was our duty as a local publication in Durham Region to publish an article about human trafficking. But I wanted it to take on a different angle than other articles I have seen in the media about human trafficking. I didn't want to just report on crimes that have occurred and arrests that have been made. I wanted to go beyond that. I wanted to raise awareness about the topic, because I'm sure, just like I was, there are a lot of people who are unaware of what exactly human trafficking is, and how it's able to take place right here in our community.

The goal of the article became clear. I wanted to tell the story of what human trafficking looks like. I wanted readers to get a clear picture of how human trafficking occurs, who its victims are, how they are targeted and lured, and finally, what we as a community can do to proactively prevent human trafficking from occurring. Education and awareness are crucial to preventing human trafficking and to assisting trafficked victims. I hope you take the time to read the article and share it with everyone you know. The more eyes it reaches, the better. You can find *Human Trafficking - A Modern Day Slavery Tale* on page 8 of the magazine.

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**  
**Editor-in-Chief**



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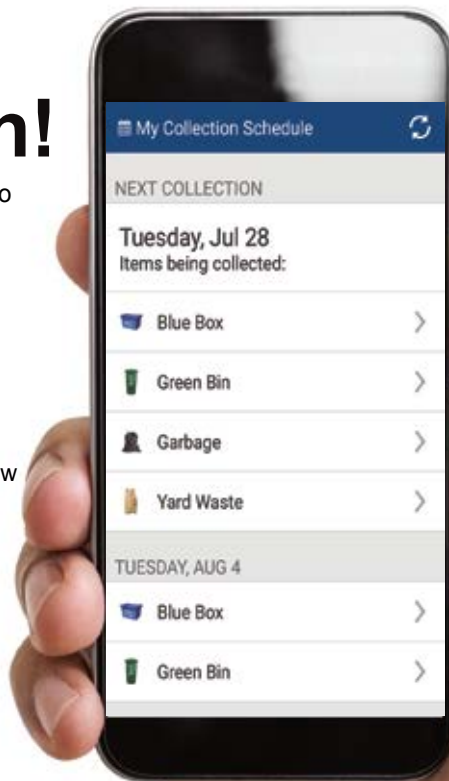


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# Human Trafficking

## A Modern Day Slavery Tale

*by Wendy Chiavalon*

*At first, he treated me better than anyone has ever treated me. He took care of me. He took the time to really get to know me.*

*And then he took it all away...*

*Now, he uses the one thing I had been longing for and manipulates me into the sex trade. Who is ever going to love me like he used to?*

Unlike what you have seen in Hollywood movies, human trafficking is a whole new manipulative way to coerce (mainly, but not exclusively) young girls into the sex trade. It is the fastest growing criminal industry in the world, and is now the second largest business of organized crime in the world.

Human trafficking is often thought to be a problem that exists “elsewhere”. It’s something that happens in other countries. Or in other provinces in Canada, or maybe just Toronto, but not here, right? Unfortunately, human trafficking is happening right here in Durham Region.

According to a recent report by the Standing Committee on Justice and Human Rights, the number of police-reported incidents of human trafficking in Canada is on the rise. Between 2009 and 2016, 1,099 incidents of human trafficking were reported by the police across the country, including 340 in 2016. Two-thirds (66%) of these offences reported were in Ontario. In 2018, Durham Regional Police Services Human Trafficking Unit conducted 80 investigations and laid more than 130 charges. The number of cases however is likely higher. Human trafficking is a hidden crime; it’s vastly underreported and this makes it hard to track. Human trafficking was also only recognized as a criminal offence in Canada in 2005.

Given the figures, why isn’t there more of a public outcry? The sad truth is, many people want to pretend human trafficking doesn’t exist here and they don’t want to talk about it. Unfortunately, this



only exacerbates the problem. The Committee report emphasizes that increasing education and awareness about human trafficking is critical to prevent its occurrence and to assist victims. "Raising awareness allows more people to be "the eyes and ears" required to prevent human trafficking from occurring." So, let's get educated.

## What is human trafficking?

Human trafficking is the coercion of another person for material gain. Sex trafficking is a form of human trafficking in which a person is forced into the sex trade against their will. Human trafficking is the blanket term used to describe all types of trafficking, including sex trafficking.

## Why is there such a large demand for human trafficking?

There is a large demand for sex work. This is what makes the sex industry so lucrative. For many reasons, some people choose to engage in transactional sex. However, consensual sex work is *not* the same as human trafficking – the two should not be confused. You can be in the sex trade by choice, by circumstance, or by coercion. Human trafficking is when a person is coerced into the sex trade and someone else is benefitting.

## Who is targeted?

Young women and girls are primarily targeted. However, boys, men and people who are LGBTQ are sometimes also victims. The age of recruitment is as young as 12 or 13 years old.

## Why young girls?

Some customers are specifically attracted to young girls and seek them out. Some customers are simply looking to engage in transactional sex and do *not* seek out young girls. It is dangerous to categorize all customers as pedophiles seeking out girls who are being coerced. If the sex trade was not criminalized, customers may feel safer reporting coercion to law enforcement. (Some customers can tell if a person is not in control and is being forced to be there.)

## Where are victims targeted?

Victims can be targeted anywhere. Schools, malls, libraries, group homes, bus stops, parties at hotels, on-line social media, etc.

## What are common risk factors?

It is a myth that sex trafficking only happens to people who use drugs or have other serious risk factors. However, there are certain risk factors that make a person a more likely target. These can be divided into two groups: individual and systemic risk factors.

Individual risk factors include low self esteem, lack of self worth, issues at home, issues with family, potentially previous abuse, not

feeling adequately loved or taken care of, a developmental or learning disability, issues at school, etc.

Systemic risk factors include being racialized, being indigenous, being a girl, being from a community that doesn't have very many resources and lacks social supports, poverty, being from a community with a high proximity to crime, etc.

Some victims will have both individual and systemic risk factors, while some will have just individual risk factors and no systemic risk factors.

## How does someone get trafficked?

Traffickers carefully target, lure, and "groom" victims before manipulating them into the sex trade. There are four stages to this process:

- 1. Luring** – In this first stage, a trafficker assesses a potential victim. The trafficker asks a lot of questions to collect as much information as possible on her (because that information will be used against her at a later date). They look to see if there are any obvious risk factors present. Does she have low self-esteem? Is she having issues at home? Is she being bullied at school? They test the girl's vulnerabilities and boundaries. They gauge whether she is open to a relationship. Most importantly, they make her feel special.
- 2. Grooming and Gaming (the Honeymoon Stage)** – The second stage is very similar to the beginning stages of a normal healthy relationship. The trafficker treats the girl like a princess. He buys her new clothes and shoes, pays for her to get her hair and nails done. He may be physically intimate with her in this stage. He may also coax her into taking illicit drugs in order to "loosen up" and "have fun".  
  
The trafficker continues to ask more questions, collecting more and more information on her. He asks about her family, her hopes, her dreams. He wants to know what's important to her and what she loves and cares about. In the girl's eyes, finally someone is paying attention to her. Finally, someone cares and loves her so much that they want to know all about her. She feels that she is "in love", and that she has found her dream man who will make her dreams come true. The trafficker promises the girl a family, a home, a future together.
- 3. Coercion and Manipulation** – During this stage, the trafficker starts sending the girl mixed messages. He starts withdrawing. He doesn't talk to her as much and rarely compliments her. He toys with her emotions and behaves erratically, which makes her question his feelings for her. He makes her believe he is mad at her. He uses information he collected about her against her now.

The girl wants to do anything to please him and get on his good side again so she can get his love back. The trafficker asks her to do things sexually that she may not have been comfortable with thereby desensitizing her to these actions. When he does have sex with her, he rewards her (e.g. by taking her shopping or giving her money to buy something she wants) so that she starts to associate sex with a price. If the girl is addicted to drugs, he will make her have sex for drugs or money (to buy drugs), which makes her indebted to him.



**4. Exploitation** – In this final stage, the trafficker has effectively broken down the girl's self-esteem and self-worth. He often threatens her and her family and loved ones based on information he collected before. He may lead her to believe that he needs help financially. Or, he may suggest that she now owes him money for everything he bought her – he makes her feel indebted to him. The girl is at the point where she feels obligated to help him out. She is isolated from her friends and family. Emotional, mental and physical abuse are typical at this stage, as is intimidation and control.

## How can you tell if someone is being trafficked?

Some signs to look for:

- The person is not allowed to speak for themselves and their activities are controlled by someone else.
- The person is under 18 and involved in the sex trade.
- The person is unpaid or paid very little to work, and seems to be treated poorly (long or unusual hours, not allowed breaks, forced to live in poor conditions, etc.).
- The person is repaying a large debt through labour or sex.
- The person seems fearful, anxious, depressed, submissive, tense, or nervous/paranoid. They may avoid eye contact, seem fearful around police, etc.
- The person shows signs of abuse, such as bruising, cigarette burns, fractures, etc.
- The person has tattooing or branding symbols, particularly names.

- The person doesn't have their own things or money, and doesn't control their own passport or other documents.
- The person seems malnourished or lacks medical care.
- The person is moved frequently and may not know their surroundings well.
- The person has been reported missing.

## Why can't a person who is being trafficked "just leave" their trafficker?

Victims don't leave their trafficker for 3 reasons:

1. Psychological hold: "At first, he treated me better than anyone has ever treated me. He took care of me. He took the time to really get to know me. And then he took it all away. Now he uses the one thing I had been longing for and manipulates me into the sex trade. Who is ever going to love me like he used to?"
2. Fear of reprisal: "What if my pimp catches me? I know what he is capable of doing to me."
3. Fear of the unknown: "Where will I go? Where will I sleep? Where is my next meal?"

Most people who are being trafficked are not locked up or in chains. This doesn't mean either that they can "just leave" their trafficker. Victims who are trafficked are monitored and controlled constantly. In some instances, some victims may not even realize or acknowledge that what they are being made to do is in fact a crime. Some victims may fear their trafficker (or even the police) so much that they don't chance seeking help.

Manipulation also plays a huge part. The trafficker has developed a



relationship with their victim. Many victims are led to believe that their trafficker is the only person who cares about them and that they are better off staying with their trafficker. Additionally, the victim has also been isolated from family and friends and are fully dependent on their trafficker for their livelihood. They feel they wouldn't be able to survive without them and that this is the only choice they have.

## **What can a parent do proactively to ensure their child doesn't get trafficked?**

Parents need to teach their kids about consent. Teach kids that consent is not as simple as 'yes means yes' and 'no means no'. Parents need to also keep an open dialogue with their kids without judgement or assumption. Ask them how they spend their time online. Set up parental controls and try to encourage phone and iPad use in common spaces in your home instead of in their bedroom. Teach them to be confident in themselves and to see their own self-worth.

## **What can a parent do if they sense their child is being trafficked?**

The best thing a parent can do at this point in time is to say, "I don't care about what you are doing and you don't need to tell me details, I'm not interested in judging you. I love you, I love you, I love you - come home. All I care about is that you are safe." The minute a child feels that their parents are judging them, they go right back to the trafficker. Additionally, traffickers meet the needs of the person they are trafficking. Parents need to ensure they are meeting whatever need it is that their child may be lacking.

## **What can be done to help combat the rising problem of human trafficking?**

1. Teach kids about consent!
2. Raise awareness about the issue!!
3. Donate to agencies that work directly with survivors. More funding is needed at Victim Services to be able to continue to do the work that is done to help victims of human trafficking. If you would like to support Victim Services of Durham Region, please visit Canada Helps to make a donation <https://www.canadahelps.org/en/charities/victim-services-of-durham-region/>

## **If a person who is being trafficked right now happens to be reading this article, what do they need to hear?**

It's not your fault. You have done absolutely nothing wrong. This happens to many people and you are not alone. If you would like help, Victim Services can help you. We are not interested in judging you. Your goals are our goals.

---

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

*Sources used in this article include Stop Human Trafficking.com, The Canadian Centre To End Human Trafficking.ca and Moving Forward in the Fight Against Human Trafficking in Canada – Report of the Standing Committee on Justice and Human Rights (December 2018). Many thanks as well to Carly Kalish, Executive Director of Victim Services of Durham Region for her assistance with this article.*



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# Mother Nature: The Original First Aid Kit

by Dr. Kate Klein

**Whether you are headed for the cottage, a weekend camping trip, or having a stay-cation in your own backyard; summer is a great time for outdoor activity, travelling, eating, and so much more. Summer however, also comes with some common concerns and ailments ranging from sunburns, to mosquito bites and stings, to dehydration, to backyard BBQ food poisoning and so on.**

It is important to be prepared to deal with these common ailments should they arise. You should always have a first aid kit at home, in your car, or at the cottage, but instead of filling it with the typical pharmaceutical products, why not create your own natural first aid kit?

Typical pharmaceutical products often have unwanted side effects, can lead to allergic reactions, or may interact with each other or another medication you are currently taking. Many people opt for common pharmaceutical remedies or over the counter medications because they are familiar, may have worked in the past, or they are frequently recommended by your local pharmacist, family member, or friend. Pharmaceuticals play an unquestionable role in life-threatening health conditions and infections, and in the age of antibiotic resistance, it is time to give non-pharmaceutical alternatives a try.

Natural products result in less sensitivity or skin reactions, less exposure to carcinogens, chemicals, perfumes, and preservatives, and less hormonal disturbance (chemicals enter the bloodstream via the skin and can affect our hormones including our thyroid function). There is a growing trend and awareness of natural alternatives that are just as effective as pharmaceutical options without the side effects. So, if you're looking to be prepared this summer, read on for a list of 'must have' first aid essentials that are natural, accessible at your local health food store/grocery store, and easy to use.

Aside from the typical first aid kit essentials such as band-aids, gauze, and tape, here are a list of items that you can put together to make your own summer first aid kit to handle anything summer throws your way. Bring it with you while traveling, keep it in the car, or at the cottage.

## Too Much Sun Sunburn

If you've ever suffered from a sunburn, you know how agonizing it can be. The best way to avoid a sunburn is prevention, but if you end up as red as a lobster, here are some go-to's to keep in your kit:

- Calendula cream. Calendula, commonly known as Marigold, is a vulnerary herb that heals damaged and inflamed skin. It is commonly used to treat sunburns, rashes, and is anti-bacterial.
- Witch hazel. Witch hazel is a multi-purpose natural product that can be used internally and externally. Applied topically, it helps to soothe inflamed and irritated skin. (It can also be used on poison ivy rashes). Combine witch hazel with some water in a spray bottle and mist skin as needed.

- Homeopathic remedy: Cantharis 30C. Available at your local health food store. Take a pellet under the tongue every 1-2 hrs to relieve symptoms of sunburn.
- Nettle. Keep a small bottle of nettle tincture handy; it can be applied directly to the sunburnt area for relief of stinging and burning.

### Heat Exhaustion / Dehydration

If you are prone to sunstroke or dehydration keep these remedies handy:

- Homeopathic remedy Belladonna 30C. Dissolve a pellet under the tongue every 1-2 hrs when dealing with sunstroke.
- Pick up some individual electrolyte packets. My personal favourites are the Vega Sport Electrolyte Hydrator or Sisu Energy Boost packets, available at your local health food store or natural section in your grocer. Filled with B vitamins, magnesium, minerals, and electrolytes - they give an energy boost and rehydrate you. These packets are perfect for adding to a standard size water bottle.
- Bottled water - always keep a few bottles of water in the car or in your bag for when you're out.
- Lip balm, eye drops and nasal spray. When you're dehydrated, your mucus membranes (nose, mouth, eyes) become dry and irritated. Keep a lip balm such as Burt's Bees or Crate 61 in your kit along side a bottle of Similasan Dry Eye Relief and a nasal spray such as non-medicated Hydrasense.

## Ouch!

### Bug bites / Stings

The best way to prevent bites from mosquitos and other bugs is prevention. Here are some tips for prevention and treatment of bites:

- Make your own bug spray with essential oils (EO) such as tea tree to deter bugs from landing and biting. Dilute in witch hazel or a carrier oil such as almond, olive or castor oil, and apply to the skin. Combine ½ oz witch hazel or a carrier oil, ½ oz distilled water, 2 drops peppermint EO, 2 drops tea tree EO, (for ticks add: 2 drops lavender EO and 2 drops lemongrass EO). Pour into a 2 oz spray bottle and shake before each use.
- Witch Hazel. Apply a few drops of witch hazel directly to the bite/sting to reduce itchiness. Witch hazel is available at your local drug store.
- Charcoal tablets. Ground up charcoal tablets, mixed with a few drops of water to create a paste and applied to the skin can decrease itchiness. You'll see charcoal has a few uses later on the article - it is a definite must have for your kit.
- Homeopathic remedy Apis 30C can be taken if the bite stings, swells and is hot.

### Minor cuts and scrapes / blisters

- Arnica cream or gel. Arnica is made from a plant that heals wounds, relieves pain, and decreases inflammation. It is an essential multi-purpose item to have in any first

aid kit, as it can be used for blunt trauma wounds, muscle strains, sprains, bruises, swelling, bug bites, and so much more! It is a natural disinfectant and antimicrobial as well. Apply the cream or gel topically to the affected area.

- Arnica is also available as a homeopathic remedy. It helps with aches, pain, scrapes, and cuts. Dissolve 1-2 pellets under the tongue every couple of hours.
- Bach Rescue remedy is available in a spray, drops, or pastille. This remedy can be given to children or adults who are experiencing a crisis or a stressful situation (i.e. a child who falls off their bike and is crying inconsolably). It promotes calmness, relaxation, and focus. Rescue remedy comes in a small bottle making it easy to tote around in your first aid kit or bag. It is also extremely useful for stress or anxiety before writing an exam or attending an interview.
- Tea tree oil is great for cleaning and disinfecting small cuts and wounds. It is antimicrobial, antifungal, and when applied topically can relieve pain. Combine a few drops in distilled water and spray onto wounds to disinfect the area.
- A great product to have on hand for blisters is moleskin. It is a heavy cotton material with an adhesive on one side that can be applied to the skin to prevent or protect skin that has been blistered.
- Homeopathic remedy Ledum 30C is great to have on hand for injuries that result in dark purple bruising, sprains, cuts, or puncture wounds from insect bites or stepping on a nail. Dissolve 1-2 pellets under the tongue every couple of hours.

## Overindulgence in Food and Drink Hangover

Summer is a great time for backyard BBQs and get togethers, but if you overindulge in drinking you may end up with a hangover the next morning. Here are some simple things to keep on hand to prevent and treat hangovers:

- Vitamin B complex capsules. This combination of B vitamins taken before you hit the hay after a night of drinking will help minimize or may even prevent a hangover the next day. Alcohol depletes your body of these necessary B vitamins so by replacing them you may feel better the next day.
- Again, those individual electrolyte packets help you rehydrate and replenish vitamins, minerals, and electrolytes after a long night of partying.
- The homeopathic remedy Nux vomica 30C can minimize nausea and upset stomach from overindulging in alcohol or food. Dissolve 1-2 pellets under the tongue every couple of hours.

### Upset stomach

- Ginger chews, tea or capsules are another multi-purpose natural necessity. Ginger is used to treat nausea, upset stomach/indigestion, motion sickness, gas, and cramping. The best part is it works relatively quick, comes in many forms making it easy to digest, and it is readily available at your local grocer or drug store.





- Goldenseal. A small bottle of goldenseal tincture (*Hydrastis canadensis*) can help combat infectious diarrhea; it works as a broad-acting antimicrobial for all types of infections (such as sore throat and common colds).

## Body Aches

### Muscle aches, cramps, and headaches

Suffering from sore muscles after a long day of activity, or perhaps you forgot to hydrate, and now you've got a headache. Here are some must haves:

- Peppermint essential oil. A few drops in a carrier oil (such as olive oil, coconut oil, almond oil) applied directly to the sore muscles or temples for a headache help with reducing pain and tension in the area.
- Magnesium powder. A lack of magnesium could be the cause of your sore muscles, muscle cramps, or even your headache. Magnesium comes in liquid, capsules, and powder. Powder is probably the easiest form to keep on hand and add to water to restore your levels. Keep in mind that taking too much magnesium may lead to a looser bowel movement.
- Magnesium spray or oil is used topically on sore and cramped muscles for pain relief.

Now that you are armed with some great natural solutions for common summer time ailments, you can put together your own natural first aid kit for you and your family. Wishing you and your loved ones a happy and healthy summer vacation.

---

Dr. Kate Klein is a licensed naturopathic doctor in Ajax, mompreneur, blogger, educator, and health & wellness advocate. Dr. Kate has a special interest in mental health (anxiety and depression), stress management, hormonal imbalances, fertility, women's and children's health. Using acupuncture, custom meal plans, vitamins, herbs, homeopathic remedies, and specialized testing, Dr. Kate helps patients achieve optimal physical health and mental well-being by addressing the root cause of illness.

*Disclaimer: Always consult a licensed health care provider such as a naturopathic doctor or your family doctor before starting any new natural health product, especially if you have a diagnosed health condition, take prescription medication, or have allergies/sensitivities. Not all natural health products are safe for everyone and many can or have the ability to interact with other natural health products, medications, or over the counter medications.*

### Resources:

Zand, J., & Walton, R. (2003). Smart medicine for a healthier child: A practical A-to-Z reference to natural and conventional treatments for infants & children (2nd ed.). New York: Avery.

ND Assist Database: <https://www.nhpassist.com/database/>

Hershoff, A., & Seymour, J. (2000). Homeopathic remedies. Garden City Park, NY: Avery Pub. Group.

- Peppermint and chamomile tea bags can be placed in your kit if they are individually packaged. They help soothe the stomach and relieve gas pains.
- Homeopathic remedy Bryonia 30C can help with motion sickness/nausea from cars, boats, or flying. Dissolve 1-2 pellets under the tongue every 20-30 minutes until symptoms resolve.

### Food poisoning or Traveler's diarrhea

- Homeopathic remedy Arsenicum album 30C is a go-to for food poisoning (with symptoms including but not limited to vomiting, diarrhea, and intestinal cramping). Dissolve 1-2 pellets under the tongue every 30 minutes - 1 hour until symptoms improve or resolve.
- Activated charcoal capsules can be taken for food poisoning to resolve symptoms. These capsules are well tolerated and very safe to use. They can be picked up at your local health food store. They can also be used for nausea and upset stomach.

# Summer Events Calendar

**May 25, 2019**

## **Durham Mountain Biking Demo Festival**

This event offers Mountain bike riders the opportunity to test ride a variety of Mountain bikes provided by local bike stores and manufacturers. Participants will test ride bikes on three different loops; family/beginner loop, an intermediate and an advanced loop. Food trucks will be set up in the area as well as a bike park for the kids to try out. Helmets are mandatory and test riders may want to bring their own pedals. Free for DMBA members or \$10 for non-members.  
Uxbridge  
[www.durhammountainbiking.ca/rides-events/](http://www.durhammountainbiking.ca/rides-events/)

**May 25, 2019**

## **Mask Magic at Artfest on the Esplanade**

For the 7th year, PineRidge Arts Council has inspired the artist in all with Mask Magic. Masks and inspiration free.  
Pickering  
[www.pineridgearts.org/artfest.html](http://www.pineridgearts.org/artfest.html)  
905 839 1734

**May 29, 2019**

## **Show and Shine**

Weekly car show that runs every Wednesday from 6 pm to dusk, starting the first Wednesday after the Victoria Day weekend in May until the first Wednesday after Labour Day (weather permitting). Local Classic Car Enthusiasts bring their classic cars to showcase for the evening.  
Oshawa  
905-576-7606

**June 01, 2019**

## **The 49th Annual Tour of Homes**

Trinity United Church women present their 49th Annual Tour of Homes. Come enjoy beautiful homes and a gorgeous day enjoying the Uxbridge countryside.  
\$20 in advance or \$25 Day of Tour  
Uxbridge  
[www.trinityuxbridge.com](http://www.trinityuxbridge.com)  
905-852-6213

**June 04, 2019**

## **Pickering City Centre Farmers' Market - Pickering Blooms Because of You Day**

Nestled next to the Civic Complex, the Pickering City Centre Farmers' Market continues the tradition of a unique outdoor community market. Every Tuesday from June 4, 2019 to October 1, 2019 between the hours of 9:00 am - 4:30 pm, come out and experience local fresh produce, food, music and family activities in the heart of the City Centre. FREE  
Pickering  
[www.pickering.ca](http://www.pickering.ca)  
905.683.7575

**June 4, 2019**

## **Human Trafficking: Parents & Prevention**

Caregivers will gain knowledge on human trafficking in Durham. Caregivers will learn practical tips on how to prevent youth from being trafficked. Caregivers will hear from a parent and a survivor, both with lived experience with human trafficking, on identifying red flags and how to intervene effectively.  
<https://www.eventbrite.ca/e/human-trafficking-parents-and-prevention-tickets-60837132501>

**June 08, 2019**

## **14th Annual CCD Walk for Mental Health Awareness**

Come join Community Care Durham's "Walk for Mental Health". The Walk starts at the Port Perry Fairgrounds and proceeds along the scenic Port Perry Waterfront Trail. After walking 1km, 2km or 5km, enjoy a complimentary BBQ Lunch and some family fun with children's games, entertainment and music, and so much more. An Information Tent will be set-up with display booths from community groups. Registrants who raise \$20 or more will receive a free Walk T-shirt. Pre-registration is preferred. By pre-registering, participants will be eligible to enter into our Early Bird Draw. There will be a Silent Auction and tons of draws for amazing prizes to win. Proceeds support CCD services across Durham Region.  
Port Perry  
[www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)  
905-430-8114

**June 13, 2019**

## **Fore the Future Charity Golf Classic**

The 14th annual "Fore the Future" Charity Golf Classic will be held at the esteemed Royal Ashburn Golf and Country Club in Whitby, Ontario. Proceeds raised from "Fore the Future" will be directed toward the Foundation's programs supporting children and youth in care throughout Durham Region. Over its 14-year history, the tournament has provided post-secondary scholarships and bursaries, funding for initiatives including: summer camp, recreational and sporting activities, and holiday season gifts and events for the children and families served by the Durham Children's Aid Society.  
Shotgun starts at 1:30pm  
Whitby  
[www.durhamcaf.ca](http://www.durhamcaf.ca)

**July 01, 2019**

## **Canada Day Celebration at Ajax Downs Racetrack**

Live Quarter horse racing from 1pm- 3pm. Family fun and live racing all afternoon. Infield opens at 6pm for live entertainment and fireworks at 9pm.  
Ajax  
[www.ajax.ca](http://www.ajax.ca)  
905-686-8001

**July 01, 2019**

## **Canada Day 2019 in Whitby**

Enjoy kids zone, Adventure Zone, Arts Trail, Farmers' Market, community and food vendors, water activities, music, displays, fireworks, and much more.  
Locations: Victoria Fields, the Port Whitby Marina and the Whitby Yacht Club  
Whitby  
[www.whitby.ca](http://www.whitby.ca)  
905-668-5803

**July 01, 2019**

## **Oshawa's Canada Day**

Oshawa's Canada Day at Lakeview Park. Two performances (35 minutes) between 3 and 5 p.m. on the Family Stage.  
Oshawa  
[www.oshawa.ca](http://www.oshawa.ca)

**July 10, 2019**

## **The Wind in the Willows - Theatre on the Ridge Festival 2019**

Theatre on the Ridge presents a family friendly production of the classic children's book The Wind in the Willows, which follows the misadventures of Toad, Ratty, Mole and Badger as they foil Weasel's plot to take over Toad Hall. \$25 - \$35, family passes, student/senior and group rates available  
Port Perry  
905-985-8181

**July 11, 2019**

## **Oshawa Wine Tasting Festival**

This fun and popular wine tasting event features many Ontario and Canadian wines. Attendees have the opportunity to "try and buy" selections often only available at the winery itself. \$30 per person. Event limited to age 19 and older.  
Oshawa  
905-576-7606

**July 15 to July 19**

## **Summer Camp: Art Adventures**

Be an artist for a week - paint, sculpt, draw, and make prints, while experimenting with materials like wire, acrylic, watercolour, pastels and plasticine. Campers will also explore various genres of art making including abstraction, portraits, and landscapes.  
Ages 7-13. \$185/week  
Claughton  
[www.vac.ca/summercamp.html](http://www.vac.ca/summercamp.html)  
905-623-5831

**August 6 to 9**

## **Summer Camp: Emerging Artists**

Explore the pottery studio and painting studio. Spend the morning, drawing, painting and building sculptures and then get busy in the pottery studio for an afternoon of creating in clay! Ages 4-6. \$150/week  
Claughton  
[www.vac.ca/summercamp.html](http://www.vac.ca/summercamp.html)  
905-623-5831

**August 9 to August 18**

## **Day Out With Thomas**

Peep Peep! All aboard for a day of family fun with Thomas the Tank Engine! Thomas will be chugging into the GTA for the Steam Team Tour for two weekends only - August 9-11 and 16-18, 2019. Take a 25-minute train ride on-board the heritage train pulled by Thomas and meet Sir Topham Hatt! There are lots of activities for the kids including temporary tattoos, face painting, hay maze, kiddie train ride, Zoo to You, obstacle course and Thomas replica ride-on trains. Check out the interactive entertainment stage with shows by a juggler, magician and musicians. Enjoy Thomas storytelling and videos on-board an actual train car. Cost \$25.00 + HST per person.  
Uxbridge  
905-852-3696

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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# Mini-Vegas in Pickering:

## Getting Ready for Durham Live

*by Sam Burton*

A long stretch of grass expands between Church St. and Bayly St. in Pickering, Durham Region. For years, it acted merely as an empty space to daydream within when riding the bus to school or work, draped in the darkness of night or the penetrative still of dawn. For years, the 226 acres have remained vacant, other than the Pickering Pentecostal Church. It seems strange that an area such as Pickering, the closest and most accessible and active point outside the GTA, would leave such a large and potentially prosperous canvas empty for so long. Within the past twelve years, Pickering has grown in its reputation as an entertainment district with the construction of the new VIP Cineplex Cinemas, a Jack Astors, and a Pickle Barrel, all neatly surrounding the Pickering Town Centre and a ten-minute walk from the GO station. But all of those developments will pale in comparison to the ambitious notion of Durham Live.



## DESTINATION EXCITEMENT

CASINO

DINING

HOTEL

RETAIL

ENTERTAINMENT

Enter the Apostolopoulos family in 2017. The developers consist of Father Andreas, and his three sons, Steve, Pete, and Jim. Their firm, The Triple Group of Companies, made their fortune through purchasing run down commercial buildings and rebuilding them for success. Their most famous purchase was that of the Pontiac Silverdome in Michigan in 2009. The attempt at rebuilding both the structure and its reputation ultimately failed, (the dome was demolished in December 2017) but the Apostolopoulos family maintains its confidence in a mini-Vegas style super centre titled Durham Live.

The ambitious project lists its inclusions as follows: a world-class casino, a year-round indoor waterpark, a giant amphitheatre with the capacity of 16,000, state-of-the-art cinemas and film studio, a five-star restaurant strip, three luxury hotels, a shopping mall, a fitness centre and spa, and a botanical garden. A stunning 200,000 square footage will be dedicated toward gaming, one million square footage of office space, around 1,250 rooms within three hotel concepts, and nature trails in between. The development would be the largest that Pickering has ever seen, beyond that of the nuclear plant.

The Local Biz Magazine reached out to one of the brothers, Steve Apostolopoulos, Managing Partner of Triple Properties. "The original concept from Triple Properties was for a casino only. I wasn't interested in a standalone box in a field. It didn't do anything for me, and outside of potential gaming revenues, it didn't add much value to the greater community. I personally felt that Pickering and Durham Region deserved something bigger and better. That's how the concept of Durham Live originated, a landmark tourist destination featuring not just a hotel and casino, but also a convention centre."

The Apostolopoulos family emphasizes that the inclusions of such a vast array of entertainment options is purposeful. The notion of a hotel, gym, restaurant, and several entertainment choices allows for a one-stop-shop concept that appeals to both the young and more senior generation alike. The first film studio in the region on-site called TriBro Studios, will offer workshops, catering, have production offices and will allow access to

a state-of-the-art studio experience. Steve adds that, "...in addition to thousands of film production industry jobs, there will be economic spin offs for local businesses such as caterers, dry cleaners, fabricators, hotels, florists, gas stations, car rental agencies and more."

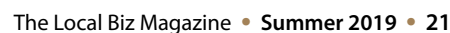
Since the purchasing of the property in 2017, the development of the remarkable super-shopping-entertainment-centre has only hit one road block: casino licensing and proximity to Ajax Downs.

Ajax Downs has existed since February 2006, and has generated over \$80 million and over 1,700 jobs within the community. It acted as an essential source of revenue for Ajax, with its 800 slots, generating \$8 million annually. So, when the proposal of Durham Live was announced, and most of all, the presence of a high-end casino, those who benefited from Ajax became rightfully concerned. According to the Ontario Lottery and Gaming Corp (OLG), two casinos situated in close proximity to each other cannot exist simultaneously. Over the course of a year, the Town of Ajax appealed for application for leave of Durham Live, but was ultimately rejected by the Ontario Court of Justice Divisional Court in favor for the Pickering facility. As of June 2018, the construction of Durham Live as a tourist destination has been green lit.

But in an unparalleled turn of events, Premier Doug Ford announced in October of 2018 a supposed agreement that would indeed allow both casinos to thrive within the Durham Region. This required that Ajax Downs minimize their available slots from 800 to 500, and for the OLG to change its rules in order to allow both to operate.

The Apostolopoulos family is not deterred though. They remained optimistic about the projected success of Durham Live, whether it consisted of a casino or not. According to an economic impact study commissioned by the Triple Group of Companies, the facility will bring in \$625 million in total tax revenue and add more than \$1 billion in GDP. Construction of the attraction will leak into the billions, currently resting at \$1.3 billion. The Triple Group of Companies also projects 14 million visitors a year.





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by Khati Nathoo

**You've just had a baby. Your hormones are all out of sorts. And no one understands, especially not that significant other of yours! You're tired, hangry, and feel the need to bathe, all at the same time. But you have to keep going because only you can take care of that precious little thang.**

If you're like me and most first-time moms I know, you are probably in for a bit of a surprise of what it's like staying home and taking care of a newborn. The days are a blur. Your life revolves around naps, feeding, poops, doctors' visits and breastfeeding clinics. Sleep as you know it is nonexistent.

When I had my first baby, I knew I wasn't going back to work and I was excited to have the opportunity to stay at home and raise him. I was looking forward to seeing him hit all his milestones as I had heard many stories from my friends about how they missed their child's firsts. I wouldn't miss a thing; I would do it all and with a smile. It would be just like how I'd seen in the movies.

Being a stay-at-home-mom meant it was me and baby all day long. It was great at first, but the honeymoon period ended soon after. It was too overwhelming for me to pack up the diaper bag and take the baby out. What if he pooped or needed to be fed? My anxiety level went through the roof just thinking of having to deal with all that in a public setting. So, we stayed home. The days seemed long and drawn out and I became quite lonely. After all, infants sleep 18-20 hours a day. Most people's advice of "sleep when the baby sleeps" was unrealistic. There was so much cleaning, cooking, bottle sterilizing and laundry that needed to get done. And although my husband never asked, "what did you do all day?"; if those tasks weren't complete, they were always running through my mind. I should be able to get it all done since I'm home, shouldn't I?

While being a stay at home mom had its glorious advantages, not handled right, a mother can go into a downward spiral real fast. As I did. Unless I had an appointment at the breastfeeding clinic, I did not leave the house. I was alone, had no idea what I was doing with the baby, and I was frustrated beyond measure. The feeling was one of isolation because no one I talked to had any idea what I was really feeling.

But I was determined to get out of my funk! So, I did what all moms do best: I went straight to Google. I started researching activities moms can do with their babies. I also started reaching out to local mom groups on Facebook. I discovered various activities and programs that were local to me. This ended up being a game-changer for me on my motherhood journey. I





signed up for local mommy and baby programs and also started meeting up with the moms I met in local Facebook groups. I instantly met moms and babies that were in the same stage of motherhood as myself. We would frequently meet up for lunches and playdates, nap time permitting of course! I quickly went from, “what do I do with my time?” to “which activities should I commit to now and which should I push to a later date?” It felt great to know that there was always something to do and if there wasn’t a scheduled activity, there was always a mom that was looking to get out of the house for a playdate.

Becoming active in groups and programs, I no longer felt “alone”; I was part of a community. I now had a group of mothers whom I could learn from and could lean on for support. When you’ve created the right mix of moms for yourself, you have created your sounding board! There’s always someone whose gone through whatever it is you’re going through with your kid that can give you advice or talk you off that cliff! It was so important for my mental health to build these relationships, but it was also equally beneficial for my son’s social development. It was a win-win situation.

Fast forward two years. I have since had a second child, and now one is in daycare and the other in preschool. What used to be a mommy support group where we would share ideas and experiences on everything “baby,” has now become chat groups where we share ideas and experiences on life. We continue to have playdates, meet for girl’s night out, and host holiday themed parties in which our entire families are invited. To me, that’s not only building a network, its building a sisterhood (of mothers)!

## Finding Your Mommy Network

There are lots of ways to find a mommy network that’s right for you:

### 1. Online mommy groups

You can often find lots of online mommy groups through Facebook. While these are amazing resources, nothing can beat having local real-life mommies to share experiences with, so try to join local mommy groups in your area. One caveat - “mom shaming,” where moms are quick to criticize the personal decisions of other moms is also extremely common online. Beware, as being on the receiving end can sometimes make you feel even more isolated and alone.

### 2. Ontario EarlyOn Child and Family Centres

Ontario has government funded programs across the province. They’re welcoming places that offer a range of services and resources and the best part is that they are all free! These centres are also a great option for dads who would otherwise be hard-pressed to find exclusive “daddy and baby” groups. Find your local Durham Region Ontario Early Years Centre Programs at <https://www.durham.ca/en/living-here/earlyon-child-and-family-centres.aspx>

### 3. Private Mommy and Baby Programs

If you google the term “mommy and baby” or “mommy and me,” a number of paid programs will come up that you can join. Of course, most will come with a price tag. However, the advantage of private paid programs is that the moms are invested, which means they are more likely to attend all sessions. This means you will meet the same moms from week to week.

### 4. Create Your Own Mommy Group

Join a local mommy group on Facebook and post that you want to create a playdate. You’ll be surprised at how many moms jump at the idea! There are so many moms out there that are too shy or, for whatever reason, don’t feel comfortable reaching out. If you chose to go this route, be smart and meet in a public location such as a local park, or, if it’s during the winter months, you could meet at a local indoor play gym or library.

Whichever route you choose to find your network, it won’t happen just sitting at home. Only you can build your network and make it become a reality. You don’t have to feel like you’re living in isolation; you can find local moms who are also struggling with navigating this journey called motherhood! They are everywhere and all of them are looking for the same thing - to be connected to other moms. So, get on your computer and start looking for the program that’s right for you! Good luck!

---

Khati Nathoo is a stay-at-home mother of two boys ages 1 and 2. She recently founded Mommy Network in York Region to provide mothers with a place where they can connect with other moms, share experiences, and learn from local experts about topics relevant to them

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by Stephanie Herrera

# AT THE BOX OFFICE



PG-13

*Yesterday* is a comedy about a failed singer/song writer, Jack (Himesh Patel), who wakes from a car accident, during a global black out, and realizes he is the only one who remembers The Beatles. His life is turned upside down as he reinvents his whole career releasing Beatles' hits as his own. He is caught between fame and losing the only girl who truly believed in him. Kate McKinnon plays Jack's agent and there are some fun cameos including Ed Sheeran. The music starts rocking on June 28th.

*Dora and the Lost City of Gold* is the first ever live action adaptation of the beloved children's show "Dora the Explorer". This movie introduces us to a teenage Dora, whose parents (Eva Longoria and Michael Peña) have been called to an adventure to the Lost City and send Dora on her most challenging adventure yet: high school. Dora, her cousin Diego, and their friends, find that the battle doesn't end in the classroom as they are forced to return to the jungle to save Dora's parents and to find the Lost City. Dora and Boots swing into action on August 2nd.

## Action & Adventure

*X-Men: Dark Phoenix* is blasting through theatres on June 7th with the X-Men facing a foe they never imagined: one of their own. After being hit by an alien forcefield, Jean Grey begins an internal battle between a new entity inside of her and her own dark past that has been kept from her. The team fights to save her and the world as the aliens, who weaponized her, return to Earth.

*Stuber* is an action comedy starring comedian Kumail Nanjiani and Dave Bautista. An Uber driver, Stu (Nanjiani) picks up Vic (Bautista) and is suddenly commandeered for police business. Dealing with criminals, gun fights, car chases, and pitbulls, Vic helps Stu learn to stand up for himself and to find the strength he never thought he had. The car ride starts on July 12th.

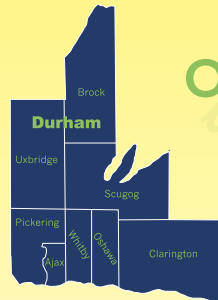
## Rated R

*Good Boys* is from the makers of *Superbad* and *Sausage Party* and is another hilarious R-rated coming of age story. When three boys are invited to their first kissing party, they decide to prove that they are worthy of the invitation, even though none of them have ever kissed a girl. A decision to spy on neighbours leads to one bad decision after another that includes breaking the law, stolen drugs, a frat-house brawl, and death at every turn. The boys start their crazy journey on August 16th.

*Midsommar* is a horror film that will prove to be mesmerizing. A young girl reluctantly joins her boyfriend on a trip to the middle of nowhere to partake in a nine-day festival that only happens every ninety years. The decision proves to be fatal as the smiling, white clad, people with flower crowns, begin the rituals that turn dark and horrifying. Get ready to grip your seat on August 9th.

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 website.

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# Soul Searching



## Post-Traumatic Growth

Have you ever experienced a traumatic event? If so, you're not alone. According to the Posttraumatic Stress Disorder Alliance, it is estimated that 70% of the population will experience a traumatic event each year. Traumatic events vary for everyone but common traumatic events include sexual assault, violence, loss, and illness. Approximately 20% of this population will be diagnosed with Post-Traumatic Stress Disorder (PTSD), an anxiety disorder characterized by re-experiencing the trauma through flashbacks and/or nightmares, emotional numbness and avoidance of reminders of trauma, and increased arousal and hypervigilance.

However, 50% of people who experience a traumatic event are able to heal and grow from their traumatic event, a phenomenon known as Post-Traumatic Growth (PTG). PTG means that an individual may experience a newfound appreciation for life, improved relationships with others, discover personal strength and resiliency, a positive change in spirituality, and an open-minded attitude.

So, how can we heal and grow from traumatic events? First, see a trusted professional to work through your trauma. There are excellent treatments now, such as Cognitive Processing Therapy (CPT) and Eye Movement Desensitization and Reprocessing Therapy (EMDR). With professional guidance, memories can become less intrusive to your daily life.

Second, as difficult as it is, find a silver lining or benefit to having experienced trauma. For example, maybe the traumatic incident has inspired you to become an advocate for others in similar situations, or helped you realize just how resilient you are. Not only does reframing the trauma help you from a cognitive perspective, one study has even shown that heart attack patients who are able to find benefits in having experienced this illness have a lesser chance of recurrence and a lower morbidity rate.

Third, consider what you want your life to look like moving forward. In her book, *Post Traumatic Success*, Fredrike Bannink compares trauma to a shattered vase. The people who try to put the shattered vase (or their life) back together exactly the way it was are more likely to remain fractured and vulnerable. If we accept the breakage then we can move on and be more resilient in recreating our lives.

Fourth, switch your mindset. Often times we get stuck in a victim mentality. Ever have the thought, "I can't do this because of my trauma. I'm doomed"? Why not try switching your mindset to, "This is hard, and, I survived that trauma so maybe I can survive anything". If you can make the mindset shift from victim to survivor, you will likely feel more empowered in your life, and maybe even some day you will learn to thrive as a result from your trauma.

Finally, remember a powerful quote by author Jettie Woodruff: "There are two types of pain; One that hurts you, and one that changes who you are." Acknowledge the pain and suffering, but remember that you have the ability to heal and grow, and that you have an amazing life to rebuild.

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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by Bianca Schaefer

## Get Fit: Inside & Out



### Creative Ways to Get you Motivated and Moving this Summer!

One of the things I love about being physically active, is the challenge of having a goal to aspire to. Whether it's training for a 5k run, seeing how many laps I can do in a pool or even just trying to cycle uphill, having a goal in mind helps me stay focused, motivated and driven to push myself a little out of my comfort zone. If you want to mix up your fitness goals this summer, here are my top three tips to encourage a little of your own mind-body makeover while having fun at the same time.

#### Embrace 30-Day Challenges

I've always loved those yoga studios that offer a 30-day challenge. They put a big chart in the studio where everyone can sign their name and check off every day they participate. And the thing is – it really works! You may not get to class every single day, but you're more likely to do so, than if you didn't sign up for the challenge. But if yoga isn't your thing, there are a ton of 30-day challenges you can find online or even create on your own! For example, how many push ups can you do in a minute? How long can you hold a plank? Chin ups anyone? The possibilities are endless and it's a great way to involve family and friends to get on board with you.

#### Sign up for a Cause!

Cycling on the DVP through downtown Toronto doesn't always motivate someone to exercise but if you train for a charity event – like the Ride to Conquer Cancer, it can feel very rewarding and motivating to get out and get moving. I've often found that having a meaningful goal can be exactly the drive you need to exercise and challenge yourself beyond your usual comfort zone. Whether it's a ride, a run, or beach volleyball tournament, participating for a greater cause is one way we can support our local charities and perhaps even honour our family and friends.

#### Challenge the Unthinkable!

On a visit to the Florida Keys this past winter, I saw a pretty cool lighthouse a few miles out into the ocean. I googled the lighthouse to learn the name of it and discovered...an 8-mile open swim race to the lighthouse and back that's held every year! Never in all my life did I think such a thing existed, only it got me thinking...that would be a really cool thing to do! I have yet to sign up, but that being said, the unthinkable could be anything you just never really thought you'd do but always wanted to try! So, whether its training to run up the "Rocky" stairs in Philadelphia, deciding to take up martial arts as an adult or even becoming a Zumba instructor just for the fun of it, if you've had a life long dream to go, do or become... or you've accidentally discovered an open water swim, just take the plunge and go for it!

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



***"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort."***

**Deborah Day**

Hello Readers! With summer vacation just around the corner, it is hard to believe that another school year is almost over. However, as close as we are to summer vacation, we still have a month of tests, summative and most importantly, exams to get through. Between balancing school work and extracurricular activities, I often find myself quite stressed during this time. However, I find that the more stressed I am, the worse I do on my assignments and tests. Therefore, I constantly have to remind myself to take some time off and take care of myself first.

It is important that we prioritize ourselves over our work because no work can be done if we are not well enough to do it. However, it can be difficult to actually give ourselves the time we need. When I take a break from studying, I always leave my study area to get a change of space. I might go to another area of the house or if the weather is nice, I'll go outside. I also like to spend some time with my family; for me they're the best people to be around during this time because I get a chance to discuss things besides school work. Talking to friends is another good way to take a break but it is important not to spend your entire time talking about how much work you have because that can just add to your stress.

During my study breaks, I often find myself going on my phone, and though it does feel like a good break at the time, I don't usually end up feeling all that refreshed afterwards. I also find that my breaks last longer than I need them to when I'm on my phone. The best strategy I have is to set a timer for how long I want to spend on my phone; for me it's usually five to ten minutes and once the timer rings, I put my phone somewhere I won't be tempted to touch it. I find putting it upstairs in my parent's room works the best.

Lastly, though it might seem a bit obvious, it is important to take good care of your overall body even when you are busy. You should ensure you fit time in your schedule for your meals and showers. Change your clothes, brush your teeth and drink plenty of water. Keeping your body healthy will broaden your mind and put you in a better mood which will, in turn, increase your study intake.

I strongly believe that in order to do well you must feel well, and as quoted by Deborah Day, you are worth the effort. I wish you the best of luck with everything you go through this summer, and hope you blossom like the flowers you are!

---

Sarah Malik is a Grade 11 student. She loves to read, write, and go on walks with her family and friends. Her dream is to one day travel the world.

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# Family Matters

by Wendy Chiavalon



It takes a village to raise a child. Whoever said that wasn't kidding. Raising children is hard - there's no denying that. It requires ingenuity, perseverance and lots and lots of patience to name a few qualities. You have no idea what it's like until you have your own children. (Sorry—getting a pet isn't quite the same thing.)

Parenting is a journey with a lot of ups and downs. It can be frustrating at times, but immensely rewarding at other times. As a parent, you'll never be short of stories to share and advice to give. Which is why, Durham moms and dads, we want to hear from you. If you are a parent eager to write and share your parenting experiences with other Durham parents, we'd love for you to be our next *Family Matters* columnist.

For more information on this opportunity, 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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# A Forkful of Healthy

## Slow Cooker BBQ Pulled Pork Tacos



These slow cooker BBQ Pulled Pork Tacos, served with a Cilantro Lime Coleslaw are super easy to make, convenient and healthy! They are my version of homestyle BBQ, made in the slow cooker and perfect for home cooks who want super tasty, healthy food without all the fuss.

To ensure a healthy version of this recipe, I opted for pork tenderloin rather than pork shoulder. Pork tenderloin is leaner, and isn't as marbled, making it a perfect fit to smother in a delectable sauce. This recipe is freezer friendly too.



### INGREDIENTS

#### The Tacos

2 ½ lbs pork loin, cut in large 4" chunks  
¼ cup broth (chicken, beef or vegetable works)  
1 tbsp olive oil  
1 tbsp paprika  
½ tsp cumin  
1 tsp coarse sea salt  
1 ½ cups BBQ Sauce... or more for taste

#### Cilantro Lime Coleslaw


1-16 oz bag coleslaw mix  
1 cup plain Greek yoghurt  
2 tbsp white wine vinegar  
1 tbsp fresh lime juice  
1 tbsp honey  
½ tsp salt  
¼ tsp garlic powder  
½ cup chopped fresh cilantro

### DIRECTIONS

1. Place the pork, broth, olive oil, paprika, cumin and sea salt into a slow cooker. Cover and cook on high for 4 hours or on low for 6-8 hours, until the meat is very tender.
2. When tender, pull the meat apart with a fork until completely shredded.
3. Add the BBQ sauce, toss to coat and taste. Add more sauce if desired.
4. For coleslaw: Add all the ingredients to a large mixing bowl and toss together until combined. Taste and season with more salt if necessary.
5. To Serve: Warm the tortillas on a hot griddle skillet or in the microwave. Fill each tortilla with shredded pork and top with coleslaw.

Protein:	Carbs:	Fat:
32 g	42 g	9.2 g

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!



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# MONEY MATTERS



## Financial Goal Setting 101

Being happy with your financial situation is something that many of us desire but most struggle with. A financial advisor typically identifies one of two types of clients. Those who have a goal to reach, and those who have no direction of where they are heading. You don't have to be a "goal oriented" person to see the value of setting goals. All successful people set goals and deadlines to keep themselves accountable. In the arena of financial success, the most common goals include:

1. **Staying on budget** – For this, you actually need to create a budget. Most people I meet have some idea of how much they spend, but seldom do I see clients who actually have a committed budget. Those who know exactly where their money is going week to week (or pay to pay), typically live on cash, rather than depending on credit or debit cards which makes spending money difficult to track.
2. **Short- and Long-Term Goals** – Those who have control over their money also set aside a percentage of their earned income before they leave the rest to spending. The amount set aside from each pay depends on each person's overall needs, but normally equals to at least ten percent of earnings. This money is then split up to fund emergencies (short term), retirement and children's education needs (long term). Knowing what you need to protect yourself in case you encounter an emergency, and understanding what your retirement needs are will help you stay on pace.
3. **Identify your Vices, and Set Boundaries** – Vices can cause long term damages to not only someone's mental and physical health, but also their financial health. We all have these, but only those who identify and adjust them early on truly begin to take control. Let's take smoking for example. It's an expensive habit that can eat up hundreds of dollars per month. It affects physical health resulting in further financial expenses down the road. Smoking also drastically raises premiums for life, health and disability insurance, all of which are important parts of a financial plan. If you are not budgeting in these premiums, you and your family are left at risk if income stops due to illness, disability, or even unexpected death. Vices themselves require a committed goal to be broken, but the results of overcoming them greatly outweighs being controlled by them.
4. **Set ONE goal at a time and strive to reach it** - This way you do not overburden and overwhelm yourself, and quit before you build up your confidence to keep going. Start by identifying your needs and goals so that you have a realistic idea of what can be achieved based on your situation. For this, it will be advantageous to sit with a financial advisor or planner, who will help you set a clear course towards your goals that you can follow and be accountable to.

I hope these tips help you take control of your money this summer. All the best, and I'll see you again this fall.

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:

Fear rules my life. I need your help understanding it. Fear is my first reaction to everything and I want it to stop. Do you have any suggestions?

Signed: Fearful

A. There are all types of fear. For example, there is a healthy type of fear that prevents us from stepping off the sidewalk into traffic, and then there is the type of fear that holds us back from doing the things we want to do.

If you look up the true meaning of fear in the dictionary it is: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. I suggest you observe where fear exists in your life and how it is preventing you from living or even challenging yourself to do new things. Then you may want to consider observing where fear exists in your body, mind and spirit. As we know, fear can creep into the crevices of our emotional selves, and if we nurture it (fear does not need much nurturing to grow), it can grow into an unreasonably sized boulder that can seem impossible to push out of the way.

Take a moment and allow your mind to drift throughout your body so you can isolate where fear lays within you, and just be still with it, and listen. It may be that the fear is based on a past experience, or that it is based on a perceived fearful future outcome where the mind has drifted into unreasonable fear holding you back in your day-to-day routine and not allowing you to challenge your limits or try new things. If you find this is the case, ask yourself what are you willing to do about it.

Sometimes, it helps to just simply surround it with breath, and as you exhale, see it releasing from your body - it is quick and very effective! I am also suggesting that you begin with mindfulness and you focus on the moment – the now – really allow yourself to take an objective view of your present and just breathe. Getting back to moving from moment to moment will still the mind and reinstate calm. Setting goals that are achievable in the present will also provide success to build on for the future, one step at a time.

*Affirmation: With each breath that I take, I am able to see what I need and move towards it with ease. I am able to make appropriate decisions for me and my life. I embrace and love my life.*

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

by Malachi Brown



## Birds Know How to Do It!

I was quite intrigued awhile back when I looked out my back porch to see a wonderful event taking place. Oh, it's not what you're thinking! What I saw were two mourning doves, working together building a nest under the roof of my deck. I was mesmerized as I watched this engineering marvel take place.

They would fly off, then return minutes later with the latest in building materials. They would, in orchestrated moves begin to arrange the straw pieces in an incredible symmetrical design. They would discard the pieces that didn't fit into their overall design. I kept watching for quite some time as I was so fascinated by their design skills and their ability to work together.

I eventually had to go, however, I noticed as time went by the return trips with new straw were getting longer and longer. I imagined the particular building materials had to be to specification and it was getting harder to find. Just any old straw would not do; after all they are building their new home.

I was so fascinated by the process, I wanted to research more on mourning doves. Before eggs and building a house together, courtship has to happen. Once a mate is found, usually two eggs are laid. The birds take turns incubating the eggs. Studies show mourning doves' mate for life. Nesting parents don't range far from the nest. If one dove dies, the other dove has known to watch over their deceased mate and try to care for them and return to the place where the mate died. These birds will return to the same nesting site year after year. Confession time, not knowing this last fact, I had mourning doves in this same spot last year. I wasn't aware they come back, so I had knocked the nest down in the fall. Well, they're back.

So, what is the life lesson we can learn from these beautiful birds?

Over the years I've had the opportunity to coach a number of couples who are encountering marital issues. I have found one of the main reasons for discord is the lack of communication. They are rarely on the same page. I call this the railroad effect. They are walking side by side, however there is distance between them. There is very little working together, and there's a quickness to end the marriage when things are not working up to one or the other's standard. There is a lack of patience. At times, it seems the underlying message is, I will tolerate you until someone better comes along. Statistics tend to tell us a lot of these second marriages don't work out, because wherever you go, there you are. We always need to work on heart changes, not just behavior modification.

We can learn a lot from these mourning doves about having successful relationships. A proper courtship, working together, communicating, having each other's backs, caring for each other and going into the relationship with a lifelong commitment from the start.

I was reading an article recently about a couple who have been married for eighty two years. When asked their secret, they said, "just care for each other." Maybe they knew the secret of the mourning doves!

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by Linda Calder

# The Golden Years



When the end of June arrives, we have a feeling of freedom (and nostalgia) no matter how old we are. School is over, and two months of freedom are ahead of us. When we lived in England, the summer holidays were six weeks. The first summer after we arrived in Canada, we were introduced to about ten weeks of summer holidays; I thought they were going to last forever! Since that time, I have enjoyed many happy summer days.

Many of us are grandparents now, and we may offer to watch our grandkids during the summer months. This is a great opportunity to spend more time together. There's lots you can do, and it doesn't have to be expensive.

Picnics by the lake are usually a big hit. With swings and slides and splash pads, there is so much fun to be had. Some of my favourite pictures of my grandson were taken by the lake.

When my grandson was younger, I also liked to take him to Lynde Shores Conservation area. With a bag of peanuts (in their shells) and a bag of bird seed, you are all set. As you wander along the path, you meet up with squirrels who will come right up to you to take the peanuts. Near bird feeders, chickadees will take bird seed right from your hand. Kids love this!

If your grandchild likes animals, then the zoo is a great option. The Toronto Zoo can be a bit pricey; a slightly more affordable option is to check out local petting zoos. There are lots around Durham Region. A very popular one is the Oshawa Zoo and Fun Farm, where visitors are allowed to feed the animals popcorn (purchased on site). If you plan on visiting more than once, consider getting a membership as it may be more cost effective.

Throughout Durham Region you can also find 'Movies in the Park' or 'Movies under the Stars', which is a free event. You take along chairs, blankets and popcorn (and other treats). Also recommended is insect repellent as mosquitos seem to enjoy the movies too! Each municipality has its own showtimes; you can find the dates and times on their website.

No matter where we are in Durham Region, we are blessed with a number of activities we can do. We can start locally with what is offered in our own town or city. If we want to make a day of it, we can look to see what is offered in other neighbouring communities. Your best source of information is the city or town website that you live in. As an example, I checked the Town of Whitby's website. In July and August, you can attend 'Fresh Air in the Square'. There will be family friendly fitness in Celebration Square in front of the library. In July it will be Yoga, and in August, Zumba. "Movies in the Park" will take place at Whitby Civic Park. Movies start at dusk but they advise arriving early to reserve a spot. "Music in the Park" takes place on Wednesdays in Rotary Centennial Park in Whitby and Thursdays at Grass Park in Brooklin.

I hope you are able to spend lots of time this summer creating lots of wonderful memories with your grandkids

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 2019 to August 2019

by Julie Antoinette



## Aries (March 21 – April 20)

You are exploring the theme of value. Namely, your value. Let's Google the definition of value, shall we? Noun. "The regard that something is held to deserve; the importance, worth, or usefulness of something." Now that you know what it means, apply it to yourself and your gifts and go live it.

## Taurus (April 21 – May 21)

Not everything can be measured using the "bottom line" approach. Sure, you're the aficionado of the zodiac when it comes to materialism. However, as Einstein (is presumed) to have said, "Not everything that counts can be counted and not everything that can be counted counts."

## Gemini (May 22 – June 21)

Be careful to keep your word and follow through on a promise you have made. Someone will be following up to hold you to your words spoken some weeks ago. An impression of your integrity will be based on your ability to follow through. Don't fall through.

## Cancer (June 22 – July 22)

You are feeling extra-intuitive recently. You only need to step into a space and you can feel its energy. You could be a historian by collecting the stories the walls could tell you. Maybe bring your voice recorder or notepad. If you're a writer, this could be excellent material for you.

## Leo (July 23 – August 22)

A decision made in a family enterprise requires close consideration. A buyer will make an attractive offer to acquire a well-established brand built on passion, service and trust. These qualities have taken years to establish and require dedication to maintain. Don't sell out just to get the hell out.

## Virgo (August 23 – September 23)

You thought you were going to KonMari-it-up on behalf of your household and everything but the kitchen sink has been purged. However, despite your militaristic efforts, new stuff has systematically made its way back into your abode. How has this happened? Here's why: The universe abhors a vacuum.

## Libra (September 24 – October 23)

You find yourself in the company of two powerful personalities. One represents financial power and all the wonderful weight it can move. The other represents the intangible power of knowledge and all the wonderful ideas it can inspire. Your task is to combine these two with just the right balance and flair to form a beautiful and brilliant manifestation.

## Scorpio (October 24 – November 22)

Scorpio, please, give perfection a break. Even perfection as a concept itself can't live up to your expectations. Try to embrace the concept of "perfecting" instead. Some gratuitous wisdom for you: "Perfection is the enemy of excellence." Perfection indicates an end point while excellence excels.

## Sagittarius (November 23 – December 21)

Someone in your life needs a dose of your carefree gregarious personality. Stat. This person is your typical "Type A" and doesn't realize the immense stress this causes for themselves and others. Let's Google the definition of "Devil-may-care" shall we? Adjective. "Cheerful and reckless; lighthearted." You may be delighted to learn a thing or two yourself from this person. It will be a lovely exchange.

## Capricorn (December 22 – January 19)

A business decision requires careful consideration. Innovation is needed to enliven stagnant energy and to progress with the times. But the tried, tested and true methods have never failed. You must bring in lateral thinkers to gather the qualities of these two opposing philosophies towards a solution and a concrete plan moving forward. A revolution awaits.


## Aquarius (January 20 – February 19)

You are experiencing some sort of unfortunate circumstance but all is not as glum as it may seem. I like to believe that when unfortunate things happen, there is some kind of good that comes out of it. Call it karmic balancing. Maybe you were fired from a job, but a different job better suited to your talents and skills appears - and you meet your soulmate! Maybe someone rejected you, but that rejection liberated you from an unhealthy relationship - and then you meet your soulmate! Look for the silver lining because behind the clouds, the sun is always shining.

## Pisces (February 20 – March 20)

Betrayal is one of those things that can bring the strongest amongst us to our knees because it pierces the heart so deep. If the relationship in question is significant and a decision to remain connected is made, you can bet a lot of work lies ahead to rebuild trust. It is said that Rome wasn't built in a day. But it can burn down in a day. Destruction happens instantly. Creation takes time

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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