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From the Publisher

Did you know that Durham Region is a popular spot for crafty people? By "crafty", I just mean the Region plays host to quite a few craft shows around this time of year. If you've never attended a craft show before (especially the big ones), you may find it overwhelming. There is a lot to see and take in. But it's well worth a trip! I dare say, there is something for everyone. You will find a range of products from those that are practical in nature, to those that make great collectibles, to those that are decorative and just add aesthetic value. The best part is, most of the products you find at these craft shows are unique and one-of-a-kind pieces you won't find elsewhere. So, gather a friend or two (or more!) and check out the wonderful talent our community has to offer. *The Vast Universe of the Durham Craft Scene* gives you all the information you need to know. You can find the article on page 24 of the magazine.

In other news, I wanted to bring it to your attention that we are still 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.

The Local Biz Magazine is immensely grateful to have a dedicated and talented team of regular columnists write for us each issue and share their expertise with us. Make sure to flip over to page 28 and onwards and read what they have to say. Our columnists also love to hear from their readers, so if you would like to connect with any of them, or even have suggestions for topics for future columns, please let them know.

Alternatively, you can email tips@thelocalbizmagazine.ca.

I hope you enjoy reading our Fall 2019 issue. Feel free to share your thoughts on it. You can connect with us through our website www.thelocalbizmagazine.ca and Facebook page. Don't forget to also check out what our bloggers are up to online.

Antoine Elhashem
Publisher

In This Issue

- 8 **Organize and Mobilize** Aysha Anwar and Taylor Deasley
- 13 **Learning to Cope: The GM Plant Closure** Sam Burton
- 19 **One Family — Two Autistic Girls** ... Kara Halonen and Gregory Martin
- 24 **The Vast Universe of the Durham Craft Scene** Sam Burton

Regular Features

- 16 **Autumn Events Calendar**
- 28 **At The Box Office** Stephanie Herrera
- 29 **Soul Searching** Tara Richardson
- 30 **Get Fit: Inside & Out** Bianca Schaefer
- 31 **Tweens, Teens & In-Between** Sarah Malik
- 32 **Family Matters** Wendy Chiavalon
- 33 **A Forkful of Healthy** Wendy Lee
- 34 **Money Matters** Karolina Szymanska
- 35 **Ask Sue-Ann** Sue-Ann Bavinka
- 36 **The Coach Corner** Malachi Brown
- 37 **The Golden Years** Linda Calder
- 38 **Horoscope** Julie Antoinette



From the Editor

According to Oxford dictionary, empathy is the ability to share and understand the feelings of another. Or as a teacher explained it to me

years ago, it's the ability to put yourself in someone else's shoes. Our community, city, country, and world would be a lot better place if people demonstrated empathy, don't you think? After all, if you are able to put yourself in the shoes of another human being, you would be able to understand their situation better, even if it didn't personally impact you in any way. In this issue, empathy is a relevant theme in three of the four features.

Organize & Mobilize – Because You Matter shows how you can create grassroots change when it comes to policy changes. Of course, not every political issue will matter to every person. The challenging part is whether people are willing to stand up for an issue that may not necessarily impact them personally. The ability to empathize with another voter's plight plays a crucial role here.

Learning to Cope: How the GM Plant Closure in Oshawa Will Affect Ontario is another example that demonstrates the theme perfectly. I remember hearing about the impending closure of the plant (at the end of 2019) last year. Outcries and protests followed that news, but since then the story has pretty much disappeared from mainstream media. Yet, it's very salient to many people, especially the people of Oshawa. The problem is, unless you work for GM, are directly or indirectly impacted by the plant closing, or can *empathize* with these workers, it may be very hard to understand why this issue matters so much.

One Family — Two Autistic Girls written by the parents of two autistic girls gives us a glimpse of the challenges and triumphs of raising two autistic children. The article is immensely beneficial for anyone who has an autistic child, or knows someone who does. Parents with autistic children can definitely empathize with the authors' struggles. Can the rest of us?

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.

Wendy Chiavalon
Editor-in-Chief



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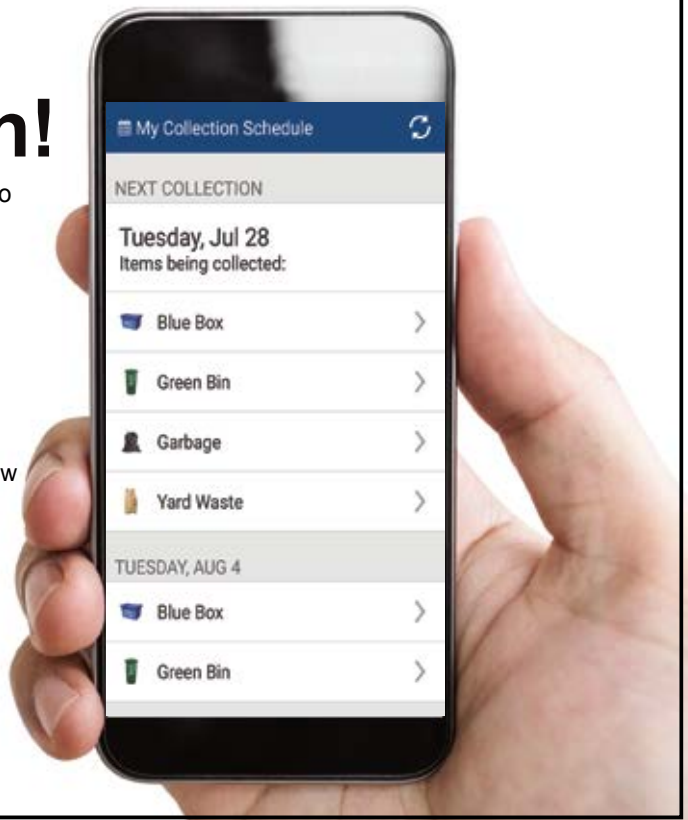


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Organize and Mobilize... Because You Matter

by Aysha Anwar and Taylor Deasley

A vibrant democracy is fuelled by meaningful civic engagement, where every voice—at its core—matters and feels empowered enough to fight for political or social change.

With the 2019 Canadian Federal Election less than one month away, a combination of polarization, misinformation and, one third of Canadians reporting they never talk about politics is narrating an unprecedented time in our country's history. Community mobilization has never been so necessary, and with nearly 3 in 4 Canadians spending at least three to four hours online each day—the role of social media in our relationship with political engagement has never been so valuable to understand.

The questions are clear: How should social media be used for political activation and grassroots organization? What does responsible and reasonable use of online platforms look like?

Building Movements

Last year, 17-year-old Rayne Fisher Quann made headlines after organizing a province-wide walkout challenging Premier Doug Ford's changes to the sex-ed curriculum. Believed to be one of the largest in Canadian history with over 100,000 student participants, Quann continues to accredit social media as a powerful tool for inspiring, mobilizing and building movements of change. Primarily using Instagram to organize the walkout, build the *March for Our Education* brand, connect change-makers to community, and meet people where they are online—the young leader has successfully created a strengthening coalition of fellow young leaders who continue to unite both on social media and off.

Since the provincial government made funding cuts to public education earlier this year, thousands of students and teachers also utilized social media as a way to band together and fight

for the kind of Ontario that they wish to live in. Ford announced that Ontario would be cutting 3,475 teaching positions which infuriated the public school system. Through the use of Facebook, five different teachers' unions from as far away as Dryden, arrived at Queen's Park in April aboard 150 buses. Alongside the teachers were parents, school board trustees, and students. That same week, tens of thousands of students from approximately 600 schools all over Ontario, staged a walkout from school and joined the rally.

This rally would not have been possible without the effective use of social media, Facebook specifically. Organizations like *Ontario Families for Public Education* as well as *No Cuts to Education* and other related organizations, created pages and groups to educate the public on what exactly the future of public education would look like given the new changes as well as its impact on the children of Ontario. They inspired and promoted the rally, which in the end was a raging success.

Similar action was taken in response to cuts to autism funding. Groups of people from as far away as Windsor, Ottawa, and Sudbury came to Queen's Park in March to protest these cuts. Started by the *Ontario Autism Coalition*, activists inspired parents all over social media to get involved in the process to put immense pressure on the government to repeal their decision. This did inspire the government to speak out on the issue and express the predicament that the province was in. These rallies, although promoted by social media, have their impact because of their human touch. They are rallies, campaigns, and protests that are arranged and facilitated by the most passionate, empathetic and resilient of our province. The people are the ones who truly give social media its power and influence. Although social media was extremely effective in this effort, what made it such an excellent tool was its driver; the human spirit.

A recent survey by the Pew Research Center finds that 69% of Americans view social media sites to be important in accomplishing a variety of political goals, with 67% recognizing they have the ability to "create sustained movements for social change." As was the case for Quann, grassroots movements of any stream can use social media to become accessible, build momentum and amplify. The impact then continues to spread. Grassroots change-making has now "become an available model" online, says University of California Irvine sociology professor David Kyser.

MIT researcher Daniel Weitzner suggests the internet to be "a vast new forum for political discourse and activism which allows genuine interaction between voters and elected representatives." People continue to believe in the power of social media platforms to unite communities and connect people from all walks of life. Journalists and the like believe in social media's power to "alter the behaviour of politicians, empower citizens and deepen democracy."

A Tool, Not the Tool Belt

While the far-reaching and targeting affordances of the platforms offer an accessible approach to discovering, strengthening and joining social change movements, they are not the only answer. Social media serves, rather, as singular tools in the social change tool belt.

Online movements don't always translate to impactful offline results because Twitter, Instagram or Facebook were not



developed for the specific purpose of activism or on-the-ground change-making. As a result, social media does not always operate in the interests of social movements. It becomes valuable to use the technology for what it is good for, but just as valuable to acknowledge how it weakens us.

Accuracy vs. Inaccuracy

Challenges in online spaces not only exist, but are becoming more and more difficult to regulate and track. Fake news and misinformation make it tricky to stay well-informed, and as the 2019 Federal Election nears, Canadians are especially at risk. Take the recent #TrudeauMustGo trend, which surpassed 30,000 engagements on Twitter after Prime Minister Justin Trudeau's response to some controversial comments by Donald Trump last week. Twitter users interpreted the trend as clear "proof" that public opinion is running against Trudeau and that he is growing unpopular as campaign season kicks off. Turns out, however, there was nothing clear about it.

As part of its Election Integrity Reporting Project, Canada's National



Observer found that over 12 dozen bot accounts developed within 48 hours of the hashtag, and many of them were tweeting #TrudeauMustGo at inhuman rates—over 200 times a day. The opportunity for manufactured consensus heightens through social media, creating an inaccurate appearance of widespread support or opposition of issues. Grassroots movements, then, are in jeopardy of misinformed involvement and inaccurate levels of support.

Engaged vs. Disengaged

Studies have also argued that instead of engaging new citizens, social media can have more of a “reinforcement effect.” Platforms work best at further engaging those who are already engaged, and therefore sometimes isolate and confuse the disengaged. Already politically engaged citizens use social media as a space for further discourse, learning and connecting with others of the similar background. A gap leaves the disengaged, remaining disengaged. In other words, social media does not have the power to engage those who aren’t interested in politics. Social media doesn’t have the capacity to get more people involved in politics and increase audiences, it is mainly used as a tool for people who are already interested in the political system of the country. This means that those who we desire to engage, are still left outside of the conversation, with no way of knowing how to navigate around the political sphere within social media.

Online vs. Offline Activism

The concept of “slacktivism” argues that activism online can often be superficial. Although Twitter, Instagram or Facebook sometimes appear to be filled with genuine concern and enthusiasm for social change, it can be difficult to track passion offline. To inspire real change in communities and strengthen democratic institutions, people have to go beyond clicking “share” on Facebook or signing a petition through Instagram. It is way too easy to care about an issue for a short amount of time, tweet about it with a trending hashtag, sign a petition, and simply move on. With an information overload heavily prevalent on social platforms, social movements can become concentrated, or even a fad, and difficult to commit to over a long period of time.

A Balancing Act

All of this is not to say that social media has not been incredibly beneficial in progressing movements—because it has.

But it is just not enough.

For social media movements to spark change and lead to actual results, people must also show up in person. People must be ready to march, go door knocking, call their elected officials, and put the onus on themselves to learn about the issues they care about.

Note the incredibly successful online movement *Black Lives Matter*—fuelled by a keyboard and a hashtag, but flown to

international heights by empathy, human connection and an in-person activism. In discussion with Elle Magazine on what made the *Black Lives Matter* movement so successful, co-founder Patrisse Cullors cited social media as being “sort of a jump off, or a place where you can get a spark, but the rest of it is driven by love and compassion and humanity and humility.” Using anger, injustice, and hope to inspire public involvement in the issues the *Black Lives Matter* community cared about, the movement pushed, motivated and brought together civic leaders from around the world to put on events, march and create spaces for one another.

Things You Can Do Right Now

Online-offline change-making is a balancing act, and one that creates tangible opportunity for change when used the right way.

1. Calling your elected officials about a policy change you disagree with, or a local issue you care about, is an exciting way to exercise your democratic right and raise concerns directly to the source. An email works great too. Your elected officials work for you—they are accessible and want to hear what you have to say. Talk to them.
2. Be cautious of everything you read online. With misinformation on the rise, it is vital now more than ever to question the stories you are told, the trends you see and the numbers you come across. Double check where your news is coming from, and then check again. Read the same story from several different sources, see how it changes and learn what is really true. Encourage others to do the same.
3. See a Facebook event about a protest, march or rally coming up? Join it! There is power in numbers, and a visual of 100,000 young leaders showing up to march for better education goes a long way. Photos get shared online, people start to have conversations, connections are made between others who care about the issue. Show up. Show up. Show up.
4. Donating to a community organization is an excellent way to support issues you care about. Local organizations do a lot for people in the community, and a little bit of support can often make a big difference. Find one you believe and support it. If not with money, then with your time.
5. Utilize your potential. At its core, true change-making, momentum-building and leadership stems from everyday people who believe they matter enough to make a difference. Know that you matter, that what you care about matters, and that you have the power to start your own movement. Organize and mobilize, because you can.

Aysha Anwar is currently a 3rd year Professional Communications student at Ryerson University, double-minoring in Politics and Public Relations. She works at the Ryerson Leadership Lab and the Democratic Engagement Exchange. She is passionate about combatting misinformation, encouraging civic engagement and mobilizing underrepresented communities. Aysha grew up with an understanding of systematic discrimination, learning from her parents who escaped religious persecution in Pakistan and immigrated to Canada 25 years ago. Drawing from their stories and from her own journey as an active member of her community, she recognizes the importance of inclusivity and is determined to work towards building an accessible democracy.



Taylor Deasley is currently a 3rd year Political Science student at Ryerson University, minoring in Criminology. She works at the Democratic Engagement Exchange and is currently working with her community to inspire engagement in this year's election. Taylor spent the past year working with kids in the Jane and Finch community in North Toronto. What she saw within these children and their community was exceptional strength and resilience. She was inspired by their passion, quick wit, ambition, and talents. Building friendships with a community of people whose voices so often go unheard motivated her to work towards creating a more inclusive democracy.

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Learning to Cope

How the GM Plant Closure in Oshawa Will Affect Ontario

by Sam Burton

There is great security and reassurance in a job well done. There is something comforting about sticking to routine; rising at the same time at dawn, working hard for yourself and those you love, to come home and relish in the fruits of your bounty. Getting and maintaining a job that relies heavily upon the skills you've acquired over years of practice can make a person feel greatly needed. In an economy like Ontario, where the existence of blue-collar workers is slowly shrinking, keeping your thirty plus year job at Ontario's most famous automotive plant could be seen as a blessing. But when a nightmare comes to life, how do these citizens learn to cope?

In 1918, the world-renowned vehicle production company General Motors bought Sam McLaughlin's car-manufacturing business in the city of Oshawa. Since then, a second plant was built in November of 1953, and at one point, at the peak of their success in the 1980s, employed around 23,000

people. The amount of the employed at these Oshawa plants continued to soar through at 20,000 in the 1990s, providing many of the citizens of the city with great financial stability. But just before December of 2018, through the whispers and panicked guesses of employees, it was confirmed that the last Oshawa plant that remained will close at the end of 2019.

This announcement, delivered by General Motors representatives in a press release, also delivered the news of two other plant closures, one in Ohio and another in Michigan. The company informed the public that along with the three vehicle assembly plants, two engine assembly plants in the US would also be closing by the end of 2019.

It became clear to the people of the Oshawa plant (which currently houses 159,000 people with many generations having worked at the plant over the past fifty years), that this time, it was set in stone. There had been rumours since 2009 of a possible closure, and an even longer indicator of the dwindling auto production industry in Canada. GM filed for bankruptcy in that year, noting that the popularity of the trucks and cars that the company has been known for producing are not as popular anymore. In the company's filing for American bankruptcy in Bankruptcy Court, it was said that GM possess \$82.29 billion in assets and \$172.81 billion in liabilities toward the end of the fiscal year. In 2011, the American and Canadian government sold a block of \$30 million shares, yet still held onto over \$119 million GM common shares, which were sold as stocks in 2015. In October of 2018, there was supposedly a massively outstanding loan to GM that sat at more than \$1 billion, so the Canadian government silently wrote off a loan to the auto sector of Canada, although it was never completely confirmed.

A Global Restructuring Plan

The reason behind the multiple closures is due to what GM called a Global Restructuring Plan, which will orient them towards production of next generation vehicles, which are more autonomous and electric.

The loss of jobs at the end of 2019 at the Oshawa plant is estimated to be at the high number of 2600 workers, with around 300 workers possibly getting jobs at a new facility that will produce replacement parts for existing vehicles and support the test track, according to Professor Dimitry Anastakis, who teaches Canadian history and economics at Trent University. "Likely, out of the remaining 2300, many will take retirement packages, and some will move to GM's other facilities in Ontario. Most will not likely work again, however."

The Local Biz Magazine caught up with Professor Anastakis who is currently researching a book with the working title, *Bricklin Dreams: The Promoter, The Premier, The Province and the Spectacular Failure of an Unlikely Car Company*, funded by a SSHRC Standard Research Grant. Anastakis reflects upon the ripple effects of these 2000 plus jobs and how it will impact the rest of Ontario: "Along with the 2600 jobs, the families of all those people will be affected, as will all the secondary jobs around them in terms of parts firms that supply the Oshawa assembly (there have already been some closures announced). Also, there will be some impact at the tertiary level in terms of service (food, banking, retail), that these jobs support. Remember, once you take out these jobs, you are taking out over 2,000 excellent salaries that put all kinds of money into the Oshawa economy (and pay taxes, too). So, this is a sizeable hit on the economy and will be felt in all kinds of ways."

Majority of the people who work at the GM plant have worked there for the entirety of their lives. Many of them support their families with the salary the company provides for them. Many of them are in their late 40s or 50s, and will thus, have a vastly more difficult job attaining another position outside of GM. As previously stated, some workers will receive retirement packages, while others will need further financial and emotional assistance. The likely increase in mental health issues, as well as the projection of financial crumbling sits as a dark cloud over the city.

A Symptom of the Canadian Automotive Industry

The GM plant closure can be seen as yet another symptom of the decline in the success of automotive industries throughout the province, and across Canada. Ford, GM, Fiat Chrysler Automobiles (FCA), Toyota and Honda currently have a total of eight assembly plants in Canada, all of which are in Ontario. Automotive suppliers and research development operations are, however, all over the country. So, it is not simply the 2600 potential job losses at the Oshawa GM plant that will be affected; it has been projected that the associated job loss will put a stunning 14% hole inside the employment of the 125,000 auto industry jobs in Canada.

The reasoning for the plant closure is twofold. Firstly, simply put, very few people are buying cars, or they prefer to buy

SUVs and light trucks. And secondly, the need and desire for blue collar workers within the automotive industry has begun transitioning right in front of our eyes, to that of requiring the use of artificial intelligence.

Since the 1950s, the plant has produced a variety of trucks and cars that are commonly seen on the road; from sedans, to the Camaro muscle car. It has produced Pontiac, Chevrolet, and Buick models. The company has thrived with adaptations, such as converting the plant into a more flexible manufacturing facility in 2008, making it easier to switch faster between models and assembly lines. In February of 2018, GM stated that they were the only plant in North America capable of building vehicles from every brand in a company's portfolio, as well as being the only assembly plant that can build both trucks and cars in the same facility.

The financial issues that GM has suffered through the past few years is indeed obvious, despite the willingness to adapt. The company presented the end of production in Oshawa as a part of their bid to save \$6 billion US. During their file for bankruptcy in 2009, the federal and Ontario governments provided around \$9.6 billion US in financial aid, for a 11.7 per cent stake in GM.

The auto-industrial footprint in Ontario is undoubtedly beginning to fade, with many immediate dire consequences. Canada is a leader in artificial intelligence research, and has been attracting important investments from the likes of Google, Uber, and even Ford, another automotive company. GM even made the effort in 2016 to expand its technological engineering workplace in Canada to around 1,000 positions over five years. A report done recently by Canadian's Information and Communications Technology Council estimates that these more advanced vehicles will create 34,000 jobs over the next few years. These jobs though, despite being more high paying, will appeal to different kinds of engineers and coders, and would not be available to the hundreds of thousands of workers effected by the diminishing automotive job market, nor is it equivalent to this high number of jobs lost.

From 1953 to 2017, General Motors produced a variety of popular vehicles, including 4 Buick models, which included the Century and the Regal, 13 Chevrolet models, with the Impala, Camaro, and Equinox leading the charge, 1 Oldsmobile model, the gutless Ciera, and 6 Pontiac models, including the Grand Prix and LeMans. At the beginning of 2018, it was noted that the GM plant in Oshawa has begun vastly limiting their productions, whittling the selection down to the Chevrolet Impala, the final assembly of the 2018 Light Duty Silverado, the Cadillac XTS, and the final assembly of the GMC 2018 Light Duty Sierra.

Despite the bleak outlook on job loss for the individual and connected families of those working for GM, the company doesn't blame the government for their desperate desire to drastically revamp their economic and marketing outlook. General Motors Canada's vice-president of corporate affairs insists that they feel fervent support from the Canadian government, and the severe cuts were inevitable in a dwindling auto industry. "Right now, the auto industry is being massively disrupted and we're trying to get ahead of that...If the company doesn't take bold steps to move to the new technology, then there won't be any jobs," the vice president told the financial post.



Anastakis reinforces this notion of a failing industry acting as the sole blame; "...the fact that the company is closing four plants in the US, would make it difficult for them to leave Canada unscathed in this round of reductions. Ultimately, the auto market has been on a long good run, which will likely be coming to an end soon, and GM is preparing for the downturn by cutting capacity further, while things are still relatively good."

This optimism expressed of course is not shared by the thousands of workers who will be out of a job come December. On the day that the closure was officially announced in 2018, many walked off the job, while their union, Unifor Canada remained, fighting for jobs that were

left. The National President of the union noted that closure has loomed over the city before, all to have GM swoop in and invest in \$500 million so it could start building trucks as well. But the numbers unfortunately, can't tell a lie: the Oshawa plant once produced one million units at the peak of 2007, while 2018 numbers shot down to a sad 330,000. Only 36% of the plant was being utilized, compared to a staggering 76% in only 2014.

Anastakis believes that this reflects the entirety of Canada as a diminishing player in the auto industry production world. Due to the various financial strains, there is some belief that GM will shift much of its production to Mexico, so they can continue making the best of an unfortunate situation; "...coping with job loss is very difficult, especially given the nature of these blue collar jobs—there are very few opportunities to do this kind of work and get paid well, as the overall industrial footprint of the province continues to shrink."

Only time is going to tell how the rest of the province, and country, is going to be effected by the loss of thousands of jobs from the GM plant closure. In the midst of fall, the inescapable will be approaching, and unless a worker is one of 300 who will be able to keep their positions at the last remaining GM location in Ontario, severe and proactive plans will need to be put into motion.

Sam Burton is a writer in the GTA with a focus on creative fiction but with an affinity for local and broader investigative journalism. Currently residing in Pickering, her striving goal in writing is to create a genuine connection with readers, whether it be through real-world events or those crafted from her own musings. Her photography portfolio can be found on instagram [typhoidandswans](#).

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Autumn Events Calendar

September 7 & 8, 2019

Scenes from the Cemetery

Discover the stories of Oshawa's Union Cemetery like never before! New year, new cast of characters, new stories to share. On this walking tour, actors will bring stories to life, portraying people from Oshawa's past and celebrating these exceptional individuals. Show start times: 2pm; 2:20pm; 2:40pm; 3pm. Tickets are \$20 each and can be purchased in person at Guy House or online through Eventbrite (limited number for each).

Oshawa
905-436-7624 x 106

September 13 & 14, 2019

Downtown Whitby Beer Fest

Presented by the Downtown Whitby BIA, the second annual Beer Fest will be coming back to Celebration Square. Get your tickets now. Whitby
www.whitbybia.org/event/beer-fest-2/
(905) 431-3271

September 14 & 15, 2019

Uxbridge Art on the Fringe

Art Festival with over 20 Exhibitors featuring paintings, ceramics, jewelry, textiles and more. Plus live music and food. All accessible including the washrooms. Make this a stop on your Studio Tour.
Uxbridge
www.celebrationofhearts.ca/cota/art-on-the-fringe/

September 19, 2019

United Way Durham Region Duck Derby and Campaign Kick Off

Halenda's is partnering with the United Way Durham Region to kick off their 2019 Campaign with a Duck Derby and a chance to win \$1,000. Ducks will be available for adoption in advance at any of the five Halenda's locations in Durham Region or at the United Way Simcoe St. S. office. 1 duck for \$10 or a quack pack (3 ducks) for \$25. Halenda's will be bbq-ing their famous hotdogs and burgers. Bring your duck derby ticket to receive a dollar off your lunch. Thank you to Halenda's for donating the proceeds from lunch sales to help launch the 79th annual United Way Campaign in this region.
Oshawa
905-436-7377

September 19, 2019

Harvest Dinner

Tantalize your taste buds at the W. Galen Weston Centre for Food's (CFF) exclusive Harvest Dinner where community, local agriculture and learning come together. Featuring a menu with fresh produce grown and harvested by students in Durham College's food and farming programs, cooked by students in the college's culinary programs, and served by students studying in hospitality and special events programs. Please note: dinner will be held outside, weather permitting. Time: 5:30pm Cocktails (Including craft beer and wine sampling) 6:30pm Dinner. *Cash bar will be available* Whitby
www.eventbrite.ca/e/harvest-dinner-tickets-63066275929
905-721-2000 ext 4242

September 21, 2019

The Big Face Off—3 on 3 Road Hockey Tournament

Big Brothers Big Sisters of South-West Durham create and nurture life-changing mentoring relationships for children and youth facing adversity. The Big Face Off promotes physical activity and friendship, while supporting kids' mental health. Visit The Big Face Off web page for more information, FAQs, Rules, and to Register your TEAM today! In addition to players, volunteers are also needed.
Oshawa
www.swdurham.bigbrothersbigsisters.ca/thebigfaceoff/
905-831-3777

September 21, 2019

Winding Roads Festival

Winding Roads Festival is an annual Music Festival held in support of Big Brothers Big Sisters of North Durham. It brings in top country acts from all over Canada, to Port Perry. A delicious BBQ dinner is included in your ticket for you to enjoy. This year's lineup will headline George Canyon and more. The festival will be held on-site at Adamson Systems Engineering in Port Perry Ontario.
Port Perry
www.windingroadsfest.com/
905-982-0520 Ext 265

September 28, 2019

More Than a Car Show

Come join the 3rd Annual More Than a Car Show at the Orono Fair Grounds for car loads of good times. There will be local vendors with amazing wares; a baking contest; silent auction; live music featuring the John Sautner Band, lots of great childrens activities, and yes lots and LOTS of cars of all makes and models! If you are interested in being a vendor or have a sweet ride you want to enter please use your online form or please email morethanacarshow@outlook.com
Orono
www.facebook.com/morethanacarshow/

October 12, 2019

Indie Author Day

Independent authors display their works at the Pickering Central Library on October 5th as part of the celebrations of Indie Author Day. Check out the talent within a 100 mile radius of Pickering. Emphasis on "Book Clubs" and their needs.
Pickering
www.pineridgearts.org/IndieAuthor.html
905-839-1734

October 18 to 20, 2019

Fall Art Festival

Art show and sale with 70 artists participating in all mediums. 3 day show: 10 am to 5 pm each day. Lunch counter. Hourly draws for paintings. Inside Council Hall at Camp Samac.
Oshawa
www.oshawaartassociation.com/art-festivals
905-435-0575

October 19, 2019

Apple Festival and Craft Sale

All things apple at Applefest and Craft Sale in downtown Bowmanville. Find unique handmade, high-quality crafts and food products in several large marquee tents and booths lining the street. Plenty of things for children to see and do.
Free Admission & Free Parking
10am to 10pm
Bowmanville
www.bowmanville.com/events/apple-festival-craft-sale

November 2 & 3, 2019

Craft Beer Days--Durham Region

Come see what's brewing in Durham Region! Visit participating breweries on November 2-3, 2019 and enjoy free tours, fixed flight prices and featured beers. Participating breweries include:

All or Nothing Brewhouse (Oshawa)
Brock Street Brewing Company (Whitby)
Chronicle Brewing Company (Bowmanville)
Falcon Brewing Company (Ajax)
Little Beasts Brewing Company (Whitby)
Manantler Craft Brewing Company (Bowmanville)
Old Flame Brewing Company (Port Perry)
The Second Wedge Brewing Company (Uxbridge)
Town Brewery (Whitby)

Durham Region
647-284-2968

November 9, 2019

Rock the Rink

Rock The Rink comes from the producers of the highly successful Thank You Canada tour. It's an entertainment experience that highlights the world's best figure skaters. It's an evening that takes you on a journey; at times a nostalgic one. It will also have you singing and dancing the night away with your favourite figure skating superstars. By integrating live music along with cutting edge sound, lighting, video and special effects, Rock The Rink takes a step beyond what you're used to and provides you with an unforgettable experience.
Oshawa
www.rocktherink.com/
905-448-1568

December 7 to 31, 2019

Gingerbread Village

Amazing gingerbread village using creations made by the community in the Scugog Memorial Public Library for the last 20 years. It is a very popular event and people from all over the GTA and other parts of Ontario (and Canada) annually come to visit it during the holiday season. Gingerbread submissions accepted from December 2 to 5. Submissions are to be brought to the library. Anyone can enter a creation-it just has to be made of gingerbread and on a reasonably sized base.
Port Perry
www.scugoglibrary.ca

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by Kara Halonen and Gregory Martin

Having learned that both of our beautiful young daughters, Teagan (age nine) and Logan (age four), were officially diagnosed with severe autism and attention-deficit hyperactivity disorder (ADHD) at 22 months at Grandview Kids Center in Oshawa didn't come as much of a surprise to my husband and I.

By the age of 18 months, we began to notice that both girls were falling behind in their developmental and physical stages for age. Teagan was hand flapping. She looked through you like you were a ghost; she did not know her name and she was an extreme flight risk. Logan was shy, quiet, not social and a book worm. She loved her blanket and sucking her thumb – anything to take her away from anyone in her own little world. Both girls were easily distracted by lights and shiny things. Loud sounds hurt their ears. They both also had sensitivity problems to brushing their teeth and hair, baths and cutting their fingernails.

What is Autism?

According to Autism Speaks Canada, autism or autism spectrum disorder (ASD), refers to a range of conditions characterized by challenges with social skills, repetitive behaviours as well as verbal and nonverbal communication. Because autism is a spectrum disorder, there isn't one autism type but many. The symptoms and characteristics can present themselves in a wide variety of combinations from mild to severe. Some autistic people require more support, while others may need less support, living entirely independent lives.

When a child has been diagnosed with autism, one of the first questions a parent often asks is "what caused it?" There is no one cause of autism. Research shows that autism develops from a combination of genetic and environmental factors (i.e. advanced parent age, prematurity, low birth weight, multiple pregnancies etc.) which affect crucial aspects of early brain development (e.g. how regions of the brain or nerve cells communicate with each other).

The most obvious signs of autism tend to appear between two to three years of age, and in some cases, children can be diagnosed as early as 18 months. Early detection and intervention are crucial as it significantly improves outcomes.

Some common signs of autism are:

- inappropriate playing with toys
- inappropriate laughing or crying
- inappropriate response or no response at all (does not point/wave, no eye contact, or smiles)
- inconsistent in responding when their name is called
- seems to be in their own little world
- odd or repetitive ways of moving or holding fingers, hands, or whole body (rocking/pacing)
- walks on toes
- displays a strong reaction to certain textures, sounds, or lights
- may appear indifferent to pain or temperature
- difficulty interacting with others
- inappropriate attachments to objects
- lack of awareness to danger
- poor speech or lack of speech
- difficulty dealing with routine
- hyperactivity or passiveness

Therapy and Assistance

On the day our girls were diagnosed, we began the process of signing them up on the much-dreaded long waitlist for autism into the Applied Behaviour Analysis (ABA) program and the Intensive Behaviour Intervention (IBI) program. ABA is a therapy based on the science of learning and behavior. It is short-term, 3 to 4 hours per week and up to six months. It can be used anywhere - school, community or at home. Intensive Behavioural Intervention refers to the application of principles of ABA in an intensive setting (minimum 25 hours per week) to result in behaviour change and improvement. This is done in a clinic only. Both programs are designed to help autistic kids thrive in 4 areas: communication, social skills/interpersonal skills, behaviour management/emotional regulation and activities of Daily Living Skills.

Both of our girls were part of the Infant and Child Development Program in Durham Region and had a family support worker who was a part of their lives from birth until the girls turned five. They worked closely with our girls to make sure they were meeting their developmental goals and attending medical appointments. They made sure I was up to date on educational resources, funding, and programs / services available for autistic kids. They assisted me with the endless process of applications and paperwork. They were there to provide emotional support during the most challenging times – which was pretty much everyday. Without them we would have been lost. Resources for Exceptional Children and Youth - Durham Region workers are now part of our lives, continuing to assist us as Infant and Child Development once did.

Additionally, my husband and I attended autism and parent connection workshops and keep up-to-date on any new autism research projects and studies. We try to stay as informed as possible when it comes to our girls.

Social Interaction

Of the 4 areas that kids with autism tend to struggle with, we found that social interaction was the hardest for our girls, so the search was on to find a place where they could interact and develop their social skills in an every day setting. A place where they could grow, play, learn, with the ultimate goal being to have them independent enough to be able to handle the mainstream public school system.

After endless searching, we found a special needs full time daycare school in Ajax called, *Special Kind of Play Daycare* or *SKOP*. The intensive program at *SKOP* would ensure Teagan and Logan had an individualized program to meet their specific needs, that would help them socially, as well as help them make a smooth transition into junior kindergarten. We also took the time to find outside social respite care weekend programs that the girls love, and are still a part of. These social play-based programs have helped Teagan and Logan grow into who they are today.

Personal Autism Binder

One of the most important things we have learned from the autism seminars and workshops we have attended is to keep an up-to-date “personal autism binder”. It typically includes the following information:

- All about me section of the past, present and current (along with current pictures to help identify the child)
- Here is why I am unique: likes, dislikes, fears and habits
- What attracts me that should be discouraged
- Here's how we can communicate
- What you need to know about me
- Mealtime (favorite foods, foods too avoid, and allergies)
- Toilet training
- Medical papers (all original hard copies of specialist/doctor first diagnosed papers then all other medical files)
- ABA/IBI reports
- Speech pathology, occupational therapy, and physical therapy reports
- Daycare records
- A list of workshops attended; list of all your child specialists and doctors; agencies you were involved with; name of all your caseworkers; all other programs your child did
- Keep updating with child's grade school records, IEPs, and report cards

We feel that the personal autism binder is a great starting point for the *Durham District School Board* so they could fully get to know our girls and plan accordingly for their entrance into junior kindergarten.

Before our girls started public school, we made multiple visits to meet their new teachers, see the classroom, as well as see the *Snoezelen* multi-sensory room. This room provides a full range of multi sensory stimulation and enjoyable experiences in an atmosphere of trust and relaxation. It is a safe place

where autistic kids can take a break and unwind when they feel overwhelmed and overloaded during the school day.

We familiarized ourselves with the Special Education department. Special Education Resources Teachers provide support to students with many disabilities. First, the Identification & Placement & Review Committee (IPRC) will meet and decide whether a student should be identified as an exceptional student and if so, create a special educational plan that will best meet the student's needs. Within the classroom, Educational Assistants (EA) and Early Childhood Educators (ECE) are there to help support them through their special education plan.

Public School

After very careful consideration, plenty of research, and still awaiting their IBI placement, we decided to place our girls into a school with the public board in Whitby. This particular school offers a modified school year calendar, which means students have the same 194 school days required by the province, but they are distributed differently over the course of the year. The girls would have an extra long break weekend at the beginning of September, two weeks off in October, two-week Christmas break, a two-week March break and an extra week off in May. It is back to school for our girls in August! We did this because the girls had a hard time relearning what they lost over the typical 2 months summer holidays.

Preparing our oldest daughter Teagan from a very small classroom placement at SKOP daycare to a larger mainstream junior kindergarten public school classroom was a very emotional, challenging and difficult time. I remember feeling nervous. I went through the same emotions that any other parent would have, but it was amplified to an even higher degree because of the unique set of challenges Teagan faced.

Teagan at the age four was still non-verbal and all visual. She was not using any words or speech however, she did communicate via a picture exchange communication system called PECS, which we worked on in speech therapy through Grandview. From there, her speech development started improving, so we all started learning baby sign language at home by watching the Signing Time DVDs. Teagan had a very slow part-time gradual entry into junior kindergarten, but as she started adjusting, she quickly transitioned into a full-time schedule. The other kids were really great with her too. Teagan was not very social, yet she enjoyed going to school with her peers.

When Teagan finally got a full-time IBI placement, it was the day after her senior kindergarten graduation, on the last day of school. This meant she would be in IBI for the next year and half (40 hours a week with only three weeks off per year). After completing the IBI program, Teagan then began the process of transitioning back into the mainstream school system in grade 3. Teagan was happy to go back to public school as she missed everyone. The IBI workers also made it very easy for her to ease back in. I knew as well, that with everything she learnt from her IBI program she was ready to return. The transition from the IBI program to the mainstream school system was gradual – one day a week, two days a week and eventually up to five days a week and with full days.



At the age of three, Logan was offered her opportunity to begin her IBI programming at a younger age than when her sister started. This meant that Logan did not attend junior and part of senior kindergarten, but will attend a mainstream modified classroom just like her sister once she completes her IBI program. Logan currently goes to full time IBI school, but on every other Friday she goes to public school so she can get used to junior kindergarten and the upcoming senior kindergarten year. I think it's going to be a good and smooth transition when it does happen for Logan as she loves school already. Additionally, she is making tremendous progress with all self-individualized programs in her IBI program.

As you can see, both sisters have had a tremendous amount of therapy since their official autism diagnosis, and without this therapy they wouldn't be where they are today. Teagan is now an active social butterfly who loves making new friends and is extremely chatty. She loves dance class and swimming classes. She is definitely a go-getter, a leader, not allowing her condition to affect her happiness. Logan is always smiling and laughing. She is very quiet and shy and is a huge bookworm. You can catch her chatting away, pretend playing or singing and dancing with her princess dresses on.

Teagan and Logan are best-friends and role models, always advocating and looking out for one another. Both sisters love to spread autism awareness through their print-work. Since 2014, these "autism modeling sisters" love to fight for acceptance everywhere they go. Whatever the bright future holds for these two happy sisters, they hope to inspire one autism family at a time.

Kara Halonen and Gregory Martin are full time autism parents of Teagan and Logan Martin of Oshawa, Ontario.

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The Vast Universe of the Durham Craft Scene

by Sam Burton

Durham Region is a collection of eight individual municipalities, just east of Toronto, within the Golden Horseshoe area of the province. If you are not a city person, or simply are looking to take a break from the fast-paced nature of urban living, Durham Region would be a popular place to reside and recuperate.

But the areas are not so isolated that you need to drive thirty minutes to get to your local grocery, as you may need to if you were in Northern Ontario. What Durham Region offers is a distinct blend of rural, residential, and urban environments, all within a reasonable travel range of other goods and services. The various cities are also abundant in choices for activities for individuals of all ages, skills levels, and interests. Whether you are in Ajax, Brock, Clarington, Pickering, Scugog, Uxbridge, or Whitby, there is always something new to discover and explore.

If you are someone who is more artistically and eclectically inclined, and are living the Durham Region, you will not find yourself disappointed. Durham is host to many contemporary and traditional displays within art galleries, as well as theatrical performances and historical exhibitions. Film is discussed and observed during the suburban version of TIFF, at the Cinechats Film Festival at UOIT. But if you are looking for something very unique to the region, then you wouldn't want to miss out on the various craft shows that take place throughout the year.

The Durham Craft and Gift Show

One of the most popular and well-known arts and crafts events is the *Durham Craft and Gift Show*. This event generally kicks off the season of crafts as the province is slowly fading into the colder, more festive months of the year. This year, it will take place in October, as a stunning three-day event from the 25th to 27th. In the past, the incredibly well-received event saw an estimated number of visitors ranging from 5000-20,000 over the three day stretch. The show takes place at the Durham College Campus Recreation and Wellness Centre on 2000 Simcoe St. N., Oshawa, providing an expansive venue for over 500 vendors to showcase their talents.

If you've never been to a craft show and are thinking about crashing one this year, prepare to be slightly overwhelmed, in the most positive sense of the word! The events show off products

that range from practical use, to something more decorative and collectable in nature. The difference between these products and ones you would find in the more franchised establishments, is that the majority of them are handmade, displaying an innovative design you won't find anywhere beyond a craft show. For example, this year at the *Durham Craft and Gift Show*, a company from York called *A Spice Above* will have a booth to talk about their one of a kind spices that are preservative free, gluten free, and mostly sugar free. *Friendly Fables* offers a monthly subscription to a new kind of inclusive and open-minded children's book. *Hanger Lane Designs* is a Mother and Daughter duo that have been crafters for over 20 years, created their own business of personalized floral arrangements, candles, decorative pillows, and woodworking, having travelled all over Ontario. In simplicity, there are a variety of items shown in these venues that you are not likely going to find anywhere else.

You can find a complete list of all of the vendors at www.durhamtradeshows.ca

More Craft Shows to Consider!

Once October is over, most people are sparking up with the Christmas spirit. This is a remarkable time for optimism, change, and joy shared with those around us. *The Bells of Christmas Handmade Artisan Market Craft Show* in Durham Region perfectly times itself into this season! This craft show takes place at the Legends Centre in Oshawa, on December 7th, 2019. It is the perfect time for finishing off your Christmas list, gifting those in your life with something they are not going to forget. The event showcases products and services such as photography, handcrafted soaps, knitted items, paintings, maple flavoured candy, and so much more.

Christmas is a very busy time for craft shows in Durham. There is *The Spirit of Christmas Craft Show* at the Pickering Recreation Complex on November 10th, as well as *The Christmas Craft Show* in Oshawa in Kingsway College on November 24th. The list of the Christmas vendors are still awaiting confirmation, but be sure to keep a look out once autumn approaches.

Some of the less known craft shows in Durham take place in spring and throughout the summer. One that has already passed in March was called the *Durham Spring Home Decor, Wellness and Craft Show*. This event of course, while showing off novel items, also included various products and services that surrounded the concept of physical and mental wellness, taking place at the Pickering Recreational Complex. Smaller upcoming events will include more local vendors exhibiting their talents, such as the *Handmade Artisans Market* held at the Pickering Complex on September 15th, and a very specific kind of crafting that focuses on creating greeting cards while utilizing the background as the focal point of each card. This will take place in Ajax, and is hosted by *Northern Stamper*.

There of course exist local arts and crafts stores that thrive outside of a craft show. *The 4 Cats Studio* has several locations throughout Canada, and Ontario, with a very popular one in Whitby. The company runs several workshops that teach both children and adults various arts and crafts practices such as painting and clay making. *Crock A Doodle* in Whitby holds similar studio workshops for people of all ages. *Nelly's Creations* shows off handmade jewellery, pottery and custom-made plates, bowls, and cutlery. *Nur Shop* on Bayly Street in Ajax has all of the



homemade items, fabric, decorative materials, and cute candy and children's toys.

Whatever may tickle your fancy in the arts and craft world, Durham Region will have it! If you want a special scarf made for your mom, or are looking for a more personalized wooden mug for a good friend, you are going to find it at one of Durham's many craft shows. The Region is simply bursting with inspiration and talent, and you may even feel some of your creative senses coming to life while attending one of these craft shows!

Sam Burton is a writer in the GTA with a focus on creative fiction but with an affinity for local and broader investigative journalism. Currently residing in Pickering, her striving goal in writing is to create a genuine connection with readers, whether it be through real-world events or those crafted from her own musings. Her photography portfolio can be found on [instagram](https://www.instagram.com/typhoidandswans) [typhoidandswans](https://www.instagram.com/typhoidandswans).

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by Stephanie Herrera

AT THE BOX OFFICE



PG 13

Universal is releasing a heart-warming animated movie called *Abominable* on September 27th. The story begins in Shanghai when a teen, named Yi, finds a young Yeti on the roof of her apartment building and a journey begins to return the Yeti to his family. Yi enlists a rag tag group of friends to join them on their journey to reach the Himalayan Mountains, before a wealthy mogul and a zoologist capture their Yeti friend.

Maleficent: Mistress of Evil will be flying into theatres on October 18th. Maleficent and her goddaughter Aurora's relationship becomes strained with Aurora's impending nuptials. Angelina Jolie and Elle Fanning return to their iconic roles and are torn apart by a formidable queen (played by Michelle Pfeiffer) that builds to an epic battle between good and evil.

Action & Adventure

Terminator: Dark Fate is James Cameron's next installment of this franchise. Linda Hamilton reprises her role as Sarah Connor taking place decades after the events of *Terminator 2: Judgement Day*. Sarah's mission is to protect a young woman, named Dani, from a powerful new Terminator. Not to worry, Arnold Schwarzenegger will make an appearance for a passing of the torch. This anticipated movie promises to be action packed and crashes into theatres on November 1st.

Charlie's Angels is a reboot where Elizabeth Banks stars, directs, and has a writing credit. We are introduced to the new Angels, made up of Kirsten Stewart, Naomi Scott, and Ella Balinska, who are guided by multiple Bosleys including Banks and Patrick Stewart. Charlie's agency has expanded internationally and when a young systems engineer blows the whistle on a dangerous technology, the Angels set out to save the world.

Historical Must See

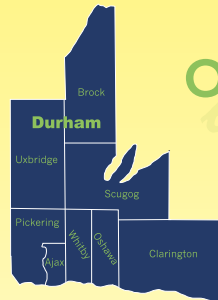
Jojo Rabbit is set during World War II when a young German boy discovers that his mother (Scarlett Johansson) is hiding a Jewish girl in their home. This satirical comedy follows a lonely boy, Jojo, who's blind Nationalism is brought into question when he discovers the Jewish girl in his attic. Comedians fill out this cast including Sam Rockwell and Rebel Wilson. After its sensational run at TIFF, *Jojo Rabbit* will hit theatres worldwide on October 18th.

Harriet follows the heroic journey of freedom fighter, Harriet Tubman. Cynthia Erivo plays the title role as we see Harriet escape from slavery and work to free dozens of people with the creation of the Underground Railroad. Set pre-Civil War, we see the risks and heroism of this spy for the Union on November 1st.

Ford v Ferrari races onto screens November 15th. American car designer Carroll Shelby (Matt Damon) and driver Ken Miles (Christian Bale) fight to create a vehicle powerful enough to defeat Ferrari at the 24 Hours of Le Mans in 1966. This fight, is personal and professional.

Stephanie as a multi-award-winning actor, writer, director, producer, voice talent, and comedian. She is a published author, co-host of "Eileen and Steph: Everything's Fine" podcast, and is the founder of the Not-for-profit "Durham Improv Collective Inc." Her years of experience in the corporate and entertainment industries has given her an edge as an insurance broker, where she specializes in Business and Entertainment insurance.

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by Tara Richardson

Soul Searching



The Importance of Relaxation

Summer months for a lot of people mean well-earned vacations or staycations, but come fall, everyone returns full force to their busy lives. It's the start of a new school year and new recreation programs, needing to take the time to change our wardrobes and clean up from summer fun and just get back into routine. It's easy for us to become busy and wish we had extra time just to manage our schedules.

Despite this busy-ness, it's also important to take some time for yourself to relax. I know you're probably thinking, "Where on earth would I find time to relax?! I barely have time to eat!", and "I just had a vacation; now it's time to get back to the grind!"

But hear me out.

The definition of relaxing is not just taking a week or two off to hang out at the beach. We need to incorporate relaxation into our daily lives, no matter how busy we may be. Relaxing can even be a 10-minute vacation from responsibilities to give yourself time to do the ever so necessary task of catching your breath. And remember, we are more likely to burn out if we don't slow down. September quickly leads to the holiday season and if we don't have some rest, our minds and lives will be a chaotic mess. (Think tangled, half burnt-out Christmas lights stowed in the bottom of a Tetris-like collection of boxes in the corner of our garage.)

Trust me, I know that relaxation does not come easy for some of us. In fact, the concept of relaxing may be simple but that doesn't always mean it's easy. I am definitely guilty of feeling like I need to fill my free time with more productive tasks.

Relaxation looks different for everyone but it could be watching your favourite Netflix show, engaging in a hobby, eating delicious food with good company, spending time with friends and family- whatever you choose, make sure it is actually relaxing to you.

A lot of people might be thinking, "But Tara, do you *know* how busy I am?" Truly, I do. And, there are many practical ways to easily incorporate relaxation into your life. Try scheduling a 10-minute walk break in the middle of your work day to rejuvenate. (Not only will you be more relaxed, ironically this just may help you be more productive.) The trick is to commit to this 10-minute break like you would commit to an important meeting – no last minute canceling just because you're swamped.

For all you tech savvy people out there, set a timer on your smart watch (or whatever device) that will remind you to take a break. Or, download an app that promotes self-care and relaxation. There's a whole slew of them out there. My favourite app is called *Insight*, which offers a wide selection of meditations that are filtered by length and topic.

Relaxation does not mean an extravagant getaway. It means slowing down in order to stay centered, have clarity, and be able to approach life with a positive outlook.

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



How to Stay on Top of Your Health Game This Fall

While we often associate the fall with spending more time indoors, cuddling up on the couch with a hot beverage and consuming comfort foods, we don't need to let all the hard work of getting fit and healthy over the summer fall to the way-side. If you're looking to keep your wellness momentum going, here are three ways to embrace the season of change and help you stay on track with your health goals.

Fitness: Group Workouts

If shorter days and colder temperatures negatively impact your fitness routine and enthusiasm, it's time to change things up. Group workouts are a great way to stay motivated, have fun, and keep you accountable. But don't worry if you don't like Zumba, Barre, or Yoga. With so many new fitness trends on the rise, there's never a shortage for trying something new! Group rowing, treadmill workouts, HIIT (High Intensity Interval training) of all varieties have become some of the latest trends to hit the gyms. And it doesn't stop there. Group workouts can be as simple as buddying up with some friends to go running, indoor rock-climbing or head to the nearest spin class and could be just what you need to beat the motivation blues!

Food: Eat Mindfully

Food can be one of the most difficult things to manage come fall and it's no coincidence that people get off track as we head toward the holiday season. One of the biggest reasons we get off track is because of special events (Halloween, Thanksgiving, Christmas). It's not necessarily the events in themselves that are harmful, it's the inability to get back on track afterwards. My advice to navigating through this season is to be mindful when it comes to eating. Want to indulge a little bit at Thanksgiving? Choose what your indulgence will be beforehand and limit the quantity by planning your meals in advance. Stop eating when you are full; even if the stuffing is "to-die-for". Take your time. Drink plenty of water. Don't make it a binge eating or drinking weekend. Healthy eating doesn't always have to be about embracing the latest diet trend and restricting calories either. It can be as simple as making conscious, wise choices on a consistent basis. A little bit of thoughtfulness can go a long way.

Sleep: Make Sure You Get It

While people are finally recognizing the fact that sleep is important, it's one of the first things to go when schedules get busy as they do in the fall. Don't neglect your need for rest. According to the National Sleep Foundation, lack of sleep impacts your cognitive performance and focus. That means that everyday activities become more difficult, whether it's driving, working, or even relating to others. Safe-guard your need for sleep by not overextending yourself and managing stress; which can keep you up at night. When you make sleep a priority, you say "yes" to your health and "yes" to your body's need to regenerate and recuperate.

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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"Every expert was once a beginner."

Helen Hayes

Hello Readers! After a refreshing summer, it is time to get back to a brand-new year of assignments, tests, and homework. Heading into my final year of high school, I find myself reminiscing of the time I was about to enter high school. Wherever you live, whatever middle or elementary school you go to, there is always that little bit of nervousness that you feel before starting something new. Everyone learns to deal with these changes differently and it's okay if things don't go according to plan.

In fact, it actually took me time to fully settle into high school. Meeting new teachers, classmates, and having to figure out where everything is can be a challenge. Especially if the school you are attending is several stories high. However, once I settled in, I was able to really enjoy the rest of my high school years. Two years into high school, I transferred schools and went through that whole new school experience all over again. These events taught me how to deal with change. For this column, I thought I would talk about some useful tips for starting a new school, because whether you are just coming into high school or you are about to head out like myself, knowing what tools to use when handling change can really help you feel more at ease.

Learning to ask for help is one of the most important skills you may learn, not only for high school but in everyday life. Sometimes when we are nervous or stressed in social situations, we tend to imagine what people will think or say about us. This might make us hesitant when asking for help. However, it is important to remember, that people really do not care about whether or not you know where something is, or whether or not you know how to do a certain task.

Furthermore, you should always find ways to get more involved. Joining clubs and teams can help you meet new people and get to know your teachers outside of the classroom environment. This can be useful as knowing more people makes it easy for you to ask for help. Joining clubs can also be a lot of fun and can help you gain more experience.

Lastly, remember not to be too hard on yourself. You are going to make mistakes wherever you go and no amount of stress or planning can change that. Remember, as humiliating or embarrassing that mistake may have been for you, it is almost always much smaller than you may believe. Most importantly, find ways to destress and take time off for yourself. Starting something new can be a stressful experience, but with perseverance and a lot of self-love, you will get through it.

I hope this fall is full of growth, learning, and successful new beginnings! Wishing you the best of luck in all your endeavours.

Sarah Malik is a Grade 12 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.

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

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A Forkful of Healthy

Creamy Balsamic Mushroom Wild Rice Soup



Wildly delicious, this Creamy Balsamic Mushroom Wild Rice Soup is just what the doctor ordered on those days when you just want an easy comfort food to feed your soul.

INGREDIENTS

1 tbsp olive oil
1 cup mushrooms sliced (any type)
6 garlic cloves chopped
2 tsp balsamic vinegar
3 tbsp butter
3 tbsp flour
5 cups vegetable broth
3 cups almond milk
½ cup wild rice
½ cup brown or white rice



3 sprigs fresh thyme
2 tsp fresh rosemary
Salt and pepper to taste
Fresh lemon to squeeze on top when serving

DIRECTIONS

1. In a large pot, heat olive oil on medium high heat. Add sliced mushrooms and chopped garlic. Sauté. Reduce heat as needed as mushrooms release liquid and begin to brown (about 5 minutes). Season with salt and pepper.
2. Pour balsamic vinegar on mushrooms and sauté for another minute, until brown and juicy. Remove from pot and set aside.
3. Add butter to the same pot and melt. Add flour and stir with butter until it thickens and becomes paste like.
4. Add vegetable broth and almond milk to pot and stir. Whisk to mix butter and flour to the liquid. Season with salt and pepper to taste.
5. Bring to a boil, then add wild rice, followed by brown and white rice. (Add wild rice first, as it takes longer to cook but check package for cooking directions.) Reduce heat to simmer.
6. Add thyme and rosemary. Stir to combine.
7. Simmer on medium heat for 25-30 minutes or until rice is cooked through.
8. Add balsamic mushrooms to pot and stir.
9. Taste and adjust seasoning. Add more salt and pepper if needed and squeeze a little lemon juice if required. Serve immediately as it will thicken if left, as rice will continue to absorb liquid. (If it does thicken just add more vegetable broth and season accordingly!)

Protein:
16.1 g

Carbs:
42.1 g

Fat:
45.3 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!

MONEY MATTERS



Simple Fall Savings Tips

Social summers and the looming holiday season typically create the biggest strain on our wallets. Here are some tips you can start using this fall that will help you both recuperate and prepare for what's to come, with less stress on you and your bank account.

1. Have a "No Spend" Weekend – Organizing a family weekend where no money is escaping your pocket can easily be done. If you like to get out of the house, look for free community events you can attend, or do something outdoorsy that doesn't cost any money like going to the park, biking or hiking. If you like staying in, play board games, learn a new hobby, watch Netflix or bake with your kids. The quality time will be remembered and your wallet will thank you!
2. Organize your grocery list – Using a flyer app (I use Flipp, but there are others you can try) saves money. These apps don't make you feel like you're wasting time "coupon clipping", and are a great way to get more bang for your buck when shopping for essentials. Also, shop at stores that price match. This way, you will save time and gas as you can do all of your shopping at one store instead of running around trying to pay less for an item elsewhere.
3. Visit a second hand store – This one causes embarrassment to some, but is a gold mine for others. I got over myself a few years ago when my son broke the zipper off of his fancy \$70 winter jacket. I had two hours to find him a new one and reluctantly ended up at a local second hand store. I managed to find an even better-quality jacket there for \$8. I have even found stores that offer credit for trading in gently worn clean clothes they re-sell. There is no shame in turning spending into savings!
4. Find "Free" Ways to Improve Your Mood – Gloomy weather can make us feel depressed and "blah". This can lead to "bad spending" as a fix to get us out of our mental funk. Mood remedies can save you money and prevent regrets of overspending. Try listening to free podcasts on this or a related topic, or read self-development books during your morning commute to ease stress. Working out will help your mood as well, so try walking or join a gym!
5. Trade Halloween costumes online – Instead of spending money on new Halloween costumes, ask a local parent group online about trading costumes instead! Depending on how many kids you have, this might save you a lot of money.

I hope these tips will serve you and your family this fall. Feel free to let me know if you have tips of your own. I would love to share them in my next column. You can email, tips@thelocalbizmagazine.ca.

I hope you enjoy the beautiful smells and colours this season brings.

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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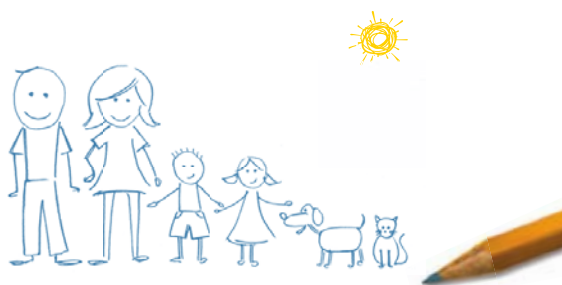
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*Ask
Sue-Ann*



Dear Sue-Ann:

My heart is broken. I dated my fiancée for years before he asked me to marry him. We have been engaged for a long time and tonight he told me he does not think he loves me. I am devastated. How does that happen? How can it change so quickly? What do I do now?

Signed: Heartbroken

A. I am so sorry that you are going through this. Anyone who has loved can relate to the emotional pain you are in right now. You asked very specific questions though, and I will address them. Losing feelings happens all the time. That is the reality. We change everyday as we move through our lives. Know that there was a time he loved you, and now I would bet he still has feelings for you, but his feelings are not enough to commit to a lifetime. It probably did not happen quickly; he likely has been thinking about it for some time but it would be quick for you because you were not expecting that to come from him. All you can do now is say all that is in your heart and listen...really listen when he talks. Grieve the loss like it is a death and give yourself time to heal. You will find love again. I strongly suggest you work to release him though, so that when you meet someone else one day you do not compare the new man to this one. That happens more than you think and it only creates a shaky platform for new beginnings.

Affirmation: Love - With each breathe that I take I am able to see that love exists all around me. I am willing and able to embrace love...I am love.

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 sue-ann@divinelane.com.

The COACH Corner

by Malachi Brown



Only Believe

I am constantly in pursuit of ways to improve my life and the life of others. This is my lifelong quest and extreme passion. Over the last few months, I have made it a project to read and listen to motivational and inspirational messages and information from as far back in history as I can find. There is currently so much new material out there so I wanted to glean additional information from an earlier time in history.

The quest for seeking information in order to live a fulfilled passionate life is not new. As humans, we innately know there are always better and more ways to improve. We endeavor to make sure we are living our lives in the best way possible.

We want to know what's on the other side of the world; how can we climb the next mountain, in reality and figuratively speaking. How can we explore the depths of the ocean, go to the moon and beyond?

We ask the big questions. How did I get here? What am I supposed to be doing with my life? How will I know if it is the right thing? What will happen after I die and, is there life after death?

As I read through and listened to the information, I realized that these things are always relevant in every generation.

So, was there any difference between the thought process between then and now?

What I noticed was the earlier material seemed to place a greater emphasis on practicing a spiritual approach to life. There was the acknowledgment of a Creator. There was an acknowledgment of a divine order, and faith played a greater role to the earlier generations. Motivational speakers acknowledged their information source. So much of the information, practices and principles were spiritually based. Speakers such as Napoleon Hill, Norman Vincent Peale, Earl Nightingale and earlier speakers, writers, philosophers and thinkers were very forthcoming with their reliance on a source outside of themselves.

What I notice by comparison today, a lot of the modern teaching promotes a "you can do it attitude", without any outside dependence, or acknowledging anything or anyone greater than one's self.

However, it seems when practiced, principles from spiritual sources had the most profound effect in transforming our lives. These principles are what the early teachers spoke of, and, when followed provided the most profound and lasting impact on individuals. They knew that then, and we would be well served to know and to practice these beliefs and spiritual principles today. When we do this, a greater sense of peace, success and a balanced lifestyle is ours to enjoy.

The underlying theme is a renewal of our minds to greater truths, to engage in a different way of thinking. We are not self-made. We are magnificent creations created by a significantly greater and smarter life source that wants to teach us principles and renewed thought, that will allow us to live our best lives.

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

After enjoying all that summer has to offer, we have a wonderful season that acts as a buffer between summer and winter. It's fall, or autumn. The bright colours of summer flowers are slowly replaced by the golden colours of fall. Summer activities such as swimming and picnicking step aside for fall fun. We are lucky that we live in an area that presents us with all sorts of possibilities for enjoying the fall.

Until early October, we can go to local Farmers' Markets for fresh fruits and vegetables that are in season. The growers are always happy to talk to us. We can learn about foods we are unfamiliar with and how to cook them. One of the bonuses of going to the markets is having fresh foods without having to do the work to produce them! And, it's great to be able to support local farmers.

Back in the 'old days', late August and early September also marked the arrival of corn from local farms. When I was a child, corn didn't travel from foreign lands nearly all year like it does now. So as soon as it was available, we ate lots of it! Usually there were a couple of corn roasts to attend. There's nothing like eating freshly picked corn dripping with butter (often running down your chin!)

Another great way to enjoy local produce is to pick your own at a "U-Pick farm" as they're often referred to. It can make for a fun family outing with the grandkids! You can pick apples in the fall, as well as pumpkins. Many of the farms where you can pick pumpkins also have pumpkin and fall-related activities that your grandkids can enjoy...and you can enjoy watching them. There are several locations in the region where you can go. To find farms near you, visit www.durhamtourism.ca and www.durhamfarmfresh.ca

I remember back in the 1970's, Fall Fairs took place in towns and villages across the region as they had since before Confederation. All summer, the ladies had been preserving fruits and vegetable and making jams and pickles. At the fairs, their efforts were displayed and judged. Baking, needle work such as quilts and clothing, were also often entered at the fairs. The items were judged and when the fairs opened, the participants eagerly rushed in to see if one of their entries had a ribbon attached. For the ladies who had entered their work, seeing a ribbon on it must have given them a happy glow for the day. Fall (or agricultural) fairs still take place throughout Durham Region and they run nearly every weekend from August until early October with lots of activities to tempt you and your grandkids. For more information visit www.durhamfarmconnections.ca and click on the "Fairs & Events" section, or www.durham.ca and type in "agricultural fairs" in their search.

I was surprised to learn that 80% of Durham Region is rural, and almost 300,000 acres are used for food production. Agriculture is the second largest industry in Durham Region. By enjoying what is offered this fall in our community, we can keep our farms going strong.

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 2019 to NOVEMBER 2019

by Julie Antoinette



Aries (March 21 – April 20)

Be on the lookout for new opportunities. Many of these will cross your path over the coming weeks. You will have to make the very best choices you can amongst what is offered. You know that you cannot accept them all. Knowing this, let your excitement to what is presented be your guide.

Taurus (April 21 – May 21)

You've been hiding out recently. Well, perhaps you've been avoiding someone in particular who seems to have unknowingly hurt your feelings. You are no stranger to confrontation, but this situation has put you in a sensitive state that you can't quite manage publicly. It's okay to want some space sometimes.

Gemini (May 22 – June 21)

Your recent personal extravagances have people talking, Gemini. Some wonder if you've secretly won the lottery. Others wonder if perhaps you've caught the eye of a wealthy gentleman suitor? Or perhaps recently robbed a bank? Keep your aloof air of nonchalance. And enjoy the show.

Cancer (June 22 – July 22)

Your life is radically different now from where it was just one year ago. Situations and people have come and gone in and out of your life so quickly. Everyone seems transient. This is not necessarily a bad thing. Those that have moved on leave you with mixed feelings of loss and, oddly, relief. This could be one of life's "tabula rasa" moments. Clean slate. Grab your favorite color chalk.

Leo (July 23 – August 22)

Take a moment to stand back and clearly evaluate all that you have accomplished with your life so far. You'll realize that you've manifested each goal you have dreamed of since you can remember. A moment of pause and appreciation will give you the second wind you'll need to hop back at it toward new goals and dreams. You're not done yet!

Virgo (August 23 – September 23)

Be careful to keep yourself safely out of the realms of overwhelm and burnout. Others must adjust their expectations of you and must consider you more. And you must be the one to help them make this adjustment. You've set a standard of service that has quite frankly become exploitative. You must learn to use the hardest and most magical word: NO.

Libra (September 24 – October 23)

Thoughts of an old friend accompany you lately. You've noticed that you've gone in one direction and they have gone in another. Your personalities don't mesh as fluidly as they did years ago and interactions are at times uncomfortable. It really is nothing personal. In life, we encounter people for a reason, a season or a lifetime. It's okay to realize that people grow apart. It means we've grown.

Scorpio (October 24 – November 22)

Something in your subconscious from long ago is wanting to surface. Its projections can be felt by everyone, but in a cryptic way. Only you can decode its message. Your compass here is your emotions. Channel them in a safe and constructive way for best insights and results. Journaling perhaps?

Sagittarius (November 23 - December 21)

Go Sagittarius go! You're almost at the finish line. That goal you set long ago is ready to be realized. It's been a long slog but you're still here and you're almost out of the woods. Don't give up 5 minutes before the miracle.

Capricorn (December 22 – January 19)

Someone in your workplace feels threatened by you. An authority-figure issue is presenting itself. Consider that oftentimes, the socializations organized within workplaces are much like the structure of families. How you handle this could be an opportunity to garner immense respect. Do a little research on effective leadership skills and family dynamics before making your approach.

Aquarius (January 20 – February 19)

Someone in your life has been a little testy lately. Your patience and understanding is implicitly requested. This person is encountering a number of triggers arising out of their personal environments. These triggers have made this person feel increasingly hypervigilant and defensive. They are working through a shadow and really appreciate your support.

Pisces (February 20 – March 20)

Recently, you've been relishing your alone time, perhaps a little too much? You've been exercising great self-care in protecting your space and ensuring your environment is safe and peaceful. However, this has meant that you've had to make adjustments to the exclusion of others. It's okay to have your space, but be sure you have a balance between you-time and others-time to avoid creeping isolation.

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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