

# Beaches

Spring – April/May 2010

*life*



**Camps –  
Time of their life**

**Get your home  
fit for spring**

**Organic gardens  
for small spaces**

**Home  
Town  
Tom  
Brown**

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**June/July 2010 issue deadline  
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# BeachesLife

**Your Community HUB  
to the Beaches  
beachesliving.ca**



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Your comments and suggestions are welcome.

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DISCLAIMER: BeachesLife made every attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.

# Home Town Tom Brown Weather Anchor, CTV News



**B**ack in the early '80s, when vinyl records were the king, Tom Brown the broadcaster was born – only he didn't know it yet. Tom, who grew up on the Firstbrook Road in the Beaches, attended the same Malvern High School as many other celebrities and famous people did. Wanting to fit in with the cool crowd, Tom got his first job at Coca Cola so he could purchase a Harris tweed jacket to wear at school.

Tom's 26 year broadcasting career started as a member of Radio Club at Malvern. Arriving an hour before everyone else, it was at these 8am sessions he was bitten by the broadcasting bug. During this morning show, he was busy with DJing AC/DC records and making school announcements. He might not have started out as the smooth talker that he is now, but in no time, his natural “on-air talent” came through. During the eleventh grade Roger's Cable was looking for a host for a new show called *High School Time Thursday Night at 8 pm*, Tom and his larger-than-life personality were the perfect fit.

Back then, if you told him that his hobby would transform into a 26 year career, he would have told you to get out of town. And that's just what he and good friend Andrew Francis did. The pair enrolled

at Fanshawe College in London, Ontario in grade thirteen. At the time, Tom had two choices: to be a broadcaster or a police officer. Tom's passion for broadcasting was a clear choice, and since then he has never looked back.

When you see Tom in front of the weather map, not only can he tell you about the weather, he can also tell you what it is like to live in many of those places. Nine days after graduating from Fanshawe, he packed up his belongings and took his first radio broadcasting job in Regina. Tom's voice has since been heard on the radio throughout Canada.

Tom stumbled into television by filling in for a weather anchor at Global Television Regina, where his wife Shelly was working at the time. It didn't take long for his personality to land him an anchor position on television.

In spite of all his adventures living across Canada, Tom has always considered the Beaches his home. Even in his former home in the Prairies, a print of Randall's hung over his couch. For him there was always a need to return to the Beaches. “The way I see it, there is no stress here, the beach has a calming effect to which everything comes together.”

*continues on page 6...*

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# Garden Basics for Spring

All good gardens start – and continue to grow – with good soil.  
Spring is a great time to prepare and improve your “dirt”.

The first thing to do, once the ground is dry, is to dig up a shovelful of soil and take a look at it. Does it look very sandy, or is it very dense clay, or does it look dark and crumbly? No matter what you have to start with, you want to end up with the last type – rich, dark, loose, crumbly soil with lots of organic material in it.

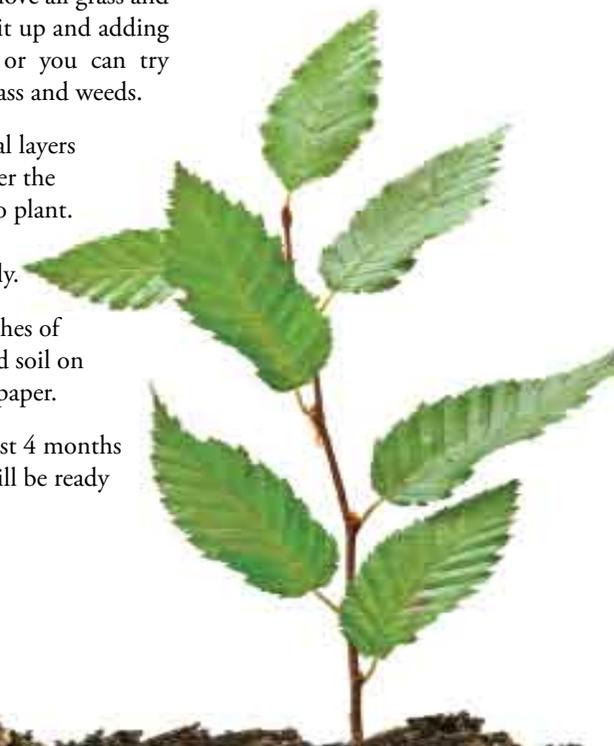
There are two common types of soil in Toronto, sandy and clay. Here in the Beaches, many of us have soil that looks like coarse beach sand. If you have very dense clay, you should add some coarse sand to help improve drainage. In either case, all soil types will need organic materials added to it. The organic material can be composted animal manure, composted leaves,

or from your own compost bin.

To start a new garden bed in spring you can either remove all grass and weeds by digging it up and adding some new soil, or you can try smothering the grass and weeds.

- Lay down several layers of newsprint over the area you want to plant. Wet the paper down thoroughly.
- Add about 6 inches of compost or good soil on top of the newspaper.
- Then wait at least 4 months and your bed will be ready for planting.

Information provided by the  
Beach Garden Society – beachgs.ca



...continued from page 5

Six years ago, Tom and his family moved back to Toronto to join CTV News where he got the opportunity to work with Dave Duval. Since David retired in 2009, Tom has stepped into those big shoes, but tailored it to his own style.

He has fond memories of the goodwill of the Beaches community. At the age of nine, his family home burned down due to a grease fire. In order to not disrupt their schooling, he and his sister were taken in by two neighbors while their house was being rebuilt.

He is very grateful for the kindness his Beaches family showed him.

He treasured this childhood experience and believes it was where he developed his strong interest in philanthropy.

**Say it out  
loud, say it  
proud – it  
will happen!**

What we see on television is only 20% of his work, the other 80% of his time is spent in the community, at charity events and especially meeting people with special needs. Over the years, Tom Brown has been involved with numerous charities including Sick Kids, Variety Village and the Canadian Cancer Society.

This high-energy broadcaster is a champion of those who are often treated as if they were invisible. He wants to take his celebrity and shine the spotlight on others. He feels that others give back to him just as much as he gives to them.

As he always tells others, “Say it out loud, say it proud and it will happen.”

find the perfect

# Summer Job

Summer jobs are a great way to get experience and earn some income. It also helps students learn to be independent, gain valuable skills, be part of a team and learn about possible future careers.

If you are 14 years or older, there are many opportunities and programs throughout the City and the Province to help you find employment.

### Programs include:

- adult and senior fitness and sports instructors
- youth employment training camp counsellors, instructors and coaches
- tour guides for historical sites
- summer law student opportunities

### Want to have your own business?

If you would like to start and run your own business, Ontario's Summer Company is a great opportunity for you. The program provides enterprising young people hands-on business coaching, mentoring from local community business leaders and awards of up to \$3,000.

There are excellent resources for students looking for summer jobs in Toronto and Ontario, visit:

[ontario.ca/summerjobs](http://ontario.ca/summerjobs) & [toronto.ca/hiringnow](http://toronto.ca/hiringnow)



**If you run a business, consider hiring a student!**

# Spring Fashion Flash

- Yellow continues to be the most popular colour of 2010.
- Every shade of pink is found in everything from cotton shirts to earrings, from bracelets to hand bags. It's a great touch of colour for men as well.
- Ruffles – no longer considered overtly girly – appear on blouses, jackets and handbags.
- Jewellery – chandelier earrings bring an instantly feminine and glamorous look to any outfit. Pair with simple jeans, heels and a t-shirt.
- Turquoise jewellery such as earrings, pendants, necklaces, rings and bracelets are this season's hottest trends
- Tribal trends and the military look of past years are back, including metal plating, chain-mail inspired detailing, tribal inspired motifs and leather tunics.



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# Getting your home fit for spring

Spring is a great time to plan for fixing up and repairing your home. You may be planning some renovations or just a few “to do’s” to keep your home in good repair. Although houses can sometimes seem like “money pits”, with a little planning it is possible to get started on some of those “to do’s” and meet your budget. Whether you have \$100 saved or \$500, doing a few fix-ups can make a big difference. Here’s how to get started.

- 1. Know your home**  
Do a “tour” of your house, inside and out. Assess what needs to be done, as well as what you would like to do, big and small.
- 2. Budgeting**  
Make a budget. Decide how much you can afford to spend this spring.
- 3. Planning**  
Now, list what has to be done this spring, what could wait until fall and what is a long-term plan according to your budget.
- 4. Start saving**  
Put aside the money you’ll need so by the time you have to pay the bills, the money is already in your bank account. Even \$20 a week will add up quickly!
- 5. Think Green**  
There are many “green” products for your home. Energy efficient windows, doors, furnaces, air conditioners, toilets, taps etc. can save you a lot of money in energy costs and in government rebates. Going green is not just socially responsible, it will pay off in the future.
- 6. Getting the right people for the right job**  
Decide what you can do yourself, what you can hire a student to do, and what needs a professional contractor.
- 7. Avoiding Pit Falls**  
Get 2-3 quotes for those larger jobs. Don’t just consider the price but the cost for your return – be realistic. It is a good idea to get one or two references from the contractor and follow up on them.
- 8. Looking for deals**  
Make a list of the supplies you need and look for sales! Many of the building outlets will price match their competitors and give you an even lower price.
- 9. Roll up the sleeves**  
Start your projects!

## The Spring House Check

### What to check OUTSIDE:

- Eaves troughs that drip
- Broken steps
- Painting: Front door, fence, trim
- Loose shingles on roof
- Dead or dying trees or bushes
- Rusted door hardware or mail box

### What to check INSIDE:

- Rooms to paint
- Cracked window panes
- Lights that don’t work
- Dripping faucets
- Appliances that aren’t working properly
- Air filters that need cleaning or replacing
- Carpets with stains

Watch out for the this year's

**Let's beach! 2010**

this summer at the Balmy Beach Club

**Sunday June 27, 2010**

Check out last year's photos at  
[beachesliving.ca/letsbeach](http://beachesliving.ca/letsbeach)

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## Camps run from July 5 to August 27, 2010

Are you a parent looking for a fun way to keep your kids active and busy this summer? Variety Village offers a broad range of integrated full-day camps for participants of all abilities, ages 4 to 20+.

For more information, visit our website at [www.varietyyontario/village/camp.htm](http://www.varietyyontario/village/camp.htm); contact **Ben** at 416-699-7167 ext. 254 or [bscholes@varietyvillage.on.ca](mailto:bscholes@varietyvillage.on.ca)

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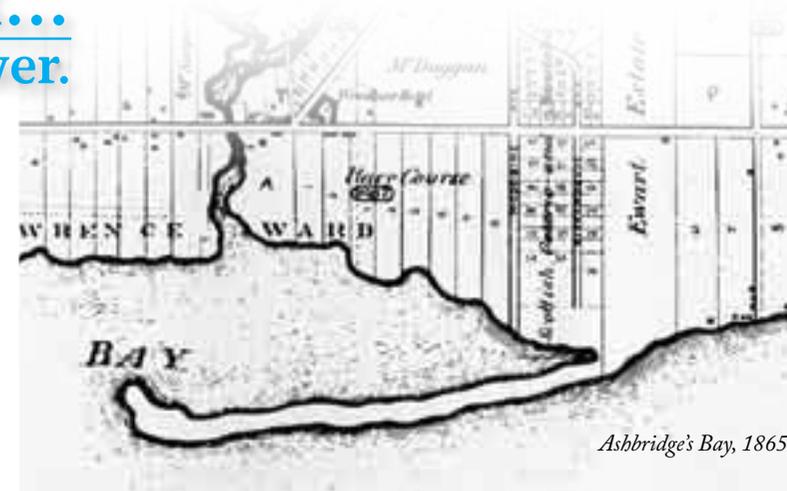


## You Ask... Answer.



### Winner of...

February's question is  
Gerry Ouderkirk.



*Ashbridge's Bay, 1865*

"The answer to this issue's question, "Is it true that Beaches was once connected to the Toronto Island?" is yes, if you consider the Beaches to be a part of the larger peninsula. A storm in 1853 breached the sandbar creating an island, but on April 13, 1858 a storm breached the low sandbar at the eastern end of Toronto peninsula, carrying away trees, a hotel, a wharf, and the out buildings of the Quinn and Herson families, opening a 1,500 foot gap between the peninsula and the mainland; creating the Toronto Islands. On May 31st the schooners Highland Chief of Frenchman's Bay, and Eliza of Toronto, drawing five feet of water, became the first ships to pass through the newly created Eastern Gap."

– Gerry Ouderkirk

Also, a special thanks to April Fairley and Sonja Mooney-Childs and Roger Black for their in-depth answers.

### This issue's question:



I've been living in the Beaches for three years and I would like to know when and why did the original Woodbine Racetrack cease to exist?

– Sandra W. H.

### Do you know the answer?

You could **win movie passes for two to the Fox Theatre**. Send in your answer by May 1.

**Do you have a question of your own? Send it in!** If we feature it in *Beaches|life* you will receive a movie pass for two to the Fox Theatre.

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# Biz talk

## HST TIPS for you & your business

In this already busy tax season, it is hard to believe that the Ontario new unified tax system, Harmonized Sales Tax (HST) is just around the corner. On July 1st, 2010 the HST will replace the Ontario Retail Sales Tax (RST) and combine with the federal Goods and Services Tax (GST).

### Business invoicing requirements

The provincial portion of the HST will be 8% and the federal portion will be 5%, for a combined HST rate of 13%.

GST/HST registrants will need to let customers know if HST is being applied to their purchases.

The disclosure and invoicing requirements for the HST for Ontario will follow the existing rules for the GST/HST.

The Canada Revenue Agency has a number of publications that discuss disclosure and invoicing requirements. Please visit the Canada Revenue Agency's website at [cra-arc.gc.ca](http://cra-arc.gc.ca). These publications include:

- GST/HST Memoranda Series 15.1: General Requirements for Books and Records
- RC4022 General Information for GST/HST Registrants
- GST/HST Memoranda Series 13.4: Rebates for Printed Books, Audio Recordings of Printed Books, and Printed Versions of Religious Scriptures

For more information on the introduction of the HST in Ontario:

- [ontario.ca/taxchange](http://ontario.ca/taxchange)
- [cra.gc.ca/harmonization](http://cra.gc.ca/harmonization)
- Ontario Budget hotline 1-800-337-7222 or 1-800-263-7776 for teletypewriter (TTY)
- Canada Revenue Agency 1-800-959-5525

### Rebates & exemptions for consumers

The HST will not be charged on the following items that are currently not subject to PST:

- Basic groceries
- Prescription drugs
- Certain medical devices
- Child care
- Residential rents
- Municipal public transit
- Most health and education services
- Legal aid
- Most financial services
- Tutoring
- Music lessons

Consumers will not have to pay the provincial portion of the HST for:

- Qualifying prepared food and beverages sold for \$4 or less
- Print newspapers
- Children's clothing and footwear
- Children's car seats and car booster seats
- Diapers
- Feminine hygiene products
- Books (including audio books)
- 83% of consumer purchases already are subject to 13% sales tax.
- Buyers of new homes will receive a rebate of up to \$24,000 regardless of the price of the new home.
- Buyers of new residential rental properties will receive a similar rebate
- The HST will not apply to purchases of resale homes.

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# Camps – time of your child's life!



With March break behind us, it is hard to believe that in less than 2 months another school year will come to an end. This passage of time is cause for celebration to school aged children everywhere. And many parents wonder what would be the best way for their child to spend their summer holidays.

For over a century, camp has been the tried, tested and true summer staple. Camps offer a child fantastic opportunities to play freely in nature with other children. As well, it is a chance to learn life-affirming skills. The camp experience also builds a child's confidence and independence through the promotion of community, while preparing them for later stages in life.



## Finding the right camp

There is a camp out there for every child, however not every camp is right for every child. A thorough investigation with your son or daughter's interests and skills in mind could be a good place to start. Additionally, if your child is having difficulties with their school studies supplementary education centres such as Sylvan and Kumon which focus on math and reading skills are a good resource. Your child's teacher could also be of assistance in pointing you to the right summer program.

## Consider the age of your child and their personality type

For children under the age of ten, a day camp, where they can come home and gradually ease into the camp experience may be an option. Older and more socially confident children tend to be more comfortable with sleepover camps that can last for a month and/or even the entire summer.

## Does your child love sports or are they an artistic type?

Maybe you have a future Olympian on your hands or just a child with energy to spare. There are several sport specific camps ranging from tennis to soccer to horseback riding. These camps are designed to help your child excel in their chosen sport or just acquire a taste for a new one.

For an artistic child consider enrolling them in an arts camp that will foster their creative talents in visual and performing arts, film or science.

continues on page 18...

# SummerArts

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...continued from page 17

## Paying for it all

Camps are available at every price point. Prices for residential camps range anywhere from \$200 to \$1,000 a week and day camps from \$25 to \$100.

There are many funds available to assist parents demonstrating financial need.

For further funding information please visit the following:

- Taylor Statten Camping Bursary Fund: [tscbf.com](http://tscbf.com)
- Ontario Camps Association (OCA) Bursary and Subsidy Programs: [ontariocamps.ca/parents/bursary\\_subsidy.html](http://ontariocamps.ca/parents/bursary_subsidy.html)
- The City of Toronto's Welcome Policy ensures access to municipal recreation programs: [toronto.ca/parks/welcome\\_policy.htm](http://toronto.ca/parks/welcome_policy.htm)

Regardless of the type of camp or length of stay, you can give your child an experience filled with memories that will last for a lifetime.



If you are familiar with the menu and atmosphere of the original Le Papillon, you can understand why they have followers from as far away as Pickering and Burlington. After a 33-year partnership, the original owners of Le Papillon in downtown Toronto parted ways two years ago.

When Danielle and Paul Bigué were searching for a new location for their restaurant, they wanted to be a part of a strong community. Fate lead them to the house on 1001 Eastern Avenue. When they first walked through the house, they noticed that the previous owner, who was from Dorval, Quebec had left posters and artifacts – one being a sign that said “Montreal.” That and the fact that Leslieville has the largest francophone population in Toronto sealed the deal.

Danielle and Paul, recall their opening night last November, “At first, we were a little overwhelmed. There were 85 people on the first night! It wasn’t odd to find 12 to 15 people waiting at the bar in the second week after opening.” The Beaches, Leslieville and Riverdale

communities are definitely giving Le Papillon on the Park a lot of love.

When you enter the restaurant, you’d think that you are entering a trendy New York hot spot with a traditional Quebecois twist. The blue and white gingham tablecloth runners that add an homage to the past. Since they moved in, they added a second level to the house and extended the patio. Downstairs, the restaurant can comfortably seat 100 people and the patio can accommodate 136 and provides a great view of the lake.

Warm sumptuous crepes and onion soup continue to be a hit here. In contrast, Danielle would like to bust the myth that all Quebecois food is heavy. She’s done this by creating a Spring/Summer menu that is more seasonal and incorporates some lighter meal items. The chef has also introduced a locavore friendly menu, which includes delicious organic omelletes. Going forward, they will be using a lot of seasonal, local fresh fruits and vegetables because they believe it’s important to use the freshest, highest quality ingredients.

Danielle and Paul have made this a family affair with their young son Stéphane, a Business School grad. Stéphane has brought in new fresh ideas and has made it his mission to introduce the next generation of customers to the Le Papillon on the Park experience.

Recently, an episode of “Chef Worthy”, as seen on the W network, was filmed at the restaurant. Fingers crossed, word will spread like a wildfire amongst the neighbouring film/TV types and they too will become lunchtime regulars. In the meantime, the Bigués are very excited about the future and look forward to growing with the community.

A new family just moved into the neighbourhood and they would love to have you join them for lunch, brunch and dinner!

Le Papillon on the Park  
1001 Eastern Ave.  
416-649-1001  
[lepapillonpark.com](http://lepapillonpark.com)

## Beaches 3<sup>rd</sup> Annual Kids Program Open House Wrap-up



Visit [beachesliving.ca/kids](http://beachesliving.ca/kids) to view event photos.

Beaches Living would like to thank all the exhibitors, sponsors and visitors who made the 3rd Annual Beaches Kids Program Open House a huge success.

Here are just some of the comments from the some of our visitors:

“Helpful and friendly folks”; “Informative”; “Wonderful source of information”;  
“As new parents, we had lots of questions and found lots of info here.”

Thanks to our event sponsors:



Event hosted by:



Event date  
for next year  
February 19, 2011



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# Food talk

## Not all Olive Oils are equal

Olive oil has been used as part of our diets for more than 5,000 years. The ancient Greeks as well as modern researchers have indicated that olive oil is beneficial to health and that we should definitely include it in our diet. But, not all olives oils are alike...

Extra virgin olive oil is pure, without additives. It is prized highly because of its fruity taste, the lowest acid content and the highest content of vitamins and nutrients. **Use for salads and dipping.**

Virgin olive oil also is produced without refining, tastes less mild than extra virgin olive oil has a low acid content. **Use for salads and dipping, or cooking.**

"Regular" or pure olive oil is a blend of virgin olive oil and refined olive oil. Meaning heat and chemicals have been used to extract the flavour. Refined olive oil has very little vitamin E content.

**Use for cooking only.**

### Lite Olive Oil

has the same calorie count as all olive oils. They are called light because they contain light tasting oils.



## Olive Oil Facts

- 10 pounds of olives are needed to produce 1 litre of oil.
- Olives and olive oil have been treasured for over 6,000 years.
- Olive trees are among the oldest known cultivated trees in the world, grown before the written language was invented.
- Olive oil is rich in monounsaturated fat, which has excellent health benefits.
- Olive oil (Extra Virgin and Virgin) is so good for us because it's high in monounsaturated fat, vitamin E, and antioxidants.
- Olive oil is known for lowering bad cholesterol and blood pressure, protecting against colon, breast and skin cancers and reducing the incidence of gallstones.
- 80% olive oil comes from Spain, Italy and Greece, 20% from France and California.

Men & Women

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# Health talk

## Homemade Natural Cleaning Products



A lot of our everyday cleaning products are harsh, abrasive and potentially dangerous to your environment, home and family – not to mention, they can be very expensive. Why not use homemade, all-natural products instead? Here are some easy-to-make and effective homemade cleaning products.

**Lemons** – The high content of Vitamin C in lemons makes them an effective skin care aid. And its low pH makes it a great active ingredient in natural cleaning products. Their acidic juices give them antibacterial and antiseptic properties and they can be used as a natural bleaching agent.

**White Vinegar** – White vinegar is great for cleaning. It is mildly acidic and disinfects. It removes calcium deposits (found in your humidifier), grease stains and hard surfaces such as counter tops and glass.

### Homemade Recipes

#### Dusting Spray

1 teaspoon of olive oil  
½ cup of white vinegar

- Combine and store in a squirt bottle or jar
- Apply a small amount to a soft cloth for use on your wooden furniture

#### All Purpose Cleaner

Lemon juice  
Vinegar or baking soda

- Mix lemon juice with vinegar or baking soda
- Apply to cloth and wipe

#### Glass/Hard Surface Cleaner

½ cup of white vinegar  
1 gallon of water

- Soak cloth, ring out slightly and use on your surface
- Dry with a clean towel



## my Secret Beaches Spot

I always enjoy coming to this Secret Beaches Spot, to have a good look and a chuckle. There is nothing else in the area to match it. I never quite know how things will appear, but it is fun and usually beautiful. I'm glad this was set up here because it's pleasant and entertaining. It also gives me a different perspective on the scenery!

– Christina Choma

## answer to win

If you can tell us where the Secret Beaches Spot photo was taken, you could **win movie passes for two to the Fox Theatre**. Three winners will be chosen. Send in your answer by May 1, 2010. Email your answer to: [info@beachesliving.ca](mailto:info@beachesliving.ca)

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for a complete list of participating businesses.

Purchase passes online at [BeachesLiving.ca/entpass](http://BeachesLiving.ca/entpass).



## Congratulations to...

February's Secret Beaches Spot winners: Blanche Mitchell, Jacqueline Reeves and Carolyann Parsons. They knew that the bench is located on Southwood.

**Last issue's Secret Spot is no secret. It was one of the most popular answers we have received.**

*"The location for February/March My Secret Beaches Spot is on Southwood Drive. I have walked past this spot many times and agree it is such a friendly gesture as Southwood is very steep at that point."* – Blanche Mitchell

*"Hi there. Yes I know where that bench is. It is located on Southwood, on the west side just north of Norway. I have walked that hill many times often pushing a stroller and always thought it was such a thoughtful gesture. Thanks."* – Sharon McLaughlin

## win your secret Beaches spot

Send us a photo of your Secret Beaches Spot and a brief description. If we feature it in BeachesLife you will receive a movie pass for two to the Fox Theatre. Email us at: [info@beachesliving.ca](mailto:info@beachesliving.ca)

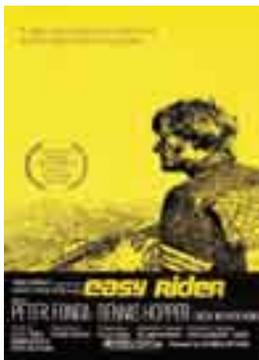
# PACK YOUR BAGS FOR THESE 10 TRAVELLING MOVIES



As the weather starts getting nicer, we begin to plan our summer vacations. These ten movies may give you some destination ideas for fun adventures you may want to take this summer. No matter where you end up, remember, "there's no place like home".

**The Wizard of Oz** (1939)  
Dir. Victor Fleming; Judy Garland, Ray Bolger, Bert Lahr, Jack Haley

**Almost Famous** (2000)  
Dir. Cameron Crowe; Billy Crudup, Frances McDormand, Kate Hudson



**Easy Rider** (1969)  
Dir. Dennis Hopper; Peter Fonda, Dennis Hopper

**Under the Tuscan Sun** (2003) Dir. Audrey Wells; Diane Lane



**Shirley Valentine** (1989)  
Dir. Lewis Gilbert; Pauline Collins, Tom Conti

**The Motorcycle Diaries** (2004) Dir. Walter Salles; Gael García Bernal, Rodrigo de la Serna

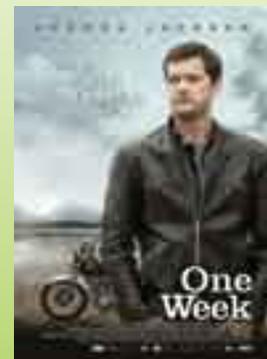
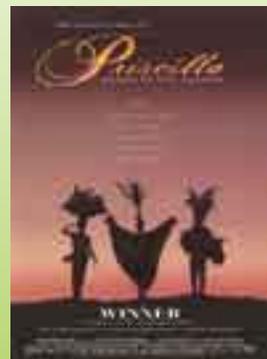
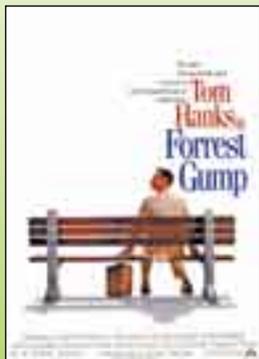


**Forrest Gump** (1994)  
Dir. Robert Zemeckis; Tom Hanks, Robin Wright Penn, Gary Sinise, Sally Field

**Into the Wild** (2007)  
Dir. Sean Penn; Emile Hirsch, William Hurt, Hal Holbrook

**The Adventures of Priscilla, Queen of the Desert** (1994)  
Dir. Stephan Elliott; Hugo Weaving, Guy Pearce, Terence Stamp

**One Week** (2008)  
Dir. Michael McGowan; Joshua Jackson



If you have been in the same place for more than three years, you are guaranteed to have some or a lot of things that you no longer need, or have even been forgotten somewhere in your house, basement or closets. For the things you have kept for many years for sentimental reasons, is it time to let them go? They might have served their purpose, and it is time to move on.

*Making room for that fresh Spring Air*  
**Getting rid of your junk – Responsibly!**

## Unwanted Medications

Gather them in their original containers and drop them off at a City Household Hazardous Waste Depot. If you have more than 10 litres of material, you can call the Toxics Taxi at **416-392-4330** to arrange for free pick-up. Another option is to ask at your local pharmacy if there is a medication take-back program.

For more information on household hazardous waste visit: [toronto.ca/hhw](http://toronto.ca/hhw).

## Empty propane and other compressed gas cylinders

They are household hazardous waste and should be disposed of safely. Call the Hazardous Waste Hotline at **416-392-4330**.



## Community Environment Day Beaches, East York

**Saturday, June 5, 10 am to 2 pm**

Woodbine Park, Parking Lot  
1675 Lake Shore Blvd. (at Coxwell Ave.)

You can bring your household hazardous waste to the event for safe disposal. You can also take home some environmentally friendly tools, bins and free leaf compost for your garden. Also bring non-perishable food and re-usable goods for charities and non-profit organizations for re-distribution throughout the city.

For a detailed list of items that you can bring to the event, and for schedules in other areas, visit: [toronto.ca/environment\\_days](http://toronto.ca/environment_days)



**SANDRA BUSSIN**  
CITY COUNCILLOR  
BEACHES-EAST YORK WARD 32

See Councillor Sandra Bussin at the City of Toronto's Annual Beaches-East York, Ward 32  
**Environment Day**  
Saturday June 5, 2010 10:00 AM to 2:00 PM

Woodbine Beach Park  
1675 Lake Shore Blvd. E. (at Coxwell Ave.)

# Healthy Non-Toxic Lawn & Garden

Using pesticides on our lawns and gardens is unnecessary and harms our environment and the health of our families and pets.

As kids grow, their small bodies are more sensitive to the effects of pesticides. As well, since they spend a lot of time playing outdoors, they have a greater chance of coming into contact with harmful pesticides.

This ban replaces any municipal bylaws and makes it the same across the province. Some exceptions to the ban do exist for health or safety reasons – such as removing poison ivy or controlling mosquitoes to prevent West Nile Virus.

You can help protect the environment by properly disposing your leftover pesticides. Never put pesticides in the garbage and never pour them down the drain where they could affect our drinking water and kill aquatic life.

To find out where you can drop off your pesticides, visit [dowhatyoucan.ca](http://dowhatyoucan.ca).

## Tips for Healthy Lawns

Having a green and healthy lawn takes a bit more planning, but it's worth the effort. Try these steps to maintain your lawn...naturally! Here are a few tips to get you lawn growing:

**Aerate:** removing plugs of dirt from the lawn so that air, water and nutrients can reach the roots.

**Overseed:** keep your lawn thick and healthy by adding grass seed in the early spring and late fall.

**Mow smarter:** Cut your grass less often. Keeping the lawn between 6 and 8 cm high blocks out the light weeds need to germinate.

**Feed it naturally:** leave your lawn clippings on the lawn after you mow – they make an ideal fertilizer.

**Apply natural fertilizer.** Don't over-fertilize. It is best to use organic products such as finished compost and grass clippings that can be applied throughout the growing season.

**Water wisely:** your lawn needs only 2.5 cm of water a week. Water deeply and infrequently to promote deep roots. It is best to water in the morning.

**Rake:** Rake in the early spring to remove the dead grass, or thatch, that has built up.

## Tips for Healthy Gardens

Whether you are planting flowers that bloom one season (annuals), plants that return every year (perennials) or vegetables, you can get strong and healthy plants without using pesticides. Here are some handy tips to grow a pesticide-free garden:

**Mulching:** Add mulch to your garden beds and around plants. Wood and compost mulches slowly break down and feed the soil.

**Cleaning up:** Pests thrive on and under old decaying material so clear dead or diseased material away.

**Selecting the right plants:** Know your climate zone and choose plants that suit the conditions.

**Group plants according to water needs:** Water new or young plants first, water less drought-tolerant areas next. On slopes, place drought-tolerant plants higher than those that need more water.

**Encourage natural predators:** Flowers attract bees and butterflies to pollinate your garden. Encourage natural predators like bats, toads, and birds by building bird feeders, bat-houses and installing bird baths.

**Vegetable gardens:** Don't replant the same variety of vegetable in the same place two years in a row. Space plants apart to make sure they have lots of air circulation.

**Amend the soil:** Healthy plants need healthy soil. Be sure to add compost to your garden every fall and turn it into the beds in the spring.

Source: [additupontario.ca](http://additupontario.ca)



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## coming, going and on the move

### Welcome new neighbours

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All in 1 Cleaning Depot – 2483 Queen St. E.  
Brighter Smile on Queen – 1588 Queen St. E.  
CIBC – 1852 Queen St. E.  
Crepe and Funnel Cake – 2199 Queen St. E.  
Frankly Eatery – 1118 Queen St. E.  
Ki Pilates Fitness Studio – 1928 Gerrard St. E.  
Kimberley Jackson – 700 Queen St. E.  
macFAB – 755 Queen St. E.  
Naval Club of Toronto – 1910 Kingston Rd.  
Shakshuka Restaurant – 2214 Queen St. E.  
Tofino Espresso Bar - 1948 Queen St. E.  
Toni Tails – 2457 Queen St. E.  
Viccino Pizza - 1919 Queen St. E.  
Yoga Yoga East – 2495 Queen St. E.

### Changing hands

Hudson Blooms is now Frolic Fresh Flower Market – 2230 Queen St.

### On the move

Better Beginnings Nursery School – 1208 Kingston Rd.  
Guff – Moving to 1142 Queen St. E.  
Kids on the Hip – Moving to 969 Queen St. E.

### Thank you and best wishes

Akane Ya – 2214 Queen St. E.  
Beach Plaza Variety – 2244 Queen St. E.  
Blu Salon – 948 Queen St. E.  
Elliot & Ward – 690A Queen St. E.  
Frescos & Company – 1015 Lake Shore Blvd. E.  
I Press It – 161 Main St.  
Oh What Fun! – 910 Kingston Rd.  
Winkel – 1107 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. We will add you to the list in our next Beaches|life magazine. Contact us at: [info@beachesliving.ca](mailto:info@beachesliving.ca) or 416-690-4269.



## Organic gardens for small spaces

Imagine this summer you can picking your own tomatoes, peas or your favorite herbs from your backyard, patio or balcony, and adding them to your salads or sauces. They are easy to grow and take very little space and time. Start your urban organic garden with these three popular plants.

### TOMATOES

Tomatoes are easily grown in containers, yielding a large crop from just one or two plants. You can grow them in hanging baskets, planters and window or deck railing boxes – and they are decorative as well.

Young plants from nurseries are your best and easiest choice. Most types need warm night temperatures in order to flower and set fruit (23°C or higher).

For small container spaces, smaller tomatoes such as grape, cherry, or even roma, can be successfully grown, as the fruit is small enough that it won't break the branches as they ripen.

#### Water & Good Food:

You should water weekly and never allow your tomatoes to completely dry out. Water your plants less as the fruit ripens – tomatoes watered too much will taste watery.

Use a well-balanced fertilizer every two weeks throughout the growing season. Composted tea or manure are wonderful for tomatoes.



### PEAS



Peas grow quickly and don't need much attention. They need full sunlight and moist soil. Peas prefer cool conditions, so plant them early in the season. When it gets too warm, they stop producing. Once they've stopped, you can pull them up and start another vegetable in the same container.

Peas that suit container gardens include Sugar Snap, English Pea, Little Marvel, Early Frosty, Snow and Oregon Sugar Pod.

#### Planting your peas:

Fill a large container with good drainage with potting soil. If your potting soil doesn't have fertilizer, mix some in. Pat the soil down gently so that it is flat.

Sprinkle peas generously and evenly onto surface of soil. Press them onto the surface of the soil. Then cover with an additional one to two inches of soil.

Water deeply and evenly and keep the soil moist but not wet and be sure that your peas get full sun.

*continues on page 30...*



Imagine that a brisk trip up a flight of stairs is the pathway to success. That is what one will find when they enroll in one of the many programs at the Sylvan Learning Centre. Sylvan is the leading provider of tutoring and supplemental education services in North America. The centre offers an array of programs for students from 4 years of age to adult. The centre was established in the Beaches during the mid 1990s and continues to provide quality instruction.

When Jennifer Hill, Director of the Sylvan Learning Centre, described how she has personally witnessed the transformation of hundreds of students, her eyes light up. The passionate educator holds a Masters degree in Education and is a certified English as a Second Language teacher. She radiates as she discusses the achievements of the students who have received assistance at the centre, "It is a privilege to be a positive influence on a child's life."

Parents send their kids to the centre so they can catch up or get ahead in

school. Whatever the goal, Jennifer and her staff of board certified educators are on hand to make sure your child excels. The purpose of Sylvan is not to get your child straight A's on their report card, although in many cases that is the result, however, it is to relieve the anxiety associated with schoolwork and to provide children with the skills needed to succeed in life.

The team at Sylvan will first conduct an assessment of your child to identify what their learning style is and will focus on study skills, reading, writing and math. Programs usually include the input of both the child's parents and their teacher. The centre will follow the Toronto District School Board's curriculum, if that is the requirement, and the centre is also able to provide support in the French language.

The tutoring structure is child driven and has a teacher to student ratio ranging from 1-to-3 to 1-to-1. Depending on individual needs, a program can be 1 day to 6 months. Following the "no child shall be

left behind" motto, Sylvan also offers an after school Study Hall program – a supervised homework hall where kids can study in a quiet, supported environment for \$25.

In addition, the centre offers online resource tools for math and reading that children can complete at home. These downloadable and interactive lessons are available free of charge to registered students.

Studies have shown that children tend to lose their learning retention over the summer vacation. It is for this reason that Sylvan offers a summer program to students so that they don't lose the skills they acquired over the school year. It also preps them for the year ahead.

Pack your bags and prepare to take the flight up the stairway towards academic and personal success with Sylvan.

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**CAUTION.** Don't delete that email – your calendar will not be able to retrieve the original message.

**What's for Dinner Tonight?**  
Beaches Online Menus @  
[beachesliving.ca/menus](http://beachesliving.ca/menus)

I need food for tonight!  
Where can I find someone to cater for me?

Don't take any chances - check out the take-out menus online at [beachesliving.ca](http://beachesliving.ca)

Complete menus for take-out, delivery & catering from local restaurants.



*continued from page 29....*

Most peas are climbers so you will need some type of trellis. You can use branches and stick them into the soil or tied bamboo stakes in a teepee shape. As your peas start to grow, you may have to help get them started climbing on your trellis.

Harvest peas as they ripen. For the best tasting peas:

- sugar snaps—harvest them when they are young
- English peas—wait until the pods swell, so the peas are big and juicy.
- Snow peas—pick before they get too large.

## HERBS

Growing herbs in containers is easy and they can be moved to a warmer area or into the shade. When they are right at your reach, you will use them more in your daily diet.

Mint, sage, rosemary, basil, parsley, chives, French tarragon and thyme all grow well in containers.

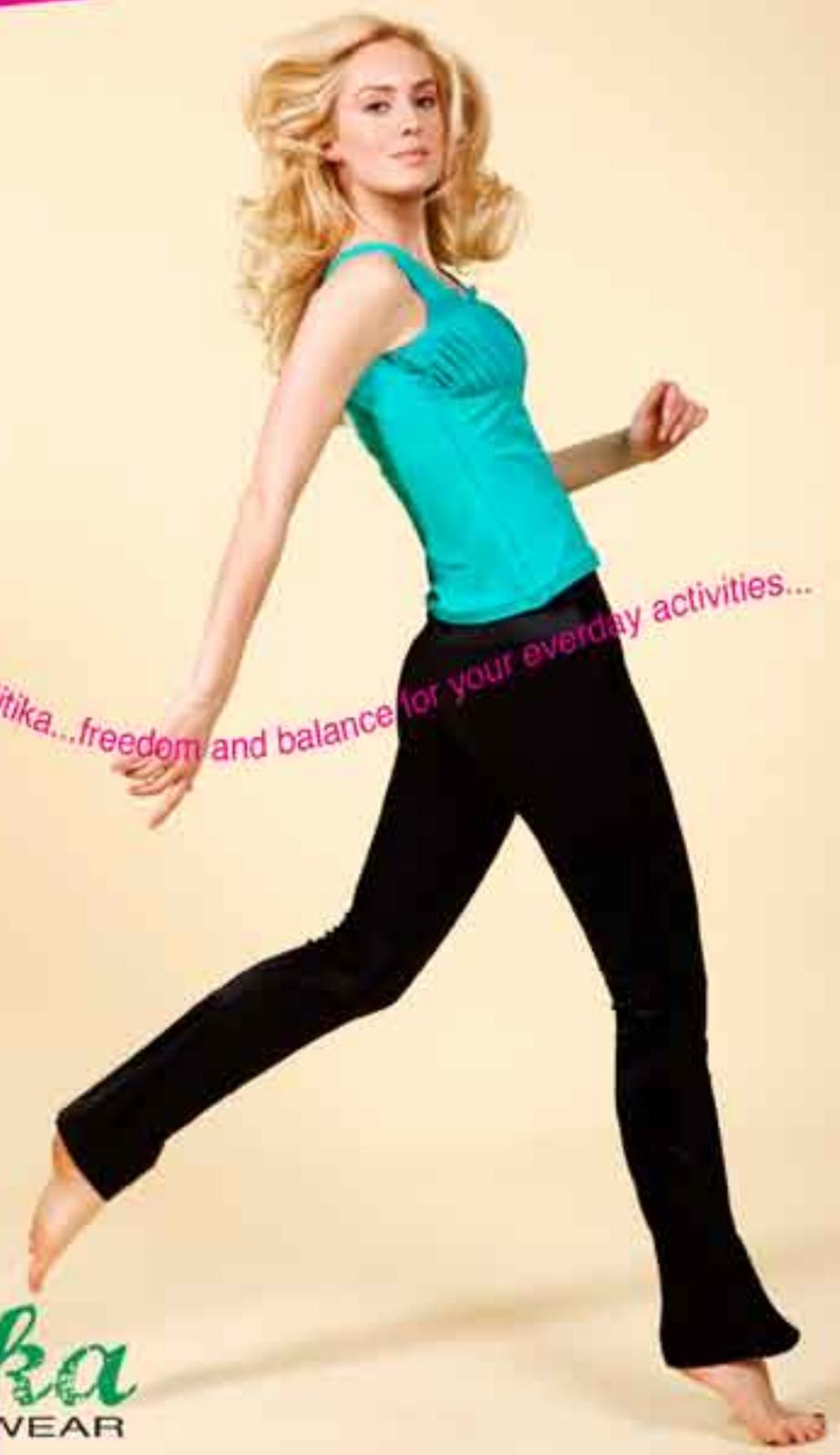
Some herbs will continue growing throughout the year. Maintain them by removing long stems or flowers during the winter months. If they start to go scraggly, divide them up and re-pot them to make additional plants.

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