Hot guys... cool job!

Visit Toronto’s Grand Ol’ Lady
Get trendy this Fall
Vacation, vacation, vacation...
**Spa Packages**

These Are The Gifts to Pamper that Someone Special or to Treat Yourself. You deserve a day of Personalized Pampering. Both men and women will benefit from these Spectacular Treatments. Experience a Sensational Massage. Enjoy all of the Hydrotherapy and Aroma Sauna Facilities. Indulge in a Detoxifying Seaweed Wrap, a Tantalizing Salt Scrub that smoothens and firms the body and Delight in a Luxurious European Facial that pampers the skin. A Perfect Manicure and Pedicure and a Dazzling Hair Cut and Style complete a perfect day.

---

### Spa Packages

- **Ultimate Spa Day**
  - Time: 8 hrs
  - Rate: $370

- **Luxurious Spa Day**
  - Time: 6.5 hrs
  - Rate: $300

- **Spa For Two**
  - Time: 2 hrs x 2
  - Rate: $224

- **Totto Spa Day**
  - Time: 4.5 hrs
  - Rate: $230

- **Beauty Selection**
  - Time: 4.5 hrs
  - Rate: $215

- **Spa For Men**
  - Time: 4.5 hrs
  - Rate: $255

- **Year At The Spa**
  - Time: 4.5 hrs x 12
  - Rate: $2,500

**Choose any of the above services**

---

### Massage RMT

<table>
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<th>Service</th>
<th>Half Hour</th>
<th>One Hour</th>
<th>One and Half Hour</th>
<th>Two Hours</th>
<th>Hot Stone</th>
<th>Ultimate Stress Relief</th>
<th>Back Massage</th>
<th>Oil Free Detox Body Massage</th>
<th>Aromatherapy Massage</th>
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### Haircuts

**Hair Cuts**

- **Director** $100
- **Senoir Stylist** $55
- **Stylist** $50
- **Children** $20 to $55
- **Wash/Style** $30
- **Updo** $55

**Colour**

- **Single Process** $50
- **Double Process** $95
- **Color Shines** $45
- **2nd Toner** $40
- **Foil Hi Lites** $40
- **Partial Hi Lites** $70
- **Lash Tinting** $25
- **Brow Tinting** $25

**Perms**

- **Regular Perm** $60
- **Spiral Perm** $120
- **Hair Relaxing** $90
- **Deep Condition** $25
- **Updo** $55

**Make Up**

- **Make Up Application** $55
- **Express Make up** $55
- **Bridal Make up** $45
- **Totto Makeover** $65
- **Face, hair cut, color or partial hilites, pedicure & manicure** $185
- **Rejuvenating Combo** $125

---

### Hand & Foot

- **Pedicure** $39
- **Parafin** $45
- **Manicure** $45
- **French** $25
- **Parafin** $30
- **Gel Nail Refill** $25
- **Polish Removal/Manicure** $45

---

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- Visit tottospa.com for more detailed information about our services.
- Book online: go to www.tottospa.com, register using your email address along with your password then make your package selection.
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---

**Spa Treatments**

- Include Use Of Vichy Shower
- Thalasso Seaweed Wrap $95
- Hydro Active Salt Scrub $70
- Body Fiming Treatment $85
- Body Hydro Pack $85
- Spray Tanning Body $80
- Hair cut, color or partial hilites, pedicure & manicure $185
- Brazilian $55
- Tonique $50
- Body Hydro Pack $75
- Collagen $25
- Elastin $25
- Acne $25
- Neck $25
- Chest $25
- Back $25
- Non-Surgical Facelift $85
- Package of 8 $600
- Dermoabrasion Facial $135
- Package of 8 $900
- Hand Treatment $80
- Breast Firming Treatment $80
- Aromatherapy Facial $85
- Stretch-Mark Treatment $120
- Package of 8 $750
- Green Peel Initial Treatment $700

---

**Hand & Foot**

- Pedicure $39
- Parafin $45
- Manicure $45
- French $25
- Parafin $30
- Gel Nail Refill $25
- Gel Nail Removal/Manicure $45

---

**Make Up/Make Over**

- Make Up Application $55
- Express Make up $55
- Bridal Make up $45
- Totto Makeover $65
- European facial, hair cut, color or partial hilites, pedicure & manicure $185
- Rejuvenating Combo $125

---

**BOOK ONLINE & BUY ONLINE**

- Visit tottospa.com for more detailed information about our services.
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- Call for Services 416-691-9116 toll free 1-888-698-8988, 2271 Queen St. E.
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20 Let’s beach! was a great fun event

21 my tech Saving time with Auto Fill Online Forms

22 Biz talk Vacation, vacation, vacation

Beaches Living Guide Fall/Winter 09/10 is on its way!
Call us today at 416-690-4269 or email info@beachesliving.ca

On the Cover
Hot guys... cool job!
Getting insight from the firefighters from station 226

Visit Toronto’s Grand Ol’ Lady
Get trendy this Fall
my Secret Beaches Spot
Old School Knowledge in a Modern Digital Shop

Hot guys... cool job!

For advertising call 416-690-4269, info@beachesliving.ca

October/November 2009 issue deadline September 15, 2009

It’s rewarding to help others. Plus people are very appreciative. And every day, every call, is different.

The historic fire station at Main and Gerrard houses 40 local heroes. Beaches|life sat down with Station 226’s Crew A, Captains Gary and Ken, and frremen Clay, Bill, Tony, Tom and Mark (alias, “the Rooster”). Bill (second from right) and Mark (third from left) grew up in the Beaches. Bill has been at this station for over 18 years.

The 40 firefighters are divided into four teams of 10, referred to as Crew A, B, C and D. Each Crew is on duty for 24 hours at a time, with a total of 48 hours per week. The station has two trucks, an aerial (ladder truck) and a pumper.

“This station is twice as big as many other fire stations in Toronto, and our guys are twice as good looking.”

Firefighters respond to most 911 calls, and are usually the first to arrive. When an emergency call is received it takes four minutes for a crew to get there. “The men stop anything that they are doing, get dressed and are ready to go in 70 seconds (and yes, they use the pole to slide downstairs).

During that consecutive 24-hour shift, twice a week, week after week, year after year, your crew is your family. They take care of each other like brothers. Everyone takes turn with household responsibilities, from grocery shopping to cooking three meals a day and cleaning up the station.

Healthy lifestyle is a top priority for the fire fighters. They ensure their daily meals are hearty and well-balanced. “We have fresh salad every day,” Bill and Russ are notable chefs, and share favourite recipes with other stations. To help stay physically fit, the guys exercise daily at their gym in the station. Many firefighters participate at the annual World Police & Fire Games, held in Vancouver this year.

...continues on page 6
Firemen are active volunteers in the community. Along with visiting local schools and giving tours of the fire hall, they also educate kids and visitors about fire safety.

In their spare time they play in organized hockey and golf leagues with the same crews from other stations, because they share the same work schedule. Tom coaches girls rep hockey, Gary teaches karate, Bill helps organize the Firefighters Hockey League that plays at Tim Reeve Arena.

Firefighters are always aware of the risk of their job. A particular experience that sticks in their mind was last year’s explosion on Second Avenue. “That’s when you realize how close you are to each other, it’s like being brothers.”

When asked what they like most about their work, they replied: “It’s rewarding to help others. Plus people are very appreciative. And every day, every call, is different.”

Fire Safety Tips

• Working smoke alarms will provide you with the early warning you need to escape a fire. Install them and make sure the batteries are replaced at least once a year.

• Install carbon monoxide alarms near all sleeping areas.

• Stay in the kitchen while cooking, keep the stove area clear and keep a pot lid handy to “Put a Lid on It” if a fire starts in a pan.

• In case of fire, get out and call 911 immediately.

• Pull to the right and stop when you see emergency vehicle lights and hear sirens – every second counts.

• Blow out all candles before leaving the room or going to bed. Use sturdy holders and keep candles up and away from children and pets.

• Ensure cigarettes are stubbed out and empty only cold cigarette butts in the trash.

• Keep matches and lighters out of sight and out of reach of children.

• Use power bars with built-in circuit breakers, never use damaged cords and keep heaters away from things that can burn.

Source: toronto.ca/fire

Make sure they are working!
In 1878, the Provincial Agricultural Fair was held on what was to become Exhibition Place. This Provincial Fair moved each year to a different town or city, and in 1879, Ottawa was chosen as the host. In the same year the City of Toronto decided to hold its own annual fair, and the Canadian National Exhibition was born.

The CNE was first known as the Toronto Industrial Exhibition from 1879 to 1903. The name was informally changed to the Canadian National Exhibition in 1904 and then formally changed in 1912.

Exhibition Place covers 196.6 acres of land. During the CNE, when all parking areas are included, the size swells to 260 acres. The CNE first exhibited televisions in 1939 as part of an RCA display. For many Torontonians, this was their first glimpse of an invention that would revolutionize communications.

The CNE has served as a "Show Window of the Nation," introducing Canadians to advances in science, technology, agriculture and industry as well as the latest trends in the arts and entertainment.

Throughout its 130 history, Exhibition Place was only closed to the public from 1942 to 1947 when it was used as a year-round military camp.

The CNE has grown to be the largest annual fair in Canada and the fourth largest in North America attracting approximately 1.3 million visitors each year.

Reasons to visit the CNE:

- The Arts, Crafts and Hobbies Pavilion, always a favourite especially for grandma!
- The Food Building, where every year over one million people visit!
- The Air Show over Labour Day, one of the best shows in North America!
- Those CNE treats: Tiny Tim Donuts, corn dogs, curly fries and ice cream waffles.
- The madness of the midway!
- Watching the Ferris Wheels and rides light up at night.
- The Mardi Gras Parade daily at 6 PM.
- The International Air Show – celebrating 60 years!
- Sitting on the Bathurst streetcar after a long, fun day holding a stuffed toy prize and a bag of goodies.

Visit Toronto’s Grand Ol’ Lady

Let’s Go to the EX – August 21-September 7

The Canadian National Exhibition is an 18-day fair that takes place every August, concluding on Labour Day.

130 year History:

In 1878, the Provincial Agricultural Fair was held on what was to become Exhibition Place. This Provincial Fair moved each year to a different town or city, and in 1879, Ottawa was chosen as the host. In the same year the City of Toronto decided to hold its own annual fair, and the Canadian National Exhibition was born.

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- The International Air Show – celebrating 60 years!
- Sitting on the Bathurst streetcar after a long, fun day holding a stuffed toy prize and a bag of goodies.
Get trendy this Fall

Fashion experts say if your shoes and hair look good, then YOU look good. Check out the shoe trends for this fall!

• Boots, boots and more boots, from over the knee to ankle, and with heels ranging from stiletto, platform or wedge. Look especially elegant this fall by choosing a slim fitting boot with a rounded toe.

• Platforms and flats are back — say goodbye to pointy toe shoes.

• Choose thicker, wider heels and round toes.

• Patent, suede, and shades of bronze, rose and gold.

• Baller flats, especially with bows or trim.

• Fall 2009 colours: cream, grey, olive green, maroon, dark violet, deep red, cognac midnight blue, brown, black and white.

Get up to $150 Cash Back with Signature Series by Budget Blinds® Mail In Rebate!

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Conditions Apply
* Rebate applies to all Signature Series blinds & shades.
* Certain conditions apply. Call your local Budget Blinds franchisee for details. Both cash rebate & 30% offers valid until Sept. 30th, 2009.

Call today for your complimentary in-home consultation
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637 Kingston Road at Main St.
Casa Di Giorgio provides a casual-to-upscale dining experience for enjoying fresh pasta and various pizzas. The menu doesn’t end at that; it also boasts various appetizers, salads, veal, grilled fish, and meats.

1646 Queen St. E.  
(Next to the LCBO, across from Alliance Cinema)  
416-686-7066  
www.casadigiorgio.ca  

Free Parking! (at both locations)

It’s time for corn on the cob  
Many of us look forward to fresh Ontario corn on the cob. It’s sweet, crispy and oh so good with melted butter and a little salt and pepper. Unfortunately, we are also out of practise when it comes to cooking it – ending up overcooking and making it chewy.

Here is a sure way to boil the perfect cob:  
1. Fill a large stockpot halfway with unsalted water and bring to a rolling boil.  
2. Add corn on the cob to the boiling water.  
3. Let water return to a boil.  
4. Cover pot and immediately turn off heat.  
5. Let the covered pot sit undisturbed on the burner for 10 minutes.  
6. Remove the corn and serve hot with your choice of butter, margarine, salt, and/or other seasonings.

Tips when buying corn:  
• Be sure the corn is fresh. Leaves should be green and pliable. The silk should be dry, not soggy.  
• Avoid buying corn with husks removed. It’s probably old. The husk keeps it fresher.  
• Cook fresh corn within 24 hours of purchase.  
• Do not salt the water, it will toughen the corn.

Source: homecooking.about.com

Congratulations to...  
William Blyth, Elizabeth Brown and Hayley Thompson, the only three people who had the correct answer to June’s Secret Beaches Spot. It is located in a big lane way that runs just North of Cedar Avenue between Beech and Willow Avenues.

UPDATE: After the picture of this barn was published in the last issue, many admired this remaining piece of our local history, but some also noticed the graffiti on the wall. Community Centre 55’s Summer Graffiti Removal Project has since cleaned off the graffiti. Here are the before and after shots.

Food talk

Have Camera Will Travel  
Studio On Wheels  
Portraits for Actors, Models and Family  
Product Photography  
Photo Restorations  
Candid Shots for Corporate, Social, Weddings and Sporting Events.  

Barry Kohl - Photographer  
416-402-9864 or bkohl@sympatico.ca

Barry Kohl - Photographer  
416-402-9864 or bkohl@sympatico.ca

Dr. Jeff Margolian, Dentist  
WE WELCOME NEW PATIENTS  
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(the white house next to Kew Beach Park)  

Free custom take home teeth bleaching with custom trays and professional bleach for every new patient with new patient exam, cleaning and x-rays, value $350. Call for details.

Call Alex at 416 699-2914

Before After

Sometimes you just turn your head and are surprised by what you see. One day when I was taking a walk I couldn’t help to stop at this group of trees, their roots and the mood they created. I found it spectacular and very unique.

Louie N.
Answers to last issue’s Question

A reader wanted help to identify this animal. Many people have responded to their question with what this animal is – backing up their answer with personal experience and knowledge. What’s interesting is each answer is quite different from the other. We decided to publish some of the more common answers in this issue.

The photo in your Beaches|Life magazine is of a marten. Brian

I lived up north for 18 years and I know it’s an otter. It’s very rare to see them in Southern Ontario. Anonymous

We live near the Mississauga/Oakville border. I was in the Beaches on the weekend and picked up a copy of Beaches|Life. I saw your picture on page 15 and I am almost certain that it is a native, wild mink. We live just a few blocks from the lake. Our neighbour says they can be vicious. I don’t want anyone to think that they are tame - they definitely aren’t pets. Here is a picture taken by the lake. Nancy D.

It’s a ferret! If she sees it again, she should bring it in as they make great pets. They’re very affectionate. Amber M.

This week’s Question

Beaches|Life is often asked questions about the Beaches neighbourhood. Who better to answer them than you, our knowledgeable readers?

In each issue we will publish selected questions from our readers for you to answer. In the following issue, we will share the best answers.

This issue’s question is from Marie P.

In the east end of the Beaches, south of Kingston Road to the lake, I have noticed that almost all the streets are named after trees. I am new to this neighbourhood and wondered, if sometime in the past, were all these types of trees growing in this area?

Do you know the answer?

Do you have a question of your own?

Send it in!

Email info@beachesliving.ca or call 416-690-4269.

Old School Knowledge in a Modern Digital Shop...

Just ask Colin

Colin Pawlowski gives his print customers something most shops can’t provide – 37 years of experience in printing, “old school knowledge” in a modern digital print shop.

“I know the importance of deadlines”, Colin adds, “I give a fair price, quality work and good service.”

 Clients of The Anderson Press include many local businesses as well as customers from around the GTA. “They’re always pleased, and they always come back,” Colin says. Although he serves a variety of businesses and organizations, he’s developed a particular niche with real estate agents.

“Agents need short run digital printing with a fast turn-around”, he explains, noting that he does many feature sheets, flyers and postcards for agents, and pointing out the slogan on his promotional brochure that reads, “An Agent’s Dream Come True”.

“Plus, I don’t promise something I can’t do”, he adds modestly, although the shop is brimming with a wide assortment of print brochures, cards flyers, posters and leaflets.

Colin doesn’t want the business to get too big, and therefore, forget his customers. There seems to be no chance of that happening, especially with Colin’s watchful eye on every project that comes through the door.

“For my clients,” he explains, “I’ve been here so long I know each of their needs, what to watch for, exactly what they want.”

The shop promises 24-hour turn around, from the time a file is given the OK. Customers always have a chance to see a printer proof to ensure it’s what they are expecting.

A long-time Beaches resident himself, Colin is a strong supporter of two significant charities. The Anderson Press sponsors the Toronto Power Wheelchair Hockey League and one of its teams, STORM, as well as Birchmount Basketball.

Contact The Anderson Press at theandersonpress@gmail.com or call 416-466-9082.
Sleeping your way to good health

We all know that we feel better after a good night’s sleep. But researchers tell us that a good sleep is actually extremely good for our health, including preventing diseases. Those who sleep 7-9 hours a night have healthier hearts and sleep reduces inflammation. That’s good for us because inflammation creates more risk for heart-related conditions, as well as cancer and diabetes.

Sleep reduces stress (once we’re actually asleep!), but sleep also improves our memory and “short naps” have proven to actually make people smarter! (Einstein and Winston Churchill were both “nappers”).

Sleep fights depression, and believe it or not, sleep might help you lose weight because it is thought that the lack of sleep impacts the balance of hormones in the body that affect appetite.

Best of all, it is during sleep that the body repairs itself. Your cells produce more protein while you are sleeping. These protein molecules form the building blocks for cells, allowing them to repair damage – that means a healthier you and for older adults, fewer wrinkles!

7 tips for a good night sleep
Try one at a time and check the following morning to see if your sleep quality improves.

1. Go to bed the same time every night and rise at the same time each morning.
2. Strive for 7-8 hours of sleep every night—try going to bed earlier.
3. Declutter your bedroom. This calms your mind and environment.
4. Ban all electronics and work related items from your bedroom.
5. Discontinue all caffeine products by noon to allow this stimulant to be cleared from your system before bedtime.
6. Sleep in a pitch dark bedroom. Use a sleeping mask if light seepage cannot be eliminated.
7. Wear socks to bed, particularly if you are susceptible to cold feet and hands.

Tips are from Donene Lashbrook
www.besteversleep.com

Sleep like a baby.....

Welcome new neighbours
Absolute Café – 2100 Queen St. E.
Beach City Music – 2146 Queen St. E.
Brick Street Bakery –
1969 Queen St. E.
Ceili Cottage – 1301 Queen St. E.
Cream The Urban Dairy – 1298 Queen St. E.
Delina Restaurant – 1891 Queen St. E.
Essentia – 2180 Queen St. E.
I Press IT – 161 Main St.
Modern Tibet –
2116 Queen St. E., Unit A
Sarah’s Dry Cleaners – 932 Kingston Rd.
Swirl – 940½ Queen St. E.
The Zero Point – 1590 Queen St. E.

Tibetan Craft – 1971 Queen St. E.
Wild Earth Café & Bakery –
2142 Queen St. E.

On the move
A Touch of Love – 2276 Queen St. E.
Eye Spy – 388 Carlaw Ave., Suite 208
Solar Choice Technology Inc. –
458 Kingston Rd.
Cool Green & Shady –
601 Kingston Rd., Unit 105
TD Canada Trust – 2044 Queen St. E.

Re-openings
Ci Vediamo Ristorante –
1910 Queen St. E.

Changing Hands
Three Dog Bakery has changed to
Big Dog Bakery & Boutique –
2014 Queen St. E.

Thank you & best wishes
24-7 – 2305 Queen St. E.
Ups and Downs – 1852 Queen St. E.
Kimberley Jackson –
1854 Queen St. E.
Maxxam – 1852 Queen St. E.
Pachira Asian Cuisine –
1610 Queen St. E.
Second Cup – 2102 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 or 416-690-4269.

Specializing in GLUTEN-FREE BAKED GOODS
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Health talk
Check out the new businesses on the street!
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Everything Music Related.
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Toronto, ON M4E 1E3
T 416.690.2489

www.beachcitymusic.ca
Differentiate bad taste from the art of graffiti

It seems like today there is more and more bad graffiti (tags) throughout our neighbourhoods. It has become a major challenge to keep our communities clean and beautiful.

Negative Effects of Graffiti
• Poses a risk to the health, safety and welfare of a community.
• Promotes a perception in the community that laws protecting public and private property can be disregarded with impunity.
• Fosters a sense of disrespect for private property that may result in increased crime, community degradation and urban blight.
• Creates a nuisance that can adversely affect property values, business opportunities and the enjoyment of community life.

If you find graffiti, you can report it to the City of Toronto’s Graffiti Abatement Program at 416-392-5326. City staff will arrange a clean up.

Community Centre 55 is working hard to keep our community clean

In the summer of 2008 Community Centre 55’s Graffiti Removal and Information Programme (GRIP) employed 5 youth for the months of July and August for graffiti removal. It also developed a system for youth involved in graffiti vandalism to do volunteer community hours. As a result, the program cleaned:
• 3,350 units of graffiti (a unit is one continuous piece of graffiti applied with the same marker or paint, or a sticker or poster is considered one unit)
• 2,109 units on City property (street signs, parking meters, park benches)
• 529 units on local commercial/residential property
• 69 community development projects

This year, by July 31, the crew has cleaned 2,356 units of graffiti compared to 1,872 units last year at this time. They are ahead of the game!

Mural Art

The City of Toronto’s Graffiti Transformation Program hires youth to remove graffiti and resurface the walls with attractive murals.

Many communities around the city offer mural art projects. They provide many opportunities for talented youth to work on creating beautiful murals and restore older murals that have been tagged over.

For youth that want to further develop their special interests in art, music, dance and theatre, there are special art schools and programs throughout the city.

Claude Watson School for the Arts

An enriched and specialized program in the arts for students in grades 4-8 living in the City of Toronto.
• Students audition in dance, drama, music and visual arts.
• No formal training is required.
• Auditions are held in Feb./Mar. for entrance in Sept.
• Easy access from the Beaches by TTC – minutes from the Yonge/Sheppard subway station.

Parent/Student Information Evenings: Oct. 20 & 22, 7 pm

Applications can be picked up at the school in late September.

Photos of the Ralph Thornton Community Centre mural project, 765 Queen Street East.
The 1st annual Let’s beach! was a great fun event
Visit the photo gallery at beachesliving.ca/letsbeach for all the fun!

Dancing at the Balmy Beach Club patio.
A full afternoon of live music by Sons of Beaches.
Having a fun afternoon with friends, food and drinks.
A silent auction of 30 pieces of original artwork by local artists.
Local businesses set up display tables at the event. Visitors had the opportunity to talk to the business owners, participate in demonstrations and purchase products and services.

Thank you to our local businesses that helped make this event a great success...

Title Sponsor: Budget Blinds
Event Sponsors: Gymboree Play & Music
Fuel Catering Company
Have Camera, Will Travel
Maria Minna, MP
Michael Prue, MPP
Midoco Art & Office Supplies
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Participating Businesses:
- Budget Blinds
- beWaterWise.ca
- BiastoChiropractic
- Bin Solutions
- Club Ink
- Crock A Doodle
- Envy Eyewear Boutique
- House of Bronze Art Objects
- Keetsa
- Ric Cabinetree & Mr. Retro
- The Jan Benham School of Holistic Studies
- Toronto Wildlife Centre

Door Prizes Donated by:
- Beach Photography
- Beaches Living
- Bin Solution
- Brand
- Braza-Sea Restaurant
- Budget Blinds
- Classic Fireplace & Gourmet Grill
- Cook It
- Crew of Saints
- Dr. Jay Robachovitch, D.O.S.
- Ends
- Green Balsam Restaurant
- Gymboree Play & Music
- IPress it
- Kings Table Restaurant
- Living Lighting in the Beach
- Lubben
- Marley Store
- Moe’s
- Snug Harbour Classics Ltd.
- Shaw Madness
- Siam Restaurant
- The Artisans
- The Chopping Block
- The Fox Theatre
- Tibetan Cloth
- Time to Share
- Whidbey’s Restaurant

For MAC Safari Users:
1. Choose Preferences in the Safari menu
2. Click on Auto Fill Tab
3. Check the box for “Using Info From My Address Book Card”

For PC Explorer Users:
1. Choose Tools in Internet Options.
2. Select Content Tab and click on Settings for AutoComplete
3. Check the box for forms.

Saving time with Auto Fill Online Forms... a very bright idea

Tired of manually entering your name, address and other details into website forms all the time? There is a better way – let your browser do the work for you. Browsers can enter many common details into any online form using standard browser settings.

 Contributing Artists: Bob Timmons, Dianne Kori, Harreson Cebiliak, Julie Walsh, Max Skwara
 Carol Baldwin, Dianne Shelton, Hyla Fox, Lilli Kinsh, Michael Naemsch
 Debbie Cooke, Doug Geldart, Ivan Miletic, Linda Roy, Patrice Carmichael
 Dianne Jackson, Erwin Buck, Jennifer Cline, Lisa Ng, Scott Brewster

For MAC Safari Users:
1. Choose Preferences in the Safari menu
2. Click on Auto Fill Tab
3. Check the box for “Using Info From My Address Book Card”

For PC Explorer Users:
1. Choose Tools in Internet Options.
2. Select Content Tab and click on Settings for AutoComplete
3. Check the box for forms.

The Let’s beach! Silent Art Auction

Thank you to all artists who participated in the auction and to Midoco Art & Office Supplies for providing art supplies and prizes!

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Biz talk
Vacation, vacation, vacation,
by definition: Leisure time, away from work, devoted to rest or pleasure.

When was the last time you took a real vacation?

Whether you work for someone or have your own business, many worry that something is going to happen while they’re away and that without them there the business would collapse. Are we really so indispensable?

The magical thing is, without you, the chaos at work will take care of itself most of the time and by someone else.

So, for all of us watching another summer come to an end, make the most of this year’s summer vacation:

1. Be unreachable during your vacation.
2. Don’t check your work emails, or put them aside and deal with them after your vacation.
3. Don’t call in for messages.
4. Fill your vacation with activities from your personal interests. If you are planning a family vacation, make sure you include the whole family and not just the kids... don’t forget about yourselves.

By the time your vacation is drawing to an end you won’t want it to. You’ll discover – once again – the power of relaxing and the importance of taking time to rest and be away.

... without you, the chaos at work will take care of itself ...

What is Compounding?
Compounding is the long standing process of mixing drugs by a pharmacist to fit the unique needs of a patient. When commercial products may not be right for you, we can work with your doctor to formulate a medication to fit your individual requirements.

At Hooper’s Pharmacy, we specialize in Custom Compounding to fill the void when the pharmaceutical industry cannot supply a suitable medication. Compounding allows us to utilize the delivery system that supplies the right strength in an effective and pleasant dosage form.

What are the options?
Your medication may be prepared as capsules, a liquid suspension, a lollipop, lozenges, rapidly dissolving tablets or lip balm, without dyes or with added flavourings. It may also be made in powder applicator form, nasal spray, topical gel or suppositories.

Hooper’s Pharmacy Custom Compounding service works closely with both physician and patient to ensure an optimal outcome for any custom compounded medication and course of treatment.

With Compounding the possibilities are endless!

At Hooper’s Pharmacy, we are committed to working with you to achieve optimal health. Watch for upcoming events in our complimentary Health Services series such as informational health seminars, Live Blood Cell Analysis, and our in-store visits with Certified Nutritionist Gary Van Dijk. Visit our website for a variety of informative articles on current health news and ongoing store-wide flyer promotions.

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15% off M.S.R.P on any 4 Pc Kitchen Suite with this coupon, valid until Sept. 7/09.

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Thurs - Fri: 10 - 8 pm
Saturday: 10 - 5 pm
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