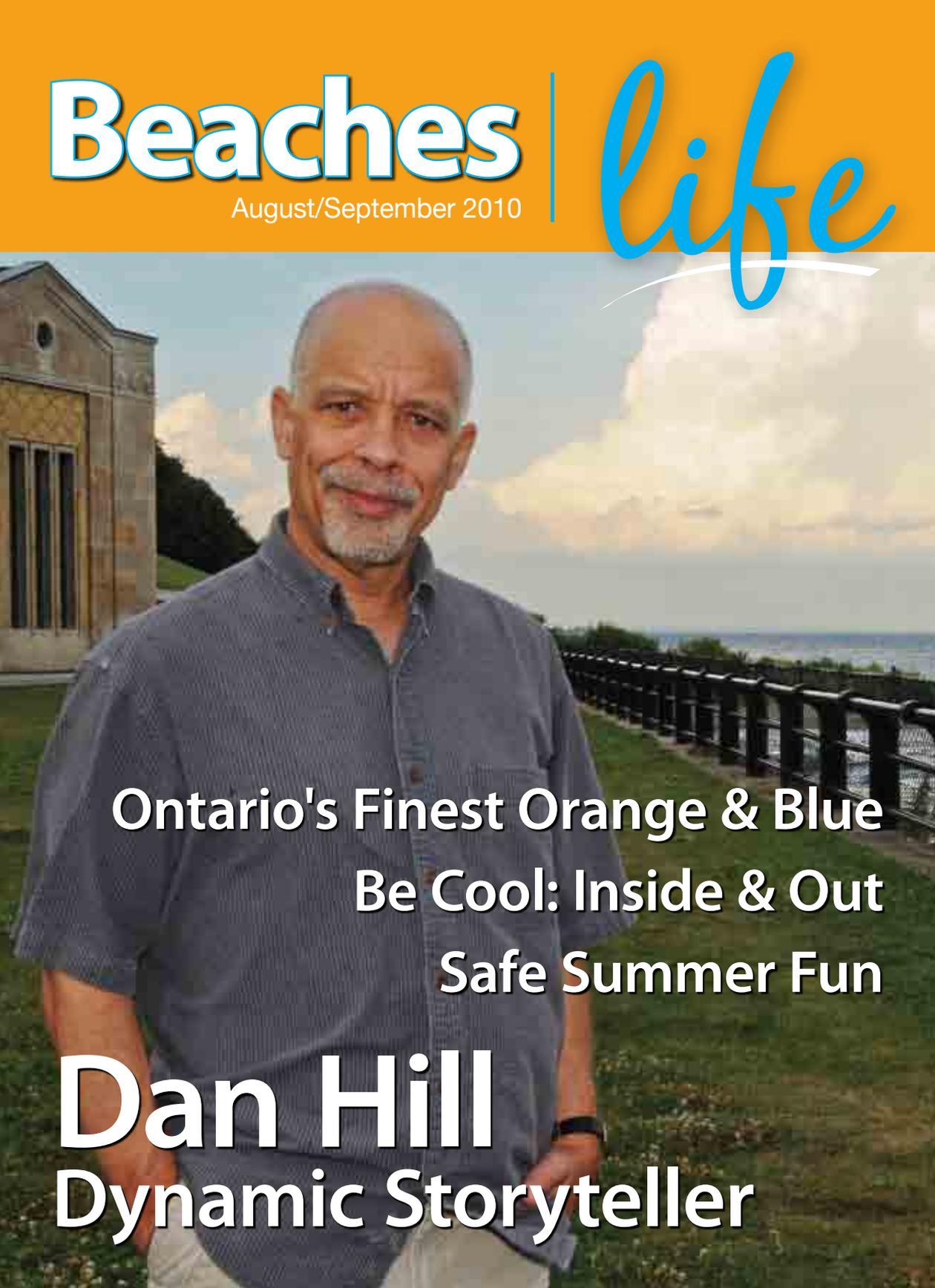


# Beaches

August/September 2010

# life



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# Beaches|life

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to the Beaches  
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Your comments and suggestions are welcome.

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attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.*



# Dan Hill – Dynamic Storyteller

It is not by chance that Grammy and Juno Award-winning Dan Hill is one of the most sought-after and admired singer/songwriter/producer in the world. His athletic drive mirrors his dedication to artistic expression. At age 56, Dan has contributed to Canada's indelible stamp on pop culture. Songs from his early career like "Sometimes When We Touch" and "Can't We Try" became bona fide hits on Billboard. His ability to transcend both time and cultures is remarkable. This would explain why artists such as Celine Dion, Britney Spears and boxer Manny Pacquiao love to work with him. He jokes that his approach to collaboration is similar to that of a shoe salesman. "No two singers are the same. I enjoy that. I am always having to adjust and figure out their style," Dan reveals.

"No two singers are  
the same. I enjoy that.  
I am always having  
to adjust and figure  
out their style,"

Dan's creative journey began in Don Mills, Ontario. Son of an American civil rights activist, Dan and his younger brother and sister grew up in a more racially tolerant environment when compared with the one his interracial American parents had fled from. When their mother took ill, Dan and his brother Lawrence, (award-winning author of *The Book of Negroes*, currently being made into a major motion picture) found solace in the arts and literature. Dan, a gifted guitarist, taught guitar for extra money and started writing songs at age 14. By the ripe age of 17, he was performing professionally, and at 21 he was doing up to three hundred shows a year.

*...continues on page 6*

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*...continued from page 5*

Soon after, Dan moved to the Beaches. After three years of transient living, he felt it was time to make a grown-up decision and purchase a home, which he now shares with his wife and son. August 2010 will mark his 32nd anniversary of living in his beach home. He loves the area for its small town and laid back nature. Anywhere he needs to go in the Beaches, he goes on foot.

Dan is tied into this fitness friendly community. He takes part in local organized running groups or on his own, four times a week. He is also a passionate cyclist, fascinated with speed. Younger cyclists, desperately try to keep up with his pace. When cyclists meet up with Dan at a red light their eyes pop once they realize that they were out paced by a man in bright pink shorts – 20 years their senior. On this day, true to form, Dan Hill shepherds the next generation.

At a moment's notice, Dan can be called away to work with artists in Nashville, Los Angeles and even Sweden. The request for his expertise varies, sometimes people want help with writing lyrics or laying down a beat,

# Safe Summer Fun

Summer is a fun time that can be packed with activities, but it is also a time to be wary of preventable injuries and conditions. Here are some safe summer fun tips to ensure you and family get the most out of the season.

## Around the camp

- After a campfire is extinguished the embers remain hot for hours. Keep sand or water near the campfire to put out the fire.
- Keep food in closed picnic hampers, keeping the scent away from bears.
- During thunderstorms go indoors or into your car, not under a tree.



## Around the water



- Never be more than an arm's reach from a child in or close to water. A child can drown in seconds.
- Kids under 3, as well as kids who cannot swim, need to wear life jackets whenever they are in or around water. Life jackets are important but kids also need to be supervised by an adult.
- Sign up for swimming lessons.

## Around the home

- Never leave a pet like a dog or a cat in a car on a warm day.
- Wash countertops and cutting boards with soap and water.
- Refrigerate cooked meat one hour before on warm days.
- Wash out water bottles between use.

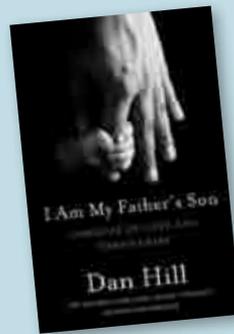


and sometimes it could be getting pointers of phrasing. No matter what the need, Dan is always up for the challenge. Part of the reward of working with different artists is forming unique bonds while sharing a slice of their life.

Dan's role in music has changed from being a huge, successful singer in the 1970s to a dynamic songwriter/producer of today. Dan took a lengthy break from onstage performing to develop his storytelling abilities and songwriting. During this time he was writing for international superstars such as Celine Dion. Dan admits that style changes according to age. His storytelling continues to develop as he has more life to draw from. He has always written honestly about his feelings and observations, which give him the privilege to connect with people.

During this break he delved into writing his memoir *I Am My Father's Son*. His poignant book about his bittersweet relationship with his father has touched the hearts of many. Following the powerful response from his bestselling book, Dan recorded his new album *Intimate*.

After nearly a decade of focusing on "backstage" Dan is once again back in the spotlight. He is reconnecting with people by performing hits from his early career, songs he wrote for others and newer songs about families, real life issues like the loss of a loved one and reconciliation from his new album.



To find out more about Dan Hill's music, writing and upcoming performances visit [DanHill.com](http://DanHill.com).

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Visit [www.walkrollrun.ca](http://www.walkrollrun.ca)

### • Walk or Roll

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### • Chipped Run or Wheelchair Race

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It's simple! Visit [www.walkrollrun.ca](http://www.walkrollrun.ca) and click the "Register Now" button on the homepage. Our online registration and pledge system will take you through the ePledge tool.

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## ***A New Start!***

Everyone knows that September is “back to school”. Many of us forget that for many students, it also means a move to something new—a new school, a new start at a college or university, new courses even a new city or town.

There are things we can do as parents, aunts, uncles, friends to help children and youth of all ages make a smooth transition back to school, especially when it’s a new experience. Everyone appreciates a “back to school” gift bag, perhaps a new lunch bag (for young children), or food/beverage gift certificates for a college student away from home.

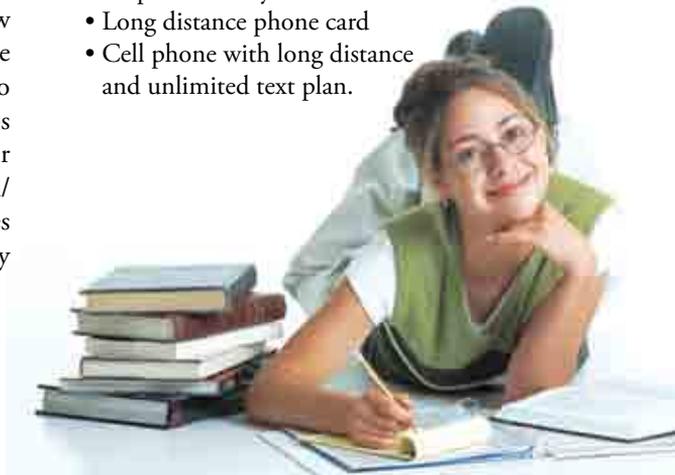
Here are some other ideas to “smooth” the transition and have a great new **START!**

### **Young kids:**

- Pens/pencils with their name on them.
- A fun watch to keep time
- New marker pens
- Lunch treats

### **College/university students:**

- Poster for their residence wall
- Framed photo of a family pet
- Gift certificates for food, clothing, books
- Memory stick on a key chain
- Map of new city/town
- Long distance phone card
- Cell phone with long distance and unlimited text plan.



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# What's *not* HST-able

We are all aware of Ontario's new HST – and it may seem like it everything has an additional 13%. In fact there are some products that are not affected by it.

## Products with 0% tax

Basic Groceries (e.g., dairy, meat, vegetables, canned goods) .....	0%
Municipal Water .....	0%
Municipal Public Transit.....	0%
GO Transit .....	0%
Air travel originating in Ontario and terminating outside of Canada and the U.S. ....	0%
Rail, boat and bus travel originating in Ontario and terminating outside of Canada.....	0%
Auto Insurance .....	0%
Resale Homes.....	0%
Prescription Drugs .....	0%
Pharmacist Dispensing Fees .....	0%
Prescription Glasses/Contact Lenses .....	0%
Some Medical Devices (includes Walkers, Hearing Aids).....	0%
Adult Incontinence Products .....	0%
Dental Services.....	0%
Audiologist Services (if offered by a practitioner of the service) ...	0%
Chiropractor Services (if offered by a practitioner of the service)..	0%
Physiotherapist Services (if offered by a practitioner of the service).....	0%
Music Lessons.....	0%
Condo Fees .....	0%
Residential Rents.....	0%
Child Care Services.....	0%
Legal Aid .....	0%
Mortgage Interest Costs .....	0%
Most Financial Services .....	0%
Driver's Licence Renewals and Vehicle Plate Renewals (other than Personalized Licence Plates) .....	0%
Vital Documents (e.g. Health Cards, Birth Certificates) .....	0%

## Products with 5% or 8% tax

Qualifying Prepared Food and Beverages Sold for \$4 or Less .....	5%
Children's Clothing .....	5%
Children's Footwear (up to size 6).....	5%
Diapers.....	5%
Feminine Hygiene Products.....	5%
Air travel originating in Ontario and terminating in the U.S. ....	5%
Audio Books .....	5%
Books .....	5%
Newspapers .....	5%
Child Car Seats and Booster Seats.....	5%
New Homes over \$400,000.....	5%
New Homes up to \$400,000 .....	5%
Home Insurance .....	8%

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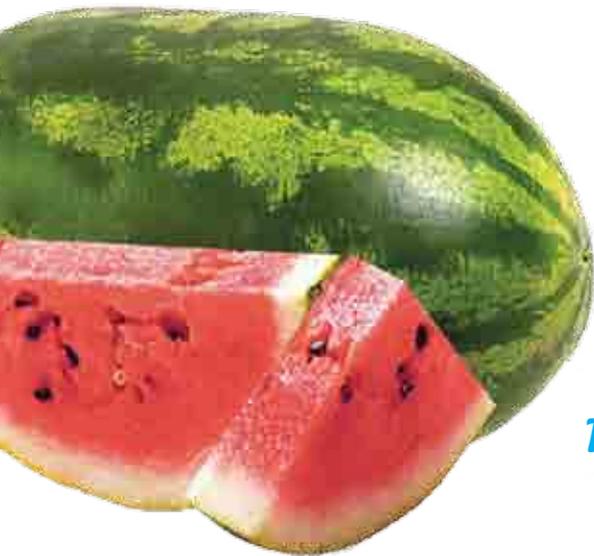
2136 Queen St. East  
416-699-3747

[www.hoopershealth.com](http://www.hoopershealth.com)

## Keeping Cool from the Inside Out

Hot temps with no air conditioning? No problem. Here are some simple hints to help cool your body down, from the inside.

- Stay hydrated. Drink lots and lots of cold water, and try to avoid the sugary beverages. Adding ice may be a temptation, but your body works overtime to warm up ice water, which in turn makes you even hotter, from the inside out.
- Keep water bottles in your freezer so you can take with it with you when you go out for the day. The ice will melt leaving you with a nice cool drink
- Eat smaller, greener meals. Big meals with lots of protein use a lot of your energy to digest.
- Eating watermelon is a tasty way to keep hydrated.



- Eat spicy food. It's not a coincidence that many people in hotter regions of the world eat spicy food. Spicy (hot to the taste) food increases perspiration which cools the body as it evaporates.
- Fill your bathtub with cool water and get in. Once you are used to the temperature, let some water out and refill with cold water. Your body will stay cool for a long time after you get out.
- Soak your feet in a bucket of cold water – you can do it almost anywhere. The body radiates heat from the hands, feet, face and ears, so cooling any of these will efficiently cool the body.
- Use menthol products to cool your skin: lotion with peppermint, showering with peppermint soap or use a minty foot soak and powders. Mint refreshes the skin and leaves a nice cooling sensation.
- Take an afternoon nap.
- Walk down to the beach and go for a swim in the lake.

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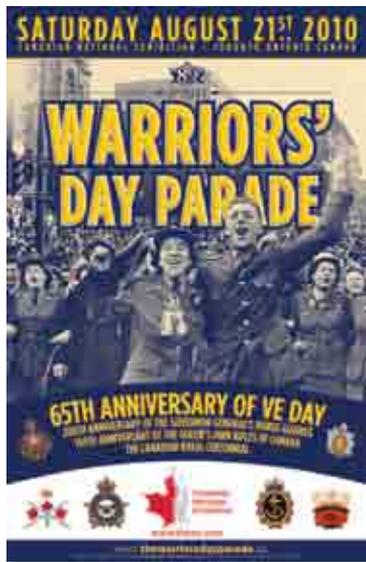
# Let's Go to the Ex 2010

August 20 to September 6.



## 65th Anniversary of VE DAY

This year's Warriors' Day Parade on Saturday, August 21 celebrates 4 anniversaries:



- **65th anniversary** of VE Day
- **200 years** of Cavalry and the Governor General's Horse Guards
- **150th anniversary** of The Queen's Own Rifles of Canada
- The Canadian Naval **Centennial**.

Many military and para military can take part!

General Walt Natynczyk, CMM, MSC, CD – Chief of the Defence Staff will be the distinguished guest of honour and reviewing officer.

### *What a parade this will be!*

For more information about the Warriors' Day Parade or how to participate, visit [www.thewarriorsdayparade.ca](http://www.thewarriorsdayparade.ca)

## Relax in an art chair

This year enjoy sitting in one of 150 Muskoka chairs placed around the EX. Over 2400 school children helped decorate the chairs.

## A GREENER than ever fair:

The CNE is actually the world's "greenest" fair and this year, once again, commits to being green! Last summer, the CNE recycled 77.3% of its total waste, which was diverted from landfill!

## UNIQUE Art

A massive 100 tonne sand sculpture will feature rock 'n' roll stars from yesteryear.

## FUN CNE Facts:

- Number of bead necklaces thrown during the CNE Mardi Gras Parade: 500,000 beads.
- Land span of the CNE grounds, including parking: 192 acres.
- Number of teddy bears given away at last year's CNE would cover, if lined up from end to end: 572 football fields.
- Average number of glasses of Old Fashioned Lemonade sold each day: 1,000 glasses.
- Tons of manure produced by the CNE Horse Show and The Farm: 1,921 tons.
- Pounds of dough Tiny Tom Donuts uses during the fair: 20,000 lbs of dough.



# You Ask... Answer.



## Winner of...

June/July's question is Lisa Blonder Ohlenkamp.

"The 501 streetcar is indeed the longest in Toronto (24.8 km). It started as a horse-drawn route in 1875 and was taken on by the TTC when it was formed in 1921."

– Lisa Blonder Ohlenkamp



### This issue's question:

When was Kew Gardener's Cottage built, who built it and who was the first family to live there?

– Danielle L.

### Do you know the answer?

You could win movie passes for two to the Alliance Cinema in the Beach. Send in your answer by September 10.

### 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 Alliance Cinema in the Beach.

Email [info@beachesliving.ca](mailto:info@beachesliving.ca) or call 416-690-4269.

## Beachers showed their pride on Google Maps

You can continue to add your flag to the map by visiting [beachesliving.ca/mapit](http://beachesliving.ca/mapit)

# Update



Beaches residents and businesses waved their flags to celebrate Canada's birthday.

Although we are a ways from our 2010 goal, we still made a big mark on the map with 112 flags – and we now have a year to continue to add to that total!

Thanks to everyone who put the Beaches on the map. Spread the word – next July 1, let's hit 2011 flags.



# Avoid Cooling Bill Shock

Running the A/C 24/7 and new HST rates may create a billing "shock". But there are ways to save money. Over half a million Smart Meters have now been installed in Toronto – this means you can choose a lower electricity rate simply by choosing to run your appliances at a different time during the day or week.



Plan to run your appliances such as dishwashers and dryers before or after on-peak times (or on week-ends) and you'll actually pay less on hydro.

## Summer Rates (May 1-Oct. 31) Rates as of July 2010

**On-Peak** 11am-5pm \$0.099/kWh

**Tips:** Avoid doing laundry and running the dishwasher. Program your central air thermostat to a warmer temperature.

**Mid-Peak** 7am-11am & 5pm-9pm \$0.08/kWh

**Tips:** Make sure you turn off your television, radio and lights when you leave a room. Keep your air conditioning cool by closing doors and windows.

**Off-Peak** 9pm-7am \$0.053/kWh

**Tips:** A great time to do laundry, run the dishwasher and cut the lawn (with electric mower).

### All Day Weekends & Holidays!

For more information on Smart Meters, visit:  
[torontohydro.com/sites/electricsystem/residential/smartmeters](http://torontohydro.com/sites/electricsystem/residential/smartmeters)

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# Do you have your Summer **First Aid Kit?**

Everyone wants to have a fun summer. Sometimes, fun leads to cuts and bruises. Don't let minor accidents slow you down. Here is a list of essential items to make your own first aid kit.

- Bandages & dressings
- Sunscreen
- Cloth tape
- Scissors
- Tweezers (for slivers)
- Cold packs
- Insect repellent
- Antiseptic cream (i.e. Polysporin)
- Antihistamines (i.e. Benadryl for allergic reactions including insect bites)
- Latex gloves
- An index card with emergency contact numbers
- A first aid booklet





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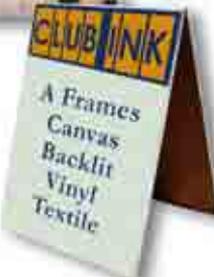


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3-D Security Ribbon



Tilt the note back and forth and focus on the blue ribbon – the bells change to 100s as they move.

- Tilt the note back and forth, the bells and 100s move side to side. Tilt side to side, they move up and down.

The ribbon is woven into the paper, not printed.

### Bell in the Inkwell



Bell in the Inkwell

Look for an image of a color-shifting bell, inside a copper-colored inkwell.

Tilt it to see the bell change from copper to green, an effect which makes the bell seem to appear and disappear within the inkwell.

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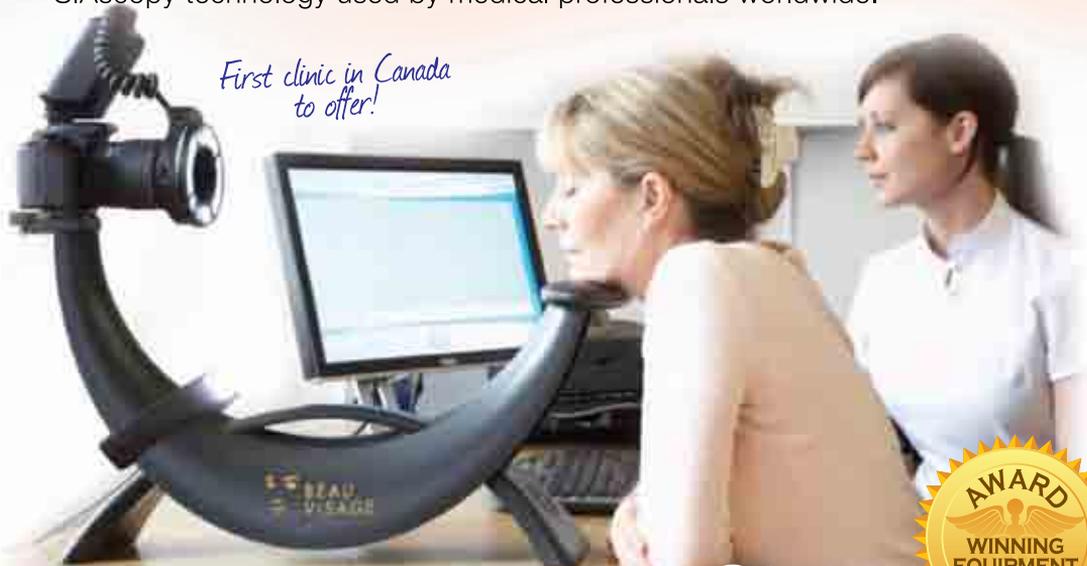
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\$3

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- Promise #2:** We will not "sell" you anything else!
- Promise #3:** We answer all your skin questions honestly!

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# Food talk

## Peaches & Blueberries: Ontario's Finest in Orange & Blue

Blueberries and peaches are two of Ontario's treasures during July and August.

### Peach Facts

- One medium-size peach contains 37 calories, is a source of Vitamin C, A, Potassium and fibre.
- They help keep your skin healthy and add colour to your complexion.

Use peaches in:

- sliced on cereal
- sautéed in butter and served on ice cream
- pureed in a peach daiquiri

---

### Blueberry Facts

- A ½ cup of blueberries contains 43 calories and is a good source of vitamin C.
- Recent studies suggest that antioxidants in blueberries help prevent cancer and diabetes and slows the effects of aging.
- Blueberries are a native North American species
- North America is the largest producer of blueberries and accounts for about 90% of the world's crops.

Use blueberries in:

- Baked goods like muffins, quick breads
- Salads and fruit toppings
- Frozen as "ice cubes" in lemonade



### Peach & Honey Omelette

2 eggs

Prepare your omelette in a non-stick skillet.

When eggs are set add:

½ cup of sliced peaches    1 tsp. honey  
½ tsp. of vanilla.

Mixed together and pour onto the eggs

Fold omelette over peaches and slide out of pan.

Sprinkle with icing sugar and serve immediately.

Make one serving.



### Spinach Salad with Blueberries

10 ounces fresh baby spinach  
4 ounces blue cheese  
1-cup fresh blueberries  
½ cup chopped toasted pecans

In a large salad bowl, toss the spinach, blue cheese, blueberries, and pecans.

#### Dressing:

½ cup vegetable oil    ¼ cup raspberry vinegar  
2 tsps. Dijon mustard    1 tsp. sugar  
½ tsp. salt

Add dressing and toss gently; serve immediately.

Makes two servings.

# Beachers got together to kick off summer an afternoon of fun at the 2<sup>nd</sup> annual Let's beach! 2010

On June 27, hundreds of local residents, businesses and community members gathered at the Balmy Beach Club for the second annual Let's Beach event! The afternoon was packed full of live music, food, drinks and great friends. Local artists provided original pieces for an art auction while businesses showed their products in the marketplace.



View more photos at [beachesliving.ca/letsbeach](http://beachesliving.ca/letsbeach) for all the fun!



Thank You local businesses & sponsors for helping make this annual event a great success.

## Event Sponsors & Participating Businesses:

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| Children's Arts Theatre School  | Enchanted Teak   | Maria Minna                  |
| Sportplay                       | Club Ink         |                              |



JOIN US NEXT YEAR FOR MORE FUN AT THE BEACH!



## my Secret Beaches Spot

This picture was taken at dusk after a light rain. A fine layer of mist and a slow shutter speed on the camera made for a mystical rendering of the already character-rich tree.

– Nance Fleming



## 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 Alliance Cinema in the Beach**. Three winners will be chosen. Send in your answer by September 10, 2010. Email your answer to: [info@beachesliving.ca](mailto:info@beachesliving.ca)

**WOW!** We were flooded with answers to last issue's Secret Spot. It is another testimonial that we are often connected to the simple things in life – like a tree stump and flowers. Thank you for sending us your answers. Here are some answers with a personal touch:

*I know this garden – it's so sweet! It's at the south west corner of Queen & Lee, at the southern most end of the garden, right beside Kew Gardens. I have often admired this tree stump garden but it's especially sweet this year.*

– Susan T.

*That lovely pansy garden is located at the south east corner of the Coles' building on Lee Avenue. It is an absolute wonderful idea to turn that tree stump into something so beautiful. Hope this idea will be copied.*

– Brigitte S.

*Your magazine arrived yesterday and while out for my nightly walk with my great neighbour we happened to walk up Lee Avenue, just south of Queen, by the park and there was the tree stump with the lovely pansies. It was a delight to see on our walk... as we take a different route each night.*

– Janice G.

*This is an entry from Benjamin, age 5¾ who says it is: "Beside Kew Park... I like this tree because they've cut it down and put mud inside. Flowers grow inside it. It makes me feel good when I see it. But it is better for trees to grow big and tall. If they cut down all of the trees then we would die because we would have no air to breathe."*

– Benjamin M. (emailed by his parents)

## Congratulations to...

June's Secret Beaches Spot winners: Jane Anderson, Arlene Jameson and Maryia Shmyrova. They knew that the last Secret Beaches Spot was the tree trunk garden on Lee Avenue just south of Queen Street at the edge of Kew Gardens.

## win your with secret Beaches spot

Send us a photo of your Secret Beaches Spot and a brief description. If we feature it in *Beaches|life* you will **receive a movie pass for two to the Alliance Cinema in the Beach**.

Email us at: [info@beachesliving.ca](mailto:info@beachesliving.ca)



## “Walk out working” An Experience Worth the Visit

**T**he customer promise at Experience Communications guarantees that the connectivity products and services you buy in store will be up and working before you leave the store. Whether it’s a smart phone, a “rocket” stick, PVR, or a cable for downloading photos—customers aren’t left to call “tech support”. Knowledgeable staff at the store make sure customers receive a full end-to-end solution.

“We’re the subject matter experts for IT and connectivity”, describes Lane Lachance, who owns the store with business partner Robbie Horsman. “Our store concept is to make sure that everyone who purchases a product or service leaves the store with it working.”

Experience Communications Inc. is a fully authorized dealer for all Rogers products and services. After a combined 30 years between them as former Rogers’ employees, Lane and Robbie opened the store last

December 23. Business has been steady. Within 8 short months they’ve more than doubled their staff.

Many of their clients are small business owners in the community looking for an outsourced IT expert. They want professional grade services and knowledge with needs specific to their business. For example, a contractor may need a smart phone to carry on his or her hip. A home-based business will want a high quality Internet connection.

“Because we’re a small business ourselves”, explains Lane, “ Our knowledge is in the products we sell because we use them.”

Families and individuals that come to Experience Communications also value the hands-on experience and expertise offered by Lane and Rob’s staff when they buy everything from HD TV, PVR, or the latest technology tools and toys.

Residential customers especially appreciate the assistance they receive at Experience Communications when networking a second home – a cottage for example. Often faced with particular challenges, such as trees blocking signals, the store’s team goes above and beyond the call of duty to get customers Internet wherever they are.

Lane lives in the community. The store’s location was chosen because it was perfect for meeting the one-stop shopping needs of small businesses, local residents, plus it offered free parking.

“We have a good relationship in the community,” he says, “And we’ll continue to support the community.”

---

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# Biz talk

## Hot weather style survival for the office



It's a tough time of year to look (and feel) cool without sacrificing your business look.

- Flat or frizzy hair? Wear a hat—very stylish and protects your skin.
- Keep an extra shirt in your car.
- Light colours won't show clamminess.
- Think twice before spritzing yourself with cologne to cool off. Perfume reacts with your body heat.
- Try misting your face with water or using a handheld fan.
- Yes, real men have pedicures.
- The more skin you show, the less professional you look.
- Keep a jacket or cardi handy to make that sleeveless dress or top office worthy.
- Never show up at the office in surfer shorts, flip-flops, sarong, bathing suit, hat adorned with fishing flies, or the worst infraction of all – socks with sandals.

*Excerpts from Anne Sowden, Here's Looking at You hereslookingatyou.ca*

## Kids "most awesome" summer story contest!

Kids: this is your opportunity to be a published author! Write us a story about your summer adventures. Two stories will be picked and published in *Beaches|life* magazine, October/November issue. There will be two age categories, up to 12 years of age and 13 to 16 years of age, with one winner from each group.

Your story can be anything you did or learned during your summer holidays. Tell us about something that made you proud, excited, fascinated, surprised or scared. Maybe you went away to camp, or learned how to do something new or discovered new things you had never even heard of before, or met a new best friend.



### Story submission requirements:

1. **350 word** maximum.
2. Submission deadline: **September 7**
3. Email to **kids@beachesliving.ca**
4. Include your **name, age, grade** in September 2010 and school name.
5. Include your parent(s) **contact information**.
6. You can also include a **photo** to accompany your story.

Dear editor,

I just had the most awesome summer of my life!

It all started the day after school ended...

Summer is coming to an end...

# 1 🎬 BACK TO SCHOOL MOVIES 🎬



The last issue of *Beaches|life* featured summer beach movies, therefore it's only natural that this issue highlights back to school movies. We know you will enjoy these ten movies. It's a great way to kick off your new school year.

**Blackboard Jungle** (1955)  
drama—Dir. Richard Brooks;  
Glenn Ford, Anne Francis

**Dead Poet's Society**  
(1989) drama—Dir. Peter Weir;  
Robin Williams, Ethan Hawke



**Bye Bye Birdie** (1963)  
musical—Dir. George Sidney;  
Janet Leigh, Dick Van Dyke,  
Ann-Margret

**Lean on Me** (1989) true  
story drama—Dir. John G.  
Avildsen; Morgan Freeman,  
Beverly Todd, Robert Guillaume

**To Sir, With Love** (1967)  
drama—Dir. James Clavell;  
Sidney Poitier

**School Ties** (1992) drama—  
Dir. Robert Mandel; Brendan  
Fraser, Matt Damon, Chris  
O'Donnell

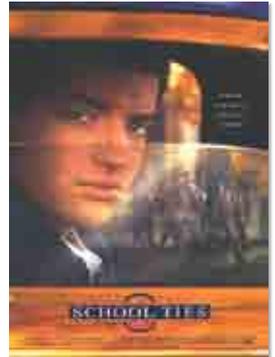
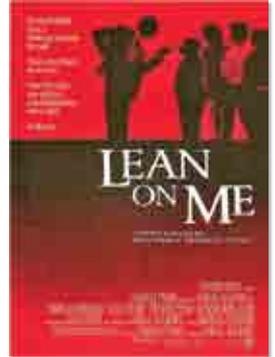


**Fast Times at  
Ridgemont High** (1982)  
comedy—Dir. Amy Heckerling;  
Sean Penn, Jennifer Jason Leigh

**Legally Blonde** (2001)  
comedy—Dir. Robert Luketic;  
Reese Witherspoon, Luke  
Wilson, Victor Garber

**Back to School** (1986)  
comedy—Dir. Alan Metter;  
Rodney Dangerfield, Robert  
Downey Jr.

**American Teen** (2008)  
documentary—Dir. Nanette  
Burstein; school jock, popular  
girl, artsy girl & geek.





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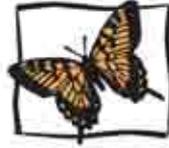
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# Finding balance, making changes, being healthier

**Gillian Padgett,  
Stress Management  
Coach**

**W**hether you are a victim of crime, suffer from anxiety when you fly or feel stress when you have to speak in front of people, Gillian Padgett can guide you to a better place in your mind, body, emotions, and spirit. Gillian has practiced as a certified stress management consultant for 20 years in the United Kingdom and Vancouver. Now a resident in Toronto's east end, she recently opened her stress management practice in Toronto.

"I know that people can get through almost anything", she says, "I can be confident for my clients' future because I've seen positive change happen. This helps me focus on the end result".

Gillian's specialty is severe stress suffered by families of murder victims or victims of crime, as well as cancer and AIDS patients. Although most of these individuals find that their lives are changed forever, through the tools and processes of Gillian's practice (self hypnosis, Reiki, relaxation, meditation, NLP, etc.) they are able to move past often very deep depression.

"I help people find a solution that works for them," Gillian explains, "They become empowered."

Gillian also treats those suffering from general anxiety, pain, sleeping problems, digestive disorders, mood swings, weight problems, bullying and self-confidence issues. As well as individual appointments,

she is setting up regular workshops starting this September for holistic stress management, stress relief and life balance. Her clients may come as individuals or she works through companies.

"I've seen people transformed", Gillian says with a warm, quiet smile. "There's always a way to get through crisis by working with your strengths."

Those interested in booking with Gillian can call her office directly for an appointment, no referral required.

---

**Gillian Padgett, Stress  
Management Consultant**  
416-265-2147  
[www.gillianpadgett.com](http://www.gillianpadgett.com)



# HOGWEED – an invasive, toxic plant populating T.O.

Since early July there has been an increasing concern about the harmful plant, Giant Hogweed. A score of plants have been found in the city, such as along the Don River and on crown lands. With children off school and increased outdoor activities, it is important to be able to identify and avoid being in contact with this poisonous plant.

## What's the danger?

This toxic plant can cause severe burns, blistering and painful sores when the skin is exposed to sunlight. Also, if its sap comes in contact with the eyes, it could lead to temporary or permanent blindness.

## What to look for

Giant hogweed is exactly that, giant. Its hairy purple stem can reach heights of eight to fourteen feet. While its broad, pointed leaves can be five feet across. See photos below for examples.

## Where its found

Hogweed may be found in rich, moist soils along roadside ditches, stream banks, waste ground, along tree lines and open wooded areas. The plant has also developed a reputation for spreading rapidly. One Toronto resident commented that the plant that was once only visible in his backyard is now beneath his fire escape!

## What should you do?

Remain calm and report any sightings to the City of Toronto by calling 311. Additionally, if you have come in contact with hogweed, use cool, soapy water to wash any exposed skin surface. If you receive a burn, seek medical attention immediately.

## Hogweed vs. Cow Parsnip

Cow parsnip is a toxic plant that looks like a smaller hogweed. Similar in appearance, it does cause a less severe reaction than hogweed.

## Comparison:

	Cow Parsnip <i>Heracleum lanatum</i>	Giant hogweed <i>Heracleum mantegazzianum</i>
Height	3 to 8 feet	5 to 14 feet
Stems	Purple blotches on stem at bottom	Stem may be pinkish, but will lack distinct purple blotches
Leaves	Coarsely toothed, up to 2.5 feet across.	More sharply toothed than cow-parsnip, up to 5 feet across.
Umbel rays	15 to 30	50 to 150

**Source:** Ministry of Agriculture  
Toronto Region Conservation Authority  
Toronto Star



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## coming, going and on the move

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Karma Bar & Grill – 1910 Queen St. E.  
St. Louis Bar and Grill – 1963 Queen St. E.  
Papa Sol's (in Riverdale) – 717 ½ Queen St. E.  
Pizza Plus – 162 Main St.  
The Peace Pipe – 2098 Queen St. E.  
The Proving Grounds – 1967 Queen St. E.

### On the move

Abstax – 161 Main St.  
Beach Plaza Variety – Moved to 2254 Queen St. E.  
Imperial Graphics – Moved to 30 Eastern Ave.

### Thank you and best wishes

A Touch of Love – 2276 Queen St. E.  
Energy Café – 162 Main St.  
Mr. Sub – 1975 Queen St. E.  
Nevada Steakhouse – 1963 Queen St. E.  
Prudential Properties Plus – 2152 Queen St. E.  
SeaSpray Restaurant – 629 Kingston Rd.

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.

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