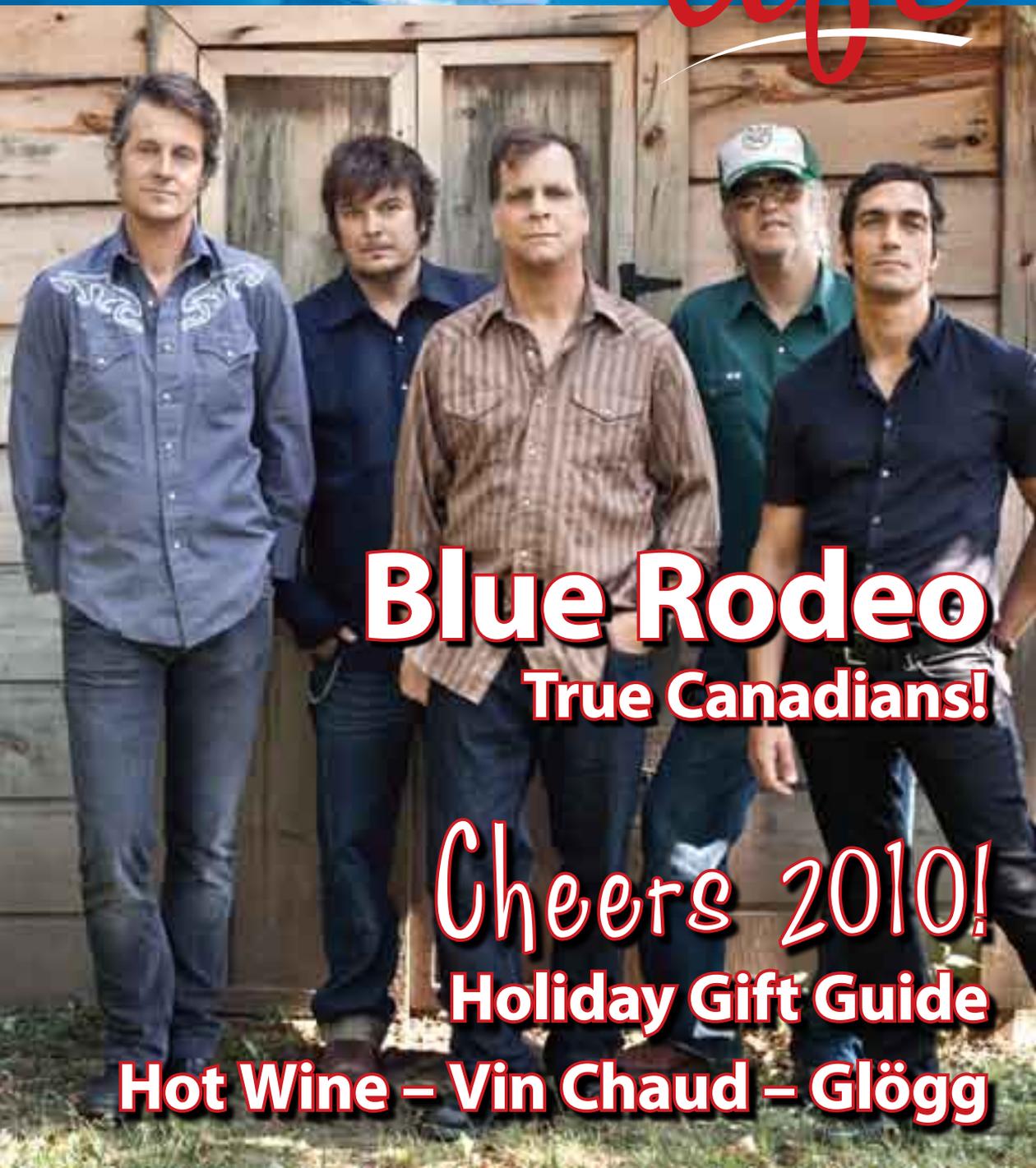


# Beaches

Holiday – December/January 2009/10

# life



## Blue Rodeo

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**Holiday Gift Guide**

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February/March 2010 issue deadline January 12, 2010



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visit BeachesLiving.ca/publication



# Blue Rodeo

## From Juno to Hockey & Everything in Between

Despite their internationally renowned fame and success that Blue Rodeo have accumulated in their 25-year career, the members of Blue Rodeo haven't forsaken their Toronto roots. Co-frontman Jim Cuddy and his wife Rena Polley have lived in the same East Toronto neighbourhood for over 20 years, where they've raised three children together: Devin, 22, Emma, 21, and Sam, 17. "My son was born the day we started making our very first record," says Jim. "Our recording career is exactly as old as my eldest son."

*"I always had such strong feelings for Toronto, and especially the Toronto Maple Leafs when I was a kid."*

Both Jim and co-founder Greg Keelor were born in Toronto. Jim was raised in Montreal, but moved back here with his family when he was thirteen. He met Greg while they were both attending North Toronto Collegiate. "I always had such strong feelings for Toronto, and especially the Toronto Maple Leafs when

I was a kid. I was born here. So it was a great thrill to me when my dad said we were moving to Toronto."

These days, when not out on tour, Jim plays in a local ball hockey league and watches his beloved Maple Leafs whenever possible, while Greg spends most of his spare time on his farm north east of the city.

Blue Rodeo recently set up a new headquarters and recording studio just off Danforth in the heart of trendy Greektown. Being close to so many shops and restaurants was important,

says Jim, because during the stress of recording a new album over a period of many months, they can just step outside for a coffee or go for a stroll on the Danforth when they need a break. "It makes everybody feel a little more normal."

...continues on page 6



up there with the band gave me an opportunity to go and meet them all. We've sort of forged a connection with the family in Northern Ireland and that's been directly because of Blue Rodeo."

"I think one of the nicest things about touring with the band is that you have an automatic entrance into people's lives," Jim continues. "Because somebody's putting on the show, and they're taking you somewhere for dinner that they know, you meet other people, maybe it's an opening band – it's actually quite enjoyable, we're really like tourists."

But staying fit and healthy while on road is a challenge. For Greg, the solution is yoga and exercise, and for Jim, it's hockey. "I take my hockey gear on the road with me, and I've created a whole network of games across the country, people I play with on a regular basis. I could almost play in some league games, I come to some places so often."

And for relaxation, Jim likes to indulge in his other passion, wine. "I really like wine. Wine is a big preoccupation with me – hunting it down, trying new stuff."

Jim looks forward to discovering new labels as he hits the road this winter with the rest of the band – Greg Keelor, bassist Bazil Donovan, drummer Glenn Milchem and multi-instrumentalist Bob Egan, to promote their newest album, *The Things We Left Behind*. They'll play Massey Hall February 2nd & 3rd.

continued from page 5...

Being in Blue Rodeo has also given band members opportunities to travel to many places around the world, as well as all over Canada and the U.S. "Because of Blue Rodeo," Jim says, "I've connected with my Irish relatives. My dad's people come from Northern Ireland, and going



CD: "The Things We Left Behind"  
– Released Nov. 10/09

**B**lue Rodeo is one of Canada's most successful and enduring bands, selling over four million albums, and winning five Juno Awards for Group of the Year. They were inducted into Toronto's Walk of Fame in September. They will be featured performers in Vancouver at the 2010 Winter Olympics.

To find out more about Blue Rodeo's busy live concert schedule in Ontario and across Canada, or to find out the latest news about the band visit [BlueRodeo.com](http://BlueRodeo.com).

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[beachesliving.ca/kids](http://beachesliving.ca/kids)

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*Make this holiday season your personal best*

Whatever your traditions, the holiday season has been celebrated by young and old, year after year. If you are young, you are just starting to count each and every holiday season. But for many, the holidays might seem countless by now. Our good memories can make the season special!

So before you make a list of gifts to buy, before you send that email, or make those phone calls to arrange parties with family and friends, before you set off for shopping, think back, and remember some of the best times from your holidays:

- 1 What are the best holiday moments from your childhood? Maybe it's remembering being able to stay up late, baking gingerbread cookies, or tobogganing with friends in the snow.
- 2 Things you used to do with your family or friends at Christmas: A trip out of town that you can still remember, the best movie you watched, or maybe staying in your pajamas until noon.
- 3 What was your biggest (good!) surprise?
- 4 What were the most special gifts you ever received, or the ones you kept for a very long time?
- 5 What are the best celebrations you can remember? Perhaps with family, friends or co-workers finding that perfect Christmas tree? Putting on a show? Playing silly games?
- 6 What was the best gift you ever gave, to a child, parent or your grandmother or grandfather?



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The holiday season is a very valuable time for families and friends to get together. Share some good times, catch up on your past year and re-tell some old-time stories. It is also a time to pass on family traditions and stories to the young and help keep your family history alive.

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# Cheers 2010!

## A new ATTITUDE for the new DECADE!

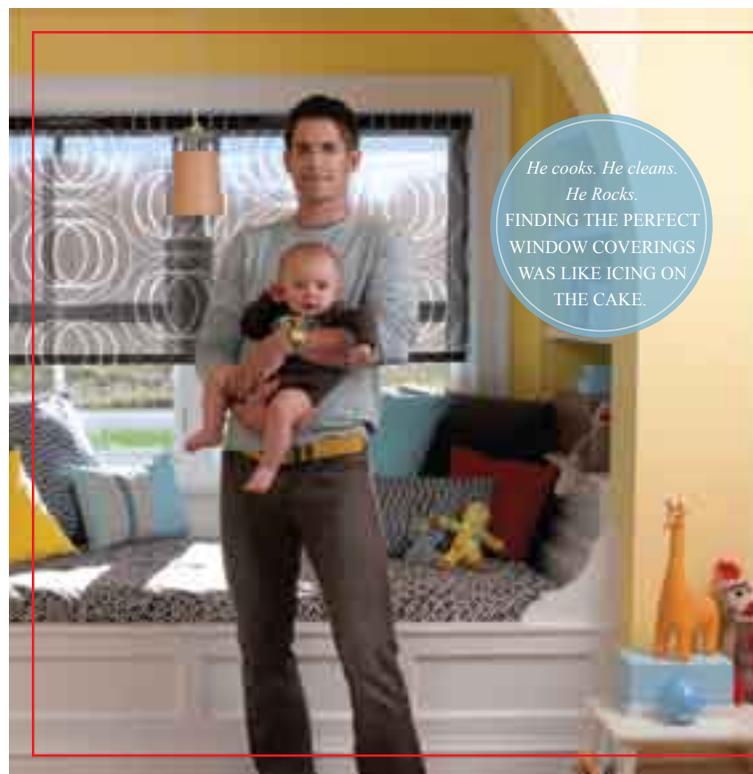
What a decade we have just walked through since entering the new millennium! From some serious world issues, a recession that has affected many, to record breaking weather conditions such as never-ending snowfalls and warm sunshine in November. We've seen the Green Movement bring us down to earth and back to basics! And technology with the Internet has continued to expand at exponential speed.

With all the ups and downs of the past decade, we are stronger and more clear about what is better for us, body, mind and spirit. The gift that this decade gives us is a little more time to think, reflect, and know that time does march on – and yes, we've survived it all.

What we are about to head into is not just a New Year but a new decade! A decade that we will

make the best for ourselves, for our parents and children, for the next generation and for many, many generations to come. Whatever goals you have for short or for long-term, remember to think big – think beyond what is ahead in the New Year and into the new decade. It takes small steps from us as individuals, but together, consider how each of us can make a difference everyday in our lives and the lives of others.

*May we wish you a prosperous New Year and spectacular second decade! Cheers 2010!*



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### In Between Times–Recharge, Re-energize, Renew

Remember that December and early January are supposed to be holiday time. Even if you are busy with family and friends, take some unscheduled time off. Leave your watch on the dresser and your cell phone turned off. There are lots of outdoor places for “mini breaks” such as:

- The Toronto Zoo
- Trails through our City Parks
- Skating at City Hall
- Swimming at an indoor pool
- Winter strolls along the Beaches boardwalk
- Bird watching on the Leslie Spit

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Your Beach Caterer

# 10 COMEDIES TO TICKLE YOUR FUNNY BONE!

Give yourself the gift of laughter. Why not relieve some of that holiday stress with these classic and modern comedies? Get yourself some popcorn, a cold drink and put your feet up. It's movie time!

### *Duck Soup* (1933)

Dir. Leo McCarey; The Marx Brothers

When it comes to comedy, no one does it better than the Marx Brothers, and this has some of their best work. *Duck Soup* is widely considered to be a Marx Brothers masterpiece.



### *Abbot and Costello Meet Frankenstein* (1948)

Dir. Charles Barton; Bud Abbot, Lou Costello

A mixture of horror and comedy with guest cameos by big guns Lon Chaney Jr., Bela Lugosi, and Glenn Strange. Some of the funniest on-screen antics and gags that will leave you howling.



### *Monty Python & the Holy Grail* (1975)

Dir. Terry Gilliam, Terry Jones

Unlike usual comedies, this off the wall comedy ranks as one of Monty Python's masterpieces. The film inspired the stage musical *Spamalot*.



### *Airplane!* (1980)

Dir. David Zucker, Jim Abrahams, Jerry Zucker; Robert Hays, Julie Hagerty, Leslie Nielsen

The film is a comedy spoof of the 1970s disaster films with throwaway gags and hilarious jokes to spare. It's also clever and confident and furiously energetic.



### *Little Miss Sunshine* (2006)

Dir. Jonathan Dayton, Valerie Faris; Greg Kinnear, Steve Carell, Toni Collette, Paul Dano, Abigail Breslin, Alan Arkin

A family road comedy, brazenly satirical and yet deeply human. Tucked in between all the hurt and the jokes, the character development and the terrific performances is a surprisingly sharp look at contemporary family.



### *A Shot in the Dark* (1964)

Dir. Blake Edwards; Peter Sellers

Released after the first Pink Panther film, Inspector Clouseau is back at it again, making you laugh so hard you will start crying. This is pure comedy.

### *Young Frankenstein* (1974)

Dir. Mel Brooks; Gene Wilder, Peter Boyle, Marty Feldman, Cloris Leachman

The film is a parody of the classical horror film genre. The picture was shot entirely in black-and-white and used 1930s-style credits and scene transitions, a rare find in modern film. Now a stage musical coming to Toronto in 2010.



### *Bullets Over Broadway* (1994)

Dir. Woody Allen; John Cusack, Dianne Wiest, Jennifer Tilly, Chazz Palminteri

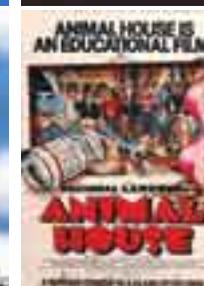
An American crime-comedy by Woody Allen and Douglas McGrath, nominated for seven Academy Awards.



### *Animal House* (1978)

Dir. John Landis; John Belushi, Tim Matheson, Karen Allen, Kevin Bacon, Donald Sutherland

This is the man's comedy film. A timeless comedy about campus frolics that inspired many other films. It became an instant classic.



### *The Hangover* (2009)

Dir. Todd Phillips; Bradley Cooper, Zach Galifianakis, Ed Helms

This is a funny movie, flat out, all the way through. At some point we actually find ourselves caring about what happens to the characters. Here is a movie that deserves every letter of its R rating. What happens in Vegas stays in Vegas.



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# Beaches holiday gift guide

Gift giving comes in many forms, from the things you buy, time spent together, to doing something special for someone. It's all about making others feel special, remembered and appreciated.

## Beaches|life Gift Suggestions & Ideas at Local Shops:

### TOP GIFT IDEAS UNDER \$25

- Bottle of real maple syrup
- Make a music CD or photo DVD
- Movie passes
- Magazine subscription
- Make your own dog biscuits
- Chia pet – many variations on this old favourite

My Beaches Entertainment Pass (\$20) at the *Fox Theatre*. Ella's Botanicals All-natural Scented Bath Gift packs (\$19.99), and Forever Spa Gift sets (\$15.99) – *Hoopers*. 100% nut free and gluten free treats for those with special diets or anyone who wants a healthier alternative (under \$20) – *Wild Earth Café & Bakery*. Tall Boy of chocolate crunch shortbread (\$13.50) – *Mary Macleod's Shortbread*. Molly-Dolly Learn-To-Knit kit (\$24.99) – *Midoco Art & Office Supplies*. Blue Rodeo's "The Things We Left Behind" double CD with 16-page booklet (\$22.99).

### TOP GIFT IDEAS \$25-\$50

- Spa gift certificates
- Assemble a roadside emergency kit
- Assemble your "favourite things" (like Oprah) in a gift basket
- Cozy night-in basket of treats (wine, crackers, chocolates, video)
- Student membership to the ROM for \$50

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### TOP GIFT IDEAS \$50-\$100

- Membership to the ROM, AGO, local groups
- A share in a company, [www.giveashare.com](http://www.giveashare.com)
- Vouchers for extreme activities such as caving, snorkeling, paintball, bungee jumping, visit [www.trythat.ca](http://www.trythat.ca)

Live Opera & Fine Dining in the Beaches (\$55) – *BeachesLiving.ca*. Motorola H620 Bluetooth headset (\$59.99), BlueAnt Headset (\$99.99) – *Experience Communications*. Hair Removal (starting from \$50) – *Paramedical*. Hand carvings (from \$50) from *Enchanted Teak*. Country Square of assorted shortbread (\$60) – *Mary Macleod's Shortbread*. KitchenAid hand mixer (\$99) – *The Maytag Store*. Photo Retouching and Restoration (from \$75) – the *Ad Company*. Spa treatments (\$70-\$95) – *Totto Spa*. Gift certificates for dinners or catering – *Casa Di Giorgio*. Moleskine leather 2010 Artist's Weekly Planner in black or red (small \$54.95, large \$59.95) – *Midoco Art & Office Supplies*. Moroccan oil Gift Sets (\$100) – *Hair Dynamix*.

### TOP GIFT IDEAS OVER \$100

- Open a child's savings account for that favourite niece or nephew
- Day at a spa
- Medical aesthetics treatment
- Cooking class
- Flowers delivered every month for a year
- Glamour photo

Unique Cocoa Silver KitchenAid portables, such as stand mixer, food processor or blender – *The Maytag Store*. Spa For Two (\$224) – *Totto Spa*. Zoom whitening (\$600), Invisalign (\$3,000+) – *Dr. Jay Rabinovich, D.D.S.* Shower stools (from \$125) – *Enchanted Teak*. Litebook Elite, light therapy lamp for S.A.D. (\$179.99) – *Hoopers*. Microdermabrasion Treatment (\$125) – *Hair Dynamix*. iPhone Bluetooth Headset (\$119.99) – *Experience Communications*. Four-month fitness club membership (adult \$279, child \$159, youth/senior \$169, family \$559) – *Variety Village*.

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- Sometimes the perfect gift is a gift certificate at their favourite shop or restaurant



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## Snow Free November... not so for Winter



November was such a warm month we almost forgot we were Canadians! But the snow will come, usually unexpectedly. So be prepared!

### Winter Prep Checklist for Your Home & for the Road

#### For The Road:

- Winter tires
- Winter tune-up for your car
- An extra jug of windshield washer kept in the car
- Ice scraper and snow brush
- Going long distances? Keep a spare set of windshield wipers in the car
- Snow shovel
- Cat litter for under your tires if you get stuck on ice
- Warm blanket, extra hat and mitts
- Candles, matches and a flashlight with fresh batteries
- Emergency first aid kit
- Make sure your spare tire is in the car and inflated
- Bright reflective vest in case of an emergency
- Always keep your gas tank full

#### For Your Home:

- Replace worn weather stripping
- Dig out your boots, hats and mitts from closets
- Replace furnace filters
- Have some no slip salt ready for the ice and snow
- Turn off outside taps from the inside source
- Keep your snow shovel and blowers handy
- Make sure your snow blower works
- Store some extra non-perishable food in case of bad weather
- Stock up on your favourite comfort foods—soup, hot chocolate
- Candles, matches and flashlights with fresh batteries in case of a power outage
- Keep your Beaches Living Guide handy for non-emergency contact numbers



## You Ask... Answer.

### Beaches Life readers have their say:

*The Donald D. Summerville Olympic Pool is named after Don Summerville, a former Mayor of Toronto in 1963. He was also an alderman in the Beaches area. This facility is an Olympic sized pool. – Brian M.*

*Donald D. Summerville Pool is at the bottom of Woodbine Avenue not Coxwell. It is named after a very dedicated politician. In his era, I believe, he was an alderman. The term Olympic denotes size. – Margaret S.*

*The pool is named after a mayor of Toronto. It is called Olympic because it has a standard 50 m. length pool, which is used for Olympic swimming events. Also there is a regulation-sized diving tower. – Linda B.*

### This issue's question:

*I have heard from a few people that there used to be four movie houses in the Beaches. The Fox Theatre is one, where were the other three? – Ian H.*



### Do you know the answer?

You could **win movie passes for two to the Fox Theatre.** Send in your answer by January 15, 2010.

**Do you have a question of your own? Send it in!**

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

# Health talk

Eating your way through December can be both delightful and digestively challenging! Here are some tips so you can both enjoy your food and feel okay the next day.

- 1 Eat a light snack before you go out so that you don't arrive famished!
- 2 Savour what you eat and make it last. This aids in digestion and releases the flavours better.
- 3 Fit in a walk every day, move briskly for half a block, and then stroll slowly and calmly.
- 4 Water is your best friend. Drink it throughout the day and consume equal amounts if you are also drinking alcoholic beverages. A spritzer – a mixture of soda with wine – is a great way to stretch your drinks and include more H2O!
- 5 Enjoy the wonderful variety of non-alcoholic fruit juices and fizzy water that are both healthy for your body and give your system a rest.

6 We naturally feel and digest better when eating foods we are accustomed to eating. Whatever your comfort food, make sure on non-party days you get some good home cooking!

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my Secret Beaches Spot

I enjoy reading Beaches Living. Here's a secret spot I'd like to share with other readers. I like to hang out here with the wonderful squirrels. Shhhh, it's a secret... – Debbie F.

win your secret Beaches spot

Send us a photo of your Secret Beaches Spot and a brief description. If we feature it in an upcoming issue of Beaches|life you will receive a movie pass for two to the Fox Theatre.

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

answer to win

Do you recognize this photo? If you can tell us where the photo was taken, you could win movie passes for two to the Fox Theatre. Three winners will be chosen. Send in your answer by Jan. 15, 2010.

Email your answer to: [info@beachesliving.ca](mailto:info@beachesliving.ca)

Congratulations to...

Janice Graham, winner of the October's Secret Beaches Spot contest – "I have also admired this tree as I walked up Leuty Avenue. It is on the lawn of #83".

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## The new face of Variety Village – Come on down and have some fun!

Ask anyone what they think Variety Village does these days and you'll probably get a variety of answers related to children with disabilities. It is true, for over 60 years, Variety Ontario has worked with young people with disabilities. But over the years the focus of Variety Village has evolved as our attitudes toward disabilities have changed. Today, the "Village" is a not-for-profit fitness club, completely integrated for both disabled and able-bodied people of all ages. It is a unique and inspiring place. As Communications Director Lynda Elmy explains, "There simply is no other place like it in North America....The over 20,000 people who come here every year learn what

each other is able to do – in fact, disabilities become invisible."

If, for example, you want to join a wheelchair basketball team, you can do so at Variety Village regardless of whether or not you have a disability. It works in reverse as well; no one is excluded from joining an able-bodied team. And unlike many facilities, children and youth with multiple disabilities are welcome, and attendants/caregivers are provided on site.

"People have literally grown up here," Lynda says, "Others have met friends through the various groups and programs, for example, our seniors' group."



The 168,000 sq. ft. facility includes gym facilities (weight lifting room, and 2 cardio rooms), 3 indoor pools, and a 76,000 sq. ft. field house with a 200 meter track and 3 full size basketball courts, a high elements course and three rock climbing walls with certified trainers. There are over 40 fitness classes, including Pilates, yoga, tai chi, floor and sledge hockey, etc.

Although the facilities at Variety Village are enjoyed by many individuals and families with club memberships, Variety's Athletic Club includes 7 sports teams and trains Olympians for both the Olympic and Paralympic Games. Currently, Ronald Tang, a medalist from the Paralympics last July in Beijing, is training for one of the 30 spots on Canada's Team going to Brazil then London, England in 2012.

...continues on page 22

## Custom Beaches Greeting Cards & Photographs



A wide selection of affordable Beaches greeting cards, large size photographs and gift items by local artists.



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**My PASS** is for 1 person.  
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- ✓ it's easy to buy and fits your budget
- ✓ one price for two: entertainment & shop the Beaches
- ✓ give the gift of their choice

Each pass includes a movie and a voucher for dining or shopping at your choice of many participating local businesses.

Visit [BeachesLiving.ca/entpass](http://BeachesLiving.ca/entpass) for a complete list of participating businesses. Purchase passes at the Fox Theatre (2236 Queen St. E.), or online at [BeachesLiving.ca/entpass](http://BeachesLiving.ca/entpass).



## my.tech

### Helping archive human knowledge at your finger tips.

If you've shopped online you have probably used CAPTCHA. CAPTCHA is a program that identifies its user as human or computer. CAPTCHAs prevent abuse from "bots," or automated programs that generate spam. No computer program can read distorted text as well as humans can, so bots cannot navigate sites protected by CAPTCHAs.

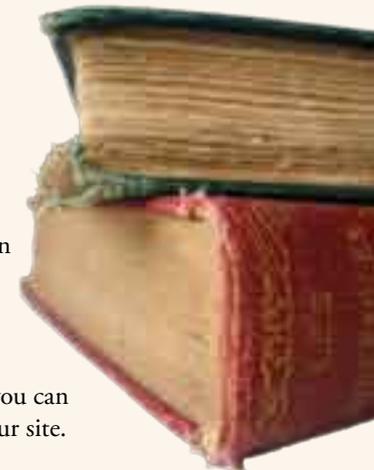
About 200 million CAPTCHAs are solved around the world every day. Each take approximately ten seconds to complete, which isn't a lot of time, but when added up these little puzzles consume more than 150,000 hours of work each day.

To archive human knowledge and to make information more accessible, multiple projects are currently utilizing CAPTCHAs to digitize books that were published before the computer age.



Books are scanned and transformed into text using Optical Character Recognition (OCR) software but it is not perfect. Many of the 200 million CAPTCHAs solved by humans each day are words OCR could not correctly identify. Therefore, you are actually part of a team that is archiving human knowledge.

If you run a website that suffers from problems with spam, you can put CAPTCHA on your site.



continued from page 21...

Most members at Variety Village come from the Beaches although many also travel from farther away because of what it offers. Members and guests come by Wheel Trans to use the facilities, volunteer, attend an event or even for corporate inclusion and sensitivity training." Students from Birchmount Collegiate (next door!) are regular volunteers plus they use the site for their athletic program.

Space at Variety Village can be rented for birthday parties on Sundays, sports teams and special events. The Police, for example, have held their annual police games here for the last 25 years. This December, the site will host the International Day of People with Disabilities.

Variety Village offers various membership choices: family, individual, senior, children, etc. with subsidized rates according to need. Parking on site is free and a Wheel Trans bus takes anyone directly to the front door from the Main subway Station.

This December, Variety Village has a special offer—try out the facilities for a day, absolutely free!

Variety Village  
3701 Danforth Avenue  
416-699-7167  
[www.varietylvillage.ca](http://www.varietylvillage.ca)

### Dr. Jeff Margolian, Dentist

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## coming, going and on the move

### Welcome new neighbours

Beach Apothecary – 1854 Queen St. E.  
Beach Bird Restaurant – 1955 Queen St. E.  
Beach Glo Tanning – 1940 Queen St. E.  
Beach Plaza Variety – 2254 Queen St. E.  
Fanning Fresh – 2220 Queen St. E.  
Juice & Java – 2104 Queen St. E.  
Naturalis – 2198A Queen St. E.  
Pertino Restaurant – 1610 Queen St. E.  
Rowe Farms – 2126 Queen St. E.  
Sophie – 889 Queen St. E.  
Today's Shawarma – 1921 Queen St. E.  
Vitalife Digestive Wellness Clinic – 2251A Queen St. E.  
ZenFinder – 1984 Queen St. E.

### On the move

Elevation Architects – 1967 Queen St. E.  
Overkill – moving north

### Reopening

Beach Food Mart – 609 Kingston Rd.

### Thank you & best wishes

Antoinette – 2455 Queen St. E.  
Farmer's Daughter – 946 Kingston Rd.  
Fresh at the Beach – 1923 Queen St. E.  
Jolly Tots – 2032 Queen St. E.  
Yoga Spice & Rice – 2397 Queen St. E.

In the last issue of *Beaches|life* Details was incorrectly listed as a closing business. Our apologies for any confusion this may have caused.

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.

# Happy Holidays from Gerrard Square



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## HOLIDAY HOURS

**Gerrard Square will be running special holiday hours for your shopping convenience:**

**Monday to Friday,  
Dec. 7-11** ..... 10 am to 9 pm

**Saturday, Dec. 12** ..... 9 am to 9 pm

**Sunday, Dec. 13** ..... 11 am to 6 pm

**Monday to Thursday,  
Dec. 14-17** ..... 10 am to 9 pm

**Friday – MIDNIGHT MADNESS  
Dec. 18** ..... 10 am to Midnight

**Saturday, Dec. 19** ..... 9 am to 9 pm

**Sunday, Dec. 20** ..... 11 am to 6 pm

**Monday to Wednesday,  
Dec. 21-23** ..... 10 am to 9 pm

**Thursday – CHRISTMAS EVE  
Dec. 24** ..... 10 am to 6 pm

**Friday – CHRISTMAS DAY,  
Dec. 25** ..... Mall Closed

**Saturday – BOXING DAY,  
Dec. 26** ..... 10 am to 6 pm

**Sunday, Dec. 27** ..... 11 am to 6 pm

**Monday to Wednesday,  
Dec. 28-30** ..... 10 am to 9 pm

**Thursday – NEW YEARS EVE,  
Dec. 31** ..... 10 am to 6 pm

**Friday – NEW YEARS DAY,  
Jan. 1, 2010** ..... Mall Closed

**Saturday, Jan. 2** ..... 9 am to 6 pm

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# Hot Wine – Vin Chaud – Glögg

**Hot** wine is popular around the world. Almost every wine drinking country has its own version of hot wine with many names depending on which part of the world it comes from. It is a popular winter drink in many parts of Europe, mostly in Alpine countries.

Hot wine is usually red wine combined with spices and fruit and typically served warm. Historically, wine often went bad but by adding spices and honey, it could be made drinkable again. Nowadays, it is a traditional drink during winter, especially around Christmas.

During the holiday season throughout France there are Marche de Noels (Christmas Markets) where one can buy an assortment of things from local chocolates and wooden toys to vin chaud. Bring a little France into your home this holiday season by celebrating with this European holiday tradition!



## Recipe

Enjoy this wonderfully simple and delicious winter holiday drink enjoyed throughout France and Belgium.

### Ingredients:

1 gallon of cheap red wine. Believe it or not, cheap wine tastes best.

Oranges (between 1/2 to 1 per glass)

Honey (optional)

### Method:

Pour the desired amount of red wine into a pot. Turn the stove on to a relatively low heat. **You want to warm the vin chaud rather than boil it.** No need to cook out all the alcohol.

Then, slice the orange into sections and add it to the pot. The number of oranges will depend on how much vin chaud you are planning on making. Orange peels tend to soak up much of the vin chaud, so best to take the peel off first.

Warm on stove for about 10-15 minutes on low heat depending on the quantity of vin chaud you plan on making.

If it's not sweet enough, add more oranges. If you'd like to add an additional source of sweetness, add honey to taste.

**Non-alcoholic hot wine  
can be made with  
fruit juices instead of wine.**

## Hosting a Holiday Event? Here's a last minute checklist!

- ✓ A bottle of hand sanitizer to place by finger food.
- ✓ A stack of napkins or hand towels in the washroom.
- ✓ Names and telephone numbers of taxicabs in case one of your guests needs a safe ride home.
- ✓ Ice cubes!
- ✓ An evergreen scented candle to light for atmosphere.
- ✓ Safety salt for the front walkway in case of last minute ice.
- ✓ A variety of non-alcoholic drinks.
- ✓ A CD of your favourite holiday tunes to set the mood.
- ✓ The name and address of your favourite charity if you're suggesting a donation instead of a gift.

# Food talk

Luck is when opportunity  
knocks and you answer.



## Start the New Year with "good luck" foods!

Various foods around the world are associated with "good luck".  
What a fortunate way to start the New Year!

- Black-eyed peas bring prosperity, especially when served with collard greens.
- In Germany, Ireland, and the US, cabbage is associated with good fortune because it is green, like money.
- Associated with abundance and fertility, pomegranates bring abundance and fertility, and are enjoyed in Turkey and other Mediterranean countries for luck.
- Lentils are eaten in Italy for prosperity in the New Year (they resemble little coins).
- In some countries, people associate fish with moving forward into the New Year because fish swim forward!
- In many Asian countries, long noodles are eaten on New Year's Day to bring a long life. But remember not to break the noodle before it is all in your mouth.
- Still looking for something that spells out luck? Get some fortune cookies. They are not just Asian tradition but a way to present fortune telling in a simple way. Chinese meals usually don't end with dessert, so the dessert option is a fortune cookie.

## Hair Dynamix

### Holiday Gift Ideas

This month we introduce 3 special holiday gift certificates available to conveniently purchase online at [hairdynamix.ca](http://hairdynamix.ca)

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