Annual Holiday Shopping Guide!

Health, Joy and Prosperity into 2012

Lighting up the Season Across the World

Pitching in with Chef Lynn
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Features...
9. Lighting up the Season - Tradition and Celebration Around the World
10. Money Wise Shopping Tips
11. De-clutter Before you Shop, & for a Good Cause
12. Getting Ready for Big Snow
13. Spread a Little Civility
14. Beaches Holiday Shopping Guide
15. Warm-up Your Winter on the Ice
16. Best, Worst and Most Interesting Gift This Year
17. Golden Globes® Kicking off Awards Season
18. Chinese New Year 2012 Year of the Water Dragon

In this issue...
5. On the Cover - Top of Her Game Chef Lynn Crawford
18. Movie Pics: My Holiday Movie Tradition
20. Food Talk: The Perfect Holiday Gift
22. My Tech: Holiday Do’s and Don’ts with your tech-toys
24. You Ask... Answer.
28. My Secret Beaches Spot
29. Health Talk: Foods that De-stress
30. Coming, Going & on the Move

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Holiday Store Hours
(for all stores)
Dec. 24 & Dec. 31: 9am - 6pm
Dec. 25, 26 & Jan. 1, 2012: Closed

Arrive alive, don’t drink and drive.
Wishing everyone a safe and wonderful Holiday Season and a prosperous 2012.

From all of us at Beaches Living

ADVERTISING INDEX

Arax Shawarma ............. 21
Ali’s Antiques ............. 31
Beaches BathCity ........... 10
Beach Shop ................. 8
Budget Blinds ............. 15
Cherry Beach Soccer ....... 19
Classic Fireplace .......... 15
Envy Eyewear Boutique .... 13
Experience Communications ... 2
Fido ....................... 12
Gerrard Square Shopping Centre ... Back Cover
Giffen-Mack Funeral Homes ... 8

Hooper’s Pharmacy ........ 11
Jaimco Doors and Windows Inc. ... 15
Lauren Sutton, ROYAL LEPAGE Estate Realty ... 6
Mr. Handyman .............. 10
Orange Fish ................ 19
Paramedical Skin Health ... 23
The Pilates Bar ............. 13
Salon Fortelli & Spa ........ 8
Tori’s Bakeshop ............ 21
Variety Village ............. 7

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Top of her Game
Chef Crawford
just keeps on “pitchin’ in”

With 24 years of culinary experience working in top restaurants across North America and as Executive Chef at the Four Seasons in Toronto and in New York City, Lynn Crawford has earned her title, “Canada’s Top Female Chef”.

Lynn has become a household name because of her show “Pitchin’ In” on the Food Network, where she travels all over North America to source out great products. In 2005-2008, she was one of the rotating chefs in the television show, “Restaurant Makeover”. She battled against Bobby Flay on “Iron Chef America 2007”. Lynn has also appeared with many well-known celebrity chefs, including Gordon Ramsay. And this past November, she kicked off the Royal Winter Fair with the Annual Celebrity Chef Competition.

Growing up, both of Lynn’s parents were good “home” cooks; her father was a butcher in Scotland. While Lynn was a student at Guelph University she began shopping at the local farmers market and cooking for her friends in the hospitality program. It’s that hospitality that inspired her to start her professional journey – and the rest is the history…

She discovered early on that “there was only so much I could learn behind a stove,” so she began reading anything she could get her hands on about cooking - where to find quality ingredients and how to cook them properly and finding out about the best chefs and top restaurants in Canada, North America, Europe and around the world. “Ultimately, I just care about the experience I provide my guests and want to give them my best. I just always wanted to be the best,” she says.

Your comments and suggestions are welcome.
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Toronto, ON M4E 1E3
416.690.4269, info@beachesliving.ca

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Chef Crawford has made it a priority to have positive relationships with local farmers and growers and has built an appreciation for the difference that fresh makes and incorporates these values into her kitchen.

Lynn attended George Brown College in Toronto, one of Canada’s finest culinary schools. When Lynn started her career as a chef over 20 years ago, she encountered the attitude that “women don’t belong in a kitchen” (at least, a restaurant kitchen). But overcoming obstacles isn’t an idea that’s new to Lynn. “I love a good challenge,” she declares.

After 23 years at the Four Seasons Hotel in Toronto, Montreal, Vancouver and New York she felt that she had grown up and was ready to start a new culinary journey. “It’s just the life I lead,” she explains, after almost two years of running a successful restaurant, Ruby Watchco (with two partners) in Toronto’s east end. “I thrive on working weekends and holidays, with no set schedule. … I’m surrounded by talented people who make the challenges manageable and every day I’m able to inspire others to cook and enjoy a wonderful meal together.”

Looking for a suggestion for a holiday meal with friends and family? Lynn recommends that you either make a one-pot dish, as simple as lasagna, pork roast, or charcuterie or let your guests participate in a pot luck meal. Holiday entertaining shouldn’t be stressful, she says. “It should be about sharing a meal and celebrating.”

Lynn has a book coming out this January inspired by her show – “Pitchin’ In”, by Penguin Publishing. Watch Pitchin’ In on the Food Network foodnetwork.ca

But this doesn’t mean she wants complicated food. Lynn has a passion for quality ingredients and her menus are inspired by produce that is in season and grown by local farmers. She also wants to know where any food she uses comes from and how it was made. Her show “Pitchin’ In” is not only educational to viewers about how each ingredient is farmed, it has added more passion to Lynn’s cooking – she now strives even more to extract the best of each ingredient she uses in her menu.

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The end of the year and beginning of the New Year is a time for celebration for many around the world of different faiths and traditions: Christmas and its different dates, the Winter Solstice, Hanukkah and Diwali. But regardless of how you celebrate, traditions are best when shared with others, family at home, extended family, friends, colleagues at work and these days, far away.

Does someone you know have a different tradition? Ask what they do at this time of year. Share how you celebrate, what is important to you and your family at this time of year. Often we find that although we come from very different backgrounds, gathering together for a meal, enjoying an outdoor activity together, or helping out someone in need are activities we all treasure and hold close to our hearts.

The first recorded date of Christmas being celebrated on December 25th was in 336 A.D. in the time of the Roman Emperor Constantine (he was the first Christian Roman Emperor). A few years later Pope Julius I officially declared that the birth of Jesus would be celebrated on the 25th of December.

Hanukkah is an eight-day festival of light that that remembers the Jewish people’s struggle for religious freedom. Hanukkah begins at sunset on Tuesday, December 20, 2011, and ends at sunset on Wednesday, December 28, 2011.

December 21 is ‘Solstice Day’, when the sun reaches its most southerly declination. In other words, it is when the North Pole is tilted 23.5 degrees away from the sun. This is a very ancient tradition, and is the reason that Christmas was set as December 25.

Diwali is one of the festivals celebrated all over India. The word ‘Diwali’ is the abbreviation of the word ‘Deepavali’, which means ‘rows of lights’. One of the major Hindu festivals, it is celebrated to commemorate the victory of good over the evil, when Lord Rama defeated Ravana and rescued his wife Sita from his custody. It is predominantly a five-day festival, with a number of customs and rituals followed during each day.

Celebrated by people of every religion, the magical effect of Diwali creates an atmosphere of joy and festivity. Innumerable lamps are lit on the roofs and windowills of the houses, thus, giving a divine look to the whole scenario.
Enjoy everything that the season has to offer. Consider getting the bigger gifts first.

Quality may cost more...

Plan your purchases so you get gifts that suit the person.

A gift will always be loved when it is the right item, regardless of the price.

...but in the long run it is usually worth the investment.

You buy a lot of small gifts you're not sure of, then you've run out of money for a gift someone really wants.

More time to research and cost more—once you've got them, you can decide what else your budget allows.

There's no need for the wrapping to cost more than the gift!

Gifts are wonderful but they are not a substitution for good friends, family and time together.

Money Wise Shopping Tips
(not just for the holiday season)

Shopping for the perfect gifts? These tips may help you save you time and money.

If you're looking for the best in quality and style for your bathroom remodel, you'll find all of the top names in the business at BathCity.

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DE-CLUTTER before you shop – and for a good cause

Holiday gift giving, new decorations, boxes of chocolates? We love it all but before long we've just added to all the stuff already filling our closets and drawers. Before setting out to shop and decorate this year, take a few hours to de-clutter with others in your household.

Go through each room, including the garage and basement, and collect items you don’t use any longer, or items you’ve never used (the rule is, if you haven’t used it in the last year, then it goes). Pack them in boxes or bags and donate to your local re-use store.

New decorations? Have a rule that when you bring something new into the house, something that you don’t need is given away.

At the same time, go through your pantry and cupboards for non perishable food items. These can go to a local food bank. Think particularly of healthy food items.

Have a brand new gift you’ve never used? Donate it to Christmas gift and toy drives. Charities are always short on items suitable for teenagers, so consider items like video games, new electronics (those earphones you never opened, that extra digital camera), CDs, unopened cosmetics and stylish scarf, etc.

If you receive a gift this year that isn’t something you’d use, don’t pack it away or open it just to have a closer look. Keep it safe and unopened so you can donate to the next charity auction or raffle.
Like it or not, sometime between November and March, Torontonians will feel the full effects of winter and get at least one big snowfall. Don’t get caught by surprise one morning. Here’s what to do to make sure you’re ready:

Get out the mittens and hats to avoid last minute searching through closets and drawers. Remember to place a set in your car along with a shovel and a winter survival pack.

Get at least one shovel out of the back of the garage or shed where it’s been hiding behind all the garden equipment. Bring it inside, or put it in your car trunk so you don’t have to shovel snow to get to your shovel!

Replace your windshield washer fluid with anti-freeze.

Buy a supply of eco ice melter and make sure it’s in an easy-to-pour container at your back door.

Put ice scrapers and snow brushes in your back seat. No reason to have them frozen in the trunk.

Sweaters smell like moth balls? Air out winter woolens so you can go out in public without smelling like an old trunk.

Stock up on winter ‘warming foods’ such as soup, chili, hot chocolate and hot apple cider.

If you’re lucky enough to have a wood burning fireplace, brings some logs inside so they’ll be dry and ready to light.
Spread a little civility

During the season of giving, don't forget to pass on some civility

Some believe that in a busy city like Toronto, rushing and stress levels cause too many of us to forget our manners, get upset too fast, honk our horns too quickly, get pushy at the mall.

Studies show that acts of civility and simply being polite, encourages similar behaviour in others. Try these out and see what happens:

- Don't just mumble “thanks”, look the person in the eye and say clearly, Thank you very much.
- Reach a line up at the same time as someone else? Encourage them to go ahead of you, with a smile.
- Standing in line at a slow cash register? Resist the urge to look impatient. Smile instead, it will make both the cashier and you feel more relaxed.
- Offer your seat to someone on the TTC.
- Send a written note of thanks after a visit.
- Greet service providers with a smile, say Good Morning, or Good Afternoon, followed by their name if you know it.
- Someone cut you off in traffic? Maybe they've got an emergency. Just let them go and resist the urge to honk or give them a nasty look.

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❍ Vouchers for activities eg: circus school, indoor rock climbing

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❍ Pet portrait

TECH GADGETS
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There is nothing that says "I care" more than a thoughtful gift. Sharing in the joy of the season, spending time with friends and family, giving and receiving - these are the things that make this time of the year so magical. Let your loved ones know just how special they are with the ideal gift... your local retailers have a wealth of goodies, right at your doorstep.
Hello,

I am Ted Niles, the designer of Beaches|life magazine. Most of you don’t know that I’m also the one who makes most of the “Top 10 Movie Picks” in each issue. In this issue, I’d like to share my holiday movie tradition I do with friends and family.

This time of the year, we are all so busy cooking, baking, shopping, wrapping, sitting in traffic, or watching our children’s holiday concerts that the idea of enjoying a movie or ten seems unattainable. That is, unless, you make it a part of your holiday routine.

It begins December 1. I go into the basement and search for the box that contains my Christmas music and movies. Sometimes it’s a challenge, but once I find it, I separate all the DVDs from the CDs and head up to the family room with movies in hand.

There seems to be some magic in the air when I pop in the first movie of the season, “National Lampoon’s Christmas Vacation” (1989—Dir. Jeremiah S. Chechik; Chevy Chase, Beverly D’Angelo), some are just fun: “Home Alone” (1990—Dir. Chris Columbus; Macaulay Culkin, Joe Pesci, Daniel Stern) others are animated: “The Polar Express” (2004—Dir. Robert Zemeckis; Tom Hanks) some are even musical: “Scrooge” (1970—Dir. Ronald Neame; Albert Finney, Alec Guinness) but all help me get in the spirit and keep me going through the season’s hustle and bustle.

It’s funny, some movies I can watch once or twice, but there is something different about Christmas movies — I look forward to watching them each year.

I hope you all have a wonderful and safe holiday season. During your extremely busy December, find some time to enjoy a magical holiday movie. Watch them with a loved one, or have a holiday movie night with friends (they all will have their own favourites), even put one on while wrapping presents — I guarantee it will put a smile on your face or maybe a tear in your eye.

Thank you for reading my movie picks over the years, I will continue bringing you more great films in 2012.

My Holiday Movie Tradition

Warm-up your winter on the Ice

Enjoy one of Canada’s oldest and most popular recreational activities. Warm up your winter spirit with some ice skating in your neighbourhood and around the City. Coupled with a hot chocolate, hot apple-cider or even Gluege (hot wine) this is sure to be a wonderful winter-time activity.

There are many arenas and rinks around you and across the City offering many leisure skating, skating lessons and pick-up hockey games. Check with your local rink or call 311 for days and times.

Outdoor Rinks in your neighbourhood:

- Dieppe Park, 455 Cosburn Ave
- Glen Stewart Ravine
- Greenwood Park, 150 Greenwood Ave
- Harbourfront Centre, Queens Quay W
- Jimmie Simpson, 870 Queen St, E
- Kew Gardens, 2075 Queen St, E
- Monarch Park, 115 Felstead Ave
- Nathan Philips Square, 100 Queen St, W
- Riverdale Park East, 550 Broadview Ave
- Withrow Park, 725 Logan Ave

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- Glen Stewart Ravine
- Greenwood Park, 150 Greenwood Ave
- Harbourfront Centre, Queens Quay W
- Jimmie Simpson, 870 Queen St, E
- Kew Gardens, 2075 Queen St, E
- Monarch Park, 115 Felstead Ave
- Nathan Philips Square, 100 Queen St, W
- Riverdale Park East, 550 Broadview Ave
- Withrow Park, 725 Logan Ave

Warm-up your winter on the Ice

Enjoy one of Canada’s oldest and most popular recreational activities. Warm up your winter spirit with some ice skating in your neighbourhood and around the City. Coupled with a hot chocolate, hot apple-cider or even Gluege (hot wine) this is sure to be a wonderful winter-time activity.

There are many arenas and rinks around you and across the City offering many leisure skating, skating lessons and pick-up hockey games. Check with your local rink or call 311 for days and times.

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In today’s internet inspired world, most communication is done through email and text messaging – even talking on the phone has taken a back seat. But during the holiday season, the gathering of friends and family continues to be strong. Why not enjoy your time together making something that is fun and creative – a candy buffet.

If you are having a party, instead of having people give gifts, ask them to bring candies to add to the buffet, or even better, have a few close friends over to help make the candy.

This is a four step process. **STEP ONE:** make the candy; **STEP TWO:** decorate the boxes; **STEP THREE:** set up the buffet; **STEP FOUR:** enjoy all of the treats.

If you have never made candy before you will need three items: a double boiler, candy thermometer and parchment paper. Of course there are other things, but don’t even start without these three. It is easiest if your host agrees to provide the preparation items and then the participants bring the ingredients.

Boiling sugar is not for children, but you can involve them with decorating the containers for your guests to fill with candy. A nice ‘quirky’ box is a Chinese take-out food container with the wire handle on top. By adding some ribbon, felt, and coloured beads make these into nice holiday candy boxes.

Once you have your boxes and a variety of candies made, display them and let your guests fill their decorated boxes with their favourite treats. This will leave a lasting memory, as well as, give your guests a sweet treat to take home with them.

**Chocolate Almond Bark**

Makes 1½ pounds

**Ingredients:**
1 cup whole cooked almonds (or any nut)
16 ounces white chocolate pieces (substitute with dark or milk chocolate)

**Method:**
Heat chocolate over low heat in a double boiler until melted. Do not overheat.
Stir in nuts.
Spread candy on a parchment paper-lined baking sheet; refrigerate.

**Cashew Brittle**

Makes about 2 pounds of cashew brittle.

**Ingredients:**
2 cups granulated sugar
1 cup light corn syrup
1/2 cup water
1 cup butter
3 cups cashews (use salted cashews for a nice salty/sweet treat)
1 teaspoon baking soda

**Method:**
In a large saucepan, combine sugar, corn syrup, and water.
Cook over medium heat, stirring, until sugar dissolves. Bring to a boil; blend in butter.
Begin to stir frequently when syrup reaches the thread stage, about 230°F.
When temperature is 280°F, or soft-crack stage, add cashews. Stir constantly until hard-crack stage, 300°F, is reached.
Remove from heat and quickly stir in baking soda. Mix well. Pour onto two buttered baking sheets or jelly roll-size baking pans.
As the candy cools, stretch it out thinner by lifting and pulling at edges with forks.
Loosen from the pans as soon as possible and turn over. Break hardened candy up.

**Food talk**

**The Perfect Holiday Gift**

- friends, teamwork & choice

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**A Personal "Thank You" Goes a Long Way!**

Looking for ways to thank your staff or your customers this holiday season? Try and think of a way that thanks them that represents who you are:

Homemade baked cookies or chocolates packed in a tin box says that you really spent a bit of time doing something nice for them.

Gift certificates can seem a bit too easy, but include one with an actual cup of coffee, or a donut, depending on the certificate, to make it a bit more fun.

Giving a bottle of wine? Add a note about why you chose that particular wine, maybe a print out from the Internet about where it’s from and how to serve.

Giving a “packaged evening” – DVD with a package of popcorn and a 6 pack; gift certificates for dinner and a movie; restaurant coupon and a promise to babysit.
Holiday Do’s and Don’ts with your tech-toys

Arranging parties and keeping track of guest responses has never been easier with email, programs like email, apps and smart phones. But when using these new tools for sending party invitations, be careful to avoid some of these invitation faux pas!

• Not everyone uses the internet or checks it as frequently as you do. Make sure everyone receives your invitation by asking for a reply. No response? Use the telephone or you might end up leaving someone out.

• Be careful of online invitations where guests can send back comments. You can turn this option off to avoid embarrassing conversations about who may or may not be coming, and why.

• Check your group emails carefully to make sure you’ve included everyone.

• Neighbourhood gathering? Consider a hand delivered invitation; you’re only a few steps away, after all!

• Suggest that guests reply to emails by only replying to you. This avoids swamping everyone else’s email with Aunt Mary’s long excuse about why she can’t attend this year.

• Electronic invitations can be so easy to send that sometimes, important details are missed. Once you’ve written your email invitation, wait a day before sending; then review, and print out to make sure the information is accurate.

• Make sure you still send cards to seniors who don’t use email, friends and family far away that like to get an actual letter or card.

• Finally, limit your time on the Internet. It’s the holidays after all. This is the time to spend with people, face to face.

Show Businesses Your Appreciation!

Businesses frequently find ways to appreciate their customers. Why not show your appreciation to the businesses you love by recommending them to others?

Now, you can recommend a Beaches Living business online!

Go to beachesliving.ca and click on Recommend a Business

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Paramedical
Skin Health

Choose any 3 single sessions - and get started to seeing glowing results this holiday!

- FACE TIGHTENING (or NECK LIFT) using most advanced multi-polar RF radio frequency. $150
- MEN’S / WOMEN’S BRAZILIAN permanent hair reduction using Light, NOT Lasers! $250
- MENTHOL WHITEING
- PUMPKIN EXFOLIATING FACIAL
- TEETH WHITENING
- DIGITAL SKIN IMAGING
- MICRODERMABRASION (full face)

$20
$40
$100
$10
$120
$120
$10
$10
$90

We fix skin problems!

- fine lines... wrinkles...
- veins... sun damage... acne... cellulite...
- scars... age spots... body hair... redness... skin tone...

(416) 916-7395
2120 Queen St. E.
Suite 201
Best, Worst and Most Interesting Gift This Year

I remember one year tracking down a second hand flute in Winnipeg then shipping it to Toronto in time to give to our daughter for Christmas. I’ll never forget how happy she was and how surprised. It must have made an impact. Today she is a music teacher!

Sometimes the best gift you ever got was something unexpected; tickets to a special game, a visit from a loved one, a homemade treat, a piece of art, maybe an item that a child made with care in kindergarten.

As well, we have all had that gift that made you say, “oh I just love it,” while you were thinking, “what is it”.

We at Beaches|life want to know! Tell us about your best, worst and most interesting gifts you received and you may win a prize. This does not have to be limited to a wrapped object. Your best gifts may be published in our 2012 annual Holiday Gift Guide.

Email your gifts and brief write-up to info@beachesliving.ca. Tell us why you consider it one of your best, worst or most interesting gifts. Of course, we all know it is the thought that really counts.... right?

Kicking off Awards Season on January 15

The 69th Annual Golden Globe Awards take place on January 15. This year’s host, once again, is the funny Ricky Gervais.

Somewhat unpredictable, the Golden Globes also give us a glimpse at what might be Academy Award contenders as well as the best in television.

Watch for nominations to be released on December 15. It has already been announced that Morgan Freeman will receive this year’s Cecil B. DeMille Award.

Early predictions? Look for “War Horse,” “The Descendants” and “The Artist” to nab many nominations here en route to doing the same at the Academy Awards.

FILMS TO WATCH:
- War Horse (directed by Steven Spielberg)
- Moneyball (staring Brad Pitt)
- The Descendants (with George Clooney)
- Land of Blood and Honey (written and directed by Angela Jolie)
- The Artist (silent cinema comedy)
- The Rum Diary (with Johnny Depp)
- Midnight in Paris (directed by Woody Allen)
- Extremely Loud and Incredibly Close (with Sandra Bullock)
- My Week with Marilyn (staring Michelle Williams as Marilyn Munroe)

Beaches5th Annual Kids Program Open House for age 0-16

Saturday, February 25, 2012 10am – 2pm
Beaches Recreation Centre Gym 6 Williamson Road (north of Queen & Lee)
FREE Admission and FREE Parking!

Music  Sports  Arts  Science  Camps  Tutors  Playgroups
Daycares  Preschool  Programs  and  much  more...

Join us -
Learn about and explore kids programs for all ages available in the Beaches. Meet face to face with program organizers, teachers, coaches, and much more!

email your question online: beachesliving.ca/youask

Congratulations to Matthew Domain, the winner of our question from the October/November issue. The Leslie Street spit began construction in the late 1950s. Its original purpose was to provide a breakwater for Toronto’s Outer Harbour, to handle the increase in shipping on the Great Lakes after the Saint Lawrence Seaway opened in 1959.

This issue’s question:
I remember last winter seeing a natural ice rink off of Glen Manor Drive. With winter once again knocking at the door, I was wondering if this is a City run rink and when can we start enjoying all the fun? – Mike P.

Do you know the answer?
You could win movie passes for two to the Fox Cinema, 2236 Queen St. E. Send in your answer by January 10.

Do you have a question of your own?
Send it in! We would love to feature it in the next Beaches|life. Our readers might have the answer you are looking for.

Submit your answer or question online at beachesliving.ca/youask
Beaches | Life December 2011/January 2012

The first day of the Chinese New Year 2012 will be celebrated on January 23, 2012. The festival usually lasts 15 days, ending February 6, 2012.

Chinese New Year is an annual official public holiday for many countries, including Singapore, Malaysia, Hong Kong and Indonesia.

Some countries refer to the Lunar New Year with their local name, such as Tet Nguyen Dan (Vietnamese New Year) in Vietnam, Korean New Year in South Korea, or Setsubun in Japan.

To the Chinese communities, Chinese New Year is the biggest annual event, where families would gather for reunion dinner and friends would be visiting each other. Markets will be abuzz with activities and many beautiful ornaments weeks prior to the festival.

2012 is the year of the Water Dragon. Water allows the Dragon to re-direct its enthusiasm, and makes him more perceptive of others. These Dragons are better equipped to take a step back to re-evaluate a situation because they understand the art of patience and do not desire the spotlight like other Dragons. Therefore, they make smart decisions and are able to see eye-to-eye with other people.

Public Holidays for the Chinese New Year Around the World

Indonesia: January 23

Malaysia, Singapore: January 23, 24

Mainland China, Hong Kong, Macau & South Korea: January 23, 24, 25

Vietnam & Taiwan: January 23, 24, 25, 26

In Thailand, Philippines, Cambodia and Japan, Chinese New Year 2012 is a major festival; however, it is not a public holiday.
If you can tell us where the Secret Beaches Spot photo was taken, you could win a $25 gift certificate to Casa Di Giorgio Ristorante, 1646 Queen St. E. Submit your answer online at beachesliving.ca/secretspot by January 10, 2012.

Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in Beaches|life, you will receive $25 gift certificate from Casa Di Giorgio Ristorante, 1646 Queen St. E. Submit your photo online at beachesliving.ca/secretspot.

Congratulations to J. Robinson – October/November’s Secret Beaches Spot winner. Here is one of the correct answers.

“The roof of the boathouse at the foot of Silverbirch Ave. during the annual Beaches Spring Sprint. Frank Domagala, who does an amazing job every year of making every participant feel like he or she has won, even if they are last is standing on the roof.

Andi Z.

What’s for DINNER tonight?

Perfect for you, when you...

✔ don’t feel like cooking ✔ have last minute visitors ✔ planning a party

One place for all your menu options.

SELECT, ORDER, Bon Appétit! beachesliving.ca/menus

Look for the follow foods to help you de-stress during the holidays:

ALMONDS are packed with vitamin B2 (riboflavin), vitamin E, magnesium and zinc, which makes them great stress relievers.

Most FISH are also full of B vitamins,particularly B6 and B12.

Another food full of stress-relieving B vitamins is BROCCOLI, which has the added benefit of containing folic acid. Folic acid helps relieve stress, anxiety, panic, and even depression.

Love SUSHI? Eat it up to calm down. The seaweed in maki (rolls) has anxiety-fighting properties. It is packed with stress-relieving magnesium, as well as pantothenic acid and vitamin B2 (riboflavin).

CANTALOUPE is an excellent source of vitamin C, which is crucial in combating stress.

And finally, remember to eat BREAKFAST. Studies shows that those who eat a proper breakfast tend to have a more consistent mood during the day.

Foods that De-stress

It is true. Some foods and beverages keep us ‘wired’, like caffeinated beverages, and others, like chamomile tea, help calm us down. Check out these facts:

B vitamins and magnesium are involved in the production of serotonin, which helps regulate mood and relieve stress. B12, in fact, is one of the most important vitamins involved in the synthesis of the ‘happy’ brain chemical serotonin; vitamin B12 deficiency actually can lead to depression.

Zinc has also been shown to fight some of the negative effects of stress, while vitamin E is an antioxidant that destroys the free radicals related to stress and heart disease.

Omega-3 fatty acids are found in fish as well as some plant foods, like canola oil and ground flaxseed. Several studies have suggested a connection between omega-3 fatty acids and staying calm.
Welcome new neighbours

Beaches Dance and Music Studio – 1A Hannaford St
Cinnamon Indian Bistro – 1966 Queen St E
The Cottage Co. – 2199 Queen St. East
David’s Tea – 2010 Queen St E
K.A.S.I.A Preschool – 65 Glen Manor Dr
Pet Valu – 1656 Queen St E
Sun Life Financial – 1918 Gerrard St. E.
Wind Mobile – 2144A Queen St E

Changing Names, Changing Hands

Classic Tan (aka Off Beach Tanning) – 1819 Queen St E
The Dog Market (aka Bark & Fit)
The Mumbai House (aka Real Taste of India)

Thank you and best wishes

Curves – 1A Hannaford St
Lens Factory – 2186 Queen St E
Prana Café – 2130A Queen St E
Public Mobility – 2144A 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.

SALE IS ON!
Always Great Prices and Good Value

Alf’s Antiques
Handcrafted Furniture

29 Bermondsey Rd
at Sunrise  416-690-5505

visit: www.alfsantiques.com
Jump on the **Toys R Us Express**

Now open at Gerrard Square

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**Santa’s Arrival**
Sun, Nov 27 • 1pm - 5pm
Hosted by Boom Radio 97.3 Live to Air Broadcast

**Ugly Sweater Contest**
Nov 27, Dec 3 & Dec 4
Boom Radio Craft Table

**Photos with Santa**
All children having their photo taken with Santa will receive a FREE Gerrard Square loot bag. While quantities last.

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**Zoo to You**
Sat, Dec 17 • Noon - 4pm
Interactive Animal Display in the Upper Level Centre Court

**Holiday Gift Wrapping**
Dec 1 - 24 • by Santa Display
Monday - Friday 10am - 9pm
Saturday 10 am - 6pm
Sunday 11am - 5pm

**Come out & enjoy Free Parking!**

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Come out to Gerrard Square and check out our Great Stores!

**WINNERS** **STAPLES** **Zellers** **La SENZA**
**Food Basics** **FAIRWEATHER** **SUZY** **TELU$$
**TELUS** **SOURCE**

**fido** **Payless** **Bell World** **Foot Locker** **URBAN PLANET**

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Gerrard Square
Located at Pape & Gerrard

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