Beaches
Winter – February/March 2011

Appoholic
Canadian Liquid Gold

Brrrr.... but I 💖 Winter

A Man Made Winter Jewel
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Kids Program
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@ Beaches Recreation Centre Gym
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The Joys of Winter
Make 2011 the Year For Health, Wealth & Happiness
Valentine Promise Cards
Let’s Celebrate St. Patrick’s Day
Are You An Oscar Fanatic?
Oscar Glitter & Glam

Maple Syrup – Canada’s Liquid Gold
Happier & Healthier Through Peace Of Mind
Kids Program Open House
International Women’s Day
The First Sign Of Spring
Decorating The Budget Blinds’ Way

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On the Cover
A Man Made Winter Jewel at Glen Stewart Ravine

On the Cover
A Man Made Winter Jewel at Glen Stewart Ravine

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Winter in the Beaches – there’s nothing like it. If you choose to embrace the weather instead of hibernating, the season can be a wonderful chance to get active and make the most of what our community has to offer. The fact that we can enjoy a natural skating rink such as the one in the Glen Stewart ravine is largely due to a small team of volunteers whose passion gives the locals a pristine place to play.

One of the best aspects of this rink, nestled in the valley of the Glen Stewart ravine, is that it is accessible and safe for everyone, from babies and toddlers to school children and seniors alike. The rink has no set schedule and no restrictions on who can use it or what for, unlike a more formal rink such as that in Kew Gardens’. Divided into two sections, the north end is used for shinny hockey games, while the south is solely recreational, meaning that skaters of all abilities can come together in the love of the sport.

It is this sense of community that really comes across when down at the rink, particularly when one sees entire families out on the weekend, a group of kids after school or a parent taking their toddler onto the ice for the first time.

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A Man Made Winter Jewel at Glen Stewart Ravine

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The Art & Love of Ice Making

Even Mother Nature needs a little TLC. Providing such a popular rink requires the talents of three local volunteers: Ice Master Thomas Neal (45, real estate agent), Ice Apprentice Michael Ross (30, professional tree planter/film maker), and Jr. Ice Apprentice Mike Grimbley (16, Malvern Collegiate).

What the skaters don’t usually see is the work that goes into making the ice perfect. After about 10:30 p.m. once the ice is cleared off and scraped, the hose system is pulled out from the temporary shed and the ice is flooded. On cold nights, this process is repeated as many as 7-8 times, under good conditions. “Often getting better as the night gets later and colder,” as Michael told us. The team usually stays out until 2 or 3 a.m. to get the ice ready for a Saturday or Sunday morning skate. On week days they do early morning floods to have the ice ready for 3:30 p.m. after school.

Michael explained that the team is in constant communication with each other regarding every minute detail of the ice. They closely watch the weather conditions to decide on the best ways and times to treat the ice.

Thomas has a long association with the rink and of hockey in general. He comes from a big hockey family with close NHL ties. He himself played and coached before taking it upon himself, along with Brock Grant, to give his time and energy for the last 10 years, (while sacrificing some sleep) to care for the ice.

Michael learned to skate at Glen Stewart rink when he was 2. This is his first year ‘on the job’. “It never seems like a chore. There is nothing like seeing the ice surface polished smooth and shining like a jewel,” Michael proudly explains.

Greta’s Dream Comes True

On January 22nd, the Davey’s family had a hockey party to celebrate Greta’s 12th birthday. Dad, Antony said “Greta had wished for such a thing since winter began. It just seemed so fitting to have the birthday there, after having skated on the rink for the past five years we’ve lived here.” Among the partiers were Greta’s step-sister and uncle and aunt, who hadn’t visited the rink for 25 years. She told us that, “Greta really wanted to do it last year but it did not happen because of the warm weather.”

Greta is seen front & centre.

A Community Jewel Passed Down for Generations

Michael, Thomas and other members of the community have good reason to love this place, the rink having been used by generations of Beachers for over 50 years. It is not uncommon to hear stories of parents and grandparents growing up on the rink.

In the case of Michael’s family, Scottish immigrants who came to Canada in the early 1960s, family photos show Michael’s mother Linda Ross skating on the ice with her family, when she was 9 (pictured right).

Lace Up Before Winter Ends

If you have never visited the Glen Stewart ice rink, there is no time like the present. Even the most adamant winter-hater can learn to embrace the season by heading down there on a crisp, sunny day, lacing up your skates and enjoying the “polished jewel” so well cared for by our passionate volunteers.
Fun Means March Break Camp at Variety Village

Variety Village is pleased to present March Break Camp for the upcoming school break. Camp is offered from March 14~18, 2011. Campers can experience the Village’s many unique games, sports and adapted activities as well as swimming every day. Outdoor activities when weather permits. All abilities welcome! Participants must bring two snacks, lunch, swim gear and running shoes to camp each day.

Regular Camp Hours:
March Break Camp is from 9 am to 4 pm, Ages 4-13 years

Extended Hours:
Extended hours are from 8 am to 9 am and 4 pm to 5 pm

Registration Deadlines:
Early Bird Deadline February 4. Save 20%!
Deadline March 4

For rates and information contact:
Ben Scholes
email: bscholes@varietyvillage.on.ca
Tel.: 416-699-7167 ext. 254
Fax: 416-699-5752
www.varietyvillage.ca

The Joys of Winter

Winter, Like it or not, is a part of our Canadian culture, along with snow shoes, toques, red mittens, scarves and skates!

The next time you’re admiring the clear bright blue sky against rolling snow drifts or snow flakes hanging off branches, think about the joy winter brings!

Snow means Canada; surviving a big snow fall rather than shutting down the city is what makes us truly Canadian. Like the way the British keep going through continuous rainfalls, Canadians just put on those winter boots, hats and mitts, and set out to work and play – in spite of the snow!

Snow and cold temperatures means hockey rinks in parks and backyards. What would life be like without standing outside at midnight with a garden hose to flood your own rink?

Donuts, coffee and hot chocolate are Canadian icons, best enjoyed on a blustery winter day, after skating or tobogganing, or on your way out of town for a snow adventure in the country.

Maple sap starts to flow when temperatures reach above zero during daytime but return to freezing after dusk. There’s no better Canadian adventure than to pour boiling sap on a fresh patch of snow and enjoy real maple toffy! See page 18 for more about maple syrup.

Winter Special Breakfast
Egg, cheese & bacon sandwich with a country style hot beverage
$5.99

Lunch
Choose any sandwich with a bowl of soup
$6.99*

* Add $1.00 for Bagelini
Make 2011 the Year for Health, Wealth and Happiness

Start the new year guilt free. At one time or another, everyone has made New Year’s resolutions to get fit, eat right and reduce debt; we do this because we want to be happier. Now that January is over, it’s time to set real goals and forget about the empty promises of resolutions.

For centuries, men and women have pursued health, wealth and happiness. All three work together:

- Without health, all the money in the world isn’t going to make a difference, and although some like to believe that money can’t buy happiness, studies show those with money (to a point) generally are happier.
- Recent studies say that although some people are just born with a happier outlook than others, each of us can raise our happiness level if we work on it.

Advice? Work on all three.

Exercise Often & Eat Well

• Be health conscious in your day-to-day eating and exercise routines. Walk, take the stairs and don’t waste time or gas looking for the closest parking spot. Think twice about what you eat – be aware of what is good and not so good for you. Try to include the basic food groups and avoid treating yourself too often.

• Set regular fitness activities, either on your own, with a friend or at a fitness class, and stick to it. When you schedule your exercise routine the time to do it will always be there. You will feel the rewards.

• Make a weekly meal plan and include your favourite dishes. Balance the menu with healthy alternatives.

Balance Your Finances

Post holidays is a good time to get your finances back on track. A CIBC survey says that debt repayment in 2011 is the number one financial planning priority of Canadians. Here are some tips to help balance your budget:

• The first step in managing debt is to find out where you are spending your money. Make a list of what you spend in a week and see where you can save.

• Before spending, ask yourself, “Do I really need it?”

• Set a financial goal for larger expenses, such as a vacation, car or home improvements. Put aside a set amount regularly – pay yourself first.

• CreditCanada.com provides free tools for managing money, such as budget trackers and a debt calculator.

Valentine Promise Cards

Kids of all ages can make these special valentines that offer something special with the “I love you.” Write Promise Valentines to special people in your life using blank gift cards or coloured paper. You might want to create handwritten notes wrapped up in gift boxes, or attach your promises to a flower or a helium balloon!

Adult “Promise” Valentines

• Movie night together without the kids.
• A batch of fudge brownies.
• Visit to a Maple Sugar farm in March.
• A glass of wine by the fire.

Kid “Promise” Valentines

• Shovel snow.
• Make a dessert for dinner.
• Tidy the playroom.
• Breakfast in bed for mom.
• A visit to grandma on a Sunday afternoon.
• Help your brother with his homework.

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Let’s Celebrate
St. Patrick’s Day!

Who can ignore a celebration that includes about 70 million people each year! All around the world, Irish and non-Irish alike drink Guinness, sing songs and wear green on March 17th.

St. Patrick, Ireland’s Patron Saint, was born in the 4th century. He used shamrocks to explain the Holy Trinity to pagans and is also known for driving snakes out of Ireland, although there’s no evidence that Ireland had a snake problem.

Today, Saint Patrick’s Day has come to be associated with everything Irish – anything to do with green and gold, shamrocks and good luck.

How to be Irish on March 17

Irish and non-Irish all celebrate St. Patrick’s Day.
Here are some tips for how to “be Irish for the day.”

- Quote Oscar Wilde, one of Ireland’s most famous playwrights! “I can resist everything but temptation”, said Oscar Wilde.
- Polish up your singing skills, at least so you can sing: “Too da loo ra loo ra doo de da, a too ra loo ra loo ra doo de da”
- Insist that your beer is dyed green, or better yet, learn to drink Guinness.
- Say “Erin go bragh” often (it is Gaellic for “Ireland forever”).
- Serve Irish stew (see “Food Talk” on page 15 for a great recipe).
- Enjoy an Irish breakfast, a plate overflowing with fried eggs, bacon, sausage, potato cakes, soda bread, and black pudding.

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Are you an Oscar Fanatic?

Enter our BeachesLiving Oscar contest and be entered into a draw for two movie passes.

How to play:
Go through the following list of nominees, choose your winners and then email us your predictions by February 23. Everyone who has at least three correct answers will be put into the draw. Good Luck!

The nominees are:

Best Picture:
- 127 Hours
- Black Swan
- The Fighter
- Inception
- The Kids Are All Right
- The King’s Speech
- The Social Network
- Toy Story 3
- True Grit
- Winter’s Bone

Best Director:
- Darren Aronofsky, Black Swan
- Joel & Ethan Coen, True Grit
- David Fincher, The Social Network
- Tom Hooper, The King’s Speech
- David O. Russell, The Fighter

Best Animated Film:
- How to Train Your Dragon
- The Illusionist
- Toy Story 3

Best Foreign Film:
- Hors la Loi (Algeria)
- Incendies (Canada)
- In a Better World (Denmark)
- Dogtooth (Greece)
- Biutiful (Mexico)

Best Sup. Actor:
- Christian Bale, The Fighter
- John Hawkes, Winter’s Bone
- Jeremy Renner, The Town
- Mark Ruffalo, The Kids Are All Right
- Geoffrey Rush, The King’s Speech

Best Actress:
- Amy Adams, The Fighter
- Helena Bonham Carter, The King’s Speech
- Melissa Leo, The Fighter
- Hailee Steinfeld, True Grit
- Jacki Weaver, Animal Kingdom

Best Actor:
- Javier Bardem, Biutiful
- Jeff Bridges, True Grit
- Jesse Eisenberg, The Social Network
- Colin Firth, The King’s Speech
- James Franco, 127 Hours

Best Actress:
- Annette Bening, The Kids Are All Right
- Nicole Kidman, Rabbit Hole
- Jennifer Lawrence, Winter’s Bone
- Natalie Portman, Black Swan
- Michelle Williams, Blue Valentine

Trends to Watch

For Men:
- Traditional black tie, white shirt or a black shirt.
- Small bow tie or large, floppy bow tie.
- Ultra thin black tie.
- Suit, vest, shirt but no tie (Johnny Depp style).

For Women:
- Short and sexy cocktail dresses for young actresses, maybe short at the front and long at the back.
- The big ball gown.
- Mermaid dresses, tight fitting with a dramatic flair from the knee or mid-calf.
- Chiffon and sequins.
- Architectural dresses with dramatic draping.

Email your predictions to info@beachesliving.ca
Remember, the deadline is Feb. 23.
Native Peoples were the first to discover 'sinzibuckwud', the Algonquin (a Native American tribe) word for maple syrup that means 'drawn from wood'. They used tomahawks to make V-shaped incisions in maple trees, then inserted reeds or concave pieces of bark to run the sap into birch bark buckets. The sap was drunk as a sweet drink or used in cooking. It was the settlers, however, who perfected the technique for boiling and distilling the sap in copper kettles in order to create what we enjoy as maple syrup.

Maple syrup is boiled even further to produce maple cream, sugar and candy.

Today, all maple syrup is graded #1 or #2, and by colour: extra light, light, medium, amber and Ontario amber. Amber is better for baking, with a stronger maple flavour. Extra light and light is perfect on pancakes.

### Maple Syrup Facts

- The process doesn’t damage the tree. Only 10% of a tree’s sap is collected each year.
- Warm sunny days (above 4°C) and frosty nights are ideal for sap flow. The maple season may last 4 to 6 weeks, but sap flow is heaviest for 10 to 20 days.
- 30-50 gallons of sap are evaporated to make one gallon of syrup.
- It takes one gallon of syrup to produce eight pounds of candy or sugar.
- If you boil the syrup to 131°-132°C and carefully pour it onto crushed ice or snow, you get traditional maple taffy!

### Maple Syrup Festivals

Many small towns and villages across Ontario host annual maple syrup festivals, supported by community groups and maple syrup producers. These festivals are a wonderful tradition of spring in Ontario! Here are just a few that are not too far from Toronto.

- **Purple Woods Conservation Area** – Oshawa
  - March 12-20, 26-27 & April 2-3

- **McLean Berry Farm** – Buckhorn MapleFest
  - March-April, 2011
  - [www.mcleanberryfarm.com](http://www.mcleanberryfarm.com)

- **Siloam Orchards Maple Syrup** – Uxbridge
  - Mid-March– Mid-April (weekends)
  - [www.siloamorchards.com](http://www.siloamorchards.com)

- **Shaws Maple Bush Tours** – Between Barrie & Orillia
  - March-April, 2011
  - [www.shawscatering.com/sleigh.htm](http://www.shawscatering.com/sleigh.htm)

For a tasty maple recipe, see "Food Talk" on page 15.

When I was a teenager, my parents best friends bought a maple syrup farm in Collingwood. Each year we would get a large maple bucket of syrup, which established my love of maple syrup. To this day, I can’t eat a pancake or waffle without it, and enjoying maple syrup generously poured over ice cream is heavenly! – Beth Parker
This Secret Beaches Spot may not be a big secret to most Beachers; this landmark just had its grand unveiling after a long and extensive renovation. With your answer about the location we ask that you also tell us when it was first built.

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 March 10, 2011. Email your answer to: info@beachesliving.ca

We would like to say “thank you” to everyone that sent in answers to December/January’s Secret Beaches Spot – a location not so easy to access. Here are a couple of responses that help illustrate this wonderful place:

The photo in your recent December/January issue depicts the sculpture installed at the foot of the Doris McCarthy Trail at the western end of the Bluffs walk from the Guild Inn to this location.

The sculpture represents the benchmarks in time of the Bluffs and of Doris McCarthy's life. Her home “Fool’s Paradise” sits on the bluff above looking out over Lake Ontario and over the beautiful sculpture installed in such a peaceful and natural setting.

…this isn’t a place well known to many. Those of us who do know it, love it. — Mary Ann Pilskalnietis

The Secret Beaches Spot in the holiday issue is a photograph of an impressive sculpture by Marlene Hilton Moore called “Passage”.

To reach it you follow the Doris McCarthy trail (off Ravine Dr., near Meadowcliffe Ave.) and when you arrive at the lakeshore, this spot will transport you, as if by magic, into a world far away from 21st century Toronto.

My wife and I discovered this secret Beaches gem and plan to return often. — Chris and Linda Hardess

Congratulations to...

December/January’s Secret Beaches Spot winners: Chris & Linda Hardess, Mary Ann Pilskalnietis and Tanys B. They knew that the last Secret Beaches Spot was sculpture by Marlene Hilton Moore called “Passage” located at the bottom of the Doris McCarthy trail.

Food talk

Irish Stew
Enjoy a bowl of the Irish! A hearty meal perfect for St. Patrick’s Day or any winter night.

Ingredients:
- 3 pounds lean lamb
- 1 pound onions, sliced
- 1/4 cup carrots, sliced
- 2 leeks, washed and sliced
- 2 medium sized potatoes, peeled and sliced
- 1 tablespoon pearl barley
- 2 tablespoons seasoned flour
- Water
- Vegetable oil
- Salt and pepper

Method:
Peel and slice the vegetables. Make the seasoned flour in a large bowl: add a teaspoon of salt and a teaspoon of pepper to two tablespoons of plain flour and mix well. Toss cut up meat in flour and toss well.

In a large saucepan add a layer of meat to the bottom of the dish, then a layer of mixed vegetables. Keep layering until all the ingredients are used. Sprinkle the pearl barley on top of the meat and veggies and add about 2 pints of hot water, just covering the meat and veggies. Bring to a boil, then simmer covered for about 2 hours. After about 30 minutes, remove the lid and skim off any scum that has floated to the top. Re-cover and continue cooking until meat is tender. Serve with boiled cabbage or green beans and a pint of Guinness.

Cabbage - Apple Casserole
A healthy winter dish that looks and tastes great.

Ingredients:
- 1 chopped apple
- 1 medium onion, sliced
- 1/4 cup water
- 1/3 cup apple cider vinegar
- 1/4 cup maple stirred sugar
- Fresh ginger about the size of a quarter (or 1/4 tsp. of ground ginger)
- 4 cups shredded red cabbage (1 medium)
- salt and pepper to taste

Method:
Toss the vegetables in a little oil in a Dutch oven or frying pan until tender. Add all remaining ingredients. Cover and cook until tender, about 1 hour. Serve hot or cold.

Send us a photo of your Secret Beaches Spot with 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, 1651 Queen St. E.

Email us at: info@beachesliving.ca
Whether you grow your vegetables or buy them from the grocer, the quality of your food directly affects how well you digest and metabolize it. About 80% of Canadians have poor digestion, meaning they’re not able to utilize all the nutrients in their meals.

Here is how your digestive tract operates:

1. In the mouth, food is broken down into smaller pieces. Chewing exposes a larger surface area so that natural digestive enzymes can break it down more easily.

2. The first portion of the stomach is responsible for stimulating the release of stomach acid and digestive factors. Enzymes found in the food are released, and protein and fat digestion begins here; this stimulates several actions within the body, including the production of bile in the liver.

3. Depending on meal size and contents, the stomach begins dumping its contents into the intestinal tract. It then starts its journey down 22 feet of small intestines, where most of the available nutrients are absorbed.

4. Fats from the grains, seeds, nuts, and/or meats signal the gall bladder to release stored bile, which emulsifies the fat molecules. The body must be able to use the fats from our foods for activation and storage of fat soluble vitamins (A, D, E, & K).

5. Whatever is left of our meal is ushered through the large intestines (colon) and eventually out of the body.

Any interruption in this system leads to poor assimilation of nutrients, and eventually nutrient deficiencies. Food processing and/or over cooking, for example, deactivates digestive enzymes. Sometimes food is pushed through before it can be used. Absorption also is affected by fertilizers, pesticides, herbicides, growth hormones etc.; because these remain in our foods after production, utilization is slowed because our body tags them as toxins and starts the detoxification process.

Increasing Nutrients Through Food

Studies show that the standard Western diet leads to a steady decline in digestive factors. In addition, our stomach acid production declines after the age of 40. The result is an aged society with major nutritional imbalances that can potentially be at the root of most disease states.

A nutritionist can assist you in selecting which food items to buy and which ones to leave behind. This will help to increase your digestive abilities and the effectiveness of the available digestive enzymes in the foods you are about to eat. Changing your diet can help with the elimination of gas, bloating, heartburn, fatigue and increase your energy.

Garry van Dijk, CNP, ROHP
Garry is at Hooper’s Pharmacy (2136 Queen St. E.) one Saturday each month.
Winner of...
December/January’s question is Veronica Taylor.

“In the early 1800s, a road was commissioned to connect Toronto (then York) to Kingston and the settlements between. The road began on the east side of the Don River, and for obvious reasons was called Kingston Road. It was completed in 1817. At that time, and for some time to come, Toronto’s eastern boundary was the Don River, and Queen Street East ended there.

In 1884, the city of Toronto annexed Riverdale, and the area east of the Don River all the way to Greenwood Avenue.

After that, the entire street (or concession line) was at last called Queen Street East.”

– Veronica Taylor

This issue’s question:
Our whole loves skating at Glen Stewart ice rink, especially my 6 and 8 year old kids. How long has the rink been operated?

– Deborah B.

Do you know the answer?
You could win movie passes for two to the Alliance Cinema in the Beach, 1651 Queen St. E. Send in your answer by March 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, 1651 Queen St. E. Email info@beachesliving.ca or call 416-690-4269.

app-po-hol-ic adj. To be addicted to buying/downloading apps for your smartphone. This includes daily searches for new interesting apps to download. (Urban Dictionary)

While I was writing this, the Apple website was counting up to 10-billion downloaded apps from their App Store. I am sure many of you have a number of those 10-billion in the palm of your hand already.

With an app for just about anything, it is easy to get addicted to them. Remember when you first got your iPhone or Android smartphone? I do. The world of apps opened up to you. Every spare minute was spent searching, downloading and playing with new apps. Riding on the bus—looking for apps, sitting having lunch—looking for apps, watching television—looking for apps, lying in bed—looking for apps, going to the bathroom…. But like any addiction, appoholics eventually need to face their weakness and begin their lengthy detox process. Yes, I mean, going through and cleaning up your phone.

There are several reasons why cleaning up your phone’s apps is a worthwhile exercise:
1. De-cluttering is always a good thing. It will help you organize your remaining apps better.
2. Improve your phone’s performance. Many apps run continuously, using up battery life and processing speed.
3. By going through all your apps, you may find some really useful ones you forgot you even had.
4. Free up storage space on your phone for video and music.
5. It gets your phone nice and organized so you can download new apps!

This is not a short process. You will need to pace yourself and approach it “one app at a time”. Oh, and if after a while you become bored with cleaning up your phone, don’t fret, I am sure there’s an app that could help you out with that as well.
As a certified hypnotherapist, Lynne Johnston promises she won’t make you cluck like a chicken. However she could help you lose weight, quit smoking, ease anxiety and treat a myriad of other conditions that affect our lives in a negative way.

As the owner of Peace of Mind, Lynne was first introduced to hypnotherapy by a friend to solve a personal issue she was having at the time. Through her own healing process, she discovered that not only can hypnotherapy treat specific problems, it also has an overall relaxing and positive effect on the patient. It gives them tools that a person can use in other areas of their life.

Lynne is aware of the preconceived ideas many people have regarding the practice of hypnotherapy. To dispel these ideas, Lynne offers her potential clients a free introductory session, partly so they can see for themselves what it has to offer, but also so she can assess their problem and decide how to approach the healing process. Her clients range from those who want to change a negative form of behaviour - such as smoking - to those with anxiety and severe stress, including children.

A treatment for the average patient is between five to ten sessions. Lynne is quick to point out that, contrary to popular belief, a lack of willpower is not to blame for so many of our bad habits. "Most people don't realise that willpower is in our conscious mind, taking up a mere 12% of our brain. It is the remaining 88%, the subconscious, that needs to be dealt with, as this is where the habit resides", Lynne explains.

Lynne was trained at an accredited hypnotherapy school. Professional training takes anywhere from one to two years and includes 200 individual clinical case studies.

Hypnotherapy is not covered by medical benefits. Lynne is in the process of forming a not-for-profit group with the ultimate goal of making alternative treatments accessible to all. Lynne believes in her work and is dedicated to helping others become happier and healthier. "I know what it did for me – it changed my life", and there’s no better testimonial than that.
Hand over the remote mom and dad....

10 MOVIES FOR KIDS!

To celebrate Beaches Living’s 4th Annual Kids Program Open House, Beaches | life hands over the remote control to the kids. These children and family friendly films are a mix of live action, traditional and computer animation and even a combination of live action with animation. So parents, give up the remote and enjoy these movies with your kids!

- **The Kid** (1921) Dir. Charles Chaplin; Charles Chaplin, Edna Purviance, Jackie Coogan
- **The Wizard of Oz** (1939) Dir. Victor Fleming; Judy Garland, Frank Morgan, Ray Bolger
- **Mary Poppins** (1964) Dir. Robert Stevenson; Julie Andrews, Dick Van Dyke
- **Pete’s Dragon** (1977) Dir. Don Chaffey; Sean Marshall, Helen Reddy, Mickey Rooney
- **E.T. the Extra-Terrestrial** (1982) Dir. Steven Spielberg; Henry Thomas, Drew Barrymore, Peter Coyote
- **Snow White & the Seven Dwarfs** (1937) Dirs. W. Cottrell, D. Hand, W. Jackson, L. Mone, P. Pearce, B. Sharpsteen, Adriana Caselotti, Harry Stockwell, Lucille La Verne
- **The Neverending Story** (1984) Dir. Wolfgang Petersen; Noah Hathaway, Barret Oliver
- **Toy Story 3** (2010) Dir. Lee Unkrich; Tom Hanks, Tim Allen

Visit beachesliving.ca/kids for event info and past event photos.
Wondering what happened to Budget Blinds at the corner of Kingston and Gerrard? No worries. Budget Blinds is alive and well—there just isn’t a store front anymore. So many customers loved Budget Blinds’ in-home consultation, that the store now brings its showroom—via its familiar purple vans—directly to you!

“People love our in home service,” says Karen Tsao, the new owner of the Beaches/East Toronto franchise, “Moms with young children don’t have to take their children out with them shopping, and best of all, coming to you takes the guess work out of your decision.”

Tsao explains that by bringing the various window coverings into your home or office, you can see exactly how the colours look, how the style fits with your décor, and most importantly, how the light in your room filters through the fabric or shutter.

“Drapery is making a come back,” Tsao tells us, “But roller and soft fold Roman blinds are a favourite now because they come in almost an infinite number of colours and textures. Businesses can even have their blinds branded with their logo or photos.

“In the Beaches,” she explains, “Everyone is very conscious about safety. Families like our cordless options for blinds and shutters and we can assure them that all our products meet or exceed safety guidelines. Beaches residents also have older homes and increasingly choose various insulated options in order to keep in heat or stay cool. Many people ask about ‘green’ products and like the fact that there are choices that don’t contain PVCs.”

Tsao entered the window covering business as an owner and consultant after she designed and built her own home. She loves the Beaches, “It’s such a great community”, she says.

And don’t let the name fool you. Budget Blinds is so much more than just blinds; you can choose from roller or roman blinds, shutters (wood or vinyl), drapes, as well as retractable screens, decorative grillwork, decorative window hardware, rugs, bedding, even window tinting. All in-home consultations and estimates are free, and Budget’s private label brand comes with a 5-year “no questions asked” guarantee, regardless of the reason for replacement! Both retail and trade pricing for bulk orders is available.

Tsao has enjoyed getting to know Budget Blinds’ many existing customers and those who bought from the former Budget Blinds still have their warranties honored.

Budget Blinds • 416-243-0007
www.budgetblinds.com/SouthEastToronto

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Beaches | life February/March 2011
Welcome new neighbours

Canadian Pies – 798 Queen St. E.
Divine Gelato Lounge & Coffee Bar – 2142 Queen St. E.
Expedia CruiseShipCentres – 2255A Queen St. E.
Home Hardware – 2305 Queen St. E.
Jacket Potato & Café – 941 Kingston Rd.
Master Technician – 2185 Gerrard St. E.
Public Mobile – 2144 A Queen St. E.
Vitality Compounding Pharmacy – 918 Kingston Rd.

On the move

Kew Beach Veterinary Hospital – 1737 Queen St. E.
The Inspired Cook – 1378 Queen St. E.

Thank you and best wishes

Blue Café – 798 Queen St. E.
Café Florentin – 2010 Queen St. E.
Down Under – 2116 Queen St. E.
Karma Bar & Grill – 1910 Queen St. E.
My Bump Maternity – 944 Kingston Rd.
Naked Sheep – 2144 A Queen St. E.
The Kitchen on Kingston – 941 Kingston Rd
The Purple Thumb – 1887 Queen St. E.
Urban Cotton Company – 2064 Queen St. E.
Wild Earth Café and Bakery – 2142 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.
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