

# Beaches

Winter — February/March 2012

life

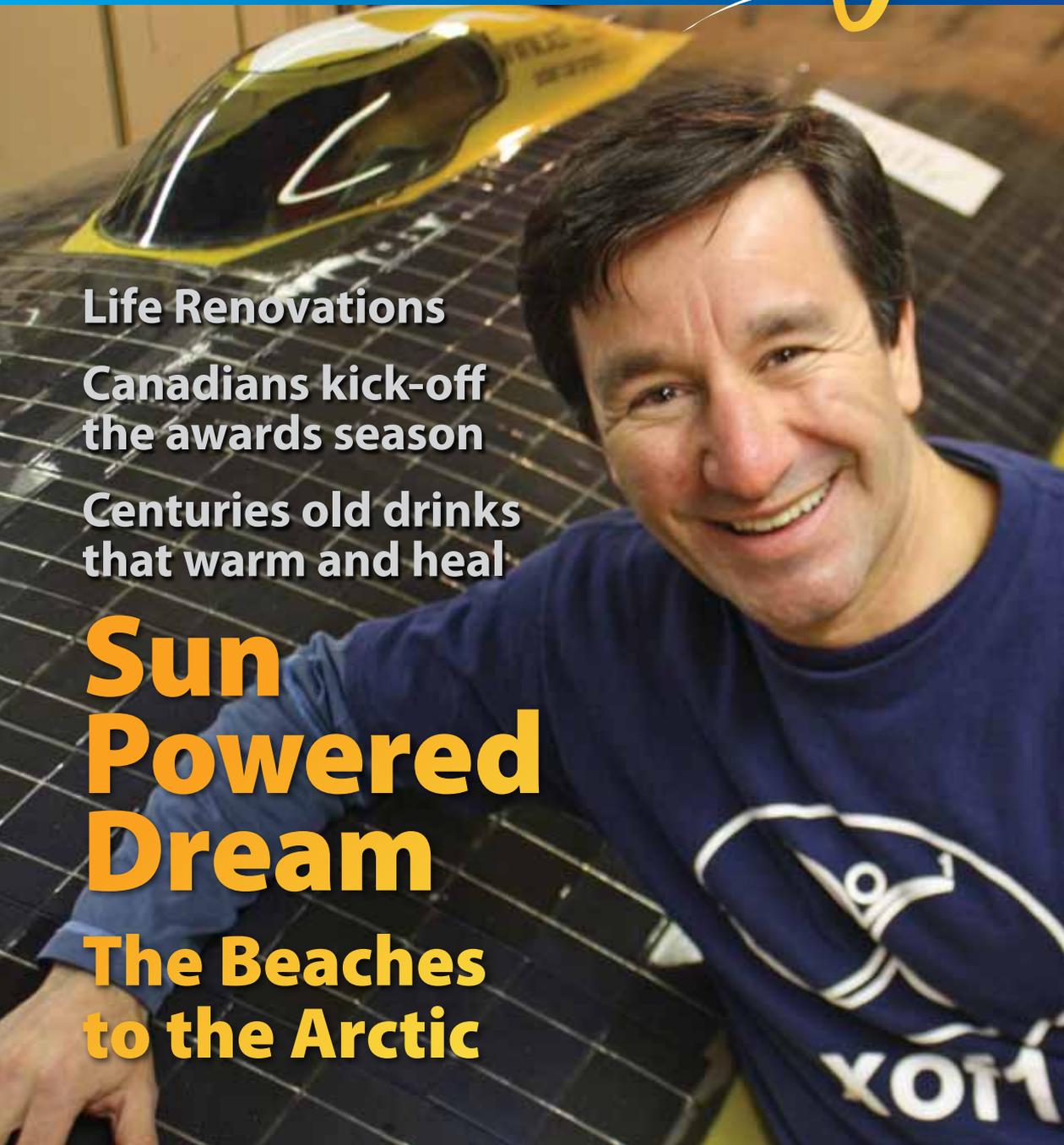
**Life Renovations**

**Canadians kick-off  
the awards season**

**Centuries old drinks  
that warm and heal**

**Sun  
Powered  
Dream**

**The Beaches  
to the Arctic**



# Beaches<sup>5th</sup> Annual Kids Program Open House

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- 3. It's Your Dream Home.**  
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## 24 Issues of Beaches | Life

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# Beaches | life

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Beaches|life magazine is the sister publication of **Beaches Living Guide** (established 2004). Beaches|life magazine, with a circulation of 20,000, is delivered six times a year, free of charge, to the majority of households and businesses in the Greater Beaches Area.



Your comments and suggestions are welcome.

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attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.*



# DREAMING BIG AS THE SUN

Beaches resident Marcelo da Luz has built his Power of One (Xof1) Solar Car Project right here in the neighbourhood and has driven it to world record fame. It took many years of dedication and hard work to complete this car that runs on electricity generated from sunlight. Marcelo continues to inspire those he meets, especially children, with his story of following a dream.

**W**hen Marcelo da Luz grew up in São Paulo, Brazil, he saw first hand the damage that pollution from vehicle exhaust could do to the environment. As a 5th grader in science class, he asked, "Why do adults pollute?" and was told, "it was the price of progress." That's when young Marcelo decided to take action. A few years later in 1987, he watched a news report about the World Solar Car Challenge in Australia, the first solar car race. It was then he realized that he could direct his passion into building his own solar car, a race car, powered by light.

In his 20s Marcelo moved to Canada and worked at Air Canada. Through his young adult years, Marcelo tried to put his dream aside, but he just couldn't forget. "The pain of not following the dream became unbearable," he

says, "I had to do something about it." He just could not stop talking about it.

One day, his roommate left him a note with some printed research material from the University of Minnesota. It stated that it takes 50,000 hours to build a solar car, an equivalent of one person working 40 hours per week for 25 years, Good Luck Marcelo!". "This pushed me over the edge" says Marcelo, "it's now or never, the decision to begin the project was made." At 31, he began the project in his small garage next to his home in the Beaches. Since that day, Marcelo had spent most if not all his waking hours working on his dream project, anywhere from 8 to 16 hours a day.

*continues on page 6...*



Marcelo visiting with a group of native children on his travels to the Arctic Circle

...continued from page 5

Neither a scientist nor engineer, Marcelo started by researching rules and regulations of the World Solar Challenge. He then sketched ideas for the car and a friend helped him with a computer design. Various small-scale models followed, including a shaved block of foam and an electric-motor-driven model running on what he called "bottled sunshine." When ready to build to scale, Marcelo reached out to companies and organizations for services, parts and discounted materials.

To put his solar car, Xof1, together, he assembled an international team of volunteers from all walks of life, including homemakers, engineers, nurses, and teachers. Friends and neighbours also helped out, particularly during the lengthy sanding process.

Although he wasn't able to get sponsors, many inspired supporters offered donations, including a local homeless man who gave him \$20. A Beaches resident loaned him a studio on Kingston Road. When it was time to do body work, painting and solar cell protection, Marcelo used Michael and Michael Auto Body shop on Kingston Road.

Once built, his major challenge was testing the vehicle, because in Ontario, solar cars with foreign licenses aren't permitted on public roads. To get around this roadblock, Marcelo's team bypassed the regulations by testing the solar car in March 25 on frozen Lake Simcoe. Other challenges included financing and driving a car that looked more like a space ship than a vehicle. When traveling through the US, the police

would often chase him because locals would report the car, sometimes even as a "UFO."

Since that first test, however, Marcelo has broken many records driving his car, including the long distance record for a solar vehicle – 15,070 km. With the help of volunteers following him in a support van and trailer Marcelo

cut across the northeastern United States (to avoid Ontario's roads) at speeds up to 120 km/h, then re-entered Canada at Manitoba and traveled north to the Arctic Circle. He then drove back roads at 70 km/h, getting stuck in places for weeks because there was no sun to recharge the solar cell batteries.



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or email **[opera@beachesliving.ca](mailto:opera@beachesliving.ca)**

When he finally reached the Arctic Circle, 22,531 km, he'd broken more world records. He was the first in the world to drive a solar car on an ice road, reach the Arctic Circle in a solar car and charge a solar car with the power of the midnight sun.

Although the solar car is Marcelo's claim to fame, he's also a living example of the power in following your dreams. With countless challenges through the years, Marcelo knows first hand what it's like to almost see that dream die, then take up the cause and continue to reach your goal. As a result, Marcelo has spoken to hundreds of children about the importance of pursuing your dreams regardless of the obstacles that seem to be in the way.

Marcelo's next challenge? Currently, he still hopes to be able to drive his solar car in Ontario. From April 10 to May 8 Marcelo

will pull his solar car from Toronto to Ottawa. This is to raise awareness and support for the environment. For these 28 symbolic travel days, which he is calling Xof1 Pull for Environment, Marcelo invites everyone to join him with their own challenge, be it giving up disposable coffee cups or walking to work.



Marcelo and his solar car Xof1 at the Arctic Circle

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# Canadians Kick-off the Awards Season

*...and the Golden Globe® for Best Performance by an Actor in a Supporting Role in a Motion Picture goes to... Christopher Plummer for his role in "Beginners"...*

The Golden Globes® is seen as the official kick-off to the awards season, and what a way to kick off the season with a Canadian winning.

Again this year, Canadians are well represented in all areas of the arts during award season. Movies, television and of course music are all finding more and more Canadians on the nomination ballot as well as at the podium.

With the Oscar® and Grammy® nominations announced, what other Canadians can we expect to see receiving major awards this year?



## Academy Award® Nominations:

**Christopher Plummer:** Best Supporting Actor for "The Beginners"

**Philippe Falardeau:** Best Foreign-Language Film for "Monsieur Lazhar".

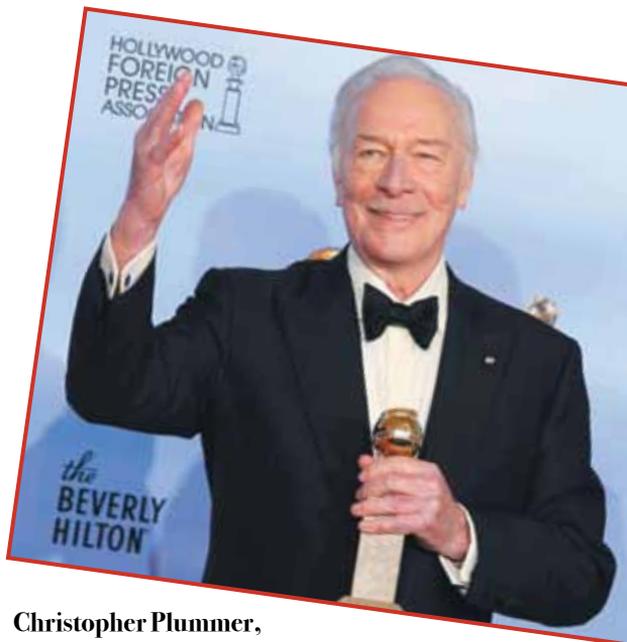
**Howard Shore:** music-original score for "Hugo"

**Wendy Tilby and Amanda Forbis:** Animation Short for "Wild Life" (National Film Board)

**Patrick Doyon:** Animation Short for "Sunday" (NFB)

**David Giammarco:** sound mixing for "Moneyball"

**Michael Vellekoop, Michael Lewis, Greg Marsden and Raigo Alas:** already honoured with an Oscar® for scientific and engineering accomplishments for their camera system, Pictorvision Eclipse.



**Christopher Plummer,** backstage, after accepting his Golden Globe® Award.



## Grammy® Nominations:

**Drake:** Best Rap Performance, Best Rap/Sung Collaboration (two nominations)

**Melanie Fiona:** Best Traditional R&B Performance, Best R&B Song

**Sum 41:** Best Hard Rock/Metal Performance

**DJ A-Trak & Armand Van Helden a.k.a. Duck Sauce:** Best Dance Recording

**Vincent Morisset:** Best Recording Package

## Upcoming Canadian Awards

With more and more Canadians making it big in the U.S, and internationally, here is your chance to see them up close and personal in their "Home and Native Land".

**JUNO® Awards** (Canadian music): April 1

**Genie® Awards** (Canadian film): March 8

**Gemini® Awards** (Canadian television): Sept. (TBA)



career  
education  
kitchen update  
home ownership  
vacation

# Life Renovations

Everyone has a personal wish list. Items might include better finances, owning a house, renovating your kitchen, learning to garden, giving your child the best education, having a job you love to do, etc. But there is a reason it is called a “wish” list. Why not take some of your items off the wish list and turn them into reality?

There’s no better time than the beginning of a new year to begin planning your future. It is important to plan and set goals and write them down.

Regardless of what your personal goals might be, here are some steps you can take to assess where you are today and where you want to be. Whether you’re a teenager, in your 20’s, 30’s, mid-life or a senior, just answer the following questions to see how you might start a little bit of “life renovation” this year.

Sit in a quiet place, perhaps a coffee shop or somewhere without distractions.

1. Make a list of all the things you would like to be able to do in the next one to five years, assuming that money and time isn’t a factor.
2. Review the list and mark top five goals that are most important to you.
3. For each goal, list what is getting in the way of reaching that goal.
4. Now go back and list what steps you could take to remove those obstacles.
5. Now, focus on one goal that is important and achievable. Take those steps and put them into an action plan. Post your plan in a place so you can see it, and check off each step as you reach it.

# Seven Tips to Make Your Home Bloom on a Budget

## Décor Ideas to Create a High-End Look on Any Budget

As winter is edged out by spring many homeowners are eager to refresh their homes while being mindful of their budgets. The good news is homeowners don't need to break the bank to spruce up the place.

"There are many budget-conscious things homeowners can do to polish the look of their homes," said Karen Tsao-Pemberton, who owns and operates the local Budget Blinds franchise serving the Beach area.

### Karen offers these suggestions to brighten your rooms for spring:

1. While paint color can change the mood of a room, window coverings can change the way light reacts with that color.
2. Adding a simple drapery panel to an existing window treatment softens harsh angles, adds a bit of drama and makes a room more inviting.
3. Professional decorators repeat an accent color three times in a room – once in the lower third of the room, once in the middle third and once in the upper third of the room. We suggest repeating that accent color with a drapery panel, coordinating throw pillows and a throw rug.
4. To save some money when buying a drapery panel, ask your style consultant about stopping the fabric at the floor rather than allowing it to puddle.
5. Swap your drapery panels and accessories seasonally.
6. You may wish to choose faux wood over real wood. The benefit is faux wood resists warping better than real wood and is an excellent choice for humid rooms like kitchens and baths.
7. Create a "wow" factor with our new Decorative Window Film. Get a beautiful stained-glass look for your windows, or a serene patterned frosted glass etched with vines or damask for the trend setters.

For a **FREE** report on **"2012's Hot Colour & Design Trends"**, email [KarenT@budgetblinds.com](mailto:KarenT@budgetblinds.com) or call **416.243.0007 extension 9**.

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## Beaches 5<sup>th</sup> Annual Kids Program Open House

Saturday, February 25

10am-2pm at the Beaches Rec. Centre

An open house for parents and kids (0-16 yrs) to learn about and explore programs available in the Beaches and an opportunity to meet face to face with program organizers, teachers and coaches.

Participating programs are in all areas including music, sports, science, arts, computers, play groups, tutors, after school programs and much more.

This event is free of charge and open to all families in the Beaches and surrounding areas.

Visit [beachesliving.ca/kids](http://beachesliving.ca/kids) for event info and past event photos.

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# Food talk

## THE MAGIC OF ginger

Ginger may be a plain rhizome that grows underground, but ginger possesses stellar properties to improve health, address sickness and fight disease. Choose fresh ginger over the dried spice. The flavour is superior and it contains higher levels of gingerol as well as ginger's active protease (its anti-inflammatory compound).

### Ginger's History

Native to southeastern Asia, ginger has been renowned for thousands of years throughout the world, long prized for its aromatic, culinary and medicinal properties.

Ginger is mentioned in ancient Chinese, Indian and Middle Eastern writings. Confucius first mentioned ginger in 500 BC, Marc Polo commented on its high price on one of his famous trips to the far east and the ancient Romans taxed it heavily! The English became know for adding ginger to their beer and Queen Elizabeth I of England is credited with inventing the gingerbread man.

### Look what ginger can do!

- Ginger is very effective at soothing stomachaches because it has properties that relax and soothe the intestinal tract.
- Ginger is proven to relieve the symptoms of motion sickness, nausea and vomiting.
- Ginger contains potent anti-inflammatory compounds called gingerols that helps reduce inflammation (and reduce pain) for those with osteoarthritis or rheumatoid arthritis.
- Gingerols, the main active components in ginger and the ones responsible for its distinctive flavor, may also inhibit the growth of human colorectal cancer cells
- Ginger promotes healthy sweating, which is often helpful during colds and flus.

### Feel Better with Ginger

- For nausea, ginger tea made by steeping one or two ½-inch slices (one ½-inch slice equals ⅓ of an ounce) of fresh ginger in a cup of hot water.
- For arthritis, some people have found relief consuming as little as a ¼-inch slice of fresh ginger cooked in food.

### Quick Ways to Enjoy Ginger

- Grate into carrot or butternut squash soup.
- Mix grated ginger with rice vinegar, soy sauce and sesame oil for a wonderful asian salad dressing.
- Add grated ginger and orange juice to mashed sweet potatoes
- Stir fry ginger with any fresh stir fried vegetables such as broccali, green beans, spinach.
- Chop up candied ginger and mix with cream cheese for a delicious sandwich spread
- Minced ginger, soy sauce, maple syrup and garlic makes a great "Canadian" Teriyaki sauce.

Resources: [www.whfoods.com](http://www.whfoods.com)

## Ginger Tea

### Ingredients:

4 cups water

2" piece fresh ginger root

Optional honey and lemon slice

### Method:

Peel the ginger root and slice it into thin slices. Bring the water to a boil in a saucepan. Once it is boiling, add the ginger. Cover it and reduce to a simmer for 15-20 minutes. Strain the tea. Add honey and lemon to taste.

**Note:** Keep in mind that if you are making ginger tea as a home remedy during cold and flu season, sweeteners are not recommended.



# e-waste at the curb

## Unwanted electronics on your garbage day.



Now that the holidays are over, you may be enjoying some of the newest, "coolest" gadgets, and be thinking about replacing some old ones that have been your buddies for many years. But now it's time for them to go.

The City of Toronto, in collaboration with the Ontario Electronic Stewardship, is making it easier for you to get rid of unwanted electronics and ensure that these items are recycled and kept out of landfill sites. They will now collect your unwanted electronics from the curb on your scheduled garbage collection day.

Items include desktop and laptop computers, keyboards, mice, monitors, desktop printers, disk drives, fax machines and televisions. These items can be placed in E-waste bags provided by the city, or larger items can be placed on the ground and smaller items can be put in a cardboard box. In bad weather, hold off until the next garbage collection day.

### TIPS:

Protect your privacy, by making sure you clear your hard drive before disposing of computers.

CDs, DVDs and VHS tapes should not go in the blue box – they are part of the electronic waste collections.

### USEFUL WEBSITES:

For computers and related components that are in working condition, or for ideas for reuse and a list of charities and organizations that accept donations: [toronto.ca/reuseit](http://toronto.ca/reuseit)

You can also bring them to participating stores for recycling - for a list of locations and program updates: [dowhatyoucan.ca](http://dowhatyoucan.ca)

For a list of the City's six drop-off depots, hours of operation and what they accept (look under the column that says *Computers Drop-off Hours*): [toronto.ca/garbage/depots](http://toronto.ca/garbage/depots)

For more information, please call 311.

**We may not be knee deep in snow (yet!) but the cold and icy conditions still can make driving treacherous if you're not properly prepared. Don't get caught. These tips come from Ontarians "north of Toronto" who really know how to survive winter. They're basic, easy to do, and best of all, they've been proven to work! It will only take an hour or two to give your car these winter weather treatments and you will feel better when you're on the road.**

**Headlights smeared with ice and salt?**

Wipe them down with ordinary car wax. The water repellents keeps your headlines clear of slush and lasts about six weeks.

---

**Squeaking wipers causing you to take your hands off the wheel and cover your ears?**

Wipe those noisy wipers down with a cloth dipped in rubbing alcohol or ammonia. This keeps your windshield clear, and delivers silence during those snowy drives.

---

**Hate chipping your car out of ice in the morning?**

If frost is on the way, spray your car windows at night with a mixture of 3 parts vinegar to one part water. In the morning they'll be clear of ice.

---

**Frozen car doors can be extremely dangerous, especially if you have to get somewhere in a hurry.**

Spritz the rubber seals around the door with cooking oil and rub gently with a paper towel to spread. This stops the water from melting into the rubber and freezing shut the doors.

---

**Frozen locks?**

Put some hand sanitizer on the lock to make it work once more.

---

**Foggy windshield?**

Spray with shaving cream inside the windshield and rub it in with a paper towel. Okay, this sounds strange but shaving cream contains ingredients found in commercial defoggers (kind of makes you want to avoid shaving cream, though!)

---

**Thank you to CanAm online forum for these tips!**

<http://www.can-amforum.com/forums/general-chit-chat/22939-some-winter-tricks-us-folk-north.html>



**Winter  
Tricks & Tips  
We bet you didn't think of!**

# EVERYTHING OLD IS NEW AGAIN

## 10 B/W CLASSIC MOVIES

Today we are so accustomed to special effects, computer generated scenes, 3-D, and surround sound. As Oscar approaches, one film that has stirred up a lot of "buzz" is "The Artist". The unique thing about this film is that it is a silent movie. With this in mind, *Beaches|life* decided to look back and feature some of the best films from Hollywood's black and white era. Although some of these are more than 75 years old, they live on as classics.



### *Dracula* (1931)

Dir. Tod Browning; Bela Lugosi, Helen Chandler, David Manners

### *It Happened One Night*

(1934) Dir. Frank Capra; Clark Gable, Claudette Colbert, Walter Connolly

### *The Great Dictator* (1940)

Dir. Charles Chaplin; Charles Chaplin, Paulette Goddard, Jack Oakie

### *The Philadelphia Story*

(1940) Dir. George Cukor; Cary Grant, Katharine Hepburn, James Stewart

### *Casablanca* (1942)

Dir. Michael Curtiz; Humphrey Bogart, Ingrid Bergman

### *Citizen Kane* (1941)

Dir. Orson Welles; Orson Welles, Joseph Cotten, Dorothy Comingore

### *Notorious* (1946)

Dir. Alfred Hitchcock; Cary Grant, Ingrid Bergman, Claude Rains

### *Sunset Boulevard* (1950)

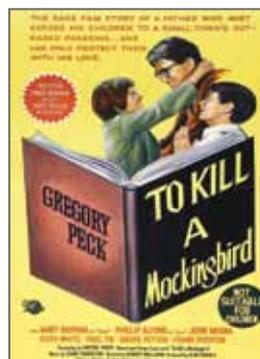
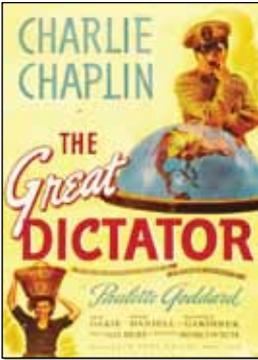
Dir. Billy Wilder; William Holden, Gloria Swanson, Erich von Stroheim

### *On the Waterfront* (1954)

Dir. Elia Kazan; Marlon Brando, Karl Malden, Lee J. Cobb

### *To Kill a Mockingbird*

(1962) Dir. Robert Mulligan; Gregory Peck, John Megna, Frank Overton



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## 7 Steps to

## *Soft, smooth, flake-free skin*

by Raffi Nersesin

Winter is the worst time of the year for dry, flaky, cracking, chapped and leathery-looking skin. Here's how to protect your face from the elements by changing your skin-care regimen during the colder months.



### 1. Cleanse

You want to be gentler on skin by avoiding foaming or soap-containing products because these will encourage dryness and irritation by stripping all the natural oils. The result: your sebaceous glands will begin producing excess oil to compensate, causing breakouts and irritation. Choose a lighter, non-stripping cleansing milk instead for restoring the natural moisture balance.

### 2. Exfoliate

To eliminate dry, flaky skin that's caused by a buildup of dead cells, exfoliate more often during winter. Gentle exfoliation will reveal softer, smoother skin. More importantly, it will ease the penetration of other treatment products by removing dead surface cells. A natural enzyme peel, like the one derived from pumpkin, is a very effective choice.

### 3. HYDRATE

Because of low humidity conditions in winter, having an extra layer of moisture from a serum visibly improves complexion. Serums contain more potent, deep-penetrating ingredients and have the ability to attract and retain moisture. Look for one that's specifically labeled "hydrating" and apply it just after cleansing and right before moisturizing.

### 4. MOISTURIZE

Prevent moisture loss by using richer moisturizing products than you would during the summer months. Avoid petroleum-based ingredients as they can clog pores. Choose one with natural ingredients like sea buckthorn, evening primrose oil, shea butter or

almond oil. Apply at least 30 minutes before going outside for proper absorption, otherwise it can freeze into damaging micro-ice particles.

### 5. SUNSCREEN

Protection against UV-light is a concern during winter too, since the sun's reflection on the snow can be higher in intensity than that of summer. Prevent UV damage and photo-aging by using a sunscreen containing no less than 5% zinc or titanium dioxide.

### 6. NUTRITION

A healthy diet also helps in nourishing the skin from within. Avoid winter dehydration by drinking more water. Include a diet of antioxidant-rich dark, leafy vegetables and foods rich in omega 3 oils. And to ensure proper intake, use a daily supplement. The best antioxidants for the skin are vitamin C, B, E, zinc and magnesium.

### 7. TECHNOLOGY

Seeking a skin-care professional during winter is a worthwhile investment. Cold temperatures result in a poor blood circulation in facial skin. As a result, skin doesn't get enough nutrients and the regenerative process slows down. Magnetic pulse and RF technology can safely stimulate collagen formation for results that are immediately visible. Photographic technology also exists to measure the degree of skin damage and tailor a program to reverse it.

Dull, dry skin is an unfortunate result of our winters. Following these easy steps will ensure the protection you need to maintain a healthy complexion.



# Hockey Mom!

I never thought I'd be one of those hockey moms, you know, yelling cheers from the sidelines and racing off to sit in a frigid arena several times a week. But suddenly I realized that it had happened. Without intending to join the growing group of parents that follow their sons and daughters as they take to the ice and play Canada's favourite sport, there I was – number one hockey mom.

## You know you're a hockey mom when:

- You find yourself shouting "Deke, deke," and "Pass the biscuit".
- The smell of a hockey bag actually brings back good memories for you.
- You've got a special coat and boots just for sitting in cold arenas for long periods of time.
- You've preprogrammed more than 10 hockey arenas into your GPS device.
- You've been called a "puck bunny" - and liked it.
- You're willing to spend hours on a bus stay in a budget hotel and eat fast food for a weekend in order to travel with the team to a tournament.
- No matter what the score or how many passes your kid misses, you still can imagine them playing one day for the NHL.



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[www.torisbakeshop.ca](http://www.torisbakeshop.ca)



## Holidays bills are here

Wouldn't it be nice if this time next year you weren't worrying about paying your holiday bills? In order to avoid credit card shock next January, you can set-up a "pay yourself – holiday bills – first" plan. Here are some steps that will help you be holiday-debt-free next season.

1. You now know the total amount you spent on gifts in 2011. Divide the total by 11, this is the amount of your monthly holiday savings this year.
2. Find something you can use as a holiday savings deposit box. If your total amount is over \$2,000, consider opening a free bank account.
3. Each month "pay yourself first" with your monthly holiday savings. Set a date and deposit the money, then forget about it.
4. Make sure you put your holiday savings deposit box out of sight so you're not tempted to make an early withdrawal.
5. If you find the amount you've determined is too high, try to reduce your holiday budget. If you collect more than you need, you're off to a great start for 2013.
6. This same savings trick, works for trip planning, car purchase or even buying a house – it's called...

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**PAY YOURSELF FIRST!**

# Winter "Stay in" Evenings

After the holidays, many are trying to save some money and avoid going too far on a cold, dark evening. How about a Games Night for family and/or neighbouring friends? It's surprising how quickly a fun board or card game takes your mind off work and other worries. And best of all, "Stay In" evenings costs very little and are guaranteed to be fun.

- Make it clear that the invitation is for after dinner, but will include snacks or if you want, dessert.
- Invite guests to contribute by bring a snack, a dessert, pop or a case of beer etc.
- Pick either one game that everyone can play, or set up 2 or 3 game stations, depending on how many you are inviting.
- Provide dollar store prizes or just print off some fun certificates from your computer to give to winners.
- Put someone in charge of each game so that they are the one that explains the rules and helps if someone needs assistance.
- Stock up on paper and pens for keeping score.
- Set a time limit, perhaps 1½ hours so that everyone knows when the games will be over. Whoever is winning at that time is declared the winner.



## Board Games that don't need a lot of Instruction

Trivial Pursuit  
Pictionary  
Cranian  
Apples to Apples

## Games for those who like a challenge

Scrabble  
Boggle  
Taboo

## Classic card games

Euchre  
Hearts  
Crazy Eights  
Poker

## Are you ready be Paperless?

Likely, everyone has been asked to go paperless for their bills, receipts and bank statements. Number one reason, it save trees. Like everything, there are pros and cons, and it takes some time for us to adopt a new system. Is going paperless always the best choice for you?



### Things to watch out for when going paperless:

1. If you decide to go paperless, make sure to file your electronic statements at the time you receive them so that they do not get lost amongst your other emails and junk-email.
2. To be on the ball, check and review your statements when you receive them, and make sure the right amount is reported. Keep on top of your daily in and outgoings to make sure you've been billed correctly.
3. Too busy right now to deal with the e-bill? Putting it aside so that you can come back to it later may make it easy to "slip through your fingers" unlike paper statements that we see.
4. If you need to make a monthly payment, make sure you either pay it when you receive your statement, or schedule it, so you don't miss it.
5. Not all services have converted to eBilling, so you are likely to still have paper bills along with eStatements. Make sure you have a system to file both, so you know where and how to find them when you need them.
6. It is always good to have larger item purchases and warranties kept/filed together – it makes it easier to find them.
7. Set-up an electronic file system where you can colour code when you have made a payment or alternatively, move payments into a separate file.
8. If you find yourself missing payment deadlines or losing track of bills, better ask for a paper copy. The physical bill is a reminder that it needs to be paid, and when you pay it, you can write the payment date on your copy or staple a print-out of your payment with the invoice.

### Not ready to go paperless:

If you are not ready, or think it is more of a headache to keep track of e-Billing, then keep your traditional paper filing system, and take steps to transition to eBilling:

1. File your papers as you always do
2. Any statement you receive digitally, print it out and file it. It still cheaper to print out than paying a paper billing charge (some companies are now charging \$2 for traditional billing). If you don't print it out, it might 'cost' you more to locate it when you need it.
3. Remember, Revenue Canada requires you to keep all our financial records for a minimum of seven years.



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**Service and expertise** - We work with you to ensure you get the best lighting and decor for your specific situation. If necessary we will come to your home free of charge.

**Value** - Save time and money. No need to travel across the city when we will meet or beat any advertised price in the GTA on identical in stock product. And, if you have a problem, we're right here to look after you.

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## You Ask... Answer.



Winner of...



Congratulations to David Livingston-Lowe, the winner of our question from the December/January issue.

The Glen Manor rink is maintained by local volunteers and is usually ready in late November or December, when cold weather conditions allow for natural ice making.



### This issue's question:

Where did Kingston Road get its name from? Does it have anything to do with the city of Kingston? Why does it end at Queen Street and become Eastern Avenue?

- Monica R.

### 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 March 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.  
[beachesliving.ca/youask](http://beachesliving.ca/youask)

# It's **OSCAR** Time!



Participate in our second annual Beaches|life 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 25. Everyone who has at least three correct answers will be put into the draw. Good Luck!

**Best Picture:**

The Artist  
The Descendants  
Extremely Loud & Incredibly Close  
The Help  
Hugo  
Midnight in Paris  
Moneyball  
The Tree of Life  
War Horse

**Best Director:**

Michel Hazanavicius, *The Artist*  
Alexander Payne, *The Descendants*  
Martin Scorsese, *Hugo*

Woody Allen, *Midnight in Paris*  
Terrence Malick, *The Tree of Life*

**Best Animated Film:**

A Cat in Paris  
Kung Fu Panda 2  
Puss in Boots  
Rango

**Best Foreign Film:**

Bullhead (Belgium)  
Monsieur Lazhar (Canada)  
A Separation (Iran)  
Footnote (Israel)  
In Darkness (Poland)

**Best Sup. Actor:**

Kenneth Branagh, *My Week with Marilyn*  
Jonah Hill, *Moneyball*  
Nick Nolte, *Warrior*  
Christopher Plummer, *Beginners*  
Max von Sydow, *Extremely Loud & Incredibly Close*

**Best Sup. Actress:**

Bérénice Bejo, *The Artist*  
Jessica Chastain, *The Help*  
Melissa McCarthy, *Bridesmaids*  
Janet McTeer, *Albert Nobbs*  
Octavia Spencer, *The Help*

**Best Actor:**

Demián Bichir, *A Better Life*  
George Clooney, *The Descendants*  
Jean Dujardin, *The Artist*  
Gary Oldman, *Tinker Tailor Soldier Spy*  
Brad Pitt, *Moneyball*

**Best Actress:**

Glenn Close, *Albert Nobbs*  
Viola Davis, *The Help*  
Rooney Mara, *The Girl with the Dragon Tattoo*  
Meryl Streep, *The Iron Lady*  
Michelle Williams, *My Week with Marilyn*

Email your predictions to [info@beachesliving.ca](mailto:info@beachesliving.ca) Remember, the deadline is February 25.



5 LANE INDOOR TRACK, 3 BASKETBALL COURTS, ROCK WALL, CARDIO AND WEIGHT TRAINING AREAS, 2 SWIMMING POOLS AND HOT POOL, ACTIVE AGING CLUB, 8 TEAMS, SWIMMING LESSONS, CAMPS AND MORE!

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## Soccer Firmly “In Play” for Beaches and Downtown Kids, Youth and Adults

**W**ithin four short years, the Cherry Beach Soccer Club (CBSC) has doubled its membership and grown to 56 house league, 10 competitive and 6 adult teams. More importantly, over 30,000 children and youth in the Beaches and downtown core now have access to quality, affordable soccer that they can get to by public transit.

The club began in 2009 as a not-for-profit organization. It offers recreational house league, development and all-star/rep competitive soccer for ages 5 to adult, on the turf fields at Cherry Beach. The club was soon sanctioned as a full Toronto Soccer Association (TSA) club.

The coaching staff has grown to approximately 50 volunteer and 25 certified coaches. Several young players are now trained so they can earn extra money as referees. The club also has been instrumental in helping fix up some local soccer fields in need of repair.

As a new club, finding field times to play and a place to continue programming during the winter has been a challenge. In November this year, the club is preparing to move into a more permanent home at Monarch Park Collegiate with a domed stadium and state-of-the-art soccer fields.

If all goes according to plan, CBSC will have its own clubhouse as well as a place to run its winter programs,

field time for at least 2,400 players during the summer. The move will also allow the club to expand its adult teams. Hendriks is counting on the move to Monarch Park to boost club membership.

“The great advantage of soccer”, explains John Hendriks, club president and coach, “every child can play, boy or girl, adult or young person.... and regardless of economic level because its so affordable. Soccer also brings communities together, and promotes harmony and stability in our society,” he adds.

“We want everyone to know that we are here for recreational soccer, competitive soccer and all season development, with of the best of coaches.” The club also plans to introduce soccer summer camps this year.

Hendriks has been a soccer lover since playing the game as a Dutch child in Zaire, where he was born, and competing internationally throughout his adulthood. Although he works full-time, he continues his heavy involvement at the CBSC where he also proudly coaches his 14 year old son, Carols, in the Youth Competitive section. His 4-year old daughter starts this spring as a “left footie!”

---

Cherry Beach Soccer Club • 416-367-4359  
cherrybeachsoccer.ca



# Cold Winter, Hot Drink!

## Wonderful, Warm and Sweet: Hot Chocolate

After being out in the cold, tobogganing, walking or skiing, what better way to warm up with one of Canada's sweetest treats, hot chocolate.

Did you know that this comfort drink is not native to Canada, nor was it originally served hot? Chocolate was used in a beverage centuries before it was considered a candy or added to cooking. The ancient Aztecs, from Mexico, first roasted cacao beans to make a cold chocolate drink. Then, Spanish explorers brought the cacao beans to Europe in the 1500s where they made them into a hot drink by adding chili peppers. In the 18th century, chocolate houses became trendy, and the English started adding milk to the chocolate drink. It was North American pioneers that had to import chocolate, or bring a precious supply with them to complete chocolate's travel circle.

*A recipe from 1769 reads:*

*To make Chocolate. Scrape four ounces of chocolate and pour a quart of boiling water upon it, mill it well with a chocolate mill and sweeten it to your taste. Give it a boil and let it stand all night, then mill it again very well. Boil it two minutes, then mill it till it will leave a froth upon the top of your cups.*

*- The Experienced English Housekeeper*

### Classic Hot Chocolate

#### Ingredients:

- 3 cups milk
- 1/3 cup semisweet chocolate, grated
- 1 tablespoon white sugar
- 1/2 teaspoon ground cinnamon

#### Method:

- Mix the dry ingredients with 1/2 a cup of the milk
- Add the rest of the milk
- Heat slowly and whisk to avoid burning
- Serve with marshmallows or whipped cream on top.

#### Variations:

- Add 1-2 crushed candy canes to make Peppermint Hot Chocolate.
- Substitute 1 cup of milk with half and half cream for extra creamy.
- Spice with 1/4 teaspoon of chili powder for Mexican Hot Chocolate.
- Add 3 tablespoons of instant coffee for a nice easy mocha drink.
- Add a bit of Baileys or your favourite liqueur, to turn it into a warm adult drink.



# my Secret Beaches Spot

We are originally from the east coast of New Brunswick. Every time we go for a walk here, this view and the sounds of pounding waves bring us back home.

*Laurie S.*

**Tell us** where the Secret Beaches Spot photo was taken, and you could win a **\$25 gift certificate to fido** (1712A Queen St. E. location).

Submit your answer online to: [beachesliving.ca/secretspot](http://beachesliving.ca/secretspot) by March 10.

**Send us** a photo of your Secret Beaches Spot with a brief description. If we feature it in *Beacheslife* you will receive a **X-mini Capsule Speaker** from **fido**, 1712A Queen St. E.

Submit your photo online to [beachesliving.ca/secretspot](http://beachesliving.ca/secretspot).



**Congratulations to N. Salvation** – December/January's Secret Beaches Spot winner. Here is her answer:

"This is from the Chateau des Quatre Vents, 3025 Queen Street East. It was originally constructed in 1892 and then in 1910 architect Edward Lennox built a 2½-story addition."



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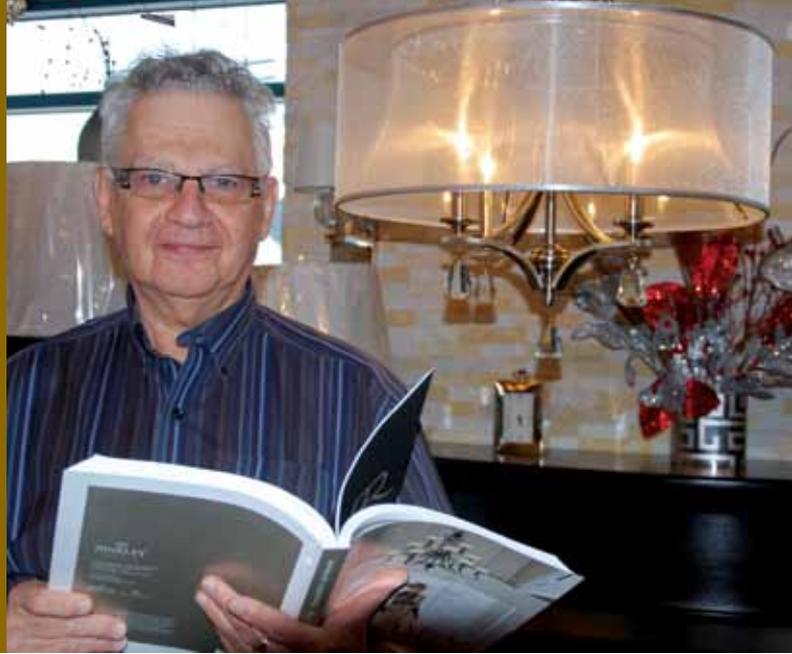
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# Jewelry For Your Home

## Add Some Bling To Your Decor



“Lighting in your home or business is like real estate,” explains Norton Abramson of Living Lighting at Queen and Woodbine, “It’s all about location, location, location.”

It’s all part of the advantage of a small store with in-house expertise and a keen eye for lighting suitable for the Beaches market. Norton and his staff don’t just “sell” lights, they advise on the kind of lights so that you get the location, the style and the function correct.

“We provide, everything you need to make the right decorating decision”, he adds, “You’re not buying a couch, lighting is the jewelry of your home.”

The store offers a wide selection that just gone much larger thanks to a new company website that literally lets you pick from all the major manufacturers. By browsing at home, customers literally save hours (and gas!) from driving around going from shop to shop. And if they want to see an excellent selection of hand-picked items, all they have to do is pop into their local store.

One customer spent an entire day searching for lights after he’d already picked out his first choice the Living Lighting Store. After hours of checking out all the other options, he finally returned to make his purchase. He since declared that from now on, he’ll stick with the local store for all his lighting needs.

Many interior designers and architects also visit the store in person, or browse online. “We help them,” explains Norton, “Because in most instances, they

know what they want, but we’re the ones that know where to find the product they’re looking for.”

In looking at lighting trends, Norton has a few observations:

- Crystal is big, in any form, for lamps, fixtures, wall sconces, etc., but with a modern look.
- Brass is almost “extinct” with silver and chrome now popular.
- Drum shades have made one of the biggest impact in light décor in recent years. Used for both lamps and hanging fixtures, the soft look of drums is everywhere.
- Energy efficient lighting remains a confusing, ever-evolving market for consumers. Everyone is interested in conserving energy even though it’s difficult to evaluate how much money you save and the quality of the light. Depending on the fixture you chose, some can be customized to take your choice of light bulb, e.g. LED, compact fluorescent, etc.

What seems to be the biggest trend in lighting is the acknowledgement that lighting makes a big difference and you want to get it right. Whether you’re a home owner or interior decorator, finding the right fixture and installing it in the right place is key to creating the right environment for living and working.

---

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## coming, going and on the move

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- OMEGA Health + Fitness – 1089 Kingston Rd
- On Demand Printing – 1066 Kingston Rd
- Pizza Nova – 1614 Queen St E
- Sanderson Entertainment Law – 577 Kingston Rd
- Tuina – 2146 Queen St E
- Twin Image Hairdressing – 1001 Kingston Rd
- Wilkinson Barber Shop & Hairstyling – 1048 Kingston Rd

### On the move

- H.E.S. design Hildie
- Red Rocket Caffee – 1364 Danforth Ave
- Sweetings – 275 Danforth Ave
- The Wright Sisters – 2318 Queen St E
- Yoga Yoga East – 1402 Queen St E

### Thank you and best wishes

- Frolic Fresh Flower Market – 2230 Queen St E
- GeniusLoci Fine Flowers – 2142B Queen St E
- Memories Now and Then – 998 Kingston Rd.
- OGGI Jeans – 2030 Queen St E
- TOMI-KRO – 1214 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](mailto:info@beachesliving.ca) or 416-690-4269.

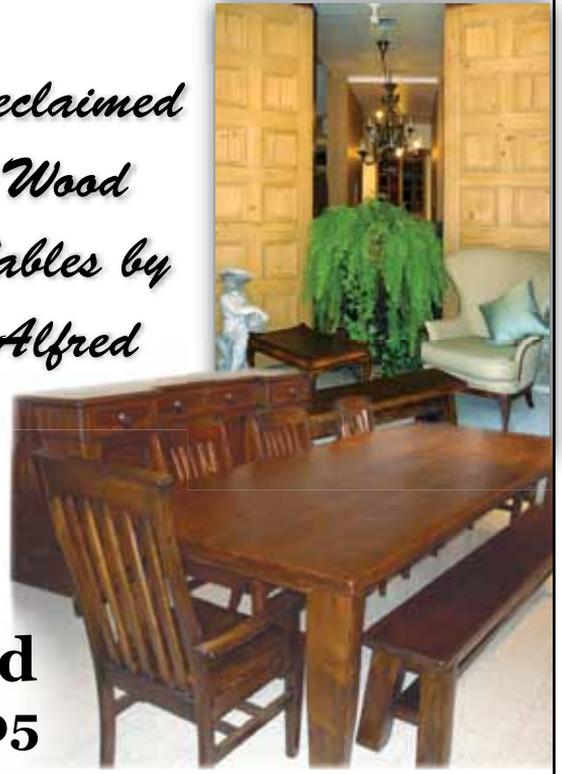


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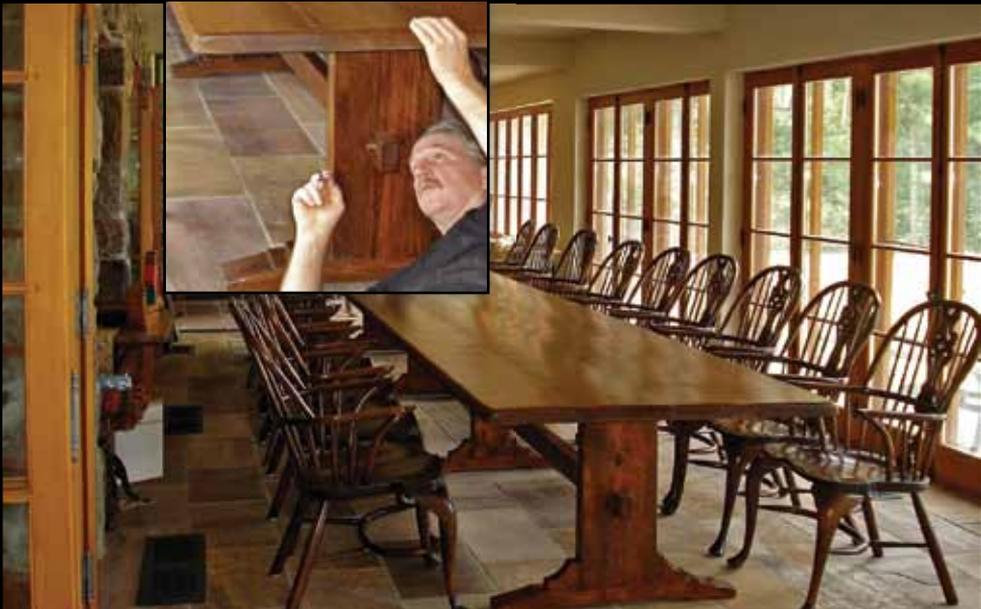
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