

Beaches

Summer – June/July 2009

life

Let's Beach!
a celebration and a good cause

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your
brain**

**Sons of
Beaches**

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OH CANADA

LET'S beach!

a fun summer celebration and a good cause

Sunday, July 12, 1pm – 6pm
at the scenic Balmy Beach Club

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Children's Wish

A portion of the proceeds from this event will be donated to The Children's Wish Foundation helping to create the magic of a wish for a special child.

Beaches|life

your community HUB
to the Beaches
www.beachesliving.ca



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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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Canada Post Publication
Agreement No. 4155602

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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attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.



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Aug/Sept 2009 issue
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Oh Canada

Celebrate Our Nation's Birthday Together

Let's party it up this July 1! As Canadians we tend to be a bit shy about flag waving compared to our neighbours from the south. Our country's birthday is around the corner, let's make the Beaches community the most flag waving place in Toronto, and maybe even the Country!

Just as a reminder, Canada ranks right at the top of the list in terms of Quality of Life (according to an annual United Nations survey). We have the most educated people and the highest literacy rate in the world. Plus Canadians live longer than anyone on the planet, except people in Japan and Iceland.

For history buffs, Canada became a nation in 1867 with the passing of "The British North America Act." We became fully independent of Britain in 1982 and got our own flag in 1965.

So let's all show some Canadian spirit and together celebrate this great country. Oh Canada!

Flag Waving Together!

How to Celebrate Big this July 1st

1. Displaying a flag on the front of your house, your apartment window, or the back window of your car!
2. Hold an All-Canadian Barbecue, with BBQ flank steak, corn on the cob, Chippewa fried bread and a locally grown salad with a dressing of cider vinegar and Canadian maple syrup.
3. Delight friends and family with a Canadian flag dessert. Make a rectangular cake, with white icing. Add a wide red stripe at each end and a maple leaf in the middle. You can use red sprinkles, cherries or sliced strawberries.

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Sons of Beaches

Good Music for a
Good Cause



The core band members (from left): Mike Harding, Patrick Domagala and Frank Domagala.
Additional members: Alex Bovolitas, Ivan Perez, Dave Sandink and Dean Tapp, join them for larger shows.

Sons of Beaches grew up locally and attended Malvern, Neil McNeil and Danforth Tech schools. Brothers Frank and Patrick were both bitten by the musical bug at an early age. Although they were both active in music—Frank singing in rock bands since the mid-80s and his brother Patrick playing piano—they never really performed together.

Mike came from a history of singers, son of Harry Harding, a successful doo-wop vocalist in the 50s and 60s. Mike started singing at his school's talent shows.

In the early 1990s, Parks and Recreation planned an event at Kew Gardens Park for the camp and playground kids. Since Frank, Patrick and Mike worked at local recreation centres, they decided to get together to do a little staff performance for fun. They all sang lead vocals, Frank played guitar, Patrick on keyboards, and Mike turned an upside down garbage bin into a drum.

Franks remembers how the band was formed and got its name, "We started to rehearse in the Beaches Recreation Centre change room and noticed how well our three-part harmony blended, especially to the songs from the 50s and 60s. There, the Sons of Beaches was born."

After the Kew Gardens' camp show, the band started to do special events and fundraisers in the area. They have performed at hundreds of weddings and dances and

eventually started hosting jam nights in local bars.

When the band is not performing, Frank and Patrick work full-time running the Beaches Recreation Centre and Oakridge Community Centre. Mike is a full time disc jockey performing in clubs and for business functions.

Frank continues to tour with several bands around the Toronto area and he hosts a weekly jam session at Fitzgeralds pub. Patrick has recorded a full CD and does an incredible Billy Joel tribute show.

Sons of Beaches has not forgotten how they got started. "Almost 20 years later we still get together for small local school fundraisers, community events and street festivals. We also play large annual events like the Canada Day celebration in Thompson Park. Anything that needs good music for a good cause," Frank tells us.

PS—if you haven't figured it out already, Frank and Patrick are the sons of Gene Domagala, well known local historian.

Sons of Beaches will be playing at "Let's Beach", summer celebration event at the Balmy Beach Clubhouse on Sunday, July 12 from 1-6 pm.

For event details, see page 2 or visit beachesliving.ca/letsbeach



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Plastic (bags/wrap)

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Metal

Coat hangers, pots

Aluminum

Foil food wrap, potato chip bags, metallic gift wrap

Fibers

Tissues, waxed paper, foil gift wrap, waxed cardboard

Note: Some of these items can be recycled at a Drop-off Depot or a Community Environment Day event.

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answer to win

Do you recognize this photo? If you can tell us where the photo was taken, you become eligible to win movie passes for two to the Fox Theatre. Three winners will be chosen. Send in your answer by July 15, 2009.

Email your answer to:
info@beachesliving.ca

Congratulations to...

Jean Kluwak, Heather Davidson and Mitch Pulkys for knowing that April's secret Beaches spot is from Ashbridges Bay park. Many runners refer this area as "the Peanut".

We received the most answers from our readers for April's contest. Thanks to everyone for your correct answers, excitement, and in some cases, personal experiences.

my Secret Beaches Spot



I was surprised to come upon this barn so obviously from the "horse and buggy" days, yet so near to Queen St. On one visit I met a neighbour who informed me that it had to be around 100 years old, if not more. And it's still in such good condition! I'm delighted that we preserve such interesting historic buildings in the Beaches area.

Christina Choma

Dr. Jeff Margolian, Dentist

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Health talk

Eat Well. Get Smart!

Imagine a diet that can make you smarter! Recent studies have shown that certain nutrients may have significantly positive effects on the brain. Some foods actually maximize your brain's potential, others protect against diseases that affect the brain.

Egg yolks – for brain function

Spinach –protects against age-related issues

Yellow-fin tuna- protects against Alzheimer's

Cranberries – improve memory

Sweet potatoes – nourish the brain

Strawberries – reduce age-related decline

Kidney beans – improve your thinking

Raisin Bran – reduces migraines and headaches

Lamb loin – helps concentration

Other foods – wheat germ, olive oil, dark chocolate and flaxseed.

Also see: www.thedietchannel.com



LET'S beach!

a summer fun celebration and a good cause

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at the scenic Balmy Beach Club

Join the Beaches Living Guide & Beaches|Life for a fun summer celebration on the beach.

Mingle with your neighbours, local business owners, artists and community groups while raising money for the Children's Wish Foundation.

For event details, see page 2 or visit beachesliving.ca/letsbeach

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BUDGET BLINDS® OFFERS ENERGY SAVING TIPS TO HOMEOWNERS

Use Window Coverings and Accessories to Cut Energy Costs



Spring & Summer for many Beach homeowners means planning home improvements that are both environmentally friendly and fiscally sound.

"People are always interested in finding ways to improve the appearance of their homes and keep more money in their pockets at the same time", said John Fulford-Brown of Budget Blinds in the Beach, "We have a great line of products that will help homeowners maintain a comfortable home and decrease the amount of energy they use."

Heating and cooling in our homes account for nearly 56% of energy use. Read some tips for reducing these costs through effective window treatments:

- All window coverings have insulating properties but some do a better job than others.
- Shutters and wood blinds are great but cellular shades provide the best insulation or 'R' value for retaining cool air in summer and warm air in winter.
- Thermal lining in drapery panels and Roman shades increases heat retention and reduces heat loss.
- Solar screens are sleek, stylish treatments that cut UV rays up to 95% but allow a view.
- Window film can reduce air conditioning costs up to 30–40%.
- Certain motorization packages allow homeowners to program the operation of their window treatments to prevent the summer sun from heating rooms in the afternoon.

Budget Blinds has a variety of environmentally-friendly products made from recycled or renewable resources. And Homeowners looking to reduce the number of chemical emissions in their homes should ask about our GREENGUARD certified products. To cut energy use, create a healthier environment or encourage conservation, your local Budget Blinds Style Consultant can help you find the ideal window covering.

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HOW TO HELP YOUR KIDS GET THE MOST FROM SUMMER

Summer flies by for adults, but for children, it seems almost endless. Here are a few tips to make sure your kids get the most from summer:



1. Plan a day at the Beach or a picnic on Toronto Island.
2. Combine a hike with a scavenger hunt, perhaps through a local park or ravine.
3. Let them camp out, even if it's just in the backyard.
4. Set up a lemonade stand or sell iced green tea!
5. Schedule some "electronic free" time without the cell phone, TV or iPod!
6. A trip to the Ontario Science Centre – one of the best in the World!

Things My Father Taught Me

Most of us remember things our fathers taught us, perhaps when we were very young or even as a rebellious teenager! This Father's Day, say "thanks dad".

THANK YOU FOR...

Showing me how to ride a bike... by taking off my training wheels, even though I begged you not to.

Teaching me the perfect slap shot... when I should have been inside practising piano.

Reminding me to tell mom that she looks great... even when she looked really tired.

Insisting that I stay in school... when all I wanted to do was perfect that slap shot.

Promising to teach me how to tie my first tie for the prom... but forgetting what time I had to leave – therefore forcing me to learn on my own.

Teaching me to drive a car... and then paying for professional driving lessons.

But most of all, thanks dad for always encouraging me to be the best that I can be!



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Woman's Catering Business a Success Story

The Beaches is home to the owner of one of Toronto's most successful catering businesses, "Feast Your Eyes". Owner and senior event planner, Linda (Lin) Bennett, "loves the energy in the community" and recently began promoting her business in the neighbourhood. One recent event in the neighbourhood was an in-store celebration at a local store, Vernissage Jewellery.

"We are particularly known for our presentation," she explains, "the way we display our tables and our food is truly a 'feast for your eyes' because you eat with your eyes first before you even taste the delicious food."

Lin started her business 28 years ago and today she employs 15 full time chefs, event planners and specialty staff who bring her clients everything from a more straightforward meeting meal to an elaborate, themed event. Although cocktail receptions are a favourite, she has theme parties according to generations (1950s, 60s and 70s) as well as

Halloween, Valentine's, family celebrations such as Bar Mitzvahs, anniversaries and birthdays, weddings, award and recognition ceremonies, openings and galas.

One of the more popular themes this year has been Beach parties and BBQ events with a whole roasted pig. Fortunately, Feast Your Eyes will provide the whole pig "pre-roasted" for those who prefer an event without the 6 hours of on-site preparation!

Although most events are in the GTA, Feast Your Eyes has also traveled across Canada. So has Lin gotten tired of thinking up themes and planning events after so many years?

"I love it," she says, "I love the planning, and it is really fun to come up with ideas for people."

Contact Feast Your Eyes at www.feastyoureyes.ca • 416-699-1212

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You Ask... Answer.

Beaches|life is often asked questions about the Beaches neighbourhood. Who better to answer them than you, our knowledgeable readers?

In each issue we will publish selected questions from our readers for you to answer. In the following issue, we will share the best answers.

The answer from the last issue comes from Kym W.



The Leuty Lifeguard Station was built in 1921. Used by lifeguards during public swimming times. This has become an icon for the Beaches community.

This issue's question is from Fran B.



One morning recently I awoke recently to discover this charming creature on the back porch of my house, which stands three doors from the lake. Does anyone know what it is?



Do you know the answer?

Do you have a question of your own?

Send it in!

Email info@beachesliving.ca or call 416-690-4269.

Food talk

Good things do grow in Ontario

The best time for seasonal fresh produce.

After a long winter, Ontario's spring growing season starts to bear fruit - literally. Welcome to the beginning of the best eating months of the year!

Produce	June	July	Aug.	Sept.	Oct.	Produce	June	July	Aug.	Sept.	Oct.
Apples						Mushrooms					
Apricots						Nectarines					
Asian Veggies						Onions					
Asparagus						Parsnips					
Beans						Peaches					
Beets						Pears					
Blueberries						Peas					
Broccoli						Peppers					
Brussels Sprouts						Plums					
Cabbage						Potatoes					
Carrots						Radicchio					
Cauliflower						Radishes					
Celery						Rapini					
Cherries						Raspberries					
Corn						Rhubarb					
Cranberries						Rutabaga					
Cucumber						Spinach					
Eggplant						Sprouts					
Garlic						Squash					
Gooseberries						Strawberries					
Grapes						Sweet Potatoes					
Leeks						Tomatoes					
Lettuce						Zucchini					

Local Farmers' Markets

June is the beginning of Farmers' Market season, an excellent way to access the very best fruit and vegetables.

Birchcliff Village Farmers' Market	East Lynn Park Farmers' Market	East York Farmers' Market	Guildwood Village Farmers' Market	The Friends of Riverdale Farm's Farmers' Market
St. Nicholas Church, 1512 Kingston Rd. 416-819-1590 Fridays, 3-7 pm	East Lynn Park, Danforth Ave. just West of Woodbine Thursdays, 3-7 pm	East York Civic Centre, 850 Coxwell Ave. Tuesdays, 8 am-2 pm	201 Guildwood Pkwy. 416-686-6528 Thursdays, 2-6 pm	Winchester St. at Sumach St. 416-961-8787 Tuesdays, 3-7 pm

For a full list of Farmers' Markets across Ontario, visit www.farmersmarketsontario.com

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coming, going and on the move

<h3>Welcome new neighbours</h3> <p>A&L Ice Cream – 162 Main St. Bagel World – 2018 Queen St. E. Beach Pet-tenders – 537-B Kingston Rd. Contemporary Computers – 1101 Queen St. E. Ed's Real Scoop, Leslieville – 920 Queen St. E. Kids on the Hip – 1142 Queen St. E. Leonidas Fresh Belgian Chocolates – 5 Coady St. Le Papillon on the Park – 1001 Eastern Ave. Papa Sol's – 1966 Queen St. E. Solar Technologies Inc. – 161 Main St. Structube – 1863 Queen St. E. Sweetings – 1920 Queen St. E. Te Aro Coffee – 983 Queen St. E. The Bone House – 946 Queen St. E. The Pie Shack – 2305 Queen St. E.</p>	<h3>On the move</h3> <p>Hipo – 2220 Queen St. E. Julia Warren, Royal LePage Estate Realty, Brokerage – 1052 Kingston Rd. Karen Kelly Designs – the Maritimes Mosaic Beach Studio – 1374 Danforth Ave. Pippins Tea Company Inc. – 2098 Queen St. E. Pulp Kitchen – 1127 Queen St. E. Specchio Hair Design – 1899 Queen St. E. The Aroma Shoppe – 2345 Queen St. E. The Tea Emporium – 337 Danforth Ave.</p>	<h3>Thank you & best wishes</h3> <p>A Room To Bloom – 1298 Queen St. E. Cottage on the Beach – 1966 Queen St. E. Delicious Delight – 162 Main St. Everest Petro Pump – 2185 Gerrard St. E. Galactic Hero's – 2227 Queen St. E. Gallery Delisle – 2239 Queen St. E. Himalayan Collections – 2098 Queen St. E. E. Latitude for Living – 2084 Queen St. E. Lation Fitness Studios – 1089 Kingston Rd. Michelangelo's Fine Italian Cuisine – 1910 Gerrard St. E. Michelle's Beach House – 1955 Queen St. E. Studio Nine – 1400 Queen St. E. The Tanning Shop – 2116D Queen St. E.</p>
<h3>Re-openings</h3> <p>Nevada Steakhouse – 1963 Queen St. E.</p>		
<p>In the last issue of <i>Beaches life</i> Babes in the Beach was incorrectly listed as a closing business. Our apologies to Babes in the Beach for any confusion this may have caused.</p>		

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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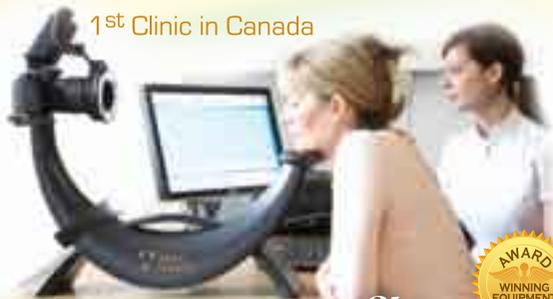
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A Place Where Everyone Knows Your Name (almost!)



Everyone knows Joe. Pharmacist Joe Hsu has been serving customers at Hooper's Pharmacy since 1997.

"I've seen kids grow up to be teens, babies that now play basketball," he laughs when describing the benefits of working at the same area for such a long time.

Hooper's has built its reputation as a pharmacy that offers both traditional and alternative health strategies – that is, holistic alternatives such as vitamins, herbal and homeopathic remedies.

"We promote a choice," explains Joe, "Our staff are all very knowledgeable of alternative choices and we always encourage interaction between the doctor, naturopath and the patient."

Hooper's also is one of a handful of pharmacies in Toronto with a "compounding room". This is a special lab, located in store, where pharmacists prepare custom prescriptions. These may be, for example, medicine with a dosage specifically prepared for an individual's needs. Customers come from all around the GTA to take advantage of this service.

For years Hooper's has offered superior customer service in a friendly, personal atmosphere. Hooper's was first established as a local pharmacy the Beaches in 1994, and in 2007 they moved to a larger, newer building. Hooper's customers range in age from teens to seniors, but the store is a particular favourite for young professionals and families who come to the store well informed and wishing to talk about choices available to them.

Although everyone knows Joe, customers are also getting to know the other pharmacists, Maria and Ilde. A graduate of the University of Toronto, Joe loves the Beaches community, "We offer our customers a friendly atmosphere, more time, knowledgeable staff and choices," he says.

Seniors visiting Hooper's automatically receive a 10% discount and Hooper's will hold one of its several Customer Appreciation days the last week of June.

Contact Hooper's Pharmacy at
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Letter from our readers

In response to the Beaches Living Guide
 Spring/Summer 2009 issue,
 Blanche Mitchell writes:

Have your say.

Thank you for such an informative
 and interesting magazine.

Beaches Living Guide is the only
 magazine that I read cover to
 cover.

I found the Arts & Crafts Architecture in the
 Beaches very interesting, I love reading the
 history of our wonderful area.

Your article on Green Roof Installation interests me
 very much, I doubt this could be feasible for an older
 house, although we have a flat roof.

Again thanks for a great magazine, you deserve
 the Apex Award of Excellence as the covers are
 wonderful and tell a story.



In response to the Beaches Living Guide
 Spring/Summer 2009 issue, Elena Bjerre
 Nielsen writes:

So refreshing.

Just a short note to let you know that
 I found the Biztalk "lighten up" very
 refreshing!

Thanks for putting the
 so-called "recession"
 into perspective and
 encouraging a change
 of attitude.

Negative thoughts spread like an
 epidemic and are not really improving
 anybody's situation.

Cheers and keep up the positive spirit!

Thanks to our *Friends of Beaches Living.*
 To find out how you can become a friend, go to beachesliving.ca/friends

How to keep your home safe and sound this summer

We think that it can't happen to us, but residential robberies and home invasions do happen in our city. Although alarm systems help deter criminals, they can also give you a false sense of security. There are steps you can take, even if you have an alarm system, to stop or discourage criminals before they try to enter your home.

Door security:

Locks with key holes in the knob are NOT reliable – they can easily be forced

Doors should be mounted so hinge-bolts are not facing outwards

Install one-inch deadbolt locks on all exterior doors

Chain locks are poor security - install a wide angle viewer instead

Padlocks should be 'heel-and-toe' locking

If keys are lost or if you move, locks should be changed

Going on vacation:

Inform a neighbour of your departure and return dates

Where possible, cancel all deliveries

Arrange to have the lawn cut and walkways cleared

Use clock timers to activate lights/radios at various intervals

Have a neighbour pick up newspapers and mail

Store small valuables in a safe deposit box

Ensure all entry points are secured, including mail chutes, milk chutes, garage doors and upstairs windows

DO NOT leave notes indicating you are not at home

Source: Toronto Police

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