

Beaches

Summer – June/July 2011

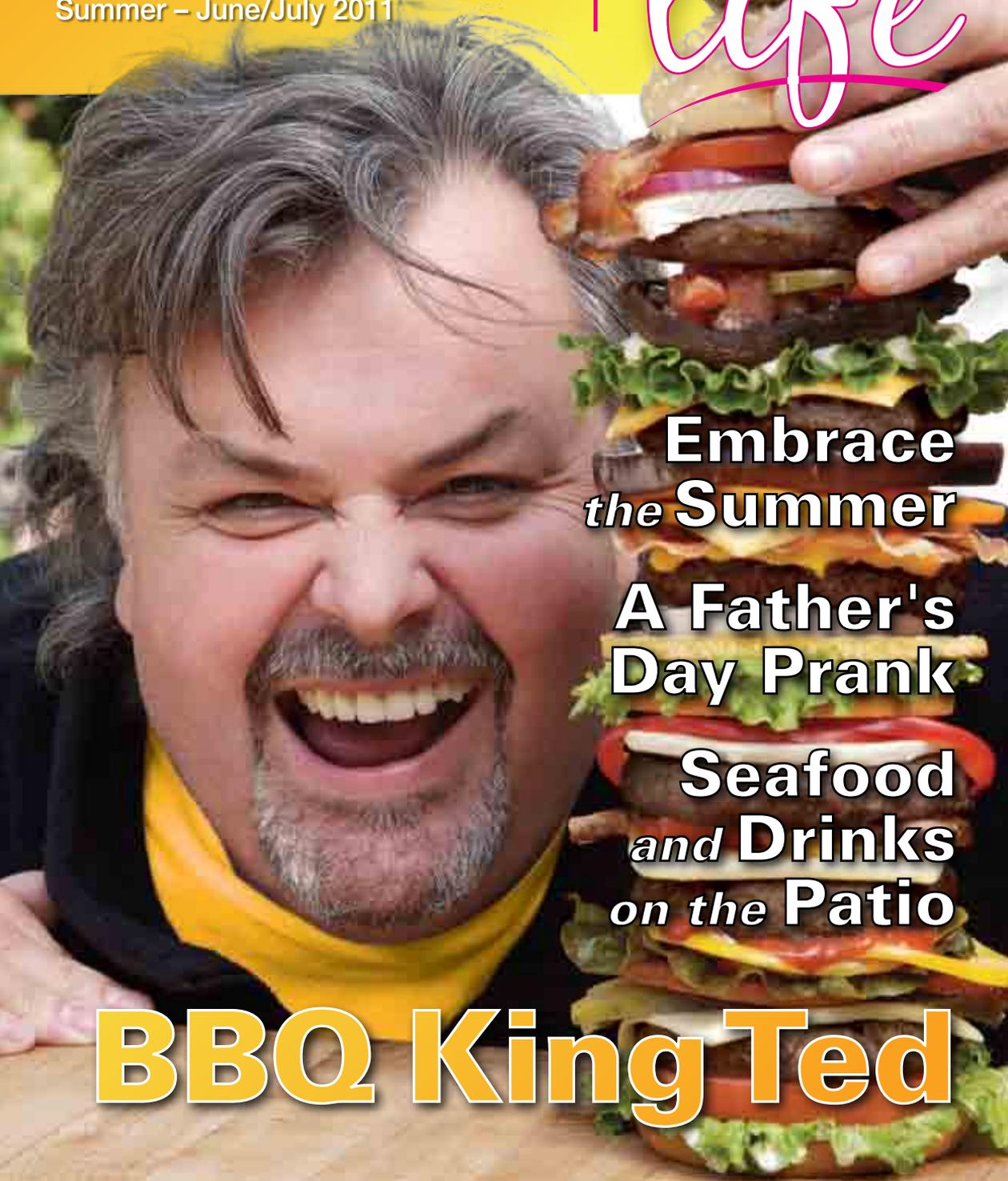
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Aug/Sept issue is July 11, 2011.

Beaches Living Guide
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is here!



In this issue...

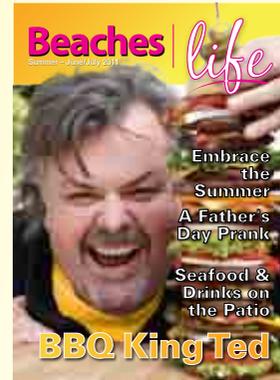
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Your comments and suggestions are welcome.

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Man's Other Best Friend

Ted Reader — BBQ King

“BBQ is my life,” says Ted, whose home office is his actual backyard. He describes it as “Casa BBQ”, and it’s outfitted with no less than 65 grills and smokers. Last year the count was closer to 100 but Ted generously donated 25 to the 2010 Beaches Yard Sale for the Cure.

Ted believes that cooking outdoors has a special appeal, particularly to men (often the ones doing the outdoor cooking). Cooking outdoors is fun, it’s more relaxed, and you don’t have to worry as much about making a mess. “What can I say,” he says, “Smoke gets in your veins!”

Ted BBQs and grills “everything”, year round, using a grill (what many call a BBQ) to cook over coals or gas, or a smoker for the longer, slower process of actually barbecuing. Although some of his favourite dishes include traditional steaks and burgers, under the category of “stranger items to BBQ” he lists Arborio rice, Twinkies on a plank, and ice cubes (yes, smoked, for added flavour).

continues on page 6...



...continued from page 5

“I’m really just a guy who loves to BBQ,” says Ted, “And my job is to inspire people to cook in their backyards, whether it’s a hot dog or a steak. Cooking outdoors builds camaraderie with your friends allows you to spend time with family.”

Ted’s been barbecuing since childhood, quickly rising in his career after graduating as a chef to become the chef for Dave Nichols at President’s Choice. He’s written or been part of 18 cookbooks, appears on TV (including the popular Cottage Country) and this year, again, will host the annual Beaches Rib Festival.

Ted offers a few key tips for grilling & BBQ:

- Always keep a cold beverage near by to enjoy, and put out any flare-ups.
- A clean grill is a healthy grill – remove those bits of food.
- Remember, high heat, lid open; low heat, lid closed.
- Be patient.
- Relax and have fun. Barbecuing isn’t meant to be difficult.

- Vegetables and meat cook at different rates so don’t mix them on the same kebab, make separate all meat and all veggie kebabs
- Meat or fish falling off the kebab? Wrap each cube with a piece of prosciutto ham
- Don’t be afraid to try something new.

Your choice of equipment also makes a big difference. Ted recommends that you research before buying a grill or smoker. The thickness of the metal, the sturdiness of the equipment and size of vents makes a big difference. Also make sure that the BBQ gets as hot as the dial says it does! Visiting a specialty store that not only carries quality brands, e.g. Napoleon and the Big Green Egg, but also has knowledgeable staff to help answer all your questions is a good place to start.

Want to meet Ted Reader and see him in action? He will be at the annual Beaches Rib Fest on June 18 and 19 at Woodbine Park.

For tips, recipes and his best selling BBQ cookbooks visit his website at www.tedReader.com



Looking to buy a BBQ? A local store such as Classic Fireplace & Gourmet Grills at 1828 Queen St. E. can help you choose the best grill that fits your lifestyle.

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Embrace the long-awaited summer heat

Hot summer days are here. When you are feeling uncomfortable from the heat remember those soggy, cool days in May, then you will begin enjoying our precious 92 days of summer. Here are some ways to get the most out of the unwanted heat:

THINK COOL Too hot? Think back on those soggy, cool days in May when we thought that summer would NEVER come, then enjoy our precious 92 days of summer!

SEEK OUT SHADE Learn from those who live in summer climates. Rest in the shade at the height of the noonday sun; take mini breaks to sit quietly and sip a cold beverage in the shade. Slow up and enjoy the weather!

PACE YOURSELF Participate in outdoor activities but pace yourself during a heat wave. Keep hydrated, wear a wide brimmed hat, and make sure there's a shady place nearby to rest.

STAY INSIDE Check out indoor treasures such as museums, art galleries and exhibitions.

GO TO THE LAKE Walk and explore neighbourhoods closer to the lake where it's slightly cooler and often breezier. Summer evenings are a perfect time for a stroll in a park or on city streets.

TAKE A TRIP Pack a cooler with water and take mini trips out of town to sample local food and drinks.



For your beer

Many prefer lighter tasting beer in the summer, like a Pilsner style or one of the many new wheat beers. Wheat contributes very little flavour, making it a great medium for the fruit and spice flavors popular with summertime beers. There also are several varieties of tea ale, perfect for chilling.

Summer Twist A shandy is a nice alternative for beer drinkers, half beer and half lemonade.

For your spirits

When you're sitting for long periods on a patio or deck, consider a full-flavoured highball cocktail in a tall glass packed with ice that stretches out over the afternoon: Tom Collins, Long Island Ice Tea or classic Mojitos.

Summer Twist Freeze strawberries and blueberries as ice cubes to keep drinks cool.



Looking for the perfect summer beverages? With soaring temperatures choose the best drinks for outdoor entertaining and relaxing.

Remember, in the summer we need to keep hydrated. Beverages with lower alcohol content quench your thirst and are less dehydrating in hot weather: think various coolers and light beers.

For your wine

Summer wines should be light and crisp, with green apple or citrus overtones. Think Sauvignon Blanc, Pinot Gris and dry Riesling for whites. For sweeter tastes, slowly sip a Gewürztraminer in a chilled glass. For red wine lovers, consider lighter varieties such as Beaujolais, Blushes and Rosés.

Summer Twist A great summer favourite is a classic spritzer: half white wine, half soda water, garnished with a slice of lime. Why not prepare a pitcher of Sangria, red wine, fresh fruit and citrus flavoured soda. And always remember, walk or take a taxi home – don't drink and drive (a car, bike or boat).

For your softer treats

Classic non-alcoholic choices include lemonade or limeade, iced tea made with black or green tea, or an Aqua Fresca (see below).

Summer Twist Mix your favourite ice cream with soda or pop and enjoy an old-fashioned float.

Aqua Fresca

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- 4 cups water
- 2 cups fresh fruit (in season)
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A Father's Day Not Soon Forgotten by Dan Hill

To celebrate Father's Day in June 2000, my 11-year-old son and I walked to our local Starbucks in the Beach. Like most kids his age do with their dads, David opens up to me occasionally, but on his terms and timetable. Meaning, the more I ask him questions the more he clams up. It's when I just hang with him—no computer, cell phones, video games, no competition for his attention—that he says the most memorable things.

It's unusually crowded at Starbucks when we arrive; we sit next to the cash register. As we tuck in to our food, David makes the quasi-humming sound he always does when eating something he loves. To hear it is pure bliss for me. What is it about watching your child eat that makes a parent feel so good?

The clientele appears remarkably well dressed for a Sunday morning, and the mood is serious as people focus on getting their jolt of caffeine. Like me, David feels uncomfortable in small, crowded

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places and is inclined, like me, to act out. When he looks up from his 1,000-calorie iced drink with a fiendish expression, I know I'm in trouble. He's about to spring something. Suddenly I'm hot with anxiety, itchy beneath my wool sweater as I unconsciously slide my hand inside to scratch.

The throngs of coffee cravers now form a bulging line, some backing right into our table. David's eyes light up and his mouth goes into a faux snarl. Pointing at my hand beneath my sweater, he yells, "Dad, how many times have I told you not to play with yourself in public!"

Mortified, I drop my hand into my lap. Bad idea. The strangers gape at me in shock and disgust, whisper ". . . and in front of an innocent child!" David shoots me a triumphant look as I hastily escort him outside.

"Happy Father's Day, Dad," my son coos sweetly, now that there's no one to shock. I haven't been back to that Starbucks since.



Dan Hill, winner of a Grammy and 5 Junos, is the author of the critically acclaimed memoir, *I Am My Father's Son*. His latest DVD/CD includes a video documentary on his fascinating collaboration with world-famous boxer Manny Pacquiao and features Manny and Dan's duet of "Sometimes When We Touch" (as shown above). Dan will be performing at the Red White and Vinyl Canada Day event at Woodbine Park on July 1.

Device on Ice

my.tech

Is it okay to text or compute while gathered with friends and family on the patio or deck? We say no, leave your phone and your computer inside. It's not cool to Twitter or chat online during a social gathering, especially when you're visiting face-to-face on a warm summer day or evening. The same goes for collecting emails or finishing up some last minute work on your laptop.

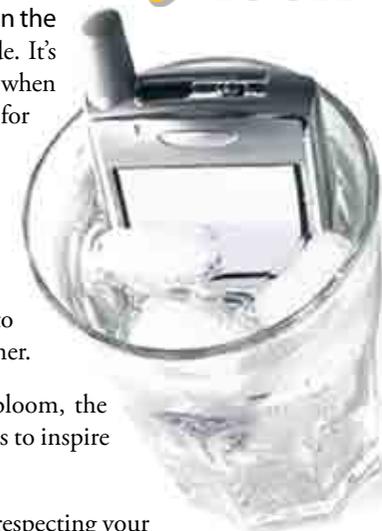
But there are times when technology can combine with patio living!

Snap photos of your friends then visit your local print shop to have prints made. Add a short note then mail these "memories" to the people in the photos. It will be the best gift they get this summer. They'll be able to pin the photo above their desk or on their wall, reminding them of the time you spent together.

Take some imaginative nature photos, e.g. the bright blue sky, flowers in bloom, the sunset on a beach, the clear water in the lake. Save these photos as screen savers to inspire you next winter when the snow is thigh-high and temperatures freezing!

Bring some music outdoors. Just remember to use it as a background, always respecting your neighbours, and not overpowering the conversation.

Protect electronics outdoors. Phones and computers plus water don't mix!



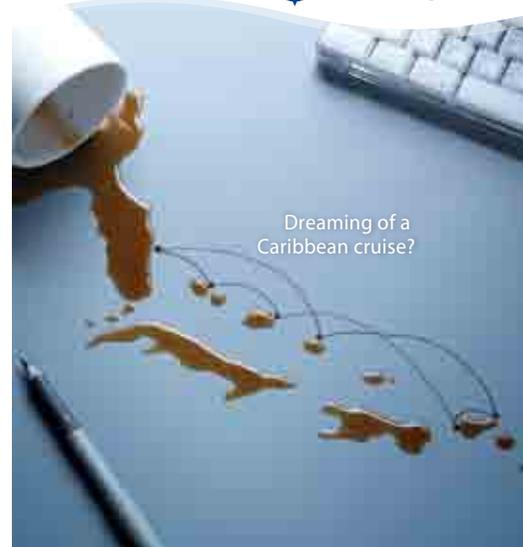
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Food talk

Quick and Easy Summer Seafood BBQ Tips & Recipe

by Lin Bennett



Warm summer days can evolve into impromptu entertaining made simple and easy outdoors on the deck, patio or in the backyard. Set out some colourful placemats and plates. Throw a few flowers from the garden into a canning jar and add a couple of votives for when the sun goes down. A simple menu such as grilled fish or seafood is a snap to prepare. Add a tossed salad and fresh fruit over ice cream to complete the meal. Put some white wine, rose or beer on ice and you're set to go.

Great fish for grilling are firm fleshed fish such as salmon, swordfish or marlin. Heat the grill to 700 degrees and oil racks well. Place fish skin side up and sear for 1 or 2 minutes, turn and grill a few minutes longer until fish flakes and is opaque.

Halibut, mahi mahi, black cod, tuna or sea bass require more careful handling. Use the same approach as above, except after turning the fish, turn the side of the BBQ under the fish off and close the lid for another 5 – 7 minutes. Remove when fish flakes easily.

Skewered shrimps are excellent and just need a couple of minutes on a hot grill. As soon as they turn pink on both sides they are done.

Recipe 1 – Seafood Grilling Marinade (4 to 6 fillets)

Sprinkle kosher salt & fresh ground pepper on seafood. Let it sit 5 minutes. Gently toss seafood in the marinade and let sit for 30 minutes, turning occasionally. Use to baste fish while grilling but discard remainder.

- ¼ cup olive oil
- Zest of one lime or lemon
- Juice of one lime or lemon
- 1 teaspoon mustard (Dijon, grainy or powder)
- 1 large clove garlic, minced

Optional additions: chipotle sauce, hot sauce, soy sauce, chili powder, cumin, fennel, smoked paprika, fresh herbs: dill, parsley, thyme, etc.

Recipe 2 – Spicy Seafood Grilling Rub

Lightly coat your seafood with dry rub. Let sit for up to 30 minutes and then grill.

- 2 teaspoons kosher salt (or 1 tsp. regular salt)
- 2 teaspoons dry mustard
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon fresh ground pepper or to taste

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keeping barbecue season safe... and oh so good

Backyard barbecuing is one of Toronto's many rites as we approach and enjoy the summer season. Summertime is spent in the sunny weather at home, while camping and at the cottage, and grilling food is a pleasurable part of that summer experience.

Before you step out on your back patio or your cottage deck to begin, there are a few steps you must take to ensure that your propane or natural gas BBQ is in safe, good working order.

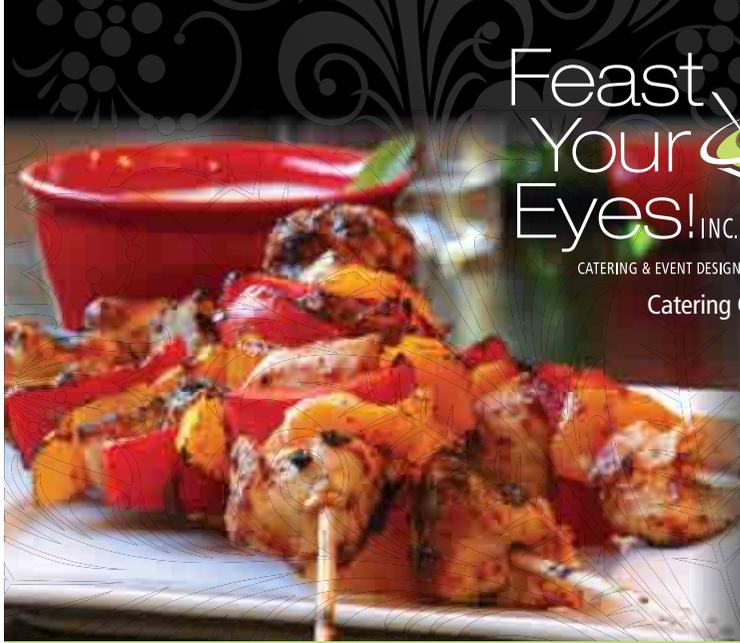
BBQ safety tips:

- 1 Carefully clean out any dirt particles, dust, and cobwebs that may have built up over the winter including the burner and burner tubes, lava rocks and grates.
- 2 Clean your burner ports to ensure they are free of dirt and rust.
- 3 Make sure that the gas/propane hose is in good condition, and free of cracks.
- 4 Check that all connections are tight and that there are no leaks.
- 5 Rusty, damaged propane tanks should be replaced by 10 years of age or less.
- 6 Call a certified fuel appliance repairperson if you do not feel comfortable completing safety checks yourself.



enjoy your summer BBQ but remember...

-  Keep children and pets far away from a hot grill, and never leave them unsupervised in the area.
-  Never use wood, charcoal briquettes, BBQ starter fluid or gasoline in your propane or natural gas BBQ.
-  BBQ in an open outdoor space for ventilation and safety reasons. Keep them at least 3 metres from windows and doors.
-  Keep BBQs away from wooden fences, wooden walls, combustible overhead roofs, and from trees with low branches.
-  Don't allow an accumulation of grease to occur by keeping your grill and burners clean.
-  Never fight a grease fire with water - this will only cause the flames to flare up.
-  Wear oven mitts and a heavy apron to protect yourself from fire while grilling. Keep loose clothing away and roll up your sleeves (or cook in a short sleeved shirt).
-  If you do burn yourself, run the affected area under cool water for five minutes. If your burn is serious (charring, blistering) seek medical attention right away.



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Biz talk

Summer Style

Casual style in summer means a more relaxed, fun atmosphere at work in your workplace, whether it is an office or store. You want a look that's still professional but in keeping with the sunshine, hot days and bright skies of summer.

- Freshen up your office or store with colour, perhaps add some posters, fresh bunches of flowers, soft green tones, and bright chair cushions to brighten the look and feel.
- Dress for the season, with colours instead of black, bright patterns, interesting summer jewelry, or depending on your business, a dashing hat or funky tie.



At Work

- Summer is a great time to connect with your customers in a more relaxed way. Why not wear some unique outfits or plan a summer themed event?



- Offer iced tea or lemonade to visitors instead of hot drinks. Make sure you've got cold water on hand and perhaps a shady rest spot for pets.

Sun-Damaged Skin? You can turn back time

by Raffi Nersesian

Most of us know that hours spent under the sun, or using tanning beds, accelerates the photo-aging process and can lead to sunburn and skin cancers. Unfortunately for some of us, the damage was done long before we began following these warnings, and our skin shows it. The good news: you can reverse this damage!

Photo-rejuvenation or “photo facials” are the best solution currently available to dramatically rewind sun-induced damage. Using a precise amount of light energy on targeted areas of the skin, the production of fresh collagen is stimulated. With two to three sessions, brown spots and red blotches disappear.

The first step is to assess the damage. Typically a SIA-scope digital camera safely views under the skin, records the damage and prescribes a treatment. The most common sign of damage is dehydration, which causes fine lines to become deeper and more apparent. Other indicators are uneven pigmentation, brown spots and redness due to broken capillaries. These can show up as early as age 20. Fair-skinned individuals have more pronounced damage, especially around the eyes, neck and chest area where skin is thinner.

Facial peels can help address some of this damage. Peels remove the upper layers of the skin to unveil the younger-looking skin below. Wrinkles are smoothed out and skin tone becomes more even. There are two different peels. Avoid over-the-counter or “spa” peels. Instead, choose a medical peel administered by a paramedical skin health professional or dermatologist. These custom peels penetrate deeper to provide visible improvement.

Regardless of the treatment used, in order to maintain the result you need to consistently apply sunscreen whenever exposed to the sun!

Choosing Sunscreen Protection:

- Check the ingredient list. Chemical sunblocks absorb UVA and UVB rays, and still leave skin at risk whereas physical sunblocks reflect UVA and UVB rays, completely protecting skin.
- Look for products containing zinc or titanium dioxide - natural minerals that act like tiny crushed mirrors to block light away from skin.
- Choose a minimum concentration of 5%. Higher percentages are available at skin health professionals.

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Lessons in Business first learned at Camp!

Every year, thousands of families send their children to camp. Most parents were campers themselves and know only too well the valuable “life lessons” learned in a camp setting as well as memories of fun and friendship that last a lifetime.

We have to depend on each other

There are no “lone rangers” in camping. Everyone has an important role and must be able to work together as a team to get things done (like portage a river or set up a campsite).

There's always a solution

When you're in the middle of the woods and you have to solve a problem, you will figure out the answer because you have to. You'll have to use your collective wits, usually without someone “older and wiser” telling you what to do.

Simple is often the best choice

Camp demonstrates that a simpler approach to life is full and rewarding. Sometimes things get just too

complex and when you return to the basics, you'll find the answers and be happier.

We always have to move forward

You can't waffle on a canoe trip when heading into rapids. Camping teaches us that good or bad, we have to make decisions, which means sometimes we have to compromise and sometimes we have to try things we've never tried before. But we always have to move forward.

We all need time away

Without distractions of electronics, the local mall, and everyday schedules, camping teaches you to treasure the important things in life: relationships, the environment around us, and best of all, time.

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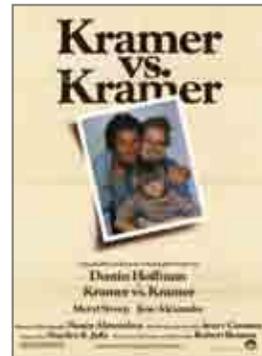
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HERE'S TO YOU DAD!

1 🎬 FATHER & SON MOVIES

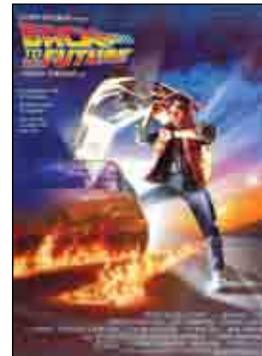
One of the most special human relationships is that between a father and son. To celebrate Father's Day Beaches|life honours this special family bond with these father and son films. They will make you laugh, cry, hope and even think a bit. Hope you can enjoy one or more of these movies with your own dad, or maybe with your son.



Kramer vs. Kramer (1979)
Dir. Robert Benton;
Dustin Hoffman, Meryl
Streep, Justin Henry



Star Wars: Return of the Jedi (1983) Dir. Richard Marquand; Mark Hamill, Harrison Ford, Carrie Fisher



Back to the Future (1985)
Dir. Robert Zemeckis;
Michael J. Fox, Christopher
Lloyd, Lea Thompson



Life is Beautiful (1997)
Dir. Roberto Benigni; Roberto
Benigni, Giorgio Cantarini

Road to Perdition (2002)
Dir. Sam Mendes; Tom Hanks,
Jude Law, Paul Newman

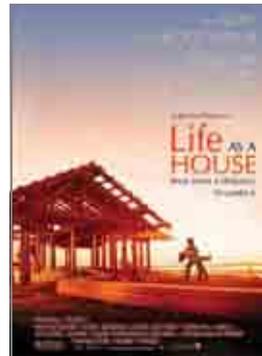
Indiana Jones and the Last Crusade (1989)
Dir. Steven Spielberg;
Harrison Ford, Sean Connery

Life as a House (2001)
Dir. Irwin Winkler; Hayden
Christensen, Kevin Kline,
Kristin Scott Thomas

Pursuit of Happiness
(2005) Dir. Gabriele Muccino;
Will Smith, Jaden Smith

Transamerica (2005)
Dir. Duncan Tucker; Felicity
Huffman, Kevin Zegers

The Road (2009)
Dir. John Hillcoat; Viggo
Mortensen, Charlize Theron,
Kodi Smit-McPhee



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- ✓ Check Anti-Freeze Condition

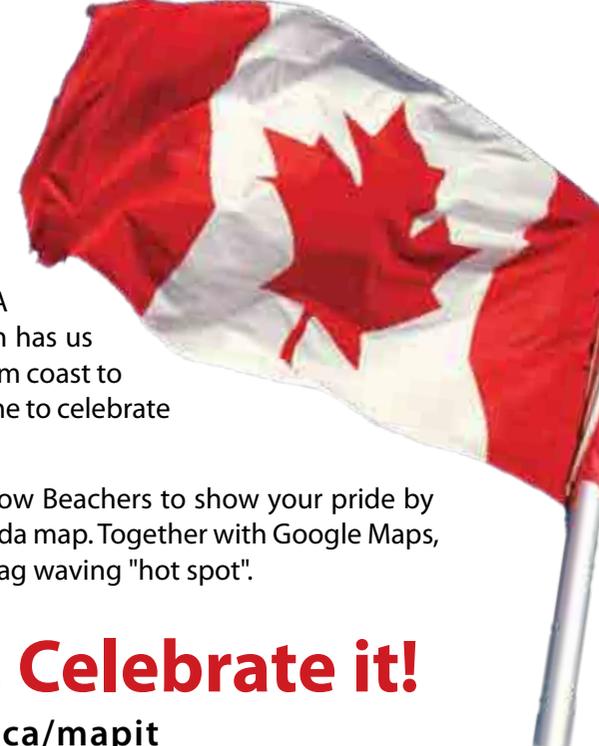
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Put your flag on the map!

Unlike our neighbours to the south, Canadians are quite reserved when showing our pride. A Canadian team is in the Stanley Cup Finals which has us bursting open with excitement and uniting us from coast to coast. Let's take this pride and heat it up just in time to celebrate Canada's 142nd birthday.

Once again Beaches|life encourages you and fellow Beachers to show your pride by waving the Canadian flag and adding to our Canada map. Together with Google Maps, we can make our neighbourhood Canada's first flag waving "hot spot".



Wave it. Map it. Celebrate it!

beachesliving.ca/mapit

Goal: 2011 waving Flags for 2011!



Map Your Flag

1. Add your location

(Your address will not be displayed or recorded)

Street:

City:

Province:

Postcode:

Map It

2. Save it

Drag your flag to the correct position and click save.

Save It

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Put your flag on the map!

For the month of June and July 1, Beaches|life is asking all our readers to wave an "electronic" flag and put yourself on the map! It's easy.

- 1** Go to beachesliving.ca and click on Map it!
- 2** Enter your address or postal code.
- 3** We'll do the rest. A Canadian flag will be plotted at your location on Google Maps.

The Beaches community will prove to the rest of Toronto, Canada, and the world that we're the MOST patriotic in the land!



my Secret Beaches Spot

My Secret Beaches Spot is this tranquil place that I like to visit when I just want to slow down. Its view of Toronto's skyline beyond the calming water is a reminder on how close the busy city is, and yet from here it seems so far away.

Cameron T.

win your with secret Beaches spot

Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in *Beaches|life* you will receive a **Ted Reader cookbook**.

Email us at: info@beachesliving.ca

answer to win

If you can tell us where the Secret Beaches Spot photo was taken, you could win Dan Hill's CD "**Sometimes When We Touch: Manny Pacquiao Sings featuring Dan Hill**" **Universal Music Canada**. Send in your answer by June 10, 2011. Email your answer to: info@beachesliving.ca

Congratulations to...

April/May's Secret Beaches Spot winner is Raven Sun. Raven knew that the last Secret Beaches Spot was the willow tree on the property of Ashbridge Estate at 1444 Queen Street East.



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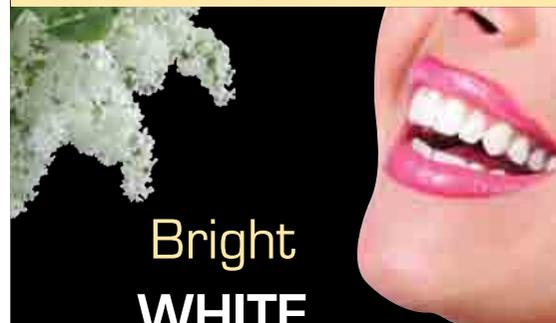
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Summer Jewelry Trends

Summer has arrived and along with it the plunging necklines that make way for your bold and chunky statement necklaces that are all the rage. Pair them up with some classic silver hoops and you have your go-to pieces for the season, said by Lara Bazant, jewelry designer.

Check out these Hot Jewelry Trends for this summer!

- Big mixed cabochon-style stones (that is large, smooth stones that aren't cut into facets) on necklaces, rings and bracelets.
- Feather earrings: Whether you like them or not, these feathery wonders are showing up on all the Hollywood celebs!
- Tassel earrings and fringe necklaces.
- 1960s style bright plastic or plastic-like wide cuff bracelets.
- Necklaces tied with a ribbon at the nape of the neck instead of a clasp.
- Bib necklaces typically with clusters of stones and/or intricate beading.



CompletePets – the Pet Store on Four Wheels

People love their dogs and never has this been more evident than in recent times – we can pamper them in doggy spas, buy them gourmet treats and even dress them in designer doggie fashions! In this vast world of pet services, local Beaches resident David Schmidt is filling one of the last remaining gaps in the market – a pet food home delivery business. CompletePets is, as David describes it, like a pet store on wheels. Not only does his company carry over 40 different brands of pet food, for dogs, cats and other small animals, but he also supplies a wide array of pet accessories and supplies.

A lifelong pet lover, David recently ventured into the business after deciding to take a break from his successful career as an executive chef. Having worked abroad for 30 years, cooking at some of the finest restaurants and resorts around the

world, he realised that his children, now in their teenage years, needed some stability and began research into starting up his own company as part of the CompletePets franchise.

It is obvious when talking to David about CompletePets that this is so much more than a business to him. Of course he points out all the benefits of receiving pet food by home delivery, not least the fact that delivery is free. It also ensures that, with delivery set up on a regular cycle, your pet will never go hungry or have to switch to a different brand abruptly, which can be very hard on their digestive systems. It is also ideal for people who don't drive, seniors unable to carry home heavy packs of pet food or for those who simply want one less chore to do in their busy lives. With such a wide range of brands available, any prospective customer can be sure of finding their brand of choice and,

if need be, David will help them choose a comparable product, even giving advice and information on the nutritional content of the food.

For now the majority of David's clients live in the doggie-dense Beaches area, although he expects to expand in due course. As a dog owner, David knows the 'social' aspect of owning and exercising your animal, and has used this to his advantage in spreading the word of his business. "I talk to people constantly" he explains, "when I'm out with my own two dogs, at the dog park, the beach, or at dog shows – people are always happy to find new products or services for their pets who are, in most cases, important members of the family".

David Schmidt
647-920-2171
david@completepets.ca

You Ask... Answer.



Winner of...

Congratulations to Evelyn Beatson, the winner of our question from the April/May issue "...when was the first Easter parade held and who started it?" Evelyn let us know that the parade started in 1967 along the Boardwalk by an East End Community Group in which there were three Lion Club members. It moved to Queen Street in 1972 and the Lion's Club took it over in 1981.



This issue's question:

I was recently visiting the R.C. Harris Water Filtration Plant at Toronto's Doors Open. I was fascinated by its Art Deco style and I also learned that many Torontonians are dependant on its daily water supply. Is this Toronto's only water filtration plant? If not, how many are there and where are they located?

– Liberty J.



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 July 10.

Do you have a question of your own?

Send it in! We would love to feature it in the next BeachesLife. Our readers might have the answer you are looking for.

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Zero to 100 Miles for Your Patio Table

Getting your food from your backyard to within 100 miles (locally grown) is recognized as a healthier lifestyle and kinder to the environment.

Most produce you find at a local farmers' market has been picked within 24 hours. It's ripe, fresh, full of flavour and you are giving back to the local economy.

Locally grown foods are said to consume as much as 17 times less oil and gas than if it was shipped across the country.

For a list of nearby Farmers markets, see beachesliving.ca

Of course, there is nothing fresher, more flavourful and satisfying than the food picked from your backyard.



Produce	June	July	Aug.	Sept.	Oct.
Apples			🌿	🌿	🌿
Apricots		🌿	🌿		
Asian Veggies	🌿	🌿	🌿	🌿	🌿
Asparagus	🌿				
Beans	🌿	🌿	🌿	🌿	🌿
Beets		🌿	🌿	🌿	🌿
Blueberries		🌿	🌿	🌿	
Broccoli	🌿	🌿	🌿	🌿	🌿
Brussels Sprouts				🌿	🌿
Cabbage	🌿	🌿	🌿	🌿	🌿
Carrots		🌿	🌿	🌿	🌿
Cauliflower	🌿	🌿	🌿	🌿	🌿
Celery		🌿	🌿	🌿	🌿
Cherries	🌿				
Corn		🌿	🌿	🌿	🌿
Cranberries					🌿
Cucumber	🌿	🌿	🌿	🌿	🌿
Eggplant			🌿	🌿	🌿
Garlic		🌿	🌿	🌿	🌿
Gooseberries		🌿	🌿		
Grapes			🌿	🌿	
Leeks			🌿	🌿	🌿
Lettuce	🌿	🌿	🌿	🌿	🌿

Produce	June	July	Aug.	Sept.	Oct.
Mushrooms	🌿	🌿	🌿	🌿	🌿
Nectarines			🌿	🌿	
Onions	🌿	🌿	🌿	🌿	🌿
Parsnips			🌿	🌿	🌿
Peaches		🌿	🌿	🌿	
Pears			🌿	🌿	🌿
Peas		🌿	🌿	🌿	🌿
Peppers	🌿	🌿	🌿	🌿	🌿
Plums		🌿	🌿	🌿	🌿
Potatoes	🌿	🌿	🌿	🌿	🌿
Radicchio		🌿	🌿	🌿	
Radishes	🌿	🌿	🌿	🌿	🌿
Rapini		🌿	🌿	🌿	🌿
Raspberries		🌿	🌿	🌿	
Rhubarb	🌿	🌿			
Rutabaga	🌿	🌿	🌿	🌿	🌿
Spinach	🌿	🌿	🌿	🌿	🌿
Sprouts	🌿	🌿	🌿	🌿	🌿
Squash		🌿	🌿	🌿	🌿
Strawberries	🌿	🌿	🌿		
Sweet Potatoes	🌿	🌿	🌿	🌿	🌿
Tomatoes		🌿	🌿	🌿	🌿
Zucchini	🌿	🌿	🌿	🌿	🌿

Local Farmers' Markets – Visit and shop at local Farmers' Markets – an excellent way to access the very best fruit, vegetables, produce and bake goods.

Birchcliff Village Farmers' Market
1512 Kingston Rd
Fridays, 3 – 7 pm
June 10 to Oct. 7
marketsbytheluffs.com

East Lynn Park Farmers' Market
1949 Danforth Ave
Thursdays, 3 – 7 pm
June 2 to Oct. 27
my-market.ca

East York Farmers' Market
East York Civic Centre,
850 Coxwell Ave
Tuesdays, 8 am – 2 pm
May 17 to Nov. 1

Leslieville Farmers' Market
Jonathon Ashbridge Park
Sundays, 9 am – 2 pm
June 5 to October 30
leslievillemarket.com

Withrow Park Farmers' Market
725 Logan Ave
Saturdays, 9 am – 1 pm
May 21 to Oct. 29
withrowpark.ca

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



What's on your cruise "bucket list"?

Drop in and make your dream come true

Where would you like to spend your next vacation? According to Dave Young, owner of Expedia CruiseShipCenters, "Everyone dreams about where they'd like to take their next vacation. By visiting his newly opened store on Queen Street, it's easy to make that dream come true, and at a price you can afford."

Although the name says "cruise", Expedia is a full service travel agency. Dave or one of his four consultants will put together your total package, a land vacation, sea vacation, and everything in between including car rentals, airplane reservations – whatever you need. One recent client booked a customized six-week land/sea trip through Asia, another a 29-day exotic cruise from San Francisco to Sydney, Australia. This summer, cruises through the Mediterranean and the Baltic are very popular.

"We'll build a whole adventure", says Dave, noting that multi generations

of families often travel together because a cruise offers attractions for everyone. Dave has booked for passengers as young as 6 months (the minimum age for cruise travel) to 89. One 9-year old boy he met had already clocked 11 cruises!

As Dave explains, "A cruise gives you a moving hotel, fantastic food, outstanding entertainment, great accommodation and service....and when you wake up in the morning, you're in a different country!" And today's ships literally have everything, from skating rinks, climbing walls, bowling alleys, zip lines, to the latest, FlowRider, where you actually surf on water – on board the ship!

Cruises also are very affordable. Dave points out cruises he's booking in October/November for about \$60 per night per adult; or next March in the Caribbean for approx. \$449 for 5 days (both include food, entertainment and accommodation, but not airfare or taxes).

Expedia CruiseShipCenters opened this past January and is already known in the neighbourhood. As a dog-friendly store, visitors love to play with his 8-month old Golden Doodle puppy, Cora, who's always on hand to offer "kisses". To date, Expedia has hosted a cruise ship cookie-decorating event for Family Day and sponsors the Beaches Cruisers, a kid's soccer team.

Dave also can't say enough about the great Beaches neighbourhood where he now lives, with wonderful neighbours who are always friendly and willing to share. He invites everyone to drop by Expedia for a visit, "I just love to talk about travel", he says, "So come by and tell me what's on *your* cruise bucket list!"

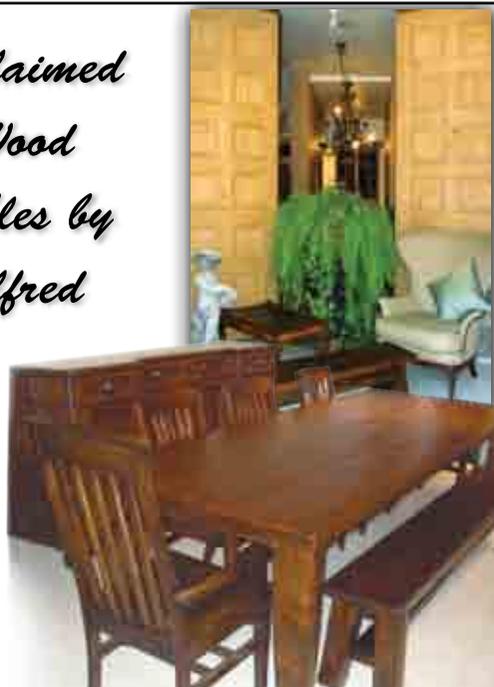
Expedia CruiseShipCenters
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www.cruiseshipcenters.ca/thebeach



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coming, going and on the move

Welcome new neighbours

- DeLish by Studio D – 2116 Queen St E
- History In the Making – 2194 Gerrard St E
- Northern Reflections – 2064 Queen St E
- Paws in the Bath – 2491 Queen St E
- Sausage Partners – 1378 Queen St E
- Subway Sandwiches – 968 Kingston Rd
- Teach Me to Fly Daycare – 2560 Gerrard St E
- Tim Horton's – 2480 Gerrard St E
- Twins Grill – 196 Woodbine Ave
- Veloute Bistro & Catering – 2243 Queen St E

On the move

- Alf's Antiques & Handcrafted Furniture – 29 Bermondsey Rd
- Ben Navaee Gallery – 1107 Queen St E
- Licks Homeburgers & Ice Cream – TBA

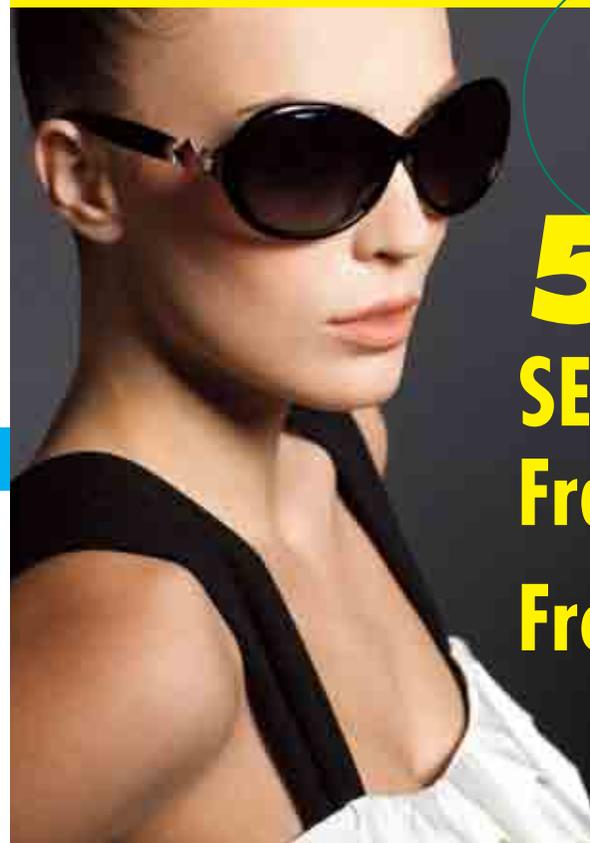
Thank you and best wishes

- Balsam Bistro – 2243 Queen St E
- Beach City Music – 2146 Queen St E
- Blockbuster – 1656 Queen St E
- Coffee Time – 1614 Queen St E
- Cotton Ginny – 2064 Queen St E
- Femistique – 1817 Queen St E
- Naughty By Night – 1624 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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