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Autumn – October/November 2008

life

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Beaches | *life* your community HUB to the Beaches www.beachesliving.ca



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Your comments and suggestions are welcome.

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Harvest festivals around the world

What you don't know could fill a cornucopia.

Ancient Rome

Cerelia, a harvest festival on October 4, was dedicated to the honor of Ceres. Ceres was their goddess of corn (from which the word cereal comes).

Eastern Asia

The Moon Festival also known as the Mid-Autumn Festival, is a popular celebration of abundance and togetherness, dating back over 3,000 years to China's Zhou Dynasty. In Malaysia and Singapore, it is also sometimes referred to as the Lantern Festival or "Mooncake Festival."

Ghana & Nigeria

The Yam Festival is usually held in the beginning of August at the end of the rainy season. It is named after the most common food that goes by the same name in many African countries.

Korea

Chusok or Chuseok is a major three-day harvest festival holiday celebrated on the 15th day of the 8th month of the lunar Korean calendar.

Northern India

Vaisakhi, also known as Baisakhi, is a long established harvest festival in Northern India and has religious significance for both Sikhs and Hindus. It falls on the first day of the Vaisakh month in the solar Nanakshahi calendar (April 13).

South India

Pongal (Rice Harvest Festival) is a popular harvest festival in South India held January 14-16.

Onam is an annual 10 day harvest festival during the month of Chingam (August/September). Celebrated mainly in Kerala, it is a popular festival among the cultural repertoire of Malayalees.



North America

Thanksgiving was brought to North America by European settlers and first held in Canada in 1578. This celebration evolved out of the Jewish holiday of Succot, an ancient harvest festival of the Israelites.

Ancient Egypt

This spring-time harvest festival was dedicated to the honor of Min, their god of vegetation and fertility.

Ancient Greece

The ancient Greeks worshipped Demeter as their goddess of all grains each autumn at the festival of Thesmophoria.

Preserving famiglia tradition in the sunshine

It is harvest time and many families not only celebrate with holidays like Thanksgiving, but also through cultural traditions that brings many families together and preserve the sunshine of summer's bounty through the long winter months.

One Saturday morning, our director Hong Zhao discovered her Italian neighbour doing just that. Outside in the warmth of an early September morning, Frank and his family; that is, two of his brothers, Anthony and Joe, nephew Eugene and his mother Maria, were sitting in a circle around six large containers filled with tomatoes. While they chatted, each of them used a kitchen knife to pile, score and cut one tomato at a time. They were making tomato sauce with locally grown tomatoes.

Hong decided to walk over and find out more...



In their backyard, they set up a large temporary worktable with an industrial size tomato mill sitting on the top, with two huge kitchen pots on propane burners ready to be filled. This year, they purchased about six bushels of tomatoes from a local farm. Each bushel is about 40 lb of tomatoes, and makes about 12-13 one-litre jars. Like many families, they still use traditional Mason glass jars for preserving.

What a great way for a full day of family bonding! Not only were they making tomato sauce, but they were also building on memories of early childhood, carrying on a family tradition, talking about good old times, catching up on life, and passing skills on to the next generation.

It took them about 8 hours to complete the entire process from rinsing the tomatoes, scooping off the ends, cutting them in half, then cooking on low heat for about 1 hour with constant stirring. The hot tomatoes are then put through a mill machine to remove the skin, and filtered. They are returned to the pots for another 3-4 hours of cooking. Finally after cooling down, they are stored in reusable Mason jars.

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Casa Di Giorgio provides a casual-to-upscale dining experience for enjoying fresh pasta and various pizzas. The menu doesn't end at that, it also boasts various appetizers, salads, veal, grilled fish and meats.

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Saturday's effort means a full winter's worth of home made tomato sauce for the entire family. This family tradition has carried on year after year. As far back as Frank can remember, his family has been making tomato sauce. And Frank is quick to point out, "Father is the real master of tomato sauce making".

Every family has traditions that carry on for

generations and stories that they continue to tell, never getting tired of hearing. Young families come along and start to build new family traditions to be remembered by kids when they grow up. Perhaps it is a special game that the family attends, or a unique dish that everyone knows about. These are the family values that are most worth preserving in our modern and busy lives.

food talk

the Magic of Soup

On a crisp day, there's nothing more magical than our favourite "comfort food", soup!



You can turn leftovers into a great tasting, nutritious soup.



Hot soup makes you feel better when you are "under the weather".



Soup is part of the recommended 8 cups of water per day.



Having a bowl of soup before a meal boosts your appetite and helps prevent over-eating.



On a chilly day, nothing warms you like a nice bowl of soup.

Autumn Squash or Pumpkin Soup

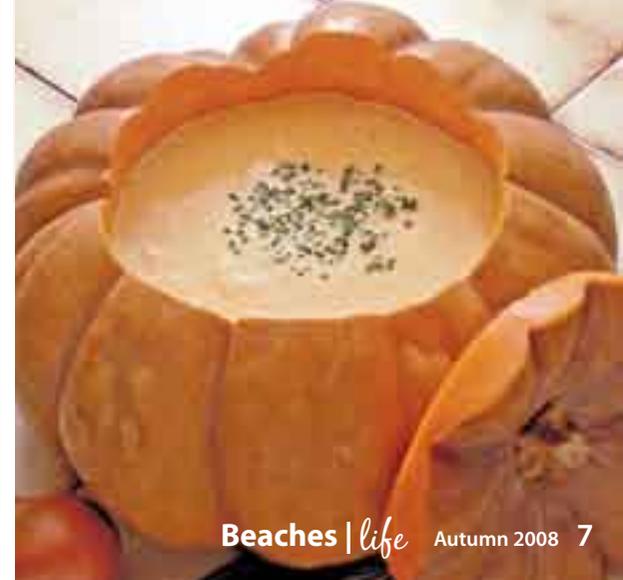
ingredients

- 2 cups of butternut squash or pumpkin, scooped, peeled and chopped
- 2 cups potatoes, peeled and chopped
- 1 medium onion chopped
- 2 cups of stock (chicken or vegetable)
- 1 tablespoon each of butter and olive oil
- ½ cup cream or plain yogurt
- Salt to taste
- Sunflower seeds

method

1. Melt the butter and oil in a large pot.
2. Gently fry the onion with the lid on until it starts to soften.
3. Add potatoes and squash/pumpkin.
4. Cook for 5 minutes, stirring.
5. Add the stock
6. Simmer until vegetables are soft (approx. 15 mins)
7. You may need to add more water, just enough to cover the vegetables.
8. When soft, mash, then blend with a hand blender until smooth.
9. Add ½ cup cream or plain yogurt.
10. Add salt to taste.

Serving suggestion: garnish each bowl with shelled sunflower seeds, lightly toasted in an ungreased frying pan.



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What is your business image? Thriving Ad Company selected beaches, by choice.



The Ad Company at Queen and Coxwell discovered the secret that often escapes the world of design, that is, “We design for our paying customers.”

Owner and designer Gerry Tate, along with Creative Director Joan Mann, understand that listening to customer needs is what it’s all about, particularly when you are

designing company catalogues, corporate identities, web sites and ad campaigns.

Gerry moved his shop to the Beaches nine years ago after first establishing his business in Markham. “My parents met in the Beaches,” he explains, “My mom was a teller at the bank that is now Murphy’s Law.... somehow I eventually was drawn

5 things to do with Pumpkins

#1



Create

Let your kids design the face and help you clean it out before carving.

#3



Display

Makes a great autumn display on a porch, table or in garden.

#4



Fill

Scoop out the inside, line with a container and use for dips, treats, or soup.

#2



Eat

See page 7 for our soup recipe. Don’t forget pumpkin pie and roasted seeds.

#5



Compost

Once you’re done, your pumpkin will enrich your garden soil next spring.

CAFÉ florentin

The Beaches Best Espresso and laptops just got together with free Wi-Fi at Café Florentin.

Open 7 days a week, 8am - 8pm 2010 Queen St. East 647-341-2936

...continued from page 8

back to this community and the lake.” He then adds, “I guess there always was a “beacher” in me.

The full service print and web design company takes projects from concept to delivery. Although they have particular expertise in package design and point of purchase displays, services cover a range of needs including logos and overall brand development, direct mail promotions, catalogues and web design.

Joan points out that they are particularly skilled at being able to take a company’s existing marketing scheme or brand then integrate it across all pieces – print and electronic – for a consistent and unified look.

The Ad Company attracts customers from around the GTA, larger clients such as Canadian Tire, Wal, and the Weather Network, as well as many Toronto and local businesses. Many customers are agencies that seek out the economy of a smaller shop that also offers

faster delivery and the luxury of talking directly to the designer on staff.

Gerry notes that all their clients love the fact that there is just no “red” tape” at the Ad Company. Even the fact that they can just park outside and walk in is a benefit to many used to more inaccessible locations.

Increasingly, the Ad Company is noticing the shift toward more digital media. For example, they printed an internal catalogue for Canadian Tire for 10 years, but just this past year, converted the entire catalogue to an online publication.

“We’re not a quick copy,” explains Gerry, but for anyone who appreciates the value of good design, plus a hands-on approach and quick turnaround, come visit us at The Ad Company.

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my Secret Beaches Spot

your secret Beaches spot

Recently, I was walking along Queen Street when I glanced down a driveway and saw this old barn! I couldn't believe my eyes. It was so rustic and weather-beaten, and had so much character. I was so glad that this 100 years old barn was still there as a testimony to the past. So now I purposely walk by there just to see "my secret Beaches spot".

Christina Choma

Send us a photo by email or mail plus a 75-100 word description of your Secret Beaches Spot and *Beaches|life* may feature your place (not so secret now!) in an upcoming issue.

Email us at: info@beachesliving.ca



answer to win

Do you recognize this photo? If you can tell us where the photo was taken, you become eligible to win a movie pass for two for the Alliance Cinema in the Beach or the Fox Theatre. Three winners will be chosen. Send in your answer by November 15, 2008.

Email your answer to:
info@beachesliving.ca

Congratulations to...

Even Beatson, Carrie Cameron and Joy Schwartz for knowing that September's secret Beaches spot was the carved stump located in Kew gardens between the bandshell and Gardeners Cottage. The winners will be contacted to choose their movie passes.

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Looking for fashion with function or function with fashion? Find both at Threads Lifestyle



Threads Lifestyle both surprises and delights its visitors. New and return customers to 1842 Queen Street East find themselves in 3200 square feet packed with quality, great looking, functional clothing for living, playing and traveling.

"It's rare that someone comes in and doesn't love the store," says owner Steve Cross, "Whether you're a traveler, mother with kids, or outdoor enthusiast, everyone loves the store."

When Threads first opened 6 years ago, outdoor and travel clothing was just beginning to take on a more fashionable look. As the former general manager of Toronto's Mountain Equipment Coop, Steve wanted to provide a store in the Beaches that offered quality clothing for outdoor activities and travelers— but with a difference.

The difference is that Threads operates by its motto, "clothing to live, play, and travel." The products look good because they are "trend right", rather than "trendy"; they feel great because the fabrics "breathe"; and they work!

Threads quickly developed a reputation for its product. It broke through the idea of what Steve describes as "desperation travel clothing", and now sells the best travelware in the city, items that carry and wash easily as well as look great.

The store carries apparel and footwear covering ages from infants to adults. Included are marino wool shirts, long johns and undergarments; fabrics more "breathable" than cotton; and many choices with sustainable fabrics including certified organic. This spring, Threads plans to expand its product line to additional outdoor accessories including family camping items.

Threads was the first in Canada to carry labels such as 66 North, Horny Toad Activewear, Loli, and Boggs Boots. They are items one simply cannot find anywhere else in Canada as well as the popular fashion brand, Nic and Zoe. Premium outdoor brands are sourced from Canada as well as places such as Iceland and the USA.

Customers will discover that Threads staff are trained to treat people right, emphasizing relationship building over selling. Customers have 3 options for shopping. They can purchase in store, register their name and receive a list of benefits including buyback programs for kids, or purchase a Club Thread card with 20% year round discount plus more.

Steve's 3 tips when selecting outdoor or travel clothing

1. Use a layering approach, especially if outdoors.
2. Pick fabric that breathes and dries quickly.
3. Buy less but buy better

Threads Lifestyle, 1842 Queen St. E.
Open seven days a week.

HALLOWEEN FACTS



Orange and black are Halloween colors because orange is associated with the fall harvest and black is associated with darkness and death.

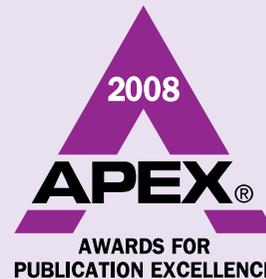
Jack o' lanterns originated in Ireland where candles were placed in hollowed-out turnips to keep away spirits/ghosts on the Samhain holiday.

Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing and dance.

Tootsie Rolls were the first wrapped penny candy in America.

Halloween is the second most commercially successful holiday, Christmas is the first.

WINNER



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The Twentieth Annual Awards for Publication Excellence – A competition for Communications Professionals

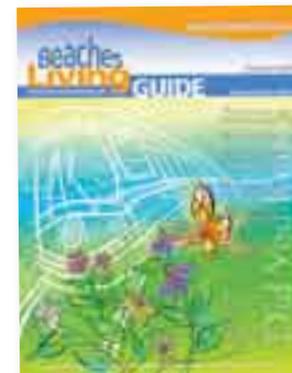
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Vote for your favourite Haunted House

Take a walk and check out the haunted houses in the contest posted online.

Who do you think has the most bewitching house? Vote for your three favourites and they could win.



#1



#2



#3

For contest details and to view photos from 2007, visit www.beachesliving.ca.

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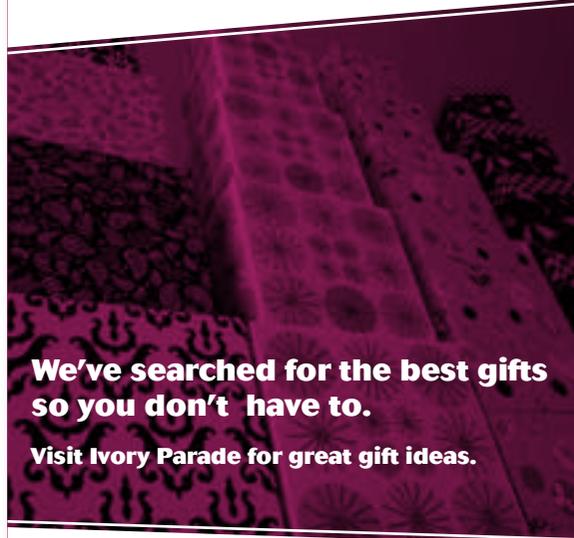


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Owner and butcher, Ernesto Monte, says the comments he hears the most from customers is "You've got the best meat". Those coming to the shop to purchase his tender Black Angus beef, rib eyes and steaks and even the occasional whole pig include many local celebrities, TV personalities including food show chefs, food writers and critics.

It is truly a "family business", with Meat on the Beach-branded pastas and pasta sauces, salad dressings, and pies made by various relatives, for example, pies by Aunt Carmelina and pasta by Aunt Cecil. There are at least 20 varieties of sausages alone, included delectable ricotta cheese with spinach, and sausages with blueberries!

At Thanksgiving there is a high demand for his fresh from the farm turkey, although turkey has become so popular that Ernesto now stocks it year round. Other favourites that bring customers back to the store are the wide variety of home made, ready to cook products, organic, farm fresh products, and specialty items like flat chicken (deboned and marinated).

Ernesto is a trained butcher, like his father and grandfather. In 2003, Ernesto and his wife Anna moved into the current shop on the north side of Queen just west of Woodbine. All meat products purchased are raised in accordance with the highest standards, no antibiotics or hormones. At a time when some are nervous about their "sliced meats",

Fresh from the farm

Beachers and local celebrities shop at Meat on the Beach

Step inside Meat on the Beach and you enter an indoor marketplace abundant with fresh from the farm quality, wholesome meat, organic and local farm produce, home made ready to serve meals and sides plus a vast collection of fine foods. This is no ordinary grocery store. Meat on the Beach oozes friendliness and demonstrates "family business" unlike the more swishy downtown gourmet shops.

Ernesto points out that all their meat is roasted on the premise, sliced and packaged ready to serve.

Since opening in the Beaches, Meat on the Beach has quickly earned a reputation as being a butcher shop beyond compare. But for changing tastes, the shop provides a wide variety of fresh chicken, turkey, pork and lamb as well as countless varieties of marinated and prepared meats. And for vegetarians, there is a wide variety of produce as well as home made pastas (include rice and spelt pasta), veggie and tofu burgers and dogs, and home made vegetarian lasagne.

Meat on the Beach, 1860 Queen St. E.
Mon-Thu: 7 am-7 pm • Fri, Sat, Sun: 7 am- 8 pm



coming, going and on the move

Welcome new neighbours

Bumbleberry Kids – 1908 Queen St. E.
Come Como – 950 Queen St. E.
Diggin the Dog Grooming Studio – 2211 Gerrard St. E.
Down Under – 2116 Queen St. E.
Dreamers Hair Design Studio – 953 Kingston Rd.
Ginger – 1985 Queen St. E.
Himalayan Collections – 2098 Queen St. E.
Jane Hall | Ups and Downs – 1852 Queen St. E.
Ki Pilates and Fitness – 1928 Gerrard St. E.
Kia Restaurant – 1919 Queen St. E.
Savana Interiors – 918 Kingston Rd.
Studio Me – 1270 Queen St. E.

On the move

Clandestiny – Moving to 670 Queen St. E.
Main Street Cardio – Moving to 2480 Gerrard St. E.
Oxford Learning – Moving to 2191 Queen St. E.

Thank you and best wishes

Alex's Falafel – 1921 Queen St. E.
Del Grande Footwear – 1887 Queen St. E.
Kaffeehaus Konditor – 1856 Queen St. E.
Timothy's World Coffee – 2002 Queen St. E.
Two Steps Further – 1009 Kingston Rd.
Yummy Yummy Ice Cream – 1921 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or reopening, let us know. We will add you to the list in our next BeachesLife magazine. Contact us at: info@beachesliving.ca or 416-690-4269.



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Wrapped Shrimp – Tiger shrimps seasoned with garlic, pepper and oyster sauce, wrapped in pastry sheet deep fried and served with sweet & sour sauce. **\$6.95**

Bow Thai Appetizer Plate – Combination of green mango salad, spring roll, fresh cold roll, calamari, shrimp satay, samosa. Served with sweet & sour sauce and peanut sauce. **\$14.95**

Soups

Lemon Grass Chicken Soup – Chicken Breast with lemon grass, lime leaves, lemon juice, chilli and mushrooms. **\$5.95**

Coconut Chicken Soup – Chicken breast with mushrooms, lemon juice, galingale, lime leaves, fresh chilli and coconut milk. **\$5.95**

Thai hot and sour soup – Tofu, bamboo shoot, black mushroom, chilli and egg. **\$5.95**

Salads

Green Mango Salad – Shredded green mango with ground peanut, ground dried chilli, red onion. **\$6.95**

The Choice of Beef/Pork Salad – Grilled meat with red onion, red pepper, basil leaves, mint leaves, coriander, ground dried chilli and lime juice. **\$6.95**

Noodle

Pad Thai – Thai rice noodle with tofu, egg, tamarind sauce, sprinkled with roasted peanuts served with fresh bean sprouts and lemon.

**Chicken & Shrimp \$8.95, Shrimp \$9.95,
Seafood \$10.95, Vegetarian \$7.95,
Curry Pad Thai (Chicken & Squid) \$8.95**

Pad See-ew – Fried flat rice noodle with egg and Chinese broccoli. **Chicken/Pork/Beef \$8.95,
Shrimp \$9.95, Seafood \$10.95,
Vegetarian \$7.95**

Pad Woon Son – Fried transparent noodle with chicken, shrimp, black mushroom, onion and egg. **Chicken/Pork/Beef \$8.95, Shrimp \$9.95,
Seafood \$10.95, Vegetarian \$7.95**

Rice Corner

Curry Fried Rice – Fried rice with choice of meat, egg, onion, mixed with Bow Thai curry powder, carrot, sweet peppers, green onion, served with tomato and the following:

**Chicken/Pork/Beef \$8.95, Shrimp \$9.95,
Seafood \$10.95, Vegetarian \$7.95**

Basil Fried Rice – Fried rice with choice of meat, egg, sweet peppers, chilli and basil leaves, garnished with tomato, cucumbers and coriander leaves.

**Chicken/Pork/Beef \$8.95, Shrimp \$9.95,
Seafood \$10.95, Vegetarian \$7.95**

Pineapple Fried Rice – Fried rice with choice of meat, onion, pineapple, egg, cashew nut and green onion. **Chicken/Pork/Beef \$9.95, Shrimp \$9.95,
Seafood \$10.95, Vegetarian \$7.95**

Chicken Dishes

Basil Chicken – Sautéed sliced chicken breast with sweet pepper, fresh chilli, onion and basil leaves. **\$9.95**

Cashew Nut Chicken – Sliced chicken breast with cashew nut, orange, onion, sweet pepper and Bow Thai special sauce. **\$9.95**

Mango Chicken – Stir fried chicken with sliced mango, ginger, garlic, in sweet & sour sauce. **\$9.95**

Peanut Chicken – Sliced chicken breast in spicy thick coconut with peanut sauce with fresh lime leaves. **\$9.95**

Red Curry Chicken – Sliced chicken breast in coconut milk, Bow Thai red curry sauce with bamboo shoots, basil leaves and vegetables. **\$9.95**

Golden Dream – Chicken in coconut milk, yellow curry sauce with potatoes with cucumber salad. **\$9.95**

Spicy Chicken – Stir-fried sliced chicken with red curry sauce, green beans, bamboo shoots and basil leaves. **\$9.95**

Beef Dishes

Ginger Beef – Sliced beef with shredded ginger, black mushrooms, onion, sweet pepper and green onion. **\$9.95**

Spicy Beef – Stir-fried sliced beef with red curry sauce, green bean, bamboo shoots and basil leaves. **\$9.95**

Red/Green Curry Beef – Sliced beef in coconut milk Thai curry sauce with bamboo shoots, basil leaves and vegetables. **\$9.95**

B.B.Q. Beef – Beef marinated with garlic pepper and our house sauce, grilled and served with pickled vegetables and spicy sauce. **\$10.95**

Pork Dishes

Spicy Pork – Stir-fried sliced pork with green curry sauce, eggplant, sweet pepper, and basil leaves. **\$9.95**

Garlic Pork – Stir-fried sliced pork with garlic, ground pepper and onion, served with pickled vegetables. **\$9.95**

B.B.Q. Pork – Pork marinated with garlic and Bow Thai special sauce, grilled and served with pickled vegetables and spicy sauce. **\$9.95**

Catch From The Sea

Red/Green Curry Shrimps – Tiger shrimps in coconut milk. Thai curry sauce with sweet peppers, eggplant and basil leaves. **\$9.95**

Spicy Seafood – Stir-fried tiger shrimps, imitated crab, mussels and squid with chilli, eggplant, green beans, bamboo shoots & basil leaves. **\$10.95**

Cashew Nut Shrimps – Stir-fried tiger shrimps with cashew nuts, orange, onion, sweet peppers in special sauce. **\$10.95**

Santa Fe Chilli Mussels – New Zealand mussels, red onion, garlic, ginger, chilli paste, sweet peppers, red pepper puree, tomato puree, basil leaves. **\$10.95**

Spicy Red Curry Fish **\$15.95**

Green Curry Salmon **\$10.95**

Vege Lovers

Red Curry/Green Curry Vegetable – Tofu, snow peas, carrot, broccoli, cauliflower, mushroom, and baby corn in coconut milk curry sauce. **\$7.95**

Coconut Vegetables – Garden fresh mixed vegetable with coconut milk sauce and cashew. **\$8.95**

Purple Garden – Stir-fried eggplant with onion, chilli, sweet pepper, tofu & basil leaves. **\$8.95**



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