

Beaches

Summer – June/July 2010

life

Wave it.
Map it.
Celebrate it!

Let's beach!
2010

BBQ Summer
Sizzle

What do you get
when you combine
an actress & a rabbi?



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**August/September 2010
issue deadline July 12, 2010.**

**Beaches Living Guide
Spring/Summer 2010
is here!**



In this issue...

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Beaches|life

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to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.



What may feel like a NO, is a big YES!

What do you get when you combine an actress and a rabbi? The answer is Tracey Erin Smith. Critics have described Tracey's one-woman show *The Burning Bush* as "brilliantly funny," "provocative and hilarious." She has taken this award-winning comedy across Canada and to off-off Broadway.

From a very young age Tracey wanted to become a rabbi. The choice made sense because of her religious school upbringing. She thought that becoming a rabbi would feed her soul – until she discovered how hard it would be to become one. Writing about it was much easier.

Performing is a family affair in the Smith household. Tracey would often accompany her mother (who was a commercial actress and singer) to set. Her family was always supportive of her love of theatre. In her teens, she attended Claude Watson School for the Performing Arts and later studied at Studio 58 in Vancouver. "I felt blessed to have my mother coach me for my Studio 58 audition—not many parents encourage their kids to have creative careers," says Tracey.

Inspired by a riveting Lily Tomlin one-woman show,

which she saw with her grandmother as a child, she wrote her own show. "The challenge when you get out of theatre school is to land a job," she reveals. In fact, Tracey is a big believer in creating your work and figuring out what you want to say as an artist. *The Burning Bush* was her opportunity.

Everybody is trying to find their own path and feel good about it.

The play is about a woman who is studying to become a rabbi but gets thrown out of rabbinical school, befriends some strippers and becomes the world's first stripping rabbi. Basically, it is about finding your path after your dreams have been thwarted and trusting that what feels like a NO is a big YES.

"The play has a universal theme we all can identify with. Everybody is trying to find their own path and feel good about it," says the actress.

Translated into English, the word rabbi means teacher and that is what Tracey Erin Smith has always wanted to do. Stories have the ability to transport you to another time and another place. Part of her life's mission is to show people that their story is important.

...continues on page 6

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...continued from page 5

She teaches adults aged 18 to 80 improvisation and how to make their own one-person show at Second City and at Ryerson University. Her students are not actors or writers; they are everyday people who are curious about performance art.

Tracey helps her students bring out their own compelling life stories. She believes that often the most "average" person has the most outrageous and engaging stories to share.

Tracey and her two musicians, Drew Jureka and Rebekah Wolkstein, will perform at this year's Let's beach! 2010. She is thrilled to be involved in the event and looks forward to seeing the theatre biographies that will unfold.

To find out more information about Tracey's classes & upcoming shows, visit **theburningbush.ca**

Article by Sandra Williams-Herve
Stage photo courtesy of Emily Cooper



Wave it. Map it. Celebrate it!

Canada's flag is one of the most distinguishable icons in the world. Unlike our U.S. neighbours, we're not always seen as big "flag wavers". But think back to how you felt last February when our Olympic team won all those medals – men's hockey, skating, skiing, women's hockey, and more!

Let's relive the moment when this country was united by Canadian pride. Channel that enthusiastic patriotism into Canada's birthday this July 1!

Beaches*life* challenges you and fellow Beachers to show your pride by waving the Canadian flag. Together on Google Maps, we can make the neighbourhood Canada's first flag waving "hot spot".

Let's crank up the heat in 3 easy steps:

Get a flag at your local store. Attach it to the front of your house or balcony. Map it at beachesliving.ca

Happy Canada Day – July 1!

Wave it. Map it. Celebrate it!

Goal: 2010 waving Flags for 2010!



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!

Summer on the Beach

The place to be on June 27

Don't get caught in the G20 shutdown – come to
Let's beach! 2010
a fun summer celebration.

Enjoy an afternoon of live music, dance, barbecue, shop the beach, silent art auction, meet and mingle with fellow Beachers and much more.

Location: Balmy Beach Club

Date/Time: June 27, 1-6 pm

For detailed information visit beachesliving.ca/letsbeach

Jump in the lake

Cool off this summer in Lake Ontario. Look for the safe or unsafe swimming signs.



For more information visit toronto.ca/beach

Public outdoor pool

A variety of public swimming is available for kids and adults all summer long at Donald D. Summerville Outdoor Pool.

It includes an olympic sized pool and a shallower pool for kids.

Location:
at the foot of Woodbine Ave.
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Schedules:
For opening/closing dates & hours visit toronto.ca/swim or call 416-392-7688.



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Kids "most awesome" summer story contest!

Kids: this is your opportunity to be a published author! Write us a story about your summer adventures. Two stories will be picked and published in Beaches[®]/life magazine, October/November issue. There will be two age categories, up to 12 years of age and 13 to 16 years of age, with one winner from each group.

Your story can be anything you did or learned during your summer holidays. Tell us about something that made you proud, excited, fascinated, surprised or scared. Maybe you went away to camp, or learned how to do something new or discovered new things you had never even heard of before, or met a new best friend.

Dear editor:

I just had the most awesome summer of my life!
It all started the day after school ended...



Story submission requirements:

1. 350 word maximum.
 2. Submission deadline: September 7
 3. Email to kids@beachesliving.ca
 4. Include your name, age, grade in September 2010 and school name.
 5. Include your parent(s) contact information.
 6. You can also include a photo to accompany your story.



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A colorful poster for 'Fun Cousin Molly Music Shows' by Laura Thomas. The title is at the top in large green letters. Below it is a subtitle 'by Laura Thomas'. The main body text lists 'Songs ⭐ Stories ⭐ Puppets ⭐ Instruments and more!' followed by a list of service types with blue star icons. To the right is a cartoon illustration of a girl with long dark hair, wearing a yellow beret, blue overalls, and striped socks. At the bottom left is a graphic of musical notes on a staff. The contact information '905-846-1598', email 'LTPassion@hotmail.com', and website 'www.cousinmolly.com' are at the bottom.

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*Cannot be combined with any other offers or promotions.
One per customer. Offer expires August 15th, 2010.

Fresh and Simple Summer Entertaining!

The months of June and July offer wonderful fresh local foods for everyone who is cooking, entertaining and eating locally!

Beginning in May fresh produce from our area's farms include asparagus, radishes, rhubarb and spinach, but come June a whole array of fruits and vegetables are ready to harvest. Green and yellow snap beans, broccoli, cauliflower, celery, salad greens, radicchio, garlic, green onions, snap and snow peas, not to mention strawberries and cherries are all Ontario farm fresh. Hurry to get the last of the local asparagus early in June – it won't last much longer – simply grilled on the barbecue, it's delicious!

In July, enjoy all the fresh produce that was available in June, plus corn on the cob as well as stone fruits like peaches, nectarines and apricots from the Niagara region.

What is easier entertaining than a barbecue? A trip to one of the local farmers markets will provide ample inspiration for a romantic dinner for two or a dinner party for four to six.

Here is an early easy barbecue menu inspired by a visit to a local farmer's market:

- Spinach/Radicchio Salad with Roasted Peppers, Toasted Pine Nuts and Balsamic Vinaigrette



- Ginger/Lime Marinated Chicken Breasts with Grilled Apricots (see recipe)
- Jasmine Rice
- Fresh Buttered Green Snap Beans with Summer Savoury
- Strawberry Shortcake "Martinis" with Grand Marnier Whipped Cream



4 – 6 oz. chicken breasts
4 fresh apricots, halved

Marinade:

4 tbsp. soy sauce 4 tbsp. honey
1 tbsp. sesame oil
2 cloves garlic, minced
1 tbsp. grated fresh ginger
Zest of one lime Juice of one lime

Recipe

Ginger/Lime Marinated Chicken Breasts with Grilled Apricots – serves 4

Pierce chicken breasts evenly through skin. Mix marinade ingredients and pour over chicken breasts. Marinate for at least one hour, turning occasionally. Remove chicken from marinade and place in a foil pan. Cover with foil wrap. Place in preheated barbecue on medium heat for 20 minutes. Meanwhile, bring marinade to a boil and simmer for 10 minutes.

Remove chicken from pan and grill for about ten minutes, turning once. Brush with reserved marinade. Grill apricots cut side down. Serve chicken garnished with apricots.

Lin Bennett, Feast Your Eyes!
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You Ask... Answer.



The original Woodbine Racetrack, 1914.



Housing development on former racetrack property.

This issue's question:



I ride the 501 Queen Street streetcar to and from work every day. It seems to have a very long route. Would this be the longest streetcar route in Toronto? As well, how many years has the 501 been running along Queen Street?

- Nadia S.

Winner of...

April's question is Veronica Taylor.

"Regarding the question 'When and why did the original Woodbine Racetrack cease to exist?' The original Woodbine Racetrack, located between Lakeshore and Queen Street East did not actually cease to exist. A new racetrack was built in 1956 in Etobicoke, and the name was transferred there, along with the thoroughbred racing. The Beach racetrack location was known as "Old Woodbine Racetrack" for years, and the name was eventually changed to Greenwood Racetrack, after the local street. It retained the trotter and pacer races. It was demolished in 1994 and became the home of the new housing development. For many years I enjoyed passing the Greenwood track on the 501 streetcar on my way to work, and seeing the horses being exercised. I was sad to see it go."

- Veronica Taylor

Do you know the answer?

You could win movie passes for two to the Alliance Cinema in the Beach. Send in your answer by July 10.

Do you have a question of your own? Send it in! If we feature it in Beaches|life you will receive a movie pass for two to the Alliance Cinema in the Beach.

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

Flip-flops – "dangerous" fashion

Summer is a great time for strappy sandals, open-toed shoes, summer flats and, of course, flip-flops. Flip-flops have been a fashion trend of the summer and great for the hot weather.

Although they look great, doctors have warned that they can be bad for your health. If you're walking or standing for a long periods, or planning a stroll over rugged terrain, leave your flip-flops at home!

Its ultra-flat sole and minimalist construction leaves feet vulnerable to injury. Foot medics warn that flip-flops can lead to joint pain, shin splints, tendonitis and twisted ankles. In 2002, over 55,000 people ended up in the hospital with "flip-flop related injuries".

Flip-flops aren't all bad. Their design is great for the beach or by the pool.



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Raising healthy children

So many snack foods and candy that our children eat are brightly coloured with food dyes, specifically yellow dye #5 and Blue #2. Recent studies (and many not so recent ones), show negative effects on brain activity in children after they eat even small doses of such artificial food colourings. Hyperactivity, symptoms of ADD and ADHD, and shortened attention spans are all documented results of a diet containing artificial ingredients such as food colouring.

All artificial food additives are just that... artificial. Such artificial colours are chemicals, synthesized from petroleum and coal-tar products. They can alter brain activity, and cause stress on the liver. These additives offer no known nutritional benefit. In fact, many



require additional chemicals to "bind" them to the food products and these extra chemicals do not even have to be listed on an ingredients list.

The next time you're buying snacks for your child's school lunch, please do your child a favour. Read the label, and avoid purchasing anything that includes artificial ingredients.

By Garry Van Dijk, Nutritionist
Gerry will be at Hooper's Pharmacy's Customer Appreciation Day on June 26.

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FIFA World Cup 2010

The biggest sporting event in the world – get a kick out of it!

The world's biggest soccer event, the 2010 FIFA World Cup South Africa – happens this June and July. The World Cup draws the world together like no other tournament can.

Even though Canada's soccer team did not qualify for World Cup in 2010, there is still a lot of anticipation for the tournament. Canada is a nation of many nations, with Toronto being its most diverse and inclusive city. There are many cultural neighbourhoods throughout Toronto: Little Italy, Greek Town, Chinatown and Portugal Village to name a few. No matter which neighbourhood you visit, people are welcoming and friendly to all cultures.

It's in these little pockets where World Cup fever is at its highest. If you are cheering for a particular team, why just watch it at home when you can live the event at a local pub or bar in one of Toronto's cultural neighbourhoods. A Canadian team may not be playing in the World Cup this summer, but Canada is made up of people of many nations who will be participating in the tournament. Enjoy the games and cheer on all our countries!

The Ultimate Prize



The original trophy for the World Cup was the Jules Rimet Trophy, originally called "Victory". It was officially renamed in 1946 to honour the FIFA President Jules Rimet who in 1929 passed a vote to initiate the competition. Made of solid gold on a blue base of lapis lazuli, the 14 inch high, 8.4 pound prize was an octagonal cup, supported by a winged figure representing Nike, the ancient Greek goddess of victory. The first team to be awarded the trophy was Uruguay, the winners of the 1930 World Cup.

A replacement trophy was commissioned by FIFA for the 1974 World Cup. Today's trophy stands 14.4 inches tall and is made of 18 carat solid gold. The 13.6 pound prize, depicts two human figures holding up the Earth. It was first



presented at the 1974 FIFA World Cup, to West Germany.

The name of the country whose national team wins each tournament is engraved on the bottom of the trophy, therefore it is not visible when the trophy is standing upright. The winners of the tournament receive a replica which is gold plated rather than solid gold.



A troubled past...

The Victory trophy had an interesting history. During World War II, the trophy was held by Italy (1938 champions). Ottorino Barassi, the Italian vice-president of FIFA and president of FIGC, secretly took the trophy from a bank in Rome and hid it in a shoe-box under his bed. The trophy was stolen four months prior to the 1966 FIFA World Cup in England. A dog named Pickles was a hero when he found it wrapped in newspaper under a garden hedge in South London seven days later.

The final tournament for "Victory" was in 1970, won by Brazil. This allowed them to keep the trophy forever. However, the cup was stolen again from a display at the Brazilian Football Confederation headquarters in Rio de Janeiro. This time the trophy was never recovered. A replica was made and presented to the Brazilian president in 1984.

Previous World Cup Champions

Brazil: 1958, '62, '70, '94, 2002 **Argentina:** 1978, '86
Italy: 1934, '38, '82, 2006 **England:** 1966
West Germany: 1954, '74, '90 **France:** 1998
Uruguay: 1930, '50

continues on page 18...



Visit beachesliving.ca/contest
for the answers.



Match up the 32 countries with the map.

- Algeria
- Argentina
- Australia
- Brazil
- Cameroon
- Chile
- Côte d'Ivoire
- Denmark
- England
- France
- Germany
- Ghana
- Greece
- Honduras
- Italy
- Japan
- Mexico
- Netherlands
- New Zealand
- Nigeria
- North Korea
- Paraguay
- Portugal
- Serbia
- Slovakia
- Slovenia
- South Africa
- South Korea
- Spain
- Switzerland
- United States
- Uruguay

continued from page 17...

Did you know?

- The World Cup is the most widely viewed sporting event in the world, with over 700 million people watching!
- A total of 200 teams entered the race for one of the 32 places at the 2010 FIFA World Cup South Africa.
- The most common surname of World Cup players is Gonzalez or Gonzales.
- The most common score in a World Cup finals match is 1-0.
- Brazil has won the most, followed by Italy.
- Out of the 19 World Cups, 6 have been won by the host country.
- No European team has won a World Cup played outside of Europe.
- Shirt swapping was once officially prohibited in 1986 because FIFA did not want players to 'bare their chests' on the field.
- The highest attendance at a World Cup match was 199,854 at the Maracana Stadium in Rio de Janeiro for the 1950 decider between Uruguay and Brazil.
- The first Women's World Cup was held in 1991 in China. The event was won by the United States.

Where & when...

The 2010 World Cup will be staged at 10 venues across nine South African cities. Johannesburg will host the opening game on June 11 between South Africa and Mexico. The World Cup final is on July 11.

For the official World Cup schedule, visit:
fifa.com/worldcup



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A political campaign poster for Sandra Bussin, City Councillor for Beaches-East York Ward 32. The poster features a large red maple leaf graphic. In the upper left, there is a small icon of a city skyline with the word "TORONTO" next to it. To the right of the icon, the name "SANDRA BUSSIN" is written in large, bold, white letters. Below her name, the text "CITY COUNCILLOR BEACHES-EAST YORK WARD 32" is printed. To the right of the text, there is a portrait photo of Sandra Bussin, a woman with dark hair, smiling. In the lower right, the text "Happy Canada Day!" is written in large, bold, white letters. At the very bottom, the phone number "416-392-1376" and the website "visit www.sandrabussin.com" are listed.

Be Smarter than your Smartphone

Today almost everyone has a smartphone. We use it to text, tweet, surf, chat and talk. It has become our computer away from home. Of course, all this convenience comes with a price.

It is estimated that 1 in 6 people have been afflicted with mobile "bill shock". This is when your bill is much higher than your plan's monthly charge. It may be from too much texting or excessive surfing or downloading tons of music and videos.

Now that the summer is here, families may be planning vacations. Just be careful with your smartphone usage outside your city, province or especially, country. Roaming charges can be shocking. If you are unsure of what is covered by your plan, check with your provider and ask specific questions.





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My Secret Beaches Spot

It makes me sad to see a tree have to be cut down. They provide us with beauty and shade. But this one was turned into a lovely little garden. I am delighted to see it every time! And sit on the edge of the stump for a brief rest in my walk.

– Christina Choma

answer to win

If you can tell us where the Secret Beaches Spot photo was taken, you could **win movie passes for two to the Alliance Cinema in the Beach**. Three winners will be chosen. Send in your answer by July 10, 2010. Email your answer to: info@beachesliving.ca

Give the perfect gift!

Beaches ENTERTAINMENT PASS

NOW BUY ONLINE

My PASS is for 1 person.
My Family PASS is for 2 adults & 2 children.



Each pass includes a movie and a voucher for dining or shopping at your choice of many participating local businesses.

- ✓ it's easy to buy and fits your budget
- ✓ one price for two:
entertainment & shop the Beaches
- ✓ give the gift of their choice

Each pass includes a movie and a voucher for dining or shopping at your choice of many participating local businesses.



Visit BeachesLiving.ca/entpass

for a complete list of participating businesses.

Purchase passes online at BeachesLiving.ca/entpass.

Congratulations to...

April's Secret Beaches Spot winners: Brennan Aguanno, Linda Pelley and Rachel Sullivan. They knew that the last Secret Beaches Spot was a backyard fence covered with mirror panels. When you walk past it you see the beautiful reflection of the lake and the rocks. It is located at the beach just past the end of the boardwalk.

win your secret Beaches spot

Send us a photo of your Secret Beaches Spot and a brief description. If we feature it in Beaches|life you will receive a **movie pass for two to the Alliance Cinema in the Beach**.

Email us at: info@beachesliving.ca

Biz talk

Websites are here to stay

It's been 20 years since the first website was launched. Today, websites link together over 1 billion people worldwide.

Websites are the first place people now check when they find out about your business.

A good website makes a great first impression.

Websites provide for a two-way conversation. Customers can come and look, then ask questions, follow up with an email or phone call. You can use video to introduce yourself, provide photos, news posts, even a link to your blog and twitter.

A website that looks amateurish sends clients away to look for someone else.

What are the most important elements of a good website?

- A home page clearly written and engaging so readers visit the page for longer than 10 seconds.
- A site that is clearly organized with not too much text!
- Current photos, videos, interesting graphics.
- A look that matches your branding.
- Navigation tags that are easy to find.
- "Hot buttons" on the home page that take customers directly to ordering information, your newsletter or special announcements.
- Key words put into your meta tags so that search engines find you.

Technical Consideration

- Make sure it can be viewed on various browsers, Explorer, Safari, Firefox, etc.
- Sites need to load quickly otherwise visitors leave.
- All the links must work or remove them.
- Long flash introductions frustrate visitors.
- Use sound wisely.
- Is your site easy (and inexpensive) to update?



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Summertime – It's a dog's & cat's life

The warm “dog days” of summer means paying attention to pet safety, both dogs and cats, to keep your furry friends healthy during the months of sun and fun.

1. Never leave your pet in the car. Though it may seem cool outside, the sun can quickly raise the heat inside to a fatal degree.
2. Give your pets lots of fresh water during the summer.
3. Pets can get sunburned, even through fur. You can rub sun block on unprotected areas like the tips of their ears, the skin around their lips, and the tip of their nose.
4. Clip dogs with very thick, heavy hair.
5. Hot weather may tempt your pet to drink from puddles in the street, which can contain harmful chemicals.



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6. Humidity interferes with a pet's ability to get rid of excess body heat, so keep animals indoors. Pets only perspire around their paws, which is not enough to cool their body.
7. Make sure your pet doesn't overexert themselves, especially if they are old, very young or ill.
8. Dogs with snub noses, such as Pekingese, have a hard time staying cool because they can't pant efficiently, so they also need to stay out of the heat.
9. Animals shouldn't be left outside unsupervised on long, hot days, even in the shade.
10. Keep an eye out for heatstroke. Heatstroke is a medical emergency.

Signs of heatstroke in pets:

- Panting
- Staring
- High fever
- Vomiting
- Collapse
- Anxious expression
- Refusal to obey commands
- Warm, dry skin
- Rapid heartbeat



Unique Beach Apothecary where "east" meets "west"

Today's health is all about prevention. Seven months since opening its doors, Beach Apothecary is celebrating the great response they have received from the Beaches community that's glad they're here!

Beach Apothecary is an integrated, full service pharmacy that provides both Eastern and Western medicine, including new practitioner models. Owner Michael Bushey and pharmacy technician Shawn Pepin provide all the services of a full pharmacy, including filling prescriptions, and both are skilled practitioners for alternate healthcare options. They work with medical doctors, nutritionists as well as alternative health care practitioners. Unlike many large pharmacies, Michael and Shawn are always happy to speak with you one-on-one and offer individualized advice and if needed, a customized solution.

"We focus on health," states Michael, "That's what you get here!" They add that they'll cater to your needs and your lifestyle, and work collaboratively with your doctor's directives.

In their first 7 months in operation, both have found Beaches customers to be very knowledgeable and health conscious. They are happy to be part of the community and are looking forward to "giving back" wherever possible.

"Beachers come in with a good knowledge base and rather than beginning at step 1, many are already at step 5 when they walk in the door", Michael explains. "They tend to be better informed and want to have a good understanding of their treatment options."

"They like to take control of their health and their treatment plan rather than simply taking doctor's orders at face value."

The products and services available at Beach Apothecary are particularly welcome in today's health conscious environment where health is all about prevention. There is compounding on site as well as paediatric dosage forms (that can also be compounded if required.) And if you have a pet, they can make veterinary compounds.

In the future, Beach Apothecary plans to expand its network of alternative practitioners, holistic practitioners, nutritionists, homeopaths, etc. and add after hours services such as health focused clinics and information sessions.

Originally from the Beaches, Michael was born at what today is known as Toronto East General. Over the years, he's worked for at Sick Kids, Wellesley Hospital, Shoppers and Pharma Plus. He recently moved back to the Beaches to a community he loves.

Shawn is a pharmacy technician, a new designation in Ontario. In addition to working with medication, pharmacy technicians also provide other health care products and services. Their skills are a great asset to busy physicians who, especially as Baby Boomers age, will need additional healthcare providers to keep us all healthy.

Beach Apothecary
647-348-9450
1854 Queen St. E.
beachapothecary.com

Nutritional Super Stars

Two favourite early summer treats are asparagus and strawberries fresh from Ontario's farms.

Both strawberries and asparagus are nutritional superstars. They both contain fibre for digestive health and cancer fighting antioxidants.

Asparagus

- Asparagus is one of the most nutritionally well-balanced vegetables.
- Low in calories, salt, with no fat or cholesterol.
- A good source of potassium, fibre, folacin, thiamin, vitamin B6
- One of the richest sources of rutin, an antioxidant which strengthens capillary walls.
- Contains glutathione (GSH), one of the most potent anti carcinogens and antioxidants found in the body.



Food talk

Strawberries

- Strawberries boost your immune system with 1 cup giving you over 140% of your daily vitamin C.
- Strawberries contain flavonoids, which keep "bad" (LDL) cholesterol from damaging artery walls.
- They also contain ellagic acid which acts like a scavenger in the body, binding cancer-causing chemicals together so they become inactive.

Source: Dr. Barry Sears

Recipe

Strawberry Salad with Walnuts & Goat Cheese — serves 4

For the pomegranate vinaigrette:

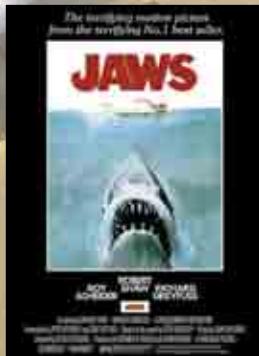
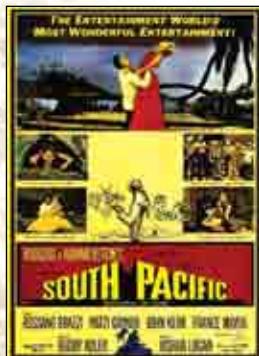
- 2 tablespoons oil
- 2 tablespoons pomegranate molasses (available at Middle Eastern groceries)
- 1½ to 2 teaspoons red wine vinegar
- 1 teaspoon finely minced shallot
- Salt to taste

For the salad:

- 6 cups spinach
- 1 cup strawberries, hulled & thinly sliced
- ¼ cup chopped walnuts, toasted
- 3 ounces soft goat cheese, crumbled.
- Freshly ground pepper, to taste

Whisk all the vinaigrette ingredients together and set aside. Arrange greens on plates. Top with berries, drizzle with dressing and top with walnuts and crumbled goat cheese. Season with freshly ground pepper. Serve immediately.

Hope You Like Sand Between Your Toes 10 SUMMER BEACH MOVIES



What better movie theme in the summer issue of *Beaches|life* than beach movies? These ten movies range in genres from musicals to horror, comedy to drama, and action to love stories. Yes, we have it all in these beach flicks. So cozy up on the couch, or why not set up a projector outside under the stars, and enjoy the movies.

South Pacific (1958)

Dir. Joshua Logan; Rossano Brazzi, Mitzi Gaynor, John Kerr – onstage this summer in Toronto!

Beach Blanket Bingo

(1965)
Dir. William Asher; Frankie Avalon, Annette Funicello

Summer of '42 (1971)

Dir. Robert Mulligan; Jennifer O'Neill, Gary Grimes

Jaws (1975)

Dir. Steven Spielberg; Roy Scheider, Robert Shaw, Richard Dreyfuss

The Blue Lagoon (1980)

Dir. Randal Kleiser; Brooke Shields, Christopher Atkins

Splash (1984)

Dir. Ron Howard; Tom Hanks, Daryl Hannah, Eugene Levy

Beaches (1988)

Dir. Garry Marshall; Bette Midler, Barbara Hershey

Point Break (1991)

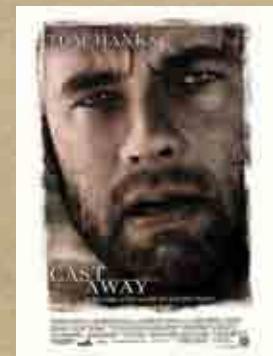
Dir. Kathryn Bigelow; Patrick Swayze, Keanu Reeves, Gary Busey

The Birdcage (1996)

Dir. Mike Nichols; Robin Williams, Gene Hackman, Nathan Lane.

Cast Away (2000)

Dir. Robert Zemeckis; Tom Hanks, Helen Hunt



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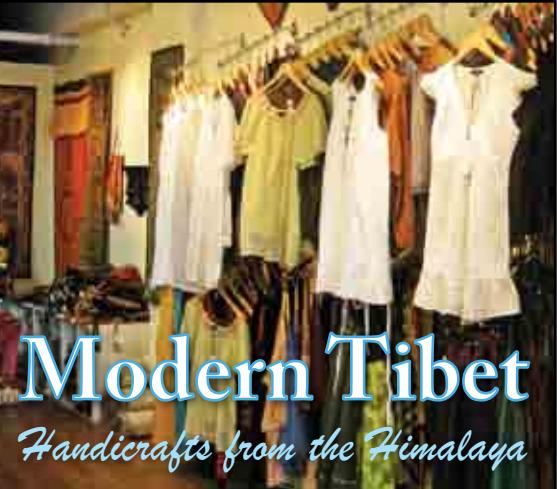
1646 Queen St. E.
(Next to the LCBO, across from Alliance Cinema)

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Beaches Online Menus
@ beachesliving.ca/menus



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Where can I find someone to cater for me?
Don't take any chances - check out the take-out menus online at beachesliving.ca/menus

Complete menus for take-out, delivery & catering from local restaurants.

coming, going and on the move

Welcome new neighbours

Amaya Express – 1168 Queen St. E.
Atelier – 1584 Queen St. E.
The Burger's Priest – 1636 Queen St. E.
Café Florentin, 2nd Location – 948 Queen St. E.
Courage Foods – 946 Kingston Rd.
Dorly Designs – 1173 Queen St. E.
EZ Riders – 1296 Queen St. E.
Highway 11 – 1107 Queen St. E.
The Kitchen on Kingston – 941 Kingston Rd.
Lens Factory – 2186 Queen St. E.
Majesteas – 950 Queen St. E.
My Place in the Beach – 2066 Queen St. E.
Prana Coffee – 2130 Queen St. E.
Spiral Movement Centre – 20 Leslie St. Unit 206
Sullivans Fine Chocolates & Teas – 882 Kingston Rd.
The Thai Grill – 1959 Queen St. E.

Urban Cotton Company – 2064 Queen St. E.

Viccino Pizzeria – 1923 Queen St. E.

Zilberschmuck – 910 Kingston Rd.

On the move

Jente Salon – Moving to 2116 Queen St. E.
Beach Plaza Variety – Moved to 2254 Queen St. E.

Thank you and best wishes

Ambiance – 2106 Queen St. E.
Cotton Ginny – 2064 Queen St. E.
East on Queen – 2066 Queen St. E.
Ends Designer Wear – 1936 Queen St. E.
Energy Café – 162 Main St.
George's Deli – 1636 Queen St. E.
Greenland Produce – 2190 Queen St. E.
Kakayo Chocolate Company – 1584 Queen St. E.
Katsumi's Hair Design – 2246 Queen St. E.
Siam – 1959 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.



At Sweetings – Real women have curves

If the mark of a successful business is location, location, location, you may as well add name to the list. Sweetings is a thirteen-century word for “sweetheart” and within a year of its opening, it has become the apple of the eye of some Beaches residents. For the uninitiated, Sweetings is a fine clothing and accessory boutique that caters to women with real bodies.

The Queen Street boutique offers quality Italian designer clothing that is tailored more to real women's bodies. The store is also introducing French inspired designer wear. When shopping at Sweetings, you will find the same quality of clothing associated with high-end boutiques located in Yorkville but at lower prices.

Following a Passion

For many, life is rife with unexpected turns. Marina Bogdanova,

the owner of Sweetings is no exception to this rule. Marina, is a geographer by trade, in her native Lithuania. However, after one year of practise, she realized that geography was not her true calling. Her passion for fashion while raising her young children made it a natural fit to open up her own children's clothing store.

Years later, she and her young family immigrated to Canada to start a new life. For about ten years she paid her dues by working as a buyer and merchandiser. During this time she mastered the elements of style by working with the best fabrics, notions, and learned a variety of cuts that worked on various body types.

She jumped at the chance to open a store on Queen Street because she loves this charming neighbourhood. Given that supermodels such as Giselle Bundchen and Naomi Campbell are not

the norm, Marina knew she had something of value for the average female body.

Her goal is to make the average woman feel beautiful. She wants to offer affordable, classy and elegant investment pieces to women with real bodies. Marina's top tip is that you shouldn't shop for one piece of clothing but outfit yourself. She advises her clients on how to build their own wardrobes. To ensure proper fitting, clothing purchased at Sweetings includes tailoring if needed.

Once a customer enters her store, she never pushes them to buy merchandise. Instead, Marina wants people to look stylish and let their personality shine through.

Sweetings
1920 Queen St. E.
416-686-6031
sweetings.ca

From Ontario Farms to Your Kitchen Table

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.
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

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

Birchcliff Village Farmers' Market
1512 Kingston Rd
Fridays, 3 – 7 pm
June 11 to Oct. 8
marketsbythebluffs.com

East Lynn Park Farmers' Market
1949 Danforth Ave
Thursdays, 3 – 7 pm
June 3 to Oct. 28
my-market.ca

East York Farmers' Market
East York Civic Centre,
850 Coxwell Ave
Tuesdays, 8 am – 2 pm
May 18 to Nov. 2

Guildwood Village Farmers' Market
191 Guildwood Pkwy
Thursdays, 2 – 6:30 pm
June 10 to Oct. 7
marketsbythebluffs.com

Withrow Park Farmers' Market
725 Logan Ave
Saturdays, 9 am – 1 pm
May 22 to Oct. 30
withrowpark.ca

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