THE QUEEN OF GREEN
GETTING CLOSER TO THE STARS
ROAD MAP TO YOUR TOMORROW
KICKIN' IT AROUND THE WORLD
COVER STORY

5 KICKING DIABETES IN THE BALLS
FUTURE SOCCER STAR, MICHAEL THORNTON

9 WHAT'S THAT ONE THING YOU’VE ALWAYS WANTED?
10 STAR GAZING
11 LET’S BE THE COOLEST WE CAN BE!
15 KIDS’ GREAT SUMMER READS
17 KIDS’ SUMMER STORY WRITING CONTEST
20 TWO TORONTO TRADITIONS IN ONE PLACE
22 MUSCLES & JOINTS, STRETCH ‘EM OUT!
23 TAKE A QUICK “YOU BREAK” – SIMPLE NECK STRETCH
24 LIVE THE LAVISH LIFE OF ‘THE GREAT GATSBY’
25 OUR FUTURE TRANSIT STARTS HERE
28 HOORAY FOR HOLLYWOOD NORTH!
29 BEAUTIFUL THINGS WITH WARM SOUTH AMERICAN HOSPITALITY

FEATURES

12 Health talk
QUEEN OF GREEN

16 My Secret Beaches Spot

18 Food talk
O-KALE – EASY WAYS TO ENJOY KALE

19 my tech
HOLD THE UNIVERSE IN THE PALM OF YOUR HAND

20 Biz talk
A SUMMER eTIP: IT’S EASY, SIMPLE AND YOU WON’T FORGET AN EMAIL AGAIN

26 You Ask… Answer.

27 Movie Pics
HOT ACTION MOVIES THAT EVEN YOUR TEEN WILL THINK ARE COOL

30 Coming, going & on the move

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Beaches Life Late Summer — August/September 2013
Kicking Diabetes in the Balls

Future Soccer Star, Michael Thornton

When Michael Thornton first started to play recreational soccer at the Beach Community Soccer League, it didn’t take long before parents and coaches alike began to notice that he wasn’t any ordinary soccer player. Even at a young age, Michael demonstrated the agility, speed and competitive spirit needed to play with the best in the world.

What is not so obvious about Michael when he’s on the soccer field is his life challenges.

“When Michael was 6,” explains his mother Debbie, “he developed Type A Diabetes. I didn’t actually want him to participate in any sports but my husband said, ‘let him live his life like other kids,’ so we put him to participate in any sports but my husband said, ‘let him live his life like other kids,’ so we put him into soccer.”

“After going through the learning curve and accepting the fact that I have to live with this disease, I was determined to make the best of it,” explains Michael. “I was blessed with many talents and felt that it was important to continue to live my life to its fullest not letting diabetes get in my way of goals and dreams”. “I want to show the world that diabetes will not stop me from being the best I can be and every success I have is not only for me but for everyone that has to live with diabetes.”

The rest, as they say, is history. Coaches, soccer clubs, and international scouts, noticed that Michael was a superstar in the making. A major breakthrough came when he participated in his first youth trail at the famous AS Roma Club in Italy. “That really opened the door for him in Europe,” says his mother, “He proved then that he could keep up with the European kids. The results of his trial caused real interest among the other major European clubs as well.”

The other trials included some of the world’s most renowned clubs – Manchester City, AS Roma, Inter Milan, Sampdoria and Paris Saint-Germain.

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...continues on page 6
Apart from his success in soccer, Michael has become an advocate for Juvenile Diabetes. He was captain of the Canadian Youth Diabetic Team that competed this year in Switzerland, and he often speaks to young kids newly diagnosed with the disease about not letting diabetes get in the way of ‘going for their dreams.’

Young Michael is no stranger to many, especially among those with Diabetes. He has been featured on CBC television, the Toronto Star and recently been filmed by a Chinese television network about his challenges and achievements.

Even when he made an impact during soccer trials in Italy, the newspaper the next day highlighted the fact that he was Canadian and a diabetic! Michael also is able to use his notoriety as a young soccer star to influence how diabetes is viewed in this country. Last fall when he met Prime Minister Stephen Harper, they talked about future funding for Juvenile Diabetes.

Now it looks like Michael’s dreams are unfolding. This summer, the Thornton family has decided that it’s time to move the entire family to live in Europe where Michael can have the benefit of more soccer opportunities. “There, he will be challenged more and be able to compete against the best young players in the world,” explains Debbie, “he will develop and become a better player.” The move will also be beneficial for their other sons David (youngest) and Christopher (eldest), one who enjoys soccer, and the other, art.

“We’ve decided that life is short, so we might as well live it to the fullest,” says Debbie.

As for Michael, he can’t wait. “He’s pushing us to get to Europe so he can become the best he can be.”

The Thornton family members are all “Beachers”. Michael attended Kew Beach Public School and currently is at St. Denis Catholic School for grade 8. This summer, apart from attending an international soccer camp in Oakville, Michael is preparing to go to Venezuela this fall to represent Canada in the Jr. World Futsal Tournament in October 2013 (a variation on soccer).
How often have you said, “I would like to…”, “Someday…”, “I hope I can…”, “I wish I had…”, “I am always interested…”? It is safe to say that most of us, regardless our stage of life, say these to friends, family or sometimes even strangers. During the quiet days of August, many of us have time off work or school. We are able to spend some leisure time in a park, walking or cycling, perhaps sitting by a campfire under a dark sky gazing at a million stars. When we step out of our busy daily routine for a few days or even a few hours, when we visit a new place with different surroundings and meet interesting people, it inspires us to have goals come back to us. Why not ponder that idea with an action, and move ahead on it in the year to come. Regardless of how it ends, it will be more satisfying than simply hanging it on the wish list forever.

With pen and paper draw a road map starting with where you are today and ending with where you want to be at when you “reach your goal”. Mark the various pit stops along the way where you’ll rest, assess your process and gather together the resources you’ll need to keep going. Figure out what and who are you going to need along the way. Ask yourself “What natural strengths am I going to bring and what help will I need from others when things get tough?” Your goals may be small like learning to skate or salsa dance, or they may be large like changing your job, owning a boat, moving to live on a country farm, or retiring in 10 years. Many fall somewhere in between like travelling to Alaska or going to school to study poetry or maybe even inventing a new gadget. Whatever it is, with the right plan, you may just reach them.

Many seniors after retirement go to university to study topics that always have interested them – some even graduate after age 70!

If you start your planning this summer, heading back into the fall, you’ll have an extra jumpstart on your goal and you will feel fresh, charged and excited. When you follow your road map, you might make a few wrong turns now and then, but a good plan will help you get there or somewhere better!

Tips that help you get what you want:
1. Always write down your ideas.
2. No goal is too big – just break it down to smaller tasks.
3. Revisit your ‘road map’ often. Check in at each pit stop to see if you need any alterations, or “re-charging of fuels”.
4. Celebrate each milestone!
Where to go – Ideally, you want to be farther away from the lights of the city. But if that’s not possible, some planets and formations are bright enough that you can still spot them.

Equipment – Just your eyes, and if you have them, a good pair of binoculars. Don’t think you need a telescope; in fact, most telescopes available for purchase won’t work any better for you.

What’s up there:
✶ The northern hemisphere night sky is divided into 88 constellations, most of which are visible from Canada at different times of the year.
✶ At various times throughout the year, you can see five of our solar system’s eight planets, a few star clusters, a spiral galaxy, and sometimes a comet.
✶ The Big Dipper is always the first and easiest star formation to find. Look for its handle and bucket.
✶ When you’re away from the city, it’s almost guaranteed that you will see the mass of stars of the Milky Way.
✶ If you look at the dark sky long enough, you will most likely spot a shooting star.
✶ Meteor showers are seen during specific times.
✶ Meteor showers "schedule" 2013:
  ✶ August 10-13 – Perseids, the most well-known.
  ✶ October 7 – Draconids
  ✶ October 21 – Orionids

Planets
Jupiter - the largest planet in our solar system, makes it’s best appearance in September when it lines up opposite the sun. Jupiter spends most of its time in the constellation of Pisces.

Mercury - our solar system’s smallest planet never strays far from the Sun so it’s tough to find in the glare. From the northern hemisphere, it is visible in the morning sky this year in February, May, June and September.

Venus - the easiest planet to see, outshines all the other stars and planets in the night sky. It moves into a very good view through the spring and into the summer. It disappears from view in October as it passes between Earth and the Sun.

Constellations, for the expert eye!
Sagitta (Sagittarius) or “The Arrow” is visible in late summer in the northern hemisphere. It is supposed to be a torso of a man riding a horse, pointing his arrow at another constellation visible in late summer.

Scorpius (the Scorpion) The entire constellation can be hard to make out, but the top, which resembles a tea pot with handle and spout, is easier to see. Now look west for Antares, an extremely bright star that often glows red. It is at the heart of Scorpius (the Scorpion), which actually does resemble a scorpion, with a curved tail and head.

HEAT TALK:
If you had the choice, would you rather have it a little warmer than no A/C at all?

As we work through record heat to prepare this issue, we know the worst situation would be to have no air conditioning and no cold drinks. We were praying, “please no black outs!” We were not alone, were we?

Since infrastructure upgrades will not happen in a day, or even the summer, imagine if all of us turned their thermostat up just one notch… cool but not coolest. That little adjustment may just help to save us from a blackout and that would be the coolest thing to do… agreed?

We would like to raise the motion that everyone turn up your temperature one or two degrees during the next heat wave. Let’s be cool together!

Let’s Be the Coolest We Can Be!

10% off Garden Sitting and Garden Maintenance
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Planter Design & Garden Design

* Code must be presented at time of booking, one per household.
Kale, the newest “superfood,” truly is one of the most healthiest vegetables you can eat. Some call it “the queen of green” because in food rating systems, kale scores 4 “excellents”, 6 “very goods”, and 10 “goods”—for a total of 20 categories of nutrient richness!

Where did kale come from?

Kale is part of the cabbage family, like broccoli, cauliflower and collard greens. It was first grown in Asia, and then brought to Europe by Celtic wanderers around 600 BC! We know, for example, that the Romans enjoyed curly Kale. When English settlers came to North America, they brought various vegetables to grow. Kale, being easy to grow and hardy, became a staple in most gardens.

The varieties we enjoy today are more recent, but they all come from the original ancient kale, thousands of years ago.

Special Note:

Research studies show that the intake of cruciferous vegetables, such as kale, show cancer preventive benefits for five specific types of cancer – bladder, breast, colon, ovarian and prostate.

Why Kale is so good for you

Look at all the reasons why kale packs a nutritional punch: Each one cup serving is:

1. Packed with powerful antioxidants like carotenoids and flavonoids that help protect against cancer.
2. Calorie to calorie, kale has more iron than beef!
3. Low in calories, no fat.
4. Contains 5 grams of fibre.
5. High in vitamin C, great for your metabolism and immune system.
6. High in calcium, in fact, kale has more calcium than milk!
7. Great for detox, because of its fibre and sulfur to keep your liver healthy.
8. High in vitamin A, which helps your vision and your skin.
9. High in vitamin K, which helps bone health.
10. Helps lower cholesterol levels.
11. Anti-inflammatory, helps fight against conditions such as arthritis.

Queen of Green

KALE

Health Talk

KALE

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Kids’ Great Summer Reads

Everyone has a memory of their favourite book growing up. As a child, it may have been a story that someone read to you, like Robert Munsch’s “Love You Forever”, or one of the stories about Thomas the Train.

As a young reader, there also are many classics, old and new. What book do you remember reading under the covers at night? What book made you interested in reading for the rest of your life? What books have you bought for your own children, nieces or nephews that you hope they’ll read and enjoy?

Here is a list of 15 favourite books (8-12 year olds) published as long ago as 1865 and as recent as 2011. The names are drawn from various sources: Today’s Reading for the rest of your life? What books have you Parent, a 2011 survey from Toronto Public Library, bought for your own children, nieces or nephews that and Publishers Weekly.

3. Are You There, God? It’s Me, Margaret by Judy Blume (1972)
4. Alice’s Adventures in Wonderland by Lewis Carroll (1865)
5. Anne of Green Gables by Lucy Maud Montgomery (1908)
6. The Borrowers series by Mary Norton (1952)
7. Bridge to Terabithia by Katherine Paterson (1977)
8. The Chronicles of Prydain series by Lloyd Alexander (1964)
10. The Indian in the Cupboard by Lynne Reid Banks (1980)
11. The Lion, the Witch and the Wardrobe by C.S. Lewis (1950)
12. The Little Prince by Antoine de Saint-Exupéry (1943)
15. The Son of Neptune by Rick Riordan (2011)
Dear editor,

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

A favourite spot of mine (and my dogs) is a great spot to meet like-minded locals who frequently stand together to converse....

Jewel B.

Tell us where the Secret Beaches Spot photo was taken, and you could win a $20 gift card to Casa di Giorgio Ristorante.

Email your answer by September 10, 2013 to info@beachesliving.ca.

Congratulations to Nancy Smal — June/July’s Secret Beaches Spot winner. The Secret Beaches Spot published in the last issue is the boardwalk going through the Glen Stewart Ravine.

Story submission requirements:
1. 350 word maximum.
2. Submission deadline: September 5
3. Email to kids@beachesliving.ca.
4. Include your name, age, grade in September 2013 and school name.
5. Include your parent(s) contact information.
6. Include a photo to accompany your story.

Winners also receive $25 Midoco Art & Office Supplies gift card.

If you are 16 years old or younger, send your story about your summer to Beaches|life and include a photo if you like. You could win a $25 Midoco Art & Office Supplies gift certificate and be published in a magazine sent to 20,000 homes!

Two stories will be published in the October/November issue of Beaches|life magazine. 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.

All great authors start somewhere, here is your chance.

FIND YOUR LOCAL BUSINESS INFO ONLINE
beachesliving.ca/directory

NEW
Easy Ways to Enjoy Kale

Delicious Kale Chips
A very popular treat!
• Use just the leaves, tear into chip-size pieces.
• Brush lightly with olive oil, add a sprinkle of salt.
• Spread on a cookie sheet and bake in the oven 325°F for 10-15 minutes, and make sure you don’t burn them.
• Serve in a bowl as chips – delicious!

Delightful Apple-Kale
• Tear leaves into pieces and chop stems into 1/4 inch pieces.
• Core and slice apple into thin wedges (Delicious or Crispins work well).
• Sauté in a pan with a tablespoon of olive oil until kale is wilted.
• Sprinkle with Balsamic vinegar and chopped walnuts or pecans.

Super Kale Salad
• Steam kale lightly and cool so you have about 4 cups.
• Toss together in a bowl with ¼ cup of chopped, sundried tomatoes packed in olive oil
• ¼ cup pine nuts or walnuts.
• ¼ cup parmesan cheese.
• 4-5 tablespoons of red wine vinegar.
• ¼ cup cranberries (optional).
• Mix together and refrigerate at least an hour before serving. Keeps several days in the refrigerator.

Pocket Universe by John Kennedy
Mac OS, $2.99
Pocket Universe is an easy-to-use app that will help you learn the names of constellations, bright stars, planets and more. Just hold up your OS device in front of you, and the app will use the built-in compass to display the same view of the sky you see, complete with names and information. You can also explore the Solar System and take virtual walks on the Moon and Mars.

SkyORB by Realtech VR
Mac OS, Lite Free, Premium $2.99
SkyORB features many functions as a 3D real-time representation of the planets position around the sun, the ability to hold your device and point toward a visible star and planet and reveal the name by tracking the GPS position, compass orientation, the elevation from the gyroscope. It will also warn the user when a phenomenon occurs, such as a full moon, or a planet really visible, which is worth the observation.

Star Walk by Vito Technology Inc.
Mac OS, $2.99
An interactive astro guide to the night sky, following your every movement in real-time and allowing you to explore over 200,000 celestial bodies with extensive information about stars and constellations that you find.

SkEye Astronomy by Harshad RJ
Android, Free
SkEye is an advanced Planetarium that can also be used as a PUSHTO guide for telescopes. Ever been on a camping trip and wondered what objects are up in the sky? Now you can get familiar with Astronomy by identifying stars, constellations and deep sky objects from the Messier and NGC catalogs. If you have a telescope, just strap the phone onto the OTA and you get a PUSHTO guide!

Mobile Observatory by KreApp Development Software
Android, $4.99
Mobile Observatory is one of the most complete astronomy apps on the Android market and the perfect tool for anybody interested in the sky’s wonders, from the occasional sky gazer to the passionate amateur astronomer. Lets you know when the next lunar eclipse is visible from your location, when the next bright comet is visible, the next time Jupiter and the Moon meet in the sky. Always be up-to-date which celestial events are visible from your location.
There are two things many of us growing up remember as summer traditions, playing baseball and going to the CNE. For thousands of young people it is playing baseball at the CNE.

Many people don't know that the annual Exhibition hosts a huge peewee baseball tournament featuring some of the area's up and coming talents and this summer marks the 57th year.

The Lions-CNE PeeWee Baseball Tournament is the most prestigious event of its kind for 12 and 13 year olds. 32 teams from Toronto and the surrounding area compete over the 9 days for the coveted first place title.

Teams vary from year to year but the excitement of a competitive ball tournament along with having fun at the CNE midway is always a summer highlight for thousands of ball players and their families.

The tournament runs August 16, 19-23, 26-29.

If you would like to see the future pros in action, you shouldn't miss the annual Peewee All-Star games. This is the 14th annual weekend that brings the very best of the Peewee participants as All-Star teams from Toronto, Hamilton, Eastern Ontario and Buffalo.

Come out and support the All Stars August 17-18.

All games are played at the CNE Ball Park located west of the Dufferin Gates.

For more tournament information or other great CNE activities, visit theex.com.
Why Stretch?
As we get older, our muscles begin to tighten and get shorter, which affects overall flexibility. This makes you more susceptible to muscle, joint and tendon injuries. It also means there are muscles that you almost stop using.

Stretching is a great way to prepare our muscles for a vigorous workout, like a game of tennis or a run. It’s also a great way to exercise different muscles for everyday living.

Benefits of Stretching

Flexibility – Stretching can help improve flexibility because it encourages your joints to move through a full range of motion. Better flexibility may improve your ability to do physical activities (that’s why athletes stretch before they exercise) as well as decrease your risk of injuries.

Circulation – Stretching increases blood flow to the muscles and the supply of nutrients to muscles and cartilage. This reduces muscle soreness after working out, generally keeps your muscles healthier, and gives you more energy.

Balance – Stretching helps increase the range of motion in our joints, which gives us a better sense of balance. This makes us more agile as athletes, and in older age, prevents injuries due to falls.

Stress Buster – Stretching lowers stress, a much-needed benefit in today’s busy world. Gentle stretching exercises relax tense muscles associated with stress. Stretching also has the same endorphin-boosting effects as any exercise, which improves your overall mood.

Simple Neck Stretch
Do not attempt any exercise without checking with your doctor first, especially if you have physical limitations.

This stretch is perfect for those who spend hours working at a computer (which is most of us!) It stretches the ligaments and muscles that line your neck and is an effective way to promote and maintain a rich supply of blood in this region, and relax tense muscles.

Forward Flexion
• Allow your head to fall forward so that your chin approaches the top of your chest. Keep your shoulders down and take four counts to lower.
• Once you feel a stretch or pull in the muscles that line the back of your neck or once the joints of your neck won’t allow you to bend forward any further, whichever comes first
• Hold for 10 seconds then slowly raise your head, taking four counts. Repeat five times.
Live the lavish life of ‘The Great Gatsby’

You can find Gatsby styles in costume jewelry as well as fine jewelry stores. One single piece can turn an ordinary outfit into full 1920s glamour!

**What to look for:**

- Colour and settings: Daisy’s jewelry in the movie mostly consists of diamonds and pearls in silver-coloured settings of either platinum or white gold.
- In addition to diamonds, Great Gatsby jewelry includes sparkling gemstones like blue sapphires, green tsavorites, and pink morganites.
- Sparkle and shine: Pieces are ornate, glittering and over-the-top. You’re best to pick one to wear, not all at once!

**Specific Items:**

- Jewelry headbands, like the famous piece Daisy wore in the movie.
- Diamond rings and brooches with art décor styling, characterized by filigree work, straight lines and often floral elements. Daisy’s diamond ring, of course, is inspired by the “daisy” flower!
- Single strands of long pearls
- Multi-strand pearl bracelets and ornate “cuff” bracelets reflecting themes in nature such as leaves, flowers, even serpents!
- Pearl-bracelet-and-ring combination that Daisy wears to the party.
- Long pearl “tassel” necklaces and drop pendant necklaces
- Long, sparkling chandelier earrings and drop pendant earrings

The Great Gatsby, released this spring, carried us immediately into the glamour of the 1920s. Based on the top selling book of the same name, the movie takes place in 1922, just two years after women had won the right to vote. Women of that time suddenly gained a sense of freedom and strength, which was expressed through fashion and styles that were freer and bolder. For the first time, women cut their hair into short bobs, they wore shorter, less structured clothing, more make up and, of course, put on beautiful, sparkling jewelry!

Channel your inner 1920’s by picking “Gatsby” this season as your jewelry style. The central character, Daisy, is your inspiration with the fabulous pieces she wears throughout the movie.

Road Closure Details and Alternatives

1. A temporary access from westbound Lake Shore Boulevard to the shopping plazas on the east and west sides of Leslie Street.
2. Access to the Martin Goodman Trail will be maintained at all times marked with advanced warning signs and additional lighting for visibility.
3. Leslie Street from Lake Shore Boulevard to the first traffic lights north will be closed until November 2013.

For more information and updates on progress and road closures, visit ttc.ca/About_the_TTC/Projects/Leslie_Barns/index.jsp

Our future transit starts here

Signs are popping up with BIG lettering telling us about the construction on Leslie Street – continuing until December 2014. This is on top of other ongoing road construction in the neighbourhood such as Kingston Road and Woodbine Avenue. Like many of us, the first thoughts that come to mind; “Oh no, construction again and for how long?” “How I am getting to work, or just getting around?”

Would it help you to cope with the inconvenience better if you knew a little more about the project’s outcome?

**What is the Leslie Barns Project?**

If you have traveled in Europe, or other modern cities, you may have seen and rode one of their trams. We love our old-styled streetcars, but it is time they are replaced with new “flexible” ones.

To accommodate the new flexible streetcars, additional storage and a repair facility is needed. The site will be on an 18-acre vacant lot at the southeast corner of Leslie Street and Lake Shore Boulevard. The 279,463 square foot facility will house about half of the new “Flexitys”, with the others stored at two other existing sites.

**About the Name**

Originally called the Ashbridges Bay Streetcar Maintenance and Storage Facility, the project was renamed Leslie Barns last fall. The facility is being built to City of Toronto’s Green Development Standards with environmental features such as a green roof and an on-site storm water management pond.

In addition to the building, the surrounding area will be developed, incorporating many natural elements of the area, including the Eastern Beaches, Martin Goodman trail and Leslie Spit. New landscaping means hundreds of new trees and plants around the perimeter of the facility, at the corner of Lake Shore Boulevard and Leslie Street, and along the Martin Goodman Trail. Other features being added are wider sidewalks, attractive streetscapes, public art and improved lighting.
This issue’s question:
I’m a first time house owner and I have been in the neighbourhood for a year and a half. There is a large tree in my backyard so I have no sun. I’ve heard that a certain size of tree is protected and cannot be removed. Do I need to get permission and from who? How do I measure it? Janet Y.

Help us find the answer and you could win 2 movie passes to Beach Alliance Cinema.
Send in your answer by September 10.

Do you have a question to ask?
Send it in! We would love to feature it in the next Beaches|life. Our readers might have the answer you are looking for.

Submit your answer or question online.
beachesliving.ca/youask

Congratulations to Edward Nickles, the winner of our question from the June/July issue.

The city you are seeing from the shores of Toronto looking across lake Ontario is St. Catharines. I always think to myself as I am stuck in traffic on the Q.E.W, “If I could only drive straight across.”

In this issue of Beaches|life, we turn up the summer heat with these awesome action movies. Some picked as the all time best movies ever, they are certain to keep you and your kids glued to their seats. It might be too hot and sticky to do much outside with your family, so why not enjoy an adventure together?

- **Star Wars: Episode V – The Empire Strikes Back** (1980) Dir. Irvin Kershner; Mark Hamill, Harrison Ford, Carrie Fisher
- **Twister** (1996) Dir. Jan de Bont; Helen Hunt, Bill Paxton, Cary Elwes
- **The Lord of the Rings: The Return of the King** (2003) Dir. Peter Jackson; Orlando Bloom, Ian McKellen, Viggo Mortensen
- **King Kong** (2005) Dir. Peter Jackson; Naomi Watts, Jack Black, Adrien Brody
- **Night at the Museum** (2006) Dir. Shawn Levy; Ben Stiller, Carla Gugino, Ricky Gervais, Dick Van Dyke
- **Transformers** (2007) Dir. Michael Bay; Shia LaBeouf, Megan Fox, Josh Duhamel, Tyrese Gibson
- **Iron Man** (2008) Dir. Jon Favreau; Robert Downey Jr., Gwyneth Paltrow, Terrence Howard, Jeff Bridges
- **Harry Potter and the Deathly Hallows** (2010) Dir. David Yates; Daniel Radcliffe, Emma Watson, Rupert Grint, Bill Nighy

Still Feel Like the New Kid On The Block?

Beaches Living is celebrating its 10th year in publication and community involvement. In honour of all local businesses who have had continued success for a decade or more by the same owner, their names are published in Beaches Living Guide, Spring/Summer 2013 edition. You can also view the list online.

beachesliving.ca/10years

Custom Beaches Greeting Cards & Photographs

A wide selection of affordable Beaches greeting cards, large size photographs and gift items by local artists.

Order yours at beachesliving.ca/beachshop

2013 Beaches Living is celebrating its 10th year in publication and community involvement. In honour of all local businesses who have had continued success for a decade or more by the same owner, their names are published in Beaches Living Guide, Spring/Summer 2013 edition. You can also view the list online.

beachesliving.ca/10years

CELEBRATE 10 YEARS AND COUNTING
After working most of his life inside an office as a graphic designer, Luiz Freitas fulfilled his dream at 40: to open a beautiful store where every day he could meet and talk with real people, share his enthusiasm for beautiful things, and help people find something special to decorate their homes with, or give as a gift. His retail store, Gongton, opened July 12, 2012, celebrates its first year in business this summer.

Born in Brazil, Luiz (pronounced “lou-ize”) has been in Canada almost four years. From the time he arrived, he’s been sharing his warm, South American friendliness and energy. After being in business a year, he’s formed many friendships with customers, “They drop by just to say hello, have a coffee, talk with me,” he says. “Even visit my dog, Memphis.”

“Like most people,” Luiz explains, “We were tired of looking around for affordable decorations that would make our ‘home sweet home’ have a taste of class, elegance and intrigue. We wanted to make a home we enjoyed going back to and one we were proud to show our family, friends and guests.”

So Luiz searched the world for home accents that would do just that, plus more so that visitors to the store on Queen Street can find such affordable treasures. The store has something for everyone, even children. Prices range from under a dollar to $200-$300 for a larger piece of art. It’s the perfect place to find a gift for someone else, or yourself!

“Many times a day,” says Luiz, “Customers come into the store and tell me how beautiful everything is. The other day, someone even compared us to an art gallery!”

The whole idea of the store is to sell unique pieces that you won’t see anywhere else. If you see something you like, it’s probably a one-of-a-kind and not seen it elsewhere.

One of the store’s features is its changing window display, this past summer decorated for the Beaches Jazz festival. Luiz’ window displays have been so effective that after last Halloween, most of the items displayed were sold out by the 31st!

“I always get such a nice response,” he adds, “Their neighbourhood has embraced me.” In return, Luiz supports many local charities, including 350 stuffed bears for a CHUM fundraiser.

“We are pleased that we have touched peoples lives and have assisted in redesigning their lifestyle,” says Luiz, “Come by and talk with me anytime!”

2116-C Queen St. E., 647-351-0883
gongtondesign.com

Movie lovers, mark your calendars: this year’s Toronto International Film Festival takes place September 5 to 15 and promises to be bigger and more star-studded than ever!

The Toronto International Film Festival is considered the most successful public film festival in the world. The ten-day event features world premieres, galas, and star-packed parties in and around downtown Toronto. Just two years ago, the Oscar Best Picture of the Year award went to The Artist, a movie that made its debut at TIFF!

Why enjoy TIFF?

STAR POWER – The festival brings many A-list celebrities to Toronto. In the past, these included George Clooney, Brad Pitt, Ben Affleck, Bruce Willis, Penelope Cruz, Joss Whedon, Woody Allen, Halle Berry, Lauren Bacall, Johnny Depp, to mention only a few!

CHOICE – The festival screens more than 300 films from over 60 countries, certainly something for everyone! You may not get tickets for a gala performance, but why not try one of the smaller films?

MIDNIGHT MADNESS – One of the many TIFF programs include midnight screenings of the best in action, horror, shock and fantasy cinema.

GLAMOUR AND FESTIVITIES – Enjoy the impromptu gatherings, street entertainment, outdoor interviews and overall movie buzz that takes place in and around the downtown venues such as Roy Thompson Hall. Line up across from the red carpet entrances to spot stars arriving in limos. Many stop for photos and sometimes even a quick chat.

Visit tiff.net/thefestival for more details.

38 Years of Festival History

The festival is acknowledged as “the most important film festival in the world – the largest, the most influential, the most inclusive.”

It all started out in 1976 as a collection of films from other festivals, and today is universally regarded as an ideal platform to premiere films. Its principal objectives have been: to lead the world in cultural and creative discovery through the moving image and to place Canadian achievements in an international context.

Over the years, Torontonians have become known as a public eager for the best in contemporary film, and the Festival draws international attention from media, distributors, producers and buyers.

Hooray for Hollywood North!

Beautiful Things with Warm South American Hospitality
Welcome new neighbours
ABC Academy – 1925 Queen St. E.
Ackroyd’s Fish n Chips – 2222 Queen St. E.
Affordable Dog Grooming – 1470 Kingston Rd.
Allure Hair & Esthetics Studio – 1980 Queen St. E., Suite 200
Beryl’s Pepper Pot – 1610 Queen St. E.
Canine Clips – 1582 Queen St. E.
Flirt Inner Beauty – 98 Hammersmith Ave.
My Real Estate Girls – 1907 Queen St. E.
One Earth Clothing – 2096 Queen St. E.
Switchback Cyclery – 651 Queen St. E.

TTC Leslie Barns – 1258 Queen St. E.
Vintage Queen – 1588 Queen St. E.

On the move (new location)
Kids At Home – 2130A Queen St. E.

Changing Names
Trinity Modern Greek Taverna – 1681 Lake Shore Blvd. E. (formerly Boardwalk Place)

Thank you and best wishes
Asiris Treasures – 1940 Queen St. E.
Earthsong – 2436 Kingston Rd.
Studio JV – 1907 Queen St. E.
Vicino Pizzeria – 1923 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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