Beaches
Holiday – December/January 2012/13

Savouring Holiday Memories

diMazing diMarco

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Wishing Everyone a Joyous Holiday Season and Prosperous 2013

From all of us at Beaches Living
Canadian film television host/producer/actress and journalist, Melissa DiMarco is no stranger to the entertainment industry. In her current show, Out There With Melissa DiMarco, now in its 7th season, she plays herself, an entertainment journalist. The show has become one of Canada’s longest-running television programs.

The show mixes celebrity interviews with scripted comedy that takes a behind-the-scenes look at her life. It means she can interview celebrities like Brad Pitt and George Clooney, but let herself be part of the story, which in many instances, ends up as great comedy. In Melissa’s words, “the show has become a vehicle for my life’s adventures”, taking her to places like the Cannes Film festival, where she inadvertently forgot to read the fine print and found herself scrambling to find the proper dress!

Melissa grew up in Toronto and after graduating from York University with a degree in Fine Arts decided to “follow her heart” and pursue acting and producing. Now with many film and television credits under her belt including award winning performances and direction, she describes what she does as the perfect fit of “right and left brain”.

She’s both an actress, known for roles including Ms. H. on the New Degrassi, a role she held for 9 years, and a producer and executive producer, where she negotiates contracts, meets with the network, forges deals, sets budgets and manages schedules. Her film credits include a leading role in The Pete Rose Story. Her television credits include a starring role in Riverdale and guest starring spots on series such as Due South, The Hardy Boys, Psi Factor, Relic Hunter, and Ke Sac. She has also interviewed A-List celebrities at international film festival venues.

Beaches|life magazine is the sister publication of Beaches Living Guide (established 2004). Beaches|life magazine, with a circulation of 20,000, is delivered six times a year, free of charge, to the majority of households and businesses in the Greater Beaches Area.

For advertising call 416-690-4269 or email info@beachesliving.ca

Our next Beaches|life is for February/March.

Deadline to book your space is Jan. 10, 2013.
“My work really is my life,” she says, “but my work is also what I love to do. So what you see, when I’m enjoying myself and sharing with my audience, is exactly who I am.”

The Out There Entertainment production office has recently relocated to the Beaches. All post production work and administration is carried out at the new location. Some of the shooting for Melissa’s show is done in various neighbourhood spots.

“We specifically chose the Beaches,” she explains, “because there is a very creative environment here, and it’s a more serene environment for our crazy, busy world of entertainment.” For Melissa, it also means that in one of her few spare moments, she can fit in a quiet walk by the lake, or a time to think up new story ideas at a local café.

A behind the scenes look at Melissa reveals a bit more about her life and of growing up with strong Italian family values of hard work, loyalty and family. “These are the values I still function on.” She involves her family in her show, including her grandmother, and her mother has been known to show up at the studio with her special spicy chicken wings.

Although not a cook like her mother or grandmother, Melissa makes a good shrimp pasta, a trout dish and soup. “Hey, I’m a pretty good cook!” she declares. She also loves nothing better than turkey with stuffing for Thanksgiving, something that she didn’t get to have growing up (her family still insists on serving traditional beef, veal and lasagna instead!)

Melissa also has an interesting hobby, making her own perfume, blended with oils and plants she grows herself. “I’ve been making my own perfume since I was 14,” she explains, “from natural ingredients, grown in my garden.”

At Christmas time, Melissa has some traditions of her own including putting up a “Charlie Brown tree”, slightly bent over with the weight of various decorations collected from her travels around the world.

As the year closes, she is optimistic about the future. Out There Productions Company is expanding, with new products in film, television and social media being added. It’s a real triumph for the entertainment business in Canada and further proof that Melissa DiMarco continues to be “out there” as one of our favourite on and off screen television and film producer/actor/journalist/host!

Catch new episodes of Out There with Melissa DiMarco, tune into Citytv on Saturdays at 7:30 pm.
Holiday celebrations mean many things to many people. Deep inside each of us are memories about this special time of the year. Whether it is a special recipe that mom or grandma makes, or having breakfast next to a pile of Santa gifts, everyone has a story to tell.

New Year’s also means something different to each of us. For some, a late night party with a crowded room of guests and noisemakers, for others, a quiet meal with a movie, or time away to enjoy the serenity of the country.

In recent years the holiday season, Christmas and Hanukkah in particular, has seemed to become more and more commercialized. The pressures of gift giving and receiving, along with our busy agendas often over-ride some of the true holiday spirit. But sooner or later the shopping stops and there is calm – and that is when the real spirit of the season comes back to us.

People may dress up in something special or decorate homes and workplaces, getting together with family and friends we don’t tend to see over the year. Cook something everyone loves and serve it on china specially used at this time of year.

As children it might not have seemed to be such a big deal, but we remember them fondly as family traditions decades later. What makes it special are the good memories we carry with us, as well as the new traditions we build around growing families, new places and friends.

No matter what you do this season, we can all remember back to holidays gone by – reminiscing about old friends and neighbours and welcoming new ones. We can have a good laugh about past holiday crisis, such as the burnt turkey or the tree that lost all its needles before Santa’s visit. These new stories will build on past memories each year creating new traditions for generations to come.

After all the running around and craziness of the season, it will all feel worthwhile in the end. Regardless of how you celebrate – a gathering that spans a couple of days, or just watching movies all day and evening in your pajamas – all of this will be a continuation of a memory book.

We hope this holiday will be special to you and yours, and you will continue to build your own traditions while savouring those you create year after year. Keep the true holiday spirit precious for you, and those you love.

We wish you a very special holiday season!
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Decorating with a Christmas tree can be a challenge if you live in a small space, or just don’t want the trouble of such a large decorative piece in your home. There are many ways to dress up your home for the holidays that provide the same festive spirit as a traditional tree. And the best thing is they’ll last right through to your New Year’s celebrations.

IDEAS FOR A NEW LOOK:

• Decorate an indoor plant that you already have, wrap a string of mini lights gently around branches and put the base in a metallic or deep red container.

• Bring in branches from outdoors, stabilize in a vase, a bucket of sand or Styrofoam block. Add shiny balls, lights, and decorative “birds”. Try out different branches (winterberry with its bright berries works really well).

• Build a mini-pyramid with bright red or mixed poinsettias, you can even arrange on a small ladder for a big effect.

• Make a tree shape spiral out of hardcover books, and add votive candles carefully around the edges.

• Decorate wire objects (for example, tomato cages from the garden) in sparkling lights.

• Make one spot in your room a focal point, perhaps a mantel piece or a window sill, decorate with lights and evergreen boughs.

• For the more ambitious, wrap tissue boxes in sparkling white or metallic paper so they resemble white “snow bricks”, then stack (and glue) in a pyramid shape (you’ll need at least a dozen).
Think about it. What delectable smell from the kitchen instantly tells you that holidays are around the corner? What taste immediately takes you back to when you were a child watching your mother cook in the kitchen? It’s why many of us haul out those old family recipes from years ago to make our favourite holiday treat. It may be something you always enjoyed while preparing your home, or a meal reserved only for New Year’s day. Some favourites have become standard, for example, who can think of Christmas time without eggnog and fruit cake, a flute of champagne instantly says New Year’s Eve, latkes says Passover.

Depending on your background and traditions, Toronto offers a wide range of “holiday” tastes, such as Italian panettone bread, Greek melomakarona cookies, Japanese soba noodles on New Year’s Eve or red lentils, Brazilian style, to bring luck for New Year’s celebrations.

Food talk

Beaches Life asked some friends, “what food or beverage immediately says holidays to you?” Although gingerbread and shortbread were the most popular answers, check out these favourites!

• Trifle and champagne
• Definitely the smell of fresh gingerbread, clementines and latkes.
• For me, anything with cinnamon and citrus. That can make me think holidays even in July.
• Hot apple cider – I like mine with gin.
• Turtles, the chocolates.
• Dumplings, the taste but as well the process; we discuss what’s going to be in the filling, prepare and make them together.
• Eggnog and shortbread cookies.
• Smoked salmon, the only time of year we have it.
• The smell of fresh chrusciki, a traditional Polish cruller.
• Broth fondue cooking steak, shrimp, chicken, mushrooms and potatoes.
• The smell of glog, mulled wine, cooking on the stove.
• Peppermint and chocolate bark, and gingerbread – because it seems to make a serious impact on all things holiday.

Many thanks to our customers and best wishes for a joyful Holiday Season!

Happy Holidays!

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The screens are alive with the sounds of 10 MOVIE MUSICALS!

With the highly anticipated release of “Les Miserable” in theatres on Christmas day, Beaches|life decided to celebrate the movie musical. A huge industry in the 1930s to 1960s, the movie musical has made a resurgence over the past 10 years. Pull up a chair, turn the volume way up and get ready to sing, sing, sing!

**Wizard of Oz** (1939)  
Dir. Victor Fleming; Judy Garland, Ray Bolger, Jack Haley, Bert Lahr

**Singin’ in the Rain** (1952)  
Dir. S. Donen, G. Kelly; Gene Kelly, Donald O’Connor, Debbie Reynolds

**West Side Story** (1961)  
Dir. Jerome Robbins, Robert Wise; Natalie Wood, Richard Beymer, Rita Moreno

**Mary Poppins** (1964)  
Dir. Robert Stevenson; Julie Andrews, Dick Van Dyke

**Oliver!** (1968)  
Dir. Carol Reed; Mark Lester, Ron Moody, Oliver Reed, Jack Wild

**Cabaret** (1972)  
Dir. Bob Fosse; Liza Minnelli, Joel Grey, Michael York

**Grease** (1978)  
Dir. Randal Kleiser; John Travolta, Olivia Newton-John, Stockard Channing

**Moulin Rouge!** (2001)  
Dir. Baz Luhrmann; Nicole Kidman, Ewan McGregor, John Leguizamo

**Chicago** (2002)  
Dir. Rob Marshall; Renée Zellweger, Catherine Zeta-Jones and Richard Gere, Queen Latifah

**Rent** (2005)  
Dir. Chris Columbus; Anthony Rapp, Adam Pascal, Idina Menzel, Taye Diggs

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“*It seems lot long ago when I was the new kid on the block. And now we have been here for 28 years.*”  
Norton Abramson, Living Lighting in the Beach

In celebrating 10 years publishing the Beaches Living Guide in 2013, we salute all businesses who have had continued success for a decade or more by the same owner. Fill in this ballot and we will publish your business in the next Beaches Living Guide, Spring/Summer 2013 edition.

**Business Name ________________________________________________________________**

**Owner’s Name ________________________________________________________________**

**Years in Business (as of July 15, 2013) ____________________________ Phone ____________________________**

**Address ________________________________________________________________________**

**Email _________________________________________________________________________**

**Brief description of the secret of your success (optional): __________________________________**

Mail Your Ballot To: Beaches Living, 2255B Queen St. E. #252, Toronto M4L 2W3

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We hear and say “Thank You” so many times in a day. Are we thanking the people closest to us enough?

This year, take time to tell someone close to you that you appreciate what they did for you with a heart felt “thank you”.

There are times when you are invited to a dinner, or tea, or a weekend at their cottage; when someone has organized a movie night, coordinated a dinner reservation, researched a theatre evening and got everyone to agree on the time and date.

Think about all the planning, shopping and preparing your host put in before you sat down for a meal, or even drinks or coffee at their place. Instead of wishing something had been done differently, or how rushed you were getting there, take time to appreciate what you’ve been given.

A Little Thanks Goes a Long Way

Thank the host/organizer for the time they put in and their kind invitation; mention something specific, for example, you liked the delicious dessert or how lovely their home looked.

When you receive a gift, instead of judging it – not your style, colour or how much it cost, remember that the gift giver thought of you and took the time to find something to make you feel special.

A Little Thanks Goes a Long Way

Thank others for thinking of you. Tell them that the colour is your favourite, or that you used the movie pass to see that special movie you had been waiting for.

A Little Thanks Goes a Long Way

Thanking people doesn’t just stop at a gift or special event. Think about the effort it took for someone to collect your mail when you were away; give you a lift when in an urgent situation, watch your child after school; send you a photo that they took of you.

Ways of Saying Thank You That is Easy and Sincere

Add one or two personal reasons when saying thanks, e.g. “I love going to movies”, “Going out to dinner is always a treat for me.” A good idea is to tell them how it made you feel, “Your gift made me feel special, thank you!”

Make sure your children learn how to express thanks, by sending a homemade thank you card or picture, or calling up grandma to say, “thank you.”

As an added touch, think of sending a photo of you, or your child, wearing/enjoying the gift, e.g. “Here we are wearing that scarf you sent us!”

Personalize Your Thanks

• Traditional note cards: Get a box (30-50 cards, can be small size) of thank you cards, and stamps so you’re ready to get into the habit of writing a short note. It is ok if people have received the same card design, but what is important is the personal message.

• A telephone call, even leaving a message is special.

• Email your personal message if that is mostly how you communicate. Note: NO Texting!

• Kids can put together a video greeting and message, or sing a thank you song.
Holiday shopping can be fun, but it can also be challenging. You don't have to go far to find new gift ideas. Large or small, your local retailers have a wealth of goodies, right at your doorstep to help you check off everything from your holiday shopping list. And while you are out, don't forget to pick up something for yourself.

**Healthy Living & Sports**

- Let us cater your next party, large or small (10-200 guests) – Casa di Giorgio Ristorante
- Take a break from cooking. Dine in or take it home with you – The Thai Grill
- Icon India package: shampoo, conditioner & oil $40 ($80 value); corporate stress break 4-hour spa package $200 – Salon Fortelli & Spa
- Ultrasonic humidifier and night lamp combo $81.99 – Hooper’s Pharmacy
- Power Soccer toques $25 – Power Soccer
- $100 credit for any termed activations, 50% off any accessory with the purchase of a phone – Life Mobile (Fido)
- Glider Gloves that work on touch screen devices $19.99; X-Mini Capsule Speakers in all colours (the tiny speaker with big sound) $39.99 – Experience Communications (Rogers)
- Harrison 15 messenger bag, perfect for travelers with separate zip open laptop sleeve & deluxe organization on inside $120 – KEEN Canada

**Unique Gift Ideas**

- Qtica Hand Repair Balm and Foot Repair Balm $25 ($50 value) – Salon Fortelli & Spa
- Eyeglass cleaner kits under $25; podreaders $25-$50 – Envy Eyewear Boutique
- Pacifica naturally scented perfume products from $6.99 – Hooper’s Pharmacy
- Decorative hair pieces under $25; jewelry sets $25-$50 – Nspired Events
- Colorbug, change your hair color as quickly as your make up, in pink/purple duo pack $29.99 – Twin Image Hairdressing
- Napoleon BBQ accessories (sauces & rubs, tools, pizza stones, etc.) $5 and up – Classic Fireplace
- Hair kit stocking stuffer – Pegasus Studios
- KEEN ¾ Crew Mid, a great winter sock with durability & warmth, men and women’s, $22 – KEEN Canada
- Royal Apothic’s mini parfum; soy candles – Ellyn Lilly
- Dance sweaters; gift certificates for fitness classes – Pegasus Studios
- Power Soccer toques $25 – Power Soccer

**Pampering & Relaxation**

- KOHLER - Bancroft® Multifunction hand shower $112, ARB Teak Shower Bench $220 – Beaches BathCity
- Lava lamps, small crystal chandeliers and gift certificates – Living Lighting
- Anvil tool set $130; Valor fireplace $4,000 – Classic Fireplace
- Glitter deers, custom wreaths and planters for your Christmas décor – Ellyn Lilly
- Icon India package: shampoo, conditioner & oil $40 ($80 value); corporate stress break 4-hour spa package $200 – Salon Fortelli & Spa
- $25-50 gift certificate at 50% off – Paramedical Skin Health
- Gift certificates for $100-$250 – Mona Home and Office Cleaning
- $100 credit for any termed activations, 50% off any accessory with the purchase of a phone – Life Mobile (Fido)
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### Catering Menu

#### SALADS

<table>
<thead>
<tr>
<th>Description</th>
<th>Small Tray 10, Large Tray 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAESAR</td>
<td>SML 27.50 LRG 53.95</td>
</tr>
<tr>
<td>Romaine lettuce, bacon bits, croutons, parmesan cheese homemade dressing</td>
<td></td>
</tr>
<tr>
<td>GREEK</td>
<td>SML 27.50 LRG 53.95</td>
</tr>
<tr>
<td>Mixed greens, feta cheese, tomatoes, cucumber, onions, mixed peppers, Kalamata olives in a balsamic olive oil dressing</td>
<td></td>
</tr>
<tr>
<td>CAPRESE</td>
<td>SML 35.95 LRG 68.95</td>
</tr>
<tr>
<td>Sliced tomatoes, mozzarella cheese, roasted red peppers, goat cheese, balsamic olive oil dressing</td>
<td></td>
</tr>
<tr>
<td>INSALATA ALLA GRIGLIA</td>
<td>SML 49.50 LRG 85.95</td>
</tr>
<tr>
<td>Mixed greens, grilled vegetables, roasted red peppers, goat cheese, balsamic olive oil dressing</td>
<td></td>
</tr>
<tr>
<td>MEDITERRANIAN</td>
<td>SML 30.00 LRG 58.95</td>
</tr>
<tr>
<td>Feta cheese, tomatoes, cucumber, green peppers, Kalamata olives, red onions, oregano extra virgin olive oil dressing</td>
<td></td>
</tr>
<tr>
<td>INSALATA DI SPINACI</td>
<td>SML 35.00 LRG 68.95</td>
</tr>
<tr>
<td>Baby organic spinach, dried cranberries, pecans, sliced mushrooms, in a Dijon mustard dressing</td>
<td></td>
</tr>
<tr>
<td>INSALATA RUSTICA</td>
<td>SML 35.00 LRG 68.95</td>
</tr>
<tr>
<td>Baby organic arugula, walnuts, fresh pear, shaved parmesan cheese, balsamic olive oil dressing</td>
<td></td>
</tr>
<tr>
<td>INSALATA GIORGIO</td>
<td>SML 29.50 LRG 58.95</td>
</tr>
<tr>
<td>Mixed greens, roasted red peppers, red onions, tomatoes, cucumbers, asparagus cheese balsamic olive oil dressing</td>
<td></td>
</tr>
<tr>
<td>INSALATA CANTINA</td>
<td>SML 35.00 LRG 68.95</td>
</tr>
<tr>
<td>Baby organic arugula, figs, fresh pear, shaved parmesan cheese, balsamic olive oil dressing</td>
<td></td>
</tr>
<tr>
<td>VERDE</td>
<td>SML 35.00 LRG 58.95</td>
</tr>
<tr>
<td>Mixed greens, roasted red peppers, red onions, tomatoes, cucumbers, asparagus cheese balsamic olive oil dressing</td>
<td></td>
</tr>
</tbody>
</table>

#### PLATTERS

<table>
<thead>
<tr>
<th>Description</th>
<th>Small Tray 10, Large Tray 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRILLED VEGETABLES</td>
<td>BRUSHETTA</td>
</tr>
<tr>
<td>Zucchini, eggplant, red peppers, green peppers</td>
<td></td>
</tr>
<tr>
<td>GARLIC CHEESE BREAD</td>
<td>SML 24.95 LRG 39.95</td>
</tr>
<tr>
<td>Zucchini, eggplant, red peppers, green peppers, grilled sausages &amp; peppers</td>
<td></td>
</tr>
<tr>
<td>GRILLED SAUSAGES &amp; PEPPERS</td>
<td>SML 39.95 LRG 75.95</td>
</tr>
</tbody>
</table>

### MEAT & FISH

<table>
<thead>
<tr>
<th>Description</th>
<th>Small Tray Serves 10, Large Tray 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEAL or CHICKEN PARMESAN</td>
<td>SML 99.50 LRG 180.95</td>
</tr>
<tr>
<td>Veal or Chicken Cutlet topped with tomato sauce and mozzarella cheese</td>
<td></td>
</tr>
<tr>
<td>VEAL MARSALA</td>
<td>SML 109.50 LRG 195.00</td>
</tr>
<tr>
<td>Veal medallions in a Marsala wine sauce</td>
<td></td>
</tr>
<tr>
<td>VEAL AL LIMMONE</td>
<td>SML 109.50 LRG 195.00</td>
</tr>
<tr>
<td>Veal medallions in a lemon butter white wine sauce</td>
<td></td>
</tr>
<tr>
<td>CHICKEN SCALOPPINI</td>
<td>SML 99.95 LRG 180.95</td>
</tr>
<tr>
<td>Chicken fillets sautéed with mushrooms, onions, green peppers, mushrooms, white wine sauce</td>
<td></td>
</tr>
<tr>
<td>EGGPLANT PARMESAN</td>
<td>SML 79.50 LRG 155.95</td>
</tr>
<tr>
<td>Layered Eggplant, mozzarella cheese, tomato sauce</td>
<td></td>
</tr>
<tr>
<td>FRESH ATLANTIC SALMON</td>
<td>SML 109.50 LRG 210.95</td>
</tr>
<tr>
<td>Choice of lemon butter or pesto cream sauce</td>
<td></td>
</tr>
<tr>
<td>NEW YORK CUT SIRLOIN STEAK 10 OZ</td>
<td>SML 199.50 LRG 385.95</td>
</tr>
</tbody>
</table>

### PASTA

<table>
<thead>
<tr>
<th>Description</th>
<th>Small Tray Serves 10, Large Tray 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>PENNE ARABITA</td>
<td>SML 49.95 LRG 95.95</td>
</tr>
<tr>
<td>Tomato sauce, spices and crushed chilies</td>
<td></td>
</tr>
<tr>
<td>SPAGHETTI, PENNE, RIGATONI</td>
<td>SML 39.95 LRG 75.95</td>
</tr>
<tr>
<td>Choice of Tomato sauce or Meat sauce</td>
<td></td>
</tr>
<tr>
<td>WHOLE WHEAT PENNE</td>
<td>SML 69.95 LRG 135.95</td>
</tr>
<tr>
<td>Arugula, roasted garlic, sundried tomatoes, bocconcini cheese, tomato sauce</td>
<td></td>
</tr>
<tr>
<td>MANICOTTI</td>
<td>SML 49.95 LRG 95.95</td>
</tr>
<tr>
<td>Spinach, ricotta cheese, mozzarella cheese, tomato sauce</td>
<td></td>
</tr>
<tr>
<td>PENNE PRIMAVERA</td>
<td>SML 49.95 LRG 97.95</td>
</tr>
<tr>
<td>Fresh garden vegetables in tomato sauce</td>
<td></td>
</tr>
<tr>
<td>SEAFOOD FETTUCCINE</td>
<td>SML 89.50 LRG 175.95</td>
</tr>
<tr>
<td>Shrimps, scallops, tomato, cream or white wine sauce</td>
<td></td>
</tr>
<tr>
<td>PASTA GIORGIO</td>
<td>SML 69.50 LRG 136.95</td>
</tr>
<tr>
<td>Fettuccine pasta, grilled chicken, mushrooms, peas, cream sauce</td>
<td></td>
</tr>
</tbody>
</table>

### Pricing Details
- **10% off** your order when you mention this ad.
- **Prices don’t include taxes**
- **Placate your order 48 hours in advance**
- **FREE delivery**
- **Utensils available upon request**
- Whole wheat, Spelt pasta and Gluten free pasta available, extra charge
- * Whole wheat, Spelt pasta and Gluten free pasta available, extra charge

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Congratulations to Jan C. – October/November’s Secret Beaches Spot winner.
The Secret Beaches Spot published in the last issue is in a resident’s yard that backs onto the lake at the east end off-leash dog park, east of the Balmy Beach Club and west of Munroe Park Avenue.

This spot always seems like a peaceful, quiet and secluded little corner of an otherwise busy street. Do you know where it is?

Peter K.

Tell us where the Secret Beaches Spot photo was taken, and you could win an Out There With Melissa DiMarco swag bag. Email your answer by January 10, 2013 to info@beachesliving.ca.

Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in Beaches|life you will receive a $25 gift certificate to Casa diGeorgio Ristorante. Email your photo by January 10, 2013 to info@beachesliving.ca.

Sweaters are hotter than ever this season and it seems, the crazier the print, the more popular the sweater. Knitted sweaters, dresses and cardigans are perfect for fall and winter. They keep us warm, with choices of wool, cotton, and synthetic blends, and help us look stylish.

The sweater-look doesn’t end at cardigans. Look for sweater-style dresses, knitted vests of all shapes and lengths, knitted hats with pompons, crocheted scarves, bulky knitted mitts, outdoor knit-style coats, even purses and bags with cable-knit elements!

Check out these knitted favourites for winter 2012/13!

CABLE KNITS
Cable knit sweaters were originally made to help keep fishermen warm and dry. Then the cable knit sweater became the main component of the male ‘preppy look’. The style is back again, for men and woman. Cable knits are showing up on every thing from dresses, sweaters and cardigans to bags and toques.

PRINTED SWEATER
Fashionable graphic sweaters are everywhere, many with close up animal faces, animal prints, symbols like hearts and birds, and classic polka dots. Some even feature city skylines like Chicago and New York, or other recognizable patterns like the favourite Hudson Bay blanket!

Unlike those cutsey Christmas sweaters, today’s sweaters-with-a-picture are sophisticated and stylish. They also say something about what’s important to the person wearing the sweater!

FAKE FUR
Fake fur is EVERYWHERE. All the stylish sweaters and vests this season come with a little faux fur trim. Many of the collars are removable for “two looks” (and easy washing). Some have fur woven right into the weave. Look for fur-trimmed shawls and wraps that add both glamour and coziness!
January 9
The annual People’s Choice Awards gives all of us fans a chance to honor our favourite entertainers. Anyone can vote from anywhere, with 48 categories of shows, music, and movies. Voting is done online as well as on Facebook, Twitter and mobile devices.

This year’s nominations include: Justin Bieber, who leads the tally with five nominations including favourite male artist and favourite pop artist. Adam Levine also scored big, with a combined six nominations for his work with Maroon 5 and The Voice.

Competing in the favourite movie category are The Amazing Spider-Man, The Avengers, The Dark Knight Rises, The Hunger Games and Snow White and the Huntsman. Favourite movie actresses include Anne Hathaway, Emma Stone, Jennifer Lawrence, Mila Kunis, and Scarlet Johansson.

Categories are varied, and include favourite:
Movie Franchise, Super Hero, Network Comedy, Cable TV Comedy... to mention only a few!

January 13
Some call it the pre-Oscar® predictions. This year marks the 70th anniversary of the Golden Globe Awards, honouring the best in television and film. This year there will be two hosts, Tina Fey from 30 Rock and Amy Poehler of Parks and Recreation. Actress and director Jodie Foster will be receiving the Cecil B. de Mille Award for lifetime achievement.

The announcement of all the other Golden Globe nominees will be made on December 13.

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We all know that people are the most valuable asset in life – family, friends and co-workers. Although life gets so busy, we sometimes forget how much time has gone by since we last talked with an out-of-town relative, invited our parents over for dinner, or spent quality time with an old friend. We've kept in touch with emails, updated our Facebook page status, and sent the occasional YouTube that amused us or even a photo. But that's not enough.

Maybe it's time to do some real “renovation” work on your personal relationships with family and friends. It takes some time and effort, but in the end, both of you will benefit from the results. Your friendship will be stronger, and your relationship deeper.

Here’s some tips for “renovating” personal relationships:

• Pick up the telephone. You may not have time to meet or the resources to travel and visit, but hearing the other person’s voice is a great way to re-connect.

• Book a date. The holidays are busy, but in January, many find that life gets too quiet. By booking a time to meet now, perhaps for dinner or lunch in the New Year, you’ll both have something to look forward to after the bustle of the season is over.

• Take a moment together. Even when you’re busy shopping or preparing for the holidays, everyone needs a break. Suggest to a friend or relative that you meet for a short stroll or a cup of coffee – it will give you both a break and time for a little catching up.

• Ask and listen. Whatever you decide, when you do sit down together (or connect by telephone), remember that relationships are two-way. Ask the other person how they are, and really mean it. Then listen intently to their answer. If you find the conversation centres too much around yourself, stop and say, “Enough about me. Now, tell me, what’s going on in your life?”

• Follow up. After you’ve gone your separate ways again, this is a good time to send a quick email or note to say, “So happy we caught up”, or “Sorry to hear …I’m thinking about you,” or, “So good to see you, let’s get together again soon.”

• Online purchases can be easy to forget. To help keep track and not make double purchases, create a desktop folder for a copy of all online receipts.

• Set up a separate mail folder in your email program. Transfer to a “received file” when the packages arrive.

• Create a little Excel spreadsheet, track all your purchases, noting those that are online.

• Monitor your expenses so there will be no surprises.
When Customers are Top of Your Mind, You Become TOP IN THEIR MINDS

Keeping in touch with your customers is key to building trust and loyalty – and a loyal customer is the most valuable asset to your business. There is no better time than this holiday season, to let your customers know that they are on top of your mind. “Top of mind” goes both ways between you and your customers.

We live in a very busy society with literally thousands of sales and marketing messages directed at us each day – some sources say well over 3,000 daily when you consider every logo, tag line, ad, message. When someone needs your product and service, they think of you first, you need to be “Top of their Minds”. This holiday season let your customers know that they are top of your mind too.

There are many simple ways to keep customers top of mind, here are just a few:

Remember, keeping Top of Mind means always putting your customers first. Find ways to keep in regular contact, even when they are not buying from you:
• Emails, phone calls, hand written notes, even invites to a special event or celebration.

Thank you notes and holiday cards:
• A simple holiday card using their name and signed by you demonstrates appreciation because you’ve taken the time to remember them.
• Thank you cards when a customer refers you to another business are also very important for letting them know that you truly value what they’ve done for you.

Put a system in place so you don’t delay your correspondence just because you’re busy:
• Customer relations management software.
• Keep track of names and addresses in a simple computer spreadsheet. Also, include other information, such as birthdays, or when you last talked with them.

Finally, be sincere about keeping them top of mind. Use their name, and remember a detail that reminds them that you truly know who they are such as their favourite colour, if they have a dog, are they a sports fan, etc.

For Cigar Lovers & Novices
A True Tobacconist in the Beaches

Founder and owner of The Smokin’ Cigar, Trae Zammit, is loving being in the Beaches community. His second store, opened 18 months ago on Queen Street East, draws in customers from around the city who enjoy what he refers to as a bit of luxury lifestyle. “We are just so excited to be here,” he says “the Beaches is such a vibrant and exciting place to be, with a strong community presence”.

“We’re hoping to bring the same success and community spirit as our first store, which has operated for 12 years in Leaside.”

Trae emphasizes the importance of supporting neighbourhood stores. “I do all my shopping in the community where I live,” he explains, pointing to the shops where he buys his clothes, noting that besides great products you can’t beat the customer service of independent shops. The Smokin’ Cigar also makes a point of supporting local charities and events, including Beaches Lions.

Trae opened his store when he was 25, close to where he lived. He was as passionate then as now about being a true “tobacconist” – which means, the store doesn’t sell cigarettes. Today, his Beaches store is the largest tobacconist in Toronto East end.

Although most clients are male, the store also attracts women, buying for themselves or looking for a gift. On one wall of the store, there’s a display of gorgeous top-of-the-line fragrance lamps, fragrance and essential oils by Lampe Berger and Ashleigh & Burwood to clean and fragrance the air. Besides cigars, products include smoking tobacco, pipes, as well as cigar accessories: cutters and lighters, humidors and humidifier solutions.

“A cigar is about the secluded moments in life, as well as the great times I have had with my friends,” he says, “Some of the best conversations in my life have been over a cigar”. He also explains how the making and enjoying of cigars has fascinated those who’ve come to appreciate what they represent.

“A cigar is like a great wine,” he says, “the sun, the soil, and the craftsmanship that goes into making a cigar – 300 sets of hands to make each one – and then over 45 minutes or so you have such enjoyment.”

Cigars at the store range from $2 to $100, and include their own house brand, manufactured under their private label in Nicaragua, Honduras, and the Dominican Republic. In fact, each year, from the one store alone, they sell 1,000 humidors and almost 50,000 of house brand cigars. The store also carries cigars from around the world including, of course, Cuba. During the warmer months, customers can enjoy their cigar on a quiet attractive backyard patio.

Next February, the Leaside store is expanding to almost 4 times the size, featuring the largest walk-in humidor in Toronto and making it the largest tobacconist in Canada. The Beaches store will be the largest walk-in humidor in east Toronto.

Beaches: 1946 Queen East
Leaside: 1699 Bayview, moving to 1540 Bayview in February
Winter and cold weather means that our furnaces are in full use, fireplaces crackle with high flames, and candles light up a cozy long evening.

We all love the warmth and warm glow of a heated home in winter. Our windows and doors are closed tight and we seem to spend more time indoors. Lurking amongst this wonderful warmth is the risk of disaster. Following some simple indoor winter safety tips, you can avoid these silent killers and ensure you and your family have a safe and warm winter.

**FUEL BURNING APPLIANCES**

Before the cold weather sets in, have a qualified technician inspect and clean fuel-burning appliances, the furnace, vent pipes and chimney flues to ensure they are in good working order.

Filters on your furnace need to be kept clean and if you suspect something isn’t working, make sure you call in a repair and maintenance company.

Regularly check and clean the clothes dryer ductwork, filters, and check the outside vent cover for blockages such as lint, snow, or overgrown plants.

**CARBON MONOXIDE**

You cannot smell carbon monoxide gas so install at least one carbon monoxide detector on every level of your home, especially outside bedrooms. If your detectors are battery-operated, check the batteries when you change the clocks at daylight savings.

If the detector sounds, you and all members of your household should leave your home immediately and from outside the home call 911.

**CANDLES**

Candles are beautiful but you have to be careful.

- Never leave lighted candles in a room once you’ve left the room, and always keep candles out of reach of children and pets.
- Make sure all candles are set in solid bases (not thin glass that can break), and sit on proper bases that are insulated.
- Place in open areas that aren’t near curtains, plants, or anything that can catch on fire.

Oh, you can also read this issue, and all back issues, “on the go”. Download full versions (PDF) online at: beachesliving.ca/beacheslife
A survey by Harvard Women’s Health Watch found that more people are sleeping less than six hours a night, and sleep difficulties visit 75% of us at least a few nights per week. If this happens once in awhile, it’s okay, but if you are always short of sleep, you need to figure out how to add in some more quality hours.

Sleep loss can contribute to health problems such as high blood pressure, weight gain and a decrease in our immune system. It’s also safer to be well rested. There is lots of evidence that lack of sleep leads to a greater probability that you’ll find yourself in an accident, or making a mistake.

How to get a good night’s sleep?
The experts agree on some tried and true techniques:

• Make sure you get out in the daylight during the day, and sleep in a dark, cool room at night.
• Limit or eliminate caffeine, which can keep you awake 12 hours after it’s consumed.
• Turn off the TV and computer ahead of bedtime. If you spend evening hours in front of the TV or computer screen, the bright lights can suppress your body’s production of melatonin and make it harder to sleep.
• Avoid heavy meals late in the evening. Digesting food actually keeps you awake!
• Keep to a regular sleeping schedule, even on weekends.
• Get outdoors and be active at least 20-30 minutes a day.
• Keep to a regular sleeping schedule, even on weekends.

6 Reasons to Get Enough Sleep:

1. LEARNING AND MEMORY: Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who’d slept after learning a task did better on tests later.

2. METABOLISM AND WEIGHT: Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.

3. SAFETY: Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.

4. MOOD: Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.

5. CARDIOVASCULAR HEALTH: Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.

6. DISEASE: Sleep deprivation alters immune function, including the activity of the body’s killer cells. Keeping up with sleep may also help fight cancer.

Resource: Harvard University
Welcome new neighbours
An Sibin Pub – 709 Queen St. E.
Bello Bio – 2308 Queen St. E.
Jalan – 982 Kingston Rd.
Moo Milk Bar – 1918A Queen St. E.
Paulette’s Original Donuts and Chicken – 913 Queen St. E.
Skin & Bones – 980 Queen St. E.
Souvli Hut – 2100 Queen St. E.
Walmart at Gerrard Square – 1000 Gerrard St. E.

Thank you and best wishes
Absolute Restaurant – 2100 Queen St. E.
Ivory Parade – 2096 Queen St. E.
Keetsa – 2245 Queen St. E.
The Record Vault. 2156 Queen St. E.
Zellers at Gerrard Square – 1000 Gerrard St. E.

On the Move (new location)
The Ad Company – TBA
Beach Tile – 998 Kingston Rd.
Beach Yoga Centre – 2181 Queen St. E., #300
The Real Jerk – 625 Queen St. E.
The Record Vault, 2156 Queen St. E.
Titika – 357 Queen St. W.

Join Beaches Living on Facebook. Visit beachesliving.ca for upcoming local events.

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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