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## From Broadway to the Beaches: Canadian Star Comes Back From Away

Canadian musical theatre star, and Beaches resident, Susan Dunstan has been playing lead roles on stages across Canada and the USA for the past 20 years. Her performances in Tony award-winning musicals include: *Kinky Boots*, *Priscilla Queen Of The Desert*, *South Pacific*, *The Lion King* (both on Broadway and in Toronto). Her latest role is in the hit Canadian show *Come From Away*, in Toronto.

It was time to come home. After living in New York City for the past two years and performing on Broadway in the hit Canadian musical *Come From Away*, Susan Dunstan returned to her home in the Beaches to join the Toronto cast, and back to her farmland in Northumberland County.

"I've performed all over the world singing in musical shows and concerts on some of the most prestigious stages, playing lead roles across Canada and the USA" she says.

Susan has been singing and dancing all her life. Born and raised in Thunder Bay, Ontario, she was always in the school shows and musicals. In fact, before she'd even left high school, Susan was touring nationally with *Spirit of the Nation*, a show written to celebrate Canada's 125th birthday.

After graduating from Sheridan College's musical theatre program, she started landing roles in shows on Broadway and across North America. Then a couple of years ago she heard about auditions for *Come From Away*, running at the Ford's Theatre in

Washington – prior to the show going to Broadway. "I didn't know much about the story," she admits, "but when I read the script I loved it, I found myself laughing out loud."

She flew to New York for the audition; two days later she joined the cast and started rehearsals. The big excitement came just before the show opened. The entire cast and crew of 160 men and women were flown to the town of Gander, Newfoundland, to perform two concerts. The idea was to help the cast members bond, garner publicity, and most importantly, meet the actual people they play on stage! Proceeds from the shows, which took place in a hockey arena, supported about a dozen charities.

"It is a very strange thing to play actual living people," Susan recalls, "they are real and sitting in the audience, cheering when you come on stage!"

The show then opened on Broadway at the Schoenfeld Theatre, where it is still playing. It won the 2017 Tony Award for best direction.

*Come From Away* has 12 cast members: all are principals, with 4 standbys (2 men, 2 women) who can "stand by" for the five leads. Susan's role as standby means that she knows all five of the principal roles, and can step in at any time to substitute when someone is sick or away which, as she describes, means she performs on a regular basis!

continues on page 6...



In character for *The Lord of the Rings*

...continued from page 5

The story takes place in Gander, Newfoundland, where dozens of airliners with thousands of passengers were diverted when American airspace was temporarily shut down on September 11, 2001.

*Come From Away* is a truly Canadian success story. The writers, husband and wife team Sankoff and Hein, are both Canadians, who met at York University in 1994. During the 9/11 tragedy, they lived in New York and witnessed the camaraderie that blossomed amid grief. Their experience shaped their approach. To get material for the show, they attended the 10th-anniversary celebration in Gander, interviewing dozens of townspeople and returning passengers.

The musical was first developed at the Canadian Music Theatre Project at Sheridan College in Oakville, Ontario, produced by Michael Rubinoff and further developed at Goodspeed Musicals' Festival of New Artists in East Haddam, Connecticut.

Many Toronto theatre-goers recognize Susan's name. She's been part of many popular musicals that have thrilled audiences here. For almost three years, Susan played the role of Shenzi, the tough talking Hyena in *The Lion King*, at The Princess of Wales Theatre. She was part of the production of *Kinky Boots*, and an original cast member of the World Premiere of the *Lord Of The Rings*. She's also had roles at Massey Hall, the Orillia Opera House, the Charlottetown Festival, the Banff Centre and the Drayton Festival Theatre, to mention only a few.

Susan is also a dog lover. She has owned and loved Dobermans since 2001, and hopes to set up as a breeder in the future. Her dogs, Dobermans Ruby, Vega and Cherry Pie, and her standard poodle Fancy, travel with her. When she lived in New York, she had an inside treadmill so they could exercise.

Susan studied voice and piano at the Royal Conservatory of Music/University of Toronto and graduated from the Sheridan Music Theatre Program. In addition to performing, she runs a private voice studio in the Beaches teaching, both her peers as well as those new to vocals, the art and craft of singing.

*Since the beginning of the engagement of COME FROM AWAY at the Royal Alexandra Theatre, on February 13, 2018, there hasn't been a week where the show hasn't sold out every night. This spring, Mirvish Theatre announced that the run would be extended in 2019 (and will move to the Elgin Theatre in February).*



Hanging out with the cast of *Priscilla Queen Of The Desert* – Toronto Star



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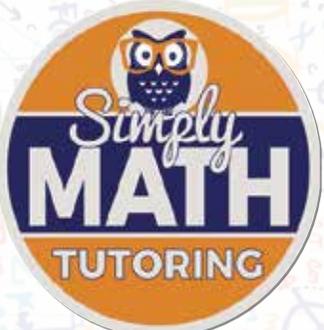
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# What we learn in school teaches us how to live our lives!



Many remember the New York Times bestseller, *All I Really Need to Know I Learned in Kindergarten* by Robert Fulghum. Over seven million copies were sold! Fulghum's idea was simple but profound: the early lessons in school stay with us all our lives.

As we head into the fall and students of all ages head back to school, here's the Beaches|Life version of "everything I know about life I learned first in school."

**RESPECT** – School teaches to respect our teachers, to listen when we are being taught a lesson and engage in helpful dialogue. As adults, listening well is one of the most sought-after skills! In fact, those with good listening skills are much more likely to be promoted to a leadership position.

**NO ONE LIKES A BULLY** – There's lots of good talk these days about putting a stop to bullying in schools. But bullying and aggressive behaviour doesn't end just because you're an adult. When we treat our work colleagues, friends, and our family with respect, we build solid careers and relationships.

**FAILURE IS LEARNING** – Adults tend to cover up mistakes, blame someone else, or pretend that failure didn't happen. But failure is how we learn, and according to some, it can be one of the best ways to learn. It's far better to just face it as an opportunity to learn from one's mistakes and learn how to move on.

**PERFECT DOESN'T HAPPEN, AND THAT'S OKAY** – Similar to the above, students soon learn that few ever get "perfect" on a test, or straight A's all the time. What matters most is that we keep trying, and we accept ourselves (and those around us) in spite of our imperfections!

**IT'S OKAY TO ASK FOR HELP** – Remember holding up your hand in class for help? For some reason, when we "grow up" we think that we don't need to ask for

help any more. But asking for help is how we learn. It is also how we let each other know that we are vulnerable, and we need them.

**LEARNING DOESN'T HAVE TO BE PRACTICAL** – We all learned things in school that we don't use now, perhaps Latin, or astronomy, or calculus, or medieval history. But that's what is so great about learning. It doesn't have to be practical. It just needs to expand our minds and our hearts.

**"US" IS OFTEN BETTER THAN ONE** – We all had to work in groups in school, and we didn't always like it. But learning to work with others with different personalities and habits is what life is all about. Learning how to work together is one of the best lessons we can keep learning!

**THERE'S ALWAYS A FRESH START** – School always starts fresh in September with a new teacher, new books, and new topics. Adults often feel they are on a treadmill that never ends. But think like a student and give yourself permission once in a while to start fresh!

**CURIOSITY IS PRECIOUS** – Staying curious is one of the secrets to aging well and preventing brain degeneration. It starts when we are very young and keep asking our parents the same questions over and over again, (e.g. Why is the sky blue?). But too many lose their curiosity when they become adults. Stay curious, like a school kid, and your brain will thank you!

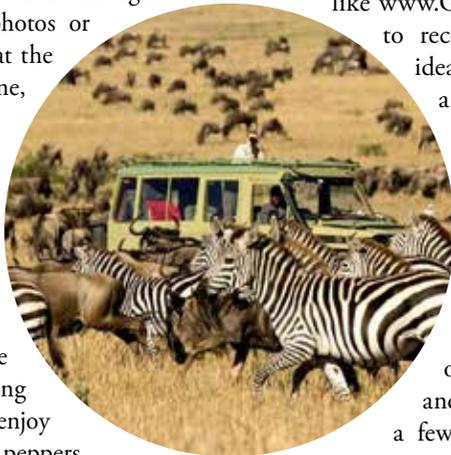


# Delights – Take them with you

When many of us return from summer vacations, there's a sense that summer is over, and with it, all those wonderful summer activities and "delights". But the great thing about those long, lazy, hot summer days, whether you were working in an office or playing on the beach, is bringing those memories back with you. You'll continue to draw pleasure in the months to come from recalling that great BBQ you enjoyed, or the wonderful weekend with friends or family. When the weather gets cooler, you'll scroll through your phone and look at the photos or videos of diving into the water at the lake, playing tennis in the sunshine, or eating out on a patio.

There are, of course, many summer delights that you take with you into the fall that are more than memories. Since the spring, our gardens have been growing and blooming, and now, Ontario's many vegetable and fruit crops are bearing produce. September is when we enjoy an abundance of tomatoes, peppers, zucchinis, broccoli, cauliflower, onions. We turn such delights into tomato sauces, relishes and preserves. Summer also returns us dozens of varieties of crisp, ripe apples, many of which we can store and enjoy well into the winter months. Grapes are hanging ripe on vines, ready to be picked to make wine.

Summer delights also are those souvenirs or treasures you've picked up on vacation or your travels elsewhere in the world. Now that you're home again, you might print out a favourite photograph and frame it above your desk to remember a fabulous sunset. Or you unpack treasures you have bought at a country art



fair, or a new piece of jewelry, or a beautiful handmade object. Some of us bring back gifts for friends and family that we've found along the way. Children arrange shells they've found or perhaps rocks to make a collection to bring to school!

For many, summer was a great time to catch up on reading or movies. Now think back on how much you were able to read, what shows you enjoyed, what you might want to recommend to a friend. Websites like [www.Goodreads.com](http://www.Goodreads.com) are a great place to record what you've read and get ideas for next year. Maybe you kept a journal or travel diary that you want to share, or at least, file away for your own enjoyment. Others write poetry, even songs, inspired by the last few months.

Summer delights can mean the time you've had to catch up with old friends or travel to visit friends and relatives in different places. Even a few days catching up, talking and visiting together reinforce relationships, making them richer and stronger.

And finally, all those photos! You'll look at them in the months to come, so take a moment to organize them. Maybe, make a short video or presentation, print off a few favourites, post the ones you like on Facebook or Instagram. Label them "Summer Delights!"

Summer may end according to the months, but summer delights carry us through the year, returning as we keep those sunny days in our minds and our hearts. What were your summer delights? And how are you keeping them with you?

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# Foodtalk

## Peppers: Some like it hot! Some like it even hotter!

Peppers, sweet and hot, were first cultivated in Central and South America over 2,000 years ago. They were introduced to Europe when Christopher Columbus brought them back with him to Spain after his first voyage to the New World in 1492. Most believe that Columbus named the plant, calling it "pimentito" or "pepper", out of a mistaken belief that he had discovered black pepper. Peppers then made their way via traders to India and Southeast Asia and China.

### What makes a pepper hot?

Capsaicin (pronounced kap-SAY-sin) is the compound that makes a pepper a chili pepper and gives it heat. Up to 80% of a hot pepper's capsaicin is located in the seeds and the white membranes, so if you're sensitive to heat, trim these parts off.

Generally, the larger the pepper, the milder the heat.

### Health and hot peppers

One raw medium pepper contains 19 calories and is an excellent source of Vitamin C and folacin. The capsaicin in peppers is believed to lower blood pressure and high cholesterol.

### How hot can you take it?

The "heat" is measured in what is known as Scoville Heat Units (SHU). Here is a guide of what to expect from some of the more popular kinds of chili peppers harvested this fall.

**Jalapeños** (SHU: 2,500-10,000 – mild to hot) are one of the most common chili peppers. Usually green, they are great for those who like a bit of heat, but not too much. A popular dish is stuffed Jalapeños with cream cheese. Other favourites include salsa, pickled, stuffed and deep fried. Chipotle peppers are made out of smoked, ripe jalapeños.

**Serrano** (SHU: 10,000-25,000 – hot) are a spicier cousin to jalapeños. They often are used as substitutes

when more heat is desired. The most common colour is green, but they can also be red, brown, orange or yellow. Commonly used in salsa, guacamole and as a pizza topping.

**Del Arbol** (SHU: 50,000-65,000) are the peppers you see dried and hung in garlands. They are a deep bright red even when dried. The drying process actually makes them stronger. Their smoky and acidic heat make them good for Indian, Szechuan (Chinese) and Central American cuisines.

**Tien Tsin Peppers or Chinese Red Peppers** (SHU: 50,000 – 75,000) are the surprisingly hot, dried chilies usually used as a flavouring that are removed prior to serving (unless you order your meal extra hot). The Tien Tsin pepper's small body, long form and big heat also make them terrific infusion chilies for oils, vodkas and other beverages.

**Habaneros** (SHU: 100,000-350,000 – extremely hot) look like mini bell peppers, but these little guys pack heat! They can be orange, red, white, brown, or purple. Their bright, fruity flavours are perfect for salsa (extra hot) and hot sauces

**Scotch Bonnet** (SHU: 100,000 – 350,000) is considered the pepper of the Caribbean islands, 12 to 140 times hotter than the Jalapeño. This sweet but very hot pepper is used in Caribbean cuisine, including jerk chicken or pork.



# THE EYES HAVE IT

Eyes are so important, yet many of us forget to take care of them! Eyes give us sight, make it possible to take in the beauty of the world around us, admire the people we love, watch our favourite shows and read.

**How the eye works** – In many ways, the human eye works much like a digital camera:

1. Light is focused primarily by the cornea – the clear front surface that acts like a camera lens.
2. The iris of the eye functions like the diaphragm of a camera, controlling the amount of light reaching the back of the eye by automatically adjusting the size of the pupil.
3. The eye's crystalline lens is located directly behind the pupil. This lens helps the eye automatically focus on near and approaching objects, like an autofocus camera lens.
4. Light focused by the cornea and crystalline lens (and limited by the iris and pupil) then reaches the retina – which acts like an electronic image sensor of a digital camera, converting optical images into electronic signals.

The optic nerve then transmits these signals to the part of the brain that controls our sense of sight.

**Keep your vision sharp** – As we age, everyone has some vision loss, referred to as “AMD” (Age related Macular Degeneration.) There are some simple things we can do that help lessen the loss.

**Have your eyes checked regularly** – Medical professionals can often detect health issues before we're aware of them.

**Protect your eyes from sunlight** – Wear a hat with a brim, and choose sunglasses that provide at least 98 per cent protection from UV rays.

**Eat healthy** – Eat lots of foods high in omega3 fatty acids (e.g. fish) as well as fresh fruit, dark green leafy vegetables and yes, carrots.

**Be active** – Regular exercise and weight control protects eye health.

**Quit smoking** – People who smoke are three to four times more likely to develop AMD.

**Wear eye protection** – When playing sports or working with tools or crafts, protect your eyes with Canadian Standards Association approved safety glasses or goggles.

**Be kind to your eyes** – Light for reading should be stronger than watching TV, and light for sewing or working on crafts should be twice as bright as for reading.

Don't shut off all the light in the room to watch TV or a movie, or to play video games.

**Beware of glare** – Make sure the area around your computer monitor is roughly the same brightness as the screen itself.

If you can see yourself or parts of your environment in your monitor, you also have a glare problem. Adjust the monitor, or consider changing the position of your desk.

**Sunglasses: try before you buy** – Sunglasses should be dark enough to reduce glare. To check this, simply try them on in front of a mirror. If you can see your eyes, the lenses are probably not dark enough to block glare.

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# Travel Fashion



Ever wonder how celebrities emerge from an airplane looking fabulous? No doubt, they have a team of stylists and likely a steam iron on board so they emerge picture perfect. This is not how most of us travel, but it is possible to look good and, at the same time, feel comfortable and prepared wherever you go.

## Check out these great fashion tips!

**Quality not quantity:** Travel fashion calls for quality items, not quantity. You want pieces that keep their shape and feel good to wear. One great shirt that goes with everything and is made out of “breathable” fabric is better than several cheaper tops.

**Layers:** To prepare for temperature changes, you need layers. Always pack a long sleeve t-shirt or turtleneck in a neutral colour that can easily be worn under whatever you’re wearing. If it’s not too tight, and has a flattering neckline so can also wear it on its own.

**A bit of luxury:** A silk camisole (women) or short sleeve quality white v-neck t-shirt (men) is a must. You can add a jacket with some jewelry to turn daytime into evening.

**Fitted Pants with Stretch:** Don’t be a baggy tourist, with slouchy pants, a slouchy bag and oversized jacket. Pack at least one pair of elastane-blend stretch-denim pants or tailored stretch dark pants.

**Tailor it:** Always bring a structure jacket or tailored cardigan that’s neutral, for added style. Pick a fabric that doesn’t wrinkle so you can shove it under seats or into a carry-on bag. Leather is ideal, perhaps a moto or bomber jacket because you can dress it up or down. A tailored trench coat is another good choice.

**Flashy accessory:** With all the neutrals, pack something that’s bright, perhaps patterned, that can dress up an outfit, such as a scarf, vest, shawl or tie.

**Footwear:** Pack shoes you’ve already road-tested and know to be comfortable. Avoid scruffy footwear – it makes the difference between looking put together

or looking like a tourist. Good choices include dark sneakers, boots, loafers/ballet flats.

**Dress-it-up:** If you have space, consider a sleeveless dark dress that can also be a tunic (women); for men, a tie.

## Colours

Pick a neutral pallet, e.g. black and white; taupe and navy; beige, black and white.

## Fabrics

Great travel clothes are cotton/polyester blends that don’t wrinkle; cashmere that always looks good and holds its shape, silk that can be folded into small spaces and adds flare, and fabrics with some spandex or elastane.

## Hat

A great idea for sun and rain protection. Pick one that can be “crushed” into a bag. Make sure it’s one you love so you know you’ll wear it.

## Signature jewelry

One or two great pieces give you style wherever you go. Consider a single gold chain or bangle, a great watch, or stud earrings (gold, silver or pearl).

## Other considerations:

**Look for pockets:** You’ll need them to store phones, glasses, boarding passes, maps, etc. Velcro®, zippered and hidden secret pockets are great if you want to avoid pickpockets.

**For tops:** Pick thinner fabrics that can be washed and dried easily.

**For sunny climates:** Look for UPF Certified sun protection built into the fabric.



## Guide to Social Media

Some days, especially when you are spending time around younger adults and kids, you might wonder how you can ever catch up with what's happening with social media. Just when you are used to Facebook, everyone is talking about Snapchat!

Here is a short guide of what is current now! (be warned, we have no idea what will be trendy next!)

 **Facebook** is still the most popular social media site for all age groups. In particular, it has become the social media platform of choice for adults over fifty! Facebook is great for easily posting photos of events and news, and sharing in someone's good news.

 **LinkedIn** has established itself as the "business person's Facebook". It is not the same, because it uses mostly text, not photos. LinkedIn gives you a way to share news of your business and your career like you would at a business networking event. You can also upload links to articles you've read (or have written), videos of presentations and webinars.

LinkedIn is also a great tool, both for recruiting and for job hunting.

 **Instagram** lets you share images either to show the world something you have created, or promote your own ability to "curate" objects of interest. Designers, for example, post on Instagram to demonstrate their sense of imagination and design. Chefs post images of their favourite dishes. You can also post images of friends getting together, even your cat or dog! But like LinkedIn, Instagram is considered a great way to demonstrate expertise and professionalism.

Instagram can be made public or private, so you don't have to share with everyone!

 **YouTube** may seem like something that someone else uses, but anyone can post a video to YouTube. It's really handy if you want to create an easy-to-view video of a vacation or event. It's also a great business tool for talking about or demonstrating a product. But keep it short! Nothing more than 3 minutes max.

 **SnapChat** is one of the newest tools, used by young adults and teens mostly. It's like Instagram, but once someone opens and views it, the image disappears forever. The idea is that it captures a moment in time, but nothing more. So it's a way to have a conversation, but in picture form.

 **Twitter** continues to baffle some and be adored by others. With limited characters, you post a message or respond to someone else's. You can even "re-tweet" if you like something. Twitter is not good for promoting or selling, you'll just be ignored. But if you're good with wise one-liners and comments, it can help build a brand or personality.

 **Pinterest** is another visual social media tool, used in the "do-it-yourself" community. It's similar to searching "images" on Google. If you're looking for inspiration, Pinterest is a great place to start.

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# Watermelon: Not just any other fruit!



When we think of hot summer days and picnics, we think of watermelons. The refreshing quality and sweet taste help to combat the heat and provide a guilt-free, easy to prepare dessert. Made up of 92 percent water and full of important electrolytes, watermelon is a great snack during the hot summer months to prevent dehydration.

Watermelon is actually a nutrient dense food. It provides high levels of vitamins, minerals and antioxidants, and just a small number of calories.

**One cup of watermelon contains:** 17% of vitamin A, 21% of vitamin C, 2% of iron and 1% of calcium

### Special Health benefits

**CHOLINE** – found in watermelon - is a very important nutrient that helps our bodies sleep, aids muscle movement, learning and memory. Choline also helps to maintain the structure of cellular membranes, assists in the absorption of fat, and reduces chronic inflammation.

**SKIN** – Watermelon is great for the skin. It contains vitamin A, a nutrient required for sebum production, which keeps hair moisturized.

**MUSCLESORENESS** – Watermelon and watermelon juice have been shown in athletes to reduce muscle soreness and improve recovery time following exercise. Researchers believe this is because of the amino acid L-citrulline contained in watermelon.

### Watermelon fast facts!

- There are five common: seeded, seedless, mini (also known as personal), yellow, and orange.
- They have been grown for thousands of years, they were enjoyed by the Ancient Egyptians
- They belong to the botanical family “Cucurbitaceae”, along with cantaloupe and honeydew
- According to the Food and Agriculture Organization of the United Nations, China is the top producer in the world, with 75 million produced in 2014.

- Watermelon is thought to aid conditions including asthma, cancer, and inflammation.
- They has more lycopene than any other fruit or vegetable, which has been linked to reducing prostate cancer.
- There is a National Watermelon Promotion Board!

### Is it ripe?

Look for a watermelon without any soft spots or bruises. Tap it gently. If you hear a hollow sound, it is ripe.

### Ways to use

Cut in half. Scoop pulp out with a melon “baller”, then fill up the “melon container” with the melon and other fruits of choice!

Slice in rectangles, wrap and freeze for a tasty cold Popsicle-style snack.

Put diced watermelon and a few ice cubes in a blender for a cold, refreshing electrolyte drink.

Blend as above and add to your favourite smoothie

Scoop out in “balls” (using a melon utensil), wrap in prosciutto or salami. The salt and watermelon are great combinations.

### Watermelon Salad

Dice watermelon, mint, and fresh mozzarella (or feta cheese), gently toss with Arugula or spinach, and drizzle with balsamic dressing.

## Tiny village with big heart – Keep an open “travel” mind



Summer and fall is popular time for traveling. There are many dream places we wish to visit, for the unique experience, fascinating culture, and special food to enjoy. Most of those places we learned often from reading books, watching movies, or being recommended by others.

My little quest for icebergs this July long weekend turned out to be a bit more than I expected. It was a return trip to the northern part of Newfoundland, as I missed seeing the icebergs last year on my visit in August.

From Gander Airport, I set out to the area with the most reported sightings of icebergs by travelling tourists. I feasted my eyes on a commercial trip where I was able to get very close. Mission accomplished, so I thought.

Just as I made plans to switch from berg hunter’s mind to a cultural experience in Twillingate, for the remaining one and a half days before returning home, I learned about another giant iceberg off the coast in a very remote village. With little thought, I cancelled my accommodation, the live theatre and dinner plans I’d made for my last day, and headed out by car – 450 kilometres each way!

I arrived at Fleur de Lys around 5 pm. The tiny little port community of around 250 people is located at the end of Highway 410. At the top of the road, a giant iceberg appeared in my sight! It had, in fact, been there for days, but the community is so remote, no tourist had reported it.

My next wish was to view it from up close. I asked two local fishermen, brother and sister Patty and Sal, who were heading out for an early evening fishing trip, to take me on their boat. We circled around the

iceberg to thoroughly enjoy the giant beauty, every angle of it. My dream was real!

Here I was, at the far eastern end of the country, in the ocean, in a boat with two authentic local fishermen, enjoying this giant natural beauty! The next morning, my breakfast was a feast of eggs, ginger cookies and fresh brewed coffee (donated by fellow travellers) with the magnificent view of the iceberg.

I had no doubt that my side trip was the best thing I could’ve done. In my master plan, I would’ve never had set aside time to visit a tiny town like Fleur de Lys, but my visit truly left the most memorable experience. It made my trip much more than about me: it became about the people, the land, and the majesty of these remote, rural areas.

When traveling to exotic places, it is never just about the things we see, but also the people who bring the place to life. Next time you are on the road, before you say “there is nothing else here to see or do”, keep an open mind. It truly raises the bar on your travel experiences, making them greater than you had originally set out for!

Happy travelling! Experiences like these create lifetime memories!

### FACTS:

- Fleur de Lys – named after a hill in the shape of a lily, according to the locals
- Fleur de Lys’ Dorset Soapstone Quarry is a designated national historical site
- There are four hiking trails with ocean view and picnic decks on the water, just for visitors to enjoy
- Among the 250 residents, almost everyone is related

by Hong Zhao

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# Falling into Fall Harvest

All year round there is a treat that many of us eagerly await – it's that first bite of a fresh Ontario peach, those first slices of vine-ripened tomatoes, unbelievably sweet Ontario strawberries, blueberries packed full of flavour, a bowlful of black and red cherries, juicy and sweet Ontario muskmelon. The season for fresh fruit is short. Don't miss out! Find out when our fresh fruit is at its peak and go ahead, take a big bite!

| Aug. | Sept. | Oct. | Produce            | Produce          | Aug. | Sept. | Oct. |
|------|-------|------|--------------------|------------------|------|-------|------|
|      |       |      | Apples 🍏           | Nectarines 🍑     |      |       |      |
|      |       |      | Asian Veggies 🥬    | Onions 🧅         |      |       |      |
|      |       |      | Beans 🍲            | Parsnips 🥕       |      |       |      |
|      |       |      | Beets 🥕            | Peaches 🍑        |      |       |      |
|      |       |      | Blueberries 🍷      | Pears 🍐          |      |       |      |
|      |       |      | Broccoli 🥦         | Peas 🍓           |      |       |      |
|      |       |      | Brussels Sprouts 🥦 | Peppers 🌶️       |      |       |      |
|      |       |      | Cabbage 🥬          | Plums 🍑          |      |       |      |
|      |       |      | Carrots 🥕          | Potatoes 🥔       |      |       |      |
|      |       |      | Cauliflower 🥦      | Radicchio 🥬      |      |       |      |
|      |       |      | Celery 🥬           | Radishes 🥕       |      |       |      |
|      |       |      | Corn 🍫             | Rappini 🥬        |      |       |      |
|      |       |      | Cranberries 🍷      | Raspberries 🍷    |      |       |      |
|      |       |      | Cucumber 🥒         | Rutabaga 🥕       |      |       |      |
|      |       |      | Eggplant 🍆         | Spinach 🥬        |      |       |      |
|      |       |      | Garlic 🧄           | Sprouts 🥬        |      |       |      |
|      |       |      | Grapes 🍷           | Squash 🍲         |      |       |      |
|      |       |      | Leeks 🥕            | Sweet Potatoes 🍠 |      |       |      |
|      |       |      | Lettuce 🥬          | Tomatoes 🍅       |      |       |      |
|      |       |      | Mushrooms 🍄        | Zucchini 🍆       |      |       |      |

## LOCAL FARMERS' MARKETS

**East Lynn Park Farmers' Market**, 1949 Danforth Ave  
Thursdays, 3-7 pm, June-October | my-market.ca

**East York Farmers' Market**, East York Civic Ctr, 850 Coxwell Ave  
Tuesdays, 8 am-2 pm, May-October

**Fairmount Park Farmers' Market**, 150 Greenwood Ave  
Wednesdays, 3-7 pm, May-October | fairmountmarket.ca

**Leslieville Farmers' Market**, Jonathan Ashbridge Park  
Sundays, 9 am-2 pm, May-October | leslievillemarket.com

**Market 55**, 97 Main St. Community Centre 55 parking lot  
Sundays, 9 am-1 pm

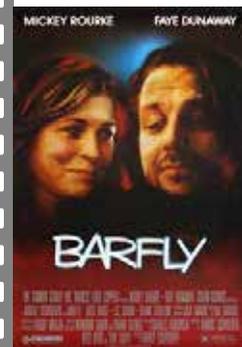
**Withrow Park Farmers' Market**, 725 Logan Ave  
Saturdays, 9 am-1 pm, June-October | withrowmarket.com

# Movies that will quench your thirst

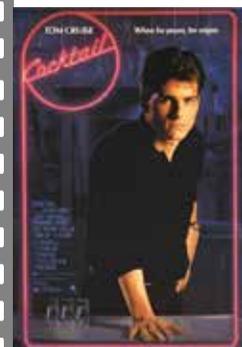
Nothing says summertime refreshment like a cool beverage on the patio. These films highlight the art (and often overindulgence) of cooling down and enjoying a drink (or two...) with friends and family. Remember to enjoy these movies responsibly.



**The Lost Weekend** (1945) Dir. Billy Wilder; Ray Milland, Jane Wyman, Phillip Terry



**Barfly** (1987) Dir. Barbet Schroeder; Mickey Rourke, Faye Dunaway, Alice Krige

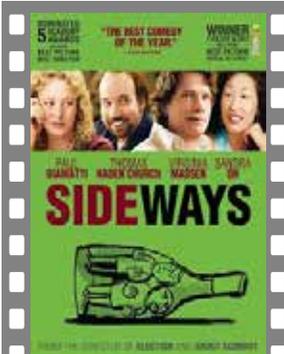


**Cocktail** (1988) Dir. Roger Donaldson; Tom Cruise, Bryan Brown, Elisabeth Shue



**Road House** (1989) Dir. Rowdy Herrington; Patrick Swayze, Kelly Lynch, Sam Elliott

**Leaving Las Vegas** (1995) Dir. Mike Figgis; Nicolas Cage, Elisabeth Shue, Julian Sands



**Sideways** (2004) Dir. Alexander Payne; Paul Giamatti, Thomas Haden Church, Virginia Madsen



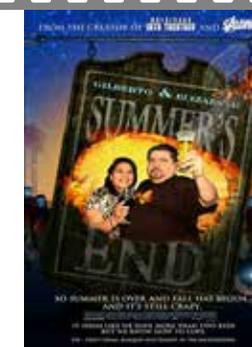
**Beerfest** (2006) Dir. Jay Chandrasekhar; Jay Chandrasekhar, Kevin Heffernan, Steve Lemme



**The Angels' Share** (2012) Dir. Ken Loach; Paul Brannigan, John Henshaw, Roger Allam

**Drinking Buddies** (2013) Dir. Joe Swanberg; Olivia Wilde, Jake Johnson, Anna Kendrick

**The World's End** (2013) Dir. Edgar Wright; Simon Pegg, Nick Frost, Martin Freeman



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Beaches Living is introducing a brand new online service to connect local businesses with residents – faster and better. The Marketplace is an online billboard for businesses and residents to post their **News** or **Needs**.

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**QUALITY** – information is controlled

**PROMOTIONS** – Marketplace is promoted through Beaches Living publications, online, email newsletters and social media

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Share your **NEWSWORTHY** messages with us, such as Events, Anniversaries, Announcements & Special Occasions. We will share it with our community friends.



## Thank you to everyone who took part in Let's BEACH! 2018.

On June 23<sup>rd</sup>, Beaches residents, local businesses and community groups got together at the boathouse, along the boardwalk, to celebrate the arrival of summer.

To find out more about the participating businesses and to view event photos and videos visit [beachesliving.ca/letsbeach](http://beachesliving.ca/letsbeach).

### PARTICIPATING BUSINESSES:

- 30 Minute Hit Beaches ..... [30minutehit.com](http://30minutehit.com)
- Balmy Beach Canoe Club.. [balmybeachcanoe.com](http://balmybeachcanoe.com)
- Beaches Reading Clinic....[beachesreadingclinic.ca](http://beachesreadingclinic.ca)
- Simply Math Tutoring ..... [simplymathtutoring.ca](http://simplymathtutoring.ca)
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Lorraine Daigle, Maria Shiyavone, Patrick Domagala, Roland Roushias,  
Steve Hozjan, Tasha Estey

And gracious support from Real Storage, Starbucks, City of Toronto,  
Parks and Recreation, Boardwalk Place, and Stephenson's Rentals!

See you next year!

## my Secret Beaches Spot

**Congratulations to Ivana T.** – the winner of June's Secret Beaches Spot contest: *the lake west of Northern Dancer and North of Lake Shore, part of the Woodbine Park.*



**Send us** a photo of your Secret Beaches Spot with a brief description.

**If we use it you will receive two Beach car/window stickers of your choice.**



Email your photo: [info@beachesliving.ca](mailto:info@beachesliving.ca).



“This Weeping Copper Beech is not a tree you see all the time but you will have a special feeling if you are lucky enough to come across it.” – *Maria S.*

**Do you recognize it? Tell us where the Secret Beaches Spot photo was taken, and you could win two Beach car/window stickers of your choice.**

Email your answer by September 10 to [info@beachesliving.ca](mailto:info@beachesliving.ca).

## The Art of the Focus Group



Have you ever lined the shelves of your store with a new product or offered a terrific new service, and then waited until someone bought what you were selling? Maybe they looked at the items, even asked about them, but then put them back on the shelf.

When you are selling a product or service, it can be very difficult to figure out what people actually are going to buy. You can take a guess, according to what you think, or ask a family member for their opinion, but this doesn't give you a broad enough answer. If you're a large business, you might be able to invest in expensive market research, but even then, how confident are you that the researcher actually knows your market and your products?

This is when a focus group comes in handy. It's something any business can do, large or small. Nothing beats sitting down face-to-face (or in an online chat) and letting potential customers talk in front of you. It's better than a survey because you actually hear the reason behind the answers.

Best of all, you'll have a much clearer idea as to what your customers want and what they don't want!

### How to set it up

- Set up your focus group in person, or as an online chat. Pick the format that is most comfortable for your audience.
- Approach a few of your customers or put a sign-up sheet in your store. A good size is 8-10 people.
- Send out a short survey to those that have shown interest. Make sure you've got the right group – for example, if you are doing a focus group about coffee, make sure your participants drink coffee.
- Only use first names and ask permission to keep names and email addresses on file for follow up.

- It's always nice to provide an incentive, such as a gift card for each participant.
- Set a time limit – an hour but no more than two.
- An assistant is a good idea so there are no interruptions and you have someone to take notes.
- If you record the discussion, let everyone know and get their permission.
- Let your group talk but don't let one person dominate. This is why it is good to have a second person with you to help move the discussion along.

### Questions to ask

Ask questions that give you definitive answers. Vague questions gives you vague answers, for example:

Vague: What style of umbrella would you buy?

Clear: Do you prefer a neutral shade for an umbrella or a bright colour?

Vague: Do you like this product?

Clear: Would you buy this product?

### After the event

- Thank everyone and possibly give them a thank you gift.
- A month or two later, send a note to follow up on what you've done because of their input. You don't need to tell them everything, but encourage them (in case you do another focus group) by giving them some inside info!

## bizprofile

### From Corporate Life to Family Business



After 25 years as a successful marketing executive for large, big brand accounts, Carolyn Scharf made a very gutsy move—the single mom left the security of her job and set up her own business.

"I just couldn't get excited about the work anymore," she says, "I had to try something different."

Carolyn chose the spa industry because of the growing awareness of massage therapy and its benefits. The benefits of regular massage therapies are very apparent these days for lowering stress and treating muscle tension.

"People these days are so stretched with their time," she explains, "and as much as we like technology, it's because of technology that they are always connected. It means people have to be always 'on'."

After researching various options, she opened the Hand & Stone Massage and Facial Spa on Kingston Road in July 2017.

Becoming a franchise owner meant a big personal investment, especially for a single mother. Carolyn points out that she's not some "big chain"; the business is hers, and making the business a success is up to her. Fortunately, she's had great support, especially from her young son, William, who even cut the ribbon when the store opened a year ago.

After a year in business, Carolyn describes her first year as "amazing". "People in this community are just so incredibly nice," she says. This fall, Carolyn is hosting a one-year anniversary party. A true family affair, William is already helping with the plans!

Located along the popular Kingston Road "Upper Beaches" strip, Carolyn finds that it's more like working in a small village than the middle of a big city. There's so much foot traffic, in fact, many people just stop by to say hello!

"The work I used to do was so far away from the consumer," she notes. "Now I get to talk and interact all the time, and really feel part of the neighbourhood."

Growing up, Carolyn was a girl "from the north." She lived in Sudbury, then Chapleau, and attended high school in North Bay. But for over a decade, Carolyn has lived at Queen and Greenwood, and her son attends Pape Avenue Public School. In fact, most of the 15 full and part-time staff who work at the spa also live in the area.

The first impression that visitors have when they enter Hand & Stone is the beautiful, calming décor. For the many customers who come for therapeutic treatments, this makes it possible to have a clinical treatment with Registered Massage Therapists, but enjoy all the luxuries of a spa environment.

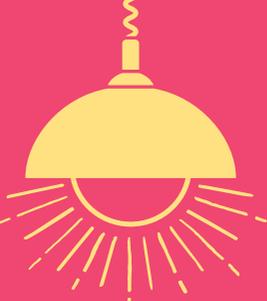
"About 70-80 percent of our massages are therapeutic massages," says Carolyn. This also means customers with insurance coverage can receive receipts for therapeutic treatments.

Facials are another popular choice, and with the number of staff and rooms, many women come with a friend for a girl's "getaway". But Carolyn notes that the real benefits of skin care and massage come when you have regular treatments. This is where the monthly subscription package offered at Hand & Stone is so popular. The price point makes regular treatments accessible to people who otherwise might find a one-time treatment too pricey.

The full service spa offers various massage therapies as well as facials and skin care treatments. She also carries top line skin care products from Dermalogica and Yonka, a plant derived and holistically formulated product line with essential oils.

"We have many people who come who have never had a massage before," she says, "and many that come regularly. So come and stop by, even just to say hello!"

Hand & Stone Massage and Facial Spa, Beaches  
974 Kingston Road, 416-901-8626  
handandstone.ca/locations/toronto-beaches



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## coming, going and on the move

### Welcome new neighbours:

- Billy's Diner – 99 Pape Ave.
- Boardwalk Grill – 1681 Lake Shore Blvd. E.
- Chocollata – 986A Kingston Rd.
- Hello Gorgeous – 1594 ½ Queen St. E.
- IDA Pharmacy – 1868 Queen St. E.
- Jasper Dandy – 725 Queen St. E.
- M'Eat Resto Butcher – 806 Queen St. E.
- Magenta Health – 1868 Queen St. E.
- MexiCados Burritos & Bowls – 1022 Queen St. E.
- Pizza Nova – 714 Queen St. E.
- Pulp Kitchen – 689 Queen St. E.
- Skin Toronto – 1594 Queen St. E.
- Tail Blazers – 1089 Kingston Rd, Unit 8
- The Turn Lab – 2216 Queen St. E.

- Fred's Sports Ltd – 1044 Kingston Rd.
- Icy Spicy Fusion Restaurant – 99 Pape Ave.
- Los Hermanos Cocina Mexicana – 986A Kingston Rd.
- Neat Things – 1126 Queen St. E.
- Top Drawer Creative – 2216 Queen St. E.
- Trinity on Main – 149 Main St.

### On the Move (new location)

- ENDS Clothing – 41A Charles St.
- Ilavsky Chartered Accountants – 952 Kingston Rd.
- Lady Marmalade – 265 Broadview Ave.
- Rowe Farms – 2120 Queen St. E.

### Change of Name

- Cliffside Studio (formerly Beaches BathCity) – 1670 Kingston Rd.
- Method Fitness in the Beach (formerly System Fitness Beaches) – 1671 Queen St. E.

### Thank you and best wishes:

- Beach Shawarma – 1608 Queen St. E.
- Critter's Castle Pet Shop – 1607 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. Contact us at: [info@beachesliving.ca](mailto:info@beachesliving.ca) or 416-690-4269.



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