

# Beaches

Summer - June/July 2018

# life

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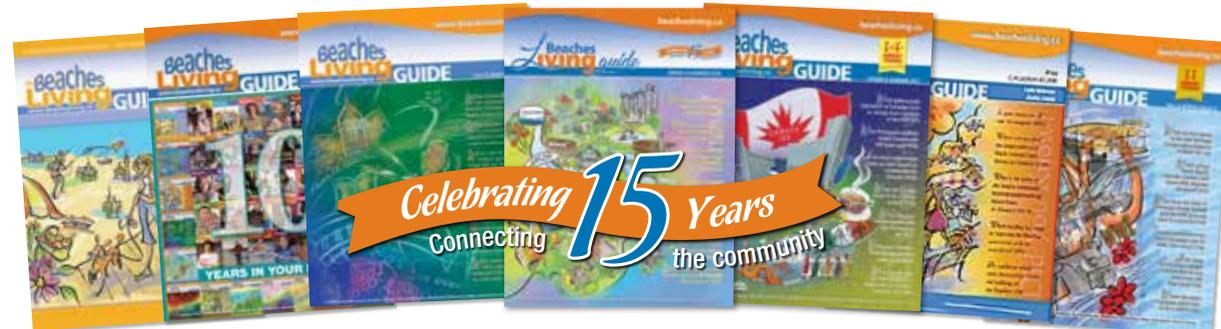
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Your comments and suggestions are welcome.

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DISCLAIMER: Beaches*life* made every attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.



We all know him as the blue-haired chef who yells a lot and calls himself the “demon chef”. But the term “demon” may not be what you might think. “Demons are playful,” Alvin explains, “They are mischievous, they like to create and surprise people, you know, have some fun!”

It's the element of fun and play that has characterized Alvin's cooking since he first decided to become a chef over 15 years ago. To this day, Alvin embraces a sense of play and humour as his philosophy to face life's challenges.

“People need to have fun,” he says, “Especially these days when everyone is trying to do and say the right thing.”

As for the “yelling”, it's all part of what's made him a top chef.

“I love to create,” he says, “I love to make food. I love to boss people around. Sure, I yell, it's very common a kitchen were people are working together and everyone is trying to do their best. It's just that most of us are perfectionists, and when things aren't going perfectly, there is going to be some emotional exchanges. But nothing is kept ‘overnight.’”

He adds that there is a lot of yelling at hockey games and construction sites as well!

Alvin has just finished another successful season of *MasterChef Canada*, where he joined Michael Bonacini and Claudio Aprile in judging twelve home cooks for the top prize of \$100,000 and the life-changing title, *MasterChef Canada*.

Born in Britain, Alvin moved to Hong Kong with his parents as an infant, and then in the 1960s, the family emigrated to Canada where his father was attending the University of Toronto. Alvin quickly began to absorb Toronto's culture, and became a life-long Toronto Maple Leaf fan. After all, he says, he saw the last game when the Maple Leafs won the Stanley Cup in 1967. He even suggests that perhaps that is the reason he dyes his hair blue!

Alvin attended L'Amoreaux Collegiate in Scarborough, and then graduated with a degree in acoustical engineering from the University of Toronto. But after working as an engineer for many years, his life took a sharp turn! He recalled how much he enjoyed working as a busboy at a restaurant one

...continues on page 6



Photo Credit: Courtesy of CTV

continued from page 5...

"I summer, when he was sixteen. "That's when I decided cooking was much more practical than engineering," he quips. So he set out to become a chef.

Cooking came naturally to him, and with a personality that's not afraid of making mistakes, he set out to learn the industry. In 2003, the self-taught chef had taken over a struggling restaurant in Hong Kong called Bo Innovation, which had been run by a friend of his. His creative dishes soon began to catch the attention of food lovers and critics alike. He began referring to his fusion dishes as "X-treme Chinese." By 2009, Bo had been awarded two Michelin Stars, a huge triumph for Leung.

Alvin credits his road to success to learning and observing along the way, and not being afraid to make mistakes. "There are days when things aren't going well, but overcoming challenges has always brought me satisfaction," he says. "At the end of the day, I'm a pretty lucky guy, I don't complain about life and I'm very happy with what I'm doing."

One challenge Alvin faced a few years ago was a diagnosis of Type 2 Diabetes. He manages his diabetes with exercise, and watching his blood sugar levels. "It's not the end of the world," he says, "and that's how others need to think about it." He then reminds us of the high percentage of people who have

Diabetes, a condition expected to expand over the next decade because of the aging population.

Today, Chef Alvin Leung refers to himself as a true "Scarborough boy" and proud of it, even though he's quite the world traveller these days. He currently lives in Hong Kong but with a thriving restaurant in Toronto and his successful show on CTV, he frequents Toronto and has a residence here. He and his wife Abby have a daughter, who works as an architect. He also has TV appearances and operates restaurants on two other continents (Singapore, Shanghai, Hong Kong, UK).

Five years ago, Alvin joined the judging panel of MasterChef Canada. When the first-ever season was over and done with, the winner Eric Chong joined forces with Alvin Leung and they opened R&D, a modern Canadian-Asian restaurant in the heart of Chinatown. "R&D" aptly stands for "rebel and demon"!

As for future goals, Alvin has a philosophy about planning for the future. "I don't think about it too much, instead I take each day at a time. I have dreams, and continue to have dreams. But goals mean you've stopped. I don't intend to stop!"

Season 5 of *MasterChef Canada* returned this April to CTV, and airs Tuesdays at 9 p.m. ET on CTV.

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## What does father really want for Father's Day?

What does dad really want this Father's Day? Kids of all ages usually have a special bond with their father. But figuring out what he wants can be difficult.

Well, it depends on the dad! Is he a music buff? Consider getting him a pair of hip new headphones. Is he an avid runner or cyclist? He may enjoy a fitness tracker so that he can monitor his progress.

Before setting out to do some shopping, ask yourself some questions to figure out your Father's Day gift profile:

- When you were a kid, what did he like to talk about? This can be a good clue. Perhaps there's a book or movie that would bring back some great memories.
- What are his favourite sports teams? Best player?
- What is his perfect kind of entertainment? Tickets to a baseball game, tickets to a rock concert, or movie night at home with pizza delivered?
- Does he like to cook a certain kind of food? Or have a special drink that reminds him of summer?
- Is there something he needs done, but doesn't have time for (like a fence to be painted, a garage to clean?)
- Does he have a favourite place to eat?
- Is there anything he "just can't get anymore", but you can find it for him?

**Some ideas, depending on the age of the giver:**

### Young Children

Think of something they can make or do for dad. Perhaps sing him a song they've prepared, paint or draw a picture and frame it.

**IDEA:** Make dad his own placement! Once the artwork is done, take it to a local office supply store for lamination.

### School-age Children

Cook or bake his favourite treat (with supervision!) or take him on an "exploration walk" around the neighbourhood

**IDEA:** Write a story for him about his life (bind together into a booklet with pictures, or make it a photo story on a tablet/computer).

### Teenagers

Fathers love it when someone helps with a chore, or works on a project with him so he can get it done. It might be cutting the lawn or cleaning the BBQ.

**IDEA:** Wash and "detail" his car! Perhaps leave a new accessory inside as a treat.

### Adult Children

In one poll, the top choice for a Father's Day Gift was having dinner with his family. Pick his favourite food and gather everyone together. Dinner could include a short day-trip.

**IDEA:** For family members who are out of town, have everyone join together by Skype at an arranged time.

If you have time, consider personalizing a gift to make it extra special. Whether it's with an engraving or a monogram, this is a sure fire way to honour your father, and make him feel exclusive

**NOTE:** According to one poll, he definitely does not want a tie. It even beat out underwear, followed by cologne, socks, and power tools. The top choice? Dinner with his family!



# Be Kind To Our Pollinators

This past harsh winter was difficult for Ontario's bee population. We need the bees to pollinate our plants, along with butterflies, many insects (like dragonflies) and specific bird species. Pollinators result in the production of seeds, essential for plants – trees, flowers, and vegetables.

If you have a balcony, a patio, or back yard, even a single window box, you can do your part to encourage our pollinators.

### **Plant Host Plants**

Pollinators need host plants to lay their eggs. For example, Monarch butterflies only use native milkweed. Once the larvae hatch, they feed on the milkweed and then move on to other food sources in your garden.

There are many host plants, including asters, nasturtiums, mallow, black-eyed susan, hollyhock and many herbs.

### **Create a habitat**

Even if you have a small space, set up an area where pollinators can live. Garden retailers offer a wide selection of habitats for beneficial insects (kind of like "insect hotels"), e.g. the popular and inexpensive Mason bee house makes an attractive and interesting addition to any garden.

### **Water**

Water is essential. A container of fresh water in a sheltered spot turns your yard into a welcoming waterhole for visiting butterflies, bees, dragonflies, birds, and many other insects.

Line a shallow container with small pebbles or marbles so small pollinators can drink and bath without drowning. Water for butterflies should be provided in the form of a puddle in a sunny area, preferably near the butterfly garden.

### **Be a little messy**

Put away that leaf blower! A fallen branch or log pile is a perfect habitat for bees and insects. Bees and certain butterflies love weeds like dandelions. Butterflies hide

in old leaves and peeling bark. Twigs and brush are perfect perches to small, delicate pollinators.

### **Keep it natural**

Eliminate insecticides from your butterfly garden. Learn to tolerate some chewing and damage to plants. Some of that is caused by caterpillars—the butterfly larvae that turn into butterflies!

### **Expand your options**

Choose plants that produce a lot of sweet nectar flowers.

- Annuals provide nectar all summer. Easy to grow varieties include: sunflowers, zinnias, sweet alyssum and cosmos.
- Perennial flowers provide nectar during certain periods when they are in bloom, so select a variety. Try cardinal flower, coral bells, many hosta varieties, echinacea, rudbeckia, black-eyed susan, asters and monarda (bee balm).

### **Keep learning**

The simplest things that attract pollinators:

- Hummingbirds love tubular shaped flowers: lavatera, hollyhocks, day lilies, cardinal flowers (a favourite!), fuchsia, monarda, morning glory and petunias
- Bees are most attracted to white, yellow, blue and purple flowers
- Butterflies are nearsighted, so plant in groups or masses so they don't miss out!
- Generally speaking, flat flowers, like those in the daisy family, are easy for butterflies to land on and tubular flowers seem to be preferred by hummers



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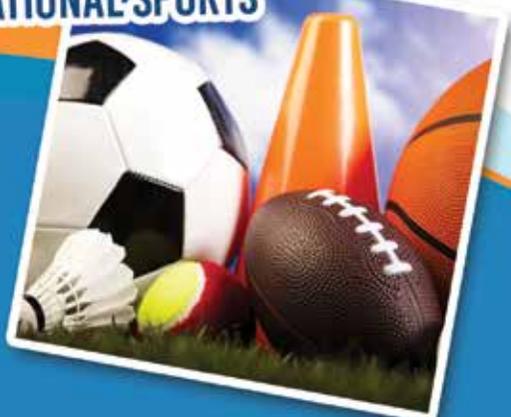
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# Foodtalk



## Poké Bowls

They've been called the "next generation of sushi". Poké bowls are the latest food trend sweeping North America.

Pronounced poh-keh, a poké bowl is typically chunks of raw, marinated fish – usually tuna – tossed over warm rice and topped with vegetables and Asian sauces. The word "poke" means to slice or cut. The idea is that a poké bowl is convenient, with bite sized pieces together in one bowl.

A great poké has contrasting textures, flavours and temperatures. There are various customized options, but the basic ingredients include:

**RICE FOR THE BASE:** Typically jasmine rice, warmed so it is a contrast to the cold fish. For those who want low-carb options, you can replace rice with something healthier like quinoa, zucchini noodles or a kelp salad.

**FISH:** Sushi-grade fish is the star ingredient, most commonly raw yellowfin (ahi) tuna. But you can choose between several fish, including salmon and snapper, and variations include cooked fish or tofu.

**SEASONINGS:** The cubes of fish are mixed with scallions, sesame seeds and flakes of pink sea salt to enhance the flavour.

**DRESSING:** Sauce choices include soy sauce, spicy black-bean paste, or a classic shoyu ponzu made of soy sauce, sesame oil, rice vinegar, and fresh lemon juice.

**VEGETABLES:** Toppings add texture: avocados are a favourite along with seaweed, crispy garlic, or crispy onion.

**HOT SAUCE:** A red chili mixture called togarashi adds heat; wasabi is another option.

### WHERE DID IT COME FROM?

Poké is a Hawaiian dish traditionally made by fishermen, combining trimmings from their catch of "ahi" tuna (or octopus) with seaweed and sweet onions. Poké bowls also were eaten by Japanese migrants who worked on the Hawaiian pineapple and sugar cane plantations from 1885 onwards. Today in Hawaii, Poké is available everywhere, from gas stations to roadside stands.

### POKÉ PROTOCOL:

- Only the freshest fish, raw and marinated
- Temperature is important – rice should be warm and fish cold.
- Don't forget crunch. Traditionally, crushed candlenuts were used but you can use macadamias, cashews, crisp pickles or even wasabi peas.
- Much of the flavour comes from the dressing, so choose carefully.

### THEY'RE GOOD FOR YOU!

Poké Bowls contain a high amount of protein and good fats; especially Omega 3! Calorie count can vary depending on the toppings.

### AHI POKÉ BOWL

*Toss cubes of yellowfin tuna in a mix of soy, saké and water with finely sliced spring onion whites.*

*Sweeten warm sushi rice with sushi seasoning. For 3 cups of uncooked rice, warm ½ cup (125ml) rice wine vinegar, 2 tbs sugar and 2 tsp salt until dissolved. Add the liquid to warm, cooked rice until seasoned to your liking.*

*Top with the tuna, chopped avocado, sesame seeds, toasted nori seaweed, a few drops of sesame oil and pink pickled ginger. Add a sprinkle of good chilli flakes or perhaps wasabi peas.*

# Swim Suits for Every Body Shape

Shopping for a swimsuit can be frustrating, especially if you keep trying on suits that don't fit properly. After a while, you wonder if you have a body shape that simply can't wear a swimsuit.

Take heart. It's no secret how hard it can be finding the right style that perfectly flatters your body. But there's a style out there for every body shape. You just have to know what will flatter you – and what to avoid.

The first step is to know your general body shape (triangle/athletic, square, hourglass, thin, pear) and try on different styles that highlight the good bits!

## FOR WOMEN

### Full Hourglass

This body shape fits many swimwear styles but you have to decide how much you want to emphasize those great curves. If you want a bit more coverage and support, look for molded cups, thicker straps, and higher backs. Solid colours on top work well. Avoid ruffles, too many embellishments, and string bikinis.

### Athletic (Triangle)

When you have an athletic figure, you also can wear any style, but you might want to give yourself a more "curvy" look, and de-emphasize your wider shoulders. Look for asymmetrical (1 strap), one piece with vertical stripes, or the trendy scalloped neckline. You can wear those great athletic swimsuits and bikinis.

### "Rectangular/ruler straight"

If you have little definition between bust, hips and waist, look for embellishments like ruffles, bows and bold patterns. A suit with padding can help to give you a little somethin' extra. Contrasting solid panels along the sides help create the look of an hourglass

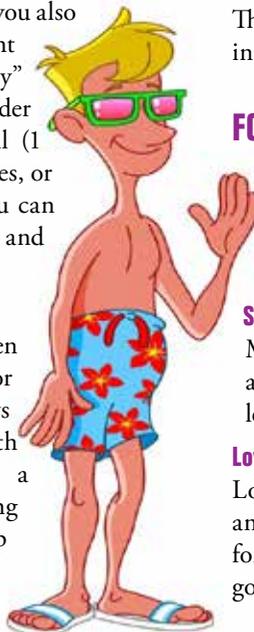


figure. You can also rock a halter or an asymmetrical neckline, which will draw the eye up and away, instead of straight across.

### "Rounder" in the middle

Choose one-piece swimsuits, or long tankinis, perhaps with plunging neckline to keep the attention upwards, rather than on your stomach. Suits that cross over the front diagonally are great as well as front wraps and suits with ruching. Solid colours work, or a tankini with a flare are great.

### Full Hips and Thighs

Balance out a bottom-heavy figure with bold patterns or colors on top that draw the eye upward. Avoid boy shorts that hit straight across the thigh, making them appear wider.

### Burn Easily

Consider swim dresses or the popular rashguard. The long-sleeved tops are worn over a suit, and come in a variety of fun, eye-catching prints.

## FOR MEN

### Tall guys

Choose swim board shorts that land right above the knee. These keep things in proportion, drawing attention away from your height.

### Short

Mid-thigh is the ideal length for guys who stand at 5'8" and under. The shorter inseam makes your legs look longer.

### Love handles

Look for a pair of shorts that feature a narrower cut and a shorter leg. A wide, adjustable waistline is ideal for hiding any hint of love handles. If your legs are in good shape, go for a boxy, mid-thigh fit.

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## Your Own Garden Patch: Less than 100 Miles!

There is nothing quite like going into your garden and picking vegetables for a salad or to cook for dinner. You have such satisfaction that you've actually grown produce yourself. It is truly food grown within a 100 miles!

Just because you live in an apartment in the city or have limited sunlight in your backyard area doesn't mean you have to give up the pleasure of biting into a warm, juicy tomato or sprinkling freshly picked herbs on your dinner. You just have to pick vegetables that are easy to grow in Ontario, and will thrive in the right location.

### Here's what you need to know – to grow!

**SUNSHINE** – Vegetables need full sunlight, which means six hours or more per day of bright, direct sunshine. If you lack a place that is sunny, consider planting in containers with wheels. Then you can move your plants during the day in order to get enough sunlight.

**WATER** – Keep vegetables well-watered, especially when the edible portion of the vegetable plant is developing. Tomatoes, for example, develop best when they have continual moisture during the flowering and fruit development period.

But vegetables do not like soggy roots. Make sure that your garden is well drained, and put holes in the bottom of containers to allow excess water to drain away.

**FEED THEM** – In general, fertilize with a balanced fertilizer such as a 14-14-14 slow release fertilizer. Don't use more than suggested, or you can burn their roots.

**PLANT FOR YOUR SPACE** – If you are using containers or have a small garden space, Look for varieties marked "midget", dwarf, miniature or patio, and for vegetables that produce vines, the word "bush".

**Here are some vegetables that do very well in gardens and containers.**

**CARROTS** – Look for midget varieties of carrots or Nantes, which are shorter and do better in home gardens and containers.

**CUCUMBERS** – Bush varieties do well in a more compact space. Use a tomato cage to help control the vine.

**LETTUCE** – Bibb, kale, baby spinach all do well in gardens and containers. You do have to keep seeding.

**MELONS** – Cantaloupes (muskmelons) do well in gardens but also can be grown in a large container.

**PEPPERS** – Almost any variety of pepper (yellow, red, purple and green bell peppers) are a great choice. Plant extra as you may lose some to pests. Hot peppers also do well. You may end up with more than you can use!

**RADISHES** – Radishes are great, especially for kids to plant, because they germinate quickly.

**TOMATOES** – Cherry tomatoes or beefsteak tomatoes are favourites and both do well in containers. Look for varieties that come in hanging container for balconies!

**HERBS** – Herbs like basil, rosemary, chives, thyme, tarragon and parsley are easy to grow in a garden, window boxes and containers. Check instructions first. Oregano and mint spread so you may want to contain them in pots. Many herbs do well when paired with other plants (such as basil with tomatoes).

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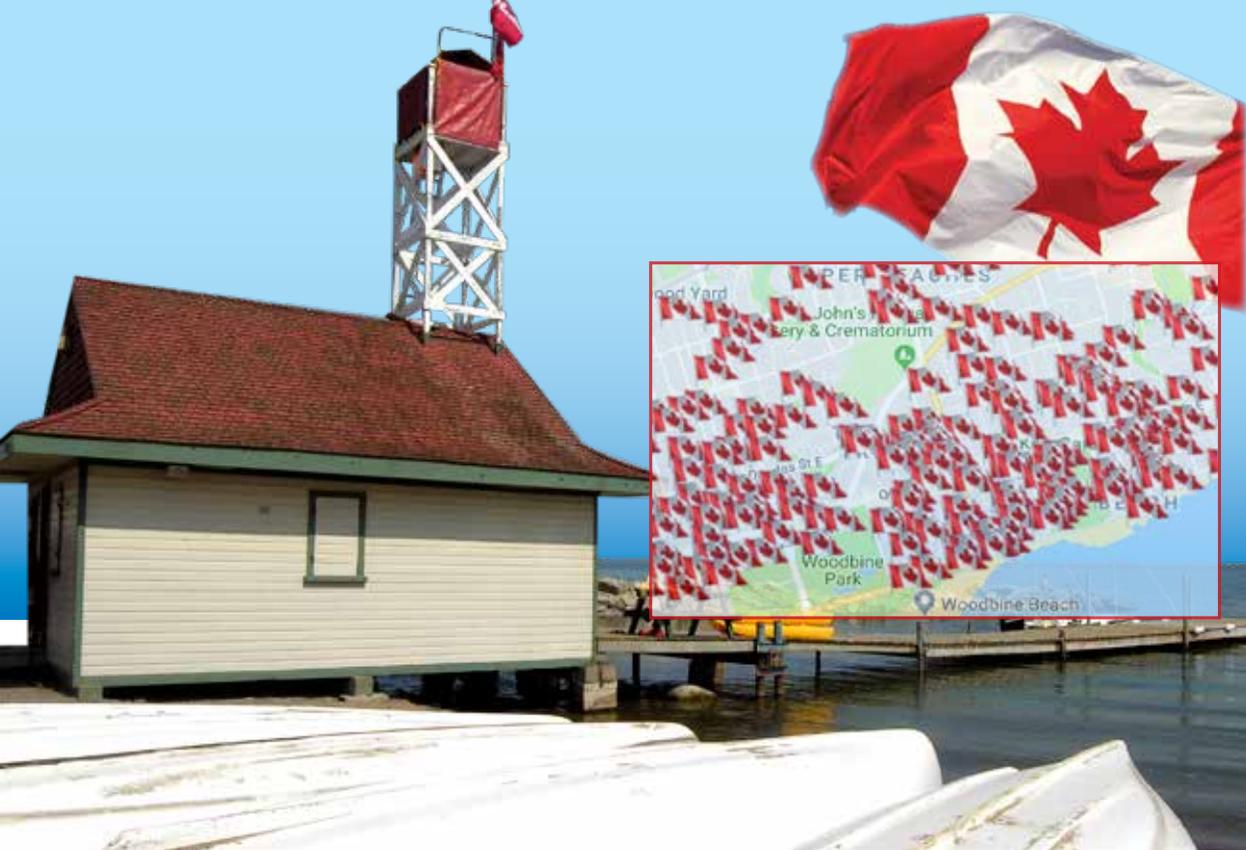
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The 5 colors you need to eat on a regular basis to enhance your health!

## EAT RED FOR HEART HEALTH



Rich in the phytonutrients lycopene and anthocyanin, which benefit the circulatory system, improving blood pressure, organ function and circulation. Red foods also offer sun protection from harmful UV damage.

## EAT PURPLE FOR LONGEVITY



Contain the most antioxidants of all the colors and therefore contribute to overall health, disease prevention and longevity. They also raise the good cholesterol and help maintain a healthy brain.

## EAT GREEN FOR DETOXIFICATION



Getting their color from chlorophyll, a natural blood purifier that support the liver and kidneys in the elimination of toxins. Green foods also contain high amounts of Vitamin K, which is necessary for blood clotting and building strong bones.

## EAT WHITE FOR IMMUNE SUPPORT



Natural white foods have a wide range of beneficial nutrients, including anthoxanthins, sulfur and quercetin. These anti-viral, anti-fungal, and anti-inflammatory agents boost the immune system and help the body fight infections.

## EAT YELLOW/ORANGE BEAUTY & CANCER PREVENTION



Yellow foods are rich in Vitamin C, which reduce inflammation, prevent allergies and maintain healthy skin. Orange foods are high in beta-carotene, which transform into Vitamin A and antioxidants. These aid in the prevention of cancer, heart disease, and infections by supporting our mucous membranes.

## 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 | leslievillmarket.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

## my Secret Beaches Spot

**Congratulations to Marcus H.** – the winner of April's Secret Beaches Spot contest: *a sunrise at Ashbridges Bay Park.*

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**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)



"A morning walk in the park is made extra special when I see and hear the sound from this fountain." – *Brenda 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.

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## Health talk

### Go ahead, **STRETCH** yourself!

We've all heard about stretching ahead of an exercise, but stretching is also very good exercise on its own. Sometimes overlooked or viewed as "too easy", stretching-based exercises are some of the most valuable for your health and fitness, particularly as you age.

#### Why stretch?

There are over 650 skeletal muscles in the body that make movement and circulation possible. You use muscles when you walk, but even when you're not thinking about it, your internal organs (like your heart!) use muscles to keep you alive.

When muscles aren't being used (for example, leg muscles, if we sit for long periods), they become tight, and short. This can put pressure on your joints, making you less flexible. But when we stretch, we lengthen and strengthen those muscles, and we help send oxygen and nutrients to the rest of our body.

For as little as 10 minutes at a time, and no equipment required, just look at the benefits of stretching:

#### For your body

- Improves range of motion and flexibility so you can move, whether it is walking, dancing or working in the garden.
- Stretching is like a massage for the inside of the body! When you stretch properly, you increase circulation of blood throughout the body (bringing your internal organs more oxygen and nutrients).
- Stretching also stimulates the flow of lymph through your immune system. This helps eliminate toxins, boost your immune system and give you more energy.
- Improves balance (and thereby, helps decrease potential injury) by improving small muscle coordination. Stretching exercises for your feet and ankles are particularly important for preventing a tumble or a sprain.

- Helps correct posture by lengthening tight muscles that pull areas of the body away from their intended position. This is particularly good for those who get "rounded shoulders" by hunching over a computer.
- Reduces muscle soreness overall by increasing blood and nutrient supply to the muscles.

#### For Your Mind

Researchers believe that stretching releases tight muscles and thereby "trick the body" into feeling more relaxed. A little bit of stretching can calm the mind, provide a mental break, and give your body a chance to recharge.

#### Classic Stretching Exercise

Yoga combines physical postures, stretching exercises, breathing techniques, and meditation that improve flexibility, muscle strength, and range of motion. There are various yoga styles. Yin Yoga is particularly focused on long, slow stretches.

Pilates is a body conditioning routine that enhances flexibility, improve endurance, tone muscles, and strengthen the body's "core" (torso). Some Pilates exercises require specialized equipment, but most can be done on the floor with a mat.

Tai Chi is a mind and body practice that involves shifting the body's weight through a series of postures and rhythmic movements combined with mental focus, breathing, and relaxation techniques. Practicing tai chi can enhance flexibility, improve balance, and build muscle strength.

**Remember, stretching should never be forced. You should be able to relax into a stretch. If you're in pain, you're doing it wrong.**

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Sale ends August 27, 2018 or while supplies last. Bulbs extra. May not be available in all stores.

# ice CREAM, ice CREAM, We ALL SCREAM FOR ice CREAM!



Ice cream has been around since Marco Polo brought it to Europe from China. Ice cream has a special place in Canadian lore, ever since Anne of Green Gables (the heroine of Lucy Maud Montgomery's famed novels) dreamt about tasting it for the very first time.

No birthday party is complete without cake and ice cream. And this Father's Day, many of us have memories of going out for ice cream with our fathers, especially on long, hot summer evenings.

With varied diets and preferences, no one needs to go without ice cream. Just look at the varieties you find right here in Toronto.

## HARD ice CREAM

Traditional or regular ice cream is made with cream and/or milk, sugar, flavouring and may contain eggs. Richness depends on the cream content. A variation is French Ice Cream, made with a custard base with egg yolks or whole eggs.

Traditional ice cream can come in light or reduced fat varieties, meaning a lower level of milk fat. This makes the ice cream less expensive and much less rich tasting.

## SOFT ice CREAM

Many of us grew up on "Dairy Queen's" soft ice cream, sometimes dipped in chocolate! Soft ice cream has the same ingredients as the traditional but it is frozen at a higher temperature in a special machine that keeps the mixture smooth and soft. Soft ice cream may taste light, but it has the same calories.

## FROZEN YOGURT

Frozen yogurt is made of a mixture of yogurt, milk, and cream. The term "frozen yogurt" is not regulated so there is not a standard for how much yogurt is actually in frozen yogurt.

## ITALIAN STYLE GELATO

A dense ice cream generally made with more milk than cream (making it lower in fat), egg yolks, sugar or other sweeteners and flavourings. Gelato has a more intense flavour than traditional ice cream, and less air.

## SHERBET

Originating in the Middle East, sherbet or sherbert, is a frozen dessert made with milk (or cream) and flavoured usually with fruit juice, egg white or gelatin is sometimes added.

## LACTOSE FREE ice CREAM

Made with added lactase enzyme contains no detectable lactose, making it more easily digestible for people with lactose intolerance.

## DAIRY FREE VEGAN ice CREAM

Ice cream made with one or more of the following ingredients (instead of milk): coconut, almond, cashew, sesame, etc. Delicious!

## SORBET

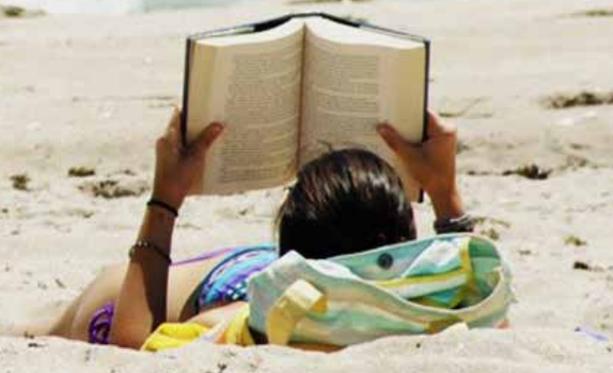
Also dairy free, sorbet technically is not ice cream. It is made with fruit and sugar only.

## MOST POPULAR ice CREAM FLAVOURS

(according to the Food Channel)

- |                               |                          |
|-------------------------------|--------------------------|
| 1. Vanilla, 29%               | 2. Chocolate, 8.9%       |
| 3. Butter pecan, 5.3%         | 4. Strawberry, 5.3%      |
| 5. Neapolitan, 4.2%           | 6. Chocolate chip, 3.9%  |
| 7. French vanilla, 3.8%       | 8. Cookies & cream, 3.6% |
| 9. Vanilla fudge ripple, 2.6% | 10. Praline pecan, 1.7%  |

# SUMMER READING



Packing up for the beach, the lake, a camping trip or just a stay-cation in your own backyard or on the balcony? Time to pick out your “summer reads.” Choose books you love because they take you to another place and time, help you relax, or give you inspiration while you enjoy the summer.

What book genre says “summer” to you? Some love “how to do” books (books on making things, growing things, collecting things). Others love inspirational books, a good biography, a mystery, or non-fiction political commentary.

So, figure out the kind of books you like and put together a summer reading pile! Here are some ideas, mostly from our great Canadian authors.

## Classics

Summer can be a great time to read (or re-read a classic). You finally have time to savour the book! If you're heading to the east coast (perhaps to Prince Edward Island), consider a Canadian classic like *Anne of Green Gables* by Lucy Maude Montgomery.

## Short Stories

For those in-between times on the deck or the porch, short stories are a great choice. Think of Canadian humorist Stephen Leacock *Sunshine Sketches of a Little Town*, or the late Stuart McLean's various editions of *The Vinyl Café*.

## Historical Fiction

For those who love fiction but also love fact, historical fiction transports you to another place and time. You also learn along the way without even realizing it!

*The Halifax Connection* by Marie Jakober, or Michael Ondaatje's *In the Skin of a Lion*, set in Toronto in the 20s and 30s.

## Mystery

Mysteries and thrillers are ideal for summer reading. Pick a favourite by English writer Agatha Christie, you can't go wrong. Or start working your way through the alphabet with the American author Sue Grafton (starting with *A is for Alibi*).

If you're heading to Quebec consider Louise Penny, one of Canada's greatest mystery writers. This Quebec author sets her books in the eastern townships, rich in English-French Canadian references and deep in thrilling mystery.

## Science Fiction

Consider Robert J. Sawyer, one of Canada's most successful science fiction writers. His latest, *Quantum Night*, touches on themes of quantum physics, psychology, current politics and ethics.

## Biography

For music fans, consider the biography of Neil Young, *Waging Heavy Peace: A Hippie Dream*, or *An Astronaut's Guide To Life on Earth* by Canadian astronaut Chris Hadfield.

## Non-fiction

There are so many great non-fiction choices depending on your interests:

Malcolm Gladwell's various books, including *The Outliers*, make you think about things you never considered before!

*12 Rules for Life*, by Jordan Peterson, University of Toronto psychology professor, considered one of the world's most-read Canadian authors.



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# Movies of the Royal Family Past & Present

The Royal Family has always been a fascination all around the world, but this summer, there is added enthusiasm with the wedding of Prince Harry to Meghan Markle. Beaches|life wants to add to the Royal hoopla by featuring films about the Royals, past and present.

**A Man for all Seasons** (1966) Dir. Fred Zinnemann; Paul Scofield, Wendy Hiller, Robert Shaw

**Braveheart** (1995) Dir. Mel Gibson; Mel Gibson, Sophie Marceau, Patrick McGoohan

**Anne of the Thousand Days** (1969) Dir. Charles Jarrott; Richard Burton, Genevieve Bujold, Irene Papas

**Elizabeth** (1998) Dir. Shekhar Kapur; Cate Blanchett, Geoffrey Rush, Christopher Eccleston

**Mary, Queen of Scots** (2017) Dir. Josiah Davis; Vanessa Redgrave, Glenda Jackson, Patrick McGoohan

**The Queen** (2006) Dir. Stephen Frears; Helen Mirren, Michael Sheen, James Cromwell

**Henry V** (1989) Dir. Kenneth Branagh; Kenneth Branagh, Derek Jacobi, Simon Shepherd

**The Other Boleyn Girl** (2008) Dir. Justin Chadwick; Natalie Portman, Scarlett Johansson, Eric Bana

**The Madness of King George** (1994) Dir. Nicholas Hytner; Nigel Hawthorne, Helen Mirren, Rupert Graves

**The King's Speech** (2010) Dir. Tom Hooper; Colin Firth, Geoffrey Rush, Helena Bonham Carter

# A PERFECT TIME FOR A SUMMER SPLASH

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### Greenwood Park Outdoor Pool

150 Greenwood Ave, 416-392-7804  
Leisure Swim, 12-7 pm

### Blantyre Park Outdoor Pool

180 Fallingbrook Rd, 416-396-4126  
Leisure Swim, 12:30-8 pm



### Monarch Park Outdoor Pool

115 Felstead Ave, 416-392-7831  
Leisure Swim, 12-7 pm

### Kiwanis Outdoor Pool

375 Cedarvale Ave, 416-396-2847  
Leisure Swim, 12-8 pm

Schedules may change, for any updates or to see a full listing of leisure swim and swim lessons, visit [toronto.ca/swim](http://toronto.ca/swim).

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Beaches Living Celebrating 15 Years  
Connecting You and Your Community

15  
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and counting



2018 marks a milestone for Beaches Living – our 15th anniversary! Throughout this incredible journey, our vision has stayed the same: connecting you with your community for **better living.**

In 2004, we had a vision to create a resource in print and online that would give local residents helpful and fun information at their fingertips. We would tell the stories of the unique landmarks that surround us, fascinating personalities connected with the community, and events that continue to shape our community and city.

Over the past 15 years, we've fulfilled our commitment by working alongside local residents and business owners to make our community a better place to live, work and visit. Our readers

continually tell us how much they've learned from the Guide and its sister publication, Beaches|life.

### To our readers:

Thank you for 15 years of connecting and sharing with us. Please continue to tell us how we can help you enjoy your community.

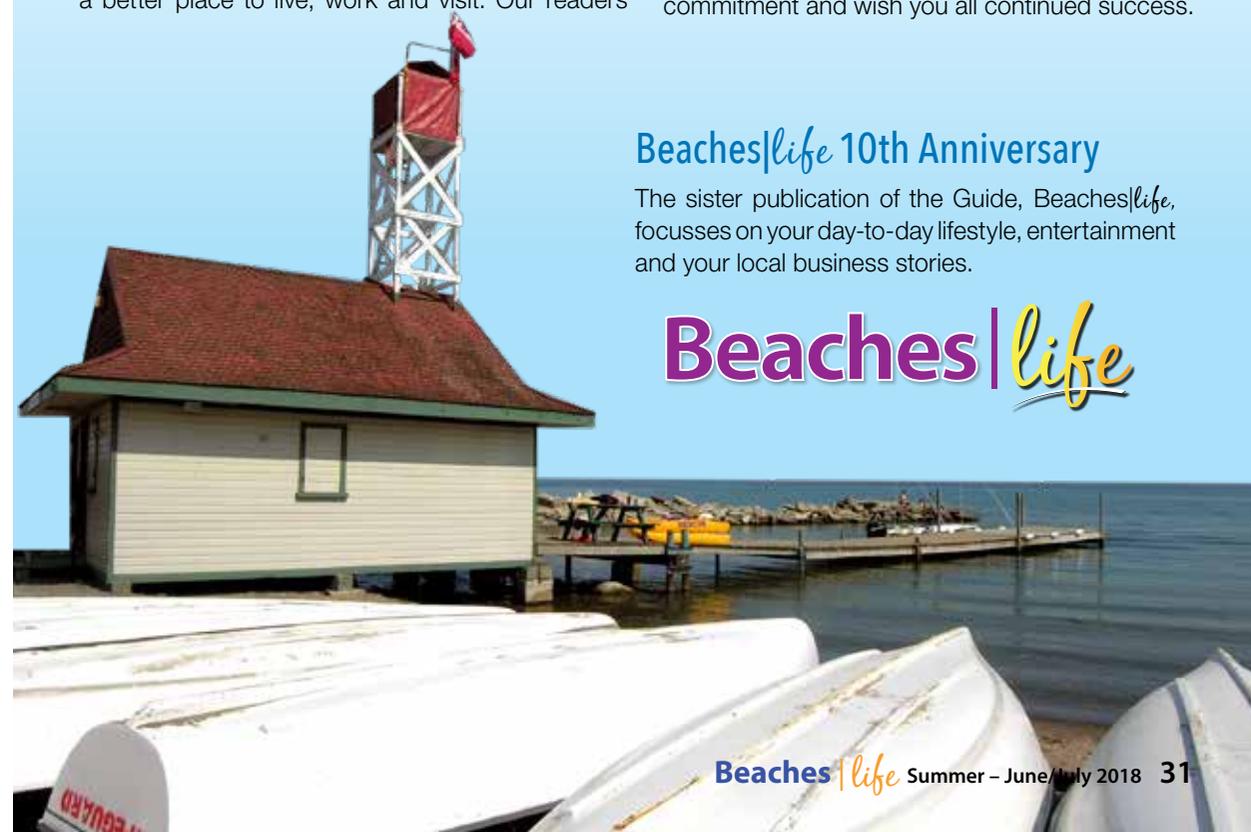
### To our local business owners:

Thank you for allowing us to share your stories and keep you in front of our readers. We applaud your commitment and wish you all continued success.

## Beaches|life 10th Anniversary

The sister publication of the Guide, Beaches|life, focusses on your day-to-day lifestyle, entertainment and your local business stories.

Beaches|life



## Just like your eyes are the windows of your soul, store windows are the eyes of the store



Window displays became popular in the late 1800s because large plate glass was now available to make windows that ran the length of a store. When Selfridges opened in London, England, it featured the longest continuous window façade Britain had seen.

The window displays at Selfridges became an instant hit, setting a trend that retailers still use today in order to announce sales, welcome a season, invite passersby to stop, look at, desire, enter, and buy.

Whether you are a larger retailer or a small shop owner with a storefront, your retail window(s) are one of your most powerful marketing tools. You don't need to have a design background to create a compelling display. Just start with a pen and paper (or tablet) and brainstorm some ideas.

### STEP 1

Pick a theme. It doesn't need to match what you sell. That comes later. Windows "tell a story". So for a summer theme, think about stories such as a day at the beach, camping in the woods, a picnic.

### STEP 2

Write down the products you could display that go with your story. For example, if it's a day at the beach, these could be products related to clothes to wear, food to bring, accessories you'll need, activities or sports.

### STEP 3

Pick a focal point where you want people to look first. This is where you put your largest (or only) "prop". It should be related to your theme and story, but doesn't have to be one of your products.

Going with the beach theme, a prop could be a large lounging chair or oversized umbrella; if you've selected a picnic theme, perhaps a picnic table covered in a checkered cloth.

### STEP 4

Now add your products. Pick a few and display them well. If the window looks cluttered, you've lost the effect.

### STEP 5

Create a background. This can be as simple as a

coloured backdrop, an enlarged photo, balloons hanging from the ceiling, or draped cloths.

For our beach theme, perhaps all you need is sand on the ground and blue streamers at the back.

### STEP 6

Lighting is essential. Use strategically placed LED lights to highlight your focal point and products displayed. Also consider strings of mini lights, paper lanterns, "pretend" candles to create a mood.

### STEP 7

Now back up and have a look. It's time to add "pop". You don't want to be bland so consider these ideas:

- Add bold colour, like hot pink for the background, or paint the prop you've used a neon green or yellow!
- Think humour. Perhaps a family of teddy bears is coming to the beach.
- Add a prop that provides height, perhaps a stool or a flagpole. For a beach display, a ladder draped in bright towels.
- Consider a sign like "More new products inside!"

Remember to change your display before it gets stale. You don't want a beach theme in September. Now it's time to think of fall fairs, harvest and camp fires!

## bizprofile

### Inspired by The Beatles haircuts: The Fiorio Success Story



Maurice Fiorio loved The Beatles when he was a young boy living in France in the 1960s. In fact, he and his friends desperately wanted to look like the hottest new music group, with haircuts like John, Paul, Ringo and George.

"Our local barbers only knew how to give us crew cuts," Maurice recalls, "But we wanted to look cool, with longer hair, sideburns. So my mother cut my hair, keeping it long, and my friends were so impressed that they begged her to cut their hair as well. Afterward, they were all so happy."

It was Fiorio's first experience with the joy of getting the right haircut. That's when he realized the emotional impact a haircut can have on someone.

"I'd always been creative," he says, "I painted and I liked to draw. So at 14 years old, I did an apprenticeship at a salon in France with a co-op program so I could also attend school."

Before long, Maurice was cutting hair as a business. That is when his Aunt said to him, "You have golden hands. You really should come to North America and cut hair." So in 1971, January 29, the young man landed in Toronto. "It was freezing cold," he recalls, "It was a harsh winter, and there I was, wearing patent leather shoes."

Within three days, he landed a job at a downtown salon. By 1976, he'd opened his first FIORIO Salon at Yonge and St. Clair.

Maurice's reputation as an expert stylist continued to grow because of his unique way of cutting hair called "texturizing". He explains it as a mixture of the softer French styles of the time and the stronger new shaped trends of Vidal Sassoon.

His "highest achievement"? On January 17, 2015, Maurice made it into the Guinness Book of World

Records by creating the highest altitude haircut on land at 5,895 m (19,341 ft). The haircut was done at the summit of Mount Kilimanjaro, Tanzania. In order to achieve the record, Maurice had to perform all the necessary steps of the haircut in pre-cut, elevation, texturizing and clean-up.

As well as cutting in the salon, Maurice became known nationwide as a national spokesperson for Revlon Professional, worked in photo shoots, fashion shows, studio work, and the lifestyle TV show, *CityLine*. He also has been retailing his own hair care product line, the Fiorio Hair Care Collection, for over 15 years.

Passionate about cutting hair and wanting to share his skills with others, in the fall of 2000 Maurice opened a hair cutting school named the FIORIO Beauty Academy. The project was born from Maurice's desire to contribute to the development of new talent. "I really wanted to be someone who helps others be successful as well," he says. The FIORIO Beauty Academy recently moved to the Beaches and continues to train stylists who want to learn from Maurice and his team.

Although Maurice divides his time between Toronto and Miami, he loves the Beaches. "It's a great community", he says, "the location and the people are great." He has three sons, two of them who are in the hair salon business. Many know his son Phillippe Fiorio, a stylist on *CityLine* who also is the manager at FIORIO Cumberland.

At 69, Maurice shows no signs of slowing down. There are now a total of eight FIORIO salons. "I've built up my career by being passionate, by teaching, and by learning," he says, "and that's what I'll continue to do."



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- Main Fitness – 1745 Queen St. E.

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