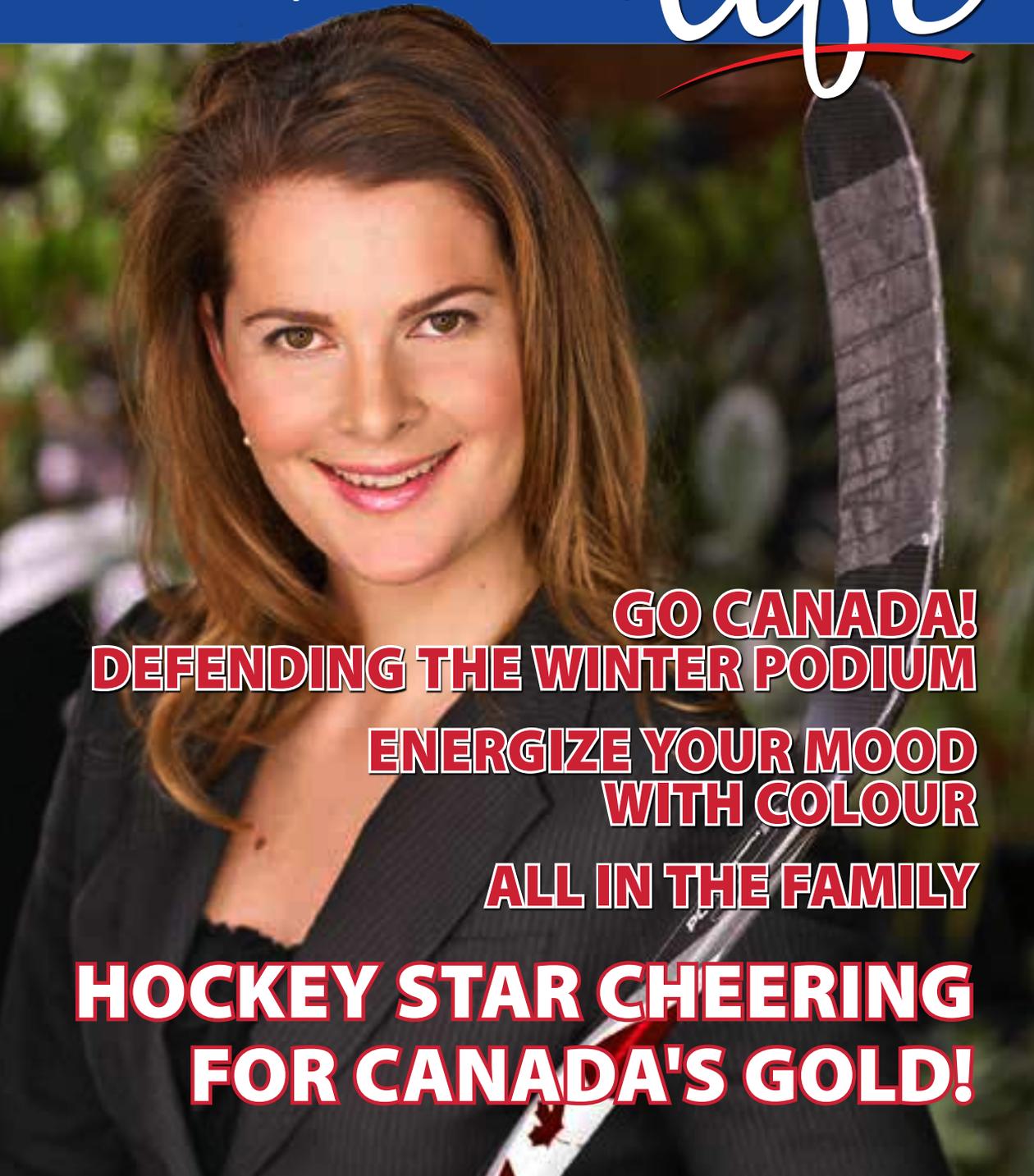


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Winter – February/March 2018

# life



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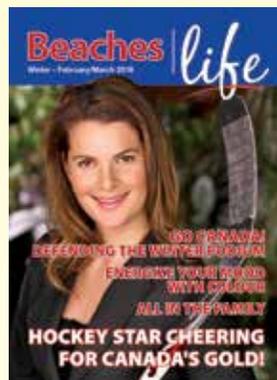
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## Beaches | life

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## Cheering for Women's GOLD!

As Olympic fever spreads across the nation, we all recall the many great Olympic moments given to us by Canadian athletes. For example, who could forget the game-winning goal that won our Canadian Women's Hockey team its gold medal at the 2010 Olympic Games in Vancouver?

Jennifer Botterill, who set up the goal for Marie-Philip Poulin, is one of Canada's most decorated figures in women's hockey. Jennifer was a member of the Canadian Women's Hockey Team from 1997-2011. She is a three time Olympic Gold Medalist (2002, 2006, 2010) and an Olympic silver medalist (1998). She is a five time World Champion and was twice named the most valuable player at the World Championship tournaments.

But after attending four Olympic games – three of them as a participant (and champion) and one as a sports broadcaster and commentator for CBC – Jennifer Botterill chose to stay home this year with her 3-month old baby daughter.

"I was invited to attend as a broadcaster," she explains, "And it was a big decision. But we discussed it as a family and decided it was a priority for us to stay home this time."

Jennifer and her husband also have a two-year-old daughter. "These early years fly by quickly and we want to enjoy them," she adds.

Life, however, will still be busy for Jennifer during this year's Olympics. The Canadian Olympic Committee and the Royal Bank of Canada Olympians hold many events for Olympic alumni while the games are taking place. At such events, athletes from all sports gather to catch up with old friends while they view events together and celebrate victories together.

"I get very excited about the Olympics," Jennifer says, "I get a little smile on my face. It brings back so many great memories. It was such a tremendous period in my life."

As a key note speaker, Jennifer often is called up to speak at such events. And of course, she'll be keeping a close eye on this year's women's hockey team.

"They are a very talented group," she says, "The US team is our big competitor; Sweden and Finland are always strong as well, but it looks promising for our team."

And her advice for this year's athletes? "Just remember that it is such a huge privilege to represent your country."

*continues on page 6...*



...continued from page 5

Some might think that the highpoint for an Olympic athlete comes when you actually compete at the games, especially if you are a medal winner. But Jennifer points out that there are many more unexpected rewards in store long after the Olympics have ended.

“When you come back to your own country,” she says, “Is when you realize that everyone has been watching you and following every game. People can tell you exactly where they were when you won, what it was like watching the games and seeing you there, how they felt when you received your medal. All of this gives you the greatest sense of fulfillment.”

She remembers in particular a 6-year old girl who had watched Jennifer’s hockey team receive their gold medals at the 2010 games. The little girl even sang the anthem along with her parents when the award ceremony was broadcasted. The next day, the little girl put on her skates, and kept throwing her stick up in the air and yelling out in victory. When her parents asked what she was doing, she replied. “I’m practicing for when I win someday.”

The thrill of competition and representing one’s country is second nature to Jennifer and her family. Her father, Cal, is a recognized sports psychologist, her mother, Doreen, competed in two Olympic Games as a speed skater, and her brother, Jason (who played in the NHL), is currently General Manager of the Buffalo Sabres.

Born in Ottawa, Jennifer graduated from Harvard and played for the Harvard women’s hockey team.

When she moved to Toronto to play hockey, she lived in the Beaches at Woodbine and Lakeshore.

“Although it meant a commute to the city’s west end where practices were held, it was a very special area,” she recalls.

When Jennifer retired from hockey in March 2011, she’d enjoyed a 14-year career with Canada’s National Women’s Team; played a total of 184 games in a Team Canada jersey, scoring 65 goals and 109 assists for 174 points.

In June 2017, a Globe and Mail reporter wrote about her: “Botterill has experienced more and done more for women’s hockey than most other players. In the history of Olympic hockey and in women’s hockey in general, she is one of the most decorated figures.”

In addition to her work in television as a studio analyst for TSN, and a hockey specialist with CBC’s Hockey Night in Canada, five years ago, Jennifer and her husband, hockey coach Adrian Lomonaco, established a performance school for elite athletes. Journey to Excel is a training centre that provides a variety of services to help people reach their highest potential.

Jennifer also is an Athlete Ambassador with the International Olympic Committee and the International Ice Hockey Federation. She is an active ambassador for Right to Play and Eat Smart Ontario, and also works with the Special Olympics, Kidsport, Children’s Wish Foundation, Canadian Breast Cancer Foundation, CanFund, Ladies First Hockey Foundation, and Canadian Cancer Society.



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## Canadians Ready For Olympic Triumphs

Some are predicting that Canada will win as many as 33 medals. Golds are projected to come from men's hockey, both the men's and women's curling teams, moguls star Mikael Kingsbury, who won silver in 2014, and snowboarder Max Parrot in the new Olympic freestyle event of "big air".

### Sports where medals are predicted include:

- Men's and women's hockey
- Bobsledding
- Ice dancing, figure skating and speed skating
- Snowboarding and moguls ski
- Curling, men's and women's

### WHO TO WATCH

Here are some athletes to watch. Some names you'll recognize from the last winter games, others are new faces. You can send messages and good wishes by visiting the Canadian Olympic website: [olympic.ca](http://olympic.ca)

**BRADY LEMAN** – The ski-cross star just missed the podium at the Sochi Games, settling for a fourth-place finish behind three French skiers.

**ALEX HARVEY** – The cross-country skier famous for his air-guitar celebration move finished third in the overall World Cup standings.

**MARIE-PHILIP POULIN** – The captain of Canada's women's hockey team has demonstrated her ability for scoring goals in gold-medal games. Watch her and her team again this year.

**KAILLIE HUMPHRIES** – Humphries hopes to make three Olympic bobsleigh golds in a row. The 32-year-old from Calgary finished second at both the world championships and in the overall World Cup standings.

**CHARLES HAMELIN** – This is the fourth Olympic Games for the three-time gold medallist. He's so fast – watch closely or you'll miss him!

**IVANIE BLONDIN** – She'll be competing in one of the new Olympic events: the "one track mass start speed skating" event. The 27-year-old Ottawa native won mass start gold at the 2016 World Championships and earned silver the year before.

**MAX PARROT** – The 23-year-old from Bromont, Que., was the first snowboarder to land a quad underflip in competition. He's a natural to compete in the new big air event.

**MARK McMORRIS** – The seven-time X Games gold medallist in big air and slopestyle was involved in a near-fatal crash while backcountry snowboarding in March. He expects to be ready for the inaugural big air event at the Games.

**KAETLYN OSMOND** – The 22-year-old figure skater appears primed for an Olympic breakout. Osmond is considered to be Canada's best women's figure skater since Joannie Rochette.

**TESSA VIRTUE & SCOTT MOIR** – Canada's top ice dance duo is back for another Olympic gold. Winners at the 2010 Games in Vancouver, Virtue and Moir also earned silver medals in both the ice dance and team events in Sochi. The pair from London (Virtue) and Ilderton, Ont., (Moir) is coming off its strongest season in years, going undefeated en route to a third World Championship.

**Tessa & Scott are Canada's flag-bearers for the Opening Ceremony!**

# All in the Family this February 19



There are so many events for kids and their families in and around Toronto that you'll wish you had an entire week! Here are just a few.

**Family Day at the Art Gallery** – The AGO is exploding this Family Day with colourful interactive fun! Kids are asked to wear their favourite colour and join others to celebrate COLOUR – with music, movement and activities for the whole family!

Make paintings without paint, get popping in the famous bubble wrap room, play with light and shadow, make an emoji face mask, watch kid friendly films, and end the day with a memory in front of the colourful selfie wall.

**Toronto Light Festival at the Distillery** – Head to the Distillery District at sundown to enjoy light art by local and international artists on display. The free outdoor festival runs until March 12 and is open daily from sundown to 10 pm (Sundays to Wednesdays) and 11 pm (Thursdays to Saturdays).

**Fort York** – Explore the past of Toronto by touring a historic kitchen and sampling baking from the hearth. Kids can try an 1812 drill class, officers' sword drill and some old-fashioned games. Hot chocolate and a roaring fire complete the experience. Free admission all day.

**Free Skating** – There's lots of skating choices around the city, and there's nothing quite like being outside to enjoy winter rather than fight it! [toronto.ca/skate](http://toronto.ca/skate)

**Bentway Trail** – The new Bentway trail is located under the Gardiner Expressway right by Fort York Visitor Centre between Strachan Ave. and Bathurst St. Skate rentals available. [thebentway.ca](http://thebentway.ca)

**Evergreen Brick Works** – There are plenty of outdoor activities to do with the family at Evergreen Brick Works. Free skating, CBC Kids Photo Booth and Nordic Pole Walking, are just a few. Bring along your own skates, hiking poles and bikes. Rental options are also available on-site.

**Canada's Hockey "Cathedral"** – Bring your family and friends for a free skate at the former Maple Leaf Gardens – the Mattamy Athletic Centre on Family Day, 1-4 pm.

**Winter Stations** – Winter Stations is a public art installation, along The Beaches shoreline. The installation opens Family Day and features works from the winners of the International Design Competition and celebrates Toronto's winter waterfront landscape.

**Niagara Falls** – A great day trip to see the spectacular falls in the winter. Niagara Falls is full of fun and adventure during the winter months, with several indoor waterparks, climate controlled ferris wheels, aviaries, butterfly conservatories, and Stanley Street, fun-filled with museums and arcades.

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## Foodtalk

### Foods That Keep Your Tummy Happy

There are literally trillions of good bacteria called probiotics that live in our gut and keep our “tummies” happy. Research continues to emerge on just how important these mighty microbes might be for our health. But it seems that these little “workers” help improve digestion, boost immunity and – according to some preliminary studies – may even help us stay leaner.

Foods packed with probiotics are described as “fermented”. Add such fermented foods to your diet for a healthy dose of probiotics – and keep your tummy happy!

**KIMCHI** – Named as one of the new most popular foods, Kimchi is similar to sauerkraut. It’s made out of napa cabbage but with hot spices and added Korean radishes and scallions. It can be fresh (as a salad) or fermented (like a side pickle or relish dish). With recipes going back to the 7th century, there are hundreds of recipes so find a variety you enjoy.

**How To Use:** Add to fried rice or noodles, or use as a burger topping, or add as a condiment with fish.

**MISO** – Miso is a paste made from barley, rice or soybeans. It adds that distinctive umami flavour to Asian dishes and with its bold flavour, a little goes a long way. Miso is also rich in essential minerals and a good source of various B vitamins, vitamins E, K and folic acid.

**How To Use:** Classic miso soup, or use as a marinade, or when making chicken sandwiches, cook chicken first in a miso broth, drain, chop and serve with your favourite dressing.

**TEMPEH** – Tempeh is made from naturally fermented soybeans. It is similar to tofu but has more protein and fibre because it’s less processed. With a slightly nutty flavor, tempeh is a good source

of probiotics. It’s also a complete source of vegetarian protein.

**How To Use:** Add to main dishes as a replacement for meat.

**SAUERKRAUT** – Common in Eastern European cooking, sauerkraut delivers a healthy dose of probiotics and fibre. Inexpensive and delicious, it is just cabbage and salt that’s been fermented, similar to a tasty coleslaw.

**How To Use:** Serve with sausages on a bun, or warmed up as a side with bacon bits. Also delicious mixed with sliced apples and lightly fried.

**YOGURT** – Although all yogurts have healthy benefits, only yogurt labeled with the “Live & Active Cultures” seal guarantees that it contains actual probiotics. Different yogurts also promote different kinds of probiotics, for example, bifidus regularis is suggested to help alleviate constipation.

**How To Use:** A healthy substitute whenever a recipe calls for sour cream. Or serve with fresh fruit for dessert, or a snack.

**KEFIR** – A fermented milk drink that tastes like drinking yogurt. It has lot of probiotics as well as calcium. It can also be made with other kinds of milk, such as coconut, goat or sheep’s milk.

**How To Use:** Great for smoothies.

# What are Your 2018 Oscar® Predictions?



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Participate in our annual Beaches|life Oscar® challenge for your chance to win a pair of movie passes to *Alliance Cinema in the Beach*.

Visit [beachesliving.ca/oscar](http://beachesliving.ca/oscar) review the nominees and predict the winners by March 3. The winner will be the one with the most correct predictions. Good Luck!

## Share Your Personal Picks to WIN...

Tell us who you think should win if you were handing out the awards.

- BEST PICTURE    BEST FOREIGN FILM  
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## RECREATIONAL SPORTS



## Fashion Tips to Add a Mood Boost



Ever wonder why everyone seems to choose grey, black and navy coloured clothing during the winter months? It is no coincidence. “We tend to mirror our environment in the clothes that we wear,” says Leslie Harrington, executive director of the Color Association. “There is less bright sunlight and cloudier days in winter, so it is more difficult for the eye to accept the brightness.”

But all that grey and black can also make us feel a bit “blue”, at least, mood-wise. Warmer, brighter colours actually make us feel happier. For example, research shows that yellow and green both evoke positive emotions, both in yourself and those who see you. So try these mood-boosting fashion tips!

### Accessorize in colour

Choose a bright colour for a belt, purse, hat or gloves. The pop of blue, yellow, red, orange, even neon instantly changes an all-dark outfit into a fashion statement with a bright focal point.

### Pick one thing to pop

Decide on one article of clothing, a shirt, vest, skirt, trouser, sweater, jacket or outer coat and go for a bright colour. For example, add a light pink cardigan to a black tee, or a bright vest to a dark shirt.

### Go against the weather!

Surprise those around you and pick something “weather opposite”. For example, show up at a party in a Hawaiian shirt, or a bright, summery dress with a little black jacket. Or wear white! (the rule of “no white after Labour Day” no longer applies!)

### Fun socks

Make those around you smile when you wear bright, fun socks under those dark pants. The choices are limitless these days, with fun, happy themes, humour, even classic paintings adorning footwear. If you really don't want to go too far, you can't go wrong with bright socks! Women also can choose bright stockings in colour or patterns.

### Shoes and boots

One of the best ways to make a fashion statement is through footwear that draws attention because of style and colour. This year's choices include shiny coloured metallic as well as neon colours and coloured faux fur.

### Match colour to mood

Choose a bright colour according to the mood you want to evoke. Yellow clothing and warm shades like orange make you feel happier. Green and blue help fight stress. Peach or rose are good for making friends. Red and red/purple is a power colour, good for dating as well as making yourself feel confident.

### Scarves of all kinds

Scarves are easy, elegant as well as fun. Worn by men and women, a bright scarf is classic for dressing up an outfit. Set aside that camel or grey scarf and pick something with a bit more colour as spring approaches.

### For those who love black

If you are determined to stay in winter colours, think about a small way to make someone smile. Perhaps a bright watch band or bracelet, or paint your nails a bright colour, or add colourful earrings or hair accessories.

# How Are You Feeling?

Like it or not, it is cold and flu season. We're more likely to catch them at this time of year because the viruses that cause us to get sick are more stable at cooler temperatures and lower humidity. We also spend more time indoors during the winter months.

Whether you're sick with a flu or a cold, it's good to know the difference (although it can be difficult to tell them apart) so you can take more appropriate measures to help yourself feel better.



## Cold or Flu?

### When and how it starts

Generally, colds start with a dry, scratchy throat. It can take a day or two before you realize you are sick.

Flu, comes on suddenly. Along with extreme fatigue come chills and fever, aches and pains and headache, you know you are sick right away.

### What are the symptoms?

**Cold:** sneezing, runny nose and nasal congestion, coughing and chest discomfort. Rarely a fever.

**Flu:** muscle aches, headache and fatigue, coughing and chest discomfort, which can become severe. You will have a fever, which can become severe.

### Complications

**Cold:** Can lead to sinus congestion or earache.

**Flu:** Can lead to pneumonia and respiratory issues, and worsen a current chronic respiratory condition.

### How to treat?

Because both are virus based, you can only treat the symptoms. Treatment for both is similar.

**Rest** – listen to your body, even if it wants to sleep all day

**Soothe a sore throat with a saltwater gargle** – ¼ to ½ teaspoon salt dissolved in an 8-ounce glass of warm water

**Stay home** from work or school both for your own health and to avoid infecting others

**Drink plenty of fluids** such as water, tea or watery soups (e.g. Chicken soup)

**Avoid excess** sugars and fats, caffeine and alcohol

**Try supplementing** with vitamin C and echinacea. Some studies show that zinc lozenges or syrup reduce the length of a cold by one day, especially when taken within 24 hours of the first signs and symptoms.

**Increase humidity** levels

**Avoid cigarette** smoke

## Preventing flu and colds

**Wash your hands** thoroughly and frequently with soap and water; use hand sanitizer.

**Avoid contact with others** who are sick.

**Eat well, exercise and stay hydrated** in order to keep your immune system strong

**Keep your surroundings germ free**, for example, at the office, use a disinfectant on phones, keyboards, anywhere where germs might be waiting!

**Flu spreads easily wherever people congregate** – in child care centers, schools, office buildings, auditoriums and public transportation. By avoiding crowds during peak flu season, you reduce your chances of infection.

Flu can be much more severe, especially for those older or with certain medical conditions that compromise their immune system. Remember, your best defence against flu is to get the annual flu vaccine!

To learn more and to find out where to get your flu vaccine, visit [Canada.ca/Flu](http://Canada.ca/Flu)

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**Hot Winter Specials!**

**February Specials:**

- Annual Sale: Super Hydrating Facial \$99
- Clear Complexion Facial \$139
- 15% OFF Martina Gebhardt
- 15% OFF Fitglow Beauty

**March Specials:**

- Deep Down Detox Facial \$95
- Deluxe Micro Facial \$179
- Up to 30% OFF IPL Hair Removal
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BEAUTIFUL SKIN NATURALLY

# It's that time again – the Olympic Winter Games!



The XXIII Olympic Winter Games are being held for 17 days from February 9 to 25, 2018 in PyeongChang. The small city is located in the Gangwon Province, in South Korea.

South Korea is a beautiful, mountainous country, rich in history, tradition and culture. Here are some facts about South Korea that you may not know:

- There are 50 million people living in South Korea, and nearly 22% of the population shares the same family name, 'Kim'. The few different variations of 'Lee and Park' account for another 23% of the population.
- Korea started as an ancient civilization first known as Gojoseon, an ancient state dating back as far as 2300 BC. It was only divided in two after World War II.
- Korea is covered in mountains with "climbable" peaks, hiking is a national pastime. In fact, being outdoors on a mountain hike is part of South Korea's identity. And hikes are never just about the walking. Koreans enjoy snacks along the way, perhaps a pajeon (type of fritter) and rice wine.
- South Korea has given us some of the top classical musicians in the world. It is also where K-pop originated, characterized by a wide variety of audiovisual elements. Listeners fall into one of two camps when it comes to K-pop: you love it or you tolerate it.
- The white tiger has been long considered Korea's guardian animal. This is why the mascot of the PyeongChang 2018 Olympic Winter Games is a white tiger called Soohorang.
- Winter in Korea is between December and February, with cold temperatures and snow.

- The Korean dish Kimchi, or Kimchee, is now listed as one of the most popular foods! (See our article, "Fermented Foods" on page XX). Made from cabbage, salt and various spices, Kimchi is a staple in Korean cuisine.

## Facts about the 23rd Olympics!

- South Korea hosted the 1988 Olympic Games in Seoul, the capital city. That was 30 years ago!
- PyeongChang is a smaller city 180 km east of Seoul. It is also just 80 km south of the heavily militarized border between North and South Korea. In order to avoid confusion between the North Korean capital, Pyongyang, the "c" in Pyeonchang has been capitalized for the games.
- Opening and closing ceremonies will be held at the new PyeonChang Olympic Stadium.
- Alpine speed events will take place in Jeongseon, at the Alpensia Ski Resort. All ice sports will be competed in the coastal city of Gangneung, where there are great stadiums:
  - Gangneung Indoor Ice Rink for Curling
  - Gangneung Hockey Centre for Ice Hockey events
  - Gangneung Oval for speed skating events, and the
  - Gangneung Ice Arena for short-track speed and figure skating events

**Set your clocks for 14 hours ahead if you want to catch live action!**



## HAVE YOU EVER?

- Needed your will prepared or updated
- Received a traffic ticket
- Have teenagers in university who drive
- Had trouble with a warranty or defective product
- Been a victim of identity theft or worry about it
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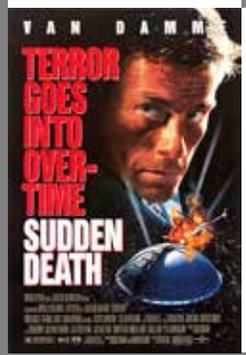
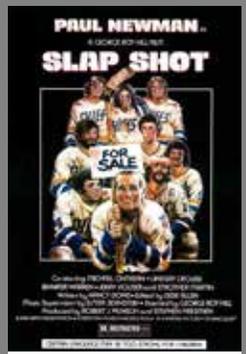
Dyslexia Jewelry

Check out our website under what's on & workshops for the latest, exciting happenings!

www.beachesreadingclinic.ca



# Score with these Hockey Movies



It's Canada, the Olympics are about to begin and the Toronto Maple Leafs are an exciting team to watch. What other reasons do we need to spotlight hockey in this *Beaches|life* issue? These ten films range from the epic cult favourite *Slap Shot* to lesser known *The Rhino Brothers*, but all have one thing in common – Canada's game.

**Slap Shot** (1977) Dir. George Roy Hill; Paul Newman, Michael Ontkean, Strother Martin

**The Mighty Ducks** (1992) Dir. Stephen Herek; Emilio Estevez, Joshua Jackson, Lane Smith

**Net Worth** (1995) Dir. Jerry Ciccoritti; Aidan Devine, Kevin Conway, Robin Gammell

**Sudden Death** (1995) Dir. Peter Hyams; Jean-Claude Van Damme, Powers Boothe, Raymond J. Barry

**Mystery Alaska** (1999) Dir. Jay Roach; Russell Crowe, Burt Reynolds, Hank Azaria

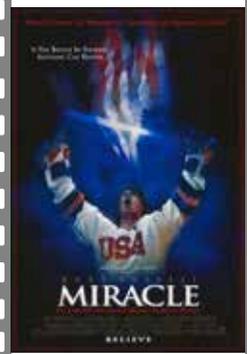
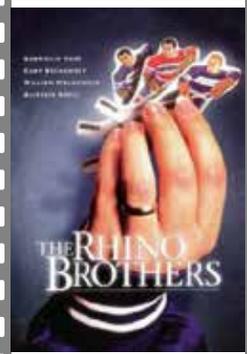
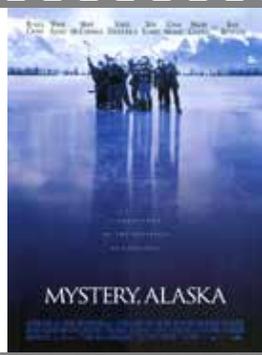
**Les Boys** (1997) Dir. Louis Saia; Marc Messier, Rémy Girard, Patrick Huard

**The Rhino Brothers** (2001) Director: Dwayne Beaver; Gabrielle Rose, Curtis Bechdholt, Deanna Milligan

**Miracle** (2004) Dir. Gavin O'Connor; Kurt Russell, Patricia Clarkson, Nathan West

**The Rocket** (2005) Dir: Charles Binamé; Roy Dupuis, Stephen McHattie, Julie LeBreton

**Breakfast with Scot** (2007) Dir. Laurie Lynd; Tom Cavanagh, Ben Shenkman, Noah Bernett



## WINTER ESCAPE

by Dorothy Hunt

In the midst of an extremely harsh Canadian winter, Las Vegas is a perfect getaway destination. Escape there for a few days and enjoy unlimited sunshine, dining experiences, shopping, entertainment, sightseeing, outdoor activities and more. Your top 10 list of things to do in Las Vegas wouldn't be complete without a trip to the nearby desert.

### Accommodation

Any resort hotel in the vicinity of Bally's, Paris, Bellagio, Caesar's Palace, Planet Hollywood, and Flamingo is in a great location with quick access to enjoy everything.

### Places to Eat

Most of the larger hotels have a wide range of dining options, from small cafés to signature fine dining restaurants. Some casual choices include;

- "Gordon Ramsay Fish & Chips" (near Linq Hotel) for fantastic fish and chips.
- "JJ's Boulangerie" (Paris Hotel) for great snacks when you are on the go (picnics, quick breakfast, late night).
- "Mon Ami Gabi French Restaurant" (Paris Hotel) has a great outdoor patio overlooking the strip for drinks and appetizers.
- "Bellagio" has restaurants with outdoor patios overlooking their beautiful "fountain show"

### Entertainment

A wide range of options ranging from comedy to magic provide the perfect end to your day. Cirque du Soleil productions of "O" and "Love" are very popular and "David Copperfield" is awesome. If you want to venture downtown, hop on the "Big Bus

Tour" which runs the entire Las Vegas strip. The "Eiffel Tour Experience" is worth the admission and provides a panoramic view of the city in all directions and an aerial view of the Bellagio fountain show.

### Day Trips

Take a break from the non-stop activity and escape to the serenity and beauty of the desert for one day! There are several tour operators offering trips to Hoover Dam, the Grand Canyon and much more.

- The Red Rock Canyon Hiking Tour is a relaxing and refreshing hike across the desert to the mountains with an experienced guide. Check out Escape Adventures for details.
- For the more adventurous, rent a car, pack a picnic lunch and drive north to the Valley of Fire State Park. Stop by the Visitor Centre first to pick up more park information and learn about the history of the park. Drive the scenic loop which has several lookouts and short hiking trails from various landmarks. Before returning to Las Vegas, enjoy a picnic surrounded by the Seven Sisters red rock formations and watch the Panamint chipmunks scurrying across the desert. You will have a relaxing day exploring the Valley of Fire and be rejuvenated for the remainder of your adventure in Las Vegas!

Whatever your itinerary is in Las Vegas, your trip will provide lasting memories and a great escape from Canada's winter wonderland.



## New Hope for Kids Struggling in School – Addressing Dyslexia

Monica Hough faced an unexpected challenge when she and her mother began to notice that her young daughter was struggling with letter recognition and reading. She had to wait 3 years to have her daughter tested and was formally diagnosed Dyslexia (difficulty with reading), Dysgraphia (difficulty in hand writing) and Dyscalculia (difficulty with calculations).

After researching and learning more about the subject, Monica learned that with early intervention, all three learning disabilities were treatable. So she hired a private tutor for Kailyn, trained in teaching the US-based Barton Reading & Spelling System. Kailyn's reading, writing and spelling began to improve, and with it, her confidence.

So impressed with the system and the benefit of taking matters into her own hands, Monica purchased the tutoring system in order to set up her own clinic. She'd been an elementary/secondary teacher with the Toronto District School Board for 17 years and knew that with her teaching experience she could make a difference not just in her own children's lives but in the lives of others. She founded Beaches Reading Clinic to offer parents a service they simply couldn't get within the regular school system.

After 2 years in business, Monica now has over 30 families being helped at the Beaches Reading Clinic. She started the business in her own home, but last fall moved into a storefront location on Queen Street.

Services offered at the clinic include one-on-one tutoring for any child who requires extra help with schoolwork, but specifically, those with a Dyslexia diagnosis, a suspected Learning Disability, or other diagnosed or un-diagnosed disability.

They also offers a free assessment. "If the assessment shows dyslexia, parents can then choose to get a formal, written diagnosis." She adds that this is valuable for those wishing to claim the cost of tutoring as a tax deduction.

There are various signs that Monica suggests parents to look for as their young children approach school age, as all three conditions are often seen together. For example, in addition to problems with reading and writing, some children may not talk a lot, or have difficulty with fine motor skills like holding a pen, or they struggle with math.

Recently, Monica's youngest daughter Kara was also diagnosed with Dyslexia, Dysgraphia, Dyscalculia, and in addition she will require Speech & Language therapy.

"It's been life changing for me being able to help my own daughters, and help others through our clinic," says Monica. We've got 5 great teachers here, and the kids are great. We routinely hear from the parents that they "can't wait to go to reading camp!"

Monica also provides services in Educational Consulting, Educational Advocacy and Teaching/Tutoring services in Literacy, ESL, French, Spanish, E.Q.A.O. Preparation, Diagnostic Assessment: Weschler Fundamentals Academic Skills.

For those with Dyscalculia (math impairment), the Reading Clinic also now offers the On Cloud Nine math.

Beaches Reading Clinic  
2034 Queen St. E., 416-319-7921  
beachesreadingclinic.ca

my.tech

## Affordable New Tech Gadgets



Whether you're trying to charge multiple devices at once, keep your stuff more secure, or clear up clutter, there are some innovative and inexpensive tech gadgets today that can make all of this happen. Here are just a few of what the experts suggest, and all for about \$25 or less.

**LCD writing tablets:** Inexpensive, various choices feature a letter-sized screen that you can use to digitally write on and leave notes for your friends, family, or co-workers.

**Cable organizers:** Magnetic organizers keep all of your cables in place so you never have to go fishing for them on the floor.

**Case-mate Pockets:** Attach to the back of your phone to give you an instant pocket to stash cards and a bit of cash.

**Data apps:** Automatic is a small car adapter that you plug into the on-board diagnostics port of your car to get all kinds of data about your vehicle. The device diagnoses engine problems, remembers where you parked, displays your trip history, and can even call for help in the case of an accident.

**Antennas:** Portable TV antennas let you watch HD and digital content for free. Easy to install giving you local and national TV.

**Mini speakers:** Enjoy hours of listening sound with pocket size, wireless speakers. Small cubes under-2 inches connect with Bluetooth or audio cable. Some are even waterproof, perfect for outdoor use.

**Portable battery chargers:** We all hate it when we see our battery life at 20% and there is no where we can re-charge. There are many portable external

battery packs designed to keep your smartphone, tablet, or other products running when their battery gets low.

### Tech Gadgets Coming Soon to a Store Near You!

The annual Las Vegas Consumer Electronics Show, held this January 2018, showcased new tech items – highlights included:

**Samsung's 'The Wall':** 12-foot television screen that can 'grow' to almost any size and shape by linking to other screens.

**ForwardX's CX-1:** An artificial intelligence powered smart suitcase that follows its owner around the airport.

**HiMirror:** A smart mirror that uses facial recognition to chart how effective different beauty products are and whether it's time to try something new.

**Spartan boxer briefs:** Wearable device lined with silver fibres to create electromagnetic shielding from smartphone radiation.

**BrainCo headband:** Monitors and analyses brainwaves to provide 'neurofeedback' on whether, for instance, a student is really concentrating on a certain subject.

# Winter Stations Return for a fourth consecutive year!

*my* Secret  
Beaches Spot  
Special Edition

## An exhibition celebrating Toronto's Winter waterfront landscape

Visit and experience the life size installations and the frame of mind in each artist for their winning designs. Eight stations will be installed this year along the sandy beach between Balmy Beach and Woodbine Beach. Five winning Stations are chosen from over 400 submissions around the world and three Stations are institutional projects design and build.



Artistic Renderings

### Vote for Your Personal Favourite

Come and experience the Stations in real life. Take a photo of your favourite & submit it to [beachesliving.ca/winterstation](http://beachesliving.ca/winterstation) by March 15 for your chance to win a pair of My Beach Stickers!

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## Be Good to YOU this Valentine's Day

### What makes you happy?

For many, Valentine's Day is celebrated as a day of friendship and kindness expressed to others as well as yourself. In addition to showing others love and affection, take time on the 14th to practice some self love.

It means accepting who you are, and being proud of it. Fall in love with every thing that makes you – you!

It also means taking time for self care by knowing what makes you happy and acting on it when you can. It's a pretty straightforward question, but take a moment to think about it.

Now write down what you might include, at least one into your day to make yourself happy, not just on Valentine's Day, February 14, but every day.

#### Memories that made me happy as a child

- ♥ Going out for ice cream with my father
- ♥ Taking a road trip in our family van
- ♥ Visiting grandparents
- ♥ Getting new mittens
- ♥ Learning to skate
- ♥ Blowing bubbles

#### Activities that make me happy in daily life

- ♥ Doing a great job
- ♥ Cleaning out a cupboard
- ♥ Playing tennis
- ♥ Painting a picture
- ♥ Taking photographs
- ♥ Travelling anywhere
- ♥ Bubble baths
- ♥ Walking my dog
- ♥ Planning my next trip
- ♥ Giving a donation to a cause I believe in

#### “Things” that make me happy

- ♥ New shoes
- ♥ A great cup of coffee
- ♥ Cashmere anything
- ♥ My home
- ♥ Dark chocolate
- ♥ My bicycle

#### Moments in life that make me happy

- ♥ When I meet friends for dinner and we're all gathered around a table
- ♥ Finishing a morning run
- ♥ Watching a sunset
- ♥ Getting a handwritten note from someone
- ♥ Watching a funny YouTube video
- ♥ Getting a spontaneous hug from a child
- ♥ Watching a favourite movie over again
- ♥ Finding out that I passed an exam
- ♥ Getting my driver's license
- ♥ Becoming a Canadian citizen

#### Activities that make me happy when I'm feeling a bit blue?

- ♥ Going for a walk
- ♥ Calling a friend
- ♥ Playing catch with my dog
- ♥ Getting a haircut
- ♥ Watching a funny movie
- ♥ Calling my mom
- ♥ Buying fresh flowers

**Do you know what makes you happy?  
If you really think about, are you surprised  
by anything that lights you up?**

## bizprofile

### Pure + Simple The Beach A Perfect Fit All Round



When Carmen Doyle set out to run her own business, she had to think first of what she might enjoy doing. A CA by training, Carmen was no stranger to the ins and outs of running a company. She also is a part-time CFO of a software company so she knew what its like to be a small business owner.

“I'd been a customer of the Pure + Simple skincare spa for fifteen years,” she says, “That is where I fell in love with the facials and the products. I had a lot of allergies so right away it was a good choice for me. Also, it's Canadian and environmentally conscious.”

After professional training in skin care, Carmen took the plunge. She talked with the founder of Pure + Simple, Jean Eng, and in December 2016, opened her own location in the Beaches. This past December she celebrated the anniversary of the story opening.

As a true east-end girl, originally from Prince Edward Island, she explains, “I wanted to be in a neighbourhood that felt like a community. I love the location of our store, where there is so much support from the other business owners, and such great customers that are neighbours.”

The business has been a family affair with Carmen's daughters, 11 and 13, both helping out, doing everything from moping the floor to counting

inventory. When setting up the store, she had help from her brother, mom, step dad, and various other relatives.

She emphasizes that Pure + Simple is all about skin care. The company's concept is based on the idea that whatever we put on our skin is absorbed into our bodies' circulatory system, meaning it can contribute or detract from our overall health.

For this reason, Pure + Simple manufactures its own line of products in Toronto and also only carries brands and does treatments with safe/natural ingredients.

Specialty services include natural and high-tech facials, laser hair removal, waxing and tinting. The store also carries mineral-based make up.

After a year in business, Carmen is looking forward to meeting new customers and offering new treatments as the founder evolves various skin care programs. “

“Our real strength is the ability to deliver customized service, to find the right products and services for each individual. So whatever your budget and your needs, come and talk with us.” says Carmen.

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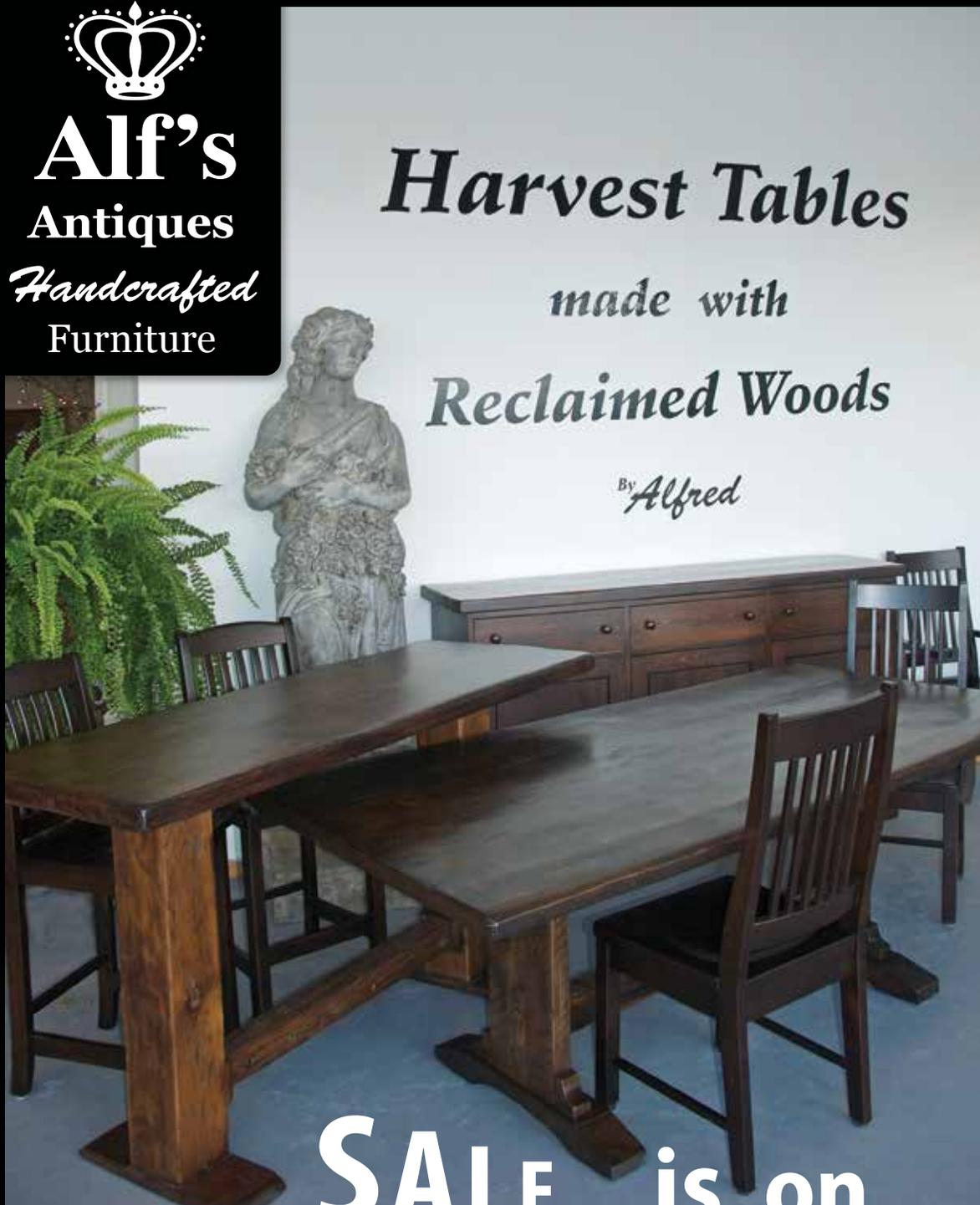
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 Beach Hill Smokehouse – 172 Main St.  
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Fearless Meat – 884 Kingston Rd.  
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