SAILING HER WAY TO OLYMPIC DREAMS

DECLUTTER THE MIND FOR SPRING AIR

OUR HOME & NATIVE GARDEN

SPRING DUST OFF

OVERLOOKING UNDER FASHION

SAILING HER WAY TO OLYMPIC DREAMS
SUNDAY, APRIL 7, 10-4

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**SAILING FORWARD TO HER DREAM OF THE OLYMPIC PODIUM**

This July, Canadian Athlete, sailor and member of the National Sailing Team, Sarah Douglas, will take the final step toward her dream – be the athlete in Laser Radial who represents Canada in her bid for a spot at next year's 2020 Olympic Games in Tokyo, Japan.

Sarah is the epitome of what is meant when you hear “Set your goals and then take steps to move toward them!”

In 2014, Sarah returned to sailing after a two-year break. That’s when the young sailor determined she was going to work toward qualifying for the one single spot for the Canadian Laser Radial competition at the 2020 Olympics in Tokyo.

Sarah grew up in Barbados. Neither of her parents were athletic, but both Sarah and her brother fell in love with sailing. Sarah and her brother Greg Douglas, a two-time Olympian, would travel and do competitions together as a family. Greg represented Barbados at the Olympics in Beijing, and Canada in London. “He was the one who inspired and guided me along the way”, says Sarah. On occasion, her dad would drive with her 25 hours in the car to Florida for competitions.

“I was 7 when I first learned to sail,” she says, “and I was competing when I was 10.” At 14, when Sarah outgrew the smaller boats used by children, she moved on to the Laser Radial. At the 2008 Summer Olympic Games, the Laser Radial was chosen in single-handed women races. “The boat is a class of sailing dinghy, meant to be sailed by one person, and is the preferred boat of choice for women sailors.

At the same time when Sarah began competing in Laser Radial, she moved to Canada where she attended high school as a boarding student at Lakefield College.

Sarah continued to sail but following her success in the Youth Olympic Games in Singapore, she took a break from sailing, and spent the year coaching youth athletes at Ashbridge’s Bay Yacht Club. She then returned with the Olympics as her goal.

Her first step was to qualify for the Canadian Sailing Team as a senior athlete – which she did. Then, over the next few years, Sarah continued to add to her achievements while she attended university. She then returned with the Olympics as her goal.

**DISCLAIMER:** BeachesLife magazine made every attempt to verify all information published in this magazine. However, we assume no responsibility for any incorrect or out-of-date information.
Last year, Sarah enjoyed 10 international results including a 2nd place finish at the Laser North American Championships and a 3rd overall finish at the Lauderdale Olympic Classes Regatta. Then she secured a berth for Canada in Laser Radial at the 2020 Olympics (which means, Canada can participate in the event).

Training and preparation fills almost every hour of the week for Sarah these days. “Training is a 6-7 day a week job,” she says, wherever she is. “It comes down to about 160 days on the water a year,” she explains. It also includes 4-6 hours every day at the gym, depending if she’s doing water training or not, as well as skills training on the water. Water training is what she calls “focused training” because it is typically done in 10-day blocks.

She admits that all that training keeps her hungry, “I eat a lot, I’m a bit of a foodie and love to cook.”

When Sarah is in Toronto, the Ashbridge’s Bay Yacht Club (ABYC) is where you are most likely to find her. Founded in 1932, the beautiful ABYC is one of Toronto’s premier sailing clubs for both novice and experienced sailors like Sarah. She knows it well, from the two summers when she coached youth athletes there, as well as where she practices when she’s in the city. The Ashbridge’s Bay Yacht Club has also been the location of successful fundraisers to help support the cost associated with Sarah’s travel and equipment during her Olympic bid.

Sarah keeps one of her precious Laser Radial boats at ABYC. She has another one in Europe where she trains, and one she has just purchased, waiting for her when she gets to Japan.

The next few months are going to be busy ones for Sarah and her coach, Vaughn Harrison. Her next world competition is a regatta in Spain, which marks the start of the “European Circuit”. There’s a Toronto Training Camp in June, the European Championships in Portugal, the Pan Am Games in Peru at the end of July, and the World Cup in July 16-24 when the Olympic choice is made.

Fortunately, she was able to secure an apartment in the former Pan Am Village site near Toronto’s waterfront. As one of Canada’s athletes, she was given a reduced rate, which makes it easier to live close where she has to train. Her brother is also in the city, and her parents for part of the year. “So I’m not alone,” she tells us. “Plus, it’s close to the YWCA and the water.”

Sarah feels very lucky to have the opportunity to travel around the world, and named Singapore as one of her most favourite places – she was there for the 2010 Youth Olympic Games. She really appreciated that “It is a very beautiful and clean city, with some really cool architecture”. But Toronto is her home. “I like to bike along the boardwalk,” she tells us, so if you see her there, give her thumbs up!

You can track Sarah’s progress in 2019 as she starts on the regatta circuit, European championships in Portugal, the World Championships in Japan, and the Pan Am Games in Peru by subscribing to her monthly newsletter sarahdouglassailing.com.
Clearing Out the Clutter in Your Heart & Mind

We often hear about the value of decluttering and organizing homes, closets and offices to create a harmonious and peaceful life. After the task is done, most report feeling “lighter”, “refreshed” and more energized. But many forget to invest that same amount of time and energy into decluttering our minds, and our hearts.

We all hold onto emotions, feelings, and experiences. Most bring us wonderful memories, but some, like resentment, past hurt, regret, anger, envy can be damaging, especially if we don’t figure out a way to clear them out – like we clear out a closet.

You can’t tackle everything (just like you can’t take on all the clutter in a home). But in the spirit of “cleaning up”, pick one or two things cluttering your mind and heart and replace it with some bright, new space.

Shrink Your Problems

When you declutter your house, you might hesitate about a pile of toys, and then before you know it, someone tells you to keep them “just in case.” Think of your list of “problems” the same way. If you deal with a problem early on, it’s easier to solve. For example, if you’re worried about telling your family that you can’t join them at the annual picnic, tell them now, not in two months when the party has been planned and everyone, including your kids, are expecting to go.

Let Go

Letting go means you are allowing yourself to feel lighter and move forward with ease. Learning to let go of control is a major force in finding inner peace. Perhaps you’ve always felt unappreciated in your past job. It’s time to just let it go. The situation was unfair but now imagine opening the door and pushing it away. Letting go of a resentment is a bit like letting go of something you bought. Now that item is cluttering up your life. Time to get rid of it.

Forgive

Forgiving someone does not mean forgetting a wrongful action or excusing how hurt you are. You forgive because of the impact it has on your mind, body, and spirit.

Think of it like giving away something that was a mistake to buy in the first place – those skinny jeans, that exercise equipment, those stiletto shoes that hurt your feet. So you made a mistake, or perhaps the sales person was too pushy. Forgive and move on.

Remove the Worry

Most things we worry about today are not going to happen tomorrow. Focus on what you can control. Sure, your daughter might not make the softball team, but think about how much fun she has on the team. Once you remove the worry around things that might happen, you’ll have more room for being grateful for what is real.

Take Control of Your Thoughts

You have continuous mind chatter talking to you all day; both positive and negative. Clear out negative thoughts when they enter your mind. It’s like the mantra organizers suggest you use when cleaning out a house: Re-use, recycle, reduce, keep or throw out. Clear out some space!
Spring is often associated with “spring cleaning”, but here’s the good news, whether you’re a daily scrubber or you prefer to go for a hike instead of getting out the vacuum, there are some chores that only have to be done once or twice a year. There’s even more good news – these are the chores that often make a big difference in how something looks, or works, so although they take a bit longer to do, they are well worth the effort.

You don’t have to do them all, but spring is a good time to tackle a few of these “once a season” clean-ups!

Windows: Window-washing can transform your space in a way that’s truly breathtaking. Don’t attempt all at once, but perhaps one floor, or few rooms at a time. Invest in a squeegee and some micro fibre rags. Use a glass or multipurpose cleaner, wet, dry and then rub out the streaks. Once you do both inside and out, the sunshine will be worth the wait. If outside is too difficult, there are many neighbourhood window washing services.

Inside Window Treatments: Wipe down blinds with a damp cloth or vacuum first if they are very dusty. Wash curtains and hang to dry, and only if necessary, dry clean drapes as instructed.

Light Fixtures: Light fixtures love to collect dust. You can wipe them down with a microfiber cloth or soak them in a sink full of soapy water first and then polish. While you’re at it, take care of all those burnt out bulbs and replace old bulbs with ones that are energy efficient.

Garage or Shed: Throw out old and broken toys and tools, pack up the car with items to be donated, and use a ShopVac to get rid of dust, cobwebs, and leaves. Then organize what’s left into a clean, useful space.

Go Under: Your dog or cat will love this one! Get down on your hands and knees and search dust bunnies beneath your couch, appliances, and furniture. Don’t try to lift large pieces. In most instances, you can use a broom for long reaches, or one of those handy dust swiffers.

Washer, Dryer, Dishwasher: Use vinegar and baking soda to soak the inside of the washer, then follow up with an extensive wipe-down, inside and out. Your washer will sparkle, and your clothes will get a bonus boost.

Dryer exhaust vents should be cleaned (and inspected) at least yearly. Remove the lint inside using a long vacuum hose. Don’t forget to vacuum behind and underneath the dryer where lint likes to hide.

Your dishwasher also needs to be cleaned because the newer models use so little water. Run a cycle through with an added cup of vinegar or use a special dishwasher cleaner.

Once a Season Washes: Duvet covers, mattress covers, pillow protectors, shower curtain liners, cushion covers and throws all should be washed or dry cleaned, following directions on the fabric label.
Cauliflower, once a lowly, plain vegetable sometimes boiled or used as a crudité with dip is now the “darling” of food lovers. It is especially suited to vegan cooking because of the versatile way in which it can be transformed into a wide variety of delicious non-meat choices.

Originally grown in the Isle of Cyprus, cauliflower has been cultivated in North America for over 300 years. Cauliflower is a nutrition powerhouse. A member of the “cole” family, it is related to cabbage, Brussel sprouts, and kale. It is known for both its fibre content and rich nutrients.

• The antioxidants in cauliflower help protect cells from damage that leads to chronic illness.
• Magnesium content assists with muscle contraction and cognition.
• The folate and vitamin B6 in cauliflower keep your nervous system healthy.
• Vitamin K in cauliflower is necessary for both bone-mineral density and blood clotting.

AND NOT JUST WHITE!
Purple and orange cauliflowers are real! Purple cauliflower gets its colour from the presence of the antioxidant anthocyanin, also found in red cabbage and red wine.
Orange cauliflower (introduced in Canada in 19970) gets its colour from beta carotene. Both varieties contain about 25% more vitamin A than white cauliflower.

COOKING WITH CAULIFLOWER
Apart from steaming the florets, cauliflower can be roasted, riced or mashed, and then made into various treats.

MASHED “POTATOES”: Cook cauliflower and blend it in food processor with Greek yogurt or cream cheese, or serve with a drizzle of olive oil and a sprinkling of parmesan cheese.

RICOED CAULIFLOWER: Ground, uncooked cauliflower can be used as a substitute or addition to white rice. It’s a great way to get more vegetables into one’s diet! Riced cauliflower can also be used for fried “rice” dishes.

SHAVED CAULIFLOWER SALAD: Thinly sliced raw can be tossed alone or mixed in with your favourite coleslaw.

ADD TO PASTA: When making macaroni and cheese, add a cup of ground cauliflower. No one will notice except for the boost of nutrition!

MAKE A DIP: Make a “hummus” dip substitute by mixing together cooked, mashed cauliflower with tahini, olive oil, lemon juice, salt and pepper.

USE AS A FISH SUBSTITUTE: Roll each floret in beaten egg, and dip in bread crumbs with salt, pepper and paprika. Now roast on an oiled sheet in the oven until the outside is crispy brown. Serve as the “fish” in fish tacos.

PIZZA: Cauliflower has become a popular way to make pizza crust for those on gluten free diets. Check your grocery store or check online for various easy recipes that use a mixture of egg, ground cauliflower and cheese.
Think about it: underwear (men and women) is the most fundamental piece of clothing you own: It’s the first thing you put on in the morning and the last thing you take off. It’s worn close to the skin, so you need comfort. It serves a protective and supportive role, so it needs to be made well and functional. But there’s another reason. It makes you feel great!

Choosing the right underwear can make a huge difference to the fit of your clothes. Smooth, seamless styles help your clothes to sit correctly on your body. The right camisole or undershirt can hide seams, emphasize the “right” body parts or hide the jiggle parts you wish weren’t there.

**For Women Only**

Every stylish woman knows that if you want your clothes to look good on the outside, you have to wear the right underwear on the inside.

**High-Waisted Panty** is a great choice if you are wearing a lace dress or skirt that requires clean lines or you just want to keep everything in its place.

The G-string or thong is a great, barely-there option for those oh so tight dresses and pants.

**Spanx** sucks you in when wearing a form fitting tight jersey dress and don’t have the most forgiving silhouette.

**Beige Camisoles and Lingerie** are practically invisible under clothes when you match to skin tone. White is never the best colour underwear.

**For Men Only**

The world of men’s fashion underwear has rapidly grown with the awareness of men’s fashion sense. Today, men’s underwear is not just a necessity. Comfort and style play an important part.

**Briefs** are what many associate from their childhood. No longer just available in white, there are many varieties. But here’s a style tip. Briefs are especially good for shorter guys because they expose more of your legs, making them appear longer and you, therefore, taller.

**Boxers** have made a big impact in the past 30 years, and come in every style, including “seasonal” patterns. One of the great things about boxers is that they are a great choice for sleepwear (for the man who wants to keep his wardrobe simpler).

**Boxer Briefs** are the lovechild of boxers and briefs: the shape of traditional boxer short, but cut on a more fitted block out of jersey material. Since the rise of slimmer silhouettes in menswear, boxer briefs have become the go-to style for most guys.

**Trunks/Hipsters** are a shorter version of the boxer-brief that has grown in popularity with the rise of super-skinny trouser styles.

**Undershirts**, some wear them, some don’t, but this is what you need to know. An undershirt is NOT the same as a t-shirt. An undershirt is thinner and more lightweight because it is meant for layering.
PLANTING A GARDEN FOR SUCCESS: TRY NATIVE PLANTS

With our hot summers and unpredictable rain fall, gardening can be a challenge. Make growing a garden easy for yourself by selecting plants that you know are going to do well.

Plants that are considered native or indigenous to Southern Ontario have evolved here and adapted over time to the regional climate, soils and wildlife. They will grow best in your yard if planted in the same conditions as they thrive in nature. This means, less water, easier care, fewer pests, and less reliance on pesticides. They require minimal watering once established and very little maintenance.

Make sure you buy plants from local nurseries who sell plants with seeds collected from this area. This will ensure that the plants you are using will be best adapted to local environmental conditions.

In addition to the benefits of lower cost and maintenance, using native plants can help sustain local ecosystems. Ecosystems are communities of plants and animals, including the physical environments they inhabit. Creating healthy, sustainable ecosystems promote the health of them for years to come.

Before you know it, your garden will be a favourite spot for native plants loving insects and birds such as monarch butterflies, black swallowtails and mourning cloaks; honey bees; and birds such as robins, chickadees, nuthatches, blue jays and cardinals.

Check out these favourite native plants:

**SMALLER NATIVE PLANTS**

- The downy serviceberry and pagoda dogwood are easy to grow, flower in spring, and have attractive coloured autumn foliage and fruit.
- Bayberry has waxy, blue-grey, aromatic fruit.
- St. John’s wort can brighten up any garden with its golden-yellow flowers against blue-green leaves.
- Fragrant sumac has brilliant red, fall foliage and adaptability to poor soil.
- Red osier dogwood sports burgundy-red twigs and looks great in winter.

**WILDFLOWERS**

Wildflowers fall roughly into two categories:

**Those that naturally grow in forest shade:** trillium, dog-toothed violets, hepatica, bloodroot, jack-in-the-pulpit, ferns, Solomon’s seal, and wild ginger. These native flowers grow in the richest, blackest, loam soil imaginable, created by decades of decaying leaves, twigs, and branches. For sandy or clay soil, add a lot of compost, peat moss, and manure.

Plant other shade-tolerant perennials like astilbe, daylilies, or hostas in the immediate vicinity since many of the spring flowering wildflowers disappear completely after flowering.

**Those that grow in the sun in open meadows:** mullein, Joe-Pye weed, goldenrod, swamp milkweed, and butterfly weed. Wildflowers for sun can easily be started from seed mixtures that are composed of annuals, biennials, and perennials.

**TREES**

White pine, sugar maple, red oak, paper birch, tamarack, balsam fir, or hemlock.
Taking Care of Our Inter-Connected Body

We usually think of our bodies in terms of individual parts, for example, we exercise to tone our abs, or we eat green vegetables because they are good for our heart. It’s the same way if we get sick or hurt. If we have a rash, we see a skin doctor, but if we break a leg, we see a bone or orthopaedic doctor.

Each individual body system, however, works in conjunction with other body systems. A body system is a group of parts that work together to serve a common purpose. That is – everything is inter-connected. Each of your body systems relies on the others to work well.

One System Depends on the Other

Just think of our circulatory system, for example, that delivers oxygen through the body. Your heart pumps blood through a large network of blood vessels. When these pass through your digestive system, nutrients absorbed from your last meal are picked up and carried to other parts of the body. Your blood also carries oxygen inhaled by the lungs, and this oxygen and nutrients feed other cells of your body. And your blood also picks up any waste products created by these cells, including carbon dioxide, and delivers the waste to the kidneys and lungs for disposal. At the same time, your circulatory system is always carrying hormones from the endocrine system, and the immune system’s white blood cells to fight off infection.

All the Systems and Parts Work Together

Our wonderful respiratory system also relies on other parts of the body to help do its work.

* The muscles in your heart that move the blood around can do so because of oxygen they receive from your lungs.
* You brain controls your muscles, and your brain is protected by your bones (skull and spine). The circulatory system provides your brain with a constant supply of oxygen-rich blood while your brain regulates your heart rate and blood pressure.
* Your bones are busy making new blood cells.

The respiratory system is just one of 10 body systems:

- Circulatory
- Respiratory
- Nervous
- Muscular
- Skeletal
- Digestive
- Reproductive
- Endocrine (hormones)
- Lymphatic, or immune system
- Integumentary (skin, hair)

When One Part Feels Sick, it Affects the Rest

When we think of how interconnected we are, it is easier to understand why trouble in one body system can cause trouble in other body systems. Stress in your head can cause upset in the stomach, decay in your teeth or gums can deliver bacteria to other parts of your body.

It also shows us why exercise and nutrition is so important. Nutrients are shared throughout, as each part takes what is needed.

Each Body System Works with the Others

There are many ways we can help our body connect and benefit from all of its systems.

* Exercise tones muscles, but it also helps everything flow more easily through the system, delivering oxygen and getting rid of toxins.
* In addition to soothing sore muscles, therapeutic massage boosts immunity by encouraging movement “inside” the system.
* Drinking water aids in flushing out water-soluble toxins, so adequate hydration is certainly directly relevant for keeping organs like kidneys functioning well, as well as skin and the immune systems.
When tourists flock to Paris, France, everyone checks out the main sites: the Eiffel Tower, the Louvre, Versailles, Notre Dame. Of course, you want to make sure you visit these “must see” places. But what about the lesser-known attractions, for example, the beautiful Bois de Boulogne park in the middle of Paris city? Many tourists have never heard of it, yet, this former hunting ground for the Kings of France is larger than Central Park and a perfect get-away in the middle of a bustling city.

When we think of “off the beaten track”, it could be a place that tourists don’t hear as much about, or it could truly be some place where tourists never go. But when traveling, it’s a good idea to include some of these out of the way places – you may find they are the most memorable of all!

Finding “Gems” Here in Canada

Canada is the perfect place for “off the beaten track” travel. Outside of Toronto and the GTA, we are mostly a rural country, which means you can pick any small town at random, and spend a couple of hours just exploring.

The first step is to get off the main highway (the “400 series” ones) and take the slow route through the country. When you arrive, check out the town hall and the library. Often these are in older, perhaps historic, buildings. Find out about the place. Most towns are “famous” (in their own area) for something. They may be near a great winery, or have won “best butter tart” award, or are home to someone famous or a famous event.

Check out local listings for fall fairs, jamborees, antique markets, artisan fairs and local theatre festivals being held in regional venues, instead of large centres like Toronto.

Most areas have a park in town, or nearby. It’s often a great place for a picnic or a hike. Many towns have historic trails connected to them (you’ll find information at the library). Or just walk the main street and see what you find! Head for the town bakery, which usually is a great place to pick up some treats, perhaps a local specialty.

Some Specific Ideas

Dare yourself to find the “hidden treasure”. In the little town of Haliburton, for example, there’s a beautiful waterfall hidden off the main street. In Huntsville, Ontario, there’s a lookout on top of the highest point in town. In Wolfville, Nova Scotia, there’s Tanglewood Gardens, a hidden gem that many people miss.

Visit wineries in a region that you’ve never heard of before, e.g. Point Pelee, Prince Edward County. Many of the smaller establishments have great choices and the owners have time to chat about their product.

University towns like Kingston (Queens University), Waterloo (Laurier and University of Waterloo), Wolfville (Acadia) are also fun to explore. They all have great bookstores and interesting architecture. Check out the student centre.

A guided tour is a good idea if you’re in a city, perhaps Vancouver or Halifax. But look for a tour that’s different from the regular “sights”. Many cities offer nighttime “ghost tours”, or historic walking tours led by local guides. There may be food and beverage related tours that give you a taste of local fare.

Use Google to search “off the beaten track”. You’ll find all sorts of great ideas.
For many in Canada, Easter means a ham dinner, scalloped potatoes, and a day eating cream-filled candy eggs. But from braided breads to roast lamb, take a look at some of the most popular Easter food traditions we enjoy from around the world. Maybe this year, try out something new from a local bakery or food shop.

Two kinds of meat are popular at Easter: ham and lamb. Lamb, however, is the most traditional, because it is associated with the first Passover Seder of the Jewish people. Lamb is particularly common in European cultures. For example, in Toronto, many Greek families will enjoy roast lamb this Easter, often cooked on an open BBQ.

In North America, however, ham, a symbol of luck and good fortune, has become the Easter meat of choice because years ago, fresh lamb wasn’t readily available.

Eggs, an old symbol of fertility (for spring time) and a Christian symbol of re-birth, are probably the most popular food associated with Easter. In many traditions, hard boiled eggs are coloured for display or served as "deviled eggs". A popular Italian Easter bread features coloured, hard boiled eggs baked right into the bread!

Following on the egg tradition, chocolate and chocolate eggs were first created in the 19th century by the Cadbury Brothers who had worked to make chocolate easier to melt and shape. The first chocolate eggs were filled with sugared almonds and decorated with a marzipan flower.

Easter cakes are a popular dessert and vary by tradition and custom. For instance, the Simnel cake, a United Kingdom tradition, is a fruit cake with a flat layer of marzipan on top and decorated with 11 marzipan balls representing the 12 apostles minus Judas. Other traditional desert items are Eastern European rolls filled with a poppy seed paste, and the Polish babka. Babka is a fluted round cake, often studded with raisins, flavored with rum, and topped with sweet glaze.

Hot cross buns are another favourite. In the early years of Christianity, the Church wanted to replace pagan traditions with Christian ones. So they replaced the small wheat cakes that the Anglo-Saxons baked in honor of the goddess of spring, Eostre, with spiced sweet buns that were blessed by the church and marked with a cross.

Bread has a very strong link to Easter religious ceremonies and is a feature of Easter breakfast. Easter bread (including hot cross buns) is made during the Easter weekend – and each country has a different variation. Here are just a few:

- **Pane di Pasqua** (Italian Easter Bread) fluffy, slightly sweet, rich and soft, like a brioche, flavored with generous amount of lemon zest and a touch of ground aniseed.

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EASTER CULINARY TRADITIONS
TRY SOMETHING NEW

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<th>RECREATIONAL SPORTS</th>
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Beaches | life
Home automation or a smart home is a house that has a system to control lighting, climate, entertainment systems, and appliances. It may also have home security and alarm systems.

A smart home system typically connects controlled devices to a central hub or gateway, via a wall-mounted terminal, tablet or desktop computer, mobile phone application, or Web interface.

Applications and Technologies
- Heating, ventilation and air conditioning (HVAC).
- Lighting control system.
- Appliance control and integration with a smart grid and smart meters.
- Home robots and security system integrated with home automation to provide remote security cameras surveillance over the Internet, or access control and central locking and unlocking of all perimeter doors.
- Leak detection, smoke and CO detectors.
- Home automation for the elderly and disabled.
- Pet and baby care, for tracking the pets and babies’ movements and controlling pet access.
- Air quality control to monitor air quality and pollution levels.
- Smart Kitchen and connected cooking using voice control devices like Amazon Alexa, Google Home or mobile applications to manage coffee machines, ovens, fridges and multi-cookers, such as Instant Pot.

Historically, systems have been sold as complete systems where the consumer relies on one vendor for the entire system including the hardware, the communications protocol, the central hub, and the user interface. However, there are now open hardware and open source software systems which can be used instead of or with proprietary hardware.

Concerns
In a review of home automation devices, Consumer Reports found two main concerns for consumers:
1. A Wi-Fi network connected to the Internet can be vulnerable to hacking.
2. Technology is still in its infancy, and consumers could invest in a system that becomes obsolete quickly (a.k.a. abandonware). In 2014, Google bought the company selling the Revolv Hub home automation system, integrated it with Nest and in 2016 shut down the servers Revolv Hub depended on, rendering the hardware useless.

In the last edition of Beaches|life, we featured Augmented Reality as part of our three part series: Staying Ahead with Tech. In part two, we are looking at the Smart Home. Smart home gadgets let you turn your lights on using your smartphone, stream music to a speaker, remotely lock your doors, clean your house, and much more. More than just about convenience, these devices can also help you save money on heating and energy, let you know if someone’s trying to break in, or if there’s some emergency. Although in its infancy, smart home technology is growing at an enormous pace.
Movies Starring Animals

They touch our lives everyday. We make them part of our families. When they are with us, we understand what it is means to be loved with no judgement and when they are gone, they leave an emptiness. Of course, some are not so friendly but either way, we are always intrigued by them. In this edition of Beaches | life, we are featuring animals, some pets, some wild, some fictitious but all amazing.

Jaws (1975) Dir. Steven Spielberg; Roy Scheider, Robert Shaw, Richard Dreyfuss
The Black Stallion (1979) Dir. Carroll Ballard; Kelly Reno, Mickey Rooney, Teri Garr
Free Willy (1993) Dir. Simon Wincer; Jason James Richter, Lori Petty, Michael Madsen
Homeward Bound: The Incredible Journey (1993) Dir. Duwayne Dunham; Michael J. Fox, Sally Field, Don Alder
The Amazing Panda Adventure (1995) Dir. Christopher Cain; Stephen Lang, Ryan Slater, Yi Ding
Babe (1995) Dir. Chris Noonan; James Cromwell, Magda Szubanski, Christine Cavanaugh
Dolphin Tale (2011) Dir. Charles Martin Smith; Morgan Freeman, Ashley Judd, Harry Connick Jr.
War Horse (2011) Dir. Steven Spielberg; Jeremy Irvine, Emily Watson, David Thewlis
Life of Pi (2012) Dir. Ang Lee; Suraj Sharma, Irrfan Khan, Adil Hussain

Fujitsu ductless mini-split air conditioners and heat pumps offer year-round whole-home comfort, in most climates. Making smart decisions about your home’s heating and air conditioning system can have a big effect on your utility bills — and your comfort.

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“This local hidden gem’s architecture will never go out of style. I always take a peak when I walk by.” – Luke D.

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 May 10 to info@beachesliving.ca.

Congratulations to Jake Foster – the winner of February/March’s Winter Stations photo share contest.

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.

They touch our lives everyday. We make them part of our families. When they are with us, we understand what it is means to be loved with no judgement and when they are gone, they leave an emptiness. Of course, some are not so friendly but either way, we are always intrigued by them. In this edition of Beaches | life, we are featuring animals, some pets, some wild, some fictitious but all amazing.

Jaws (1975) Dir. Steven Spielberg; Roy Scheider, Robert Shaw, Richard Dreyfuss
The Black Stallion (1979) Dir. Carroll Ballard; Kelly Reno, Mickey Rooney, Teri Garr
Free Willy (1993) Dir. Simon Wincer; Jason James Richter, Lori Petty, Michael Madsen
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Connecting you with your customers

Beaches Living is more than a guide – we are an established, quality marketing vehicle for small businesses, like yours. Our trusted team of professionals has the knowledge, skills and resources to deliver your MARKETING SOLUTIONS.

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Beaches Living – your ONE STOP MARKETING Service for Small Businesses

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- Online Banner Ads
- Online Marketplace
- Online Business Directory

DESIGN & PRINT
- Websites
- Flyers, Brochures & Business Cards
- Posters, Banners & Signage
- Promotional Items
- Display Banners

MARKETING
- Live Events
- Door-To-Door Distribution
- Email Marketing
- Social Media
- Company Branding

Free Business Directory Listing
You can publish your business online at beachesliving.ca, so new customers can find you easily.

Step 1: Verify if your business is already published correctly.

Step 2: If not, submit your business and you may qualify for a complimentary Beaches Living Directory Listing.
Submit your business information at: beachesliving.ca/directory

New Beaches Living Marketplace

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.

Why Us?
LOCAL – reaching out to people in your community
QUALITY – information is controlled
PROMOTIONS – Marketplace is promoted through Beaches Living online, email newsletters and social media
Product & Service Specials - Announcements - New Businesses
Grand Openings - Local Jobs Board - Event Invitations

Visit: beachesliving.ca/beacheslife/marketplace

Social Media
A new way to help local businesses connect with your community. Let us get your word out sooner and faster.

Join us @BeachesLiving –

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

A Little Bit of History of Our Own & Moving Forward
Since the summer of 2004, Beaches Living has been dedicated to publish the informative, entertaining and professional publication Beaches Living Guide. The Guide has mirrored our community’s past, present and future with a rich collection of local histories, landmarks and community information. We are committed to continue this vision that we set out 15+ years ago.

To adapt to today’s ever-changing technological environment, we are moving the Beaches Living Guide fully online. You will find our 15 year collection with stories about your community, city and country, all archived online at beachesliving.ca. We will continue to share these stories with you in future times to come. Stay tuned!

Did You Know?
- What do the movies have to do with this Palace of Purification?
- What did Mr. A. Small do for the oldest church in the area?
- York train station was built in 1883 for what railway company?
  a) Canadian Pacific  b) Grand Trunk Railway  c) Kingston Komet
- Which was built first at the Kew Beach Fire Station, the tower or the station house?
- Kew Williams Cottage, on the grounds of Kew Gardens Park, was built for:
  a) guest house  b) “halfway” house  c) honeymoon cottage

15 Years of Collecting, Celebrating the Beaches’. Toronto’s and Canada’s History and Landmarks are now fully online.

Beaches Living Guide was awarded the APEX Award for Publication Excellence for 12 consecutive years!
Spring Energy Upgrades: Be A Friend To The Planet & Save Money!

Spring is here, and with the warmer weather it’s the ideal time to think of some home and garden renovations. With “going green” in mind, why not consider some larger, or smaller, upgrades you can do, which will reduce your carbon footprint AND save money!

SERVICE YOUR AIR CONDITIONER. Easy maintenance such as routinely replacing or cleaning air filters can lower your cooling system’s energy consumption as much as 15 percent. And before we get our first heat wave, check your air conditioner’s evaporator coil. It should be cleaned annually to make sure that the system is performing at optimal levels.

UPGRADE YOUR AIR CONDITIONER. The newer high efficiency air conditioners reduce AC costs by 20-50 percent. Maybe it’s time for an AC upgrade that pays for itself!

CEILING FANS have been used in the US “deep south” for generations in order to cool rooms naturally. By installing ceiling fans to cool your home, you can lower your thermostat at least 4 degrees. This, in turn, lowers your electricity bills without sacrificing overall comfort.

SWITCH TO A PROGRAMMABLE THERMOSTAT. On warm days, setting a programmable thermostat to a higher setting when you are not at home can help reduce your energy costs by approximately 10 percent.

SHADE TREES are one of the most cost effective ways of reducing solar heat gain in your house and reducing AC costs. In fact, in shaded neighbourhoods, temperatures are estimated to be at least 6 percent cooler! No room for a tree? Shrubs and plants around the foundation of your home also cool the air before it reaches inside!

MULCH IT! Put part of your garden budget toward mulch this year. Mulch reduces water needed for plants, cools their roots, and cuts down on weeds.

UPGRADES:
- Make easy to open blinds, draw the curtains and let the light in.
- Make a crossover door grill to a larger BBQ with a burner? Then on warm days, you can cook most or all of your meals outside, which keeps the heat out of your home (and saves wear and tear on the AC).
- Mulch this year. Mulch reduces water needed for plants, cools their roots, and cuts down on weeds.
- Inexpensive and easy to install, inexpensive and easy to install, inexpensive and easy to install.
- For a tree? shrubs and plants around the foundation of your home also cool the air before it reaches inside!
- This year? Get caught up and relive the day on video and in photos at beachesliving.ca/kids
When you take over a family business, sometimes it means you can remain committed to the idea of a true, family-run business. This certainly is the case for Sanagan’s Meat Locker, one of the few places in the city where you know you are buying Ontario only meat and other products.

It all started when Peter Sanagan was walking through Kensington Market one day and noticed a “For Sale” sign in the window of an historic butcher shop. The business had been owned by the same family for over 50 years, and were delighted to have someone step in and take it over. Within 3 years, the business had taken over a larger space (European Meats) where they could now sell deli and charcuterie products. Then just over a year ago, a second location opened on Gerrard Street. October 2018 marked the first anniversary.

Sanagan’s Meat Locker has always focused on selling locally produced, Ontario food. “Everything in our store, including the deli, as well as jar and dry goods, all come from Ontario,” says Brian Knapp, Operations Manager. “Most importantly to many, all of our raw meat, chicken, beef, veal, lamb, pork, comes from small to medium-sized family farms in Ontario – not factory farms.”

“These farms include King Capon Farms, in Sharon, a family owned farm for 65 years, and VG Meats, where 4 brothers took over the family business after their father retired.” Meat and products are sourced from various farming areas in the province, Kitchener/Waterloo for eggs and turkey, Grey County/Bruce especially for beef, Niagara for great prosciutto, Simcoe, Port Hope, Perth and east.

The local farming approach means total transparency for the customer. Customers know that Peter or Brian have been to the farms, seen the raising conditions for themselves and how the animals are treated. They can even look at the product label, which states the farm name and location.

Both stores follow the same philosophy, although there are more products at the Kensington location, which attracts a wider group of shoppers. The Gerrard store is basically a community store, which Brian loves. “It’s a typical neighbourhood, where people drop in to buy products to take home to cook, or pick up in the deli area,” he says. Popular items include prepared foods like meat pies, terrines, and many sausage varieties.

“We are also starting to stock some traditional British products such as pork pies, bangers and sausage rolls (coming soon).

A love of food goes back a long way for owner Peter. When he was seventeen, his family moved to Hong Kong. He wasn’t in school at the time so he occupied himself by learning about food and how to cook. By the time he had returned to Canada and finished high school, the restaurant business was “in his blood.” After spending 15 years in some of the best kitchens in the city, then as chef at The Falls Inn in Grey County, he discovered the quality of food produced by small farmers and difficulties they faced getting their goods into large city stores. This is especially the case for meat.

Both Brian and Peter grew up in Toronto, “We are just so happy to be part of the Gerrard community,” they add.
Welcome new neighbours:
Aviator Danforth – 1458 Danforth Ave.
Hingfa Chinese Cuisine – 955 Kingston Rd.
onlyRENOS – 922 Kingston Rd.
Playcation – 900 Kingston Rd.

Thank you and best wishes:
Janet’s Custom Sewing & Embroidery – 992 Kingston Rd.
Leslieville Kitchens – 1366 Queen St. E.
The Beach House Bar & Grill – 1953 Queen St. E.
Villa Spaw Four Paws – 1003 Kingston Rd.

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