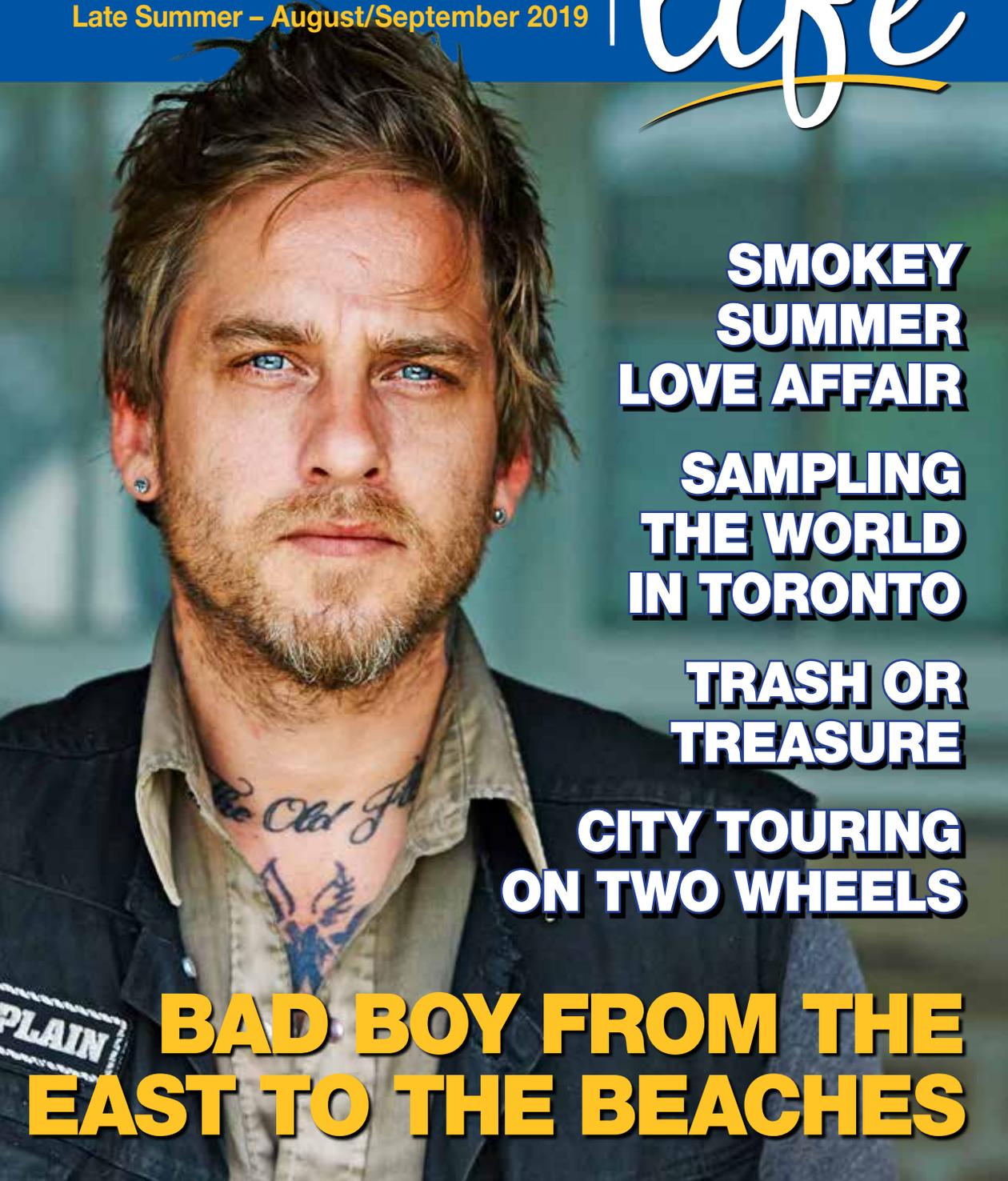


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Late Summer – August/September 2019

life



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# A JOURNEY BETWEEN TWO SMALL TOWNS AT THE WATER



Accomplished multidisciplinary artist, Joel Thomas Hynes is an actor, creator and executive producer of the hit CBC comedy series *Little Dog*, and author of 2017 Governor General's Award for Fiction winner for his latest novel "We'll All Be Burnt in Our Beds Some Night". His recent triumph *Little Dog*, aired in 2018, is known for its full-on Newfoundland humour.

Over the past decade, Joel's has taken on roles in film, television, and plays. His most favourite project was starring in a film adaptation of his novel *Cast No Shadows*, where he plays the father and his son Percy, who was 12 at the time, plays his son.

Many also recognize him from TV shows, such as *Orphan Black*, *Frontier*, *Mary Kills People*, *Republic of Doyle*, *Rookie Blue*, *Eyewitness*, *Book of Negroes*, *Hatching Matching and Dispatching*. He's also written and directed a couple of award winning short films – *Little Man* and *Clipper Gold*.

These days, for part of the year, Joel has made a home in the Beaches, place he describes as the first time he's had "a real sense of community" in Ontario. It's mostly about the people, but living by the water is a big factor.

Born in Calvert, a tiny village on the east coast of Newfoundland, with a population of about 350 people. He says that he "grew up working with cod fish," and like many from small, close-knit places, "was brought up by the community."

Despite the charm of a fishing village, the life in Calvert was not going to be enough for Joel. "At

16, I got out of there as quick as I could," he says, "Newfoundland will always be home, but it's a complicated environment." He first hung around what is known as the "Irish Loop" (the southern shore of the Avalon Peninsula), where he was part of various bands, and hitchhiked around the province with a knapsack full of books and CDs. Life wasn't easy, and he admits getting into trouble with drugs and alcohol until he was taken in by his Uncle and Aunt. His Uncle, acclaimed folk singer Ron Hynes, offered him a chance to start writing songs and tour. It would be his first taste of being part of a music scene.

"When I began to travel with him I also fell into the arts community," says Joel. "I was first interested in acting, but I soon realized that most actors can't make a career from just the stage without going broke, so like many others, I turned to writing."

It turned out to be a good choice. At 29, Joel's first book, "Down to the Dirt", was published, and won the Percy James First Book Award. "Down to the Dirt" soon became an audio book, and then, made into a film. It was followed two years later by "Right Away Monday", and "Say Nothing Saw Wood".

*continues on page 6...*



...continued from page 5

Joel has been called by some the “bad boy of Canadian literature” because of his tough, often troubled characters, the unsavoury lifestyles they choose, and the often dark but comic situations they find themselves in. His work is fresh, creative, full of intrigue, and with its deep cultural roots drawn from Joel’s Newfoundland roots.



In 2013, Hynes moved to Toronto to be closer to Percy and “make a go of it” in Ontario. After trying out various neighbourhoods, he settled in the Beaches, and has never regretted the decision. I love it here. I feel a lot more at ease living by the lake. There’s an illusion of space in the Beaches that you don’t get in an urbanized environment.

Joel also appreciates the sense of community, and admits to doing all his Christmas shopping on Queen Street. “You run into the same people all the time and you really feel you are part of a community.”

In his spare time, Joel enjoys boxing, rebuilding old motorcycles, and walking in the woods with his small dog. He does have a place outside the city, but he also appreciates the green nature of Toronto, with its many parks, including High Park, the Bluffs and the Brickworks. He stays very close to his son Percy, now a well-known actor in his own right. Percy is known for his role in *The Gifted* and the *Marvel X-Men* television series.

It’s hard to say what’s next for Joel. He’ll be pitching a new TV show this fall, a series he describes as a dark Sci-Fi crime drama with Cameron Pictures. And there’s more writing to do. “I feel miserable if I don’t have a novel in my head, I have one now, but it’s not quite ready.”

“Whatever ideas come across my head is what I’ll work on next. I don’t know at first whether it is music, a song or a novel.”

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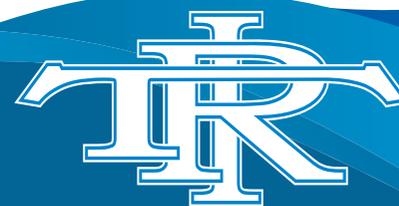
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## TO GRILL OR NOT TO GRILL



Barbequing may be a summer favourite to most of us, but some of the top chefs and grilling experts tell us that not all foods are best grilled. Some items need to be prepared ahead, or cooked on the BBQ using specific equipment.

### FATTY PREPARED MEATS

Fatty prepared meats like sausages should not be cooked raw. They tend to just flare up before they are cooked thoroughly. Steam ahead in water or beer, and then finish off on the grill, or look for pre-smoked (pre-cooked) varieties.

### RIBS

The same goes for ribs. Unless you've got a BBQ that can slow roast first, you are best to cook ribs ahead of time and just finish off on the grill.

### BACON

Think twice. It's very fatty and you may lose your bacon through the grills.

### ASSORTED SALAD GREENS

Lettuce and other delicate salad greens have a very high water content so they just wilt on the grill. Plus varieties like radicchio become bitter when heated. Enjoy your salad as a salad!

### FISH AND CHICKEN

Fish with skin side down, or chicken parts with skin work well on a BBQ because the scales and skin protects the flesh from drying out. But don't cook flakey fish (without skin) or skinless chicken breasts directly on a grill. You'll just dry them out.

### SHRIMP

Shrimp are susceptible to drying out when introduced to a hot grill, even when you've marinated them ahead of time. If you really like BBQ'd shrimp, get them with their shell, cook them gently, off direct heat (or wrapped in tin foil), then transfer to a bowl, garnish with emulsified butter and fresh herbs.

### FROZEN MEAT

Take it slowly so you don't burn it before it is cooked. Fresh cuts of meat, fish or poultry works best.

### STEAKS AND ROASTS

Lean cuts of meat such as steaks or roasts cut from the hind quarter-round section of beef (e.g. round steak) need to be marinated ahead of time. Otherwise, they'll just be tough. T-bone and Porterhouse are the right steaks to grill.

### HAMBURGERS

Believe it or not, some chefs even suggest that burgers are cooked on a griddle or plancha—a solid surface where you won't lose valuable fat or flavour to the flames below. Most of us can't imagine a burger that hasn't been grilled, so this is up to you. But make sure you don't press the patties too much when grilling, which squeezes out the flavor and the juices.

# SAMPLING THE WORLD IN TORONTO



The City of Toronto has been described as Canada's crown jewel of multiculturalism, a sparkling, rich, colourful and precious treasure. Toronto has many well-known neighbourhoods like Portugal Village, Greektown, Little India, Little Italy, and spread across the city are large communities with Chinese, Jewish, Filipino, Sri Lankan and West Indian residents.

In this multi-part series, we will be featuring some of Toronto's vibrant cultures.

## TORONTO GREEKTOWN



### ANNUAL EVENTS

- TASTE OF THE DANFORTH** – 2<sup>nd</sup> weekend in August
- OXI DAY PARADE** – October
- GREEK INDEPENDENCE DAY PARADE** – March

The Greek influence in Toronto is hard to miss. Just visit Danforth Avenue east of Broadview Avenue and enjoy the many cafes, restaurants, ice cream parlours, souvlaki houses, fruit stores and shops of "Greek Town". There's the familiar blue and white from the Greek flag everywhere you look. Try and read the Greek names on signs, such as Omonia, Acropolis, Kalyvia, Alexandros, Parthenon. You may stop to sample some Greek food, perhaps souvlaki, gyros and tzatziki. At a cafe, enjoy strong coffee, or at a tavern, while listening to bouzouki music, a glass of Ouzo.

The largest number of Greek immigrants arrived in Toronto following the Greek military junta of 1967-74. The new Canadians typically were entrepreneurs who opened various businesses along Toronto's Danforth Avenue, where in the 1960s, the Greek community officially sprang to life.

Today, Greektown on the Danforth is the largest Hellenic business community in North America and

indeed is the third largest in the world after Greece and Melbourne, Australia. It has earned notoriety in various ways. The Danforth is mentioned in a Barenaked Ladies song, "The Old Apartment", and several scenes in the movie *My Big Fat Greek Wedding* were shot in the area.

Although many settled in the Danforth East area, this is not the only Greek community in Toronto. According to the Canadian census, there are actually 10 neighbourhoods in Toronto where Greek is the mother tongue, including several areas in and around East York and Scarborough.

As you travel around Toronto, you'll see many Greek influences in sights, sounds, and entertainment. For example, various buildings are designed in Greek revival architecture, with columns or pilasters, symmetry and usually white in colour. The Toronto Post Office is one of the best examples, although you'll also notice the design components on many banks, public institutions as well as residential homes.

Torontonians also love what we now import from Greece, much of which we use in our cooking! Canadian merchandise imports from Greece include preserved food products, fats and oils (mainly olive oil!).

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# STAYING HEALTHY OUTDOORS

## WHAT YOU NEED TO KNOW ABOUT TICKS AND LYME DISEASE

We hear a lot about Lyme disease these days, and the dangers of being infected because of a tick. In Toronto the risks are still low, but it is always important to know how to protect yourself, particularly if you enjoy outdoor activities summer through fall in wooded areas that are identified as higher risk zones.

### HOW DO YOU GET LYME DISEASE?

Lyme disease is acquired by being infected by a bacteria called *B. burgdorferi*. Humans become infected if they are bitten by an infected black legged tick (also known as deer ticks).

### WHAT IS A TICK?

Ticks are members of the spider family, and look a bit like tiny spiders. Ticks get under the skin of humans, reptiles, birds and animals and feed on their blood.

### DO ALL TICKS CARRY THE BACTERIA RESPONSIBLE FOR LYME DISEASE?

No. Although any tick can spread disease, only the black legged tick carries the *B. burgdorferi* bacteria that causes the aching, fatigue and flu-like symptoms of Lyme Disease.

### HOW DO I KNOW IF I'VE BEEN BITTEN?

Ticks can stay under your skin for several days while feeding so if you've been outside in a wooded area, it is wise to check your clothing and your body for signs of a tick's body. Showering within two hours is also a good idea.

### WHAT IF I FIND A TICK?

Ticks need to be removed carefully so that you don't leave any part behind. Public Health also asks that you save the tick in a bottle so it can be checked for disease. This is one way they track the spread.

### WHAT ABOUT PETS?

Pets are lucky. They can be protected from any flea bites with medication. Otherwise, your pet can carry the disease as well.

### PROTECTING YOURSELF

There are various measures you can take, similar to protecting against mosquito bites.

- Wear insect repellent that contains DEET or "icaritin".
- Cover up, wearing light coloured clothing, closed-toe shoes, and tuck your pants into your socks.

### WHO'S AT GREATEST RISK?

The greatest risk of acquiring Lyme disease occurs when the specific ticks that carry the bacteria (*B. burgdorferi*) are found. Fortunately, our public health systems are monitoring these factors, and keep track of the areas in eastern and central Canada where the ticks are found.

In Ontario, currently identified risk areas for Lyme disease are:

- Along the north shores of Lake Erie and Lake Ontario
- Parts of Thousand Islands National Park
- Kingston and surrounding area along the St. Lawrence Valley to the border with Quebec and northeast towards Ottawa
- Northwestern Ontario in the region of Lake of the Woods
- Pinery Park on the shore of Lake Huron

Public Health Ontario's Lyme disease page has a map that shows areas in Ontario where they estimate you are more likely to find blacklegged ticks.

For more information on ticks, visit [toronto.ca/lyme](http://toronto.ca/lyme).

# Foodtalk

## OUR LOVE AFFAIR WITH BBQ



Canadians LOVE barbequing. We imagine a perfect summer day ending with a barbeque in the backyard, an outdoor BBQ spot, or cottage. Having a BBQ isn't just a way to cook—it's an event itself. Kids beg their parents, "Can we have a BBQ tonight?" and friends issue casual invitations to each other to "Come over for a BBQ".

The great thing about barbequing is that it can be simple, like hot dogs, or complicated, with cedar planked salmon and grilled veggies. Whatever you cook, the fire and the smoke impart a depth of flavour you cannot replicate indoors.

So here is a Canadian BBQ challenge. Is it possible to grill all three meals of the day? Let's try.

### BREAKFAST

Sausages or sausage rounds cook perfectly. Steam first or use pre-cooked varieties. You'll want to pair them with eggs or pancakes, cooked on a hotplate designed for a BBQ. Add some grilled fruit, perhaps peaches and pineapple chunks. Some BBQ come with a burner for making coffee. Otherwise, you can use an old fashion percolator to heat up your brew!

### LUNCH

Hot dogs are a perfect choice, meat or veggie. But perhaps you're thinking of a salad? Assemble your greens, then grill your protein to top it off: shrimp, flank steak thinly sliced, or perhaps a grilled Portobello mushroom. Enjoy with a cold pitcher of lemonade.

### DINNER

The sky's the limit. Steak, ribs, fish, ribs, cauliflower steak (for vegans). Sides can be vegetable kebabs, roasted potatoes, grilled corn, garlic bread wrapped in foil. For dessert, grill thick slices of pound cake, topped with strawberries, or make a "pizza pan" giant chocolate chip cooking on your hot plate. Serve with sparkling soda, wine or beer.

### WHERE DID IT ALL START?

Cooking over a fire isn't new. Some people think the Spanish brought it over (since "barbacoa" is a similar style). But the idea of grilling meat outdoors as an activity didn't become popular in Canada until the 1960s.

To BBQ or to grill? To barbeque, in Canada, is usually understood as a way to cook food over a flame outdoors (on a BBQ or open pit). Americans describe this method of cooking as "grilling", reserving the word BBQ (as a noun) to describe meats that have been cooked long and slow in the presence of wood smoke.

### DID YOU KNOW?

Here are some interesting factoids about the current state of barbequing in Canada:

- The most popular day of the year to BBQ in Canada is Canada Day
- The most common food item is burgers; steaks come in second place; then hotdogs and 4th: chicken.
- The most common side dishes served at BBQs include corn, potatoes and grilled vegetables.
- Grilling and smoking are family traditions. 60% of grillers/smokers learned it from a family member; usually their father, uncle or brother.
- The top three reasons for cooking outdoors, in order are: to improve flavour; for personal enjoyment; for entertaining family and friends.



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# SWEATING IN STYLE!



Like the beginning of the calendar year, the beginning of school year is the second most popular time for people to get back into an exercise regime.

It used to be exercise meant baggy gym shorts and an old T-shirt. But today, you can be stylish, while getting into shape. Modern athletic wear also offers “performance” benefits: fabrics that breath while you exercise, and wick up excess sweat to keep you warm or cool, as needed.

Whether you’re looking for cute gym outfits to work out in, or just comfy, chic clothes that fall into the athleisure category of fashion (athletic plus leisure trends), you’re guaranteed to see these activewear styles everywhere this fall.

### MOCK NECK CROPPED SWEATSHIRTS

Okay, you already have to have good abs to wear this style! A comfortable, round neck sweat shirt, which reaches mid-belly. Some styles are reversible. For the more modest, wear over top of a full length tank.

### BIKE SHORTS

Some of us thought this style was gone, but instead, bike shorts have gone main stream. Their high, control-top waists and thigh gap-shaping leg openings are flattering for all ages and body types. Pick matching tops and bottoms, or dark colours with a neon top.

Tired of too-tight shorts? Options now include comfy, yet stylish “mountain bike short” styles, complete with multicolor drawstring and this fall’s earth-tone colours.

### LEGGINGS

Yes, these are still extremely popular, full length and cropped. The latest trends, however, pay attention to practical details, offering pockets for a cell phone or keys, and details around the ankles or mid-calves such as mesh or lacy cut outs that take them out of the gym and on to the street.

Most see the value in investing in leggings made with quality fabric, which usually means a certain percentage of nylon along with spandex. No more baggy leggings or leggings that slide down the hips after the first wash!

Also look for super high rise legging trends and for the very fit (and young), women may pair with a matching bra top.

### LEOPARD PRINTS

Yes, leopard prints that have dominated fashion for several years are hot this fall in athletic wear. Spots are showing up in all colours and variations, on matching tops and bottoms, or mix and match.

### FOR WOMEN, THE EXERCISE DRESS

It’s a dream come true when a pretty dress and athletic wear can be combined. Think of a mid-calf tennis dress in colours. Pair with leggings with running shoes, or wear with bare legs and sporty sandals.

### THE WEARABLE SPORTS BRA

From padded to non-padded, underwire to seamless, or strappy to basic, there’s a sports bra option for everyone’s preferences. Intended to be worn alone (not under your clothes), they pair nicely with a zip top if you need a bit of cover-up.

### DESIGNER BRANDS

Add to your athletic wear collection with at least one item from a top designer. For example, Stella McCartney and Alexander Wang have expanded their fashionable designs into the activewear world, along with Fendi, Kim Kardashian, and her brand, Good American.



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## Health talk

# MARVELOUS HEARING MACHINES

Our bodies' ability to hear is truly miraculous! Our ears are an extremely advanced and sensitive organs, though, we just accept hearing without thinking about it.

When you clap your hands, listen to music, even sing in the shower, the surrounding air vibrates in the form of waves, similar to waves on water. These waves strike the eardrum, which functions much like an actual drum.

The vibrations are transmitted to a fluid contained in a special snail-shaped tube inside the ear called the cochlea. The cochlea is covered with tiny hairs that pick up the vibrations. These vibrations are then transformed into electrical impulses, finally perceived by the brain as sound.

### EAR CARE

Taking care of our hearing (and our ears) should be a priority.

- Loud music and exposure to loud sounds (such as drilling on a construction site) actually damage the tiny hairs in the cochlea, leading to permanent ear loss. Wear proper approved protection in the workplace, and at home, keep noise (and music) volume at a reasonable level!
- Wear ear plugs if you go to rock concerts or night clubs. Take a break so your ears can rest, and do not stand close to loudspeakers.
- Don't put anything smaller than your elbow in your ear: This traditional advice is just another way of saying, just don't put anything in your ear. You risk infection, or worse, damaging the ear drum.
- Wear earplugs if swimming in unclean water.
- Ear wax makes its way out of the ear on its own. If you use cotton swabs to remove wax, you risk pushing wax down onto your eardrum, which can increase the production of wax and/or damage the eardrum.

### CAN YOU REPEAT THAT, PLEASE?

According to the Canadian Hearing Society, almost one in every four Canadian adults will experience some form of hearing loss during their lifetime. Statistics Canada (2012-13) estimated that approximately 4.6 million Canadians between ages of 20 to 79 had hearing loss, which works out to be almost 20%!

Loss of hearing can happen at any age, but it definitely relates to aging. Many don't realize that their hearing isn't as good as it used to be, while others don't wish to admit it due to embarrassment.

Addressing hearing loss is important to maintaining good overall health. Hearing loss can affect us on social, psychological and physical levels. It can make us withdraw in social situations, leading to isolation and depression.

Hearing loss can even be physically demanding. Heightened concentration when listening can give you headaches or elevate stress levels and blood pressure.

### GET YOUR HEARING TESTED

The best thing you can do if you suspect that you or a loved one has a hearing loss is to book a hearing test at CHS.(Canadian Hearing Society). Certified audiologists can give you advice on managing hearing loss and how to prevent more from occurring.

Whether you need a hearing aid, an assistive listening device or strategies for communication, can help everyone stay connected to the world around you.

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## 5 GREAT APPS

### YOU PROBABLY HAVEN'T HEARD OF

Today, it's hard to imagine not having everything you need right in your pocket. Our mobile devices help us do everything from shop to get around town to go on a blind date. Apps like Twitter, Spotify, and Amazon are on most of our phones, but what about those lesser-known ones? Here are five great and yet obscure apps you may want to try.



#### RUN PEE

You're at the movie theater and you bought a large pop with large popcorn. As the previews are ending, you've already drank half the soda and the movie's about to start. You need a bathroom break, but you don't want to miss any of the action. RunPee is an app that tells you the perfect time to run to the bathroom during your movie, and gives you a synopsis of what you've missed when you get back. You'll never miss an important scene again.



#### RANDO PHOTO ROULETTE

Rando is an app that provides a fun and interesting way to connect with people from around the world. You take a random picture of whatever you want and send it off. In moments, you'll receive a random picture from a stranger from a random location around the world. It lets you see new things from new people, all around the world! (\$2.79)



#### WOLFRAM ALPHA

It's happened to all of us, we ask Siri a question and instead of getting an answer, you are offered Google search

results to look up yourself. Wolfram Alpha will most likely have the answer to your questions. The app searches thousands of domains and uses complex algorithms to compute data, answer your questions, and even compile in-depth reports for you—all in mere seconds. (\$3.99)



#### SLEEPBOT

Most of us, whether we realize it or not, are probably not getting quality sleep. This sleep cycle tracker and smart alarm utilizes motion and sound tracking software to provide an in-depth analysis of your sleep cycle—average sleep time, sleep debt, long term trends, etc.—and compiles detailed reports to help you get the rest you need. (\$2.79)



#### TUNITY

Tunity essentially turns your phone to act as a temporary TV tuner for any TV. For example, you're at a loud sports bar watching the game, and you cannot hear the commentaries. Simply open Tunity, point it at the TV, and it will use a scanned image to locate the program and then stream the audio directly to your phone.

# MID-SUMMER HERB HARVEST



Herbs have been used in cooking for centuries, not only lending their distinctive flavours to foods, but their preservative qualities too. Thyme, for example, was valued for its essential oil called thymol, and was used to preserve meats before the advent of refrigeration.

Mid-summer through the end of September is the best time for harvesting and preserving herbs. In fact, if you harvest (and cut back) herbs mid-summer, you may enjoy a second harvest before the first frost. Here are some tips for some of Ontario's easiest-growing and most prolific herbs:

#### BASIL

By late August, Basil is often overflowing garden beds and planters. There are many varieties, such as lemon, cinnamon-flavoured and even vanilla. Regardless of the flavour, basil is one of the most versatile of culinary ingredients.

The variety of basil most commonly associated with Italian cooking is known as sweet basil, as opposed to the Thai basil popular in Southeast Asian cuisine. Most know it these days as the main ingredient in Mediterranean pesto. You'll also find it on Pizza Margherita, which displays the colours of the Italian flag: red (tomatoes), white (cheese) and green (basil).

By fall, many are looking for ways to preserve basil's wonderful flavour because there simply is too much of it to use! Two suggestions:

- Freeze whole leaves in a single layer on a baking sheet, and then transfer to a freezer bag, or
- Chop into fine pieces and preserve in the refrigerator in olive oil

#### PARSLEY

Parsley is another herb that reaches full capacity by the end of summer. Instead of picking a few snips as garnish, now you can harvest a bowl full for salad, or to make parsley pesto.

A Middle-Eastern favourite is tabbouleh salad, which calls for cooked grain (bulgur), lots of

chopped parsley and tomatoes, all soaked in a lemon vinaigrette dressing.

- Parsley can be frozen in bunches. You can also dry it and use throughout the winter. Lay the bunches out on a screen in the sunshine until the plants crumble into dry flakes in your hand. Store in clean, dry jars.

#### DILL

The taste of fresh dill cannot be compared with dried. It is an essential ingredient in Ranch Dressing, and creamy dill sauce for salmon or Eggs Benedict.

During the growing season, you'll want to harvest the leaves and pinch back the flowers so the plant keeps growing. Early fall, however, is time to let a few dill flower heads finish blooming and go to seed. These flower heads can then be picked and used for making dill pickles. You can also use the seeds for next year's crop.

#### SAGE

By the end of summer, garden sage creates a showy, silvery green foliage. This wonderful culinary herb flavours meat and bean dishes.

Sage definitely can be dried. If our weather isn't too severe, you may still be able to find it growing in the garden by Thanksgiving, giving you a fresh supply of sage for your Thanksgiving turkey.

# SOCIAL JUSTICE TO THE MOVIES



We think it's better, and on a whole, it is, but we are also reminded that there's a long way to go.

This edition of Beaches|life we are featuring films that address social justice. Some are Hollywood re-tellings, others are documentaries, but all are considered some of the best on the subject. They are funny, sad and most of all thought provoking. They say art and film should spark conversation, these films definitely fit that definition.



**Bowling For Columbine** (2002) Dir. Michael Moore; Michael Moore, Charlton Heston, Marilyn Manson

**John Q** (2002) Dir. Nick Cassavetes; Denzel Washington, Robert Duvall, Kimberly Elise

**An Inconvenient Truth** (2006) Dir. Davis Guggenheim; Al Gore, Billy West, George Bush

**Food, Inc.** (2008) Dir. Robert Kenner; Michael Pollan, Eric Schlosser, Richard Lobb

**Milk** (2008) Dir. Gus Van Sant; Sean Penn, James Franco, Josh Brolin

**Dallas Buyers Club** (2013) Dir. Jean-Marc Vallée; Matthew McConaughey, Jared Leto, Jennifer Garner

**Selma** (2014) Dir. Ava DuVernay; David Oyelowo, Oprah Winfrey, Carmen Ejogo, Common

**Hidden Figures** (2016) Dir. Theodore Melfi; Taraji P. Henson, Octavia Spencer, Kevin Costner

**BlackKlansman** (2018) Dir. Spike Lee; John David Washington, Adam Driver, Laura Harrier

**Support The Girls** (2018) Dir. Andrew Bujalski; Regina Hall, Shayna McHale, Haley Lu Richardson

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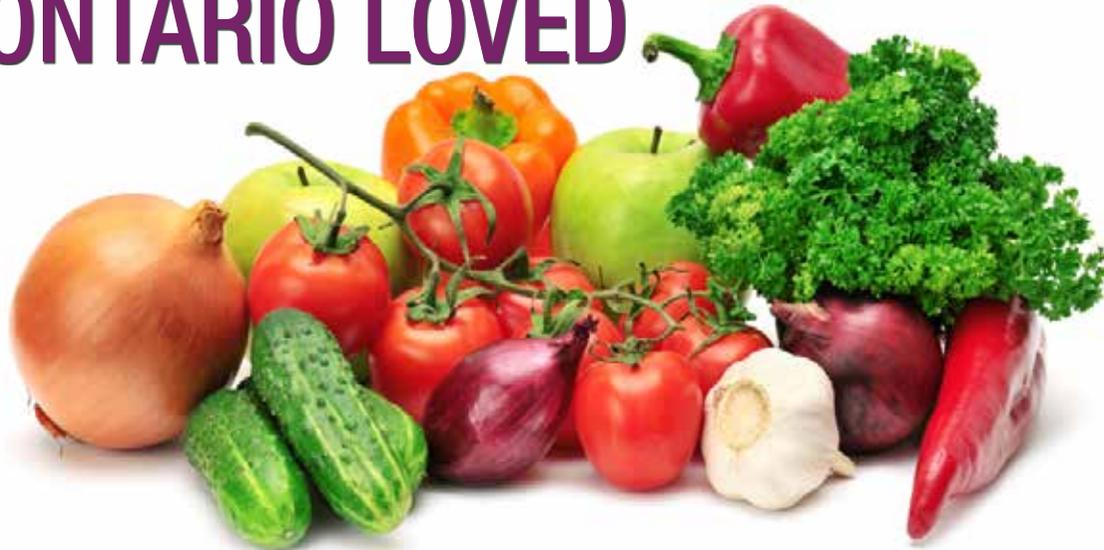
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# ONTARIO GROWN, ONTARIO LOVED



Ontario has four seasons. Due to advances in farming, we can take advantage of getting fresh Ontario produce from late spring through early winter. Maple Syrup, honey, mushrooms, eggs, and meat are available year-round but other crops are harvested at different times of the year. Here is a list of what's available, locally from late summer to early winter in Ontario.

## FRUITS

PRODUCE	AUG	SEP	OCT	NOV	DEC
Apples	■	■	■	■	■
Blueberries	■	■			
Grapes	■	■	■		
Melons	■	■			
Nectarines	■	■			
Peaches	■	■			
Pears	■	■	■		
Plums	■	■			
Raspberries	■	■			
Tomatoes	■	■	■		

## VEGETABLES

PRODUCE	AUG	SEP	OCT	NOV	DEC
Beans	■	■	■	■	
Beets	■	■	■	■	
Broccoli	■	■	■	■	
Carrots	■	■	■	■	■
Cabbage	■	■	■	■	■
Cauliflower	■	■	■	■	
Celery	■	■	■	■	
Corn	■	■	■	■	
Cucumber	■	■	■	■	
Eggplant	■	■	■	■	
Garlic	■	■	■	■	
Lettuce	■	■	■	■	
Onions	■	■	■	■	
Peas	■	■	■	■	
Peppers	■	■	■	■	
Potatoes	■	■	■	■	■
Pumpkins	■	■	■	■	
Squash	■	■	■	■	■

**biz**profile

# THE BEACHER CAFÉ

## WHERE EAST MEETS WEST



It's the kind of place that you walk into and time seems to stand still. Since 1986, the Beacher Café has been a landmark at the corner of McLean and Queen Street East. You'll see it drawn on a city mural at the Toronto Convention Centre, and read about it in the *Lonely Planet*. It has the atmosphere of a place like the old TV show, "Cheers" — a place you can go to, "where everyone knows your name."

The restaurant was purchased by Peter Martineau in 1999, and for most of the past almost 20 years, owned and operated by Peter and his wife, Kumiko. They actually met in the restaurant!

"I was a student visiting Canada from Japan," says Kumiko, "I walked into the restaurant and Peter served my friends and me."

Peter also remembers that day; he even remembers the table where they sat, "table 61".

As Peter recalls, he certainly didn't make an impression as a waiter on Kumiko. Accustomed to a much more formal approach in Japan, Kumiko was shocked at how Peter chatted so casually and stopped to greet other customers. "She thought I was a very bad waiter, and told me so!"

Although Kumiko returned to Japan to finish school, she came back a year later to marry Peter. Today, they both continue to work at the restaurant, and have two children. Their son often is seen working at the family business.

Family is a big theme at the Beacher Café. "We have customers here now that represent 4 generations," says Kumiko. "It's very special." Kumiko often reflects on

the culture in Japan, where it is more common to see several generations together, and where life isn't always so fast moving. "At Beacher Café," she says, "family also extends to those who come in on their own. We become their family, and if we don't see them for awhile, we worry about them!"

Inside the café there are various reminders of the café's past. Over the bar for example, is a hand carved wooden sign that says, "P. Martineau Hotelier". The sign was given to Peter from his father, who saved it from Peter's great grandfather's business in Quebec. There's also a piano from Peter and Kumiko's home (Kumiko is an accomplished pianist).

Those in the Beaches may remember the Beacher when it was first set up in 1986. It was smaller then, and situated between a variety store and a small gallery. At first the café was owned by Chris until Peter bought it.

Known for its famous breakfast menu, every weekend there are long line-ups to get into the cafe. For many years it's been touted as the "best eggs benedick in the city". The restaurant also offers a great dinner menu, newly re-invented these days by their new Chef Bran.

The dinner crowd usually includes many family gatherings, couples at "deux tables" and people on their own happy to join the Beacher family. If you're lucky, someone may even sit down and entertain the crowd on the piano.

"Come in any time", says Peter, "and we'll find you a place to sit and make you welcome here."

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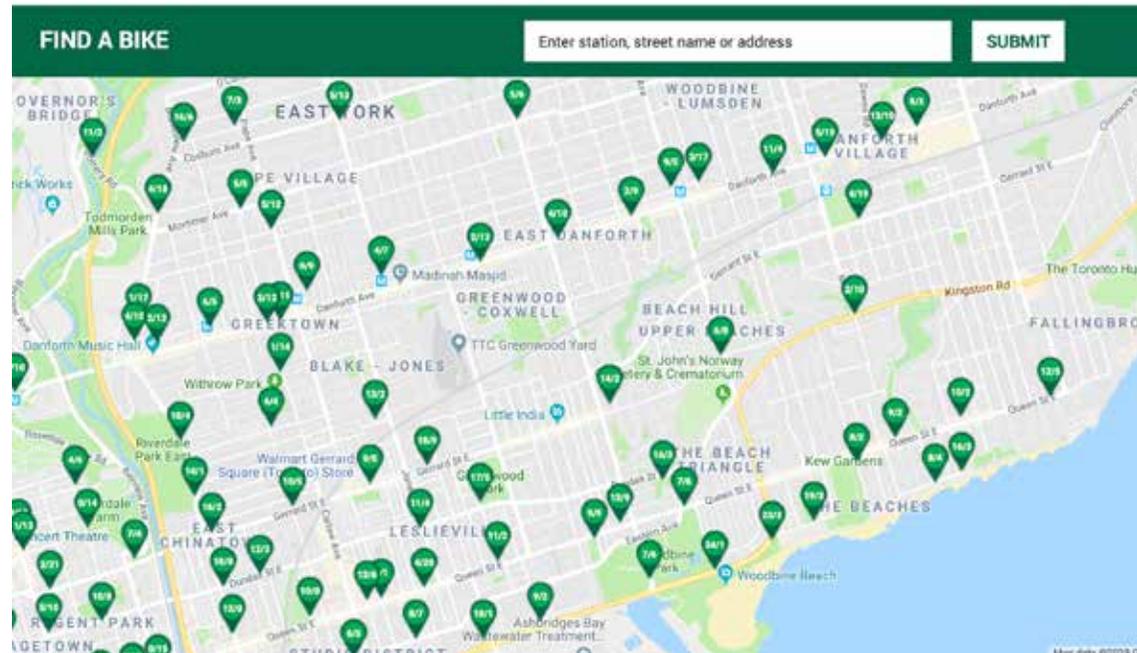
Getting more for yourself and for the world we live in:

- Biking is great exercise. Reduce your stress and improve your health.
- Save on gasoline, prevent carbon emissions and keep pollutants out of the air. Biking is not only good for you, but also good for the environment.

## TORONTO CYCLING NETWORK MAP



For designated bike lanes and multi-use trails in Toronto, visit [toronto.ca/cycling](http://toronto.ca/cycling).



To find out more about Bike Share Toronto, and access the interactive map, visit [bikesharetoronto.com](http://bikesharetoronto.com).

# LATE SUMMER CYCLING



There's no better form of exercise than an enjoyable bike ride on a beautiful day in the city, particularly when the air in late August and September is cooler and the colours along the trails are vivid.

Regardless of where you are located in the GTA, there are certain trails every biker should try out at least once. Some are easier for beginners, and for those who want to get out of the city, there are many within a short drive.

**ETOBICOKE (WEST) WATERFRONT TRAIL** follows Lakeshore Blvd for 2 km, beginning at Royal York, then on to Parklawn Road. Many continue their journey across the Humber Bay Arch Bridge to reach the Toronto Central bike trail.

**TORONTO (CENTRAL) WATERFRONT TRAIL** is one of the most popular choices. Bikers have their own asphalt path. For a break, relax on Sunny Side Beach or grab a bite at the pavilion. Bikers wishing to continue to Woodbine Beach must follow detour routes.

**HIGH PARK TRAIL** is perfect if you enjoy nature rides. It goes through one of the biggest parks in the city with off trail roads, paved walkways and a wooden board walk to explore this beautiful area.

**WILKET CREEK PARK TRAIL** is over 3 km long, with the Toronto Botanical Garden along the way. The path eventually leads to the Tommy Thompson trail.

**TOMMY THOMPSON PARK TRAIL** offers spectacular views of the city skyline. You can access this trail from Leslie St. The path is only open on weekends.

**DON VALLEY TRAIL** is mostly made of road paths and dusty trails. The 10 km trail goes through a variety of parks and the Waterfront path connects to this trail from the lakeside.

**CROTHERS WOODS TRAIL** offers 52 hectares of land to bike through. Cyclists like this trail because it has breathtaking forestry and is the home to many birds' species.

**SCARBOROUGH (EAST) WATERFRONT TRAIL** is a mix of off road paths and on road sections that eventually lead you to The Bluffs, a path that is worth traveling. Note this section of the waterfront trail is very hilly and bumpy.

**TAYLOR CREEK TRAIL** begins at Lower Don and continues southeast towards Victoria Park. It's considered one of the least populated trails, with additional rustic trails through the mature forest, leading to the Forks of the Don River.

## OUT OF TOWN

**THE GEORGIAN TRAIL** runs some 34 kms along the magnificent southern shore of Georgian Bay between Collingwood and Meaford. The trail features a hard-packed, granular surface with regular distance markers and shady rest spots with benches. Enjoy a varied landscape from wilderness, to rural, to urban, and more than 30 convenient access points.

**ESCARPMENT RAIL TRAIL** follows a historic railroad up the face of the escarpment and is part of the Trans Canada Trail. It is 9.5 km long, and runs from downtown Hamilton to Albion Falls, along the southern edge of Red Hill Valley. The multi-use trail has a hard surface, with a short section on quiet city streets as well as a slow, steady climb up the face of the escarpment.

# TORONTO PROUD



It was one of those moments when we all remember where we were, perhaps in our favourite restaurant or bar, gathered at a friend's place, or at home in front of the television. A Toronto team made global sport's news, something we haven't seen in many years.

Many remember the Blue Jays World Series victories in 1992 and 1993, or the 1972 Paul Henderson goal that won the Team Canada vs. Russia Hockey Summit, or way back—1967—when the Toronto Maple Leafs won the Stanley Cup. Now, as of June 2019, once again we have seen one of our sports teams go all the way to becoming league champions!

## A BIT OF HISTORY

The Raptors were founded in 1995 as part of the NBA's expansion into Canada. For much of their existence, the Raptors seemed like outsiders. They are the only club in the NBA outside of the United States. They also started out in a country, even a city, that didn't pay a lot of attention to basketball compared to sports like hockey.

Like most expansion teams, they struggled in their early years, finishing in last place until they signed Vince Carter in 1998. Carter led the team to their first playoff series win 3 years later.

## WETHENORTH BEGINS

As interest in the team grew, another piece of magic was happening. Attendance at games started to increase to league-attendance records. Fans attending the games also caught on to "basketball" culture. Sports' announcers remember when fans politely

clapped when the Raptors scored points. Now fans were shouting with excitement and calling out basketball cheers, like D-Fence!

As Raptors interest continued to grow, so did the brand. In 2013, Maple Leaf Sports & Entertainment launched the #WeTheNorth campaign, possibly the largest rebranding effort in Canadian sports history. That same year, Canadian rapper and entertainer, Drake, signed on with the Raptors as the team's global ambassador.

## SUCCESS AT LAST

Despite growing interest and some success, the Raptors couldn't get too far into the play-offs without losing to one of the US-favourites. Then a few things changed. Assistant coach Nick Nurse was moved up to Head Coach, the team hired a new president, Masai Ujiri, and the team acquired Kawhi Leonard and Danny Green. The rest, of course, is history.

Today, interest in basketball across Canada has never been higher. With six players selected in the 2019 NBA Draft, Canada now holds the record for most draftees from a non-US country in a single year.

Though basketball was invented in Canada, the sport has largely remained out of the spotlight in its hockey-mad birthplace. But with the Toronto Raptors winning and more Canadian players making their mark on the NBA, more Canadians are playing basketball and watching the game.

The popularity of the sport in Canada has increased, with fans united under the "We The North" tagline.

**RAPTORS, YOU MADE HISTORY!**

## my Secret Beaches Spot



"Morning delight. Since early spring, on my daily routine, I first spotted this young family. A couple of months later, they are still around and together. Certainly, the baby swans have grown up, a lot."  
— Hong Z.

**Congratulations to Laurie K.** – the winner of June/July's Secret Beaches Spot photo contest. The late Doris McCarthy's Fool's Paradise, taken during Door's Open.



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**Do you recognize it? Tell us** where the Secret Beaches Spot photo was taken, and you could win two Beach car/window stickers of your choice. Email your answer by September 10 to [info@beachesliving.ca](mailto:info@beachesliving.ca).



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# IS IT TRASH OR TREASURE?



You may have heard a story about a man who bought a cardboard box at an auction full of old magazines and books. He paid \$46 and kept the box in drawers for 20 years until one day he removed a postcard-sized painting of trees and a meadow from the box and noticed a faint signature on the back. The card turned out to be an original painting by the famous English artist, John Constable. "The Lock" became one of the most expensive British paintings ever sold, fetching 34.8 million.

So when you clean out your drawers and cupboards, what do you find? It's unlikely to be something worth a lot, money-wise. But depending on the item, it could be priceless in terms of the memories it brings back.

Sometimes it is hard to know whether or not to part with items piled up in our attics, basements, cupboards, even under the bed. Here are some things to consider:

### DOES IT HAVE MONETARY VALUE BUT I DON'T WANT IT?

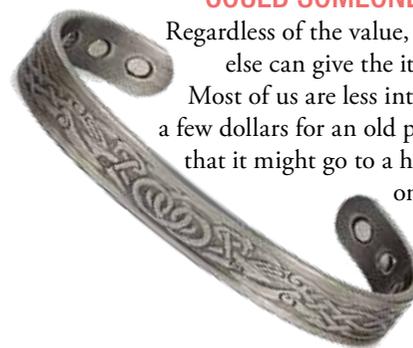
You may have items from furniture to jewelry that you don't want but you feel are too good to just give away.

This is tricky because what is considered "valuable" can change. For example, pine furniture used to fetch a high price, now everyone wants "mid-century teak". Don't hang on to something just because you assume it is worth money: ask an expert, or check on eBay.

Be reasonable, once you find out the value. If you run an antique store, you could charge full price. But you'll have to settle for less if you're selling it to someone set up to sell to collectors.

### COULD SOMEONE ELSE USE IT?

Regardless of the value, perhaps someone else can give the item a good home. Most of us are less interested in getting a few dollars for an old piano, but thrilled that it might go to a home where someone wants to use it.



### JEWELRY

There's a big difference between a necklace made with real gold and gemstones (like topaz or a diamond) and a necklace made as costume jewelry. Ask a jewelry appraiser if in any doubt.

### IT'S IMPORTANT AND I CAN USE IT

A set of dishes from your grandmother is worth keeping even if they aren't finest bone china. What matters is that you like them. Consider using them everyday. Your grandmother would love it!

### IT'S WORTH SOMETHING BUT I WANT TO DONATE IT

There are many charities that take unwanted items to resell or recycle. Most have experts on hand to redirect any truly valuable items elsewhere for sale.

### IT'S UGLY BUT I LOVE IT.

We all have items that others might question but we love, like that mug that your child painted at camp with the heart on it. It is possible to be too ruthless when you declutter. Our memories are triggered by events and items that are important to us. If you love it, keep it.

# COME IN, BE OUR GUEST



## THE EXTRAS THAT TELL PEOPLE THEY ARE WELCOME AT YOUR PLACE OF BUSINESS

We all know that it is important to make customers feel welcome at your place of business. It makes a big impact, whether you are operating a retail establishment, or providing services and products where customers may have to spend time in a waiting room or reception area. You've probably already put a sign out front, perhaps with additional notice that says "open"; you may even have a "welcome" mat at the door.

But what else might you do in order to say to each, individual customer, "I'm glad you're here, and here is how I want to show you!"

By taking an extra step for personalized service, you set yourself apart from your competitors. Plus, if you are competing with online services, this is one way you can remind visitors that shopping face to face has its advantages.

Before you make a list, think about the people who come to your business. Are they business people who might enjoy a cup of coffee? Or parents with young children who would be glad to have a "toy" area? Do they own pets? Are they seniors? What language do they speak?

### NOW, CHECK OUT THESE IDEAS

- Invest in a nice coffee machine and water cooler (make it clear that visitors are welcome to help themselves).
- Vary refreshments according to the season. On a cold, snowy or rainy day, offer free coffee, tea, hot chocolate and other treats. On a hot day, stock up on lemonade, cold water and iced tea. Guests will feel like VIPs if you offer them something more than run-of-the-mill tea and coffee.
- Have some fresh fruit or healthy, wrapped snacks available (not cheap, stale candy).
- Offer today's newspapers in the lobby with a sticker that says, "Please feel free to take this newspaper with you, courtesy of ABC Company."
- Provide current magazines, not ones that are several years out of date. You might even want a few games. Especially if the wait could be long.
- If your customers speak a language besides English, have a few newspapers in another language.
- Retail store on a busy street? Place pet water bowls outside. As strolling dog owners pause to let their pet drink, they'll check out your store window.
- You can rent a photo booth for a week and encourage customers to take photos, share them on social media and tag your store.
- Provide a place to rest. Window shoppers often become real shoppers if their companions have a place to sit and rest while they browse. Inside, put a few chairs or an ottoman.
- Entice parents into your store (and get them to spend more time there) by providing entertainment for their children. Set up a little area in the store with a play table, toys and books.
- Offer guests wi-fi, with wi-fi instructions posted.

## SEE YOU JUNE 20, 2020!



## THANK YOU FOR KICKING-OFF THE SUMMER WITH US!

### LET'S BEACH! 2019 RECAP

On June 22<sup>nd</sup>, local residents and businesses got together to celebrate the first weekend of the Summer on the beach – *Let's BEACH!* Businesses showcased their products & services, local artists put up a great entertainment and many residents came out to enjoy the day.



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

Thank you to our event sponsors, volunteers, artists, and the many organizations that made this event possible. Special thanks to these local businesses who donated great prizes: Starbucks, Loblaws, McDonald's, Classic Fireplace and Global Pet Foods.

#### PARTICIPATING BUSINESSES:

- Beaches Reading Clinic ..... beachesreadingclinic.ca
- Cherry Beach Soccer Club ..... cherrybeachsoccer.ca
- Kingston Road YMCA ..... kingstonroad.ymcagta.org
- Level UP Toronto Beaches ..... levelupkids.catoronto-beaches
- Norseman Construction & Development ..... norsemanconstruction.ca
- Sky Zone Toronto ..... skyzone.com/ca-toronto
- The S.P.A.C.E. .... the-space.ca
- PUR Yoga Toronto ..... puryogatoronto.com
- Naturally Balanced Bowen and Nutrition ..... naturallybalanced.ca



THANK YOU TO  
EVENT GOLD  
SPONSOR



Did You Know?

- How did the village of Norway get its name?
- The Boston Hotel at Kingston Road was named after whom?
- Alexander Graham Bell conceived the idea of the telephone in what Ontario city?
- Berkeley was the name given to a mansion in downtown Toronto and to what else?
- The first public tramway system in the east end went along what road?
- The Sharon Temple, one of the most influential buildings in Canada, is located where?
- Sand removed from St. John's cemetery was used for what purpose?



Fall/Winter 2006-2007

beachesliving.ca/historylandmarks

15+ years of collecting, celebrating the Beaches', Toronto's and Canada's history and landmarks are now fully online.

FIND YOUR LOCAL BUSINESSES ONLINE AT **BEACHESLIVING.CA**

## coming, going and on the move

### Welcome new neighbours:

Avling Kitchen and Brewery – 1042 Queen St. E.  
 Beaches Brewing Company – 1953 Queen St. E.  
 Blue Cloud Café – 1934 Queen St. E.  
 East Toronto Vascular Clinic – 1805 Queen St. E.  
 LCBO – Lakeshore & Leslie (16A Leslie St.)  
 Level UP Learning Center – 1767 Queen St. E.  
 Marvelous Beauty Lounge – 2144A Queen St. E.  
 The Big Bruce Public House – 1963 Queen St. E.  
 Toronto Popcorn Company – 1948 Queen St. E.  
 Vape pub – 1969 Queen St. E.

### Change of Ownership:

Urban Bulk Emporium – 1380 Queen St. E.

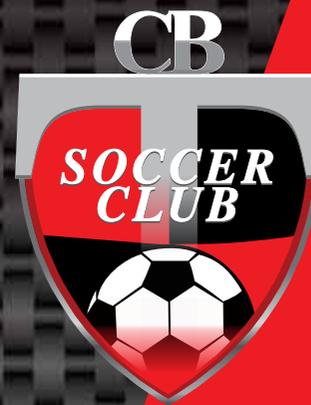
### Change in Name:

Pendo Studios – 1745 Queen St. E. (a.k.a. Main Fitness)

### Thank you and best wishes:

BAM! Breakfast & Bistro - 1970 Queen St. E.  
 Boston Pizza – Lakeshore & Leslie (16A Leslie St.)  
 Delica – 913 Queen St. E.  
 Gorgeous Day Spa – 2230 Queen St. E.  
 Tucker's Discount Variety – 2226 Queen St. E.  
 Zante Bistro – 1950 Gerrard St. E.

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



# WINTER

## OCTOBER TO APRIL

### REGISTER NOW!

3 MONTHS \$295/PLAYER  
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EARLY BIRD OFFER

# Cherry Beach Soccer Club

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[info@cherrybeachsoccer.ca](mailto:info@cherrybeachsoccer.ca)



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With knowledgeable staff and a large selection of natural products we can help you give your kids a great start to a great school year.

**Hey Kids, enter our Summer Art Contest  
for a chance to win a \$75 Mastermind gift card!**

*ask in store for details*

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