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Holiday – December/January 2019/20

life

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As the holiday season is upon us, and we are approaching the great year of 2020, it is time to reflect on the past year.

As the holiday season is upon us, and we are approaching a new decade, it is time to reflect on the past year.

We truly appreciate the opportunity of working closely with our wonderful and dedicated local business owners and community organizations, together serving you, our readers, community members, families and friends.

We are marching across a new decade with some great projects that will enhance your life with better and greater experiences in this one-of-a-kind, diverse and vibrant community.

'Tis the Season with joy, love, caring, warmth and merriment!

From all of us at Beaches Living, may your 2020 be a year of prosperity!

Hong Zhao
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TORONTO'S RENAISSANCE MAN

Arts and entertainment reviews describe Andrew Craig as a true Toronto-born Renaissance Man—it's no wonder! Andrew does it all. He is a multi-instrumentalist, a vocalist, producer, director, composer, playwright, film/video producer, broadcaster and impresario. He works in multiple musical genres, and collaborates with artists in other disciplines.

His career includes many accolades. He was the musical director for high-profile tributes to Quincy Jones and Oscar Peterson, as well as York University's 50th Anniversary Concert. He's arranged music for 50,000 children singing for Nelson Mandela. He's shared the stage and the studio with some of the most acclaimed names in music: from Wynton Marsalis to Herbie Hancock, and Molly Johnson.

Andrew describes himself "as about as non-conformist as they come." From performing his annual Gospel Christmas Celebration at Massey Hall, to putting on the "Titans of Toronto Reggae" concert at the Opera House this past winter with 16 local artists. Producer of the performance of ten pianos and orchestra that debuted at a countdown event for the Toronto 2015 Pan/ParaPan-Am Games, and former CBC Radio 2 host for a broad range of music from jazz, blues, pop and world.

To be precise, Andrew is as familiar with and appreciative of classical composers like Bach and Beethoven as he is of jazz greats like Miles Davis and Ella Fitzgerald, soul artists like Wilson Pickett, pop artists, emerging world music performers, and every new musical format and emerging artist he comes across.



Andrew with music legend Herbie Hancock

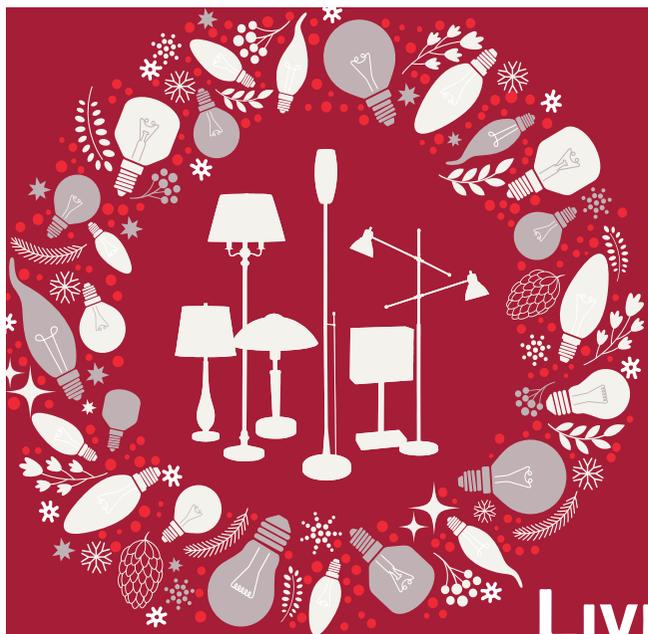
Growing up in Toronto, Andrew enjoyed an education that was very different from his parent's roots in Guyana. His mother, an immigrant and a single parent by the time Andrew was in public school, could see that her young son was suffering in school. "I was bullied," said Andrew, "and my mother knew that she had to do something or it would not turn out well for me."

Even though his mother could not afford a private education for her son, she sought out a school that had a reputation for high academic achievement and a strict code of discipline. As a result, Andrew was enrolled at the St. Michael's Choir School, where he stayed until he graduated in grade 13.

Not only did Andrew hone his musical talent in singing at St. Michael's, he also studied piano. When it came time to assign an instrument, he was given the pipe organ. So as a teenager, Andrew was the organist at a local church!

Andrew says his mother, now in her eighties, is "still going strong. She made quite the extraordinary sacrifice," he says, noting that she even had to take on a second job to pay the annual tuition, which meant working 14 hours a day.

continues on page 7...



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...continued from page 5

The steady diet of classical, Christian music, founded in the Western European tradition was only one side of Andrew's music education. The young boy grew up with a mother who surrounded herself, and her son, with all forms of other kinds of music, including, of course, the jazz and soul greats.

"I can still picture my mother sitting on our living room floor on the shag rug", recalls Andrew. "Surrounded by her records, listening to her music – jazz, musicals, Broadway musicals, soul, country. As a result of her eclectic taste, I learned to love it all."

"I had a dual musical education, white music at school and black music at home", he laughs. "It helped me develop my diverse taste in music. It also meant that I knew by 15 that I wanted to pursue music as my lifelong vocation." Andrew also knew that despite his formal music education, he was anything but a musician that was going to stay with one format of musical genre.

After he graduated from high school, Andrew entered the music program at York University, a program known for its diversity and creativity in music performance and education. In 2006, he was awarded the university's Bryden Alumni Award, which celebrate outstanding York University alumni who have achieved the extraordinary and made remarkable contributions to their field.

On Friday, December 13, Andrew Craig will perform a "Holiday Soul Pop-Up Show" in the Beaches. The performance is in addition to the main Holiday Soul

Show, a solo concert that takes place in Guelph on December 6. Both evenings combine new, original songs of the season with tried-and-true seasonal classics arranged and "re-imagined" by Andrew.

Holiday Soul is the successor of "A Gospel Christmas Celebration", which Andrew initially created, Musical Directed and co-produced for CBC Radio and Television. The television version received both a Gemini nomination, and a Bronze World Medal at the New York Festivals. The show then ran for 10 successful years in Toronto and then in Guelph.

These days, he teaches, works and makes content for online music and videos, and at the top of his list, directs his talent and passion to Culchahworks, an Arts Collective founded in 2013.

Culchahworks (Culchah derives its name from the Jamaican pronunciation for culture) honours, celebrates and preserves the history of important figures and events from Toronto's black heritage. Andrew explains it as "telling stories, some known and others, newly told, which are from our black history and help to define Canada."

This February, Culchahworks will premiere the play *Fish And Rum*. This work explores the story of illicit trade between the islands of Newfoundland and Jamaica during the Prohibition Era bringing together, again, two Canadian cultures through story-telling.

Andrew Craig is definitely a Torontonian to keep watching – and listening to!

To find out more information about the Beaches concert, please visit andrewcraig.me

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O CHRISTMAS TREE, O CHRISTMAS TREE

Whether they are traditional evergreens or sparkly, metallic creations, Christmas trees probably represent one of the most symbolic representation of our holiday traditions. Although they are indeed “Christmas trees”, these traditional symbols of the season go back to ancient civilizations.

Long before the advent of Christianity, plants and trees that stayed green all year had a special meaning for people who had to endure a harsh winter. In the midst of snow, or cold, or a change in season, evergreen plants and trees that never changed colour or lost their foliage represented hope and life. So, ancient people hung evergreen branches in their homes with the idea that life and good times would return once again.

In fact, in many countries it also was believed that evergreens would keep away witches, ghosts, evil spirits, and illness. The mysterious Druids decorated their temples with evergreen boughs as a symbol of everlasting life. The Vikings believed evergreens were the special plant of the sun god, Balder.

One of the most important days of the year in the Northern hemisphere became the winter solstice—December 21—when the days began to get longer again. Ancient folk believed that the solstice meant that at last, the sun god would get well. Evergreen boughs reminded them that all green plants would grow again because the sun god was strong and summer would return. They hung evergreen branches to “welcome back” the light.

When Christian traditions spread throughout the world, the date for Christmas Day was selected

because it coincided with the winter solstice, which was already an annual festival. Once again, evergreens played a role. In 16th century Germany, devout Christians began to bring decorated evergreen trees into their homes.

Not everyone was on board with the idea, especially in North America, where at one point, Christmas trees were actually banned by Christians!.

But the popular Queen Victoria and her German husband, Albert, insisted on having a tree because it was his childhood tradition. The royal family were sketched in the Illustrated London News standing around a Christmas tree. Whatever was done at court immediately became fashionable—not only in Britain, but in North America, which meant the introduction of the modern Christmas tree in the USA and Canada.

Trees take many forms, although the most popular are Scotch Pine, Douglas Fir, Fraser Fir, Balsam Fir, and White Pine. Whatever the preference, there’s truly magic in the idea of putting a tree up in a home. In most

families, “tree day” is a highlight, when lights and baubles are brought out of storage and everyone helps make this year’s “the best ever”

Christmas trees are truly a tradition everyone can enjoy. Consider the traditional carol, “Oh Christmas Tree” (“O Tannenbaum”, written in 1824). The lyrics do not actually refer to Christmas or describe a decorated Christmas tree. Instead, they refer to the evergreen quality as a symbol of constancy and faithfulness.



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EVERYONE HAS ONE, WHAT'S YOUR...



The holiday season is all about celebrating with family and friends. Whether you're sitting around a table enjoying a formal dinner, or having snacks in front of the fireplace or in a restaurant, this is the time of year when many think back to the past, and also plan for the New Year.

It's no surprise that the traditional New Year's song in North America is the Robbie Burns piece, "Auld Lang Syne". The title, written in Scottish, roughly translates as "For old time's sake." The words are all about remembering the past, and moving ahead together.

In a much-loved Scottish tradition, everyone sings the song just before midnight on December 31, holding hands. At the beginning of the final verse 'And there's a hand, my trusty friend', they cross their arms across their bodies so that their left hand is holding the hand of the person on their right, and their right hand holds that of the person on their left.

Thinking back and planning forward is all part of our story. An ordinary year becomes special when we know we have accomplished something, even if it's just to make an impact in someone's life. You may not hold hands to do it, but when you gather this year, think about what has past as well as what is ahead.

- What was the biggest event in your life this past year? How did it affect you? Both good, bad, and perhaps a bit of both. What did you learn from it?
- The year may not have seemed that special, but think again. Often it is the small things that can make a big impact, like a movie you saw, a friend you visited, or something new you learned.

- Did you travel this past year? What did you learn? Do you plan to travel somewhere in 2020? What lessons from last time might you take with you? For some it might be to remember their sun screen, for others, it could be to schedule more time to rest and less "to-dos"!
- Maybe this was a year of "firsts", like the first time you voted, or the first time you became a parent, a grandparent, an uncle or aunt, etc. Other "firsts" could be activities that you've tried. For example, for many Torontonians, 2019 was the first year that they enjoyed watching basketball!
- For most people, there's something we've had to overcome. It might be as simple as learning some new technology. For others, it's overcoming a fear, or trying something new.
- This may have been a year where you faced a real challenge, perhaps a change in employment, or the death of a loved one. It can be difficult to remember a hard time, but our memories are what keep us moving forward. Talking about what you've gone through with friends is usually a good idea.
- Maybe this was a year that included one or more celebrations, like a special milestone birthday, anniversary, graduation or award.

WINTER PROTECTING YOUR HOME



The one thing we know about winter in Canada — it can be unpredictable. We may have some warmer weather, and relax a bit about getting through the winter months. But almost without warning, we can go into a deep freeze or experience a blizzard where the snow and ice piles up around our homes and places of business.

It means the only way to manage the weather is to be prepared. Don't let Canadian winter cause damage to your home, or your car, and be ready to protect yourself as well as your pets from harsh conditions.

ROOFS

Excess ice formation on your roof can be a big problem. Ice builds up on the roof when escaping heat from the attic melts snow on the rooftop. This water collects on the edges of the roof and gutter system, then freezes. The cycle of melting and freezing creates a blockage of ice, called an ice dam, preventing water from flowing off the roof. (You can see this problem in the form of icicles.) Water then backs up and gets pushed under the shingles, soaking the underlayment and potentially causing water damage in the rooms below.

If you've noticed these issues in the past, talk with a roofer to see what can be done, or arrange for a professional to remove the ice. A pro will know how to safely climb the roof and have the right tools and equipment to melt the ice quickly without further damage.

WATER PIPES

A pipe that freezes, cracks, and bursts can release hundreds of gallons of water and create a very expensive home repair. Wrapping your pipes with inexpensive foam insulation is easy. Ask for the right materials at your local DIY store. Insulate or wrap exposed pipes such as those in the attic, garage and basement.

Outside the house, the sprinklers and faucets should be drained and insulated against the cold at the end of fall or early winter.

FURNACE SYSTEMS

Regularly maintaining the heating system is the best way to keep your furnace working properly when you need it most. Maintenance should be done once a year by a licensed professional. Maintenance technicians are also trained to spot issues with the electrical system and potential hazards like carbon monoxide.

Check with your service company about how often to replace furnace filters. These keep out dust, pollen, pet hair, or debris that can restrict the air flow.

CLOTHES' DRYERS

Every year, fires ignite in clothes dryers resulting in damages, even deaths. The majority of those fires could have been prevented if the dryer vent system had simply been cleaned.

Clean out the lint trap after every load. 2-3 times a year, you should detach the long vent tube that leads from the dryer to the exterior of the home and thoroughly clean it.

OTHER PREPARATIONS

- Have salt and shovels ready at your side or back door.
- Use protective "pet" footwear if you're walking a dog on salted sidewalks.
- Keep a blanket, shovel, flashlight and extra anti-freeze in your car, as part of your winter emergency kit.

Wishing you a Warm
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GLAMMING UP WITHOUT BREAKING THE BANK!



So you have a fancy event, maybe that once a year New Year's party. Do you go over your entire month's clothing budget just to buy a fancy outfit you may not wear until another year? And what about that party you want to attend that comes after a busy work day. You don't have time to go home and change but you don't want to show up in a business suit!

With today's style choices and creative trends, check out these ways to "glam up", men and women, regardless of your budget or your busy schedule.

FOR WOMEN... A BIT OF SPARKLE GOES A LONG WAY

- Add a silver or gold shrug to a black dress or top, or choose one of those great, new mini capes.
- Put on a pair of large (larger than you'd normally wear) fake rhinestone earrings, ideally one that dangles like those chandelier earrings from a few years ago. Paired with a black outfit, it's all you need to say, "evening party".
- Today's stocking choices include one perfect for a party. Select metallic ones or depending on the event, a fun red and green plaid (make the rest of your outfit black, of course).
- Add red, as a scarf, small cape, or camisole.
- Add a glittery clip or satin bow to your hair, and don't forget some dark eye shadow.

- Change jackets, choose one of those great new brocade styles.
- Wanting to add something a bit festive? A dark red or green tie, or surprise people with Christmas socks under that dark suit!

FROM DAY TO EVENING... FOR WOMEN, REMOVE A LAYER!

- Replace that shirt or blouse under your jacket with a sparkly cami or a silky top in deep red or green.
- Change into dark jeans and heels, but keep the top and jacket.
- Wear a black dress under your suit jacket, to remove later (with the addition of a sparkly necklace or earrings).

FOR MEN, GO DARK!

- Remove the tie (if you're wearing one).
- Replace your dress shirt with a stylish T, perhaps in white.
- Take a tip from the women: Keep the shirt and jacket on, but replace the pants with dark washed jeans and perhaps fancy kicks!

FOR MEN... IT'S ALWAYS ABOUT BLACK AND WHITE

- You may not own a tuxedo, but dark (black, preferably) pants and jacket, with a crisp white shirt and dark tie always says formal.

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SUPER SEEDS FOR SUPER HEALTH



Foodtalk

Everyone is talking about the health benefits of eating seeds. In general, all seeds are a good source of plant-based omega-3s, minerals like magnesium and zinc, and as cell-protective antioxidants. Similar to nuts, seeds are also a great food for managing weight. They help with glucose control, which give you blood sugar peaks and crashes that make you feel tired and hungry. Looking to add more fibre and plant-based nutrients to your diet? Seeds are the answer. All seeds are good for you but “super seeds”— these are super for a reason! Flax seeds, chia seeds, and sesame seeds have a nutritional punch that puts them at the top of the list for health benefits.

FLAX SEEDS

Flax seeds have become one of the go-to sources of omega 3 fatty acids and fibre for those on vegetarian and plant based diets. They have gained immense popularity due to its health protective properties that include cancer prevention, improving cholesterol levels, and controlling blood sugar.

In addition, flax seeds are loaded with vitamins and nutrients that help you in improving your overall body health. You can consume them uncrushed, but you gain more nutrients when they are ground or in powder form.

Ways to use:

- Add a tablespoon to hot cereal.
- Add a portion to flour when baking to increase the fiber.
- Mix into smoothies (ground).
- Sprinkle on salads and soups.

CHIA SEEDS

Chia seeds are considered one of the healthiest seeds on the planet. They are an excellent source of omega 3 fatty acids and contain polyphenols, which are essential antioxidants. Chia seeds also help regulate blood sugar levels, prevent diabetes, improve cardiovascular health, boost energy and metabolism.

Chia seeds have “gelatinous” properties that make them perfect for thickening sauces or pudding.

Ways to use:

- Make better-for-you puddings by adding a 1 tablespoon to ¼ cup of almond milk. Top with fruit or a sprinkle of honey for sweetness.
- Sprinkle on salads.
- Stir a spoonful into yogurt.
- Add to smoothies.
- Can be used as a replacement for some of the egg in recipes.

SESAME SEEDS

Sesame seeds are loaded with nutrition that makes it a must-have in your regular diet plan.

They contain antioxidants that help in protecting your liver from damage and serve as a good source of calcium. They encourage hair growth, improve skin health, boost digestion, healthy dental and bone health. The black ones are particularly nutritious; known for giving you shiny, healthy hair, and promoting long life.

Ways to use:

- Add to stir-fries, steamed broccoli or carrots
- Sprinkle on hot or cold cereal.
- Use when making granola bars.
- Mix into smoothies (ground).
- Make sesame candy by mixing with hot sugar syrup.



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SEEING BEYOND THE DOLLARS



What was the best gift you've ever received? Think beyond just unwrapping a box with something inside. A gift can come in many forms. So think again, what was the best gift you ever received?

When a group of people were asked to write a paragraph in response to this question, the answers were surprising, and touching. The message to us all is simple. Gifts don't have to be connected to a dollar amount. Sometimes they do, like when you gift your food loving friend her favourite (expensive) bottle of olive oil! But so often, the price tag is unimportant. The real gift is the story, the thought and the love behind the gift.

- One creative son gave his father a DNA testing kit for his dogs! He knew his father loved working with rescue dogs, and often wondered where they came from. The testing kit gave him a story for each of his beloved dogs. Another collected her mother's recipes and presented each of her siblings with a family cookbook.
- Parents and grandparents always have a few items in their homes that a child has lovingly made for them. No present bought from a store can compare to that framed picture, or hand painted dish!
- Couples, together for many years, often find it impractical to give each other a gift, when they have everything they need. So gifts from long-time friends as well as couples can include "promise coupons" for an evening at the theatre or a spa treatment.

Gifts can also send different messages, depending on the culture. A gift that's too extravagant may be interpreted as a bribe in the workplace. Also, the setting where the gift is given is important in certain traditions, as well as how you present it (with one or two hands.) So if you're an eager gift giver, check before you give a gift to someone you don't know that well.

Looking for inspiration? Think of the person and what they would treasure!

- Memories, like a photo album, video or movie.
- Someone's favourite playlist (theirs, not yours)!
- Something that makes their life easier, like a one-time cleaning, delivery service, dog walking, or food preparation.
- Something that gets them out of the house, like a day trip or meal.
- A project they can work on, with all the materials included.
- Something consumable that they can enjoy, but doesn't add to the clutter in their life!
- A promise note for almost anything! Just make sure you follow through.
- A surprise visitor, perhaps flown in for the occasion.
- A note, handwritten, expressing appreciation and love.
- An activity to do together (that you know they'll enjoy). This is great for parents and child, no matter what the age.
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Napoleon BBQ accessories (sauces & rubs, tools, pizza stones, etc.) from \$10.

Envy Eyewear Boutique

Eyeglass cloth and cleaner kits.

Hooper's Pharmacy

Scented Himalayan Bath Salts, Lavender Scented Body Butter.

Jay Tenorio-RBC Financial

Monopoly for Millennials (An update to an old classic).

Living Lighting

Lava lamps from \$24.

Rusty Dragons Adventures

Dragon Boat gift certificate \$20, good for 2 Open House paddles (\$30 value).

Salon Fortelli & Spa

Comfort Zone Tranquility Balm (multi-purpose balm) \$25.

Scarborough Players

Purchase tickets for any of our remaining shows this season \$24/show. Purchase tickets to three or more shows (in a single order) and receive 10% off of the regular ticket price.

Still Images

Picture Frames starting at \$4. Instant Kodak prints starting at 45 cents. Professional Epson prints starting at \$4.

Vitalife Inc.

\$15 off first visit.

BeachesLiving.ca/beachshop

Beach car stickers \$8.



Hooper's Pharmacy

Pink Himalayan Rock Salt Lamp.

Jay Tenorio-RBC Financial

The Wealthy Barber Series (Financial literacy in plain English).

Living Lighting

Salt crystal lamps from \$40. Tulio dream lights \$40.

Rusty Dragons Adventures

\$30 off any dragon boat program at Ashbridges Bay.

Salon Fortelli & Spa

Qtica Smart Spa Lotion & Scrub (lotion, scrub & free Zoya nail polish) \$32.95. Comfort Zone Holiday Essential Kit (micellar water, milk & toner) \$48.

Sanagan's Meat Locker

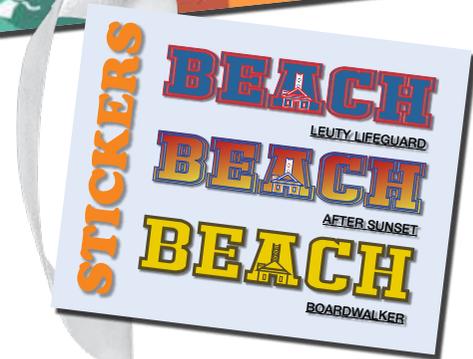
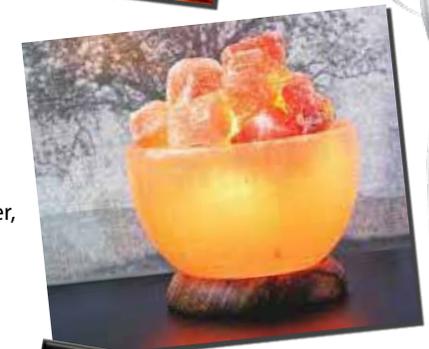
House-made pickles & preserves - unique host gifts.

Still Images

Italian Picture Frames from \$30.

The Burren

Give the gift of oysters this holiday season: shucked or unshucked, dressed & iced. Minimum order 2 dozen (pick-up only) Canadian- \$50/ Irish \$60.



Holiday GIFT GUIDE @ Your Local Shops

Envy Eyewear Boutique
Eye exams – \$60-\$150.

Hooper's Pharmacy
Essential Oil Diffuser.

Jay Tenorio-RBC Financial
Minimalist RFID Blocking
Wallet (keeps your money safe in a slim profile) \$50+.

Vitalife Inc.
Combo: 1/2 hr Reiki followed by a colonic – \$140+ HST.

Alf's Antiques
Old Blanket Box – makes a great toy box & coffee table with storage. Reclaimed Wood Benches – a great addition to your entrance way or at the foot of a bed. Rocking Chairs – very relaxing for children & adults.

Casa Di Giorgio Ristorante
Let us cater your next party, large or small (10-200 guests).

Envy Eyewear Boutique
Sunglasses starting at \$150.

Level UP Learning Centre
Learn to Code during the school break or afterschool. Minecraft Holiday Camp: \$397. 12-week after-school coding classes: \$297.

Toronto Roofing Industries Ltd.
Roof Tune-up – \$375 + HST.

\$60 to \$150

Gift Cards

The perfect gift for those that "have everything". Also, great for Secret Santa and for those people that make your life a bit easier (paper deliverers, snow shovellers, babysitters).

The Beacher Café
Gift cards in any amount you wish.

Budapest Restaurant
Gift cards in any amount you wish.

The Burren
Gift cards in any amount you wish, starting at \$20.

Hooper's Pharmacy
Give your loved ones a gift of health with a gift certificate.

McDonald's
Reloadable gift cards in any amount.

Scarborough Players
Gift certificates in any denomination.

Vitalife Inc.
Purchase a gift certificate for a loved one and you receive \$25 off your next service.



Sanagan's Meat Locker
Reloadable gift cards in any amount.

Swiss Chalet
Buy a \$50 Ultimate Dining Gift Card and get \$250+ in coupon savings.



\$150 & up

Great gift ideas at your local Beaches shops!

- | | | | |
|---|---|---|---|
| 2. Access Storage (Inside Front Cover) . 855-466-7367 | 6. The Burren.....theburren.ca | 27. Jay Tenorio-RBC Financial..... 416-995-4974 | 35. Sanagan's Meat Lockersanagansmeatlocker.com |
| 39. Alf's Antiques Handcrafted Furniture (Inside Back Cover) alfsantiques.com | 17. Casa di Giorgio Ristorante casadigiorgio.ca | 33. Level UP Toronto Beaches levelupkids.ca/toronto-beaches | 18. Scarborough Players..... theatrescarborough.com |
| 33. BDD Garden & Floral blackdahliadesign.ca | 31. Cherry Beach Soccer Club.....cherrybeachsoccer.ca | 6. Living Lighting livinglightingbeaches.com | 18. Still Images still-images.ca |
| 14. The Beacher Café.....thebeachercafe.com | 13. Classic Fireplace and BBQ Store.. classicfireplace.ca | 14. Marvelous Beauty Lounge marvelousbeautylounge.ca | 28. Swiss Chalet Rotisserie & Grillswisschalet.com |
| 35. Beaches Kids Program Open House beachesliving.ca/kids | 24. Dentistry in the Beach..... dentistryinthebeach.com | 27. McDonald's Restaurant.....mcdonalds.ca | 33. Toronto Roofing Industries Ltd. torontoroofingindustries.com |
| 27. Budapest Restaurant 647-347-5047 | 10. Envy Eyewear Boutique ... envyeyewearboutique.com | 37. Rusty Dragons Adventuresrustydragons.ca | 18. Valentina Giorcelli, Personal Chef..... valentinacooks.com |
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Health talk

HEALTHY SKIN AND NAILS DURING THE WINTER MONTHS



Think for a moment about what happens to your skin during the winter months, when the weather turns cold and humidity levels drop. Moisture escapes more easily, because even the protective oils are no match for below freezing temperatures. And when there's not enough water on the outer layer of your skin, it becomes dry. Before you know, you are dealing with itchy skin, dry skin, even flaky skin.

It's also the time of year when everyone is washing their hands more, because of flu and colds. Overuse of soap and water just adds to the problem of dry skin.

Most of us cope with dry skin to a point, but if left untreated, there are various health issues:

- When skin becomes so dry it cracks, you now are at risk of picking up infections
- Itchy skin can lead to scratching, which makes it easier for bacteria to enter the body
- Skin that is dry looks less plump, making us look older!

WATCH THOSE UV RAYS

The sun's rays are just as harmful in winter. In fact, up to 80% of UV rays are reflected on the snow. Therefore, your skin is not only exposed to the UV rays from the sky, but also to those reflected on the ground. This is even true during cloudy days, since a large portion of UV rays get through the clouds.

HOW TO PROTECT AND HEAL

USE LESS HOT WATER – Water makes dry skin worse, especially if you use hot, soapy water and too much washing can strip the protective oils from your skin. Keep your baths and showers short — 10 minutes or less — and use warm water rather than hot.

USE MINIMAL SOAP – Using too much soap or hand sanitizers too often also causes your skin to dry out. Use soap and hand sanitizers sparingly.

Only apply soap when and where you need it, such as under your arms, and on your feet. Choose mild, fragrance-free options that are designed to be less drying.

MOISTURIZE – Skin moisturizers are important weapons in fighting dry skin. The right moisturizers can help you treat and prevent dry skin. There are three basic types.

- Ointment moisturizers trap the most moisture in your skin, but sometimes they can feel greasy. Petroleum jelly (Vaseline) is an example.
- Oil moisturizers tend to be less greasy than ointments, but they're still effective at fighting dry skin. Examples include baby oil, mineral oil, and bath oil.
- Cream moisturizers like body butters absorb nicely and are best for your face. They can be chosen according to your specific needs.

Moisturizing right after washing can help you trap as much moisture as possible in your skin. After you wash your skin, pat it dry. Then apply your ointment, oil, or cream right away.

HEALTHY NAILS

- Finger and toe nails can get very dry and brittle during the winter.
- Use cuticle oil at night, dropped at the base of each nail.
- Wear gloves or mitts!
- For a deep treatment, cover hands in your favourite hand cream, and wear cotton gloves overnight.

GREAT DECADES AT THE MOVIES

This edition of *Beaches|life* will be featuring some of the most critically acclaimed films of the 1940s. And it wouldn't be right, if we didn't include a couple holiday season gems.

Some events that occurred in this decade include the federal government introducing the Unemployment Insurance Commission (1940), Norman Breakey of Toronto invented the paint roller (1940), D-Day (June 6, 1944), the first family allowance "Baby Bonus" cheques (1945), Newfoundland became the 10th province (March 31, 1949), the construction of the Alaska Highway, completed within 8 months, running 2,450 km from Dawson Creek, British Columbia and Fairbanks, Alaska (1942).



The Great Dictator (1940) Dir. Charles Chaplin; Charles Chaplin, Paulette Goddard, Jack Oakie, Reginald Gardiner

The Philadelphia Story (1940) Dir. George Cukor; Cary Grant, Katharine Hepburn, James Stewart, Ruth Hussey

Citizen Kane (1941) Dir. Orson Welles; Orson Welles, Joseph Cotten, Dorothy Comingore, Agnes Moorehead

Bambi (1942) Dirs. J. Algar, S. Armstrong, D. Hand, G. Heid, B. Roberts, P. Satterfield, N. Wright, A. Davis, C. Geronimi; Hardie Albright, Stan Alexander, Bobette Audrey, Peter Behn

Casablanca (1942) Dir. Michael Curtiz; Humphrey Bogart, Ingrid Bergman, Paul Henreid, Claude Rains

Meet Me in St. Louis (1944) Dir. Vincente Minnelli; Judy Garland, Margaret O'Brien, Mary Astor, Lucille Bremer

It's a Wonderful Life (1946) Dir. Frank Capra; James Stewart, Donna Reed, Lionel Barrymore, Thomas Mitchell

Great Expectations (1946) Dir. David Lean; John Mills, Valerie Hobson, Tony Wager, Jean Simmons

Miracle on 34th Street (1947) Dir. George Seaton; Edmund Gwenn, Maureen O'Hara, John Payne, Gene Lockhart

The Treasure of the Sierra Madre (1948) Dir. John Huston; Humphrey Bogart, Walter Huston, Tim Holt, Bruce Bennett

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- Example is based on:
 - Name of Fund: Managed Payout Sol. - Enhanced Plus
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 - Number of Units: 16.243
 - Monthly Distribution/Units: \$ 0.0340



* May be adjusted depending on future market conditions.
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2020 AWARDS SEASON & SPORTS GALORE SCHEDULE

Going to an Oscar® party? Planning an NHL All-Star night or simply staying warm and cozy on your couch, these are the dates to mark down.

PIZZA SPORTING EVENTS:

-  **World Junior Ice Hockey Championships** (Dec. 26-Jan. 5) Host: Czech Republic. iihf.com
-  **Three big College Football Bowl Games:** Orange Bowl (Dec. 30), Rose Bowl & Sugar Bowl (Jan. 1). ncaa.com
-  **NHL Winter Classic** (Jan. 1) Chicago Nashville Predators vs. Dallas Stars at Cotton Bowl® Stadium. nhl.com
-  **Australian Open Tennis** (Jan 20-Feb 02), Melbourne, Australia. ausopen.com
-  **Canadian Figure Skating Championships** (Jan. 13-19) The best Canadian figure skaters go on to Worlds. Hosted in Mississauga. skatecanada.ca
-  **NHL All Star Weekend** (Jan. 24-25) Hosted in St. Louis. nhl.com
-  **Super Bowl 54** (Feb. 2) Half-time by Jennifer Lopez and Shakira. nfl.com
-  **NBA All Star Game** (Feb. 16) Hosted in Chicago. nba.com
-  **World Figure Skating Championships** (Mar. 16-22) The grand prix of figure skating. Hosted in Montreal. montreal2020.com
-  **Baseball, Blue Jays Home Opener** (Mar. 26) Jays vs. Boston Red Sox. bluejays.com
-  **Masters Golf** (Apr. 9-12) The world's top golfers compete for the Green Jacket in Augusta, Georgia. masters.com
-  **Kentucky Derby Horse Racing** (May 2) From Churchill Downs, Louisville. kentuckyderby.com

POPCORN BOWL ENTERTAINMENT AWARDS:

-  **Golden Globe Awards** (Jan. 5) Presented by the Hollywood Foreign Press Association and considered a good predictor for the Oscars. goldenglobes.com
-  **Critics' Choice Awards** (Jan. 12) Film critics and TV journalists honour the finest in cinematic and television achievement. criticschoice.com
-  **Directors Guild of America Awards** (Jan. 25) First awarded to D.W. Griffith, these honour directorial excellence. dga.org
-  **Grammy Awards** (Jan. 26) Recording industry's most prestigious award, live from Los Angeles. grammy.com
-  **Academy Awards** (nominations Jan 13., presented Feb. 9) Make sure you enter Beaches Living's annual contest. oscars.org
-  **Canadian Screen Awards** (Mar. 29) Canadian Screen Week, March 23 to 29, culminates in awards for best in cinema and TV. academy.ca
-  **Juno Awards** (Mar. 15) The best in Canadian music live from Saskatoon. junoawards.ca
-  **Academy of Country Music Awards** (Apr. 5) Winners are determined by the ACM's industry professional members. acmcountry.com
-  **Billboard Music Awards** (Apr. 29) Finalists are based on key fan interactions with music, including album & digital singles sales, radio airplay, touring, streaming and social media. billboard.com
-  **Tony Awards** (Jun. 7) Honoring the best shows on Broadway, live from Radio City Music Hall. tonyawards.com

my.tech

ADDING TECH TO THE BEDROOM



This time of year, we all have less and less time for ourselves. Longer days at work, holiday parties, shopping and various school concerts and sports tournaments. It seems that the only time we have for ourselves is when we go to bed for the night. So, why not make it a better experience?

The following items are some gadgets that will help turn your bedroom into a higher tech escape.

WEIGHTED BLANKET

A weighted blanket is to simulate the soothing feeling and close comfort of cuddling, and getting relaxed to help you fall asleep easier.

COOLING/HEATING MATTRESS PAD

A cooling/heating mattress pad is connected by a microtube to a temperature-regulating container which you fill with water. You (and your partner, if you purchase a dual pad) can use the connected remote to control the temperature of each side of the bed pad. The temperature ranges from 55 to 110 degrees F.

SLEEP TRACKER

Wearables like FitBit are able to give you detailed information about the length of your sleep, the quality of your sleep and how often you were in the different stages of sleep. Although, not as thorough as a medical sleep test, they do a great job of encouraging sleep consistency, the most important factor of sleep health. Apple users, check out Beddit, a thin, lightweight strap which goes under your sheet and connects to an iOS mobile app to track your sleep data for you.

GOOGLE HOME/AMAZON ECHO

Control your lights, music, heating/cooling and so much more from the comfort of your bed with either of these smart home devices.

SUNLIGHT WAKE-UP ALARM

We all know about our wake-up alarms and snooze buttons, there is a better, gentler option – a sunlight alarm. These new alarms simulate the glow of a sunrise to wake you up in the morning, allowing for a more natural wake-up.

SLEEP SOUNDING MACHINES

Lack of sleep has been proven to make it easier to get sick, put on weight, get diabetes and even lower your sex drive. One thing to help you sleep is listening to natural white noise. There are many different types on the market as well as some simple free apps for your mobile devices.

AROMATHERAPY DIFFUSER

With so many to choose from, therapeutic aromatherapy diffusers will add some serenity to your bedroom. Naturally sourced essential oils, can help relieve symptoms of sinus discomfort, headaches, nausea, dryness, fatigue, and stress/anxiety. Some diffusers have integrated LED lighting for even more ambience.

MASSAGE OIL WARMER

Nothing helps relieve stress like some together time with your partner. You have set the mood lighting, the essential oils are burning and some romantic music is playing, now it's time to give each other a relaxing/sensual massage with warm oils. Shop around to find what best suits your playful mood. Make sure it has a temperature guide so it never over heats the oils – you don't want to ruin the fun.

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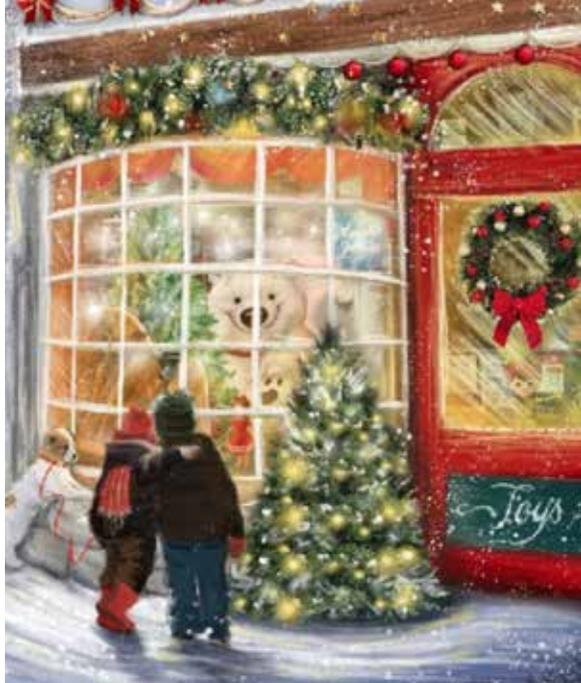
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HOLIDAY PREP & MAINTAIN



It's that time of the year when most businesses face additional wear and tear on their store or facility. With winter weather, there is ice, snow and freezing rain. It's also the time of the year when there may be additional foot traffic because of holiday events. This increases the spread of germs, especially with dry, indoor air.

As we head into 2020, this is a good time to prepare a checklist and make sure your business is winter ready as well as New Year ready!

WEATHER PREPARATIONS

- Make sure you have a plan in place to clear snow and ice from parking lots and the walkway to your facility. This includes a bucket of salt for sidewalks and steps, and shovels stored where you can reach them.
- Put out mats at entrance ways that soak up the extra moisture. Change mats regularly.
- A combination of scraper mats (before entering) and wiping mats (after entering), are suggested, particularly if you don't have space for a large indoor mat.
- Assign a place at entrance ways for boots, perhaps an extra coat rack.
- Floors get wet and slippery so have "wet floor" signs handy.
- You also may want to arrange for additional time with your cleaning service to mop and dry wet floors, including where boots and coats are stored.
- You may want to schedule time cleaning for salt and slush stain removal. Hot water extraction is best for both cleaning and prolonging a carpet's life.

SEASONAL PREPARATIONS

- It's cold and flu season, so make sure you have boxes of tissue in reception areas, and hand sanitizers for visitors and employees.
- It's a good time of year to arrange for a "disinfectant" cleaning in washrooms and public areas.

- When decorating, follow safety practices. Check all electrical extension cords. Often during holiday decoration time, too many cords are attached to one plug. This puts extra load on the electrical system and can be a trip hazard. Watch for cords stretched across open areas or tucked under mats!
- When installing lights, the Canadian Government recommends that you only use holiday lights that have been accredited with a certification agency such as CSA, cUL or cETL.

END OF THE YEAR

Many businesses do inventory at year end, so it's a great time to tidy up and organize.

- Clear entrance ways of any clutter.
- Make sure fire extinguishers and carbon monoxide detectors are working.
- Secure shelving, make sure boxes and containers are properly labeled.
- Remove any recycling that's piled up over the year
- Do a "deep clean", including air ducts, ceiling fans, washrooms, rugs, etc.
- Replace air filters.
- Check signs, are lighted signs working? Are other signs in good shape or do any need replacing?
- If you have street facing windows, clean windows and window areas.



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KUNG HEI FAT CHOY! TORONTO'S CHINESE WISH YOU PROSPERITY



Toronto's vibrant Chinese community is a fundamental feature of Toronto's cityscape. Walk along Dundas Street West and experience old Chinatown as it has been for several generations. But these days, you also want to experience the breadth of our Chinese community.

The story of Toronto's Chinese Community begins in the mid 19th century when many Chinese men found work doing hard labour for the construction of the Trans-Canada railway. With the completion of the railway, Chinese labourers gradually made their way eastward to places like Toronto.

The community spanned between Wellington, Front and York Streets. Many of the industrious new Canadians set up services that the city needed desperately – laundry facilities. Providing such services was a creative way of responding to a need and making money to support a family. Before long, laundries opened up all along Queen, King and Adelaide Streets.

Classes in English were provided at places like the local churches and the downtown YMCA. The Chinese United Church on Chestnut Street became a primary gathering place for members of the Chinese Community. Along the way, Chinese Torontonians

formed numerous associations, benevolent societies, newspapers, credit unions, and various businesses.

Chinese Canadians also set up small restaurants, intended to serve familiar food to the community. By mid-century, Torontonians outside the Chinese community began to come to the restaurants, drawn by the exotic cuisine and affordable prices. Many will remember Lichee Garden Restaurant and Club, that had an enormous, elegant dining room, with capacity to serve as many as 1,500 customers a day. Two others included Kwong Chow, the Golden Dragon and Sai Woo.

When plans for the new City Hall were unveiled in 1955, Toronto's downtown Chinatown was forced to relocate along Dundas Street west of Elizabeth Street, and eventually Spadina Avenue. In 1967, the city proposed that Chinatown should be once again moved to make way for office buildings. The "Save Chinatown Committee" was then established and successfully stopped the development from taking place directly in their community.

Each year in the city numerous Chinese celebrations take place, including the Chinese New Year, the annual Dragon Ball and LunarFest.



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

OPEN HOUSE

RUSTY DRAGONS ADVENTURES LAUNCH FOR THE 2020 SEASON (DRAGON BOAT CLUB)

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LOCATION: Beach United Church, 140 Wineva Ave
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Did You Know?

- What does the 'Palace of Purification' refer to?
- How much tap water do Torontonians use? 1,498 million litres, is this per day, per month, or per year?
- Why does the Boardwalk end at the foot of Silverbirch Avenue? (hint, they didn't run out of wood!)
- Who won Canada's Grey Cup in 1927 and 1930?
- Name two architectural masterpieces associated with R.C. Harris?
- Where can you tour through an energy efficient cottage powered entirely by wind and solar energy?
- Where was the original front entrance of the Fox Theatre when it was built in 1913?



Fall/Winter 2007/08

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coming, going and on the move

Welcome to the neighbourhood:

- Gordons Pub and Kitchen – 993 Queen St. E.
- Lakeside Wellness Therapy Affiliates – 1755 Queen St. E.
- Nutbar – 899 Queen St. E.
- Province of Canada – 1004 Queen St. E.
- Superb Eden Massage – 1716 Queen St. E.
- The John – 682-686 Queen St. E.
- Traffic Tickets – 1366 Queen St. E.
- XYZ Storage Toronto Downtown – 459 Eastern Ave.

Thank you and best wishes:

- Girls Are – 145B Main St.
- Grinder Coffee – 1021 Gerrard St. E.
- Liberty Tax Service, Beaches – 1716 Queen St. E.
- Wholesome Market – 2234 Queen St. E.

On the Move:

- Common Sort – 760 Queen St. E.

Change in Name:

- Pollyanna - Lil' Joe Cucina & Bar – 1054 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 or 416-690-4269.



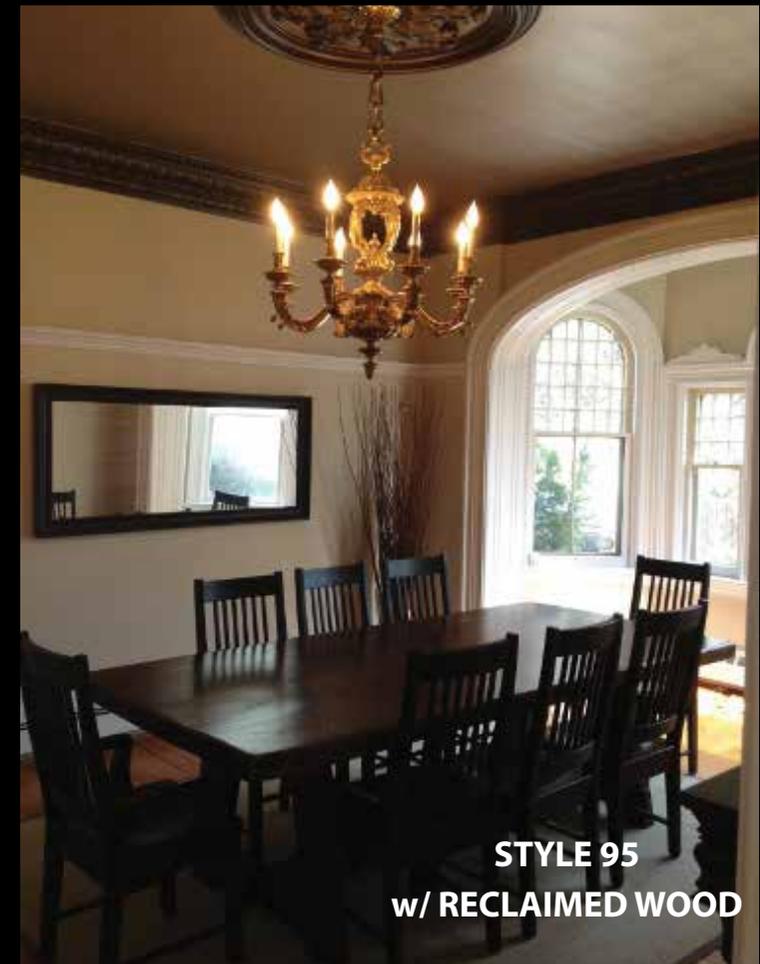
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We Are Your Partners In Health®

Wishing our Friends and Neighbours a Joyful Holiday Season & a HEALTHY New Year!

We've been proud to serve the Beaches
Community for over 25 years.
Let us help you in achieving your health and
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IT'S A NEW YEAR FOR A NEW YOU!

GET YOUR FLU SHOT WITH US. WALK-INS WELCOME. ASK FOR DETAILS.

HOLIDAY HOURS: Dec. 24 & 31: 9:00am-4:00pm Closed: Dec. 25, 26 & Jan. 1

2136 Queen St. East 416-699-3747

