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Beaches

Your neighbourhood HUB to the Greater Beaches Area

DIRECTOR & EDITOR – Hong Zhao
GRAPHIC DESIGN – Edward Niles
WRITER – Beth Parker
CONTRIBUTORS – Edward Niles
ACCOUNT MANAGER, ASSISTANTS – Pierina Mevius, Calin Nemes
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Beaches life magazine is the sister publication of Beaches Living Guide (established 2004). Your neighbourhood HUB to the Greater Beaches Area.

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attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.

Your comments and suggestions are welcome. 2255B Queen Street East, #252 Toronto, ON M4E 1G3
416.690.4269, info@beachesliving.ca

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Comedian and member of the beloved Canadian hit show “The Kids in the Hall”, Scott Thompson continued to perform one of the main characters on the show after Kids went off the air in 1995, lounge lizard and bon vivant, Buddy Cole. Aside from his recent focus on writing, Scott continues to perform stand-up as himself, and as Buddy. He is now finishing off his tour of Après Le Deluge – The Buddy Cole Monologues at the Lyric Hyperion Theatre, where he’s also enjoyed a residency.

CBC Arts producer Peter Knegt recently described Scott as Canada’s true gay National treasure. Without a doubt, Scott’s made a meaningful impact as Canada’s first openly gay comic.

Born in North Bay, Scott describes how he and his family (mother, father and four brothers) literally lived in a “house in the woods” until the family moved to Brampton when he was nine. “Growing up in North Bay was paradise” he recalls, “it certainly made an impact on me that’s lasted all my life. One day my brother was literally treed by a bear! Most kids don’t have those kinds of memories.”

Another beloved character played by Scott is Queen Elizabeth. “It’s really easy for me because I actually look like her.” Scott admits that he has never actually met the Queen, but when he was 10 years old, he did have an encounter before a Mountie whisked him out of the way. The event was a Royal Visit to Brampton, when eager fans (mothers and their young children) stormed a flimsy barricade to get closer to the royal couple, leaving a young Scott face to face with Her Highness. “I’m sure she’d remember”, he quips.

Scott found himself involved in comedy by his early 20s, when he joined a Toronto improv troupe called “The Love Cats”. Before long, he was introduced to a local comedy troupe ‘The Kids in the Hall, and soon after became a member. When the legendary Lorne Michaels discovered the Kids, the act was made into a ground-breaking television series, which ran from 1989 to 1995 on CBC in Canada and on HBO and CBS in the United States.

In addition to his Kids and Buddy Cole fame, Scott has made numerous guest appearances on various talk shows such as Politically Incorrect, The Late Show with David Letterman and was a regular fixture on Late Night with Conan O’Brien. He has appeared in feature films such as Run Ronnie Run, The Pacifier and Mickey Blue Eyes and such television series as Hannibal, Reno 911!, Tim and Eric Awesome Show, Carpoolers, Odd Squad, Man Seeking Woman, Touching an Angel and Degrassi High. He’s also worked on various animation projects, as Roborovitch, and in Aqua Teen Hunger Force, The Simpsons and American Dad.

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continues on page 7...
Scott says that “the time feels right for me” as an older, white guy who’s gay. The Canadian comic writer and performer is coming home in June from Los Angeles where he’s been writing for the past three years. The former member of “The Kids in the Hall”, and known by many as the infamous gay, bar fly, “Buddy Cole”, Scott is excited about spending the month pitching his own new TV series as well as a screen play.

“I’ve been in Los Angeles writing for the past three years,” he explains, “because I wanted to give myself another chance at getting my own work produced. I’m feeling very good about this new series; I think people are more amenable to my ideas now. The time feels right.”

Scott describes the show as a combination comedy and mystery, sort of a satire of the cozy mystery genre. “It’s got scary parts, as well as mystery and comedy, and of course, fun characters.”

Like most writers, the process of getting his work ready was an arduous one. “Writing is tough, physically and mentally,” he admits, “Now that I’ve finished, I’m able to look up, like, go to the mall!” It also means he can enjoy what he loves doing best, performing.

Everyone has their own views on Buddy. As for Scott, he describes him as someone who often exhibits characteristics that Scott feels are lacking in himself (which also meant that Buddy can say things that Scott might hold back). “Buddy is comfortable in his own skin, he’s not ashamed, he can hold his booze, and he doesn’t care if you’re offended!”

Such attributes are particularly important today. Scott admits that our current culture of political correctness makes for a challenging time for comedy. “The essence of comedy is that there is no place you can’t go. But at a time when you have to ‘tip toe’ around so many issues all the time for fear of offending someone, it makes being a comic difficult.”

“Just because you are making light of something doesn’t mean that you are showing disrespect.” Scott likes to refer to the old adage, ‘tragedy makes you feel, but comedy makes you think’. “It means that comedy has to be honest, and it can’t be sparing people’s feelings. It needs to take no prisoners.”
Gardens of Toronto

Toronto is home to many beautiful parks and public gardens. When the pavement is hot and the air thick with humidity, what better place to go than the fresh refuge of one of these Toronto gems? Whether you like a large, never ending green space or a quaint urban oasis, there’s a park for every preference.

Allan Gardens Conservatory
19 Horticultural Ave.
The jewel of Toronto’s downtown gardens, steps away from the hustle and bustle of downtown Yonge St.

Canoe Landing Park
95 Fort York Blvd.
The giant canoe sits on old railway lands, at what would have been the shoreline in the 1800s. Enjoy amazing views of Lake Ontario.

Corktown Common
155 Bayview Ave.
Once part of a neglected industrial area and floodplain. An urban ecosystem that combines in its park unique terrains, sustainability, innovation and urban design.

Edwards Gardens
777 Lawrence Ave. E.
17 award-winning themed gardens over four acres, with horticultural programs and activities for all ages.

Guild Park and Gardens
201 Guildwood Parkway
The garden is interspersed with representative architectural pieces from downtown Toronto buildings of late 19th/early 20th century.

High Park
1873 Bloor St. W.
Toronto’s oldest park, includes part of the last remnants of the Black Oak Savannah, a 4,000 year old ecosystem.

Humber Bay Butterfly Habitat, Humber Bay Park East
15 Marine Parade Dr.
The first three weeks in September is a good time to see large groups of monarch butterflies.

James Gardens
61 Edgehill Rd.
A former estate on the west bank of the Humber River, known for its flower gardens, terraced stone pathways, sparkling spring-fed pools and streams, and mature trees.

Riverdale Farm
201 Winchester St.
A working farm set in an almost hidden area of old woods, many ponds, and streams connected to the city’s rich ravine system.

Rosetta McClain Gardens
5 Glen Everest Rd
The manicured 23-acre park is an ideal location for bird watchers, located along the migration route of various kinds of raptors.

St. James Park
120 King St. E.
Located next to St. James Cathedral, with Victorian inspired landscaping, a series of formal gardens and a water fountain.

Toronto Island Park,
Franklin Children’s Garden
9 Queens Quay W. (Toronto Island)
Designed for kids and inspired by the Franklin the Turtle books.

Toronto Island Park
479 Queens Quay W.
A small garden in six sections, designed around the dance movements of a piece by J.S. Bach.

Withrow Park
725 Logan Ave.
One of the city’s largest parks with activities that range from Tai Chi to ukulele jams.

CherryBeachSoccer.ca
info@cherrybeachsoccer.ca

Phone: (416) 367-4359
Linen is the ultimate luxury in summer fabric. Its natural fibres are made from the stalks of the flax plant. For thousands of years, this natural product has been valued for its exceptional qualities. Ancient Egyptians wore it to stay cool in intense desert heat, and European flax growers wove bedding and clothes that were so treasured they were often passed down as family heirlooms.

Linen is complex to produce, but the final product is a high-quality natural fabric that is strong, durable and beautiful. Linen actually becomes softer and more absorbent after each wash, but stays strong. Although linen is known for its natural “creases”, its natural fibres mean that the garment always keeps its overall shape.

**Linen Fashion for Men and Women**

**Linen Suits** – To wear linen confidently, you have to be okay with the fact that linen has a relaxed “crumpledness” to it. It is ideal for a summer wedding, especially in a lovely tan colour. You beat the heat and still look smart. Pair with a checked cotton shirt (men) or cotton tee (for women).

**Linen Jackets** – If you really don’t want the wrinkles that come with an entire suit, opt for just the jacket. With the structured design of the jacket, you’ll still feel polished. Paired with chinos or jeans, this is a perfect weekend look for men and women. Choose dark cotton or cotton blend pants or skirt on the bottom, and a lighter jacket up top.

**Linen Shirt** – A linen shirt is an excellent all-rounder when it comes to summer dressing. Owing to its laid-back appeal, a well-cut version in sky blue can slide under a suit to tone down a more formal look, or sit over a T-shirt and shorts to take a casual combination up a notch.

Wear as a super casual jacket look for a tank top or even a bathing suit.

**Linen Pants, Shorts, Culottes** – Given linen’s absorbency, pants can become misshapen and scruffy looking after almost minutes of wear! This is why most prefer a linen-blend that keeps everything looking smart.

**Linen Accessories** – Looking for just a touch of linen? Linen caps and hats “top off” any outfit. Or consider a linen hobo handbag, linen-detailed shoes or stylish tote.

**Scarfes** – Scarves don’t make sense during hot summer months, unless, of course, you’re thinking “linen”. Linen scarves give you that extra accessory look without making you too warm.

**Women Only: Linen Skirts & Dresses**

Nothing will keep you cooler and feeling summer elegant than a mid-length linen dress or a casual linen skirt. Pair with a more fitted jacked for the office, or a crisp cotton top for contrast in texture.

**Care of Linen** – Wash linen on low temperatures, lukewarm or cold, and preferably soft water. Use the gentle machine cycle and a mild detergent to protect the fibres. There is no need to iron linen garments, unless they have become really crushed.
As the weather heats up in Ontario, there is an increase in activity. The most “popular” pests are ants, flies, spiders, earwigs and mosquitoes. We all know that these tiny invaders can be good food for birds and other insects, but we don’t want them in our homes and introduce health risks, or when they damage gardens. A few ants or a couple of flies are expected, but an infestation is no fun. Learn a bit about our common pests, and how to discourage them when they become more than a single annoyance!

Ants
There are over 12,000 species of ants, so it’s no surprise that they seem to be everywhere in the summer.

Carpenter Ants: These large, black ants have front jaws that chew through wood, especially cedar, when tunneling or building their nests. These ants can hollow out entire structural materials, causing huge damage.
To Discourage: Remove rotted wood under decks, on porches, around windows, inside roofs, etc.

Little Black Ants: By early spring, these little guys come out of their hiding places in walls and ceilings in search of food scraps. They eat almost anything and multiply quickly.
To Discourage: Put food away and remove garbage frequently. Follow one ant to his entry point (perhaps a kitchen corner), and place an ant bait trap. When the ant carries the poison back to the nest, no more ants (until the next group arrives).

Pharaoh Ants: These light-coloured tiny ants love to build nests indoors (especially apartments). They’ll gravitate to the nearest source of food or water, which likely means your kitchen or bathroom.
To Discourage: Treat drains so they aren’t clogged with debris. Use bait traps.

Earwigs
Earwigs aren’t dangerous to humans but are large and unpleasant. They are reddish-brown, and have pincers (harmless to humans). They also do a lot of damage in a garden.
To Discourage: They require moisture, which means they are more prevalent in a wet summer. Keep moisture away from foundations and loosen areas with matted leaves and mulch.

Flies
Ontario has three main types: the house fly, fruit fly and cluster fly. They enter via open doors, windows, cracks and broken screens. Flies spread disease, and contaminate where they land. The cluster and fruit fly breed in decaying organic matter (like a compost pot).
To Discourage: Remove garbage frequently. Don’t let flies stay in your home where they can lay eggs. Get a fly swatter. Trap fruit flies with a mixture of soap and vinegar.

Mosquitoes
Mosquitoes are active during early morning and early evening. They like moisture, and when they come out in swarms, expect a rain shower. Mosquitoes can carry a range of disease.
To Discourage: Use repellent, trim back vegetation and remove standing water from gutters, bird baths and flower pots.
Planes, Trains & Automobiles – Check Schedules

When it comes to airport security, remember to arrive at least two hours before your flight. If you need a rented vehicle at your destination, book it in advance. Same goes with train and bus tickets (if you can).

• Double check departure times. Car ferry schedules can change at the last minute because of weather, so have a back-up plan.

• Arriving at a destination in order to join up with a tour or cruise? Arrive the day ahead so there is no chance that a delay could mess up your entire trip.

Remember the Essentials

• Pack any medications in one easy-to-find place, making sure they are in their original packaging with instructions. In a notebook or on your phone, list RX numbers and pharmacy contact information in case you need to refill while away.

• Keep medications and other essentials with your carry-on luggage so you can get by for 2-3 days if your luggage goes astray.

Wallets & Passports

• Empty your wallet of extra bulk. Don’t bring all your credit cards, and don’t include your SIN card.

• Record the numbers of all credit cards (and phone numbers to contact the companies) and your SIN card. Make a copy of your passport page that shows your passport number and expiry date, and do the same as above. Leave all these behind with a friend or family member. Don’t carry the list with you!

Protect Your Health

• Remember sunscreen!

• If you’re staying in hotels and motels, learn how to detect bed bugs. Consider bringing a bed bug detector. These can be placed under hotel mattresses or on the floor next to furniture. Before you pack up, check the see through window for bed bugs to avoid bringing this type of bugs home as souvenirs.

Plan & Be Prepared for Detours

Trips that are too tightly planned can quickly run into challenges when something interrupts the “to see” list. Planning is a good idea for most, but keep things loose so you can accommodate a change. Often, a trip “interruption” ends up being the best part of the journey! You get delayed because of a bridge closure but spend an extra evening at a local fair. Or as one friend found out: when her luggage went astray, she learned how little she really needed to bring in order to enjoy a trip!

Be Travel-Smart this Summer

Thousands are heading out this time of the year to enjoy a well-deserved summer vacation. You want all your memories to be great ones, so don’t let a missed flight or a stolen passport make you forget the good times. Here are a few vacation tips to keep you safe, and help you be more “travel smart”.

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Pride Toronto: An Annual LGBT Pride Celebration

Pride Toronto is one of the largest Pride celebrations in North America. This June will be Toronto’s fourth Pride Month, and the 50th year since the Stonewall Riots, which sparked the movement in the USA and around the world.

The events that take place from June 1-23 have become a major Canadian arts and cultural event. Everything culminates in the annual Pride Parade, which is said to attract around 1.2 million spectators each year.

Why June?
Across the globe, similar events are held during this special month. June was chosen because it is when the Stonewall Riots took place, back in 1969. The riots were prompted by a raid during the early morning at the Stonewall Inn, a gay bar in Greenwich Village, Manhattan. The riots served as a catalyst for the rights of LGBT people to remember what happened, and also celebrate gay pride.

For lesbian, gay, bisexual and transgender (LGBT) people, gay pride is a way of protesting about discrimination and violence. It promotes dignity, equal rights, self-affirmation and is a way of increasing society’s awareness of issues of discrimination.

Over the years since the event, many gay rights organizations have been formed not just in the US, but around the world.

Pride Toronto
The history of Pride begins in 1971, when the Community of Homophile Association of Toronto and Toronto Gay Action held a gathering at Hanlan’s Point. This eventful picnic evolved into an annual event that grew in size year after year.

In 1974, this annual picnic became Toronto’s first ‘Pride Event’. But Toronto’s actual Pride Week evolved out of the mass protests that followed the 1981 Toronto bathhouse raids. It wasn’t until 1991 (10 years later) that the City of Toronto officially endorsed the annual Pride Day in Toronto.

Set up as a not-for-profit organization, Pride Toronto’s mission is to bring people together to celebrate the history, courage and diversity of our community. Today, Pride Toronto is not just the parade—it is a month of events.

Where?
Key Pride Toronto events usually take place in and around the junction of Church and Wellesley Streets (the “Village”). Cawthra Square Park, located beside the 519 Community Centre, is a large, tree-lined space that hosts many events. Toronto Pride Week isn’t limited to the Village. There are a number of themed events and activities in various downtown districts.

• The main parade takes place on Saturday, from the corner of Church St and Bloor St all the way down Yonge St to Yonge-Dundas Square.
• Other events include an annual Street Fair in the Church-Wellesley Village, home to fantastic artisans and a diverse selection of delicious food from partnering vendors.
• The festival’s “honoured Group” this year is the Women’s College Hospital, recognized for their work in creating access to transition surgery.

Events and programs
• Saturday, June 1 to Sunday, June 30
• Festival Weekend: June 21-23
• Parade: Sunday, June 23
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**EAT GREEN FOR DETOXIFICATION**
Getting their color from chlorophyll, a natural blood purifier that support the liver and kidneys in the elimination of toxins. Green foods also contain high amounts of Vitamin K, which is necessary for blood clotting and building strong bones.

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

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

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**LOCAL FARMERS’ MARKETS**

- **East Lynn Park Farmers’ Market**, 1949 Danforth Ave
  Thursdays, 3-7 pm, June-October | my-market.ca
- **East York Farmers’ Market**, East York Civic Ctr, 850 Coxwell Ave
  Tuesdays, 8 am-2 pm, May-October
- **Leslieville Farmers’ Market**, Jonathan Ashbridge Park
  Sundays, 9 am-2 pm, May-October | leslievillemarket.com
- **Market 55**, 97 Main St. Community Centre 55 parking lot
  Sundays, 9 am-1 pm
- **Withrow Park Farmers’ Market**, 725 Logan Ave
  Saturdays, 9 am-1 pm, June-October | withrowmarket.ca

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Food talk

Life Can be a Bowl of Cherries

There’s nothing quite so special as a beautiful bowl of summer-ripe cherries. Cherries are in a league of their own when it comes to fruit. We associate them with all the grandest of desserts, like Cherries Jubilee or Cherry Cheesecake. Cherries adorn our favourite treats, like an ice cream sundae or Black Forest cake, and can be made into the most exotic drinks, like cherry brandy and Kirsch, the famous liqueur made from distilling cherries.

Cherry trees are grown on every continent around the world, although originally native to Asia. In Canada, most of our cherries come from British Columbia and Ontario. In the spring, the blossoms, white to light pink, cover trees in our Niagara region. At the end of June and into early July, cherries are ripe and ready to pick.

Sweet or Sour!
There are two main types of cherries (sweet and sour) and dozens of varieties within these categories.

Sweet: Most of us think of sweet cherries as plump dark red (almost black) cherries that we buy at the grocery store – and then we eat before we get home! These are Bing cherries, one of the most popular choices. You’ll also find Bing cherries canned but don’t expect the flavour to be the same as fresh! Other sweet varieties are Rainier and Queen Anne. Sweet cherries can be used in cooking and made into jam, but they are best enjoyed as is – washed, and with no sugar. They make a great dessert choice!
• 1 cup (250 mL) contains 81 calories, and is a source of Vitamin C and potassium.

Sour/Tart: Don’t let the name fool you, sour cherries are cherry royalty! There is nothing better than cherry pie, cobbler, muffins, jam or compote made out of any sour cherry variety. Their tartness, complemented by sugar, provides a true cherry taste. Ontario’s red tart cherries are the world-renowned Montmorency variety. Even in the United States, fruit stands will identify “Ontario grown” as a choice for selecting cherries. Sour cherries can be eaten “as is”, especially if they are perfectly ripe. Both sweet and sour cherries have pits, which are always removed before cooking or preserving.

Maraschino Cherries: We’re all familiar with the bright red maraschino cherries sold in bottles and used as a decoration for desserts or drinks. Don’t be fooled. As beautiful as they seem, maraschino cherries are almost “not cherries”. In order to preserve them, they’ve been bleached, coloured, and then soaked in liquid with added preservatives and flavours.

Cherry Shish-Kebabs
Soak bamboo skewers in water to prevent burning during cooking.

INGREDIENTS
2 cups (475 mL) Frozen Sweet or Tart Cherries
2 cups (475 mL) Pineapple Chunks
1/4 cup (60 mL) Red Wine Vinegar
2 tbsp (30 mL) Olive Oil
1 tbsp (15 mL) Honey
1/2 tsp (5 mL) or to taste Curry Powder

DIRECTIONS
• Partially thaw cherries, thread them alternately with pineapple on bamboo skewers.
• In a small bowl, combine vinegar, oil, honey and curry powder; mix well.
• Place kebabs on broiler pan; broil 4 to 6 inches from heat, or grill over medium coals.
• Brush with vinegar mixture.
• Cook 4 to 5 minutes, turning and basting with additional sauce after each turn.
This spring, 27 new Canadian citizens were welcomed in a Citizenship Ceremony at Kew Beach Lawn Bowling Club. The event was held in conjunction with the Winter Stations art installation exhibit at Woodbine Beach. After being sworn in, a number of them took a walking tour along the beach.
Get Fit the Aqua Fit Way

Imagine, exercising without breaking a sweat. At the same time, you can enjoy the fun of being in the water all at the same time! Aquafit (otherwise known as aqua aerobics or exercising in water) is the perfect summer fitness activity. Best of all, it can be enjoyed at all ages and levels of ability.

WHY IT WORKS?
Exercising in water gives your body a supportive environment. This is because the buoyancy of the water reduces your weight, resulting in much less strain on your muscles and joints. This makes aqua aerobics a good choice if:
- you are new to exercise, but love the water;
- you can’t move easily, perhaps because of an injury, chronic condition or mobility issue;
- you want to get fit and lose weight.

WHAT IT DOES
Moves Your Muscles & Improves Circulation
Aquafit works all the main muscle groups, which is good for all over toning, balance and coordination.

Burns Fat with Less Strain
Aquafit is similar to a normal aerobics class, but because it’s done in the water, it places less strain on your joints. While doing so, it provides cardiovascular conditioning, increasing your pulse and your breathing rate.

Strengthens Your Body
Aquafit helps strengthen your body because the water offers resistance than air. The resistance exerted by water applies in both directions, as you push and pull against it. This means that each movement you make works two opposing muscle groups, not just one, as is the case when you work against gravity. For the same effort, you double the benefit.

Helps You Relax
Many love the stress relieving benefits of aquafit. As you move through the water, the water massages your entire body, and the feeling of weightlessness heightens a sense of well-being.

If You are Pregnant
If you’re pregnant, aquafit is good for both your physical and mental health. As an added bonus, the water helps support the weight of your growing bump, helping to take pressure off your back, and reducing lower-back pain.

WHAT TO EXPECT AT A CLASS
A typical aquafit class will include:
- a short warm-up to get your body used to the water and your muscles ready;
- cardiovascular exercises to get your heart pumping, which may include walking or jogging, leg kicks, body twists, arm stretches, and other dance-like movements;
- balancing exercises;
- coordination exercises;
- stretches;
- some aquafit classes may incorporate water floats, pool noodles, etc. in their workouts.

HOW TO GET STARTED
Community pool programs typically include aquafit classes. If you can’t fit one into your schedule, you can do some simple moves without instruction, for example, jogging in place, walking as fast as you can through the water, jumping up and down, or holding on the side of the pool and doing flutter kicks.
It’s never just one moment – it’s an ongoing journey. Ask anyone who’s done it; they’ll all have a coming out story. It’s a process that can be terrifying, exhilarating, heartbreaking and confidence-building.

There are so many films that cover the subject: from high school to discovery in later life, from passion to awkwardness. Beaches|life has gathered together some of the best coming out movies that we know everyone will love, no matter their experience.

Desert Hearts (1986)
Dir. Donna Deitch;
Helen Shaver, Patricia Charbonneau, Audra Lindley

Beautiful Thing (1996)
Dir. Hettie MacDonald; Glen Berry, Linda Henry, Scott Neal

In and Out (1997)
Dir. Frank Oz; Kevin Kline, Joan Cusack, Tom Selleck

Edge of Seventeen (1998)
Dir. David Moreton; Chris Stafford, Tina Holmes, Andreni Gabrych

Get Real (1998)
Dir. Simon Shore; Ben Silverstone, Brad Gorton, Charlotte Britain

Loving Annabelle (2006)
Dir. Katherine Brooks; Erin Kelly, Diane Gaidry, Laura Breckenridge

Pariah (2011)
Dir. Dee Rees; Adepero Oduye, Kim Wayans, Aasha Davis

Dir. Darren Stein; Michael J. Willett, Paul Iacono, Sasha Pieterse

Boy Erased (2018)
Dir. Joel Edgerton; Lucas Hedges, Nicole Kidman, Joel Edgerton

Love, Simon (2018)
Dir. Greg Berlanti; Nick Robinson, Jennifer Garner, Josh Duhamel

What is 5G?
The simplest way to explain it, 5G is the fifth generation of wireless technology. It has faster data rates and lower latency (the amount of time it takes for a packet of data to get from one designated point to another). But it is so much more than that.

5G was designed from the beginning not just to build on the past wireless generations, but to provide a flexible canvas for ground-breaking applications not even invented yet.

The technology is expected to fall into three categories:

- **Evolution of Mobile Broadband:** technologies that build on current use cases but will demand higher speeds and lower latency.
- **Next Generation of Internet of Things:** from home appliances to city infrastructure, 5G networks will be optimized for low cost and long battery life.
- **Mission Critical Applications:** applications that require low latency and error-free communication such as self-driving cars and remotely-connected drones.

How much faster will it be?
In ideal conditions, 5G networks are expected to reach up to 20Gbps download speeds (approximately 20 times faster than LTE). It will also lower the latency time to about a millisecond.

But don’t expect these lightning fast speeds from day one. When carriers first launch 5G networks, peak speeds will be around 6Gbps, and latency will be in the single digits.

When will Canada Enter the 5G Market?
As with all new technologies, we all want it now. That’s where this story doesn’t have a happy ending. Although some countries will be launching 5G this year, the current schedule for Canada has been pushed later into 2020. There needs to be a lot of upgrades done to the current infrastructure and cell towers. When it arrives, it will be first made available to the “big three” – Bell, Rogers and Telus. In the coming year or so after 5G arrives, other mobile companies will begin offering it.
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Don’t let summer slow you down. Summer is the perfect time of year to take advantage of the various ‘outdoor’ or summer events that offer a chance to set up where your customers are more likely to be hanging out! Think outside your walls to events such as:

- outdoor markets
- sidewalk sales
- vendor opportunities at community music, art, and sporting events
- an outdoor table outside your office or store

“Tha’t’s not going to work for us,” you might say. “After all, we sell a service that you can’t display on a table in an outdoor market!” But this doesn’t have to be the case. Look at these ideas!

- **Spa Services:** Provide hand massages, 5-minute manicures or nail “touch-ups”.
- **Wellness:** Mini massages, few drops of peppermint essential oil for cooling, water.
- **Dental:** something fun like kids face painting.
- **Professional Services:** An “art table” for children to stop and do an activity while you talk with their parents.
- **Construction, Reno, Home & Garden:** Small plants or seeds to put in the garden. Tips for painting a house with paint samples. 
- **Real Estate:** Tip sheets for home care while on vacation or a checklist for preparing your home to sell, a “dollhouse” for children.
- **Food:** Any kind of sample, just make sure it stays fresh in hot weather, summer recipes and BBQ ideas.

**Other Tips for the Day:**

- Create a special promotional flyer good for attendees, allowing them to order services or products with a discount good for two weeks after the event.
- An extra chair in case someone needs to sit down.
- A bowl of water for pets.
- A dish for collecting business cards so you can contact people after the event (and provide a prize with a business card draw).
- Coordinate your look, perhaps everyone wears the same colour t-shirt or hat.
- A trash can available to prevent littering.

**Sporting Goods:** A cool new item that people can test, a scale, some kind of easy fitness challenge (can you lift these weights 5 times?) with a prize.

**Clothing:** Pick 1-2 items perfect for the weather that day, i.e. sun hats or umbrellas.

**Hair Salons:** Samples of products, a box of hats and boas so visitors can “dress up” and take selfies!

Most events charge a flat fee for a table, and you provide the rest. Make sure you have a big sign or banner so your brand can be clearly identified. Practice setting up your table ahead of time to refine the look and feel of your displays. Ask your employees or acquaintances to evaluate how inviting your table looks to prospective buyers.

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**Biz Talk**

**Summer: Time to go where your customers hang out!**

Summer can be slow for many businesses, especially if you depend on customers to come inside when the sun is shining. Most would rather be at the beach! Summer also can be a challenge to sell products or services that no one thinks they need when the weather is warm or when they are thinking about vacations.

Classic Fireplace and BBQ Store is part of a family business like no other! The Malcolms (6 siblings in total, which include Josh, owner of the Queen Street store) independently own and operate 10 “hearth and BBQ” stores in the greater Toronto area. It all began with their father, David, almost 40 years ago, who went in search of a wood stove.

In the early 1980s, when David Malcolm worked at a General Motors in the Toronto area, he decided he wanted a wood stove. So, he travelled to Barrie where he’d heard that someone was making a new kind of cast iron and ceramic stove at a company called “Napoleon.” David ended up buying 3 stoves that day; he installed his own and sold the others right off his truck. Before long, he’d quit his job and had started his own retail fireplace in his garage.

Today, David's son Josh, can't remember a time when his life wasn't connected to his father's work. He accompanied his father on sales and service calls as a young boy. By the time he was 17, he had his installation license and was working with the installation and service crews. After graduating from mechanical engineering at Western University, he returned to help his father out.

Many years later, the Classic Fireplace store came up for sale. With help from his dad, Josh bought the store in 2003, and in 2005, purchased the current store in the Toronto Beach area.

"Josh is just a great guy," says Cliff Harris, store manager at Classic Fireplace. "He's smart and I really like the way he treats people, both the staff at the store and the customers. It's a joy to work with him."

Cliff has worked at the store 15 years, referring to himself as the BBQ guy. But in the winter, the main products sold are fireplaces and inserts. "In older Toronto homes," explains Cliff, "many replace an old wood burning fireplace with a direct vent fireplace because of the 'zero clearance' feature. Instead of drawing in air already heated from inside the home, the fireplace pulls air from the outside. It's way more efficient."

Cliff also notes that condo dwellers can’t install a gas fireplace, so they opt for an electric one. "The horizontal models are particularly popular today. All of them add great ambiance to a room in addition to some heat."

During the summer, however, it’s all about BBQs. Napoleon (of course!), the Prestige series, Rogue, and the Big Green Egg smoker/grill. For those who want to travel and grill, there’s even a portable grill that can be carried like a suitcase.

When asked about his favourite meat to grill, Cliff doesn’t hesitate, “Pork tenderloin.” But he also advises rotisserie chicken for easy outdoor entertaining. "Just put two of them on the spit for a little over an hour," he says. "While you're enjoying your guests, dinner cooks itself and tastes spectacular!"

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Classic Fireplace & BBQ Store
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Did You Know?
- How were the Beaches connected to the Toronto Island?
- When was the last race at the Greenwood Racetrack?
- What family of songbirds has been called the “butterflies of the bird world?”
- Where do Lake Ontario and the ancient Lake Iroquois share the same shoreline?
- Name the family who owned the land between Coxwell and Woodbine avenues in the 19th century?
- How was the Toronto Island formed?

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