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Your comments and suggestions are welcome.

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3:58 AND A NATION LEAPS TO ITS FEET



It's been a hockey kid's dream come true for this young Toronto-born hockey star. This past January, Akil Thomas scored the winning goal for Team Canada. His powerful backhand goal won the World Junior Hockey gold medal against Russia. It was shot into the net with just 3:58 left on the clock—and then, the crowd went wild – especially his family. Even his mother Akilah, who had to watch the game on her cell phone because she was travelling at the time on business, was cheering!

One of five siblings (one brother and three sisters), Akil's family has always been there, cheering him on. When the team landed at Pearson International Airport this January, he was greeted by about two dozen family members plus many friends and fans.

By scoring the goal, Akil also joins a part of Canadian hockey history: players that scored winning championship goals for Team Canada: Paul Henderson, Darryl Sittler, Mike Bossy, Mario Lemieux, Sidney Crosby—and now, Akil Thomas!

Akil can't remember when he first put on skates because he was likely two or 3 years of age. But he says he's been "obsessed with hockey" ever since.

"I just love hockey", he says. "I do it every day. I've always done it every day. Life wouldn't feel right without it!"

Born in Scarborough, hockey is truly in Akil's blood. The 5' 11" forward, who turned 20 just 3 days before the big game, certainly is familiar with the "hockey life".

His father, Kahlil, is originally from Toronto. Both his father and his uncle spent their careers playing professional hockey in minor leagues.

This meant that the first decade of Akil's life was spent moving around a lot. Although he was born in Toronto, the family moved to Mississippi, then to Flint, then Oklahoma then Orlando to Jacksonville and then back to Orlando.

But it was in Florida where he played hockey the most—something that was not always easy in a southern state. "There weren't many rinks," he says, "so it was hard to get enough ice time." It meant that Akil ended up playing on 3 teams at a time, mostly at the level of Canadian "select" teams.

continues on page 7...



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This all changed when the family moved back to Toronto when he was 11. Now enrolled first at Upper Canada College and then St. Mike's, Akil had the opportunity to develop his skills and move up through the GTHL, and then the OHA. He played with the Toronto Nationals (Triple A), followed by the Toronto Marlies. A big step was being drafted by the OHL. He's played the last 4 years with the Niagara IceDogs, and just recently joined the Peterborough Petes. He also managed to attend Brock University along the way!

And every step of the way, he's embraced the game of hockey.

"I love everything about the game," he says, "Even when life gets tough, hockey is a good way to get my mind off things. I just spend some time shooting the puck, stickhandling, practising shots."

"I just could say that hockey gives me my self-esteem"

On a typical day, he would have a practice at 8:30 am, and then watch a video with the team as part of coaching, followed by an afternoon workout at 3:15, and then a game in the evening. "I eat a lot but can't seem to ever gain weight." Right now, he says his favourite food is French toast (he just finished eating a big plate of it!)

Akil appreciates the opportunities given to him as a professional sports figure. For example, he described at a recent volunteer visit to a local hospital where a woman came up to him and asked that he say a few words to her son, who was dying of cancer. "It's very special to me," says Akil, "that I am in the position to be an influence, especially when I'm off the ice, and can do something for others."

Akil is clearly a special kind of guy. In the words of his former IceDogs Head Coach Billy Burke, "He's mature. He's humble. He goes out of his way to help the guys. You will never see him pointing the finger at anyone but himself. He has a great future ahead of him."

So, should all Canadian kids get a chance to play hockey? Akil wouldn't limit it to hockey. "Sports in general are so important," he says, "It's hard to imagine a life without playing a sport. When you think of the kinds of violence we see these days in a city like Toronto, it makes you hope that if a young person gets involved in a sport, it keeps them out of trouble."

"It's not just the overall discipline of having to show up and do the sport," he adds. "Sports steer you in the right direction. It teaches you, life lessons. And when you're on a team, you're less likely to do 'something stupid', because it could get you kicked off the team."

We'll all be watching Akil in the future. He was drafted by the Los Angeles Kings in the second round (51st overall) in the 2018 NHL Draft, which means he'll attend the King's Training Camp this September, and hopefully, get his chance to play his first NHL game.

Of course, he's thrilled to be part of the King's organization but he's still a "Leafs" fan — "Hey he said, I grew up in Toronto!" he adds.





EMBRACING A NEW WINTER ATTITUDE

Every winter we hear the complaints about the season. Some say it is too cold, or there is too much snow. While others gripe about the short days or shovelling the driveway. How many of our neighbours plan to take a trip to a tropical destination for a seasonal reprieve?

Our attitude about winter needs to change. Many countries don't get the fortune of experiencing four seasons. In fact, thousands of tourists travel to Canada to play in the snow every year. Let's be frank, winter isn't going anywhere. Instead of counting down the days until spring, let's find ways to embrace the season.

ENJOY WINTER ACTIVITIES

There is plenty of fun to be had outdoors in the snow. You can visit the slopes or play games in your own backyard.

Why not dye some water with food colouring and freeze it into ice cubes. Scatter the cubes around the backyard and go on an ice cube scavenger hunt in the snow.

Another fun winter activity is snow bubbles. If the temperature is below freezing, blow some bubbles and watch them freeze.

Of course you can always enjoy the popular activities like ice skating or tobogganing too. The key is to leave the comfort of your cushion and get outside.

ROAD TRIP!

Whether you are an adventurer or an Instagram extraordinaire, there are plenty of rural and urban captivating destinations in Ontario to see during the winter.

Canada is home to the world's biggest skating rink. If you haven't already, it's time to scratch the Rideau Canal Skateway in Ottawa off of your bucket list. The Skateway stretches more than seven kilometres and part of it stretches right past Canada's Parliament buildings.

Another must-see destination in Ontario is Arrowhead Provincial Park in Huntsville. The park is experiencing a surge of popularity because of its fairy-tale landscape. Arrowhead maintains more than 33 km of cross-country ski trails that are designed for classic skiing or skate skiing.

JUST ROLL WITH IT

There's no doubt that winter has its ups and downs, but so does every season. In the summer we have to deal with mosquitoes, in the Fall there's plenty of leaves to rake. The winter is no different. However, like the other seasons winter has its perks for both young and old. Remember how much fun it was to stay home drinking hot cocoa on a snow day? Winter also brings new fashion and is the perfect time to enjoy a hearty soup.



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MARCH BREAK ADVENTURES



Raise your hand if you've ever asked yourself, "What am I going to do with the kids during March Break?" Much like the holidays, spring break always seems to sneak up on us, but not this year! March Break 2020 will be different. This list of fun-filled activities will help you conquer March Break.

ROYAL ONTARIO MUSEUM – Sink your teeth in the ROM-original exhibition Bloodsuckers. Discover 30,000 species that feed on blood and learn why creatures like bats inspired mythical stories like Dracula.

DAY CAMPS – Sports, science, baking, you name it. There are plenty of camps suited to meet your child's interests. A lot of camps are flexible too. Whether you want a full week or half a day, there's always a camp to fit your schedule.

GEOCACHING – Go on an urban scavenger hunt and get to know your neighbourhood by doing geocaching. Download the geocaching app on your mobile device and find treasures that other players have hidden in neighbourhoods across the city.

INDOOR GARDENS – Take a "break" from winter and get a taste of spring, by visiting Allan Gardens or the Centennial Park Conservatory.

ONTARIO PLACE – Enjoy the season before it's too late with bonfire, skating and light show exhibition at Ontario Place. Cap the night off with a movie at the Cinesphere theatre.

GO ON A WALK – Whether it is by the beach or in a park, going on a walk is the perfect activity to

witness the change in the season, get exercise and spend intimate time with the family.

MUSEUM OF ILLUSIONS – The perfect place for a family photograph, if you want the photo to look like you are standing on the ceiling! The Museum of Illusions is packed with mind-boggling puzzles and optical illusions that will leave your family wanting more.

WINTER SPORTS – One of the best parts of the season is winter sports. Enjoy skate at one of the city's free skating rinks, go tobogganing, or try an ice cube scavenger hunt before winter ends.

TERRA LUMINA - TORONTO ZOO – Take your little ones by the hand and lead them on a journey into the future--year 2099! Experience the Toronto Zoo after dark for a multimedia light show. This walking tour features several holographic animations paired with inspirational messages meant to inform the present. The tour runs all March Break long!

BLUE MOUNTAIN – Take a trip to one of Ontario's largest resorts for some winter fun on and off the slopes. Fill your days with skiing, interactive activities, performances, fireworks and much more. It's fun the whole family can enjoy!

TREAT YOUR TASTEBUDS THIS WINTER



The winter is the perfect time to treat your taste buds. There are a variety of seasonal foods to enjoy. The winter is also the best time to expand your palate by trying new foods.

WINTER JAMS AND MARMALADE

Winter jams and marmalades are both tasty and fun to make. Most people purchase their jams and marmalade from the grocery store, but making it yourself is healthier, cost effective, and fun. The early settlers used to make jams by using dried fruits like apples, pears and apricots. However, now we have the advantage of using other in-season fruits like lemons, oranges and grapefruit to make citrus marmalades, or dried apricots and lemons.

HEARTY SOUP

Soup is a winter season classic. Especially when using in-season fruits and vegetables like squash, carrots and kale, which help the budget and boost your health. Soups are a great no-hassle meal that just lifts your spirit.

If you are looking for a rich soup try vegetable lentil soup using celery, carrots and lentils. This soup is high in fibre, vitamins and minerals. And if you want something on the fancy end, try a celeriac, hazelnut and truffle soup as a starter for dinner.

HOT CHOCOLATE

The symbolic drink of the season – hot chocolate. Hands down is the best drink to have on a cold day. Hot chocolate is easy to make from scratch by just using cocoa, sugar, milk or water. However, you can deck out your drink to make it suit your palate.

If you are looking for a decadent take on hot cocoa, go for the French chocolate, which is thick and creamy. This drink substitutes powdered cocoa and sugar with a bar of dark chocolate and powdered sugar. Add heavy cream and milk and you have yourself a cup of piping-hot liquid gold.

Mexican hot chocolate is a lovely blend of sweet and spicy. The staple ingredients like cocoa, dark chocolate, sugar and milk are used, but also have cinnamon and cayenne pepper to give a punch of spice. You can make it vegan by using almond and coconut milk, and dairy-free dark chocolate.

Once you've finished indulging on the treats of the season why not diversify your palate? Winter is a perfect time to explore new cultural dishes. Once summer arrives, restaurants and families will be busy with the summer staples like burgers, fries and shakes. Step outside your box and into a new restaurant. Try the new Somali grill that opened up down the street, or that Filipino inspired food truck. Use the quiet season to eat some great winter foods, but also take time to explore cultural foods too!

CREAMY HOT COCOA

INGREDIENTS:

- 1/3 cup unsweetened cocoa powder
- 3/4 cup white sugar
- 1 pinch salt
- 1/3 cup boiling water
- 3 1/2 cups milk
- 3/4 teaspoon vanilla extract
- 1/2 cup half-and-half cream

METHOD:

Combine the cocoa, sugar and pinch of salt in a saucepan. Blend in the boiling water. Bring this mixture to an easy boil while you stir. Simmer and stir for about 2 minutes. Watch that it doesn't scorch. Stir in 3 1/2 cups of milk and heat until very hot, but do not boil! Remove from heat and add vanilla. Divide between 4 mugs. Add the cream to the mugs of cocoa to cool it to drinking temperature.

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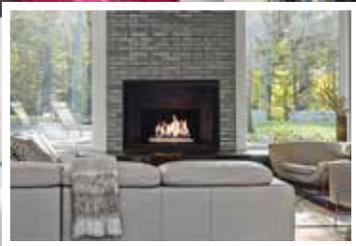
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Health talk



5 TIPS TO A HEALTHY HEART

The heart is arguably one of the most important organs in our bodies. This dual-chambered pump located at the centre of our chest, provides the body with oxygen, blood and the nutrients it needs to survive. Although the heart is a physical organ, it is also the spiritual centre of your wellbeing. Here is a list of things you can do to take care of yourself and the people around you.

GIVE A HUG

Eight hugs a day keeps the doctor away. Health authorities commonly recommend drinking 8 glasses of water a day. But research shows, a 20 second hug reduces the stress hormone cortisol. Hugging releases tension and stress in our bodies that contribute to heart disease, high blood pressure, diabetes and obesity. For a healthy heart, activate the feel-good hormone oxytocin through an all-embracing hug with a loved one.

HAVE HOT COCOA BY THE FIRE

Cocoa is one of the most abundant sources of polyphenols, a natural antioxidant said to lower blood pressure, blood sugar levels and improve cholesterol. In addition to improving blood flow, consuming cocoa is said to have similar blood thinning effects as aspirin. Health officials recommend having 1-2 servings of cocoa a day to reduce the risk of heart attack or stroke. Why not enjoy the satisfying health benefits of cocoa with a cup by the fire.

GO ON A WALK WITH YOUNG ONES

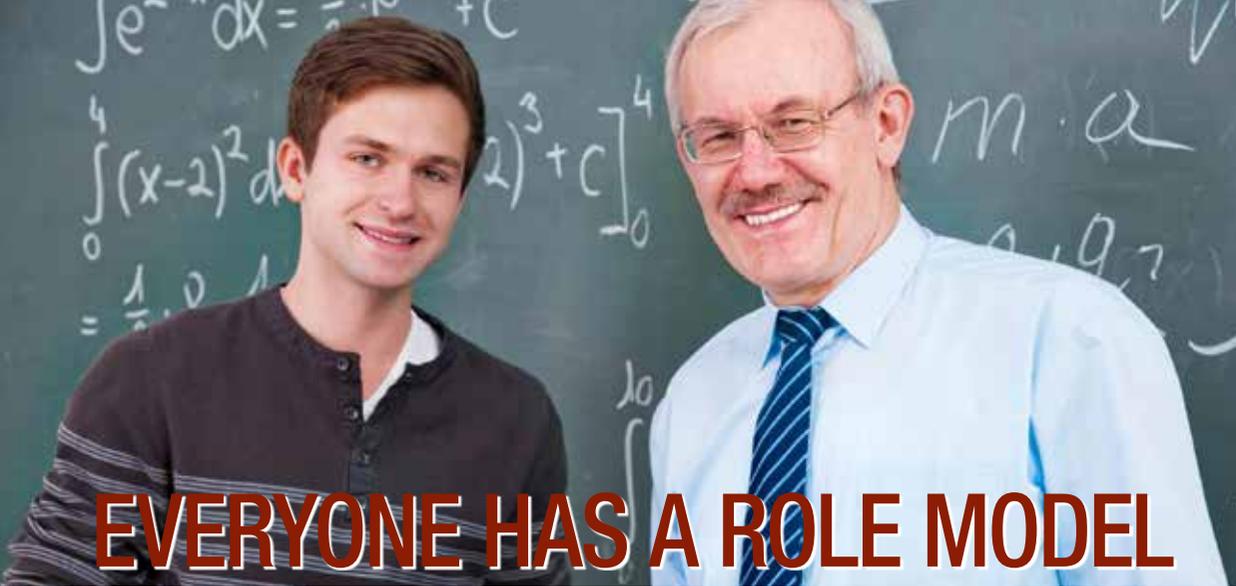
Walking is the most underrated form of exercise. There is a tremendous amount of research that suggest walking can bolster fitness goals, decrease the risk of a stroke and heart disease, all while boosting our moods and increasing creativity. Don't go alone! Get your little ones' hearts pumping by making it fun for the whole family.

GO TO THE GYM

You knew it was coming! Boost your heart health by heading to the gym. Aerobic exercise, such as swimming, running or cycling are said to reduce the risk of heart failure. Cardio elevates your heart rate and allows for the heart to pump enough blood to meet the body's needs. Exercise can not only prevent heart disease but also, reverse its damaging effects.

MAKE SLEEP A PRIORITY

Sleep is an essential part of an overall healthy body but is critical for your heart as well. Adequate rest allows the body to repair itself and helps us function properly during the day. Overtime, poor sleep can lead to higher stress levels, high blood pressure, bad eating habits which all have adverse effects on the heart. Adults need 7-8 hours of sleep each night.



EVERYONE HAS A ROLE MODEL

There's power in numbers. Yes, it's a catchphrase, a popular, uniting tagline. But for many of us, it's a necessity. As members of a global community, we have a responsibility to one another on an individual level.

"Each person must live their life as a model for others," is a famous quote from Rosa Parks. She took a stand against discrimination by not moving to the back of the bus in 1955. She was an ordinary person at the time, but her actions inspired millions during the civil rights movement in the United States.

Anyone can be a role model and influence the people around them. Whether you know it or not, chances are someone is looking up to you.

Some of the most successful people attribute their accomplishments to positive role models, coaches or mentors in their lives who provided guidance or motivation.

The 19-year-old Bianca Andreescu won the U.S. Open in 2019, becoming the first Canadian to win a major tennis competition. Andreescu said growing up she was inspired by tennis legend Serena Williams, whom she ultimately beat in the U.S Open championship match.

While reflecting over your life, I'm sure you can think of at least one person who has made a lasting impression on you. You're probably thinking of that person right now. They can be an admirable person in your life whom you respect professionally, or a loved one you trust who is a great source for advice.

Role models encourage us to make the most out of our lives as they have. Whether it is the author of your favourite book, who inspired you to hone your skills in

writing, or a sports coach whom you strived to impress every time you hit the field.

Sometimes our first role models are our parents or another close relative. As we grow out of the nurture stage, a parent encourages desired behaviors and continues to impart wisdom.

As we get older, a teacher may take on the role of a mentor. Teachers enrich their own experience as educators by mentoring their students through their academic journey. Often, business owners look to mentors to model their entrepreneurial efforts.

Role models show up in many aspects of our lives and help to champion growth. They provide insight into who we are as people and what we hope to achieve. They offer a standard by which we can measure self-improvement.

Most of the time, our mentors don't know the impact they have on us.

Why not reach out to the role models in your life and tell them how much they meant to you. Challenge yourself to contact a role model even if they are no longer in your life. Tell them what you learned from them and how much you appreciate their leadership.

Spread the word to your family and friends. Invite them to do the same with their role models, and let's create a wave of appreciation.

You can message your role models on social media, find them in the yellow pages or write an email.

Make a sincere effort to reach out to your role models, who knows, maybe someone might reach out to you.



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WEATHER MIGHT BE FRIGHTFUL BUT FASHION DOESN'T HAVE TO BE



Oh the weather outside is frightful, but the thought of spring is so delightful! It's February and we've officially reached that weird transitional period in fashion, where the store mannequin's floral ensemble drastically contradicts the wool cable knit sweater the weather so dictates we wear. Unfortunately for us Canadian's, spring won't sprung until about mid-May. But that doesn't mean we can't incorporate some of our favourite spring styles into our winter wear now.

Here's five ways to cure the winter blues by bringing a little spring into your winter wardrobe.

DITCH THE NEUTRALS

No need to match the gloom and doom outside. How about a pop of colour? Try sprucing up your accessories with a yellow pom-pom hat, bright green gloves or a silky pastel coloured scarf. It's less about the actual colour and more about how springy colours can be incorporated into your winter essentials.

WHEN IN DOUBT, LAYER WITH STYLE

Staying warm in the winter doesn't need to feel like a chore. Grab your favourite round neck sweater and add a Victorian-esque flair by pairing it with a lacy high-collar shirt and embroidered cuff. It's the winter equivalent to a 3-quarter sleeve, fresh and sweet. For the gents, try adding a whimsical tie or shirt to your sweater and don't forget to flip your cuffs.

PUT A SPRING IN YOUR STEP

I know it seems illogical to sacrifice practicality for style in -30 degree weather, but lucky for us there are some pretty great options that don't require compromise in the shoe department. Opt for shoes that explore

all kinds of textures and fabrics. Snake-print booties, light brown, pink, bright blue, taupe, or metallic—any colour boots but black. It's about selecting winter fabrics without the winter appearance.

EMBRACE THE PATTERN

Mixing and matching prints and patterns are a great way to be bold in the cold. Try adding a large-scale print sweater to refresh the old sweater-jean outfit. Don't shy away from mixing patterns. Want to wear a polka dot sweater over plaid skirt or a striped shirt underneath a camo vest--No problem. Pro-tip: keep the colour wheel in mind to make sure the colours aren't clashing.

WINTER WHITE

Play with all kinds of textures, fabrics and shades for a classic winter white look that says, "spring is coming." You can swap out your heavy down jacket for a crisp white coat or faux fur alternative. Try wool or a classic cashmere sweater and if you're really feeling angelic, why not bring out the white jeans.

Dress more spring-like in the winter weather to lift your mood and brighten your spirit!

GREAT DECADES AT THE MOVIES

This edition of *Beaches|life* will be featuring some of the most critically acclaimed films of the 1950s.

Inuit Canadian are given the right to vote (Jan. 1, 1950), CBC Television started to air (Sept. 6, 1952), Korean War (1950–53), Canada's Sports Hall of Fame was founded (Oct. 1957), St. Lawrence Seaway officially opens (1959), Lester Pearson was awarded the Nobel Peace Prize for his solution to the Suez Crisis (Oct. 1957), Montreal Canadiens' goalie Jacques Plante, after a slapshot cut his face, had the cut stitched and returned to the ice wearing a mask. He became the first goalie to wear a mask regularly (Nov. 1959).



All About Eve (1950) Dir. Joseph L. Mankiewicz: Bette Davis, Anne Baxter, George Sanders

An American in Paris (1951) Dir. Vincente Minnelli; Gene Kelly, Leslie Caron, Oscar Levant

The Greatest Show on Earth (1952) Dir. Cecil B. DeMille; James Stewart, Charlton Heston, Betty Hutton

From Here to Eternity (1953) Dir. Fred Zinnemann; Burt Lancaster, Montgomery Clift, Deborah Kerr

On the Waterfront (1954) Dir. Elia Kazan; Marlon Brando, Karl Malden, Lee J. Cobb

Marty (1955) Dir. Delbert Mann; Ernest Borgnine, Betsy Blair, Esther Minciotti

Around the World in Eighty Days (1956) Dir. Michael Anderson, John Farrow (uncredited); David Niven, Cantinflas, Shirley MacLaine

The Bridge on the River Kwai (1957) Dir. David Lean; William Holden, Alec Guinness, Jack Hawkins

Gigi (1958) Dir. Vincente Minnelli, Charles Walters (uncredited); Leslie Caron, Maurice Chevalier, Louis Jourdan

Ben-Hur (1959) Dir. William Wyler; Charlton Heston, Jack Hawkins, Stephen Boyd

What are your 2020 Oscar® Predictions?



PLAY ONLINE TO WIN:

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

How to play: Go through the following list of nominees and predict the winners. Follow the link to beachesliving.ca/oscar and fill in your picks by February 9, 8pm. The winners will be the two with the most correct predictions. Good Luck!

Best Picture:

- Ford V Ferrari*
- Jojo Rabbit*
- Marriage Story*
- 1917*
- Once Upon A Time...in Hollywood*
- The Irishman*
- Little Women*
- Joker*
- Parasite*

Best Actress:

- Cynthia Erivo, *Harriet*
- Scarlett Johansson, *Marriage Story*
- Saoirse Ronan, *Little Women*
- Charlize Theron, *Bombshell*
- Renée Zellweger, *Judy*

Best Sup. Actress:

- Kathy Bates, *Richard Jewell*
- Laura Dern, *Marriage Story*
- Scarlett Johansson, *Jojo Rabbit*
- Florence Pugh, *Little Women*
- Margot Robbie, *Bombshell*

Best Director:

- Martin Scorsese, *The Irishman*
- Todd Phillips, *Joker*
- Sam Mendes, *1917*
- Quentin Tarantino, *Once Upon A Time...in Hollywood*
- Bong Joon Ho, *Parasite*

Best Actor:

- Antonio Banderas, *Pain and Glory*
- Leonardo DiCaprio, *Once Upon A Time...in Hollywood*
- Adam Driver, *Marriage Story*
- Joaquin Phoenix, *Joker*
- Jonathan Pryce, *The Two Popes*

Best Sup. Actor:

- Tom Hanks, *A Beautiful Day in the Neighborhood*
- Anthony Hopkins, *The Two Popes*
- Al Pacino, *The Irishman*
- Joe Pesci, *The Irishman*
- Brad Pitt, *Once Upon A Time...in Hollywood*

Best Foreign Language Film:

- Corpus Christi* (Poland)
- Honeyland* (North Macedonia)
- Les Misérables* (France)
- Pain and Glory* (Spain)
- Parasite* (South Korea)

Best Animated Film:

- How To Train Your Dragon: The Hidden World*
- I Lost My Body*
- Klaus*
- Missing Link*
- Toy Story 4*

Share Your Personal Picks to WIN...

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

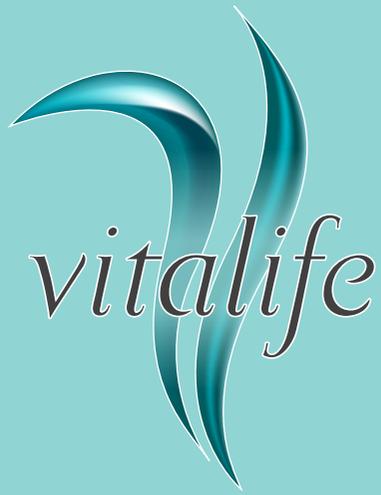
- BEST PICTURE**
- BEST FOREIGN FILM**
- BEST ACTOR**
- BEST ACTRESS**

Your choices are not limited to the official nominations.

All entries will be entered into a draw. Two movie lovers will be drawn for a pair of movie passes, each, to *The Beach Cinemas*.

Submit your predictions to beachesliving.ca/oscar for a chance to win!

Contest closes February 9, 8pm.



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SPECIALS

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Series of 4 - 3 Colonics followed by an Enema of choice \$330 +tax (exp. Mar 31)

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- MAP Coaching (Manifesting all Possibilities)
- Raindrop Therapy



LET YOUR CHILD PURSUE THEIR DREAMS

What does your child want to be when they grow up? Whether the answer is a dentist, lawyer or world-famous rock star, parents play a vital role in helping children achieve their dreams.

Walter Gretzky, father of hockey legend Wayne Gretzky, is also often called “Canada’s most famous dad” because of the support he gave his son.

Gretzky says as a kid he had always dreamed of playing professional hockey at Maple Leaf Gardens. Walter would spend hours with his son teaching him skills. When Gretzky was six his father built an ice rink in the family’s backyard in Brantford, Ontario.

Gretzky credits his father’s support for making his childhood dream a reality.

Though parents are pivotal to a child’s success, they can also impede the journey.

Many parents hesitate to support their child’s dreams because it doesn’t match their ideas. How many parents fear their child won’t get a job if they pursue arts?

Comedian Jim Carrey says his father supported him to pursue comedy despite the fact his family was experiencing financial hardship.

Parents dream their kid would be the first doctor in the family, only to realize their kid wanted a career in

horticulture. However, it is crucial parents are open and support their child’s journey no matter what path it takes and how daunting the journey may seem.

Kids look to their parents for inspiration and support. If they don’t receive validation from their number one role model it could lead to self-doubt and ultimately hamper any career they choose.

Support your child’s dreams by allowing them to explore areas related to the field. If your young one dreams of competing in an online gaming competition, don’t simply buy them a PlayStation 4, put them in a coding or graphic design class. If they dream of being an astronaut, don’t just buy them a telescope to watch stars, enrol them in a STEM course.

Pursuing one’s dreams can open doors to new possibilities. It is important to allow your child to explore their passions and see where it takes them. Don’t close the door because of your own doubts or fears. Match your child’s enthusiasm and be their most beloved cheerleader. Allow them to grow, pursue, follow and sometimes adjust their career plans. Who knows, maybe that future All Star NHL player will actually become a sports scientist instead. What is important is that they decide their career for themselves.

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ONE OF THE BIGGEST INFRASTRUCTURE PROJECTS IN TORONTO'S HISTORY

DON MOUTH NATURALIZATION AND PORT LANDS FLOOD PROTECTION PROJECT

There are some major road changes at the Port Lands, which you would have noticed if you recently have travelled south of Lake Shore and west of Carlaw. The future of Toronto's Port Lands is taking shape. The Port Lands is the area bordering Leslie Street, Lake Shore Boulevard and Lake Ontario. In this series, we will be publishing some history, background, future development plans and updates.

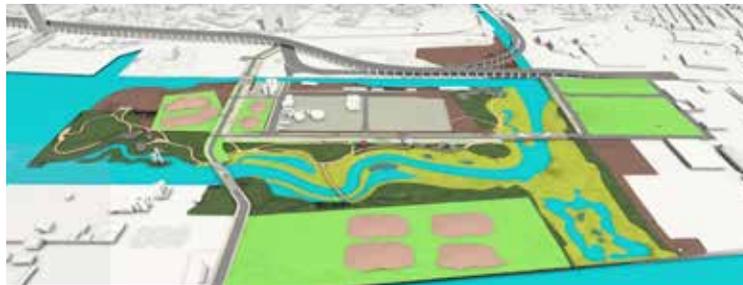
In overview, we are presenting snap shot views of the past, present and future (completion in 2024). This project is identified as one of the biggest infrastructure projects in Toronto's history.

For more information visit:

- portlandsto.ca
- trca.ca/conservation/green-infrastructure
click on Don Mouth Naturalization and Port Lands Flood Protection Project



Before – architectural drawing of the Port Lands .



After – architectural drawing of the Port Lands.



2024 – architectural drawings of the future Port Lands, highlighting parkland and residential.



Today – arial photograph of the Port Lands.



1851 – Map of the Port Lands.

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WINTER STATIONS 2020 BEYOND THE FIVE SENSES

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LIVE STREAMING – AN ALTERNATIVE TO CABLE AND TV

In today's digital age, there are many new options to watch your favourite television programs or movies other than traditional television broadcast over the airwaves. With a streaming device, you can choose from one of the many services, at low or no cost:

AMAZON PRIME VIDEO

Original productions and TV to match Netflix. You can subscribe as a stand-alone video service or as part of a larger Prime package, which includes a next-day delivery of Amazon packages, music streaming, and more.

DISNEY+

The new kid on the streaming block. With films and TV from Disney, Pixar, Marvel, Star Wars, National Geographic, and more. The overall theme will be family-friendly.

CRAVETV

Home to a lot of HBO content in Canada, CraveTV also has plenty of documentaries, kids shows, and movies.

NETFLIX

Everyone knows about Netflix. The biggest streaming site in the world with a huge content library, plenty of original movies and series.

CBC GEM

CBC's in-house streaming service. Anything you can get on the CBC's 14 channels, you can get on Gem. The basic package is free and pretty substantial.

SPORTS & MORE SPORTS

There are lots of sports streaming services to choose from, many offering much more content than you'd get on your regular network TV sports channel. Rogers NHL Live/TSN Direct/Sportsnet Now/MLB.TV to name a few.

CBS ALL ACCESS CANADA

If you're a big fan of CBS shows and don't care for commercials, then CBS All Access Canada is for you. NCIS, Elementary, Crazy Ex-Girlfriend, and 60 Minutes are all here, along with some of their own original series.

TUBI

A new streaming service that lets you watch movies and TV shows for free. No subscription fees, and no credit cards, just thousands of hours of streaming video content from studios like Paramount, Lionsgate, MGM and more.

APPLE TV PLUS

Unlike its competitors, Apple TV Plus features only original content—no re-runs of hit shows or recent blockbusters. It is also ignoring the popular "release-everything-at-once" approach — most shows on the platform will premiere new episodes weekly.

ENRICHING KIDS' IMAGINATION IN A DIGITAL WORLD

Owen Stokes, owner of Level Up Learning Centre Beaches, an International Camp for Kids, is using video games to give kids a level up in an increasingly digital world.

Owen teaches kids 8 to 16 years old basic coding and STEM lessons using the ever so popular video game Minecraft. However, Owen's career didn't start in coding, and it definitely didn't start with teaching.

With more than 30 years of experience writing programs, Owen has worked for major brokerages and start-ups doing everything including sales, product management and design. He is an affluent programmer, but entering university coding wasn't on his mind.

Owen attended Western University with the intention of becoming a chief financial officer. "Growing up math and science came naturally to me," he says. During his first year, Owen had to choose an optional course and his mom suggested picking a class in computer science, which was different but he thought he'd give it a shot. He loved it. By second year he switched from business to computer science. Landed a programming job for a company in Markham after finishing school.

Fast forward to 2019, Owen is thinking of retiring, but he doesn't want to just stop, so he brought Level Up to the Beaches instead. The program started as a beta last summer, and was very successful. Now the centre on Queen Street is fully opened, there are after school programs, some are girls only, and March Break programs.

The Level Up site is a kid's dream world. The space is equipped with laptops, robots, 3D printers and a green screen. Kids learn how to build their own unique shields and hang landscapes by writing programs using Java. They can make their own Lego-like robot and program it to move.

Besides coding, the course teaches real world skills like critical thinking and problem solving. "Kids have to think of a design, understand the potential



bizprofile

challenges and troubleshoot. It encourages creativity and learning from your mistakes," says Owen. "Learning these skills early will help their success in the future no matter what career stream they choose."

Owen's favourite part of the job is seeing the enthusiasm on his students' faces when they solve a problem. "When a kid is looking at a code that doesn't seem to work, I'll give them a little direction," he says. "They take their time and look over the code. Most of the time the issue is a syntax error like using a lower case instead of upper, or missing a bracket," says Owen.

Once the kid makes the connection and finds the root of the problem, they have a huge grin on their face and can't wait to fix it. "It's like they opened a treasure box," he says.

Teaching actually runs in the Stokes family. His mom was a teacher; dad was a substitute teacher, brother and sister-in law were all teachers. "Teaching runs in the blood. The gene skipped me until now," he says.

Owen has lived in the Beaches for 30 years. He says the Level Up Learning Center is a great way for him to give back to the neighbourhood and add vibrancy to the storefront. In January, when TDSB classes were cancelled, Owen stepped up to run a day program to provide a service for families in the Beaches without childcare.

"The Beaches has been good to me and this is my chance to give back," says Owen.

Level Up Toronto Beaches
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SMALL BIZ UNIQUE ADVANTAGES

Ecommerce has transformed the way we buy and sell. However, small businesses have unique advantages over ecommerce giants like Amazon. Below are ways in which small businesses can flourish in a growing market.

CUSTOMER SERVICE

Consumers want to feel like their voices are being heard. People are tired of the feedback surveys and online chats with robots. Small businesses can build relationships with customers. There is nothing like putting a face to a business. It makes the business feel warm, full of character and, most importantly, human.

Direct one-on-one communication is a critical part of making sales. It is also instrumental in bringing customers back. If consumers feel they can trust a company, they will continue to be customers for years to come. By listening to the customer's needs, a small business can build customer loyalty.

MARKETING

Small businesses can build a unique brand that speaks to its character. Building a brand is important, especially for small businesses that sell a unique product or provide a special service. Websites, logos, social media are all part of creating brand awareness. A website that has character will shape how consumers perceive the business and inform potential clients of the services provided.

Let's face it, in a growing age of technology websites are the first landing place for new audiences to learn about your business. Social Media is another way

small businesses can showcase their character. Posting images of employees, customers, and providing behind-the-scenes tidbits are ways small businesses can show character and separate themselves from giants like Wal-Mart or Amazon.

LOCAL CUSTOMERS

There is no doubt that online markets will expand the reach of any business. However, there are key advantages for small businesses that are part of the neighbourhood. Consumers trust and support the businesses in their community.

Being a small business has the advantage of learning from their customers directly and making the necessary changes to meet customers' needs.

NICHE MARKETS

Specialization is key. Small businesses have the advantage of being the experts in whatever it is they are selling. Large companies have their hands in everything, but are not necessary strong at anything. Small businesses are strong because they focus on what they do best. Consumers want to know they are getting the highest quality product or the best service that will meet their needs, which is why they turn to small businesses.

FROM BARTENDER TO PUB OWNER

Lisa Doyle's role at her restaurant may have changed, but her passion to serve her community remains intact. Lisa became one of the owners of The Burren after starting as a server at the former Ceili Cottage.

A great feat in itself, but made more impressive considering Lisa did it in less than 10 years of coming to the city. She had worked in hotels in Europe and the United States. However, there were still a few places on her bucket list.

"I had travelled around the world but never been to Canada or Australia," says Lisa. She came to Toronto in 2010, after hearing rave reviews about the city from family friends. Within six weeks of living here she was hooked - she knew she was staying.

After working a few years as a bartender, Lisa and her partners jumped at the opportunity for ownership when it came. One of their first tasks after taking the keys to the restaurant was to bring new character and start with a brand new name, one that represented what they envisioned - a space that is beautiful yet rugged at the same time. "The name came to me in the middle of the night," says Lisa.

The Burren is a region in southwest Ireland dating back to the Ice Age. Though it's known for its breathtaking landscape of bedrock and historic structures, it was the perfect name because it sticks in your mind and reflects Lisa's and her partners' Irish heritage.

Lisa says she is living the dream, "But starting a restaurant isn't all rainbows and lollipops. It was scary at the start." Lisa was educated in hotel and restaurant management in Ireland. She has worked around the world, but had never taken the rein as an owner. "Everybody made it easy, from the designers to the investors," says Lisa. However, the real work started once the restaurant officially opened its doors in May 2019.



Lisa credits her partners and staff for the restaurant's success. "The servers are incredible, they stand on their heads," she says. Lisa prides herself on making sure everyone is taken care of, from staff to regulars in the neighbourhood. "Our customers, we treat them like family," says Lisa. "Everyone that comes through the doors is a brother, sister, or auntie."

Lisa doesn't just own a restaurant, she is also one of the neighbours. She loves living in the Beaches and exploring the vibrant streets. When she has free time, it's spent with her wife of three years. They like to take their dog, a Bichon Frise which she likens to a cotton-fluff ball, on walks along the boardwalk or at the Scarborough Bluffs.

Although The Burren is finding success, Lisa continues to meet the community expectations by delivering "stick to your bone, good honest food. Our chef is really talented. His food is comfort food at its best," she says.

When asked what her favourite dish was, Lisa chose the Irish Fish and Chips, with Guinness battered salmon, French fries and a pickled asparagus tartar.

The Burren
1301 Queen St E | 416-901-5575 | theburren.ca

SAMPLING THE WORLD IN TORONTO

TORONTO'S DEEP BRITISH ROOTS



Toronto's annual St. Patrick's Day parade

In downtown Toronto, it's hard not to find British names on streets, or on the many institutions. In fact, our older buildings are designed in classic British architectural styles: Edwardian, Georgian, Victorian. And when you study Toronto's history, you find that many of our various leaders, architects, educators, writers and artists have British heritage.

Although Toronto was predominantly settled by the British in areas such as the Beaches, East York, Rosedale, Summerhill, etc. there were specific neighbourhoods where individual communities of English, Scots and Irish settled. For instance, along St. Clair West, known as "little Britain," there were many English born residents.

Irish Roots – Fleeing famine in Ireland, new Irish immigrants came to Toronto by the thousands. They typically settled in different neighbourhoods, depending on whether they were Irish Catholics (from southern Ireland) or Irish Protestants (from northern Ireland).

Corktown (named after Ireland's County Cork) attracted Irish Catholics. It was desirable because it was close to jobs at the various breweries, brickyards and mills in the area.

Nearby Cabbagetown was home to a higher concentration of Irish Protestants, which sparked occasional turf skirmishes. Cabbagetown got its name because the Irish were so poor that they grew cabbages on their front lawns.

Scottish Heritage – Each year on January 25, many bars across Toronto celebrate Robbie Burns Day to honour the great Scottish poet.

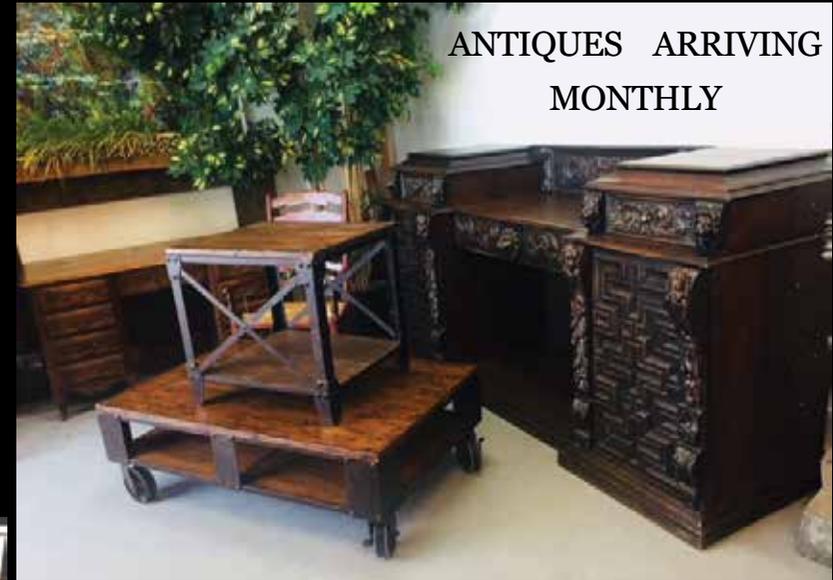
Many of our beautiful old buildings were designed by Scottish architect William Fraser. Fraser designed office buildings in the Beaux-Arts style for the Toronto General Trust Building, Bay Street at King Street West, and the School of Household Science at the University of Toronto (southeast corner of Avenue Rd. and Bloor St. W.)

Today, there are almost as many Canadians of Scottish heritage (4.7 million) as there are Scots in Scotland (5.3 million).

The St. Andrew's Society in Toronto was set up in 1836 to welcome and support new Scottish arrivals to the city. The society is still very active today with annual celebrations including the annual St. Andrew's Charity Ball.



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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.

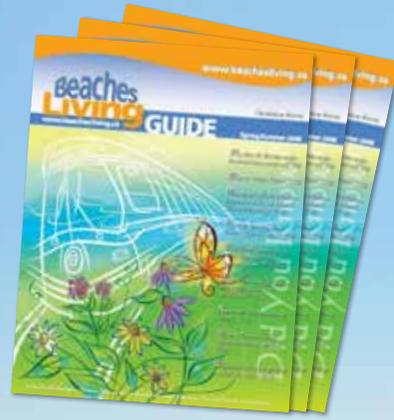
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Did You Know?

- Why does the Beaches neighbourhood have sandy soil?
- What are Native Plants?
- How do you tell the difference between a male and a female Monarch butterfly?
- Where do Monarchs from Toronto fly for the winter?
- Name two Toronto streetcar "loops".
- Where is Toronto's oldest wastewater treatment plant?
- Where does the water go when we flush the toilet?
- What North American city has the oldest and largest streetcar system?
- What is the name of Toronto's most recognized historic streetcars?



Spring/ Summer 2008

beachesliving.ca/historylandmarks

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- Law Office – 160 Main St.
- Long & McQuade – 3313 Danforth Ave.
- TCHC Mixed-Income Redevelopment – 1555-1575 Queen St. E.
- Timeless Barbershop – 152 Main St.

Thank you and best wishes:

- A Leg Up Dog Daycare – 932 Eastern Ave.
- Brew North – 1578 Queen St. E.
- Brooklyn Tavern – 1097 Queen St. E.
- East Toronto Osteopathy – 1234 Kingston Rd., Suite 103
- Meat on the Beach – 1860 Queen St. E.
- RBC Insurance – 1015 Lake Shore Blvd. E. Unit 2A
- RBC Royal Bank – 1015 Lake Shore Blvd. E. Unit 2B
- The Tulip – 1606 Queen St. E.
- T&T Supermarket – 222 Cherry St.
- Visions Gallery – 1114 Queen St. E.

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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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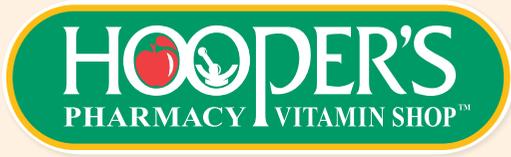
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Come in on Family Day Weekend and receive **20%** off any Probiotic or Multivitamin in store

Sat. March 14 & Sun. March 15

St. Paddy's Green Sale Weekend
Get **20%** off all Greens Powder Supplements

EXTRA 5% OFF WHEN YOU BRING THIS AD

Beaches

Winter – February/March 2020

life



**LUCKY 13TH
KPOH EVENT**

**FUNKING UP
WINTER
FASHION**

**THE ANNUAL
OSCAR[®]
CONTEST**

**HEART
WARMING
TIPS**

2 DECADES “GOLD” IN 2020

