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**GRASSROOT HARMONIES
FILLING THE POCKET**



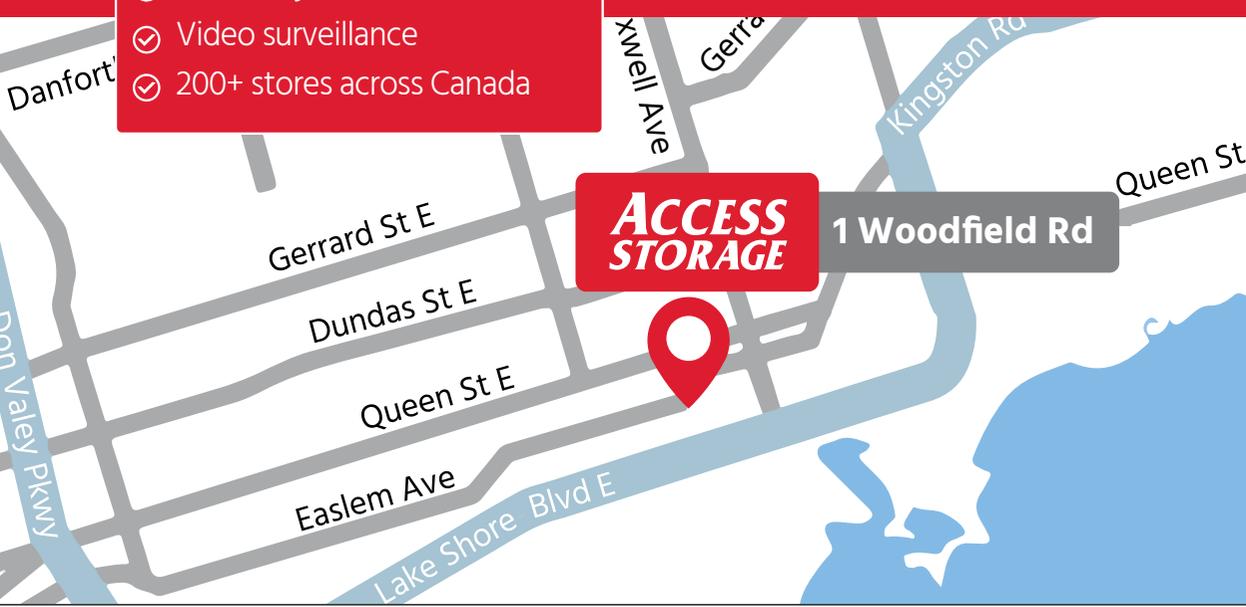
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WHAT STORY WILL YOU TELL

Dear readers and neighbourhood friends:

There is no doubt everyone has a story from these recent times, and it is easy to share with each other since everyone was in it. Likely, your story will be shared with future generations, but what story do you tell and how do you tell it?

To ensure you have a good story, one that is worth sharing and remembering, think of what has impacted you and your surroundings the most. What has changed you, your thoughts and actions. Do you have more appreciation to some things that you may have overlooked before? And, what matters to you more now than ever before?

My personal observations and experiences can be summed up by the words below. Though I must admit the biggest realization is none of them are new to anyone, they have always been part of our lives, just not always at the forefront as they are today. Would you agree?

1. Kindness to others
2. Giving more to people you know have less
3. Understanding others and their situation
4. Sharing with someone who is not close to us
5. Acceptance to an unwanted and inconvenient situation
6. Creative thinking and utilizing personal skills
7. Patience with line-ups and wait-times
8. Good manners in undesired situations
9. New skills learned
10. The list goes on...

What's on top of your list? Can you compose your story around them? A good heartfelt and memorable story not only documents a piece of history, but it shares your positive outcome with future generations.

We look forward to hearing some of your stories (email us: info@beachesliving.ca). We may share them with our readers in future editions or online.

Happy Summer!

*Hong Zhao
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Beaches | life

Your neighbourhood HUB to the Greater Beaches Area



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Connect @ BeachesLiving



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GRASSROOTS MEMBERS FINDING HARMONY IN THE POCKET

As the locals call it, the Pocket, is also known to a homegrown choir, MAMALS. A group of neighbours who is living their music dreams in the comfort of their neighbourhood.

The group started with neighbours just getting together and jamming to their favourite tunes. Now they have 24 members, a self-titled EP and a music video for their new song Grubby English Town. Not to mention, the video was a Zoom creation.

James and Mary Boyd started inviting neighbours to their home in 2018 for monthly neighbourhood get-togethers. The parents would hammer out covers, while the kids ran about. The group was composed of a choir element and some band players.

“It was like Choir! Choir! Choir! with a potluck and drinks. There is a sense of community. We live in the same neighbourhood, kids go to the same school.”

James and Mary lived in England before immigrating to Toronto and settling in the east end. The couple met in university where James studied classical music and played party songs with his university band, that is still playing at events in London. “I was a major groupie,” says Mary.

“After university everyone in England wants to move to London. Similar to Canada, where everyone wants

to move to Toronto,” says James. He pursued work in the music industry, but it didn't come easy. He had eight interviews before landing at EMI Music Publishing and Demon Records, doing licensing for both record labels.

The duo moved to Toronto and ultimately settled in the Pocket neighbourhood, which sits south of the Danforth, tucked in between Jones and Greenwood Avenues. “There is a lot of connection between the families in the Pocket,” says James. He says he has never lived anywhere like it.

Eventually, the basement jam sessions started to grow and had deeper meanings amongst various members of the band.

“When I was younger, I loved playing music. It was a huge part of my life. I didn't end up going into any of the music programs. My life took a different path. Real ‘grown up’ stuff started taking over and I rarely picked up an instrument for many years,” says choir member Heather Pollock.

“Then I was asked to join MAMALS. It's a marvellous collective of kind-hearted and creative people, and the energy and positivity of it re-lit my creative fire,” she says.

continues on page 6...



...continues from page 5

“Last September I was away on holiday for a couple of weeks, and when I walked into my house, the first thing I saw was a beautiful digital piano covered with bows, and a note from MAMALS members who live on my street. I broke into tears, and wandered around the neighbourhood hugging people,” says Heather.

None of the neighbours do music for a living. “There is a large contingent of teachers, a university lecturer and the Pocket handyman,” James says.

“The key thing to know is music is not about becoming an expert. For 90 per cent of people it is about the connection and meeting people. I’m still friends with my band from university that I met 20 years ago, living on a different continent,” says James.

The pivotal moment that led to the creation of MAMALS was when James went to see another east end band called The Sidewalkers.

“I went to a party one evening and The Sidewalkers were having the best time. They just did it, just to do it. I had worked at record labels. And I was like this is the reason to do music.”

The evening inspired James and Mary do more than covers, and to create original music with their

neighbours. “When you make original music, it doesn't matter if anyone likes it. It's that it stays with you forever,” says James. “We started taking practice serious, so we banned the kids and got teenagers to babysit,” James and Mary say jokingly.

MAMALS continued to hold sessions at the Boyd's house and occasionally at a local community centre. James and Mary wrote music. Ian Bodzasi, who has worked with Nelly Furtado, Katy Perry and Sam Roberts, mixed and mastered the music.

“People think if you hear something on the radio, you can't produce that music because it is out of your scope. You hear a song and think you can't play it, but once you start to learn, or you play those Rock Band games, you see the chords are simple,” James says.

“You don't know what you are truly capable of until you put yourself out there fully. Who knew I could play drums well enough to back a live band with 20 plus members. And who knew that so many of my neighbours and friends were as talented as they are,” says MAMALS drummer Jack Gagliardi.

In 2019, MAMALS was featured in numerous publications and news channels like CBC and CTV news. They performed at events including a fundraiser at Michael Garron Hospital and Eaton House. The band also has its own MAMALS apparel.

James says the 2020 plan was to release six new songs. “We would do a set of our own music then do sing-a-longs with music goers,” says James. The choir ensemble was taking singing lessons from the talented coach Lizzy Clarke before the pandemic.

“We initially thought we were done, but we came together on Zoom,” says James.

The band recorded their parts remotely using their computers and iPhones. In some cases, James would drop off his laptop to a member's porch.

“Recording my part during this time was a welcome distraction. With all the unknowns and overwhelming news that we were being inundated with, I was so happy to fully immerse myself in this wonderfully creative process,” says choir member Nicole Sheehy.

The finished product is a music video for Grubby English Town which can be watched on YouTube. Although 2020 has taken an unpredictable turn, the band members remain positive and have plans to get more music out in 2021.



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SPENDING TIME WITH FAMILY THIS SUMMER

SUMMER IS THE PERFECT TIME TO BE INTIMATE WITH YOUR FAMILY

For many of us summer brings a relaxed vibe. It is a time to drop the usual responsibilities and enjoy the sun. This summer is the perfect time to sit back and spend time at home with your family.

You know, to become close and understand each other a bit more. There are numerous tasks that take our attention on a day-to-day basis. Sometimes it could be work that takes adults away from the family. For the children it could be their dedication to school assignments or extracurricular activities that consume most of their time. While these activities are important and necessary in everyday life, we usually have more free time once the summer hits.

Of course, not all family structures are the same. Some people may live with their children, some live with their parents and others may live alone. However, we all have a relative or friend we can take the time to get to know on a deeper level.

A classic way to spend time with one another is by playing board games. Games like Monopoly, Clue and LIFE bring out our competitive edge, but more importantly they are great ways to spend quality time. There are board game options that can be played with friends and family remotely. Using Zoom, you can play games like Pictionary, or Heads Up remotely. Another option is downloading game apps like Monopoly, which allows you to play with friends by

using the multiplayer option to create a private game. Players can communicate using the chat option, or simply put your phone on speaker.

Spend time with family while enjoying the great outdoors. Simple things like going on walks are an easy way to bond. A little picnic in the backyard is cute too. People living alone have another option. Simply coordinate with friends and family to go on walks at the same time. Connect your phone to a pair of earphones and it will feel like you are walking together. Try different walking routes to keep things fresh. Also try going on walks during different times of the day. You will find the atmosphere between a morning, afternoon and evening walk can be different.

The final activity is having a movie night. Get some popcorn, blankets and throw on your favourite pajamas. There are tons of streaming services like Disney+, Netflix, Prime Video, which bring blockbuster movies straight to your home. For those of us connecting remotely, movie night is still a great option. Why not watch a new movie at different times, then give each other a call after to discuss what you liked about the flick.

These activities are only some of the many things we can do to spend time with family and friends this summer. Whether your loved ones share the same roof, or live in another city, there are always ways to stay connected.

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BEAT THE SUMMER HEAT



It might have taken its own sweet time, but summer is finally here. And living in Toronto, we know our summers can get pretty hot. Temperatures in the city can climb to 36 degrees, and that is not including the humidity. But we won't complain this year about it being so hot. Heat comes with the season. Summer 2020 is going to be different. You might have spent all winter waiting for summer to arrive; you can't turn back now! This year we will beat the heat while still enjoying the season. Sounds impossible right? It's a tricky task, but it's definitely doable. There are plenty of things you can do that won't require an air conditioner.

HERE ARE SOME TIPS FOR BEATING THE SUMMER HEAT

STAY AWAY FROM HOT FOODS

An easy way to beat the heat is to stay away from hot foods. There's a reason most people don't eat ice cream in the winter. Help your body regulate its internal temperature by saving the hot soups and stews or steaming teas for another day.

Although hot foods aren't good, spicy foods are. Spicy foods help your body sweat, and when sweat evaporates it cools down your body. This summer ditch the hot foods for spicy alternatives.

FIND A COOL PLACE

During the summer heat waves it is a good idea to find a cool place to spend your time. Any place with shade will be drastically cooler than being out in the sun. If you are looking for shade outdoors you can read a book under a tree. North and West facing porches are great for morning shade while East-facing porches are great for afternoon shade. There are also rooms inside the home that are usually cool. On those hot summer days, working out of the basement is a great option.

KNOW YOUR BODIES COOLING POINTS

Understanding your body is crucial to beating the heat, especially if your home doesn't have air conditioning. You can apply an ice pack, or cold towel to your cooling points. This can include wrists, back of the neck, forehead, or even the armpits.

TURN OFF ELECTRONICS

Everyday electronics produce heat and we don't even notice. One of the biggest culprits are computers. When using a laptop try not to rest it on your lap. And when you aren't using the computer, turn on low power or "sleep mode" instead of leaving it on.

KEEP HYDRATED

Drink water often. Staying hydrated is an easy way to stay cool. When our bodies are hot they perspire and it is important to replace the moisture lost. As you lose water to dehydration, your body temperature rises, so replacing fluids is essential to keeping cool. Avoid drinks that contain a lot of sugar or caffeine as they are also dehydrating. Water is the best option, but so are fruits and vegetables that have a high concentration of water. Watermelons are a perfect choice.

GARDENING: A POPULAR SUMMER ACTIVITY



Gardening has always been a popular summer activity. Whether you have a large garden, a backyard porch or a balcony, gardening is something everyone can do. There are nutritional benefits from growing flowers, herbs, vegetables or fruits. It can feel quite gratifying putting homegrown food on the table. There are also mental, spiritual and emotional benefits as well. An article from Psychology Today says spending time outside is good for the body and mind. Here are a few ways gardening can lead to positive effects on our lives.

PHYSICAL EXERCISE

Gardening may not have the same physical impacts as going for a run or hitting the gym, but it most definitely is a good way to exercise. There are various motions that engage muscles. Simple activities like carrying dirt from one garden bed to another, digging holes and squatting are good workouts for your back, legs and core. While other common motions like planting flowers, trimming hedges and pulling weeds can build hand strength and workout your arms.

REDUCING STRESS

Being able to focus and put your mind on one task can help alleviate stress. Gardening allows you to let everything go and focus on the tasks at hand. Many people turn to gardening after a stressful day. Being outside can have a calming effect on the mind and help reduce anxiety.

HEALTHY LIVING

Growing your own fruits and vegetables organically is a healthy option. When you grow your own food, you are willing to try new things just because you grew it. Not everyone grows fruits or vegetables, or even grows enough to make it worthwhile, but the simple act of being outdoors means your body is getting Vitamin D from the sun. Just don't forget your sunscreen!

PRACTICE ACCEPTANCE AND MOVING BEYOND PERFECTIONISM

Sometimes trying to control things that we can't leads to suffering. Sometimes we feel frustrated when things aren't perfect. Many of us are guilty of this mindset. The more we can accept the limits of our control and the unpredictability of life, the more peace of mind we can find. Gardening is a great way to practice acceptance. In gardening you prepare the best environment you can for your plants, but you accept that Mother Nature is in control. No matter how carefully you plan and execute your garden, there are factors you can't predict (bugs, bad weather, pesky rabbits). Gardening teaches you to accept what you can't control and appreciate the effort you put in.

DEVELOPING A GROWTH MINDSET

Gardening is a great opportunity to develop a growth mindset. When gardening you accept that you are constantly learning. When something doesn't work out the way we had hoped, we view it as a learning opportunity rather than as a failure. A growth mindset can be highly beneficial outside of gardening. Instead of getting upset by our mistakes, having a growth mindset will help you keep a positive attitude and make the best out of things that don't work in our favor.

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Foodtalk

WE ALL SCREAM FOR ICE CREAM



Every season has elements that make it unique. The fall brings us the beautiful colours when trees change their leaves. Winter brings ice skating and hot cocoa. While spring brings budding flowers and renewal. The hottest season of the year is unique too. Summer brings us flip flops, beach days and long walks in the park. But it also brings us some of our favourite foods. Everyone has a go-to food they think of when they hear the word "summer". One of the biggest summer favourites is ice cream.

There is no argument that ice cream is synonymous with summer. It is a low maintenance treat that cools us down and is super tasty. We all like the classic flavours like vanilla, chocolate or strawberry. However, ice cream is extremely versatile. The most popular forms are hard-serve and soft-serve ice cream, but there are other options. Ice cream has endless flavours, many variations and can be served in numerous ways. Here are some of the many ways you can enjoy ice cream and its many forms all summer long.

ICE-CREAM CONES

The most popular way to eat ice cream is by using the cone. Did you know the cone was invented by accident? Many sources site the invention of the ice-cream cone in 1904 at a St. Louis Fair. When an ice cream vendor ran out of dishes and teamed up with waffle vendor who shaped the pastry into a cone.

Of course, now there are many different types of cones including, chocolate dip, pretzel, sugar and cake.

FROZEN YOGURT

Frozen yogurt, or Fro-Yo is another favourite. It might not technically be considered ice cream but it sure is made like it. Fro-Yo is frozen yogurt, which is churned like ice cream. It is made with most of the same ingredients as ice cream but has a lower fat percentage. Like ice cream, it comes in many different types of flavours.

SORBET

Sorbet isn't ice cream, but it tastes just as good. Sorbets are frozen treats that contain little to no dairy. Because it is made by using frozen berries and sweetened water, it is very light in texture and flavour. Popular flavours include: strawberry, raspberry, pineapple, apricot, honeydew and melon.

GELATO

Gelato is like the European cousin of ice cream. However, it has a few differences. Gelato is made with whole milk, without using added cream. This makes the milkfat percentage much lower than traditional ice cream. Also, gelato is often made without eggs and stabilizers. While it is being churned, there is little to no air whipped into it, leaving a dense, thick texture.

NON-DAIRY ICE-CREAM

Fortunately, even those of us with dairy restrictions can enjoy ice cream. Non-dairy ice cream uses dairy milk alternatives such as soy, cashew or almond milk. Some non-dairy options use mashed fruits like bananas.

FLOATS

If you haven't had an ice cream float you don't know what you are missing. Floats are delicious desserts that use carbonated drinks and a scoop of ice cream which floats to the top (hence the name float).

LET'S GET PHYSICAL

We hear it from health experts all the time. How physical activity provides long-term health benefits for children, youth and adults alike. Physical activity is a natural mood enhancer. Have you ever worked out and experienced that “feel good” sensation afterwards? Studies have shown that physical activity has emotional benefits like alleviating stress, anxiety depression, but health benefits like improving sleep and lowering blood pressure. Additional benefits for kids include establishing healthy lifestyle patterns, improved focus and grades.

The challenge is finding the time for physical activity. It is hard to be active when we live such busy lives. Whether it is a demanding job, or taking the kids to sports tournaments on weekends, there are so many routines that take most of our time. Which is why we should be creative and find new ways to incorporate physical activity into our lives because being active is a crucial part of living a healthy life.

It is suggested adults do at least 30 minutes of cardiovascular exercise five times a week and strength exercises at least twice a week. Children should do 60 minutes of physical activity every single day. For kids, hitting these minutes is easier with gym class, but it is much harder for adults. Thirty minutes a day may sound daunting, but it is actually an easy feat to reach. There are many ways to incorporate physical activity into your daily life. And it's never too late to jumpstart a healthy lifestyle.

STAYING ACTIVE AT WORK

The first tip for getting physical activity while at work actually has more to do with what you do before arriving at work. If you work close enough to your home, try walking or biking to the job. Add a

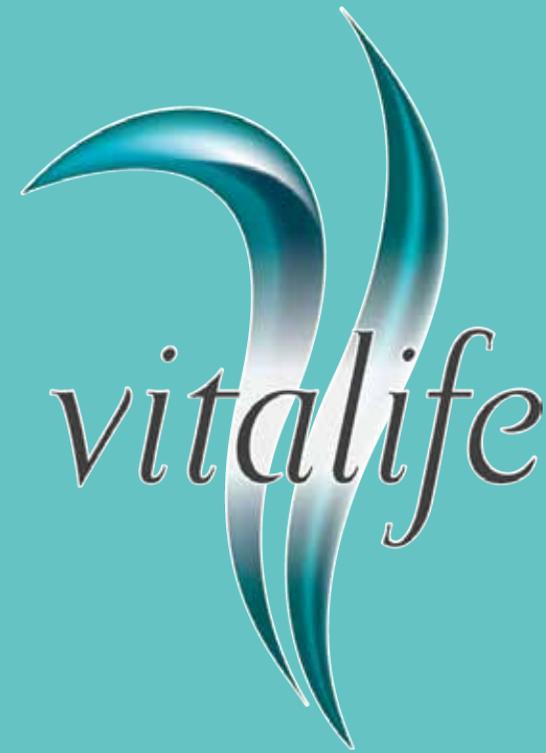


strength element to your walk buy using lightweight dumbbells. If you drive or take public transit, try parking further or getting off the bus a couple blocks away and walking to the office. For those who work from home, try waking up a little earlier and going on a stroll around the neighbourhood.

One way to get moving at work is taking advantage of your breaks. Why not take the long way to your favourite lunch spot, or ditch the elevator and take the stairs. There are so many ways for us to stay active at work; we just need to think outside the cubicle.

STAYING ACTIVE AT HOME

Some of your favourite hobbies and day-to-day chores can be great ways to get physical activity into your lifestyle. Gardening is a hobby that actually has some health benefits. Turning the soil, carrying plants, mowing the lawn or raking the leaves are all physical actions that will get your heart beating faster. For those with pets, taking your pup on a short run around the neighbourhood will have their tail wagging and your heart racing. Another technique is to workout while watching television. You can do yoga or use dumbbells while watching your favourite shows.



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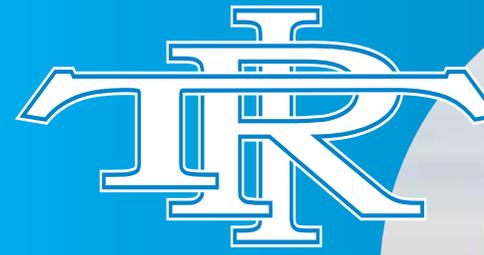
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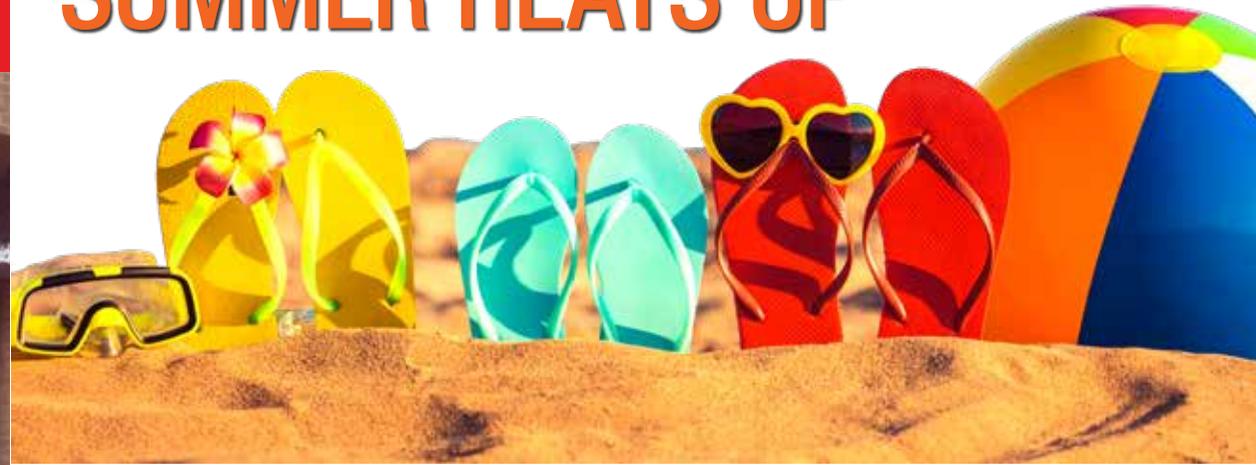


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SUMMER HEATS UP



The summer heat will soon be upon us and with it a feverish desire to loosen purse strings and put vacation days to good use. But, be weary of last-ditch efforts to travel that could potentially leave your budget in free fall. While cooler heads prevail, now is as good a time as ever to begin planning your next summer vacation.

MAKE THE MOST OF YOUR SUMMER HOLIDAY

The best way to know you're making the most of your summer holiday is to set an intention by bringing meaning to your travels. Setting intention at the beginning of your trip helps to narrow down a single path. Ask yourself questions like: What do I value most, and what do I hope to get out of this trip? If you seek to find rest and relaxation, then you probably aren't best suited for a walking tour of a busy city. Or if you desire to foster a connection with a lover or close friends through high-energy activities, then a remote island destination is not the way to go.

DO SOME RESEARCH

Here's some budget-friendly advice, once you've narrowed down where you'll be vacationing, do your research. Learn from those that have gone before you and gather information on how to score the top deals at popular attraction sites, cheap ways to get around town, and safe places to lodge. Whether you're cruising across the Caribbean Sea, backpacking through Europe, or staying close to home and exploring your own city, read about the most popular places to visit, eat and play, well in advance.

DABBLE IN THE UNKNOWN

While putting together the itinerary, make sure to leave room for the unknown. Why not ditch the resort and take a trip into town to walk among the locals. Go on an adventure and seize every opportunity to meet new people and learn the history and traditions of the land. Immerse yourself in the culture for a memorable experience that will last a lifetime. You never know what you might discover by daring to leave some aspects of your trip to chance. Who knows, that hole-in-the-wall lunch spot you stumbled on that's been faithfully serving the locals for many years, just might be exactly what you've been craving.

FIND BALANCE

And finally, make sure to carve out time to be at peace, not just in mind and spirit but in body too. However tempting it may be to ditch your fitness goals for the sake of relaxation and fun. It is well worth to incorporate some heart pumping activities that are sure to add a few more steps to your Fitbit each day. Join an afternoon terrace yoga class or a sunset jog across the beach. Be sure to align an outdoor fitness activity with your level of strength for both comfort and ease. But don't hesitate to push yourself a little further. The view at the top is often worth the hike.

TIME TO



Although recent events have changed everyone's lives momentarily, there are opportunities for many of us to learn and grow. The pandemic has brought with it stress and uncertainty. While the future may seem unclear, there is a light at the end of the tunnel. This moment in time is an opening to focus back on what matters most like friends, family or yourself, and make a change in your life. Of course, what matters most changes from each individual. And the change we can make can be big or small. However, there is no question that during everyday life there are distractions that keep us from what is important and now is an opportunity to refocus and rest from your life's routine.

Family and friends are important part of our lives. Now is the best time to engage with each other on an intimate level. Build a habit of keeping in touch with those you love. Once you have built the habit it will be easily maintained after the pandemic. Simple phone conversations or video calls will go a long way for your friends, family and your own emotional and mental wellbeing.

Finding a new hobby or picking up on an old one is one way to focus on yourself. Hobbies are great ways to pursue your passion. They can increase your confidence and build self-esteem. Hobbies have also been known to reduce stress and anxiety because you are taking your mind off work, responsibilities or

chores and just doing something you enjoy. During the last few months, we've had a lot of spare time, which can lead to boredom. Hobbies can counter that boredom. By pursuing a hobby, you are taking time for yourself, which is a very important element in self-care.

Another self-care tip is eating healthy. With a lot of restaurants and bars being closed now is the best opportunity to change the way you eat. Slow-down on ordering out and be honest with yourself about your eating habits. Without a doubt, this will be a challenging task. But it is time to look at food as fuel for our bodies. Our bodies function better when we give it nutritious foods. That doesn't mean you can't enjoy a glass of wine or a chocolate bar now and then, but it does mean you have to be deliberate in finding balance in your food choices.

Life is all about the choices we make. One of the choices all of us need to make is sleeping better. Experts in health all agree that sleep is an important component of a healthy life and self-care. Sleeping is a life function that lets your body heal and recover its energy. A goodnight's rest will lead to increased energy, better focus and less stress. Sometimes our responsibilities have a negative impact on our work-rest balance. With a lot of people working from home now, this is the best opportunity to get our sleeping routine back on track.

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There are **over 300 shops and services** right here in the Beach that can provide you with everything you need while you get fresh air and wave at neighbours - not to mention the benefit to your thighs.

This year let's get really serious about our pride in supporting local so that we all continue to live in and be a part of **a beautiful thriving community.**

This shop used to support 5 hardworking women. Think of how important it is to support all our shops! Where you spend your money is so important to get the local economy going and our neighbourhood employed.

Thank you for your great consideration to keep it local!
We love our life here at our shop in the Beach, and all our wonderful neighbouring shops and their families/staff.

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MEN'S SUMMER FASHION

This summer may not bring the usual summer outings like a weekend trip to the cottage, or a summer vacation at your favourite Caribbean island. That doesn't mean you can't make it a summer to remember. There are still plenty of indoor and outdoor activities like patio barbeques and walks along the boardwalk that will help us enjoy the season. A summer wardrobe always helps. "When you look good you feel good", is a popular saying for a reason. This summer let's dress the part and keep up with the latest to ensure we look good and feel even better.

A typical fashion tendency is to make something old feel new. Which explains why bandana styles are back. Instead of wearing it on your head, sport the pattern on your clothes. There is a wave of bandana patchwork prints surfacing this summer. The prints work for any gender and can be worn on shirts or pants. A great look for guys would be a blue bandana print shirt with a pair of white jeans or paired with a basic navy sports coat.

A good pair of denim jeans goes a long way. We all have that go-to pair that looks and feels good. This summer step outside of your comfort zone. If you don't have one already, try embracing a neutral, or white pair of jeans. You will find it goes with almost everything.

Denim jackets are perfect for those cooler summer days. The older the jacket the better the look. Denim jackets can be worn with a dress, t-shirt or a button up.

Did you have to cancel your plans to vacation at your favourite tropical destination? Or are you the type of person that likes to ditch the shoes for footwear that gives you room to wiggle your toes? This summer start wearing braided flip flops or sandals. A brown or black pair made using faux leather is sleek, comfortable but will also channel those island vibes.

Shorts! Shorts! Shorts! Are a must every summer. Nothing says summer look like rocking a pair of shorts and sandals. Any shorts will make for a summer look. Whether you go for a California boarder short look, denim shorts, or a cotton pair, try to get vibrant colour like teal, aqua or hot pink.

A pair of shades goes a long way. Not only do sunglasses look good, but they make us feel cooler than Tom Cruise in Top Gun. Shades come in all shapes and styles. Everyone's face structure is unique. Instead of looking for a specific style like aviators, why not try a few out and make sure they are comfortable and look good. Whether you go for a dark or neutral colour, you'll find a good pair of shades go with almost every outfit.

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GREAT DECADES AT THE MOVIES



This edition of *Beaches|life* will be featuring some of the most critically acclaimed films of the 1960s.

The Canadian Bill of Rights was approved, giving people of the First Nations the right to vote in federal elections (August 10, 1960), the Trans-Canada Highway opened (July 30, 1962), Canada inaugurated its new red maple leaf on white with red side bars flag (February 15, 1965), Canadians began being issued social insurance cards (April 1964), CBC introduced colour broadcasting to Canadian television (October 1, 1966), Canada hosted Expo '67 in Montreal—remains the most financially successful world exposition to date (April 27, 1967), Canada Post stopped Saturday delivery on February 1, 1969.



THE APARTMENT (1960) Dir. Billy Wilder; Jack Lemmon, Shirley MacLaine, Fred MacMurray

WEST SIDE STORY (1961) Dirs. Jerome Robbins, Robert Wise; Natalie Wood, George Chakiris, Richard Beamer

LAWRENCE OF ARABIA (1962) Dir. David Lean; Peter O'Toole, Alec Guinness, Anthony Quinn

TOM JONES (1963) Dir. Tony Richardson; Albert Finney, Susannah York, George Devine

MY FAIR LADY (1964) Dir. George Cukor; Audrey Hepburn, Rex Harrison, Stanley Holloway

THE SOUND OF MUSIC (1965) Dir. Robert Wise; Julie Andrews, Christopher Plummer, Eleanor Parker

A MAN FOR ALL SEASONS (1966) Dir. Fred Zinnemann; Paul Scofield, Wendy Hiller, Robert Shaw

IN THE HEAT OF THE NIGHT (1967) Dir. Norman Jewison; Sidney Poitier, Rod Steiger, Warren Oates

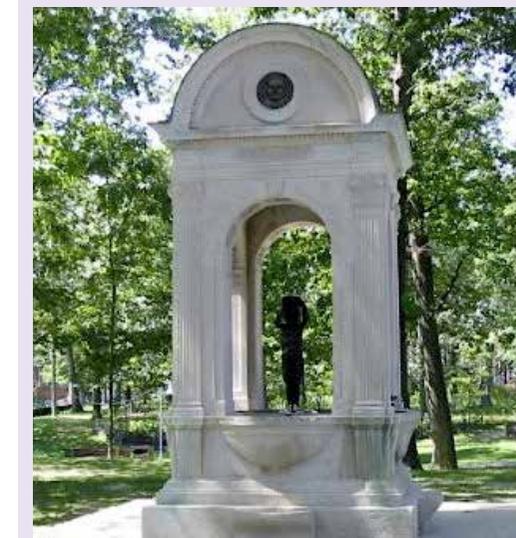
OLIVER! (1968) Dir. Carol Reed; Mark Lester, Ron Moody, Shani Wallis

MIDNIGHT COWBOY (1969) Dir. John Schlesinger; Dustin Hoffman, Jon Voight, Sylvia Miles

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DR. WILLIAM D. YOUNG MEMORIAL IN KEW GARDENS

Found Around the Beaches

On January 4, 1918, the Beaches lost a hero from Spanish flu. Dr. William D. Young died only five days after contracting the illness.

The neighbourhood closed down on the day of his funeral at St John's Norway and clergy of several denominations volunteered to join in the ceremony.

Within a week there was a movement to find a way to honor his memory. In 1920, this monument in Dr. Young's honor was unveiled in Kew Gardens, the ceremony attracted over two thousand people.

Let us know if you have a special Found Around the Beaches, we would love to share it in future editions.

Email your photo and information:
info@beachesliving.ca



FASHION CLOSET PURGE

Spring is here! And you're excited to shed those winter layers and blossom like the many vibrant flowers in the garden. Your first instinct is to finally move those coveted pieces from your spring wish list into the checkout bag of your favourite retailer site. But as your cursor hovers over the "Pay Now" button, your eyes slowly wander over to the closet door that just won't quite close anymore and then to the dresser as clothes overflow and spill out through the cracks as though to make an exit.

Where will you put your new items? Sometimes the best fashion tip is keeping your wardrobe organized. It's time for a good old fashion closet purge. For most of us spring-cleaning can be overwhelming, exciting, and stressful all at the same time but here's some quick tips to help you spring into action.

PUT IT OUT IN THE OPEN

Give your closet door hinges a break and dump its contents out onto the floor! In order to access what you have and what you want to keep, the best thing to do is to put your clothes in plain sight. With an aerial view of all that you own, it's much easier to have those "I forgot I had this" moments or the "will I ever wear this" moments. If you find yourself pondering on the latter a little too long, it's best you toss it. You might even discover you have too much of the same colour or style. Do you really need 11 basic black t-shirts? Probably not.

DIVIDE AND CONQUER

Once you've got an all-encompassing view of your wardrobe, it's time to prioritize. Go through every single piece of clothing and organize into three main categories: What you want to store (jackets, sweaters,

etc.), what you want to save, and what you want to ditch. But don't just throw things out. It's best to further divide that last category into three more categories. Grab some boxes and divide unwanted clothing into three separate piles: donate, sell and trash. If items have rips and tears add to the trash pile and find a local eco textile-recycling outlet.

THE ONE YEAR RULE

Here's a golden rule: if you haven't worn it in a year, chances are you never will. Do not use the "it still has a tag" as an excuse to keep it in your closet. If you haven't found a way to style it in 365 days, what makes you think you'll think of a way now? If the item is "perfect" but it just doesn't sit right in certain areas on your body or you think you'll lose weight and then wear it, toss it. Use your actions to guide your decisions. If you haven't worn it yet, you won't wear it later.

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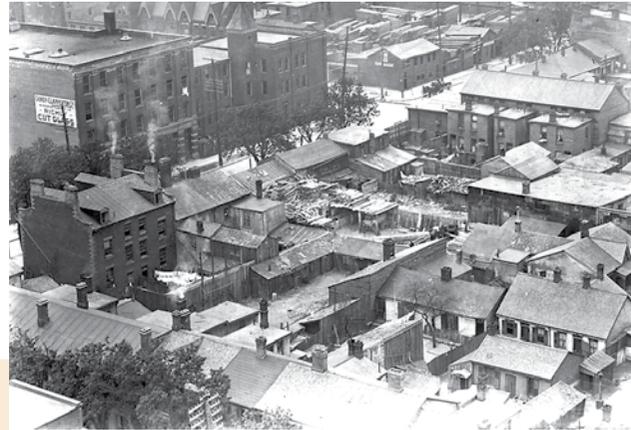
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SAMPLING THE WORLD IN TORONTO

ST. JOHN'S WARD, OR "THE WARD"



The Ward, 1910 – City of Toronto Archives

Life was extremely difficult in the area. It was overcrowded, home to the poorest in the city, and referred by many as "the slum". Although there are no signs of The Ward today, daily life was captured by Canadian painter Lawrence Harris, who often painted pictures of the various houses and streets in The Ward. You can see some of these works at the AGO as part of the permanent display.

Around the turn of the century, eight acres of The Ward were expropriated to make way for city buildings, first the Old City Hall and the New City Hall.

The neighbourhood also began to change in character. As the Jewish immigrants became more settled, they moved westwards to the Kensington Market area and The Ward increasingly became a centre for Italian immigrants, who were then arriving in great numbers. The Italians also moved west to what is today Little Italy. Central Neighbourhood House was established in 1911 as a settlement house to assist new immigrants in The Ward.

Today, the key landmarks in the original Ward include: City Hall, the Hospital for Sick Children and the Toronto Eaton Centre.

According to the 2016 Census:

- the population of Canada was 35,151,728
- the population of Ontario was 13,982,984
- the population of the greater Toronto area was 5,928,040 (5,583,064 in 2011)
- the population of the City of Toronto was 2,731,571 (2,615,060 in 2011)

Timeline of Toronto, from the Town of York to today:

- Town of York (1793–1834)
- City of Toronto (1834–1954)
- Metropolitan Toronto (1954–1998)
- Toronto (Amalgamated) (1998–present)
- Toronto celebrated its 186th birthday on March 6

The area was bordered by College and Queen Streets, University Avenue and Yonge Street, a location that was easily accessible from the immigrant arrival points at Union Station and the Great Western Station.

Toronto's first immigrant community was The Ward, which offered lower-cost housing, closer proximity to work, and community acceptance to new immigrants from Europe and Britain. Most arrived without money after fleeing from famine, poverty or war. The Ward also housed the city's first Chinatown, and also marked the end of the Underground Railroad for many fugitive slaves after the American Civil War.

By 1850, many black families had settled in The Ward; five years later, the total black population grew to 539.



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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DON MOUTH NATURALIZATION AND PORT LANDS FLOOD PROTECTION PROJECT

The Port Lands Flood Protection and Enabling Infrastructure (PLFPEI) is an intensive project which will create a naturalized river valley a new island for residential, commercial and new greenspace including a wetland. PLFPEI is the largest urban revitalization site in Canada and one of the largest waterfront projects in the world. The project kick started in the 2017 when Prime Minister Justin Trudeau, former Ontario Premier Kathleen Wynne, and Toronto Mayor John Tory took to Toronto's waterfront and announced \$1.25 billion in funding. Though the project received funding in 2017, Waterfront Toronto and partners have worked for more than a decade to bring development to the Port Lands. There are many components to the project and an area of approximately 249 hectares to transform. The new island will be called Villiers Island and will be ready by 2024.

PROJECT STATUS UPDATE

A lot has been accomplished since 2017. Starting with breaking ground on the new Waterfront Innovation Centre. Crews have also installed the cut-off walls for the first section of the new river valley. Another not so well known update is taking place in the water. As marine landscapers have also resettled plant species underwater in the newly created habitat coves. This winter construction started on replacing the north and south cherry bridges with new bridges that overlay lie on the north end of the new island (the Keating Channel) and the south part of the island which will over lay the new naturalized Don River channel.

Currently there is excavation taking place for the new naturalized mouth of the Don River. Crews are using heavy machinery including drills and excavators to carve through the Port Lands. Another component of the project is the lake filling, which has already doubled the size of Essroc Quay.

The north bridge construction is also currently underway along with the realignment of Cherry Street. This summer the north bridge is expected to be completed. Once the north bridge is finished, crews are expected to start modifications to the Lakeshore Bridge.



August 2019 – A new cove that will be home to fish, birds and other animals.



August 2019 – Temporary walls installed to keep excavation stable.



November 2019 – Continued installation of cut-off walls in the first section of the new river valley.



January 2020 – This steel reinforcing cage will be placed a test caisson for the Cherry Street north bridge abutments.

THE BIRTH OF THE EMOJI

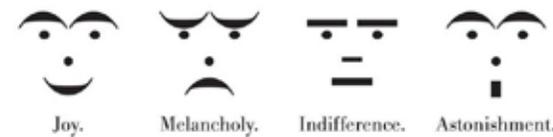


my.tech

Emoji are more than a millennial messaging fad, they are more like a primitive language. The characters represent the first language born of the digital world, designed to add emotion to flat text. Emoji first appeared on Japanese mobile phones in the late '90s, and have become a standard way people communicate. In 2015, 🥳 (Face With Tears of Joy) became Oxford Dictionaries' "Word" of the Year.

If emoji are a language for everyone in the digital world, then the emojis need to constantly evolve across cultures, screens and time. Today, there are thousands of emoji depicting diversity of people, and thousands more representing things we interact with.

THE FIRST EMOJI



Before emojis, there were emoticons, facial expressions made with punctuation marks :-). The first emoticons appeared in an issue of Puck magazine in 1881. The magazine published four faces conveying joy, melancholy, indifference, and astonishment—they called them typographical art.

The first emoji were created in 1999 by Japanese artist Shigetaka Kurita. Kurita wanted to design an attractive interface to convey information in a simple, succinct way, such as an icon to show the weather forecast, rather than spelling out "cloudy." Kurita's original 176 emoji is now part of the permanent collection at New York's Museum of Modern Art. There were characters to show the weather (sun, clouds, umbrella, snowman), traffic (car, tram, airplane, ship), technology (landline, cell phone, TV), and all the phases of the moon.

As mobile computing continued to explode during the mid-2000s, companies like Apple saw an opportunity to incorporate emojis on other platforms. In 2007, a software team at Google petitioned to get

emoji recognized by Unicode, a nonprofit group that maintains text standards across computers.

Unicode accepted that proposal in 2010 – it was the beginning of emoji as a legitimate form of communication.

EVOLUTION OF EMOJI

- 1999** Emojis are born! The original set includes icons for the weather, traffic, technology, and time.
- 2010** Unicode officially adopts emoji, adding hundreds more—like cat faces emoting happiness, anger, and tears.
- 2015** Emoji get a diversity update with five new skin tones and a set of same-sex couples.
- 2016** Updates give rise to the single dad, pride flag, and weightlifting woman emoji.
- 2017** New emoji proposals suggest characters to convey information across language and culture.

As emojis became more popular, they also became more plentiful. The Unicode Group added new emoji to its approved list each year. Unicode requires a lengthy submission and approval process for every new batch, and it can take up to two years for an emoji to travel from first draft to your phone.

There are now over 1,800 emojis — no longer do we need to tilt our heads sideways to read them.



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- Ma Première École – 2383 Queen St. E.
- Mattie's Place – 159 Fallingbrook Rd.
- Paws World – 763B Woodbine Ave.
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- Flight Centre – 2088 Queen St. E.
- Hitch Bar – 1216 Queen St. E.
- Nando's Beaches – 1968 Queen St. E.
- PetSmart At The Beach – 2050 Queen St. E.
- Pizza Pizza – 1881 Queen St. E.
- Salty Dog – 1980 Queen St. E.
- Beer Store - 1285 Queen St. E.
- The Peace Pipe – 2106 Queen St. E.
- 30 Minute Hit Beaches – 601 Kingston Rd., Suite110
- YOKA – 2116J Queen St. E. (online)

On the Move:

- Alf's – New location to be announced
- LOVOUX – New location to be announced

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