BIRTHDAY IS A GIFT
DIG INTO SPRING
CANADIAN LOVE AFFAIR

GROWING TOGETHER
IN THE BEACHES
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“Gardening is such a peaceful thing; it’s like yoga”, affirms Barbara Phillips, president of The Beach Garden Society (BGS). This group of gardening enthusiasts has flourished to include around 200 energetic local members of both genders and all ages, beginners and experts, united by their appreciation of our natural world’s beauty.

It’s not necessary to have a large space to garden. “Some members have tiny spaces for growing and have produced marvelous secret gardens, perfect for quiet moments to enjoy the busyness of bees and butterflies as they work to meet their needs and ours,” reveals Barbara.

EArly GROwTH
Like many newlyweds, Dave and Bev Money knew nothing about gardening when they purchased their first house. To remedy that, they joined the Scarborough Horticulture Society in 1964. This was the seed of Dave’s enduring affinity with gardening, now in its 50th year. He enjoyed it so much that what began as a hobby effectively turned into a second career. “I became a District Director in the 1980s and ultimately President of the Ontario Horticulture Association in 1992.”

When an existing Beaches club seemed uninterested in expanding, as the representative of the OHA’s District 5, Dave established The Beach Garden Society, attracting 155 people to its first meeting on September 17, 1985 – when an existing Beaches club seemed uninterested in expanding, as the representative of the OHA’s District 5, Dave established The Beach Garden Society, attracting 155 people to its first meeting on September 17, 1985 –


during the year, five flower and plant shows are held, leading to an annual show in September, where spectacular displays of plants, flowers and arrangements compete for prizes in horticulture, floral design and special exhibits.

Members Claudia and Duncan Wood travel the world extensively, writing informative and entertaining blogs about their observations and adventures.

“It is amazing how many members travel to experience, first hand, flower exhibitions and botanical gardens in Canada and abroad,” says Barbara. “Last year I visited the botanical gardens in Phoenix, Arizona — talk about growing things in sandy soil!”

Community Gardens
BGS members are active volunteers in community garden beautification projects, including Environment Day, the Kingston Road Festivals, Kew Beach Library, Main Street beautification projects, including Environment Day, the Kingston Road Festivals, Kew Beach Library, Main Street

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...continues on page 6
continued from page 5...

Barbara observes, “It takes many highly dedicated and motivated people, helping on a variety of project committees, to make BGS the success it is.”

SPECIAL PUBLIC EVENTS

With thousands of plants to see, many donated from members’ gardens, there’s something for everyone at The Perennial Plant Sale, at Adam Beck Community Centre, on Saturday, May 17, 2014, from 9:00 am to 11:30 am.

Functioning as a gardener’s ‘show-and-tell’, the popular ‘Gardens of the Beach’ Tour, on Sunday, June 22, 2014, is a favorite annual event. Tickets purchased at local stores allow the public to visit and enjoy the beauty of participating private neighbourhood gardens. Marilyn Walsh, a talented sculptor and photographer, lends sculptures to some locations. A few provide live music. A refreshment garden offers baked goods and juice. It’s a wonderful social outing.

In 2010, the BGS was the first to partner with Toronto Botanical Garden’s garden tour, ‘Through the Garden Gate’.

THRIEVING IN THE SAND AND SHADE

Barbara explains that the soil found in the Beaches is dry and sandy. Each year, before planting, 1 to 2 inches of rich soil should be added to existing base. New topsoil should not be mixed in or tamped down; worms will gradually mix the layers while providing helpful aeration.

When considering what to grow, drought-tolerant indigenous plants, suited to the local climate extremes, are trending. Wildflowers and grasses are popular for ‘natural’ gardens.

Plants that thrive in the Beaches include Hostas, Hydrangeas, Japanese Maples, Wild Ginger, Echinacea, and Rudbeckia.

The Beach Garden and Horticultural Society

www.beachgs.ca

CELEBRATING 34 YEARS IN THE BEACH!

For our anniversary, we are hosting a contest. Guess HOW MANY haircuts we’ve done in 34 Years and:

WIN a Spring Makeover

Including: Haircut and style, manicure & gift bag

Post your guess on our Facebook page at HDintheBeach, on twitter at Hair_Dynamix, on Instagram at HairDynamix1 or email your guess to info@hairdynamix.ca

Deadline to submit your guess is April 30th. One guess per customer.

www.hairdynamix.ca

2090 Queen St. East (West of Wineva Ave.)
info@hairdynamix.ca | 416-699-3575

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Art Classes in the Beaches District

with John Stuart Pryce, O.S.A.
acrylic | oil | watercolour

www.prycestudios.com

OUTDOOR LIGHT

SALE

Whether you’re looking for a light outside as an accent or for something that’s a little more “hey, look at me”, with all in-stock exterior lights on sale now is the time to come into Living Lighting and save. But don’t wait. Sale ends May 31, 14.

Living LIGHTING in the BEACH

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beaches@livinglighting.com
Visit our on-line catalogue at
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Many of us stop looking forward to birthdays after a certain age. But have you ever stopped and wondered why? Being young isn’t all romance, brains, and beauty. (In fact, it’s often more like curfews, exams, and acne.) But like philosopher Napoleon Hill, maybe it’s time we start looking back on the day we celebrate our birth. But, if you’re going to time travel through memory lane, make sure to take off those rose-coloured glasses before you go. And remember…

…age is just a number
If you are dreading all those birthday candles, stop counting and start doing. The age on your passport is much less important than how aged your passport is. Consider this: A 60-year-old frequent traveller likely feels a lot younger than a 45-year-old who spends all her free time in front of the television.

Staying young is about maintaining your physical and mental health. The key is making healthy food choices, exercising regularly, meeting up with old friends, and spending a bit of time each day doing what you love. (If you love your job, great! If you have a hobby you adore, even better!)

…time travel is a state of mind
If you don’t want to get old, start counting backwards. Napoleon Hill shared his secret to aging gracefully in one of his books: “Every year I subtract one year at the time of my birthday. Then I pay particular attention to the aspects of the world which appeal to a person of that age.” If you can suspend reality enough to follow in Hill’s footsteps, you might be able to enjoy the lifestyle of an earlier generation while benefiting from the wisdom that only comes with your years of experience.

…every birthday is a gift
Our ancestors knew that getting older was a special—even sacred—thing. In Native cultures, elders were revered for the wisdom they passed down to the next generation. In certain cultures today, older generations are still treated with a level of respect that borders on awe. In Korea, for example, the young must always pour drinks for the old. And it is considered rude to drink alcohol while facing an elderly person.

So start treating your birthday like the gift that it is! One more year to get out there and do the things you love, to re-live the best moments of your youth, and share your wisdom with younger generations.

by Kathleen O’Hagan

Happy Birthday! How young are you?
Digging into Spring Colours

Spring has returned with all its life and colour in the form of flowering plants and shrubs. If you have bulbs planted in the fall, they will be one of the first flowers peaking out from the ground.

If you haven’t planned that far ahead you can still enjoy a lovely spring bloom by sowing seeds of cool-season flowers or purchasing and transplanting flowers, shrubs, and sprouting bulbs that have been forced to ‘shoot’ early.

Sowing for Spring
A wide variety of seed flowers are available in a dazzling assortment of colors and sizes. Favorite spring bloomers include:

- Sweet Peas
- Poppies
- Nocotiana
- Black Velvet Nasturtiums
- Verbena Bonariensis
- Linaria
- Echium ‘Blue Bedder’
- Cosmos
- Persian Carpet Zinnias
- and Calendula.

Wildflowers are perfect for casual gardeners as they will grow in poor or dry soil, difficult climate conditions, and don’t require fertilizer. Consider:

- Fawn Lillies
- Cornflowers
- Chinese Hellebore
- Oriental Poppy
- Siebold Primrose
- Pasque Flower
- Atamasco Lily
- Anemone
- European Toothwort
- Leopard’s Bane
- and Trillium – the flower of Ontario.

Herbs, such as Parsley, Cilantro, Chervil, Dill, and Chives can enrich your garden and your meals. Vegetables may include lettuce, parsley, peas, leeks, and spinach.

Planting for Summer Colours
For summer blooms, many bulbs and seeds are planted in spring. Some perennials may take a year or more to bloom.

Bare-root trees, shrubs, and perennial bulbs are ideal for planting in early spring after the risk of frost has passed. Bulbs, and the plants they produce, vary greatly in size and shape.

Spring blooming perennials include:

- Tulips
- Crocuses
- Snowdrops
- Chionodoxa
- Scilla (Blue Squill)
- Daffodil
- Hyacinth
- Boechera (Rockcress)
- and Muscari (Grape Hyacinth).

Shrubs such as: Forsythia, Star Magnolia, Heather, Red Currant, and English Lavender, will help any spring garden come alive.

Keep in mind…
- If you want to attract attention to an area, plant flowers in a group consisting of a single colour.
- For a natural feel plant using varied shapes and sizes.
- To ensure all plants get their fair share of sun, place smaller plants to the south.
- Add a sense of whimsy to your garden by planting flowers in attractive, unusual, and unexpected containers such as vintage buckets, tea pots, baskets, coolers, etc.
- Make personalized plant markers so you can identify what you have planted.

One advantage to growing flowers is that you can bring them indoors — as potted plants or cut flowers. A simple flower arrangement can brighten any space.

by Kevin Davies
Spring Hair Trends

After a very long winter, we are all excited for fresh weather and fresh fashion. If you are ready to update your look, keep reading for some stylin’ hair trends for spring...

The ultimate spring hair colour is a soft, multi-tonal look with some bursts of colour for added fun. Ombré also continues to be a top trend, but has evolved from a high-contrast, dramatic look to a well-blended, softer finish.

Whether your hair is short or long, the look this spring is a more laidback feminine finish. And last year’s much-loved braids and low ponytails continue to be popular on the runways—a great ‘next day’ style.

5 Steps to a Relaxed Bounce
1. Shampoo hair twice to remove all oil and residue. Lightly condition, focusing on the ends.
2. Work a lightweight body building gel into damp hair, beginning at the roots and working towards the ends. We recommend ICON Protein Gel.
3. Flip your head upside down and start drying with your hands or brush. Once hair is 80 percent dry, flip back up and finish drying using a large round brush.
4. Once your hair is completely dry, divide hair into five sections (three from front to back and one above each ear). Use a large (1.5” or 2”) barrel curling iron and wind the hair slowly from the ends up to mid-lengths.
5. Shake your hair out with your fingers. Finish with a light-hold hair spray. We recommend ICON Done Finishing Spray.

5 Steps to a Low Pony
1. Dampen hair with a light spritz of ICON Cures Replenishing Spray, followed by a quarter sized amount of styling foam evenly distributed throughout dry hair. Blow-dry on low heat, scrunching the hair upward with your fingers. We recommend ICON Meringue Styling Foam.
2. Once your hair is dry, part it on the side and wrap random one to two inch sections around a large barrel curling iron.
3. Gently back comb the crown before smoothing the hair into a ponytail and securing with a hair tie at the nape of your neck.
4. Give the ponytail a finished look by wrapping a one-inch strip of hair around the elastic.
5. Loosen pieces from the front and sides for a relaxed, undone vibe. Spray with a light-hold hair spray or use ICON Powder for a more tousled look.

by Josie Meleca, Colourist at Salon Fortelli and Spa
A Beloved Beaches Tradition for 47 Years

Every spring the annual Beaches Lions Club Easter Parade brings Queen Street to life with colour, music, fun and entertainment.

The parade was first started in 1967 by the East Toronto Community Association to mark Canada’s Centennial year.

In 1973, the Toronto Beaches Lions Club started to take an active role in the organization and supervision of the parade. By 1981, the Lions became the official organizer of the parade.

When the parade first began, the route was along the boardwalk. Then in 1974, due to its increasing popularity, the parade was moved to Queen Street.

Today, over 50,000 people from around the world enjoy the parade. According to Andre Buhot, Beaches Lions Club Secretary and Past President, the Easter Parade is the largest and longest running Easter Parade in the world.

You know you’re a true Beacher if you remember seeing elephants marching in the parade.

The Beaches Easter Parade is the go-to traditional event for many Torontonians. Join the tradition this year on Sunday, April 20.

• Not wearing a helmet if under 18 years of age = $75
• Disobey a stop sign = $85
• Fail to signal a stop or turn = $85
• Riding in or along crosswalks and pedestrian crossings at intersections = $85
• Fail to stop at a red light = $325
• Red light, proceed before green = $325
• Fail to stop for emergency vehicles = $400
• Careless driving = $500

Source: Cycle Toronto

14 Beaches Life Spring — April/May 2014
While Canadians may not be able to take credit for world-class foods like sashimi, guacamole, or lasagna, we do have one dish that we can proudly claim as our own: French fries and cheese curds smothered in gravy – otherwise known as poutine.

While its hometown is in dispute to this day, one thing’s for sure. Our country’s much-loved dish is definitely Quebecois. Created in the 1950s or 60s, poutine got its name from the French slang for “mess.” And for decades, it was just that. A delicious mess to satisfy growling stomachs after hockey practice or hungry college kids in the middle of the night. And it was cheap too. A plate at the local greasy spoon could go for as low as $5. It’s safe to say poutine came from humble beginnings.

But as this splendidly sloppy snack spread from its native Quebec to francophone areas in other provinces to big cities across Canada, its popularity rose slowly—but surely. With the 21st Century came a newly elevated status. (I imagine some of the best Canadian chefs holding a secret meeting, during which it was decided that this delicious dish would no longer be condemned to a life of fast food.) Soon, poutine was featured on menus at some of the finest restaurants across the country. On one condition, it seemed. The poutine had to fancy up its image.

Foie gras poutine. Curry poutine. Truffle poutine. Pulled pork poutine. Kimchi poutine. Lobster poutine. Sound familiar? That’s because these prettied up versions of our national favourite now decorate menus across the GTA.

A $5 dish no longer, poutine has transformed from fast food to fabulous feast. From frog to prince, some might say. Once a beautiful mess, our nation’s beloved dish is, at times, almost unrecognizable. But still, it will always be ‘just poutine’ to me…


GOURMET GOAT CHEESE POUTINE

INGREDIENTS:
6 Yukon gold potatoes
1 tbsp butter
6 cups vegetable oil
2 shallots, diced
170g goat cheese
1/2 cup red wine
1 bunch chives, chopped
2 cups beef stock

METHOD:
Slice potatoes french fry-sized pieces. Bring a large pot of water to boil and boil fries for 30 seconds. Drain immediately and place on a dish-towel-lined tray to dry them. Refrgerate for 1 hour or longer.

Heat butter in skillet over medium heat and cook shallots until softened but not coloured. Place goat cheese in bowl and stir in shallots, chives and black pepper.

Heat oil in wok or deep fryer to 300ºF. Add potatoes in batches (oil should bubble gently). Cook about 6 to 7 minutes or until soft but not coloured.

Drain well and place on paper towel-lined bowl and toss with salt. Lay fries in the middle of the plate and crumble goat cheese all over them. Pour the sauce over the fries.

THE SAUCE:
Place shallots and red wine in a skillet. Heat to medium-high heat and cook wine until 1 tbsp remains. Add stock and bring to boil. Boil 5 minutes or until reduced to 1 cup. Strain out shallots, pressing down on them to extract as much sauce as possible.
Wires and cables are the ugly afterthought of many home offices and entertainment units. By the time you’ve wired up your network, plugged in your lamps, phones, computer equipment and home theatre your floor looks like a rat’s nest.

Cables and wires crisscross the floor, clutter your desk and stick out from behind your beloved flat screen tv.

It doesn’t have to be that way. Here are some tips to tame that cable craziness.

Wrap it up
Loose wires look bad but bundling cords and cables together using a simple twist tie can help organize that tangle of cords. For larger jobs, velcro cable ties or adjustable rubber cable ties can pull together bundles of even the thickest power cords. Plastic zip-ties are also cheap and effective, but can’t be adjusted if you want to change it.

Labels for Cables
You probably have a sea of power cords, USB cables, audio cords and Ethernet wires. Knowing what cable is powering/connecting what electronic can be almost impossible – so label each end. There are products designed for this, or use masking tape.

Keep Cords Off the Floor
The floor under most desks is a rat’s nest of power cords and cables. There are many reasonably priced products that screw under your desk and provide an out-of-sight, off-the-floor spot for the cords.

There are many things you can buy to clip, clamp, wrap and hide – all to keep your desk, floor and entertainment units tidy. It will take some time and organization, but before you know it, you will have a workspace and entertainment area envied by all.
Show Mom Some Love
This Mother’s Day and Every Day!

From bringing us into this world to encouraging us to follow our dreams — mom definitely deserves a great, big THANKS. This Mother’s Day, why not get creative to show her how much you care?

If mom loves to stop and smell the roses…
Rather than bringing her a bouquet of carnations, you may want to surprise her with some perennials for her garden. While a bouquet will last a couple of weeks at most, the flowers you plant will be back each year to remind of your love.

If mom is a fabulous foodie…
You can’t go wrong introducing her to the latest food fad. But rather than taking her out on Mother’s Day, let mom choose the date. How? With a gift card. Not only will you avoid Mother’s Day crowds, you can let mom know you are happy to spend time with her on other days too.

If home is where mom’s heart is…
You know your mom would rather have a home-cooked meal than a night out on the town. But why stop there? Surprise her with her favourite movie, an at-home manicure/pedicure, or a good old-fashioned chat over her tea. She may not want to leave the house, but she’ll be moved by the thought you put into her day.

If mom is "arty-fartsy"…
Think she’ll be impressed by an expensive, yet impersonal, gift? Think again! A gift you made with your own hands will touch her on a whole other level. Print and frame a photo you’re proud of. Write a poem that captures mom’s loveliest qualities. Or make a scrapbook featuring memories of Mother’s Day past.

If mom loves children more than Mary Poppins…
Ask her to play with the grandchildren while you prepare the meal, clean dirty dishes, and tidy up once the day is over. If you’re yet to have kids of your own, save any ‘baby news’ for today. “We’re expecting,” or “We’re trying” should bring a happy tear to mom’s eyes.

WINNERS!
Oscar® Challenge 2014
WINNER of this year’s Oscar® challenge is Heather Huber — randomly chosen from the four people who had all the correct predictions. WINNER of personal pick is Cathy Andrew.

Both Heather and Cathy have each won a pair of movie passes to the Alliance Cinema in the Beach.

by Kathleen O’Hagan
Long Weekend

Traditions and Brand New Ideas

May two-four. Arguably Canada’s favourite long weekend. For some, it’s a reminder that spring is here to stay, while for others, it may signify that summer is on its way. What does the May long weekend mean to you? And what are you planning this year?

If you’re more of a traditionalist, you may be hosting a yearly BBQ, planning your annual camping trip, or making that first visit out to the cottage. To make sure your long weekend is the best it can be, make safety a top priority.

You may not have opened your BBQ since last year, so give it a good cleaning. Get rid of any excess grit or grease to reduce the risk of fire. And don’t forget to be the perfect host: Never let your friends leave in their car without a designated driver!

If you are camping somewhere relatively isolated, don’t forget to pack a first aid kit for unexpected scrapes, some warm clothes for drops in temperature, and a bell to scare away those hungry bears. And though you likely can’t wait to see your lovely cottage again, avoid speeding to get there, since traffic accidents are more common on long weekends. Once there, consider making a ‘no Internet’ rule so that your family can benefit from the natural environment. A break from technology will do wonders for your mental health!

If you’d rather do something new this year, you could plan a potluck picnic in the park, catch up with an old friend over tea, or drop in on a relative you haven’t seen in far too long. And if you want to do something really different, feel free to use one of our ideas!

MAY TWO-FOUR WEEKEND IDEAS:

FOR THE KIDS: Organize a treasure hunt

FOR YOUR PARTNER: Plan a weekend surprise

WITH THE FAMILY: Volunteer at a food bank

FOR AN ELDERLY NEIGHBOUR: Offer to plant flowers in their garden

by Kathleen O’Hagan

DON’T LET SEASONAL ALLERGIES PUT A STOP TO YOUR FUN IN THE SUN

Spring has sprung, and summer is on its way! This means we can only look forward to more sunny days, hotter temperatures, outdoor patios, and days at the beach… Can life get any better than this? After surviving one of our coldest winters in 25 years, most Torontonians would likely say ‘no way!’ But what about those city dwellers plagued with seasonal allergies? They might be a little less excited about this time of year.

The good news for allergy sufferers is that there are ways to alleviate symptoms and enjoy the warmer weather like the rest of us. Read on for some fast facts that may help you do just that!

➥ Rinsing out eyes with cool water will provide instant relief and may help flush out allergens that are lingering in eyelashes or near eyes.

➥ Eye drops help soothe itchy eyes and minimize redness.

➥ Swapping contact lenses for glasses may reduce discomfort and blurry vision.

➥ Over-the-counter allergy medications taken prior to an outing can help minimize or prevent an allergic reaction.

➥ Avoiding areas that are heavily populated by pollinating trees is a good idea if allergies are severe.

➥ Hay fever symptoms tend to minimize with age – a great reason to look forward to your next birthday!

If this is the first year that you are experiencing eyes that are itchy, red, and swollen, check with your doctor to ensure that your symptoms are not an indication of something more serious, like an eye infection. While allergies pose no real threat to the eyes, an ignored infection can cause vision problems over time.

One final note: We all know we need to shield our eyes from the sun, but if your baby blues (or greens…or browns...) are already red and watery thanks to those bothersome allergies, you don’t want to further aggravate them. Guarding your eyes from UVA and UVB rays with the right sunglasses* will help keep your eyes comfortable and protected!

*The right sunglasses should block 99-100% of ultraviolet rays.

by Kathleen O’Hagan

COMMUNITY ENVIRONMENT DAYS

WARD 30: Saturday, May 10 – 10 am-2 pm
Riverdale Park (east side), Broadview Ave.

WARD 32: Saturday, May 24 – 10 am-2 pm
Ted Reeve Arena, 175 Main St.

WARD 36: Thursday, June 12 – 4-8 pm
Birchmount Community Ctr, 93 Birchmount Rd.

For details and schedules visit:
toronto.ca/environment_days

CLEAN TORONTO TOGETHER

CORPORATE & SCHOOL DAY: April 25
COMMUNITY DAYS: April 26 & 27

For more information visit: toronto.ca/livegreen

Health Talk

DON’T LET SEASONAL ALLERGIES PUT A STOP TO YOUR FUN IN THE SUN

Spring has sprung, and summer is on its way! This means we can only look forward to more sunny days, hotter temperatures, outdoor patios, and days at the beach… Can life get any better than this? After surviving one of our coldest winters in 25 years, most Torontonians would likely say ‘no way!’ But what about those city dwellers plagued with seasonal allergies? They might be a little less excited about this time of year.

The good news for allergy sufferers is that there are ways to alleviate symptoms and enjoy the warmer weather like the rest of us. Read on for some fast facts that may help you do just that!

➥ Rinsing out eyes with cool water will provide instant relief and may help flush out allergens that are lingering in eyelashes or near eyes.

➥ Eye drops help soothe itchy eyes and minimize redness.

➥ Swapping contact lenses for glasses may reduce discomfort and blurry vision.

➥ Over-the-counter allergy medications taken prior to an outing can help minimize or prevent an allergic reaction.

➥ Avoiding areas that are heavily populated by pollinating trees is a good idea if allergies are severe.

➥ Hay fever symptoms tend to minimize with age – a great reason to look forward to your next birthday!

If this is the first year that you are experiencing eyes that are itchy, red, and swollen, check with your doctor to ensure that your symptoms are not an indication of something more serious, like an eye infection. While allergies pose no real threat to the eyes, an ignored infection can cause vision problems over time.

One final note: We all know we need to shield our eyes from the sun, but if your baby blues (or greens…or browns…) are already red and watery thanks to those bothersome allergies, you don’t want to further aggravate them. Guarding your eyes from UVA and UVB rays with the right sunglasses* will help keep your eyes comfortable and protected!

*The right sunglasses should block 99-100% of ultraviolet rays.

by Kathleen O’Hagan
**Beaches Living** would like to thank everyone who came to the 7th Annual Beaches Kids Program Open House and the local businesses who showcased their programs and services to help kids live their dreams!

### Participating Businesses:
- **Allyona Dance**, 416-699-8042
  alyonadancestudio.com
- **Applegrove Community Complex**
  416-461-8143, ApplegroveCC.ca
- **Avalon Children’s Montessori School**
  416-686-6621, avalonmontessori.ca
- **Boardwalk Montessori School**
  416-691-6740, boardwalkmontessori.com
- **Bold Steps Dance Studio**, 647-822-2653
  BoldSteps.ca
- **Cherry Beach Soccer Club**, 416-367-4359
  cherrybeachsoccer.ca
- **DeSantos Martial Arts**, 416-699-5078
  desantos.ca
- **Filbremiers Kids Club** @ **Allyona Dance Studio**
  905-782-0221, filmbremierskidsclub.com
- **Lil Strikers**, 416-466-5493
  lilstrikers.ca
- **Little Kickers**, 905-903-5427
  littlekickers.ca
- **Mill House School of Music**, 647-888-7469
  millhousemusic.com
- **Omega Health and Fitness**
- **Omega Health and Fitness**
  omegahealthandfitness.com
- **Pegasus Studios**, 416-469-2799
  pegasusstudios.com
- **PRO Martial Arts**, 416-694-8000
  promartialarts.com/torontobeaches
- **Spirit of Math Schools** @ **Estonian House**
  416-223-1985, spirtimath.com/riverdale
- **Sportplay** @ **Waverley Road Baptist Church**
  416-453-6179, sportplay.ca
- **Sylvan Learning - Beaches**, 416-691-8811
  tutoring.sylvanlearning.com/ca/beaches
- **The S.P.A.C.E.**
  647-160-1677, the-space.ca
- **Waverley Road Baptist Church**, 416-200-2318
  waverleyroadbaptist.ca
- **YMCA of Greater Toronto**, 416-747-8222
  ymca.ca
- **Young People’s Theatre**, 416-862-2222
  youngpeoplestheatre.ca
- **Toronto Police 55 Division**
- **Toronto Fire Services**

**Selena’s Secret Beaches Spot**

This is the picture I see everyday when I am on the bus going downtown. Its beauty and peacefulness always sends me back to stories my grandma used to tell me.

Tell us where the Secret Beaches Spot photo was taken, and you could win $20 Casa di Giorgio Ristorante (1646 Queen St. E.) gift certificate.

Email your answer by May 10 to info@beachesliving.ca.

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**Beaches 7th Annual Kids Program Open House**

Event photos & video online: beachesliving.ca/kids

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A thriving community is made of residents, community services and various unique and convenient retailers – big and small.

In recent years there have been changes in neighbourhood design. There has been a growing trend towards “big-box” stores from intimate walkable urban streets. However, unique local retail stores continue to thrive in your community and visiting them first still has many unique benefits.

Let’s consider the benefits of shopping locally at small retailers.

**Location, Location, Location**
Small urban retailers are nearer to their customers, typically within walking distance. Not only does this save customers time and travel costs, but paying them a visit provides exercise, offers an opportunity to greet neighbours, plus allows for window-shopping and visits to other boutique stores along the way.

**A Source of Knowledge**
A small retailer typically carries unique items and services not readily available elsewhere. A ‘go-to’ place for information about current and upcoming related products and services.

Being specialized in their field, staff are likely to possess in-depth knowledge about what they’re selling – a valuable resource for customers.

**Special Attention Served**
Personal service has a great value to consumers. Local merchants can take more personal interest in a customer’s specific needs. They can progress from being viewed as ‘buyer and supplier’ to ‘friends’.

**Loyalty Goes Both Ways**
As a customer, your relationship with your local retailers will transform into loyalty towards each other. Your experience with your local retail stores also includes learning more about what’s new and happening in your community (maybe even some local gossip). You are more likely to talk about your great experience at a store or their staff with acquaintances.

**Benefits vs. Price**
It is no secret that local establishments may not offer the lowest prices or the largest selection. Sometimes it’s worth paying a little extra for their convenient location, product knowledge, more personalized service, and a more intimate community experience. Everyone benefits.

---

**Small Retail, Big Benefits!**

Many of this past year’s great films were all based on true stories or events. To make a great film you need an even greater story and there are no better stories than those based on real people, and true events. This is just a sampling of some of those movies – some originally based on books, listed with the film.

### Movies Based On True Stories!

**All the President’s Men** (1976) Dir. Alan J. Pakula; Dustin Hoffman, Robert Redford, Jack Warden (book by Carl Bernstein & Bob Woodward)


**Goodfellas** (1990) Dir. Martin Scorsese; Robert De Niro, Ray Liotta, Joe Pesci (book WiseGuy by Nicholas Pileggi)

**The Pianist** (2002) Dir. Roman Polanski; Adrien Brody, Emilia Fox, Frank Finlay (book The Pianist, a World War II memoir by Władysław Szpilman)

**Into the Wild** (2007) Dir. Sean Penn; Emile Hirsch, Marcia Gay Harden, Catherine Keener (book by Jon Krakauer)

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

**127 Hours** (2010) Dir. Danny Boyle; James Franco, Kate Mara, Amber Tamblyn

**The Monuments Men** (2014) Dir. George Clooney; George Clooney, Matt Damon, Bill Murray (book The Monuments Men... by Robert M. Edsel)

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**Consumer Biz Talk**

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by Kevin Davies
That's my son Kyle, bright, headstrong, his own north star. A pleasure to watch him grow, though he's at an awkward stage. Just turned thirteen and he's developing a rebellious edge. Yet, his grades at Glen Ames remain high, and there's no conflicting news from his teachers. I wonder what's driving the wedge, compelling him to eschew our company?

The bitter winter is finally over. The streets are clear. Weekends, Kyle is “stoked” (his word), out on his skateboard dawn past dusk. Packs his iPhone, a lunch, and he rolls out our gate on Beech. He returns to scarf down dinner, packs a few granola bars, adjusts his ear-buds, and skates off again. Most days, Kyle makes it home by nightfall, shouts “Hi Mom”, and locks himself in his room under the eaves. Noise means he's streaming sports on his laptop; silence hopefully means he's not misbehaving on social media.

Today is Easter. At breakfast Kyle announces that he won’t be joining us for the Lions Club Parade. This is a first. It troubles me. Not the fact that he's growing independent, but the confrontational tone.

He thumbs some text as he speaks, “Gotta meet independent, but the confrontational tone.

They're familiar with the YouTube videos and Hollywood jokes. Megan pulls a face like she's inhaling a pipe of crack. Where she learned that, I'll never guess. Ko giggles along. “I think Mishter Bunny'sh in a drunken shtupor.” But her phone pings again, and she's distracted."

Eleven-year-old Megan is still keen. We meet our close friends the Matsudas, Haruki and Dolores. Their daughter Ko is twelve. She goes to St. Denis, near their home on Glen Manor. The girls hit it off, and they're still enthusiastic for the floats, the music, and especially mango tango ice cream at Ed's. They share secrets, giggle, and show each other images on their phones.

Just as the Easter Bunny arrives, tossing goodies to the kids, Ko's phone pings. She turns away and reads:

"< time 2 rock n roll… kyle airwalker >"  
"< 1br pau… ko-pilot >"  
"< ok brb time 4 rock2fakie… ky >"

Ko seems to have come back to earth. She and Megan are laughing again. So I ask, “Ever see such a skinny bunny, girls?”

They're familiar with the YouTube videos and Hollywood jokes. Megan pulls a face like she's inhaling a pipe of crack. Where she learned that, I'll never guess. Ko giggles along. “I think Mishter Bunny'sh in a drunken shtupor.” But her phone pings again, and she's distracted."

"< no deal 2moro skaters meet dundas sq hbu lmk… ky >"  
"< wfsn fier v-ball tryout… ko >"  
"< wpcm 2nute… ky >"  
"< ok kpe ;)… ko >"  
"< 1daful back2 grinding practice cu… ky >"

Such a refined girl, Ko, a stunning parental blend. And the girls seem close. Good thing Kyle's not here; he'd probably get in their way.

by Richard Ellen

If you think you can't do fitness because you're too stiff or have no strength, that's why you need to do it, explains YOGAthletix co-owner Guylaine 'Glenn' Julien. You don't have to be flexible to do yoga, yoga will improve your flexibility.

Glenn should know, after 25 years as a dancer, choreographer, certified fitness instructor, Hatha and Moksha registered yoga teacher and official trainer of the Toronto Argos Cheerleaders.

In early 2013, with Jamie Hoffeldt, a kinesiology, sports management and dance graduate, they opened YOGAthletix on Queen Street.

The studio is a welcoming space, full of natural light and the reception area hosts a gallery for local artists. The YOGAthletix philosophy, “everything in balance,” includes engaging with the community, providing workshops and special events for clients, most of whom are local. “We might invite a chiropractor or nutritionist, have a pre-natal workshop…” They've hosted musicians and helped local charities, doing fundraisers and offering space for events.

Glenn sums up, “we're passionate about what we do.” The programs are carefully designed to be non-intimidating and accessible to all. “People feel comfortable here. They get results.”

YOGAthletix
911 Queen St. E, Suite 201
647-748-0999
yogathletix.com

by Kevin Davies

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911 Queen St. E, Suite 201
647-748-0999
yogathletix.com
Welcome new neighbours

Anastasia Metro Hair Designs – 1908 Queen St. E.
Beach Toys – 1882 Queen St. E.
The County – 798 Queen St. E.
De Leco Coffee & Wine Bar – 2142 Queen St. E.
Farmacia Sanna’s Organic Juice Bar – 2096 Queen St. E.
Hola Café and Espresso Bar – 1298 Queen St. E.
LA Fitness – 3003 Danforth Ave. (Shoppers World)
Mathnasium – 1854 Queen St. E.
Mission Works – 1346 Queen St. E.
Madhüs Café – 982 Kingston Rd.
Oscar Coffee & Espresso – 2577 Queen St. E.
Sidemart Theatrical Grocery – 1362 Queen St. E.
Wood Firepit & Tap – 2084 Queen St. E.
Yellow House Gallery – 921 Kingston Rd.

On the Move (new location):
The Mortgage Coach – 943 Kingston Rd.
Savoury Grounds Coffee Co. – 283 Scarborough Rd.
(The Correction: Savoury Grounds was missprinted as being closed in the February/March Beaches life)

Thank you and best wishes:
Best Coffee House – 2377 Queen St. E.
BINZ – 1934 Queen St. E.
The Canadian Pie Company – 798 Queen St. E.
Dip’n Sip – 663 Kingston Rd.
Divine Gelato Lounge & Coffee Bar – 2142 Queen St. E.
EB Games – 2002 Queen St. E.
Kew Beach Galleries – 2008 Queen St. E.
Knead Bakery – 283 Scarborough Road
Seychelles Swimwear – 1749 Queen St. E.
Stack – 2124 Queen St. E.
Trim A Christmas – 336 Kingston Rd.
Yoshi’s Sweets – 2359 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. We will add you to the list in our next Beaches life magazine. Contact us at: info@beachesliving.ca or 416-690-4269.

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