LOOKING & FEELING YOUR BEST THIS SPRING!
WAYS TO LOVE YOUR MOM
COMMITMENT, ROOT TO SUCCESS
FIDDLING AROUND IN THE GARDEN
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Life-Changing Moment for Six Nations’ Musician

It was a life-changing moment. Just hours after “The Lucky Ones” was released, it was the No. 1 song in Canada, performed by Canadian music artist Logan Staats. The 29-year-old musician from Six Nations Reserve had become the first winner on The Launch, a new music competition show on CTV.

First aired this January, each episode of the series follows five emerging musicians working with famous mentors that compete for a chance to have a debut single released commercially.

The mentor for Staats’ group was Canadian superstar Shania Twain. Although first daunted by the thought of working with the best-selling female artist in Canadian country music history, Staats said that she quickly put him at ease. “She is one of the loveliest women I’ve ever met,” he says, “And when I was freaking out about the process and performing in front of so many people, she was my True North, keeping me focused and calm.”

Staats also was able to share common experiences with Shania about what it’s like when you feel that you don’t belong.

Staats was born in Ohsweken, Ontario, a village on the reserve, but because of his grandparents’ experience at the local residential school, his family pulled him out of the reservation school and sent him to school in Brantford.

“They had a very negative experience,” says Staats, referring to the residential school that served the Six Nations community. “By the time he’d left school, my grandfather wouldn’t even admit he was Native Canadian.” As a result, Staats missed out on knowledge about his own culture. But worse, it meant he didn’t fit in either place.

“The trouble was,” he explains, “I didn’t know where I belonged. I was seen as an outsider in my own community, but outside the community, I was still Native.”

After years of living away from Six Nations, Staats made the decision in his early twenties to return to where he was born and rediscover his roots. He had begun to make a name for himself as a singer-songwriter and spent a lot of his time working with local musicians and being part of the local cultural gatherings.
Within a few years, Staats went from local bars to bigger venues. At 26, he released his first album, Goodbye Goldia, dedicated to his grandmother, Goldie Staats. He then became front man for the funk rock band Ghost Town Orchestra. The album won him an Aboriginal People’s Choice Music Award, followed by all three of the Indigenous Aboriginal Awards available to First Nations musicians/artists. When looking for unsigned musicians to compete on The Launch, Staats was scouted to audition. He was one of 30 artists selected by show producers from 10,000 applicants. When describing his music, Shania wrote, “He’s so commanding…he’s a little bit mysterious. Makes you want to know him more…being captivated like that is what an audience needs...to cut through the noise.”

When the first episode aired January 10, Staats knew he’d won but he had to keep it a secret when he gathered to watch the show. The local Brantford bar was packed with people from his Six Nations community, including Chief Ava Hill. His father, his mother, and then many others started to cry with joy when the announcement was made. At the time, he was holding his 8-year old daughter, Ryleigh, who’d been a part of the entire process. Staats is currently in Nashville working on his next album, where he is writing and collaborating with who he describes as ‘big name’ writers. As the winner, Staat’s recording of “The Lucky Ones”, a song written by music mogul Scott Borchetta, was immediately released to the public. You can hear the new single on all iHeartRadio Canada platforms, and is available to buy and stream everywhere, including Apple Music, iTunes, Spotify, and Google Play.

Continued from page 5...

“I had to earn my stripes there, and prove myself”, he explains, “It was a struggle for both me and my community.”

Staats’ music clearly reflects the struggle of belonging, from a personal sense and from the viewpoint of Native Canadians. Although there are no traditional drums or chanting in his music, Staats says you can hear the struggles he went through, and still goes through, in his voice. “And the history of my people and their struggle is embodied in what I do.”

When it comes to music, Staats had a sense of his voice as an “instrument” for as long as he can remember. “I used to sing when walking to and from school,” he recalls, “mostly from Disney shows, I think I thought I was Simba on the Lion King!”

Ryleigh, who'd been a part of the entire process. Staats is currently in Nashville working on his next album, where he is writing and collaborating with who he describes as ‘big name’ writers. As the winner, Staat’s recording of “The Lucky Ones”, a song written by music mogul Scott Borchetta, was immediately released to the public. You can hear the new single on all iHeartRadio Canada platforms, and is available to buy and stream everywhere, including Apple Music, iTunes, Spotify, and Google Play.
Commitment is a word we often hear these days. A company says it is “committed” to customer service, or we read about an individual’s “commitment” to a particular cause or interest. But there is a lot more to the word than simply stating it. The origin of commit is a promise or pledge that may take many years of hard work and patience to fulfill.

To truly succeed, we need to focus on how we get there as well as the goal outcome. Commitment is both the promise and the actions that go with it.

Consider the Story of Walt, as an Example

Walter Elias “Walt” Disney was born on December 5, 1901. During his lifetime, Walt Disney founded Walt Disney Productions, won 22 Academy Awards, and was the founder of both Disneyland and Walt Disney World.

Walt Disney is a great example of commitment. He didn’t just set out a goal to create memorable characters and then wait for his dream to happen. He remained committed to his goal until the day he died. For many years of his life, this meant working toward his goal even when things didn’t go his way.

As a young man, for example, Walt was fired by a newspaper editor because “he lacked imagination and had no good ideas.” Then, when Walt Disney formed his first animation company, it failed so badly that he had to dissolve the company in order to pay his rent. Next, he created Mickey Mouse. But his beloved mouse was rejected by MGM studios because the executives in charge were afraid that a giant mouse on the screen would terrify women!

Even when Walt came up with his brilliant creation, Snow White, everyone around told him that it was a bad idea. But when the movie was finally released, it received nothing short of a standing ovation. The success of the film allowed him to start on all of his other feature films.

There are many others, like Walt, who also show us the power of commitment. You may know some in your own life. It’s something each of us can strive for, even if we are not a famous animator.

Rather than thinking about your goal as a huge achievement, split it into smaller steps. Learn one chapter at a time, write a paper one section each day, take a course one season at a time. By dividing your large goals into smaller steps, you can get to the ultimate goal, no matter what detracts you along the way. And THAT is commitment!

“IF YOU CAN DREAM IT, YOU CAN DO IT. ALWAYS REMEMBER THAT THIS WHOLE THING WAS STARTED WITH A DREAM AND A MOUSE.” – WALT DISNEY
What’s brilliant dark green, comes in a beautiful shape, and is chock-full of nutrients? It’s the Canadian fiddlehead from the Ostrich fern. Fiddleheads are the curled, edible shoots before they unfurl. They get their name from their shape – a fiddlehead!

Loaded with vitamin A and C, and high in potassium, these seasonal delicacies are a nutritional powerhouse, rich in antioxidants and a great source of fibre and omega-3 fatty acids.

Ostrich ferns are in their coiled form for only about 2 weeks (in May in eastern Canada). Grown new in flood plains, rivers and streams, fiddleheads are most abundant in New Brunswick, southern Quebec and southern Ontario. During the rest of the year, you can buy them frozen at specialty food stores.

**Fun Fiddlehead Facts**

- All ferns have fiddleheads, but in North America, the only ones safe to eat are from the Ostrich fern (a fern considered non-toxic).
- Fiddleheads have been a staple spring vegetable in the Maritimes for hundreds of years. The earliest people known to consume the plants were the Malecite and Mi’kmaq tribes of southeastern Canada
- Fiddleheads continue to grow in popularity. There are now commercial fiddlehead farms popping up in Ontario, Quebec and the Maritimes, with sales in the millions of dollars.
- Mother’s Day is the traditional time for fiddlehead picking!

**Cooking with Fiddleheads**

- These spring delights have a similar flavour to asparagus, and goes well in soups, salads and pastas.
- Fiddleheads do need to be stored, prepared and cooked properly. Health experts advise it is not good to eat them raw. Cook before sautéing, frying, baking, and follow cleaning guidelines (issued by Health Canada).
- Cook fiddleheads in a generous amount of boiling water for 15 minutes or steam them for 10 to 12 minutes until tender. Discard the water used for boiling or steaming the fiddleheads.

**Cleaning**

- Using your fingers, remove as much of the brown papery husk on the fiddlehead as possible.
- Wash the fiddleheads in several changes of fresh, cold water to remove any residual husk or dirt.

### Fresh Fiddlehead Potato Salad

**Ingredients:**

- 3 lbs (1.3 kg) fingerling potatoes
- 1 cup (250 mL) fresh fiddleheads
- 2 tbsp. (30 mL) capers (optional)
- 2 tbsp. (30 mL) mayonnaise
- 2 tbsp. (30 mL) sour cream
- 2 tbsp. (30 mL) grainy mustard
- 1 tbsp. (15 mL) dill, chopped
- 1 tbsp. (15 mL) parsley, chopped
- 1 tbsp. (15 mL) rice vinegar
- 1 tbsp. (15 mL) dill pickle, chopped
- 2 tsp. (10 mL) salt
- Fresh black pepper

**Method:**

1. Slice the potatoes and boil in lightly salted water until soft, about 12-15 minutes. Drain and cool in the fridge.
2. Cook the fiddleheads according to listed instructions.
3. Add the mayonnaise, sour cream, mustard, herbs, vinegar, pickle, salt and pepper into a mixing bowl. Toss lightly.
4. Add chilled potatoes to the bowl of dressing and adjust seasoning.

Goes well with grilled salmon.
Daylight Saving Time is here again, and with it comes an extra hour of sunlight. Suddenly, we all are looking again to being outdoors and take advantage of that extra hour. May use it for a project you’ve been planning to do, or something that you started but never completely finished. But with more light and the energy of a new season, why not tackle one each weekend!

Clear out one piece of clutter
Many of us have a piece of furniture or décor that we don’t need or use anymore. It probably just sits in our home, either using up living or storage space. Make a plan for a weekend to donate at least one unwanted item where it can be re-sold, reused or recycled. You’ll love the space it gives you once it is gone.

Turn shabby into chic
No doubt, you either have a tired-looking piece of furniture that needs a coat of paint, or a painted piece that’s chipped and worn. In a couple of hours, you can turn something shabby into something that gives a bright new look to your home or your garden. There are many kinds of paint available for covering wood, plastic or metal.

Switch out the pillows
Decorative pillows are a great way to make a transition from one season to another. Replace pillows or pillow covers with clean, bright choices for spring and summer. Also, change up chair pads outdoors, and perhaps add a new tablecloth for the patio. There are lots of options at outdoor furniture centres, and fabric stores carry dozens of great indoor-outdoor fabrics.

Clean up
Everyone has a closet, a storage space, even a back porch that has become a place to pile items that need to be put away, given away, or perhaps tossed. Take on the challenge of cleaning up the space. Decide exactly what you want to use the space for, then pull everything out, remove what doesn’t belong and organize before you put items back.

Prepare the picnic basket
Before long, you’ll want to head out for an outdoor adventure. Take a moment to get your traveling items in order. Clean out your cooler or picnic basket, wash the table cloth, make sure you’ve got a supply of napkins, clean unbreakable dishes, water bottles and utensils.

Take 2 hours to fix it
Set yourself a time frame to fix a few small items. You’ll be surprised how good you feel afterward! Perhaps this is hanging a picture, oiling a squeaky door, re-gluing a piece of wobbly furniture, getting a stain out of a rug, even repairing small cracks or holes in walls.
For many people, back pain is a fact of life. In fact, back pain remains one of the most common reasons to visit the doctor, chiropractor or physiotherapist.

In most instances, back pain is caused by overuse and muscle strain or injury. But there are many lifestyle habits you can adapt to reduce the risk of injury, minimize back pain, and prevent its recurrence and speed recovery.

**Exercise** — One of the best things you can do to prevent back pain is to be physically active. A regular and varied exercise program eases pain and stiffness, strengthens muscles and bones, and improves flexibility. Stretching exercises with gentle movements such as Yoga, Pilates or Tai Chi are ideal, especially for older adults.

One type of exercise that is safe and helpful for people with virtually any back problem is aquatic exercise (swimming or some kind of aqua fit program).

**Proper posture** — Your great aunt was right. You need to stand and sit up straight! Poor posture such as slouching, hunching over a desk, leaning against a cell phone, standing too long with a sway back, can make your back ache the next day.

**Watch those extra pounds** — Excess pounds shift your center of gravity forward. This extra weight creates added stress on your lower back. Those who have lost weight often notice a dramatic difference in their back pain.

**Eat for strong bones** — Make sure you are getting calcium and vitamin D. We all learned how calcium builds strong bones, but Vitamin D is equally important for your spine because it helps your body use that calcium you get from foods to make your bones stronger.

**Wear proper shoes** — Preventing or easing back pain can be as simple as wearing the right shoes. Shoes with high heels can throw off your posture and place unnecessary stress on your back. Look for the right shoes for walking; consider getting customized insoles, and when wearing a higher heel, consider arch supports (and possibly a change of shoes for later in the evening!)

**Not smoking** — Research has shown a high prevalence of back pain among smokers. One suspected reason is that smoking damages the blood vessels that supply the back. In addition, cigarette smoking is bad for your bones.

**Simple Back Exercise**

**The Shoulder Blade Squeeze**

This is a great exercise for helping you develop better posture as well as counter the effects of hunched “computer” shoulders. It also feels great, almost like you’re getting a massage!

Sit on an armless chair or a stool. While maintaining good posture, pull your shoulder blades together. Hold for five seconds and then relax. Repeat three to five times twice a day.
Looking good leads to feeling good, feeling good leads to feeling empowered. There is no doubt that the two are related.

When we take care of ourselves, that is, exercise, eat healthy, stay hydrated, and get enough sleep, we automatically feel good. And when we feel good, we automatically glow from looking good.

So how do you do this? A lot of it has to do with how you treat yourself, that is, be kind to both your body and your mind.

Feed yourself well: Pay attention to nutrition, add in those green vegetables and whole grains, avoid sweets and too much sugar. But give yourself a break as well. Sometimes you just have to eat that piece of birthday cake.

Move around a lot: Your body loves it when you stretch, move, jump, walk, wiggle and roll. It happens when you exercise and it also can happen during the day when you take a break from sitting.

Water yourself: Our body also loves it when you drench it in water. Drink your 8 cups of water a day to keep your body happy.

Dress yourself up: Your mind loves it when you're dressed in something that makes you feel strong, beautiful, or powerful. Pay attention to what you put on. Feel the difference when you wear something bright and bold.

Take care of your skin and hair: Protect your skin from the sun, keep it hydrated and nurtured according to your skin care needs. Refresh your make up. Ask about the right treatments for your hair to keep it shiny and healthy.

Treat yourself: There are wonderful body treatments that enhance your appearance as well as your well-being. Consider a massage or foot reflexology. Book a mani/pedi for the spring or indulge in a skin care facial.

Listen to yourself: Your body tells you what it needs. If you have aches and pains, ask a health care professional what you can do to feel better. There are many options available from exercise programs to various home and clinical treatments.

Be kind to yourself: A constant diet of negative self-talk can undermine your appearance like junk food. When you find yourself thinking something negative about yourself, for example, I can't do that, turn the phrase around and tell yourself, “I'm good enough to give that a try.”

If you look your best, you feel your best; and before long, you will find that doors open for you, and that people want to be around you.

Come to the Beaches| life Spring Wellness & Beauty Event on Sunday, April 8th.
You can find local wellness, health and fashion experts under one roof. For event information, see page 2 or visit beachesliving.ca/wellnessbeautyshow.
Get Your Hands Dirty This Spring

We’ve made it through a snowy, cold winter. Getting back into the garden seems even more exciting this year as we watch the first signs of plants pushing through the ground. There’s real satisfaction in digging in the dirt, like when we were children and played in the mud! Sure, you’ll want to wear gloves to protect your hands, but there’s nothing quite like holding plants with your hands and clearing out space for this year’s garden, whether it’s in a backyard garden or on a balcony container.

Houseplants

Spring is the best time of the year for your houseplants. Dust the leaves, prune back dying or lackluster foliage and consider re-potting to give plants fresh nutrients.

Outdoor Gardens

Early spring is a good time to plan your outdoor garden, whether you go big or stay small. A few practical points to consider:

How much space do you have? You may only be able to have a single window box or planter, but with bold, bright flowers (or vegetables), you’ll benefit from seeing your plants grow and bloom until fall.

How much time do you have? Think about the size of your garden and your personal schedule. Weeding and pruning take time so you may want to limit yourself to one or two containers. If you have a bit more time each week, consider a small garden bed, plus containers. If you can devote several hours a week, plan for various gardens, perhaps a mix of flowers, vegetables, and containers.

Where do you spend your time?

If you spend a lot of time on an outdoor patio, deck or balcony, you’ll want to have some beautiful blooming plants, or perhaps, an herb garden. Consider placing fragrant plants nearby such as a honeysuckle bush, lavender, or varieties of the Nicotiana flower.

What is best for your ability?

If you’re an experienced gardener, you may want to try a couple of exotic plants such as rhododendrons, that prefer a specific kind of soil. If you are a new gardener, pick something that you’ll know is easy to grow, such as geraniums or green beans.

Raised garden beds are great for anyone who has difficulty bending over (or kneeling to weed). You can also more easily control the soil conditions.

Plant what you love

Some love flowers, some only want to grow vegetables, others plant fruit trees! Depending on your space and time, plant what you love. You’ll be much more likely to take care of what you are growing!

Start as early as before the last frost

If you really want to get a head start, you can plant onions, peas and spinach outdoors in Ontario as soon as the ground can be worked (e.g. early April).
The spring/summer 2018 fashion trends are bright, bold and beautiful. Best of all, you can be in style with a complete new outfit, or just by adding one piece. It could be a bold scarf, loose fitting shirt, tangerine coloured pants, or just a patterned bag.

The trick is – if you think you are breaking the rules, you probably are doing it right!

Here are some top rule-breaking trends for the season:

• It's all about mixing and matching different prints and patterns in the same outfit: tartans with stripes with florals.
• Similar to the above, mix and match items, for example, a conservative checked-patterned suit with a floral blouse; sneakers with a flirty dress.
• Choose fabric designs that you wouldn't typically associate with clothing, for example, the printed floral this spring may look like they belong on a tablecloth, but they are totally on trend!
• Look for shoes and boots in patterns. Yes, no longer just plain colours. Footwear is now available with graphic prints, designs and florals.
• Same with men’s jackets: no more just a “navy” blazer. The very bold are choosing blazers and suits that remind some of upholstery!

Thanks to the ingenuity of the designers, here are some of the many pattern options. Better still, you’ll find them on scarves, shoes, ankle boots, jackets, skirts, jumpsuits (yes, they’re back!), backpacks, ties, loose flowing tops and dresses, the new “sleeveless jacket”, and T-shirts! You can choose your style head to toe, or just embellish with an accessory!

• Stripes All Over: vertical, horizontal, diagonal, pinstripe, dashed; all different versions of stripes
• Logomania (design and company logos on everything)
• Checks and Tartans mixed together
• ’60s Florals, distinctive by their graphic shape, size and colours (orange)
• Black and White Polka Dots
• Rainbow Patterns (the entire rainbow)
• Animal Patterns
• Cartoon Prints
• Tropical Prints, look for hibiscus flowers and palm leaves Art Inspired Prints (e.g. “Monet” shirts, “Degas” bags)
• Bold Abstract Prints, large swirls, bold geometric shapes
• Pop Culture Prints
• Statement tops, e.g. shirts that bear some kind of a statement, such as “Girl Power” or “Dog Lover”
25 ways to Say...

With Mother’s Day on Sunday May 13, you might be wondering what you can do this year. Here are some ideas for Mother’s Day, or any day when you feel like celebrating your mother. Many cost only your time, sure your mom will be grateful!

1. Write, call, illustrate or send a photo of a specific occasion that you remember when you had a great time together.
2. Visit her (or talk with her on the phone or a tablet).
3. Ask what chore she’d mostly want to be done, and get it done for her!
4. Make her dinner.
5. Call up her favourite radio station and see if they’ll dedicate a song to her at a time she’s probably listening.
6. Wash her car.
7. Go for a mani/pedi together.
8. Make her a special video.
9. Take her to a favourite activity, could be the theatre, a movie or a baseball game.
11. Create a playlist.
12. Go with her to her community group (e.g. social club or church).
13. Ask for advice!
14. Plan a day-long “road trip”, perhaps with another sibling.
15. Help plant her spring garden.
16. Help her out for afternoon tea.
17. Go shopping with her.
18. Sincerely tell her what a great mom she has been and what a happy childhood you had.
19. Then, remind her how much you love her.

Looking for more inspiration? Why not collect the best quotations about mothers and share them with her!

“Most mothers are instinctive philosophers.” – Harriet Beecher Stowe

“God could not be everywhere, and therefore he made mothers.” – Rudyard Kipling

“Behind all your stories is always your mother’s story. Because hers is where yours begin.” – Mitch Albom, For One More Day

“My mother thinks I am the best. And I was raised to always believe what my mother tells me.” – Diego Maradona
Caring for your Cabinets

Cabinets and built-ins can represent a substantial investment as part of your home. Here are a few tips to preserve that added value and delay the need for refinishing or replacement.

1. Mind the gaps
   a. Are doors and drawer fronts rubbing or bumping into each other? These are adjustable. Maintain those gaps. It can be as simple as adjusting door hinges and drawer slides, or tightening loose screws. Once the finish is worn or damaged at the edges and corners, problems will start. More on this later.
   b. When you see that the finish is suffering a bit, try touching up those spot areas. Your cabinet supplier or local paint store can help.

2. Cleanliness is next
   a. Paint and wood finishes need to be cleaned regularly. Dried bits of food and beverage can severely damage the finish. Be careful with water-based finishes as some of the older cleaners can damage the finish, especially if ammonia or bleach is involved. Yeah Windex, I’m looking at you! A slightly damp cloth followed by a dry micro-fibre cloth is the safest. For stubborn areas, add dish soap to this cleaning regimen. Remember, wood hates water! Immediately dry any water.
   b. Quartz counters can also be cleaned with water and a bit of dish soap if needed. Check with your quartz supplier about using more aggressive cleaners though. For example, diluted Simple Green can work very well as a de-greaser.

3. It all comes down to the edges
   a. A design professor used to say “Look after the edges and they will look after you.” Good advice.
   b. Most cabinets are made of fabricated panels that are edge banded, that is, a thin strip of wood or plastic is glued on the edge as protection. It looks good too. The issue is that an edge that is too thin offers virtually no protection from those inevitable little bumps and wear. The edges can shred and peel off. You can prevent wholesale destruction by re-gluing the edges as soon as you notice an issue. Your hardware store can help you with finding the right glue.
   c. Thicker edges are less of a problem. These edges offer more edge protection than those infernal skinny edge-tapes. Look for thick edge banding when you are contemplating a new purchase. The kitchen or built-in will last a lot longer.
   d. How you work in your kitchen makes a big difference to its longevity. Take care to lift, not drag, heavy items in and out of your cabinets. Those things are rough on the edges. Here is where plenty of drawers help a lot. A short lift beats crawling around on your hands and knees dragging stuff out of your cabinets, right?

by Kevin Karst – kevinkarst.com

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by Kevin Karst – kevinkarst.com
Hollywood Movies Starring

Hollywood north has become an industry favourite for big budget film companies. With state-of-the-art studios, amazing CGI (computer-generated imagery), highly skilled crews, super talent, generous tax incentives and a city that can look like anywhere from 1950s Baltimore to a futuristic fantasy world.


*American Psycho* (2000) Dir. Mary Harron; Christian Bale, Justin Theroux, Josh Lucas


*Hairspray* (2007) Dir. Adam Shankman; John Travolta, Queen Latifah, Nikki Blonsky

*Scott Pilgrim vs. the World* (2010) Dir. Edgar Wright; Michael Cera, Mary Elizabeth Winstead, Kieran Culkin

*Kick Ass* (2010) Dir. Matthew Vaughn; Aaron Taylor-Johnson, Nicolas Cage, Chloe Grace Moretz


*Take This Waltz* (2011) Dir. Sarah Polley; Michelle Williams, Seth Rogen, Sarah Silverman

*Suicide Squad* (2016) Dir. David Ayer; Will Smith, Jared Leto, Margot Robbie

*The Shape of Water* (2017) Dir. Guillermo del Toro; Sally Hawkins, Octavia Spencer, Michael Shannon

It’s spring, which means it’s time for new beginnings. Come into LivingLIGHTING Beaches today to see our wide selection of ON SALE lighting. Let our experts help you find the perfect fixture to refresh your space. Hurry in – sale ends May 28, 2018, while supplies last. Bulbs extra.

SALE $749
Maverick by Monte Carlo

SALE $429
Celestra by Kendal

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Alexa, Siri, Google: you may already have one of these "voice assistants" in your home that answers your questions, plays music, even gives updates on the weather.

For those who are wondering about the differences between the three smart home devices, or what they actually do, here’s some helpful information.

**The History**

First came the Echo, featuring the cloud-based voice of Alexa (2014). Created by Amazon, Echo is a 9-inch tall cylinder speaker that now integrates with several other related devices: Amazon Tap (a portable Echo), Amazon Dot (formerly Spot, an alarm clock), Amazon Echo Look (for fashionistas), and Amazon Echo Show (which enables video calling).

In late 2015, Google released its own smart home device called Google Home. Google Home features Google Assistant who, like Alexa, answers your questions. Unlike Alexa, Google Assistant uses natural language processing, which many claim improves reliability.

Then, Apple launched Apple HomePod in June 2017, featuring Siri (a voice iPhone users know because of their cell phones). Unlike Alexa and Google Assistant, Siri can't distinguish voices. As long as you address her as Siri, she'll answer you.

**What's the Difference?**

Everyone has their favourite, partly depending on brand loyalty. But here are some differences worth noting:

Google's main Home device is nearly identical, in terms of functionality, to Amazon's main Echo. However, when you're deciding between the three devices, you're deciding between three ecosystems. Amazon got a head start on Google, which in turn had a head start on Apple, so there are more Amazon Echo devices. The others, however, are bound to catch up.

**What's Best for You?**

If you have an Android phone that already uses Google Assistant, you're better to stick with Google Assistant-powered devices like Google Home, Google Home Mini, or Google Home Max.

If you have an active Amazon Prime account, you might prefer the Echo range of speakers, plus you can take advantage of Prime discounts and deals.

If you are an iPhone user and love your music, Apple HomePod comes equipped with impressive features that give 360-degree sound. In addition, the sound quality is much higher, partly because the device is equipped to analyze a room’s acoustics to adjust the sound based on its location. Plus using Siri, you can control the music on HomePod with your voice, and through Apple Play, bring in something like 45 million songs into your home.

**Just because you need to know...**

Smart home devices offer convenience, variety, even fun, with millions now installed in homes across North America. Remember, however, that these devices are always waiting for voice commands, they are ALWAYS listening! Those concerned with privacy might want to know that such devices could be hacked. There are ways to protect yourself. You can go into the properties of your devices and make adjustments, such as turn off microphones or erase history of voice recordings. Check websites for specific instructions.
Newfoundland, Canada’s most easterly province, entered the Canadian Confederation on March 31, 1949, as “Newfoundland” and on December 6, 2001, an amendment was made to the Constitution of Canada to change the province’s official name to “Newfoundland and Labrador”. There are only two ways of getting to Newfoundland: by air or by ferry.

This Atlantic province is a vast expanse of natural beauty featuring a variety of terrains, hiking and walking trails, whales, icebergs, quaint fishing villages, handmade crafts, festivals, and unique local cuisine. A trip to the picturesque northern eastern town of Twillingate encompasses all of this and is worth the adventurous drive. The residents are welcoming, warm-hearted and very proud of this hidden gem in Newfoundland.

**LIVE:** Experience living in a traditional 100 year old plus home and stay at “Ches’s Anchor View”. It overlooks the Atlantic with a spectacular view of “Iceberg Alley” and is close to all the activities in Twillingate. Kevin, the owner, is very personable, accessible and helpful.

**EAT:** There are several places to choose from that feature home cooked meals. “Annie’s Harbour Restaurant”, in the heart of Twillingate, has a beautiful view of the harbour. “The Cozy Tea Room” serves up delicious lunches, dinners and homemade baked treats and also sells wonderful hand-knit items. For a special fun night out, enjoy dinner and live theatre at “The Twillingate Dinner Theatre” where the wait staff surprise you with star rolls in the entertainment after dinner.

**PLAY:** Chasing icebergs and hiking the “Trails of Twillingate” should definitely be on your to do list. Start your morning with a visit to the “Twillingate Museum”, which highlights the history, culture and people of Twillingate. The craft store displays a fantastic selection of affordable handmade items and the trail behind the museum leads to some panoramic views. Continue on to the town of Crow Head and explore the Lighthouse/Lower Head Trail. Take a break and stop by the “Crows Nest Café” for some light refreshments and then head off to Lighthouse/ Cuckold’s Point Trail for another exciting adventure.

On a different day, take a short drive north to French Beach/Spiller’s Cove Trail and tackle the hike. You may be lucky and find a giant iceberg lodged in the cove. There are other trails to explore in Twillingate and it’s always a treat to pack a few Iceberg beers in your backpack or plan a small picnic along the way.

Hopefully, “The Split Peas” are still performing during your trip and you can catch a live performance. Whatever itinerary you create, a visit to Twillingate will leave lasting and fond memories and a glimpse at daily life in a precious small town in Newfoundland.

by Dorothy Hunt
As a homeowner, you need to insure your house for replacement costs so that, in the event of serious damage or destruction, you have adequate coverage. If you drive a vehicle, auto insurance is required by law across Canada. It covers the owner/driver, passengers, pedestrians and property involved in a vehicle collision.

Insurance can be costly. But there are ways to save money if you ask the right questions, know your options and are willing to put in some research.

**Step 1:** What are your specific insurance needs?
Before you contact an insurer, find out the following:

- What coverage is mandatory for your vehicle? What's optional?
- What is the replacement value of your home and its contents?
- If your business is home-based, what losses would you face to your business if there was a break-in or a fire?
- Do you belong to any industry associations that offer a group rate?
- If you have taken an approved drivers' course, new drivers get a break on premiums.

**Step 2:** Consider “bundling”, that is, arranging multiple policies with one insurance company.
Most companies offer multi-policy discounts or loyalty programs when you combine home and auto insurance, or insuring a cottage, boat, or recreational property with the same company as your primary residence. Business owners can also combine multiple types of business coverage such as Directors’ and Officers’ Liability, Commercial Property and Special Events Liability.

**Step 3:** Know your options for buying insurance
There are 3 ways to buy insurance:

- Directly from a private insurance company, called a “direct writer” (You can contact the Canadian Association of Direct Relationship Insurers (CADRI) or call 416-773-0101 for a list of CADRI members.)
- Through an agent who sells insurance for just one company (ask a trusted friend or relative for a referral)
- Through a broker who deals with multiple insurance companies (ask a trusted friend or relative for a referral)

In addition to a personal referral, you can also contact your provincial insurance brokers’ association or the Insurance Brokers Association of Canada.

**Step 4:** Ask the right questions
Are you appropriately licensed in this province? To verify that an agent or broker is licensed to sell insurance, contact the licensing body for your province.

- Are these the lowest policy prices?
- How can I save money by changing my deductible?
- What are the cancellation rules?
- Is the claims service available 24/7/365?
- If I’m in a vehicle collision and it’s my first one, how will it affect my premium? What happens after one or more speeding tickets?

Learn more
The Insurance Brokers Association of Canada (ibac.ca) and the Insurance Bureau of Canada (ibc.ca/qc) offer independent advice and resources to guide you on all things insurance, including how to read a policy, how insurance works, types of coverage and filing a claim.
Did it make you do the event this year? Get caught up and relive the day on video and in photos at beachesliving.ca/kids

Participating Businesses:
- Applegrove Community Complex 416-461-8143, applegrovec.ca
- Avalon Children’s Montessori School 416-686-6621, avalonmontessori.ca
- Balmoral Beach Canoe Club 416-693-1063, balmybeachcanoe.com
- Beaches Reading Clinic & Simply Math Tutoring 416-319-7921, beachesreadingclinic.ca
- Boston Pizza – Lakeshore & Leslie 416-778-4700, bostonpizza.com
- Bricks4Kidz Beaches Leslieville 416-302-4983, bricks4kidz.com
- Creswell Dance Academy 416-686-0246, creswelldance.com
- Classical Martial Arts Centre CMAC 647-258-7469, cmacbeaches.ca
- Cherry Beach Soccer Club 416-367-4359, cherrybeachsoccer.ca
- Canada First Academy 647-973-9555, canada1stacademy.com
- Cherry Beach Swim Club 416-449-8823, northmount.com
- Creswell Dance Academy 416-686-0246, creswelldance.com
- DeSantos Martial Arts Studio 416-699-5078, desantos.ca
- For the Love of It Performing Arts Centre 416-691-0253, fortheloveofit.net
- French Tutoring Centre 416-516-9990, frenchtutoringctr.com
- Jack Of Sports 416-489-4777, jackofsports.com
- Little Kickers 600-903-5437, littlekickers.ca
- Mayfair Clubs 905-475-1150, mayfairclubs.com
- Metropolitan Preparatory Academy 416-285-0870, metroprep.com
- Monarch Park Stadium 416-466-2255, monarchparkstadium.com
- Northern Karate Leslieville/Beaches 416-550-7548, northernkaratesleslieville.ca
- Northmount School for Boys 416-449-8823, northmount.com
- Power Soccer 416-425-6062, powersoccer.ca
- Rooks to Cooks 833-243-3862, rookstocooks.ca
- Scarboro Music 416-699-8333, scarboromusic.com
- Scarborough Swim Club 863-267-7227, scarswimming.ca
- Toronto Beaches Kumon Centre 647-352-9615, kumon.com/ca-en/toronto-the-beaches
- Toronto Premier Gymnastics 416-461-8998, torontopremiergymnastics.com
- Variety Village 416-699-7167, varietyvillage.ca
- Waverley Road Baptist Church 416-791-8155, waverleyroadbaptist.ca
- Toronto Police 55 Division 416-694-3054, torontopolice.on.ca/d55
- Toronto Fire Services 416-285-0870, toronto.ca/fire

Beaches Living would like to thank everyone who came to the 11th Annual Beaches Kids Program Open House, the local businesses who showcased their programs and services to help kids live their dreams, and to our community members for their support to the Daily Bread Food Bank. A special thanks to our event volunteers Laurelle Campeau, Steve Hozan and Sandy Salem.

Thank you to our event sponsors for your community support.

COMMUNITY ENVIRONMENT DAYS
WARD 32 – May 17, 4-8pm
Ted Reeve Arena, 175 Main St.
WARD 36 – May 24, 4-8pm
Scarborough Village CC, 3600 Kingston Rd.
WARD 30 – July 1, 10am-2pm
Bridgepoint Hospital, 1 Bridgepoint Dr.
For details and schedules visit:
toronto.ca/environment_days

CLEAN TORONTO TOGETHER
CORPORATE & SCHOOL DAY: April 20
COMMUNITY DAYS: April 21 & 22
For more information visit:
toronto.ca/livegreen

Perfect Predictions!

BeachesLife 2018
Oscar® Challenge Winners
Bel MacLellan and Carol Deacon – AMAZINGLY PERFECT – 8 of 8 correct predictions!
WINNER of Share Your Personal Picks
Susan Hogarth
(random computer generated choice).
Bel, Sarah and Susan have each won a pair of movie passes to the Alliance Cinema in the Beach. Thanks to everyone who participated – see you next year!

“A stroll to the lake always starts off my day on the right foot, especially if I can catch a sunrise and hear spring songbirds.” – Chris O.
Do you recognize it?
Tell us where the Secret Beaches Spot photo was taken, and you could win two Beach car/window stickers of your choice.
Email your answer by May 10 to info@beachesliving.ca.

Send us a photo of your Secret Beaches Spot with a brief description.
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Email your photo: info@beachesliving.ca.
TOP TIPS FROM A SUCCESSFUL VENTURE

For the past 11 years, Beaches|Life has hosted a successful Kids Program Open House for families and businesses in the community. By meeting directly with local business owners, and talking to so many community members, we’ve learned a thing or two that would like to pass on to other business owners.

Whether you have been in business a long time or are just starting, or you have a large rather than small size business, we hope you’ll find these ideas and tips helpful.

SAVE YOUR CUSTOMERS TIME

Most people these days don’t have a lot of time for browsing at various stores, checking out the products and comparing services. Anything you can do to help them find what they want quickly, compare choices easily, and make up their minds so they can get on to their next stop, is all worthwhile.

TELL THEM EVERYTHING YOU DO

Regular customers, even new customers, tend to think of you for one specific item, e.g. the best place to buy fresh bread. They won’t, however, know about other products and services you provide (perhaps catering, or fresh dough) unless you tell them or find a way to let them know. What additional services do you provide? What products do you have that may not be easy to find in your store?

COMMUNICATE AND LEARN

The more customers get to talk with you and know you, the more likely they’ll return again and again to buy from you. We noticed that our event provided a venue for lots of talking between business owners, as well as to customers.

ONE STOP

When you need a pair of athletic shoes for a specific reason (running, playing squash, hiking, etc.), it’s so much better when you can get reliable, objective advise from someone who knows. This kind of one stop shopping makes life easier and increases the likelihood that you’ll make the right buying decisions.

VALUABLE FEEDBACK

One of the greatest benefits any business can receive is feedback, positive AND negative. Ask, find out, and listen. In fact, there’s an old saying that when a business owner fails to get feedback, it’s a sign of a business in trouble!

WHO’S WHO

Networking, in order to align with other business owners, forms alliances for joint promotions and services, which is a huge benefit for businesses as well as customers. It doesn’t happen when you’re too busy in your own store, but if you make the time to know your neighbours, the results can be invaluable!

While studying for her nursing degree at Ryerson University, Christina Mitanidis worked at a well-known Toronto skin care spa. It was then that she began to learn about the skin care industry. She discovered that she want to provide the services that is not just about selling products but serving clients by providing professional skin care treatment.

So, she had an idea for a medical grade skin care spa that would be intimate, personal, and without a lot of overhead which could keep up a high standard of customer experience. The single focus would be advanced levels of skin treatments. “We had made a conscious decision from the beginning to not try and be everything to everyone,” says Christina.

The dream came true last June when Clinique de Mode opened its doors. Christina is thrilled with the result, “the response has been beyond my expectations. We are now booking a month out because of the great support we’ve had from the local community as well as many all around the city.”

The support of the community and their business neighbours is another huge reason for her success, she knows the community well. Christina and her husband first moved to the Beaches and now lives on the Danforth, with her sixty-pound English Bulldog, Melee. “I’m Greek,” laughs Christina, “so of course I live on the Danforth!”

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Following her combined B.A. and nursing degree, Christina studied to become a licensed and trained Nurse Injector and Medical Aesthetician. She explains, “what many don’t realize is that any kind of injectable skin treatments have to be done by a nurse.” In addition to her work as a practicing R.N. at Mount Sinai Hospital Toronto, Christina acts as the Clinical Director at Clinique de Mode, overseeing all cosmetic and medical skin treatments.

The clinic is described as a “skin boutique” that provides medical grade skin care (different from spas with only aesthetic treatments). “Anyone can benefit from their Hydro Facial”, but for those with specific skin, Clinique de Mode provides a list of industry leading treatments. Their boutique also carries top brands, i.e. SkinCeuticals, Lumene, Fractora, etc.

“The clinic’s focus has and always will be to provide services that are in line with the top doctors and plastic surgeons in Toronto,” says Christina, “each member of our staff is a Medical Professional with all treatments being administered by either a R.N., N.P. or M.D., ensuring safe and professional quality.

Beyond her medical training and experience, clients love Christina because of her personality. Everyone at the clinic agree that she was the inspiration behind the spa, but her favourite part is building relationships with people.

Clinique De Mode
750 Queen St. E., 416-551-3551
cliniquedemode.ca
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Beach Integrated Health Clinic – 350 Beech Ave.
F45 The Beach, Toronto – 1783 Queen St. E.
LOVOUX – 1956 Gerrard St. E.
The Big Carrot – 663 Kingston Rd.
Wine Rack – 1872 Queen St. E.
YouNique Kitchens & Bath – 1212 Kingston Rd.
Yum Croissant – 1917 Queen St. E.

On the Move (new location):
Amy’s Place Handmade Gift Shop – 986 Kingston Rd.
Beach Dental – 1870 Queen St. E.
Beach Denture Clinic – 2120 Danforth Ave.

Thank you and best wishes:
Aki Da Japanese Seafood House – 1911 Queen St. E.
Beach Love Restaurant and Pub – 2066 Queen St. E.
Blissful Heart Yoga Preschool – 1948 Queen St. E.
Monkey Magoo’s Party and Playhouse – 1212 Kingston Rd.
Toys Toys Toys – 1948 Queen St. E.
Whitlock’s – 1961 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. Contact us at: info@beachesliving.ca or 416-690-4269.

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