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Spring — April/May 2012

life



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SUMMER CAMP

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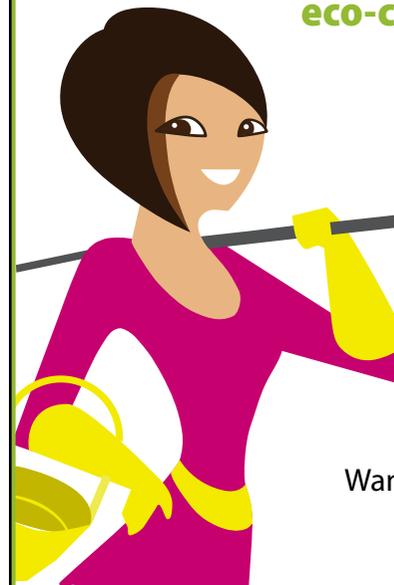
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Your comments and suggestions are welcome.

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Photo by Josh Cornell

Persuading with a Kind Heart

Arlene Dickinson, television's beloved businesswoman

at shutting it off, decompressing, separating out my business and personal life.” Arlene loves to read, listen to music and enjoys long walks around her property outside Toronto. She also loves to walk in downtown Toronto in the entertainment district, taking in the urban streetscape.

Born in South Africa, Arlene came to Canada with her parents when she was a child and grew up in Alberta. She faced various obstacles, including a divorce at 28, with four children under the age of 10. But with an innate talent for marketing combined with hard work and determination, she and a partner co-founded Venture Communications in 1988. A decade later, she became the sole owner, and has since grown Venture into one of Canada's top independent marketing firms.

A recurring message in Arlene's approach to business is that you don't have to be cutthroat in order to be successful.

“You have to be able to make strong decisions,” she says, “But you don't have to be ruthless or get things done in an unethical or cruel way.” In short nice guys and gals can finish first.

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For many, Arlene Dickinson is a celebrity, best known as the only female dragon, a venture capitalist on CBC's *Dragons' Den*, now in its sixth season.

With an estimated net worth of \$80 million, and a packed life as one of Canada's leading businesswomen, top CEO, self-made millionaire, author, entertainment personality, mother and grandmother, one would wonder if Arlene Dickinson has any “down time”.

“I've been very lucky through my life in my ability to compartmentalize,” Arlene explains, “I'm very good

...continued from page 5

That is how she sees business today. "Younger entrepreneurs believe that you have to have room in your heart when you're making decisions," Arlene explains. When asked if the different approach has anything to do with more women in senior positions, Arlene agrees to a point.

"Women have had a lot of influence over what has happened, but so has the next generation of business owners. There's a newer kind of business thinking that includes how to make the world a better place."

It's all connected to Arlene's interpretation of the art of "persuasion," a belief that success in business

“There’s a newer kind of business thinking that includes how to make the world a better place.”

comes from listening to others, from emotional connection and reciprocity. This approach is the message of her book, *PERSUASION - A New Approach to Changing Minds*. The book has been described as a how-to manual for gaining success in advertising and business. At the same time, she launched the book with a series of products.

This March, Arlene debuted, *The Big Decision*, a four-episode series featuring her and Jim Reliving, one of her co-

Dragons. The show is about saving existing Canadian businesses in need of expert advice and cash injections.

Arlene explains, "The show really helps people understand what goes on behind the scenes in a business. There are certain choices you make that have

fatal consequences, and others you can recover from."

The show demonstrates to viewers that being in business is tough and business owners aren't alone in their struggles.

Arlene Dickinson's accomplishments have been recognized with a number of honours and awards: PROFIT and Chatelaine magazine's TOP 100 Women Business Owners; the Pinnacle Award for Entrepreneurial Excellence; Global Television Woman of Vision; and Canada's Most Powerful Women Top 100. Venture was also recognized as one of the 50 Best Managed Companies in Canada for three consecutive years. She also lends her time, skills and leadership to benefit the industry and community, and serves as a volunteer on numerous boards.

She divides her time between a home in Calgary and in Toronto.

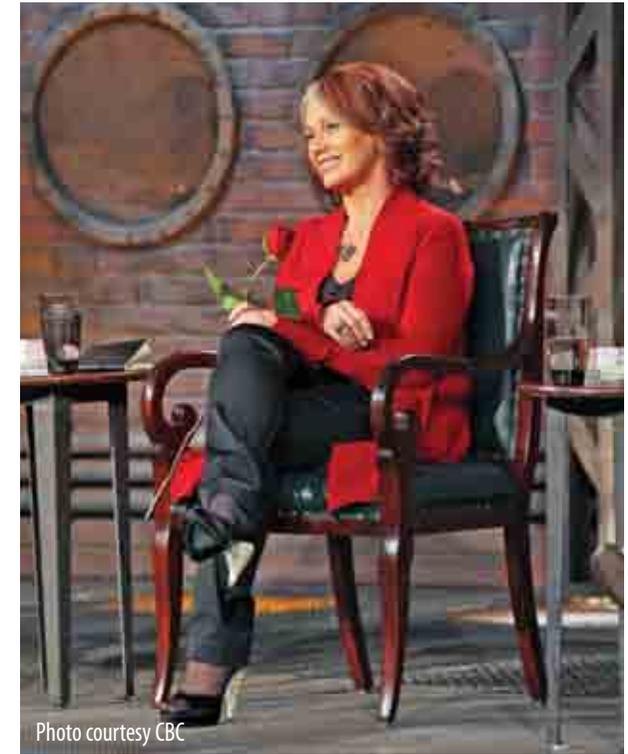


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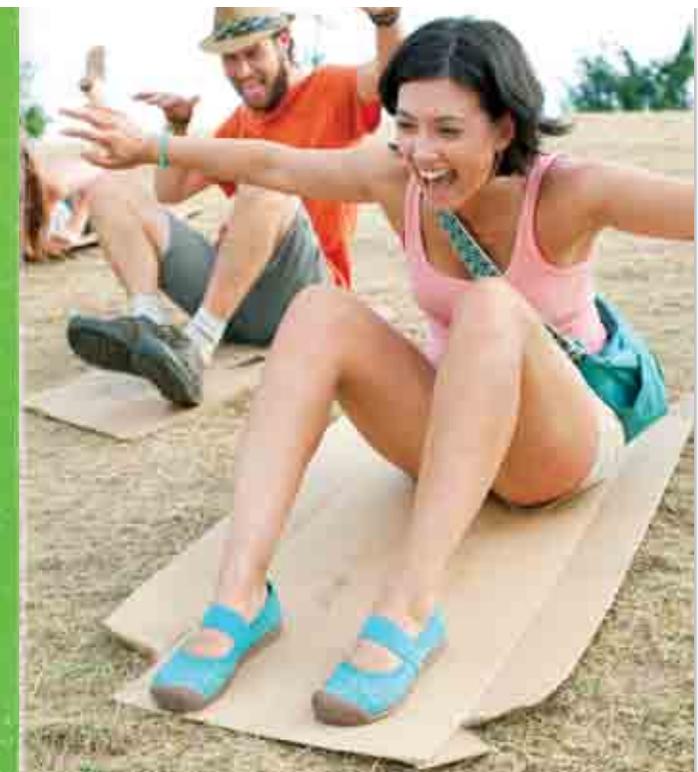
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Talk, Love and Live...

Spring

Enjoy spring during the lovely weeks of April and May. Get out into the sunshine and enjoy those warm spring showers. It's a great time to plan your garden or your balcony planters for the coming year, clean up your bike, get out the patio furniture and the barbecue.

You know it's spring when:

- ☼ The clear blue sky inspires you to wear your bright coloured clothing.
- ☼ Soft green buds appear on trees, pussy willows burst open in the garden, and bluebells pop up on lawns and places unexpected.
- ☼ The ground softens and the smell of spring excites you to look for and plant spring flowers.
- ☼ Your backyard is once again filled with a symphony from the returning songbirds.
- ☼ Symbols of Ontario in springtime are the returning "V" of Canada geese and trilliums growing in the ravines and woodland areas.
- ☼ You are safe to pack away your winter coats, boots and mitts.

It's time to savour what always feels like Ontario's shortest, yet sweetest season of all..

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Easter celebrations around the World



Easter market in Krakow, Poland

Easter traces itself to both Christian and non-Christian roots. Although Easter is one of the most important celebrations for Christians, it also comes at a time in the year where cultures around the world have traditionally celebrated the new life/new birth of springtime.

Easter in Eastern Europe and East Central Europe is an enormously important holiday whether those celebrating are Orthodox or Catholic. Easter is celebrated at different times, based on either the Gregorian calendar, which is followed by the West, or the Julian calendar, which is adhered to by Orthodox believers. Typically, Orthodox Easter falls later than Catholic Easter, though on some years Easter is celebrated on the same day by both East and West.

Pagan rituals related to the goddess "Eostre" focused on new beginnings, symbolized by the Easter egg; and fertility, symbolized by the rabbit (or Easter bunny). This is why Easter includes the giving of eggs, often chocolate, and an Easter egg hunt.



Simnel Cake

For Christians, Easter comes after 40 days of Lent. Traditions include attending church, gathering with family and enjoying a meal together. Boiled eggs are traditionally served at breakfast along with hot crossed buns. Some also enjoy Simnel cake, a fruitcake with a layer of marzipan (sugar/almond

paste) on top and decorated with 11 marzipan balls.

The majority of Russians consider themselves to be Orthodox whether or not they actively participate in the Church. They celebrate Easter according to the Eastern calendar. Easter games, a special church service, and family activities are a part of Russian Easter observances.

Easter in Poland is celebrated according to the Western calendar because Poland is predominantly a Catholic nation. Easter celebrations in Krakow are especially popular, and the Easter market there draws large crowds.

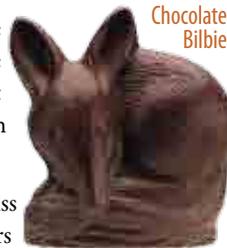
Here are some Easter traditions that may surprise you!

The Easter witch is a popular character in the Nordic tradition. Children of Lutheran families in western Finland dress up like witches the day before Easter when evil spirits were believed to roam around, and light large bonfires to dispel them.

Australians make Chocolate Easter Bilbies and give some of their profits to help protect these Australian animals from extinction.

Instead of Easter bunnies, the Swiss have an Easter Cuckoo who delivers the Easter eggs during the festival.

On Easter Sunday in Italy, all members of the family exchange Easter eggs, which often contain a special gift placed inside the egg.



Chocolate Bilbie

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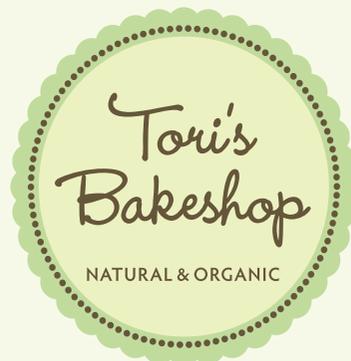
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Food talk

SMOOTHIES - DRINKS OF CHAMPIONS!



It is no wonder that smoothies have become so popular lately! A good smoothie can get your morning started with a boost of fruits and vegetables. Or it can be a healthy, filling snack for you and your kids. Seniors who don't want to cook for themselves or may just not feel like eating find smoothies a great way to fill part of their daily calorie requirements. Athletes can add extra nutrients to get the boost they need without added sugars and fat.

WHY a SMOOTHIE?

- Easy to drink when you just don't feel like eating anything
- Provides a good source of liquid
- Uses fresh ingredients
- Packs in nutrients all in one place, much better absorbed than a vitamin pill
- Helps stave off hunger
- It's easy, and fun, to create your own smoothie.

WHAT you need

- Fruit and/or vegetables
- A thickener, such as ice or yogurt
- A liquid to help blending, such as milk or juice
- Blender, milkshake maker or magic bullet

Avoid too much sweetener (sugar, honey) and fat (high fat ice cream); these are often found in smoothies you buy at fast food restaurants. Try and use fresh whole or frozen fruit, not juice or purees.

The All Canadian Smoothie

- 2 cups (500 ml) of milk/soymilk
- 2 cups (500 ml) of frozen blueberries
- 1/2 cup (125 ml) of vanilla flavoured yogurt
- 2 tbsp (30 ml) of Canadian honey or Maple Syrup

Fiber Smoothie

Add 2 tablespoons of wheat germ and use a high fibre fruit like strawberries or cantelope

Protein Smoothie

Use soymilk, ground walnuts or almonds, and ¼ cup of whey powder with your favourite fruit

Healthy Start Smoothie

Use fruit juice instead of milk, and yogurt, not ice cream, and ¼ cup of wheat germ

Detox Smoothie

Recommended fruits for detoxifying are:

- Blueberries
- Grapefruit
- Lemons

Wardrobe Renovation

Open your closet before your wallet

Before you head out to hunt for new pieces for your spring wardrobe, renovate it first. Decide what you are going to keep, recycle or enjoy once more.

- 1 Clean up your closet and storage areas. If clothes and shoes are showing too much wear, let them go. It's too easy to stuff old, ill-fitting underwear and lingerie in drawers. Make room for something new and fresh, you'll feel great.
- 2 When you clean out your closet, you'll be surprised to find some clothes you love, but have been forgotten. If you don't see them, you won't wear them.
- 3 Haven't worn something in a year? Keep looking at it but putting it back, hoping one day it will fit you again? Probably time to say goodbye.
- 4 Don't keep things for the wrong reasons. Sentimental, high price, it was a gift etc. The best test is put it on and ask yourself, "how do I feel?" If it makes you feel really good, then keep it.
- 5 Great deal but not your style? Then it's not really a great deal. Remember, once you've donated it, someone else will get the pleasure of wearing it and the money won't be wasted after all.
- 6 Shoes worn, missing heels? Badly scuffed? Good shoes are worth repairing, but cheap shoes should be tossed.



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FASHION TRENDS you can use



Toronto Fashion Week in March led us into this season's spring fashion trends. You may think you can't keep up with the latest in women's or men's styles, but everyone can find something that suits their personality.

Here are some hot new trends. Check out how you might make them work for you.

Today's Fashion Trend

Making it work for you

Neon colours and "colour blocking" on dresses: neon yellow, green, blue, pink, orange

Wear an ultra thin, neo bright belt, a bright T-shirt or neo bracelet

Crocheted everything and lots of lace, from vests, dresses, shawls and hats.

Dig out that 1970's vest from your closet, or for just a bit of flare, opt for a crocheted handbag in a neutral colour.

Fringes in single and multi layers on skirts, capes, dresses and jackets.

Choose a single fringe, and if you pick a fringe on a skirt, keep it at knee length to avoid a costume-look.

Pointy pumps and ridiculously high heels in bright colours.

Choose pointy pumps with a kitten heel for a more comfortable look and feel. Scale down the heel but pick out a pump or sandal in a bright colour.

Prints, prints, prints, mixed with stripes and colours on everything from pants to skirts and dresses.

Enjoy the beautiful prints but accessorize gently, with a single coloured shoe and a neutral handbag.

Men and women: Bold coloured jeans in blue, orange, yellow, red. Also for men, the return of desert boots and sneakers in bright shades of suede and canvas.

Wear with a simple, single-colour long top or tunic and a simple low healed shoe or sandal. Bright coloured shoes suit everyone, but make the shoes are the single statement in your look. Opt for neutral pants or skirt.

WINNER! Beachers know their movies



Thanks to everyone who sent us their Oscar® winning predictions. We were overwhelmed with entries from enthusiastic movie-goers. Congratulations to **Lisa Blonder Ohlenkamp** who correctly predicted all eight categories – amazing! Lisa has won two movie passes to the **Alliance Cinema in the Beach.**



Here Comes The Bride...

10 WEDDING MOVIES

As we head into the wedding season, here are some movies to help alleviate some of your stresses as you yourself may be organizing your own. After watching some of these films, you might just realize that your plans aren't so crazy after all. So cozy up with your partner, pop some corn and have a great date night... you can thank us later!

Father of the Bride (1950)
Dir. Vincente Minnelli;
Spencer Tracy, Joan Bennett,
Elizabeth Taylor

Guess Who's Coming to Dinner? (1967) Dir. Stanley Kramer; Spencer Tracy, Sidney Poitier, Katharine Hepburn

The Princess Bride (1987)
Dir. Rob Reiner; Cary Elwes,
Mandy Patinkin, Robin Wright

Four Weddings and a Funeral (1994)
Dir. Mike Newell; Hugh Grant,
Andie MacDowell

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

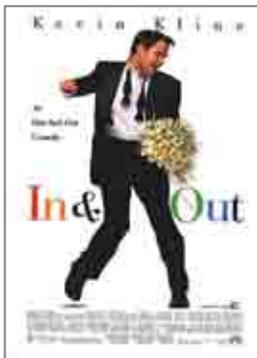
My Best Friend's Wedding (1997) Dir. P.J. Hogan;
Julia Roberts, Dermot Mulroney,
Cameron Diaz

My Big Fat Greek Wedding (2002) Dir. Joel Zwick;
Nia Vardalos, John Corbett,
Michael Constantine

Mamma Mia! (2008)
Dir. Phyllida Lloyd; Meryl Streep,
Pierce Brosnan

The Hangover (2009)
Dir. Todd Phillips; Bradley Cooper,
Zach Galifianakis

Bridesmaids (2011)
Dir. Paul Feig; Kristen Wiig,
Maya Rudolph, Rose Byrne



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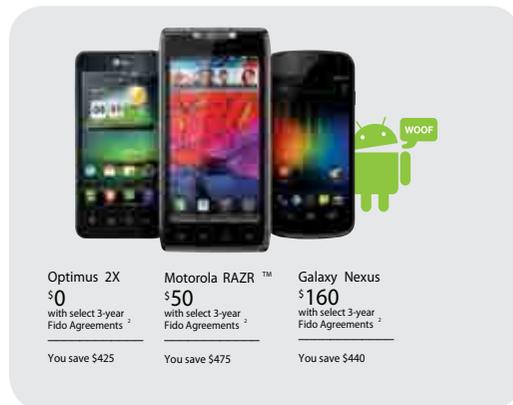


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Biz talk

Listening to your Customers through Surveys



Doing an Online Survey has never been easier. Find out what's really on your customers' minds.

1. People tend to be polite and prefer not say things negative in front of you unless there's a very big problem. But in an anonymous survey, they're more likely to tell you what they think.
2. For the same reason, most will give you a higher rating when talking to you, and not mention problems or even give you suggestions face to face. But it's important to hear everything. Online surveys help you know how you can make even slight changes to make a product or service better.
3. Keep your survey short and easy to use. Ask straightforward questions with multiple options so they don't have to think too much. Always include an extra comment area.

4. Give some kind of incentive in appreciation for their time. It could be entry into a draw, a discount coupon, etc. and always, always thank them.
5. Let people either fill in their name or leave it anonymous.

Remember, you don't have to change your business just because of suggestions from a survey but a survey helps to tell you if you're on the right track, plus you are bound to get ideas that you hadn't thought of before from those who are buying from you!

If you need help developing a survey for your business:
email info@beachesliving.ca
or call 416-690-4269.

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beachesliving.ca/bizsurvey
Contest deadline: May 10, 2012

BeachesLife Readers Only
Who knows the Beaches better than you?

Take our survey for your chance to win

\$25

to one of your local fine restaurants.

beachesliving.ca/readersurvey

Team Building at Summer Camp: We're all in this Together!



Everyone in today's business world needs to know how to work in a team. There's no better way to teach team building and trust than at summer camp. The social interaction that takes place at camp is based on teamwork and life at camp is an experience in community living rather than individualism. For children and youth of all ages, camp provides some of the most important skills they will ever learn.

Camp Builds Trust

One of the biggest obstacles to good teams is trust. Camp builds trust among camp members by providing activities that need everyone's help to succeed, like paddling a canoe or going on an out trip. At camp there are times when you have no choice but to depend on – and trust – each.

Camp Teaches Delegation

Delegation is an important function of a successful team because it's about sharing the workload, and utilizing each other's strengths to get a job done, whether it means cleaning a cabin or building a camp fire.

Camp Teaches Collaboration

Activities at camp are group-centred. Imagine, you arrive at a campsite and have only a few minutes to set up your tents before the rain starts. Everyone collaborates in order to get the job done.

Camp Removes Hierarchy

In a team, no one is "better" than another, they just have different strengths. Camp teaches that you are important because of your skills, not because of your

title or who you know.

Camp Balances Independence With Dependence

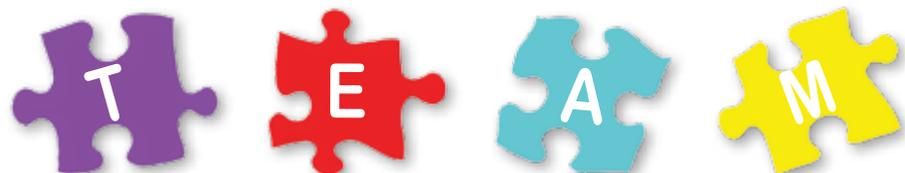
Kids at camp are away from home doing activities they don't otherwise get to do. This builds their confidence and a sense of independence. But have you ever tried to carry a canoe by yourself? Camp teaches that most times we need others to help us out.

Camp Teaches That Together We Can Do Big Things

On our own, there are many tasks we might take on, but camp teaches that in a team, we can accomplish big goals like setting up a camp site for the night, hiking or travelling by canoe through the wilderness.

Camp Teaches That All Jobs Are Important

Whether its cleaning up after a meal or putting in the swim docks for the season, there are no "small" jobs. As a team we tackle them together. Everyone has a chance to feel important, and earn the respect of others.



Walking your way to a better you!

Walking is one of the easiest and least expensive ways to improve your fitness level. It can be done indoors or outdoors, and can be tailored to your own abilities and goals.

- Before starting a walking program, check with your doctor if you have a chronic medical condition or a recent injury.
- Invest in good shoes. These are the only expense and equipment you'll need, pay attention to the fit and quality of your shoes. A pedometer is a good tool to have (pg. 23).
- Warm up by walking at a slow or normal walking pace for five minutes before picking up the tempo of your workout.



8 reasons to walk?

1. Walking prevents type 2 diabetes. Walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.
2. Walking strengthens your heart.
3. Walking is good for cognitive brain function.
4. Walking is good for increasing bone density.
5. Walking helps alleviate symptoms of depression.
6. Walking reduces the risk of breast and colon cancer.
7. Walking just three times a week for 30 minutes can significantly increase cardiorespiratory fitness.
8. Research shows that walking improves fitness and physical function and prevents physical disability in older persons.

Source: medicinenet.com

5 LANE INDOOR TRACK, 3 BASKETBALL COURTS, ROCK WALL, CARDIO AND WEIGHT TRAINING AREAS, 2 SWIMMING POOLS AND HOT POOL, ACTIVE AGING CLUB, 8 TEAMS, SWIMMING LESSONS, CAMPS AND MORE!

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Tel: 416-699-7167
TTY: 416-699-8147
varietyvillage.ca

Beaches 5th Annual Kids Program Open House Another Success!



Beaches Living would like to thank everyone who came to the 5th Annual Beaches Kids Program Open House and the sponsors and local businesses who showcased their programs and services to help kids live their dreams!

Participating Businesses and contacts:

- Alyona Dance Studio, 416-699-8042
- Artist's Inbloom, 416-526-8804
- Beaches Library, 416-393-7703
- Beaches Kumon Centre, 416-786-7893
- Beaches Oxford Learning Centre, 416-686-1430
- Beaches Recreation Centre, 416-392-0740
- Cherry Beach Soccer Club, 416-367-4359
- DeSantos Martial Arts Studio, 416-699-5078
- East City YMCA, 416-694-1159
- Fun With Music Together, 416-283-0589
- Gerrard Square, 416-461-0964 Ext. 222
- Kaleidoscope Kids, 416-466-1592
- Monkey Magoo's Party and Playhouse, 416-693-1048
- Outer Harbour Centre Board Club, 416-571-9105
- The S.P.A.C.E, 416-850-1677
- Sportplay, 416-465-7439;
- The Teenage Tutors, 416-459-5618
- Toronto Police 55 Division, 416-808-5533
- Toronto Fire Services, 416-338-9390



View event photos at beachesliving.ca/kids



Special thanks to our volunteers Lorraine Diagle and Erwin Buck.

See you next year in February 2013!

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Event hosted by:





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Making Your Steps Count with a Pedometer

Recent guidelines say we need to walk 10,000 steps per day. How far is 10,000 steps? The average person's stride length is approximately 2.5 feet long so 10,000 steps is close to 5 miles.

A sedentary person may only average 1,000 to 3,000 steps a day. Try to increase your average daily steps each week by 500 per day until you can easily reach 10,000.

Wearing a pedometer is an easy way to track your steps. Start by wearing the pedometer every day for a week. Put it on when you get up in the morning and wear it all day. Before you go to bed, write down your daily steps in a notebook or on your computer. By the end of the week you'll know your average daily steps.

Some pedometers calculate and display interesting stats such as distance, calories burned, speed, elapsed time, and steps per minute. Many have functions such as a stopwatch and alarm, or even play music and read your heart rate!

There are many ways to increase your daily steps:

- Get off the bus and walk the extra block.
- Walk while you talk on the phone, especially if it is a long call.
- Get your pet used to a daily walk and he or she will remind you if you miss!
- Need to solve a problem? Think about it while you walk around the block.
- Get off the elevator three flights before your floor.
- Go shopping! Lots of window shopping and tracking down bargains uses many steps.

An Eclectic Approach to Home Décor

Alf's Antiques & Handcrafted Furniture



For over two decades, Alf's Antiques and Handcrafted Furniture, a family business has been known in Toronto for its beautiful furniture. The store's selection of antique furniture, i.e. hutches and sideboards from Europe, the United Kingdom and Canada, and its Ontario handcrafted furniture, provides an eclectic approach to any home décor. One of the most popular items over the years is their hand made Harvest Table with reclaimed woods, it's one of Alfred's specialties. The Harvest Table is once again trendy as baby boomers and young people alike look to decorate their homes or condominiums with an artistic touch, or businesses make a statement by selecting a Harvest Table for their boardroom.

"The table is a special place where your loved ones gather," explains wife Michelle, who designs furniture and has managed the store since it first opened in 1989. "The table is the soul of your home."

The tables that Alfred builds are handcrafted from reclaimed or "vintage wood" that has been removed from older homes, such as floor boards, joists, etc. It's all part of Alfred's passion for saving trees in order to contribute to the environment. Building furniture from reclaimed wood also means that each piece is unique, with its own colour, patina and character.

Michelle adds that the home is also "where heart and art meet", emphasizing the importance of picking the right

piece of furniture because a beautiful table, sideboard, etc. is the same as a piece of beautiful art.

"Use antiques as an accent in any room," she recommends, "The new approach to decorating is don't clutter and don't try to match everything together." An original piece of furniture should stand out on its own.

When you visit the store, bring in photographs of your space and measurements, Michelle can assist in choosing the right pieces to fit your space and décor. Once you've picked out a table, you can also find the perfect chairs and have them custom stained to match.

There are many styles of chairs available, all made with a well-designed frame and hardwood, two keys to a strong and lasting chair. All the furniture from reclaimed wood stand up to the dry heat of central heated rooms – an art that took Alfred several years to perfect.

Consignment pieces are also welcome but bring in a photo first and talk with Michelle. This could be the perfect solution to an antique piece of furniture that doesn't fit your space any longer.

Last year, Alf's Antiques relocated from King Street East to a bright, sunny 5,000 sqf. showroom at 29 Bermondsey Road where there is more space and lots of free parking.

Alf's Antiques & Handcrafted Furniture
29 Bermondsey Rd. • 416-690-5505
alfsantiques.com



my Secret Beaches Spot

This is a close up shot of a Beaches landmark.

Do you recognize it, know where it is and what it is for?

Check out our next issue for the answer *plus* the story behind it.

Linda P.

Tell us where the Secret Beaches Spot photo was taken, and you could win a **Persuasion Coffee & Chocolate Gift Package** from Arlene Dickerson.

Email your answer by May 10 to:

info@beachesliving.ca



Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in *Beaches|life* you will receive a copy of Arlene Dickerson's new book *Persuasion*.

Email your photo by May 10 to:

info@beachesliving.ca



Congratulations to D. Burke – February/March's Secret Beaches Spot winner. Here is his answer:

"This is an eastern view along the shoreline of Lake Ontario, on the east side of the Leslie Street Spit in Tommy Thompson Park"



Have you seen our new Facebook page?

Visit

facebook.com/beachesliving

and "Like Us" to access community information and connect with the people in our neighbourhood.

Watch out for this year's

Let's beach! 2012

Date & location to be announced. stay tuned!

Check out last year's photos at beachesliving.ca/letsbeach



Summer Tree Care Tips

Summer is generally the best time to prune trees and shrubs. Smaller dead branches are easier to see, and aesthetic results are easier to visualize.

Disease and insect damage is more apparent in the summer months. Assessing these issues early allows quick recovery before the fall months arrive.

Summer heat and humidity are stressful for trees. Drought conditions can be reduced with adequate watering and irrigation.

Contact us about our Pruning and Plant Health Care services. Visit our website for more Summer tree care facts and tips.

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July 2012



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You Ask... Answer.



Winner of...



Congratulations to Nina Parks, the winner of our question from the February/March issue. Kingston Road was completed in 1817. It joined Toronto (then called York) to Kingston. It was built as a post road for delivering mail on rigid schedules.



This issue's question:

I have noticed many places in the Beaches with the name Ashbridge. Where did the name come from? Does it have to do with trees?

— Gerry S.

Do you know the answer?

You could win movie passes for two to the Fox Cinema, 2236 Queen St. E. Send in your answer by May 10.

Do you have a question to ask?

Send it in! We would love to feature it in the next Beaches|life. Our readers might have the answer you are looking for.

Submit your answer or question online.
beachesliving.ca/youask



Treats Simply Heaven-Sent Tori's Natural & Organic Bakery

Step into what must be one of the most attractive bakeries in Toronto, Tori's Bakeshop on Queen Street. The shop is a true delight, with bright white and green decor, unique "whisk" light fixtures and floor to ceiling cabinetry. Recently just opened on March 9, customers are already lining up to buy a wide assortment of sweet treats as well as savory biscuits, muffins and cinnamon buns.

"I wanted the bakery to be a comfortable place that pleased people," explains young owner and baker, Victoria (Tori) Vaccher, "So I paid attention to the details, even free WIFI, and we'll be adding outdoor tables when we get our permit."

The "details" include glass leaded doors into the kitchen because Tori felt that customers should be able to see how the food they buy is made. This is particularly important at the bakery because everything made there on-site is totally vegan. Ingredients are fresh, never frozen, all natural, organic, and made without eggs, dairy, or refined sugars. There are cupcakes, cookies, squares, and homemade (vegan) chocolate bars. The bakery also offers gluten free options. There are a variety of teas and espresso coffee drinks available, with coffee from The Green Merchant, which uses all fair trade coffee from sustainable sources. Even the packaging provided to wrap your goodies is fully compostable.

There are two other full time bakers who bake alongside Tori, Sammy and Lisa, who routinely gets up at 3 a.m. each day to start work. Tori loves to adapt her grandmother's traditional Irish recipes and appreciates it when she sends her favorites to try out. The bakery will continue to add items, such as croissants and breads, but Tori is looking to customers for advice.

"I tell our cashiers to listen to the customers, ask what they like and write it down for me," she says. For example, Tori is quickly finding that many are asking for savoury lunch time items and she often gets asked for custom orders.

Tori, a new Beaches neighbour, graduated from Ryerson University in theater arts. But after becoming a vegan seven years ago, she turned her attention, and education, to baking. Fortunately her parents are also entrepreneurs and helped her get her business underway, first finding a location, renovating the space and setting up operations.

When asked how she likes living and working in the Beaches Tori smiles broadly, "I absolutely love it here," she says, "I don't think I could ever live anywhere else... and of course, I have a dog, so I have to live in the Beach!"

Tori's Bakeshop • torisbakeshop.ca
2188 Queen St. E • 647-350-6500

Time to Spread Some Spring Seeds

This spring, why not consider planting some seeds? Many plants actually do much better when sown directly in the ground. It's also a great activity for children. Imagine their delight when little spouts appear above the soil!

The most important thing to remember when planting seeds is to carefully follow the package directions. Some seeds must be buried under the soil, others prefer being placed on top. Make sure you put a marker in your garden so you remember when the seedlings appear what you planted!



Good flower choices from seeds:

- Nasturtiums • Malva • Poppies • Yarrow
- Cosmos • Sunflowers • Bachelor Buttons

The best herbs to plant from seeds:

- Dill • Parsley • Oregano
- Wild thyme, great for ground cover
- Basil (but don't plant until the ground is warm)



Easy vegetables to plant from seeds:

Read package directions carefully because some vegetables can be planted as early as mid April!

- Peas • Beans • Spinach • Lettuce • Arugula
- Swiss Chard • Cucumber • Zucchini • Carrots
- Radishes (a great choice for kids because the seeds are larger and germination is fast)



Spring Clean-up: Community Environment Days

Reduce – Recycle – Safely Dispose

WARD 32:

Thursday, May 17 – 4-8 pm
Ted Reeve Arena, 175 Main St.

WARD 36:

Thursday, May 31 – 4-8 pm
Scarborough Village
Community Centre
3600 Kingston Rd.

WARD 30:

Saturday, Sept. 29 – 10 am-2 pm
Riverdale Park (east side),
along Broadview Ave.
south of Danforth Ave.

For full details and schedules visit:
toronto.ca/environment_days

The 20-Minute Toronto Makeover

Friday, April 20, 2 pm

Mayor Rob Ford asks you to stop what you're doing at 2PM and come outside to do a 20-minute clean-up blitz around your office, school or neighbourhood.

Mayor Rob Ford's Clean-Up Day

Saturday, April 21

Visit toronto.ca/litter for more information.





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coming, going and on the move

Welcome new neighbours

- Asteck Wireless Inc. – 2218 Queen St. E.
- Cody Party Toronto Beaches – 1089 Kingston Rd.
- Flight Centre – 918 Queen St. E.
- Nspired Events – 1400 Queen St. E.
- Pasta Licious – 948 Queen St. E.

- Lapin-Calin – 3328 Yonge St.
- Today's Menu – 850 Millwood Rd

Thank you and best wishes

- Groms – 1967 Queen St. E.
- The Antik Bazaar – 2116 Queen St. E.
- Jane Hall Design – 2156 Queen St. E.
- Inspired Cook – 918 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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