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Late Summer — August/September 2014

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Beaches|life

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**Just your
average
12 year old
musician, author,
environmentalist,
photographer,
fundraiser
and survivor**

Rachel Kingstone says she's just an "average kid", but there is not much that is average about Rachel. She's a talented musician who plays piano, cello and sings, a strait A student at the demanding Claude Watson School for the Arts, a volunteer for environmental concerns and avid fundraiser who's raised thousands of dollars for cancer, and an author. But that's not all. From birth, Rachel hears only with one ear. And she lost an eye when she was five years old to Choroidal Melanoma – a type of life-threatening cancer.

"I'm not sure why I'm an inspiration," Rachel says, "I feel just like a normal kid. It's the other kids I meet at the Hospital for Sick Children or Camp Oochigeas (a camp for children with cancer) who impress me. One girl, in particular, had lost a leg to cancer and she was always so positive."

Now 12 years old, Rachel has added photography to her list of favourite activities. "I don't have good depth perception," she says, "but the photos turn out well. I love nature so I take wide landscapes mostly".

Rachel is also working on her grade 9 piano, and comments that it was after she lost her sight in her one eye that she took up music. "I'm told I have a good ear," she says.

When asked if she has a guide dog, she replies, "Benji is small, fluffy, and if anything, kind of a nice nuisance!" Her beloved dog was a gift from a breeder who was moved by Rachel's story and drove three hours to deliver the puppy, and insisted on no payment.

It's hard to imagine how a child can go through such challenges and remain so positive. Rachel attributes the many people who have helped her along the way, including the Make a Wish Foundation. Rachel's parents contacted the foundation when she was first diagnosed. A year later, the wish came true.

"What they did for me really made a difference," she says, "Because they made me feel very special and very lucky." Rachel's wish was a butterfly garden, because she is such a nature lover. Unsure how the dream would come about, one day in 2008, Rachel came home to find 100 volunteers in her back yard, the city's top landscapers and garden suppliers, ready to transform the garden in 5 days.

"They arrived like a flock of doves," says Rachel's mother, Dana, who remembered how the wonderful gift helped the family cope with what was happening

continues on page 6...



...continued from page 5

with their daughter, “it was the beginning of us finally believing that we were going to be okay.”

Another of Rachel's Make-a-Wish, as she wrote:

My application to create the world's largest human star for a Guinness World Record is another way that my family, Make-A-Wish and I can reach out to other children and share the hope, strength and joy that is experienced with a wish - like my butterfly garden.

On Guinness World Record Day (November 17, 2011) teens, kids and parents showed up to help

Rachel break the record for the largest human star.

This summer, Rachel once again, attended Camp Oochigeas, a camp for which she raised \$2,600 in funds by posting music videos on Youtube of herself performing “Imagination”.

She also recently published “The Sunset Journey”, an ebook available at amazon.ca. Rachel will be donating a portion of the proceeds to an animal charity.

On top of her busy life, Rachel has to go to both Sick Kids and Princess Margaret Hospitals about ten times during the year for follow ups and tests, as well as regular work on her prosthetic eye as she grows.

“We are extremely fortunate to live in Toronto, where we have access to best-in-class pediatric and cancer care,” says Dana. “The doctors are like rock-stars in our eyes. They are that good. And the MRI nurses melt our hearts with their kindness and patience.”

For Rachel, it's all just part of her “ordinary” life. For everyone else, like her mother, she's simply awe-inspiring.

“All the good that was directed at Rachel when she had her cancer has turned her into someone who wants to do good in the world,” says Dana. “If she is an inspiration, then it all started with the people who rallied around Rachel and our family to get us through the worst time in our lives. They inspired Rachel and I'm so glad that she is strong and healthy now so that she can do tons more good in her long life ahead.”



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Dreaming Under the Summer Sun

UNLEASH YOUR IMAGINATION DURING SOME TIME-OFF

Every wonder how great writers, movie directors, artists and inventors get their next great idea for a book, movie, new idea? Time and time again we learn that inspiration strikes when the mind is at rest, relaxed on a beach or when enjoying a quiet walk in the woods. It is usually during those times when we empty our heads of all our everyday tasks and responsibilities that we are open to new ideas and increased creativity.

Summer vacation – often taken in August, mark those occasions when many spend time at a cottage, hike or camp in the woods, travel, lie on the beach, enjoy local parks, perhaps spend an evening on an outdoor patio. These are perfect times to let the mind wander, reassess what matters to you most, and think about the next ‘big thing’ in your life.

It might be about work, a change in career, family, something creative you’ve always wanted to do, maybe even a difference in how you manage your health. What’s next for you? What would you like to see happen in your life? This could also be one of those ‘ah ha’ moments that you’d ‘never dream of in a million years’, yet it now seems so possible and achievable.

Write it down – Don’t just let the thoughts drift in your head. Write them down in a notepad or on your computer, or use a voice recorder on your mobile phone – research tells us that ideas and goals are much more likely to come about if recorded.

Get a head start this summer – if you can’t get your “dream” off your mind, you might be on to something big. Take the time to research, investigate and experiment your thoughts and ideas – you will discover way more information on that subject which will help you transform your ‘dream’ into a reality. Before going back to school or work, make some plan of action.

When fall comes, or later in the year, revisit your thoughts. Review what you recorded and draw inspiration from what you dreamed about in those lazy, hazy days of August. It could be the start of something surprisingly wonderful for you and those you love.

Recommendation – If you need some help to get started on your “dream under the sun”, watch the video “The Power of Time Off” presented by Stefan Sagmeister on TED.com.

DON'T LET THE ACT OF NATURE RUIN YOUR SUMMER

For many Torontonians it's hard to forget the major flood just a year ago. Because of a summer flash storm torrents of water got dumped onto streets, into low-lying areas and unfortunately filled basements. A year to the day, a less dramatic but similar storm brought about flooding once more. As one person said in frustration, "Our contractor had just finished the final touches on our new basement that had to rebuilt after last summer's storm and bang, this year's storm flooded the space once again."

Summer weather can be cruel, with damaging floods and lightning strikes. Although such "acts of nature" are usually unavoidable, there are some steps you can take to minimize damage to yourself and your home.

Basement Flood Protection

Things you can do yourself:

- Check to make sure that rain water in gardens and patios flows away from your house.
- Seal cracks in walls, windows and foundations, and seal all window wells.
- To avoid clogging the storm sewers, disconnect your downspouts from the sewer system as per the City of Toronto bylaw. Make sure your eaves are free of leaves and debris and are draining properly.

High flood risk homes, get professional help:

- Wet basement – waterproof your foundation and repair/replace damaged weeping tiles.
- Check with a licensed contractor to see if need a backwater valve. City grants may be available.

See a complete list for both inside and outside precautions online at toronto.ca/water.

Avoid Lightning Strikes

Thunder storms and lightning can be stunning and beautiful to look at, but they are also very dangerous.

Luckily, with a little know how getting struck by lightning can be prevented for both adults and children. First thing to know, there is NO safe place outside during a thunderstorm. If you can hear thunder, you are within striking distance, immediately go to the nearest lightning proof shelter.

- Well-constructed building usually grounded with lightning rods or other electrical devices. Avoid small structures which often attract lightning.
- Don't take shelter under a tree. Stay away from things that are tall (flagpoles or posts), objects that conduct electricity (tractors, metal fences, lawn mowers, golf clubs) and water.
- If in an open field, get into a fully enclosed, metal-topped vehicle.
- If you get caught in a level field far from shelter, crouch down on the balls of your feet immediately, with feet together, place your arms around your knees and bend forward. Be the smallest target possible, and at the same time, minimize your contact with the ground. Don't lie flat.



KIDS SUMMER ART CONTEST

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-CURRY Choice of chicken, beef, tofu & veggies, fish or shrimp*
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yellow curry with potatoes and onions
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Foodtalk

A Real Peach of a Treat



Ontario peaches rank as one of the most luscious fruits you can eat. What comes out of a tin can through the winter don't come close to what its like to bite into a freshly picked peach, harvested under the summer sun. Ontario peaches come from Ontario's greenbelt, including the Niagara region, ready for picking by mid-summer.

The mighty peach – did you know...

- The peach is actually a member of the rose family and originated in China. China is still to top grower of peaches, followed by Italy.
- There are two main varieties of peaches: cling-stone (the flesh sticks to the stone) and freestone (the stone is easily separated from the flesh).
- It is one of the top 10 fruits that hydrate.
- A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.

A Celebration of Everything Peach – Each summer, the town of Niagara-on-the-Lake pays tribute to the growers and those who promote Ontario fresh peaches. A wide assortment of activities take place over two days, August 9 and 10 – vendors, live entertainment, historic displays, day and night markets.

See niagarafallstourism.com/events/peach-festival for more information.

Peel a peach and learn a new word! – The easiest way to peel several peaches is to "blanche" them. Boil a pot

of water and then drop the peaches in carefully. Wait about 30 seconds and remove (this is called blanching). Holding the peach under cold running water, rub the skin. The skin will easily slip off!

Eat, Drink, Grill or Bake your Peaches

- Peel, slice and blend the peach and freeze.
- Peel, pit, slice in quarters and grill on a BBQ. Serve with ice cream or whipped cream.
- Peel, pit and chop half a peach in small pieces and mix together with ½ cup of salsa. Makes a great condiment for fish!

Frozen Peach Bellini

In a blender, blend frozen peach slices with 1 oz. of Peach Schnapps and 8 oz. of sparkling wine. Makes Two drinks.

Peach Smoothie

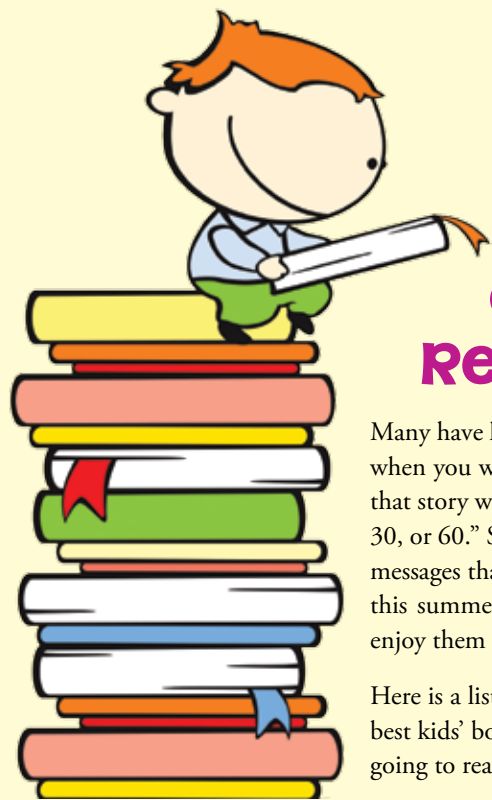
Combine fresh peach slices in a blender with half a cup of yogurt and half a banana for the best smoothie ever.

Easy Upside Down Peach Cake

- 1 Golden cake mix
- 4-5 peaches
- 2 tablespoons butter
- 4 tablespoons brown sugar

Melt butter in the bottom of a large, rectangular cake pan (or two round pans). Peel, pit and slice peaches into 1/8 inch slices and arrange on top of the butter. Sprinkle with brown sugar.

Prepare cake mix and carefully pour over fruit. Bake as directed. Once cool, turn pan upside down on a large plate. Serve warm with ice cream or whipped cream.



SUMMER EASY READ

Children's Books to Read again as adults

Many have had the experience of reading a book to a child that you read when you were young and thinking, "I didn't realize, when I first heard that story when I was 6 years old, what it means to me now that I'm 20, 30, or 60." So many children's books contain life lessons for all ages, and messages that adults can understand more deeply. When you have time this summer, maybe read some of those books for a second time and enjoy them in a different way.

Here is a list compiled from what various experts suggest as some of the best kids' books to read again as grown-ups. (Hint: This time, no one is going to read it aloud to you!)

Charlotte's Web by E. B. White

A classic lesson about love, loss and learning to move on with your life. Note: it is also written by one of the greatest authors of all time.

Harriet the Spy by Louise Fitzhugh

A modern classic. But be warned. It contains so many references that you would not have figured out as a kid, such as marijuana! It also has been banned from certain schools and public libraries. Now you probably want to read it right away.

A Wrinkle in Time by Madeleine L' Engle

One of the greatest concepts for a book, makes even the brightest astrophysicists think differently about the universe.

Oh, The Places You'll Go by Dr. Seuss

Adults, sometimes more than children, have to be reminded that your life is still ahead of you — and you can still do anything. Feeling a bit low? Read this one for sure.

Alice in Wonderland and Through the Looking Glass

by Lewis Carroll

Much funnier and more interesting than when you read it as a kid. Carroll's writing and ideas have sparked countless creative efforts of all kinds in all fields of the arts and sciences.

The Cat in the Hat by Dr. Seuss

The book was originally commissioned to Seuss by his publisher with the direction to use precisely 226 vocabulary words. Try counting them!

Eloise by Kay Thompson

Thompson spent many years of her life as a cabaret performer and vocal coach to legendary singers. She created Eloise as herself. The book is full of jokes that adults understand better than kids.

The Giver by Lois Lowry

The story is about a 12-year-old boy who is chosen to receive all the world's memories, both good and bad. It has many powerful messages for an adult reader.

The Lion, the Witch and the Wardrobe by C.S. Lewis

If you never read it, it is time. C.S. Lewis is another one of the world's greatest writers. Four siblings discover the land of Narnia but there are powerful theological overtones in the book hidden in the symbols used.

Pippi Longstocking by Astrid Lindgren

Pippi is the original child superhero. She is fearlessness and invincible in the face of danger. The series is all about having confidence in ourselves to believe we can do anything.

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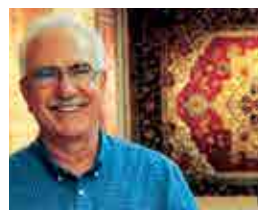
The large rectangle is divided up into four smaller rectangles that have sides with integer lengths. The areas of three of these smaller rectangles are shown. What is the area of the fourth rectangle?

77	28
12	33

Answer: 33



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Sat 11- 6, Sun 12 - 5



TEN WAYS YOUR HANDS SAY WELL DRESSED

Being well groomed and making a fashion statement go hand in hand – literally, these days. Manicures are “in” for women as well as men. It’s all about looking put together, whether you opt for a natural look or statement about yourself using nail art.

FOR MEN: Certain salons offer manicures for males, which include cuticle treatment, cutting, and a natural “buff and shine” treatments that leave nails clean, neat and healthy. You can also opt for a sheer top coat, particularly helpful for brittle nails.

FOR WOMEN: Know what colours suit you and fit your lifestyle and workplace.

NUDES: A full range from beige to taupe, suit all skin tones and project a professional, classy look.

BLACK: The new cool look for evening events. If you have very pale skin, use black polish with shorter nails so it doesn’t overpower you.

TRADITIONAL REDS AND PINKS: Perfect for summer, day or evening. For darker colours, watch for chips. A top coat helps the polish last longer.

CLEAR, WHITE, AND “FRENCH” MANICURES: Another classic look, particularly for weddings or evening events.

NAIL ART: Fun, and creative, pick the designs that match your likes and personality. If nail art on all ten digits is too much, opt for one decorative nail, usually the ring finger (on either hand).

COLOURS: Blue, yellow, green—select according to skin tone.

Blue and magenta for yellow-toned skin, neons and pastels for pale skin, warmer tones like raspberry on darker skin. Pinks or reds brighten the complexion. If you’re very light, you want to avoid extremely dark or overpowering shades because these will make you look too pale.

DO YOUR OWN MANICURE, OR “MANI” WITH A FRIEND:

- File nails in the direction of the nails, using a quality file. Decide on either a rounded tip or a square-look. Pointed is definitely out!
- Soak nails in warm water with a few drops of olive oil. Gently push the cuticles back with a cuticle tool. Don’t cut! Gently clip any loose hangnails.
- Dry and dab polish remover on each nail and then apply a base coat, followed by two coats of polish. Once dry, apply a top coat, making sure to cover the very tips to seal the polish. Clean “missed” spots with a special tool designed for the task (it is worth the investment).
- Although nails will be dry within 30 minutes, the polish won’t completely cure for several hours.



Pack the sun in your bag for endless power

Ever found yourself on a hike, maybe on a camping trip or even at home with no power and your favourite electronic device's battery is dead? With no electricity to give your devices the needed jolt to get up and running, what can you do?

The answer is above your head..... way above. Solar panels are becoming very popular on top of buildings large and small, but are way too big to carry on your hike... until now.

There are a wide-range of personal sized solar charges/power storage devices on the market. They offer a great solution to those who may love the great outdoors, but still want to bring a little bit of technology along with them. Here are four chargers that will keep you turned on when you're off the grid.

Bushnell's Bear Grylls Solar Wrap

Compact, lightweight solar roll with integrated high capacity li-ion battery to charge your smartphone, MP3 player, e-reader or digital camera. Battery charges from a USB power source in 4-hours or 10-hours using the sun



my.tech

SolarMonkey Adventurer

The solarmonkey adventurer is a slimline, compact 2-panel solar charger with a 2500mAh internal lithium polymer battery, great for iPhones, iPads, iPods, mobile phones e-readers, etc.

Goal Zero 11800 Nomad 7

The Nomad 7 delivers an ultra-compact yet powerful solar panel that enables you to charge your handheld devices directly from its USB and 12 Volt DC charging ports. Chain multiple Nomad 7 v2 for more power. Not compatible with tablets like iPad.

Instapark Mercury 10

Weighing less than one pound, this high-efficiency solar panel with foldable design offers excellent portability, ideal for emergency preparedness, backpacking, camping and other outdoor activities.

Built-in dual USB charging ports for directly plugging in iPhone, iPad and other USB compatible mobile devices.

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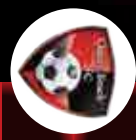
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Health talk

Tanning is not Burning



Looking for healthy, glowing skin, a deeper, richer colour, or a "sun-kissed" look that says you've been outside enjoying the weather? Tanning, a process that usually happens after you get an initial sunburn, is NOT the answer. Today's healthy skin can glow, show colour, even sport a "sun kissed" healthy look without a burn. What's the harm? According to cancer research, your risk for melanoma, the most serious form of skin cancer, increases with the number of sunburns you've had.

Protect with or without tint

Choose a broad screen sunscreen, with UVA/UVB protection. Many formulated for the face are available in tinted varieties. Depending on our skin type and the SPF, you can get complete protection (no burn) or a gradual, safe glow.

Apply a face cream appropriate to your skin type. If your day cream doesn't include SPF as sunscreen, add a sunscreen afterwards.

BB Cream: The new BB Cream usually contains a natural tint, face cream and SPF – perfect for summer.

Protect and "tan"

Many self-tanners are on the market that protect skin while the skin slowly takes on a natural-looking tan colour. Carefully test first to make sure the colour works on your skin tone. Always use a different tanning lotion for your face, where your skin is more delicate.

Bronzing without the sun

Invest in one of the many bronzing powders on the market and a large makeup brush. Make the figure 3 on each side of your face, brush your nose, across your forehead and the tip of your chin.

Regular maintenance

Healthy skin starts with clean skin. Remove all make up at the end of every day, clean at night with a gentle cleanser designed for the face. Splash with clean, clear water every morning.

Consider a gentle facial exfoliant once or twice a week to remove dead skin. This helps encourage new skin and makes it easier for creams and serums to penetrate your pores.

Good Skin Habits

- Wear a hat if you're in direct sun during the day.
- Keep your hands away from your face.

Eat and drink for skin health

- **Green tea:** the antioxidants, called catechins, improve firmness
- **Avocados:** Rich in copper, a nutrient that helps build new collagen that prevents lines and wrinkles.
- **Tomatoes:** The lycopene in tomatoes, which make them red, also boosts natural skin glow.
- **Water:** Drink 6-8 glasses of water to keep hydrated, and eat foods that encourage the growth of collagen (for skin health).





Back to School with Cool Tech for Smarter Learning

There are some excellent choices in technology and websites that help children learn and offer support to parents and teachers. Whether it is a tablet specifically designed for a child or an app on a phone or iPad, the sky's the limit as to what is out there to support traditional education.

Online reference sites:

britannica.com give you confidence that the materials you use have been properly researched and documented (you pay an annual subscription fee).

dictionary.com/thesaurus.com, writing references such as dictionary.com and thesaurus.com.

economist.com Style guides, for example, the Economist Style Guide, an interactive online tool

Apps that convert units of measure, calculate percentages, provide language translation as well as pronunciation.

Online education sites:

An online organization, Khan Academy, was created for students, teachers and parents – anyone who wants to learn. With a mission to provide free “world class” education for anyone, anywhere, the site is packed with exercises to help students learn and practice skills. Math is a big focus on the site. A comprehensive list of math specialists is listed, with their credentials.

Some schools are using this particular site in their classrooms so kids can work ahead on their own and teaching time can be spent helping kids with questions.

Access is free, although you do have to register to log in. If you need any other encouragement, Bill Gates was even on the site with his kids!

billnye.com – The well-loved Bill Nye the Science Guy created a site as fun as the show itself, with demos, problem solving and show episodes.

Educational websites recommended by the Toronto District School Board:

Homework Help! (Ontario Ministry of Education)
edu.gov.on.ca/elearning/homework.html

yahoo.com – Yahoo for Kids, a kid friendly search engine.

howstuffworks.com – How Stuff Works explains thousands of topics, from engines to lock-picking to ESP, with videos and illustrations so you can learn how everything works.

Watch for notes in knapsacks once kids return to school in September. Many schools send home a list of suggested websites for references and learning.



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10 Kids Movies to watch again as adults!



There are some stories, messages and lessons that children learn from film. Things such as tolerance, team work, imagination and not judging a book by its cover are all common themes in "kid friendly" movies. As adults, although we strive for our children to live up to these values, we sometimes forget ourselves. Watch some of these great films, with or without your kids, and remember...



The NeverEnding Story (1984) Dir. Wolfgang Petersen; Noah Hathaway, Barret Oliver, Tami Stronach

The Goonies (1985) Dir. Richard Donner; Sean Astin, Josh Brolin, Jeff Cohen

Harry and the Hendersons (1987) Dir. William Dear; John Lithgow, Melinda Dillon, Don Ameche



Who Framed Roger Rabbit (1988) Dir. Robert Zemeckis; Bob Hoskins, Christopher Lloyd, Joanna Cassidy

Honey, I Shrunk the Kids (1989) Dir. Joe Johnston; Rick Moranis, Matt Frewer, Marcia Strassman



The Mighty Ducks (1992) Dir. Stephen Herek; Emilio Estevez, Joshua Jackson, Heidi Kling

Babe (1995) Dir. Chris Noonan; James Cromwell, Magda Szubanski, Christine Cavanaugh

Wall-E (2008) Dir. Andrew Stanton; Ben Burtt, Elissa Knight, Jeff Garlin

Where The Wild Things Are (2009) Dir. Spike Jonze; Max Records, Catherine O'Hara, Forest Whitaker

Up (2009) Dir. Pete Docter, Bob Peterson; Edward Asner, Jordan Nagai, John Ratzenberger



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Dear Beaches Life,
This past summer totally ROCKED!
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Story submission requirements:

1. 16 years of age or younger.
2. Up to 350 words.
3. Email by Sept. 10 to kids@beachesliving.ca
4. Include your name, age, up coming grade and school name.
5. Include your parent(s) contact information.
6. Include a photo to accompany your story.

Tell us about your rockin' summer vacation and you could be published in our next edition of Beaches|life, delivered to 20,000 homes. You could also win a **\$25 Staples gift card!**

Two stories will be published: up to 12 years of age and 13 to 16 years of age.

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Public Outdoor Pools Schedule

OUTDOOR LEISURE SWIM Open daily to August 31

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1867 Lake Shore Blvd. E, 416-392-7688
Leisure Swim, 10 am-4 pm/5-7 pm

Kiwanis Outdoor Pool
373 Cedarvale Ave, 416-396-2847
Leisure Swim, 12-8 pm

Blantyre Park Outdoor Pool
180 Fallingbrook Rd, 416-396-4126
Leisure Swim, 1:30-8 pm

Monarch Park Outdoor Pool
115 Felstead Ave, 416-392-7831
Leisure Swim, 12-7 pm

Greenwood Park Outdoor Pool
150 Greenwood Ave, 416-392-7804
Leisure Swim, 12-7 pm

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my Secret Beaches Spot

Claudette B. enjoys crossing this bridge during her job. It's three minutes from the boardwalk.

"The many stairs are a challenge if you are running!"



Tell us where the Secret Beaches Spot photo was taken, and you could win a signed hardcover edition of "On Toronto – An Urban Portrait" by Rudi Christl.

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

Send us a photo of your Secret Beaches Spot with a brief description. Email your photo to: info@beachesliving.ca.



Congratulations to Patricia Z. – the winner of June's Secret Beaches Spot contest: *Amusement Park plaque at the foot of Scarboro Beach Blvd.*



Keeping the joy of summer herbs fresh all year 'round

By late summer, our gardens are brimming with fresh herbs, farmers markets and grocery stores are selling locally grown herbs in large bunches, often for a very reasonable price. There is no other time in the year like it – when else can we chop handfuls of basil into pesto or gather a basket of lavender flowers to scent our homes and not worry about having enough, or it being fresh?

But herbs can be preserved for cooking and enjoying through the year. Perhaps not as wonderful as when they are fresh. But if you know the best way to store each one, you can take advantage of the bounty of fresh herbs in August and September.

STEP ONE: Make sure, if you're going to preserve them, that you pick them just before they flower or just afterwards. This is when their essential oils are at its peak.

STEP TWO: Select a method that suits the type of herb. This is important, otherwise you will not get the right flavour when you use them.

DRYING HERBS

Wash, cut into small bundles, tie with string and hang upside down in a dark, cool, dry place like an upper cupboard. You can also use a dehydrator at the lowest setting (no more than 95 degrees). Once dried, run your fingers along the stem to collect the leaves only and store in a cool dry place.

Use in cooking as you would use purchased herbs in a bottle.

For lavender, tie with pretty ribbon and use as sachets; or add to dried flower arrangements.

BEST FOR: Rosemary, Oregano, Thyme, Mint, Sage and Lavender.

FREEZING

Wash and make sure herbs are dry (this is important). Remove leaves from stems and put them on a cookie sheet, freeze quickly and then store in freezer bags or containers. Use in cooking by adding to soups, stews, dips and marinades.

You can mix your herbs when freezing, e.g. basil and parsley for Italian dishes, or freeze with vegetables, e.g. basil or chives with tomatoes.

BEST FOR: Basil, Parsley, Cilantro, Chives, Mint, Lemon Balm, Tarragon, Dill.

FREEZING IN OIL

Preserving herbs in oil reduce freezer burn. Wash, dry, chop finely and pack into ice cube trays about 2/3 full. Pour in extra virgin oil or melted, unsalted butter. Cover with plastic and freeze overnight. The next day transfer the cubes into freezer bags and label.

The oil-and-freezer method of preservation works best with the tougher hard herbs like rosemary, sage, thyme, and oregano, but also works for basil, parsley, sage, fennel and chives.

Add to cooking after you've browned your onions and/or garlic.



FROM THE TOP OF THE CLASS TO THE TOP OF THE NATION

**SPIRIT OF MATH MAKES MATH
CHALLENGING AND FUN**

Learning math doesn't have to be about endless workbooks and struggling with difficult problems on your own. Many years ago, a Toronto school teacher, Charles Ledger, developed a math curriculum and teaching approach to math that helped middle school children understand the concepts behind the numbers. As a result, his students were more successful doing math and found it more fun. After Ledger retired, the program continued to be taught in an afterschool program by Charles, his wife Gwen, and daughter Kim.

Kim set up the Spirit of Math (SMS) for high performing kids in 1992. A math and science graduate herself, Kim is a former Toronto math teacher. Today you can find SMS campuses across the GTA, western Canada and even in New Jersey.

"We are not a tutoring program," says Kim. "The SMS program emphasizes four core components to learning math: drills, core curriculum, problem solving and cooperative group work. Our students learn as a class and progress together to complete the course."

Kim is particularly excited about SMS's focus on collaboration. "The Spirit of Math approach always believed in working together. In order to solve challenging problems, the kids simply have to talk

with each other and figure out the answers together. This develops an important skill as well."

Kids or parents interested in the program don't need to worry about whether or not they'll like the program. Parents are invited to call and set up a time to watch a classroom. And for the first four weeks in September, there are trial classes that kids can try out first.

Ledger also set up the schools' teacher training program and hiring procedure that ensures they have a solid understanding of mathematics, and the right attitude to learning as learners. School boards as far as way as Western Canada are now sending teachers to SMS for training because they recognized the need for more challenging and effective math instruction.

The school's success in national competitions is unrivalled by any other mathematics program for grades 7-9. Of the 35 campuses, over 20 are located in the GTA. All sell specialized drill books and "problem of the day" books, often difficult to find. The Riverdale location on Broadview Avenue serves Toronto's central and downtown east end.

The Spirit of Math
958 Broadview Avenue, 416-223-1985
spiritofmath.com/riverdale



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Biz talk

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- ✓ Loyalty discounts
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- ✓ Customer appreciation events

EXAMPLE

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Thank you and best wishes:

Arax Shawarma – 1921 Queen St. E.
Bibiche Bistro – 2326 Queen St. E.
The Curzon – 1192 Queen St. E.

On the move (new location):

Carbon Computing – (moving to west end in September)
Rakia Bar – 690 Euclid Ave.
Welbanks Mortgage Group – 1834a Queen St. E.

Name change:

Champions Off-Track Betting (AKA Greenwood Off-Track Wagering) – 1661 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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