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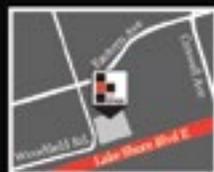
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GOING BACK TO SCHOOL WITH MR. D!



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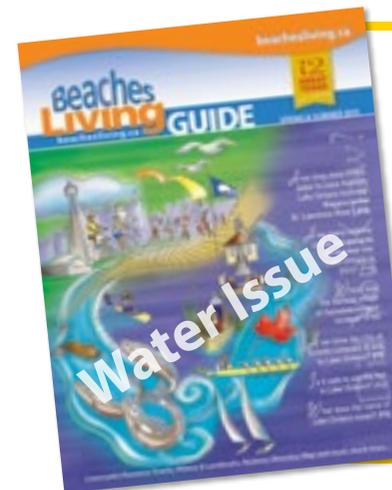
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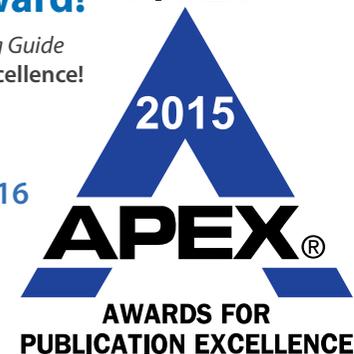
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October/November Autumn Edition.

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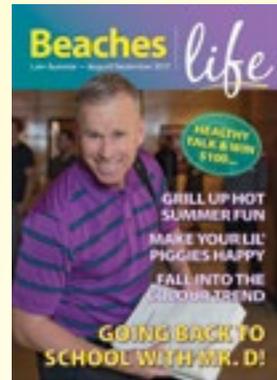
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## Beaches|life

Your neighbourhood HUB to the Greater Beaches Area



DIRECTOR & EDITOR – Hong Zhao

GRAPHIC DESIGN – Ted Niles

WRITER – Beth Parker

CONTRIBUTOR – Ted Niles

GERRY D. PHOTOS – Mike Tompkins

ACCOUNT MANAGER, ASSISTANTS –

Pierina Mevius,

Fran Battaglia, Calin Nemes

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Your comments and suggestions are welcome.

2255B Queen Street East, #252

Toronto, ON M4E 1G3

416.690.4269, [info@beachesliving.ca](mailto:info@beachesliving.ca)

DISCLAIMER: Beaches|life made every attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.



For comedian Gerry D., who plays the teacher, Mr. D., in the CBC hit comedy of the same name, there's no "back to school" in his future – but there is definitely a season 5.

Talking with Gerard Donoghue, the real Gerry D., this summer in Halifax, the Toronto-born actor is busy taping the show, to be aired in January. The hit comedy, created and written by Gerry D. as well as featuring him as the lead character, is available on CBC across Canada, in 6 other countries as well as on Netflix. In the show, Mr. D. plays a less than stellar teacher, rather self-absorbed and often foiled by his students.

"It is such a rare thing to make it in this business," Gerry D. admits when asked about how he got into comedy in the first place. "For those considering a career as a comedian," he adds, "I'd say, 'get a day job' as well!"

That's exactly what Gerry D. did, over a decade ago. Although he says he was always a "character kid", putting on different faces and telling silly stories, he didn't just jump into a career in comedy.

After university, he went to teacher's college and then taught almost nine years at De La Salle College, a private Catholic School in mid-town Toronto. As a teacher, he used humour as a teaching tool; he also started to stockpile stories about what really goes on in a classroom—especially when a teacher can't quite keep ahead of the students.

When it first aired in 2012, students and teachers alike at De La Salle where quick to point out what characters and episodes they thought were based on real people and events at the school. The show became the highest rated scripted show premiere for the network in 7 years.

*"For those considering a career as a comedian... 'get a day job' as well!"*

...continues on page 6

...continued from page 5

“There was no doubt what characters were based on which specific,” says one former De La Salle student. “It was hilarious to watch.”

Gerry D. is quick to point out that he now has to depend on stories from other teachers and students for the plots besides his own experience. “But there’s no end of material,” he admits. Gerry D. also has his own kids now as his “critics”, ages 8, five and 2 ½.

“Watch for our 8-year old, Aly, this season,” he says, “we wrote her a part and she does very well in it!”

There certainly were early signs in Gerry D.’s life that pointed out he was headed for a life in the entertainment world. He excelled at public speaking at school and was chosen to be the Master of Ceremonies at his grade 8 graduation. When he made the decision to focus on a career in comedy, he started at Yuk Yuks, where in 1999, he won Toronto’s Funniest New Comic.

Although Gerry D. says he got various breaks along the way, in reality, he worked hard, attending comedy festivals and competing in all the main comedy competitions. “My biggest break,” he says, “Probably came when I finished third on NBC’s Last Comic Standing 5.” Gerry D.’s 2006 win was the highest finish by a Canadian in the history of the show. Two years later, he also won Best Comic in Canada at the Canadian Comedy Awards.

In addition to Mr. D., he’s known for other memorable roles. In the summer of 2006, he played “Donny” in *Trailer Park Boys: The Movie*; and Gerry Dee – Sports Reporter on *The Score*. He’s also author of “Teaching: It’s Harder Than It Looks”, published by Random House in 2012.

Although he spends a lot of time in L.A., Gerry D., his wife and children live in Toronto. When just being a dad and husband around the house, Gerry D. figures he’s “pretty boring”. “Some people suggest to my wife that it must be great living with someone who is funny all of the time,” he says. “I hope that I’m fun, but it’s not nonstop funny – I also have to be serious with the kids, and with life. As a comedian, you have to learn how to turn it on and to turn it off.”



He also points out that he has always been quite “business driven” in regards to his career – a somewhat “rare quality” among comedians. “I worked hard to market myself.”

What surprises some is that Gerry D. is also a top athlete and came close to making sports his career. At university, he was both a Varsity hockey player and golfer. He also could have had a career as a hockey coach, and continues to enjoy hockey and golf in his spare time.

Gerry hopes there will be a movie in his future, as well as keeping the Mr. D. show going.

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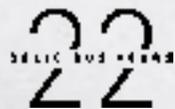
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## The Secret to Succeed at Anything You Want...

### Patience & Persistence Pays Off



Ever wonder how “those people” succeed and become famous? An elite athlete, a top scientist, the concert pianist, a self-made billionaire, or celebrity chef — the secret to get what you want, to be the best you can be or become an expert in any field, is simply... practice, practice, practice.

Studies of the lives of extremely successful people have shown, it takes an average of ten thousand hours of practice to achieve mastery in any field. Their success wasn't luck or just natural ability, it had to do with repeating something they loved to do over and over again.

Bill Gates, founder of Microsoft, is often cited as an example of someone who dropped out of school but still became extremely successful. Gates and his business partner Paul Allen put in thousands of hours where they “practiced” programming with early computers.

The Beatles are another great example. They may have been young, but by the time they had become international stars in 1964, they'd already played over 1,200 concerts together!

So how do you get your kids to practice? How do you motivate yourself to practice?

Before going back to school or work, identify a subject that you would like to be good at or even master in your life. Set this time as a new beginning, starting to practice.

#### THOSE WHO HAVE MASTERED PRACTICE SUGGEST THE FOLLOWING:

**SCHEDULE:** Set a time and stick to it. 15 minutes a day adds up to 1.5 hours a week, that is 6.5 hours a month. It doesn't sound like much, but with persistent practice it will pay back in the end.

**REWARD:** Plan your practice around activities that give you joy. A cup of coffee after finishing your French exercise; lunch after tennis practice; pick up a movie after completing your marathon training.

**CELEBRATE:** When practice leads to achievement, whether it is passing a course or getting an award, take time to celebrate. Share it with friends and family – compliments always feed your drive.

**PATIENCE:** Understand that the rewards of practicing have their ups and downs. You may practice for several weeks and not feel you are getting any better. Suddenly, one day, you make a big leap. That's how it works. You're getting better and better, even when you can't tell you're improving.

**MODERATION:** Don't over do it. It's about consistency not blitzing. Practice in a deliberate, focused manner. Remember to take a break, practice in the morning when your mind is fresh and the same length of time every day.

And finally, remember we live in an instant gratification world. Consistent, steady practice doesn't fit instant gratification. Practice is hard, and can seem boring. Admit that it is meant to be hard work but there are great rewards at the end.

*“We are what we repeatedly do. Excellence, then, is not an act but a habit.” Aristotle*

# Happy Feet – Good for the Sole!

This may seem obvious, but you've only got two feet. And those feet have to last you a lifetime – in fact, they have to last you on average 75,000 miles by the time you are 50 years old. Imagine that. No matter how tall, slight or robust your body frame, your two feet, supported by two ankles, do it all.

Now we bet you're thinking you should give those feet some tender loving care! This is especially true during the summer months when you may be going barefoot or wearing sandals while you walk on hot, dry pavement.

With proper detection, intervention, and care, most foot and ankle problems can be lessened or prevented.

- You can seriously sunburn your feet lying on a dock or beach. Slather on the sunscreen, tops, soles and ankles.
- Limit walking barefoot even though it feels great. You'll prevent foot injuries and limit your exposure to contagious conditions such as athlete's foot, ringworm, and other infections. This especially applies to when you're at a resort, hotel or in a locker room. Wear flip flops (that are your own).
- Stay hydrated by drinking plenty of water throughout the day. This minimizes foot swelling caused by the heat.
- Keep blood flowing. If sitting more than an hour, stretch your calves, wiggle and then crunch up your toes, move your ankles back and forth.
- At the end of the day, give them a wash – ideally a soak in warm water. Add a few drops of peppermint for an extra bit of refreshment. Massage your toes and the bottoms of your feet, dry and then apply a rich foot cream.
- Your feet have 250,000 sweat glands that excrete half your body's moisture each day – a good reason

to wash your feet every day!

- Keep your toenails trimmed – a straight cut to avoid ingrown nails. If you are prone to bunions and callous, rub regularly with a pumice stone. Consider an occasional pedicure. It is amazing how long a good pedicure lasts.
- If vacationing near water, have an extra pair of sneakers or protective water shoes on hand in case the shoreline is rocky or slippery.
- Women, consider toe polish. It helps protect your nails when you're wearing sandals. Men, consider a clear polish – same idea.
- Wear shoes suitable for what you are doing! (see next list of tips)

## Pick the right shoe for the right activity

**Walking a lot:** A good walking shoe, athletic shoe, hiking boot or if you insist on a sandal, select one with arch support and a cushioned sole.

**Playing a sport:** Basketball shoes are designed differently than tennis shoes. Runners need a different shoe that helps support their knees. Ask for advice and pick the right one. Your feet and your ankles will thank you.

**Standing a lot:** Again, select a shoe that has good support (you can't wiggle your ankles around while wearing them). Assess how long you'll be standing. If you're on your feet all day, you probably can't wear a heel higher than an inch. If you're standing 1-2 hours, you can go up a couple of inches.

**Making a "shoe impact":** If you do wear fancy shoes, including heels, plan to wear them for a limited time, for example, one hour.

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## Foodtalk

# Grilling Glorious Vegetables



Grilling on an outdoor grill or BBQ today means way more than just meat. There is no vegetable that can't be grilled. You just have to know how long each will take and the best way to serve once cooked.

Traditionally, we've all known that onions can be grilled with kebabs. But what about squash, broccoli, even romaine lettuce? Yes, you can do it. You'll want to invest in a grill pan for the purpose (or a grilling wok). Use cooking oil suitable for high temperatures such as olive oil. Slice vegetables as bite-sized pieces and use the following as a guide:

- Heat grill to medium-high heat.
- Brush the vegetables with oil to coat lightly and sprinkle with salt and pepper. Working in batches, grill the vegetables until tender and lightly charred all over:  
8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, broccoli, carrots and mushrooms; 4 minutes for the asparagus, celery and onions. 2 for delicate vegetables like bok choy or Chinese cabbage.
- Don't shift the vegetables around too much if using a grill because you want the lovely grill marks.
- Before serving, drizzle with a good balsamic vinegar or a vinaigrette dressing made for the purpose, e.g. balsamic vinegar mixed with your favourite herbs, e.g. garlic, parsley, basil, and rosemary.
- Serve the vegetables warm, or stir into cooked pasta, or cool and use in sandwiches.

### Grilled Romaine Lettuce

3 to 4 romaine hearts (Romaine trimmed top and bottom but with the leaves still attached and together)

**Vinaigrette:** 3 tbsp. of olive oil, 1 tbsp. of red wine vinegar (or cider vinegar), 2 tsp. chopped fresh herbs such as rosemary, thyme, oregano (or 1 tsp. dried mixed herbs), 1/4 tsp. salt and freshly ground black pepper.

Brush Romaine hearts with half of the olive oil, vinegar, salt, pepper and herbs. Heat grill to medium. Grill on all sides, turning every minute or two until well browned. Slice in large chunks and serve, drizzled with the remaining vinaigrette.

### Grilled Chinese Broccoli

6-8 cups Broccoli Florets

**Vinaigrette:** 1/2 cup soy sauce, 3 tbsp. sesame oil, 1 tbsp. of Asian chili sauce (add more for spicier), 2 tbsp. rice wine vinegar, 2 tbsp. hoisin sauce, 1 tbsp. sesame seeds

Cut broccoli into bite-size pieces and put in a plastic bag with the marinade. Set aside at least 4 hours.

Oil a grilling wok or pan and place on grill until hot. Add broccoli mixture when temperature reaches 600°F. Close the lid, opening to stir a few times until tender, about 6 minutes. Sprinkle top with sesame seeds and close lid for another minute to toast the seeds.

**Remove and serve. Yum!**  
(Thanks to taste of BBQ)

# Getting Ready for Back to School



- All computers, but especially PCs, require antivirus software; most new computers come with it pre-installed. Your school may also offer security software free. Otherwise, make sure you purchase antivirus protection with a subscription to keep it up to date.
- A good investment is anti-theft and anti-damage insurance. As one tech adviser told us, “the most common repair we see is from spilling coffee onto their computers!”

## Before you make that big purchase, consider these as well:

- Most software doesn't come in a box anymore! You simply purchase an 'unlocking' key and download what is required.
- WiFi capability is a must for connecting to free WiFi at school as well as coffee shops!
- At a minimum, 16 GB storage and 2 GB RAM.
- Screen size: For laptops an 11 – 13 inch screen (bigger is too heavy and bulky).
- Battery life that lasts a full day of school and can be charged at night.
- And finally, once that new piece of equipment is home, label it clearly and make a copy of the serial number, kept in a safe place at home.

Getting a student ready for school these days no longer involves just a pencil case full of pens and binders packed with paper. Today, your child's school could even be one of the growing list of schools moving to 'BYOD' – 'Bring Your Own Device'.

Students, particularly those studying at colleges and universities, simply cannot manage without a computer or tablet. Professors expect students to be able to retrieve assignments online and submit online. Lectures are often interactive, with questions and answers accessed by tablets and other tech tools.

How do you know what to buy ahead of the school year? Keeping up with the latest brands and the newest features can seem daunting. Here are some of our best tips:

1. Check out the school's website first to see if they have advice, or in some instances, actual requirements.
2. If you're planning a visit to the school ahead of class, visit the school bookstore (which these days, is way more than just books!) Staff at on campus stores not only know the latest in student technology. They also know what discounts are available for students and what “freebies” the school might provide in terms of virus protection, etc.
3. Make a list of what you want a computer to do. For example, if the student is taking courses where they'll be editing videos or doing graphic design they'll need a media-ready computer. But for most, doing online research and writing essays, a less expensive computer is good enough.
4. Be honest. Whatever you buy will be carried around in a knapsack, transported by bike and TTC. Make sure the model you buy is robust enough to withstand the daily life of a student.



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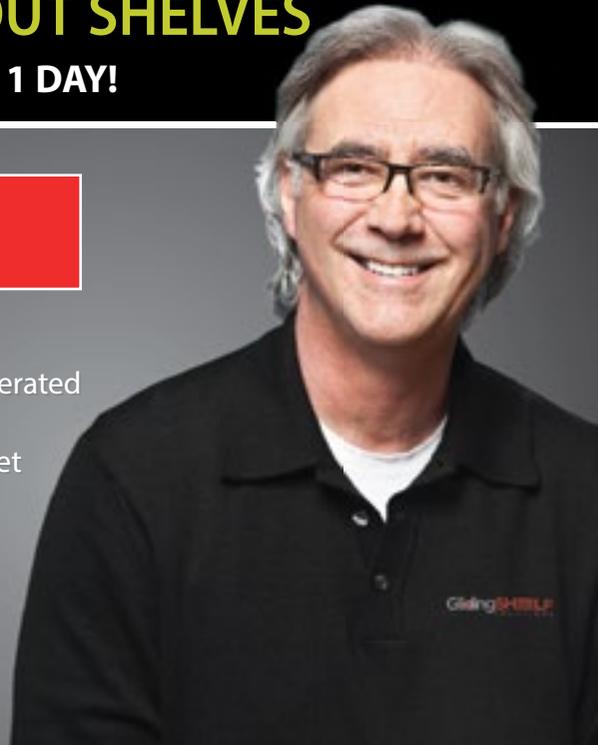
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**patio talk  
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Beaches|life Patio Talk featured in the June/July edition got you, our patio goers, talking! Overwhelming responses and entries to the contest shows you know where to go for summer patios. We encourage you to also try some new places – you won't be disappointed because our patio goers had great things to say about all the featured patios.

**Congratulations to our Lucky Patio Goers:**

- 1st Prize: \$100 gift card – Joan Williams
  - 2nd Prize: \$40 gift card – L.A. Shillinglaw
  - 3rd, 4th, 5th Prize: \$20 gift card – Shawn Bremner, Lind Smally, Merwina Chan
- The winners were chosen by random number generation.

Winners will be contacted to receive their gift card to be used at one of the featured Restaurants/Patios:

- Boston Pizza - Beaches, Breakwall BBQ & Smokehouse,
- The Duke, Jawny Bakers Restaurant, Joy Bistro, Murphy's Law
- Irish Pub, Sauvignon Vin Bistro, Tim Horton's (2002 Queen St. E.)

## let's talk about health the healthy issue...

Health is on everyone's mind these days – from working out to healthy eating to health supplements.

Regular massage, chiropractor visits and outdoor activities are all for the healthy body and mind.

Health is also all round from teeth to skin to eye health. And it is for all ages, as young as infants, to busy young professionals, and stay-at-home moms and dads, as well as baby boomers to grand parents... it matters to everyone everywhere...

Beaches|life designates our August/September edition to good Health, Wellness and Fitness.

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# Don't Put All Your Eggs In One Wallet



With the nice weather comes increased travelling and more time to spend outdoors. With more time out, of course we need to carry a few things with us like cell phones, keys, money, identification and of course our wallets.

Unfortunately, with all the added outdoor activities, there is a greater chance you could lose your wallet.

We all know the feeling. You grab for your keys, your phone, your wallet...and over the course of a few seconds you think that the wallet is missing. Then you find it and breathe a sigh of relief.

## Prepare Your Wallet For Incase You Lose It

We don't plan to lose it, but sometimes it happens. What we can do is plan ahead, so if we do lose our wallet, it will have minimal damage.

**Carry Only The Essentials** Are you really planning to use three credit cards? How about only taking one? Also, many gift cards can be registered, so if lost, you can get a new one. Never carry your Social Insurance Number card with you. Keep it in a safe place with your other vital financial documents.

**Copy Everything** Make a copy of the fronts and backs of everything. This way you'll know exactly what to cancel if your wallet disappears. Of course, put the copies somewhere safe.

**Keep A Backup Credit Card** New cards take time to ship. Keep a backup card in a safe place to use in the interim.

**Don't Put All Your Eggs In One Wallet** Keep large amounts of cash separate from your wallet. Only carry what you think you may need. Always carry some back-up cash separate from your wallet.

**Babies!** Believe it or not, it's proven that a baby picture in your wallet can trigger a response from people who may have "found" your wallet to return it to you.

## What to Do If You Do Lose Your Wallet

Every day, people lose their wallets. They are always on the ten most lost items list, and it can happen to you. So when it does, here is what you need to do.

**Be Calm and Methodical** Take a deep breath and try to stay calm. You will get through this.

**The Better Way** If you've been on public transit, check with the TTC. According to their lost and found department, stolen and lost wallets are often turned in – usually a day after they've gone missing.

**Don't Rush to Cancel** Block (temporary 5 day stop) or cancel (permanent stop with purpose to replace) your credit cards and bankcards by phone. The credit card company will let you know if anyone has used the cards. The phone numbers are online, on a bill or on the back of the card (that you copied). Remember to include loyalty points and service cards (CAA).

**Start to Renew** Wait a few days to make sure your wallet doesn't turn up, and then start the process of getting new documents.

**Go Shopping** There must be something good about all this inconvenience, so make sure you buy yourself a nice new wallet.

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# Colour Me Fall 2015

## IN A UNISEX PALETTE

Rich red browns, soft mossy greens, beautiful violets – make way for fall colours in both fashion and decorating. The fall 2015 palette certainly seems to be inspired by nature, and mixed together in both subtle and unexpected ways. Colour experts are also telling us that this fall is one of the first times we've seen a palette suitable to both men's and women's tastes, naming it a "truly unisex colour palette."

The colours are described as "an umbrella of accord that weaves earthy neutrals with a range of bold colour statements and patterns to reflect a landscape of hope, fun, fantasy and all things natural. The colours are evocative of a love for nature and a timeless appreciation for warmth and security..." according to Executive Director of the Pantone Institute, Leatrice Eiseman.

### So who picks the colours anyway?

Each year, colour trends are named by the international Pantone Colour Institute®. The chosen top colours are used for both fashion and decorating. Each colour is given a name. The particular tone might look "light green" to you, but in the world of colour, the colour has a much more exotic sounding name, e.g. "desert sage".

So here are this fall's colours, with an interpretation of the colour and how to use it.

### Watch for and use:

#### DESERT SAGE

A cool greenish-gray. Perfect light neutral for pants, skirts, casual jackets and sweaters.

#### STORMY WEATHER

Another neutral, blue grey, suitable for suits, pants, jackets, coats.

*Both the above colours are great neutrals for walls, window and floor coverings.*

#### BISCAY BAY

A cool blue/green summery tone that some compare to tropical waters. Look for it in shirts, sweaters, ties, scarves or included in patterns for dresses, tops and ties.

#### REFLECTING POND

A cool, darker blue that's flattering to all. Classic for jackets and suits, but also watch for it woven into checks and tweeds.

*Both of these blues go well together in fabric patterns, or use in rooms with white or beige. Great choice to brighten up a darker space. Consider pairing with Mellow Yellow.*

#### OAK BUFF

Not everyone will go for this mellow, golden yellow. Look for it in skirts, blazers, vests and sweaters. If yellow isn't your colour, use as an accent on coats, belts or bags.

#### DRIED HERB

An olive green that most of us "amateurs" would associate with a safari or military look. Very popular this fall in bags, boots and belts. Also great for jackets and coats.

#### MARSALA

The BIG colour this fall, a winery red-brown that flatters every skin tone. Stunning for jackets, coats, dresses, pants as well as boots, shoes and bags.

*These greens and browns are classic colours for fabric coverings on furniture you plan to keep for many years. The colours go with a variety of wood types and decorating styles.*

#### CADMIUM ORANGE

A blast from the 60s and 70s past. This deep orange is usually too much as a full outfit, but great as trim, a vest, or woven into tweed. Also showing up in handbags, shoes and belts.

#### CASHMERE ROSE

Everyone loves this soft pink, good for both men and women, especially when used around the face: shirts, blouses, scarves and sweaters.

#### AMETHYST ORCHID

A beautiful soft purple, perhaps a bit too feminine for some. You'll see it in handbags, gloves, hats and scarves as well as in flowing dresses, shawls, or men's shirts.

*Use these colours as accents in pillows, throws, single chair coverings and accessories. Rose and Amethyst give a room a very feminine, old Hollywood feel. Orange definitively brings out that "Mad Men" vibe.*

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## Over 66 Million Years in the Making

# 10 Dinosaur Movies

This summer's biggest blockbuster stars creatures that roamed the earth 230 million to 66 million years ago – and they still can sell out the theatres. With the success of *Jurassic World*, *Beaches|life* features the prehistoric creatures. Can you imagine a time when giant lizard-like monsters ruled the world? Well these films may help you realize it.

**The Land Before Time** (1988) Dir. Don Bluth; Pat Hingle, Gabriel Damon, Judith Barsi

**Jurassic Park** (1993) Dir. Steven Spielberg; Sam Neill, Laura Dern, Jeff Goldblum

**The Flintstones** (1994) Dir. Brian Levant; John Goodman, Rick Moranis, Rosie O'Donnell

**KING KONG** (2005) Dir. Peter Jackson; Naomi Watts, Jack Black, Adrien Brody

**Journey To The Center Of The Earth** (2008) Dir. Eric Brevig; Brendan Fraser, Josh Hutcherson, Anita Briem

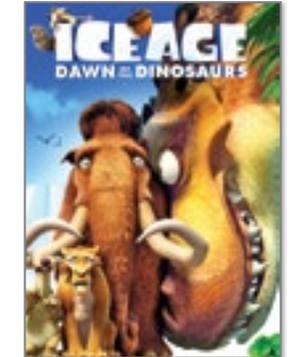
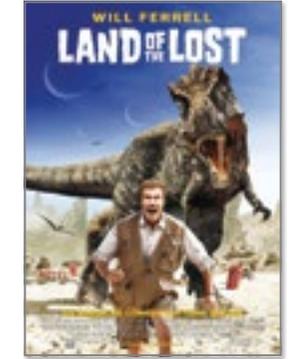
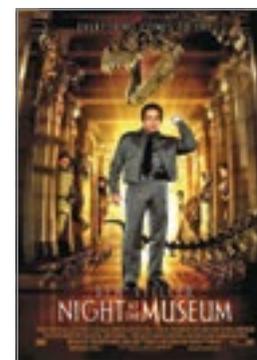
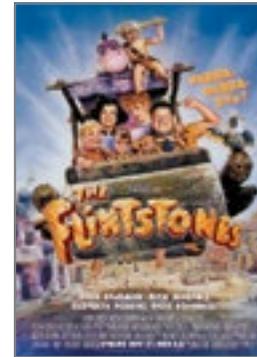
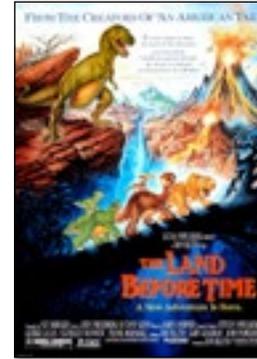
**Land Of The Lost** (2009) Dir. Brad Silberling; Will Ferrell, Danny McBride, Anna Friel

**Night At The Museum** (2006) Shawn Levy; Ben Stiller, Carla Gugino, Ricky Gervais

**Ice Age: Dawn of the Dinosaurs** (2009) Dir. Carlos Saldanha & Mike Thurmeier; Ray Romano, John Leguizamo, Denis Leary

**Godzilla** (2014) Dir. Gareth Edwards; Aaron Taylor-Johnson, Elizabeth Olsen, Bryan Cranston

**Jurassic World** (2015) Dir. Colin Trevorrow; Chris Pratt, Bryce Dallas Howard, Ty Simpkins



# Smart Home for the Smarter Homeowner



Imagine, just years ago, most of us did not think cell phones were necessary, but today, they are a necessity to almost all. Our cars have become smarter, with Bluetooth, GPS and back-up cameras – it can even park itself. If you have any of these, you won't ever want to let them go.

Now it's time to think Smart about your Home.

It's summer time and many people are on holidays. Whether you are travelling or out playing, a smart home can give you some peace of mind.

Today, smart homes are the future. While you are on holidays, it may be a good time for you to do some research and find the best smart "gadgets" that fit your needs.

## HERE ARE SOME SMART HOME OPTIONS FOR YOU TO CONSIDER:

**Remote Locks** – Securing your home used to be a time-consuming process – especially if you like to double- and triple-check. With home automation, you can lock all your doors and windows from almost anywhere.

**Control Your Lighting While You're Away** – Have would-be intruders think you're home by automating your indoor lights. Set up a program to have your lights turn on at a specific time each evening. If you want to get creative, use your app to turn different lights off and on right from your vacation spot.

**Video Monitoring** – Check what's going on inside and outside your home. With an outdoor camera with motion, you can even set up an alert when someone is at your door.

**Turn On/Off Appliances & Electronics** – Leaving your small appliances and electronics on while you're away will add to your electricity bill – but who wants to go through their entire home and manually switch

everything off? You can turn them on/off easily when they are powered with smart plugs.

**Water Sensors** – Water can cause a lot of damage in a home, especially if it happens while you're away on vacation. Water sensors can alert you when this happens and if it's a broken pipe you can even cut the water supply right from your phone (where available).

**Adjust Your Thermostat** – You can adjust your thermostat from your mobile device, and also program it to turn the air conditioning on in time for you to return from vacation with your home at the perfect temperature.

**Turn on your home alarm** – The days of setting your home alarm keypad and then making a run for the door in order to beat the alarm are over. Arm it from your mobile device once you're out the door. You can even sync your cameras to begin recording if the alarm is tripped, and you can view live-stream camera feed from your phone.

## THINK SMART FOR YOU AND YOUR HOME.

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## bizprofile

# What can we make for you today?

## Busy sewing and alteration business thrives with joy

Frustrated with that pair of pants, which always feels too tight around your waist? Perhaps you bought a stylish jacket but the sleeves are too long, or a dress that bulges in the wrong place? Janet Waterhouse, owner of Janet's Custom Sewing & Alterations, finds that repairing and making clothes fit properly for both men and women could keep her busy full time. "There is such a huge need these days for alterations," she says, "and doing a proper fitting is part of doing the alterations right."

Friendly and upbeat, Janet admits that sewing isn't something that kids learn these days growing up. She contrasts it to her own experience, where her mother sewed, her grandmother sewed, and in the small town of Lakefield where she grew up, all her friends sewed. "We used to go to the weekly "stitch and bitch" group where the older ladies sewed at one end of the room and us kids were given knitting or sewing projects to keep us quiet!" she recalls.

Janet, in turn, taught all five of her children to sew (4 girls and a boy). Today, one runs a successful online handbag and wallet company and another, Alison, assists in the store. Alison also has set up a handbag and hat company of her own.

Alterations are just one part of her bustling business. Janet's team will make the bridesmaid dresses for your wedding, sew outdoor cushions for your patio, or just about any sewing project you bring her. Although she can do the actual bridal gown, she adds that this kind of project can take 6-8 months. "Our most interesting projects are usually in the costume category," she notes.

When Janet opened a store in Baden, Ontario, several years ago, she joked that her husband "almost had a

heart attack!" But she enjoyed it so much that when he was relocated to Toronto, she set up business in the Upper Beaches. They lived first on Kenilworth and now, on Kingston Road. Her Kingston Road shop opened last October. "This is just a wonderful community," she says, "the people here are just wonderful."

With a keen eye for detail as well as proper fitting, Janet knows how to properly adjust an article of clothing (a rare skill these days), how to tell when zippers are too long for a dress (and causing unsightly bulges) or if a shirt has been cut improperly during the manufacturing process. She explains how there's such value in properly made clothing, unlike so much of today's "ready to wear" items, often purchased because people find them inexpensive. She notes, for example, how in a factory, cutting is done by stacking fabric and using a machine. This method may be fast but it means items at the bottom of the pile are almost guaranteed to be cut crooked!

In addition to retail clients, Janet sews décor items for interior decorating companies; samples for dress designers; and manufactures footwear for Sallazzo (also sold on site). She loves the variety of what she does, "the entertainment of what people bring us", and the fact that the work is both busy and varied.

And in her spare time, sewing is still a major part of her life. "Each year," she says, "I make pajamas for my family, matching the fabric choice to each of the girls' personalities – the boys all get the same!"

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## my Secret Beaches Spot



Secret Beaches Spotters... any part of "this place" is my favourite Secret Beaches Spot.

Susan W.

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**WOW!** This colourful bench sure is loved! Most answers ever by our readers.

**Congratulations to Robert McRobert** – the winner of June's Secret Beaches Spot contest: *This colourful bench is found on east side Lee Ave. between Queen St. E. and Williamson Rd.*



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# Take a Break...

It's GOOD for you  
and your business

Small business owners need vacations and yet, about 33% fail to take any vacation at all. Why? For most, it just seems impossible to take time away from work, and give up paid work while you are away.

But business owners who work day in and day out without a vacation experience put a strain on their physical, mental and emotional health. The accumulation of higher stress levels, poor sleep patterns and exhaustion can affect good decision-making and a healthy family life. In addition, taking a break is actually good for you and for your business.

### Benefits in taking a break

Business owners who return from holiday refreshed, re-energized and refocused have a big advantage over their competitors.

- They return able to cope much better in today's challenging workplace.
- They regain perspective, and therefore, have a much clearer idea of what they should focus on, and what they can ignore. (After all, once you've viewed the ocean or the Rocky Mountains, many problems at work suddenly seem very trivial!)
- Numerous studies show that those who take a break are more productive than those who just keep working long hours over a sustained period of time.
- Most importantly, vacations that often include loved ones keep your relationships healthy.

**If you still think you can't take a vacation, consider some of the following:**

#### MAKE IT SHORT

Some make the mistake of thinking that a vacation means 2-3 weeks off. If you can't manage a longer break, take 4 days after a long-weekend or just Fridays for a month, or a day in the middle of the week without your cell phone ringing. This still makes a difference, and makes it easier to take a long break in the future.

#### SET REASONABLE BOUNDARIES

If being totally cut off seems impossible, set reasonable boundaries about keeping in touch while you are away and stick to them. For example check in once or twice a day at a set time, or if you are away for a longer period, perhaps set aside one day when you catch up.

#### LET GO OF THE REINS

Assign someone you trust to be in charge, and make sure they know who to call, and when, if necessary, to call you.

#### BE HONEST WITH YOUR CLIENTS

Let your clients know a few weeks in advance that you'll be away but ready for them on your return. Advise them on who to call in your absence, depending on the issue. If your business is prone to emergency calls, make sure someone (not you) is assigned to take and deal with these calls.

#### TAKE TIME TO PLAN

According to researchers, planning a vacation brings as much stress relief as actually taking the vacation. In fact, a recent New York Times article reported that simply planning a vacation could make a person happier.

So set a time you want to take, and enjoy the planning process ahead of time.

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bizprofile

## Family-run Franchise Offers Something for Everyone

### Getting more at Boston Pizza

When Gurpreet Toor was studying for his MBA at Brunel University in London, England, he wondered how he could apply what he was learning to his own business. After several years working with large corporations, Bell and Loblaws Companies, the Toronto-born entrepreneur got his wish. In December 2010, Gurpreet opened his own Boston Pizza franchise at the Leslie/Lake Shore mall.

"My MBA was on entrepreneurship," he explains, "so I took the challenge. It was a learning curve for the first year but it's been going well."

Gurpreet had the help of his in-laws who'd worked with Boston Pizza in Edmonton, where the Canadian franchise is headquartered. His wife, Rupa, assists with the HR side of the business. Together they work hard to make it a family-friendly, local place to eat and have fun. The couple's daughter and son (2 and 4-years-old) already "love Boston Pizza". "My son tells me that he's ready to go to work with daddy," says Gurpreet.

One of Gurpreet's biggest surprises since opening the business was the amount of time it takes to deal with HR needs – not just staffing the restaurant but making sure staff are feeling good about what they are doing and customers are satisfied. As a result, the restaurant has seen little turnover since opening, a rarity in the restaurant business.

"It's all about setting up a good work environment," he says, "which means instilling core values that lead to good results." One such value is open communication.

Staff and customers are encouraged to speak up and be open about what's on their mind. There's also a standard of customer service that everyone commits to, "Complaints can't be shoved under the rug," he notes.

The restaurant attracts customers from the Beaches, Leslieville as well as those living downtown. In addition to running the business, Gurpreet spends a lot of time planning various promotions and parties for customers.

"We have many events throughout the year," he says, such as a "school's out" party at the end of June and New Year's Eve events for families so kids can celebrate earlier in the evening. Gurpreet's also ran a Pan Am launch this summer and participated in a fundraiser for MS and JumpStart, with other merchants in the mall.

Boston Pizza attracts families over dinner hour, and in the evenings, the sports bar fills up with friends, individuals and couples enjoying a night out with good food and drink while watching any number of favourite sports on large screen TVs. The name may suggest only pizza but popular items on the menu include the jambalaya pasta, Buffalo chicken sandwich, and healthy grilled fish or chicken tacos. The perogy pizza is another favourite, and for dessert, "Chocolate Explosion".

"Running a business continues to be a journey," he says, "but we've got a lot going on here. Come on in and check us out!"

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to see which one is for you and to order...

**SUMMER Time  
is BEACH Time  
Admit, You're  
a BEACHER...**



**FIND  
BUSINESSES  
LOCALLY**

[beachesliving.ca/directory](http://beachesliving.ca/directory)

**YOUR LOCAL BUSINESSES ARE AT YOUR FINGER TIPS**

Find local businesses made easy! No searching or guessing at: [beachesliving.ca/directory](http://beachesliving.ca/directory)

For local business owners: If we have missed you, get your free listing at: [beachesliving.ca/listingssubmit](http://beachesliving.ca/listingssubmit)

## coming, going and on the move

### Welcome new neighbours:

Ashdale Brunch and Espresso  
- 1560 Queen St. E.  
Bluff Vintage Couture Boutique  
- 1434 Kingston Rd.  
Corks and Platters Wine Bar  
- 2220A Queen St. E.  
Descendant Detroit Style Pizza  
- 1168A Queen St. E.

Fifty Little Secrets Brow and Beauty Bar  
- 1256 Queen St. E.  
Just B Salon - 1150 Queen St. E.  
Leslieville Kitchens - 1366 Queen St. E.  
Pharmasave Beaches Pharmacy  
- 1967 Queen St. E.  
The Sidekick Coffee & Comics  
- 1374 Queen St. E.

### Thank you and best wishes:

Black's Photography - 2036 Queen St. E.  
Leslieville Diner - 1186 Queen St. E.

### On the Move (new location):

macFAB - 1685 Bayview Ave.  
FLICK by Design - 2195 Gerrard St. E.  
Ella Minnow Children's Bookstore  
- 991 Kingston Rd.

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](mailto:info@beachesliving.ca) or 416-690-4269.



# Alf's Antiques Handcrafted Furniture



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**29 Bermondsey Rd 416-690-5505**

(East of DVP & South of Eglinton East)

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**“FREE”  
ESTIMATES & INSPECTIONS**



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