

# Beaches

Holiday — December/January 2015/16

# life

ANNUAL  
HOLIDAY  
SHOPPING  
GUIDE

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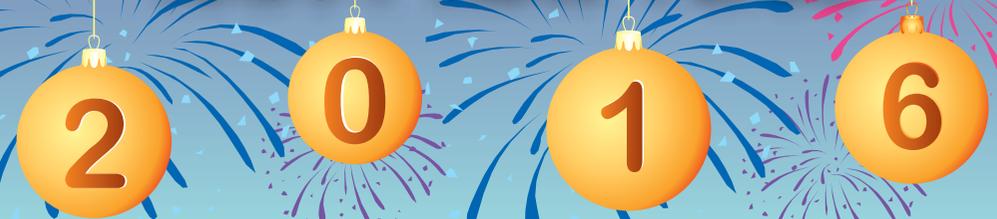
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The Beaches Living family wishes you and your family  
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DISCLAIMER: Beaches|life made every attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.



## THE DASHING, DARING & DELIGHTFULLY DOWN-TO-EARTH... YANNICK BISSON

Internationally known Canadian film and television actor and director Yannick Bisson, best known for his role in Canada's number one drama series, *Murdoch Mysteries*, for nine strong seasons.

Yannick has a long list of credits to his name. You may recognize him from his roles as FBI Agent Jack Hudson in the series *Sue Thomas: F.B. Eye* and Joey Barrett in *High Tide*. In *Murdoch Mysteries* he plays a persistently clever police detective in Toronto in the 1890s and early 20th century. Yannick was given credence to Access Hollywood's claim several years ago as, "one of the six hottest most up-and-coming actors to look out for."

Born in Montreal, Yannick's family moved to Toronto when he was a child growing up. They lived in various places including the Beaches. His father first noticed his interest in acting and encouraged him to audition for child actor roles. Through his teenage years he attended Highland Junior High, Eastern Commerce and Central Commerce.

"My approach to life," he says, "is that life goes past

really quickly, and too often people look back and then find it's too late to start working on their legacy. How you do things – how you treat people – that is all that matters."

*"...How you do things – how you treat people – that is all that matters."*

Yannick's inspiration for how to play his character comes directly from his own list of favourite detectives: Rockford, Columbo, Matlock, Magnum PI, even James Bond. But he particularly enjoys "channeling" Barney Miller (played by Hal Linden). Miller represents for Bisson what it's like to be the "sensible sane one" in a precinct with all the nuts around him," says Yannick laughing. "I've learned a whole appreciation for the role of the 'straight man' in comedy."

Filming a show like *Murdoch Mysteries* that depicts life over a century ago has many challenges. "There was behaviour back then that was acceptable as proper and civilized; and behaviour that was frowned upon. For example, people back then didn't show public affection. These are the details we have to keep in mind when writing and acting.

*...continues on page 6*



...continued from page 5

Although set in Toronto, you won't find any familiar location shots. "The police station, the morgue, etc. are all inside our studios," he says, "because it would take too much film alterations to get rid of all the modern elements." The studio being used is located at Warden and Eglinton. There also are a couple of places on the back lot for outdoor shots, plus shooting often takes place in smaller towns outside Toronto.

At the age of 19, he married his childhood sweetheart, Chantal Craig, a Toronto actress, producer and writer. The couple has three daughters. Their eldest, Brianna, is a Toronto makeup artist and Dominique is in marketing and merchandizing for the fashion industry. The youngest, 19-year-old Mikaela, attends school in Switzerland.

When the Paris attacks took place in early November, Mikaela was staying in downtown Paris. It took Yannick a while to get through to her by telephone, when he found that she had safely returned to her hotel room. "I have never been so scared in all my life," he said a few days later.

True to character, Yannick and his family live on a quiet

cul-de-sac in East York. Their house has been featured in various magazines because of its unique design. Several years ago the couple hired an architect to transform their small, plain bungalow into a series of interlocking cubes. Yannick crafted the fireside bench out of pine beams himself, which he salvaged from a 200-year-old barn used on his show.

One of Yannick's pastimes is riding his bike through various city trails, in particular the Don Valley, or walking his dogs in Taylor Creek Park. The family currently has three "four-legged kids": two boxers and a bulldog. He and his wife also enjoy eating out at local restaurants.

A big supporter of charities, they are long-time supporters of Sheena's Place for eating disorders, and currently very involved in Childhood Cancer and Camp Oochigeas for kids with cancer.

Yannick's list of what he wants to pursue after *Murdoch Mysteries* is getting longer every year. A film he directed is being premiered at the Sundance Film Festival next year.



As season nine of *Murdoch Mysteries* opens, it is now 1903. Murdoch and his colleagues continue to solve the unsolvable, coming face-to-face with everything from an impossible bank robbery to a threat to destroy Canada.

*Murdoch Mysteries*, cbc.ca

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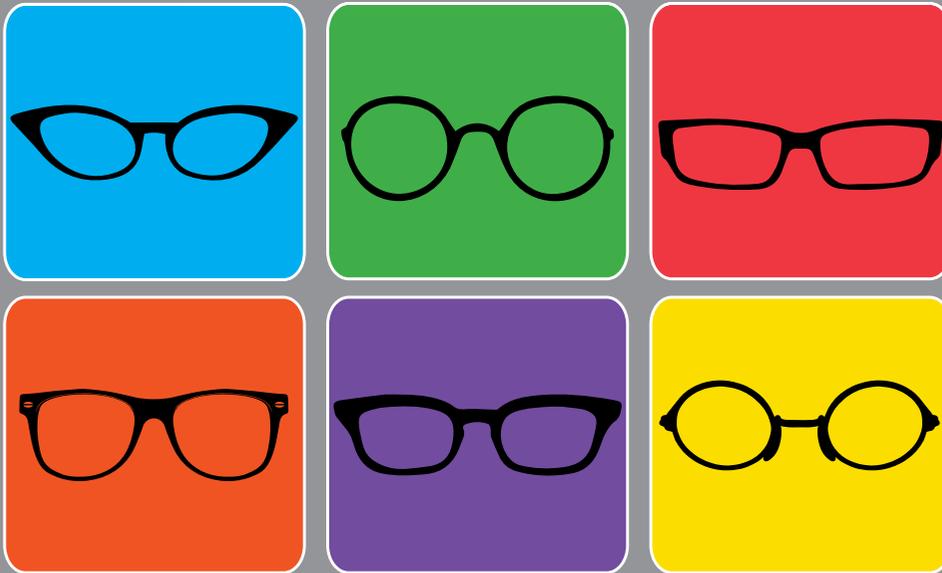
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## What's your HIGHLIGHT of the Year?



### Shining a Light on Your 2015 Successes

As you approach the end of 2015, take some time to recall the highlights of this year. Pull out the happy times, the small steps forward, those things you remember with a smile, even if it has not all been good, and write them down. Taking time to recall and appreciate a highlight, a success, actually leads to further success. Acknowledging successes and drawbacks, from 2015 or even over your life, is a powerful exercise.

If you are starting to think about your 2016 New Year's resolution, why not start to build on your personal highlights of 2015 or earlier in life?

Big or small, what were the events, the words, and the thoughts that made a positive difference in your life these past 12 months?

**Personal Achievements:** perhaps you learned a new skill, tried something you'd never done before, gained more confidence cooking, speaking or using technology, worked on a skill such as a sport or musical endeavor

**Events:** did you celebrate an anniversary, attend a family celebration, retire, or perhaps achieve a certain milestone. Maybe your grandchild started school, or you passed a drivers' test, or your team made it to the finals.

**Life transitions:** No doubt, many of you made it through a major life change, good or not so good. You celebrated a marriage or went through a difficult break-up, survived losing a job or got a new one, moved into a new home, graduated or returned to school. Whatever the transition, just getting through it is a reason to give yourself a hug and acknowledge the achievement.

**Personal mindset:** These are the kinds of successes that only you know you've achieved. Perhaps you've tried some mediation, took time to mend a difficult relationship, finally let go and forgave someone for a past wrong or opened our heart to someone new in your life. Changing your mindset is a major success even though it may seem small to you.

### Moving into 2016

Once you've made your list, think about what you can build on as you move into the New Year. By highlighting past successes, or even failures, you can see how powerful they can be in your life. Make celebrating a regular event for any occasion such as a team soccer game, getting a new dog, the first day of summer, etc. Celebrate often with family, friends or simply treat yourself.

So, what are your highlights from this year? What did you learn? What will you take with you, going forward?

*"We do not remember days. We remember moments."*

Cesare Pavese, Italian poet



# Art of Greeting Cards

Holiday traditions start off by searching to find that perfect holiday card that has the perfect message. Other times you want to find a humorous card that you know will make your brother or sister laugh out loud. Maybe it's a card that says "I'm thinking of you" or has a picture on it your mother will love.

By traditional mail or through the Internet, each of us starts receiving cards at this time of the year. In almost all instances, they have been carefully selected by the sender to reflect their taste and style. The "special ones" – the ones you often display close to you and read over again, have been picked out especially for you!

## History of Greeting Cards

The custom of sending greeting cards started with the ancient Chinese who exchanged messages of good will to celebrate the New Year, and the early Egyptians, who delivered greetings on papyrus scrolls.

Handmade paper cards started being exchanged in Europe in the 1400s, followed by the first "printed" cards made from woodcuts. But it wasn't until the printing industry was more advanced that greeting cards became an industry. The first known published Christmas card appeared in London in 1843, when Sir Henry Cole hired artist John Callcott Horsley to design a holiday card to send to his friends.

Within the past generation, greeting cards have become much more specialized, offering greetings

to match almost every personality and situation. You can even purchase cards to send to your friends' pets! Cards can be personalized with your own photos, designs and messages. Some play music, over and over again. The huge growth in the electronic greeting cards (E-cards) has recently expanded the industry once again.

## The Greeting Card Awards

Every year, awards are given in various greeting card categories. The most famous of these are the LOUIE Awards, with categories that include best "pop-up" card, best humorous, etc. According to the American Greeting Card Association, the LOUIE's recognize, reward and celebrate that moment when "art, editorial, and design perfectly coalesce to bring these emotions to life and memorialize the numerous milestones in our lives."

**200 million...**

...the number of greeting cards sent each year at Christmas – 30% of the total number of cards Canadians send each year.

## How will you "greet" this year?

- Think about the best holiday card you ever received. Why did it make such an impact?
- When picking out a card to send to a friend, what do you look for?
- Is there something you add to your cards that reminds the receiver of you? Perhaps a sparkly label, some glitter in the envelope, a personalized note or photo?
- If you can send a physical card with your handwriting, don't just settle with an e-card. It will mean a lot more to the receiver.

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# Foodtalk

## Fast Food Prep for the Holidays



It's after 6 PM and you've just walked into the house, perhaps tired from shopping or taking the kids on a family excursion. Or you realize that tomorrow night you've got company but haven't turned your mind to what to prepare. Don't let the busyness of the season get in the way of good and healthy food.

Stock some basic ingredients and supplies in your cupboard for a back-up plan when needed. Try these tips for fast food prepare—for yourself, your family or for guests.

### At Home Fast Food Prep

**Hearty Soup & Salad** – Extend a prepared can of vegetable soup with a can of white kidney beans or lentils. Serve with Parmesan cheese generously grated on top. Serve with a crusty loaf of bread and coleslaw.

**Quesadillas** – A corn tortilla sandwich filled with grated cheese and shredded pre-cooked chicken (or whatever you fancy). Serve with sour cream, salsa and hot peppers – everyone's favourite.

**Super Super Omelets** – Create a custom omelet for everyone, using a range of ingredients that could include: spinach and feta cheese, salsa and avocado, green onions, chopped ham, mushrooms, smoked salmon, asparagus, old cheddar and bacon bits. Serve with Naan bread, brushed with olive oil and warmed in the oven.

**Dessert** – Make your own sundae with ice cream or frozen yogurt, and a choice of toppings: nuts, chocolate chips, mini marshmallows, chopped fruit, Smarties, coconut, crush candy canes, and syrups (maple, strawberry jam or and chocolate sauce!)

### Guest Fast Food Prep

#### Quick appetizers

- Pizza, cut into bite-sized squares and served on a tray with warmed olives
- Easy dip: Mix a can of crab meat with a package of cream cheese and two tablespoons of mayonnaise. Heat in a dish and serve when bubbly with crackers.
- A pub platter of pickles, sliced salami, cheddar cheese, smoked almonds and large stuffed olives.

#### Main Dishes

**Chili** is an easy dish you can prepare ahead and it never fails to please. Serve in a large bowl with crusty bread and a green salad. Sprinkle some strawberries or raspberries in the salad for a festive touch.

**Easy Paella** is a Spanish dish of rice, saffron, chicken, seafood, cooked and served in a large shallow pan. An easy meal to make with just about any kind of ingredient that goes well with rice. Check out the many easy recipes available.

#### Dessert

**Parfaits** – ice cream and a favourite liqueur or syrup.

**Boxes of chocolates** are a must. Turn a regular night into a celebration, or wrap up a box when you suddenly need a gift.



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## MAKE YOUR HOLIDAY SEASON FUN & STRESS-FREE

This is the time of year to celebrate the season with fun activities, and the gathering of family and friends. But it can also be stressful with scheduling, shopping, cooking, travelling, hosting parties and even the occasional surprise visitors!

Here is a checklist to help you be better prepared, more spontaneous and more fun with less work. After all, the holiday season is the time to kick back as well as celebrate.

### FOOD BASICS

Guests drop by? Family and friends linger? Keep a supply of holiday basics so you can invite them to stay without the panic.

- Boxes of chocolate, fancy cookies and assortment of traditional and herbal teas.
- A variety of cheese, nuts and crackers; selection of dips, savoury jellies and fresh bread; easy to cut/serve raw vegetables and fruit. Paired with a selection of wine and spirits.
- A selection of artisan beers served with festive blue and red tortilla chips and salsa.
- Some bottles of non-alcoholic treats, sparkling water such as Perrier® and flavoured beverages such as cranberry, peach, coconut.

### HOME SWEET HOME

Set the mood from the moment you walk in the door. Whether you are coming home from work, shopping or gathering, a festive décor cheers you up and reminds you that this is a special time of the year.

- Bright lights around your house and at the entrance to welcome you and your guests.
- Holiday candles dress up your living room; special soap and towel in the washroom. Dress up your sofa with holiday pillows, or re-arrange your furniture to make your home feel fresh and new.

### PREPARE FOR BAD WEATHER

Just when you had planned going somewhere or having invited guests over, there's a snowstorm or ice everywhere. Make sure you and your guests stay safe.

- Shovels, traction pads and plenty of salt for a snowy day, both at home and in your car. Ski polls or an extra pair of slip on ice cleats in case of slippery sidewalks.
- Walk your guests to their car so make sure they leave your place safe and sound.
- Bring your own slippers when going to a party, and keep some inexpensive ones for your guests.
- Keep a list of contacts handy of family members, friends, guests and hosts. Keep each other informed in case of bad weather – it's just a simple phone call or a text message for peace of mind.
- Have a written list of emergency contacts: taxis, roadside assistance, tow trucks, police, babysitter, pet sitter, doctor, family members and friends to call.

### ENTERTAINING AND RELAXING

- Music – playlist of holiday favourites you can turn on and immediately set the mood
- Collection of movies or a must-watch list when you feel like relaxing.
- Books and magazines handy when you have a quiet moment to read.
- Accessories to set the festive mood such as sparkly necklaces and earrings, scarves, lapel pins, festive tie or socks – something you can always put on and in an instant, have a smile on your face.
- Personal favourite comfort food, drinks, soft lights, soothing aromatherapy – whatever will help you calm down after a long day.

# YOUR ANNUAL HOLIDAY SHOPPING GUIDE

## GIVING A GIFT OF THOUGHT, PERSONALITY AND LASTING WARMTH – SHOP LOCALLY

This Holiday Shopping Guide helps you to find unique gifts at your local retailers. All items in this Guide are from the advertisers in this publication. Use the advertisers' index on page 4 to locate their contacts and many more great offers.

The best gifts are those chosen with the recipient in mind. In one way or another, it matches their personality, perhaps witty, sporty, intellectual, artistic or practical. And long after its been opened, it brings back warm memories and a lasting experience.

### TRUE GIFTS:

- Take thought and care to pick out
- Are not about the price; whatever your budget, there is a perfect gift out there for everyone on your list
- Can be a "thing", a service or an experience. Be creative. Some of the best gifts can't be wrapped up and put in a box!

### GOOD ADVICE FROM YOUR LOCAL EXPERTS

Your local shopkeepers are some of the best experts in the gift-giving department. They have the latest gadgets, treasures and unique services. They also know their neighbourhood, what people look for and appreciate. They'll help you select the right gifts on your list and while you're at it, a little something special for yourself!



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- Manicure, Pedicure, Aveda Gift Set – *Hair Dynamix*
- Elle Jewellery Earrings \$39 (reg. \$79) in an attractive gift box; Thomas Sabo Charms, variety of styles and themes \$34-\$134 – *L.E. Jewellers*
- Premium Elderberry Balsamic Vinegar \$25.99 and Assorted Premium Oils – *Urban Bulk Emporium*
- 15 piece hand-made Belgian Chocolate Truffles in Gold Box \$28.99 – *The Nutty Chocolatier*

Gift cards work for everyone, from everyone. Check out the advertisers throughout this book for lots of great gift-giving ideas.



- SkinMedica Retinol Complex 0.25 oz – *Centric Health Surgical Toronto*
- 3 Infrared Body Wraps \$99 (reg. \$150) – *Classic Tan*
- La Loop Eyeglass Cords \$60-\$270 – *Envy Eyewear Boutique*
- Gift Certificate for Hair Cut & Style, Facial Treatment, Back Massage – *Hair Dynamix*
- Elle Jewellery Pendant & Chain Sets, Bracelets \$59/each (reg. \$79), comes in an attractive gift box. Thomas Sabo Charms, variety of styles and themes \$34-\$134 – *L.E. Jewellers*
- Tiffany table lamps, \$59.99 – *Living Lighting*
- Customizable Themed Baskets for your special someone – *Urban Bulk Emporium*
- Personal training for the elderly \$50/session – *Head Into Fitness*
- Assorted styles of oil diffusers, personalized session with a registered nutritionist – *Hooper's Pharmacy*
- 3-tier Tower of Gold Gift Boxes, filled with your choice of Truffles, chocolates, fudge, candy & more – *The Nutty Chocolatier*
- Gift card of \$99 and receive a free gift – *Salon Fortelli and Spa*

- SkinMedica LYTERA Skin Brightening Complex – *Centric Health Surgical Toronto*
- Sunglasses from \$165 – *Envy Eyewear Boutique*
- Blowdryer, Flat Iron, Gift Card for Spa Treatments – *Hair Dynamix*
- Print mirrors, under \$100 – *Living Lighting*
- Custom gliding pull out shelves from \$135 installed – *Smart Shelving*
- Personal training for the elderly \$190/5 sessions (by Dec. 24) – *Head Into Fitness*
- Heaven Fresh cool mist humidifier with essential oils – *Hooper's Pharmacy*
- 5'x10' Storage Rental unit for 2 months \$125/month – *Real Storage*
- Gift card of \$240 for only \$199 – *Salon Fortelli and Spa*
- Buy a gift card for any amount above \$100 and receive \$25 towards any service for yourself – *Classic Tan*



- Botox or Juvederm Filler for one area – *Centric Health Surgical Toronto*
- Gift Certificate for Laser Hair Removal – *Hair Dynamix*
- 3 Melamine Glide Shelves for cabinets under \$500 – *Smart Shelving*
- Mirrors framed with reclaimed wood, coat racks from \$225 – *Alf's Antiques*
- RESP contribution for your children – *recommended by Jay Tenorio, RBC Financial*
- Santa's Speedy Sleep \$249, Rescue Me Virtual \$425 – *WeeSleep*

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# MUSIC FOR THE SOUL & HEALTH

Health talk

Have you ever exercised to music and felt like a superstar? Has a beautiful piece of music ever reduced you to tears? Do you put on relaxing music for an evening at home, plug in your favourite tunes when you're on an airplane or cleaning up around the house?

Music isn't just something that impacts your mood. Music is actually good for your health. Research has shown that music has a profound effect on the brain, triggering a response in your brain related to movement, learning, memory and emotion. It means that by listening to the right music, you can actually reduce pain, fatigue, anxiety and sleeplessness.

## MUSIC AND CHILDREN

Teachers and parents have known for some time that music is an essential part of every child's development. Studies have shown that music helps with language skills, develop fine motor skills and improve one's overall IQ.

## MUSIC AND PAIN RESISTANCE

Survey by Mind - the mental health charity - linked resistance to pain with art and music therapy. Using two groups to test the hypothesis, the group that listened to music experienced better pain relief than the group that did not. The psychologist who led the study reported, "Listening to music for about 25 minutes everyday for at least ten days can help prevent back pain and also make you sleep better."

**Why it works:** Two systems in our body react sensitively to music. The first is the part of our nervous system responsible for controlling blood pressure, heartbeat and brain function. The second is

the limbic system - the part of the brain that controls feelings and emotions.

When we feel pain, we become frightened, frustrated and angry. This makes us tense up our muscles. Listening to music on a regular basis helps our bodies relax physically and mentally. By relaxing in this way, we relieve, and prevent muscle pain.

## MAKING MUSIC PART OF YOUR DAY

A great way to add "music to your diet" is to make playlists to correspond with moods. For example, an "energy list" when you need to power up, a "relaxing" list for calming down, even a "survivor list" or list of power songs when you want to summon strength and courage.

## WHAT'S YOUR POWER SONG?

One way in which to bring music into your health regime is to pick a power song or a few. These are songs that when you play them, you instantly feel more positive, confident and strong. Here is a list some popular power songs:

- "Firework", by Katie Perry
- "Piece of My Heart," Janis Joplin
- "Nothings Going to Stop Us Now," Starship
- "Another One Bites the Dust," Queen
- "Eye of the Tiger," Survivor
- "Stronger", Kelly Clarkson
- "Born this Way", Madonna
- "Ob-La-Di, Ob-La-Da", The Beatles
- "The Prayer", Celine Dion and Andrea Bocelli
- "Brandenburg Concert No. 2 in F Major", J.S. Bach
- "Sing. Sing. Sing.", Louis Prima

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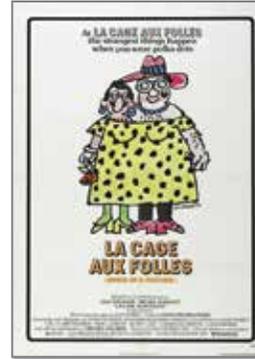
# Movie Inspired Musicals

## The Silver Screen and the Great White Way

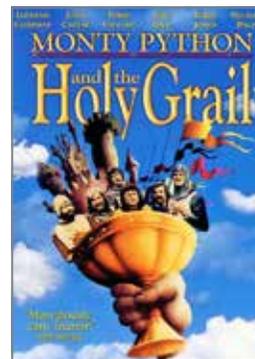
Over the years, theatre has inspired film, and film has inspired theatre. These ten movie musicals all started as movies first, and the twist is, none were originally musicals. All had their musical debut on stage.



**Sunset Boulevard** (1950)  
Dir. Billy Wilder; William Holden, Gloria Swanson, Erich von Stroheim

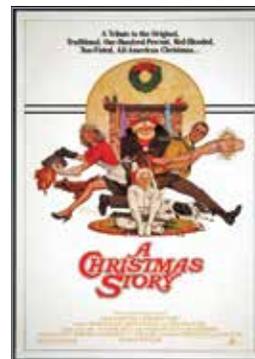


**Monty Python and the Holy Grail** (1975)  
Dir. Terry Gilliam, Terry Jones; Graham Chapman, John Cleese, Eric Idle

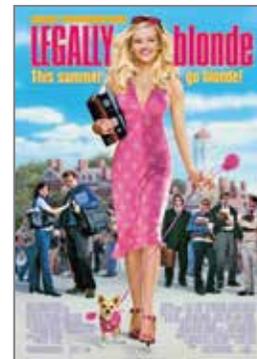


**La Cage aux Folles** (1978)  
Dir. Édouard Molinaro; Ugo Tognazzi, Michel Serrault, Claire Maurier

**A Christmas Story** (1983)  
Dir. Bob Clark; Peter Billingsley, Melinda Dillon, Darren McGavin



**Shrek** (2001)  
Dir. Andrew Adamson, Vicky Jenson; Mike Myers, Eddie Murphy, Cameron Diaz



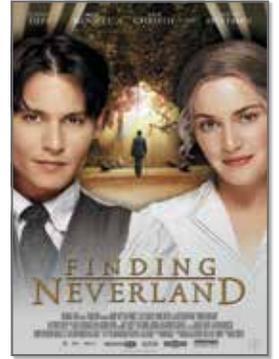
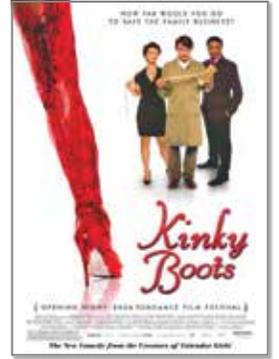
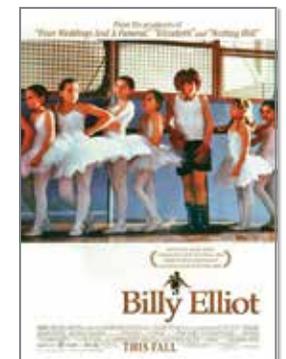
**Billy Elliot** (2000)  
Dir. Stephen Daldry; Jamie Bell, Julie Walters, Jean Heywood

**Legally Blonde** (2001)  
Dir. Robert Luketic; Reese Witherspoon, Luke Wilson, Selma Blair  
**Shrek** (2001)  
Dir. Andrew Adamson, Vicky Jenson; Mike Myers, Eddie Murphy, Cameron Diaz

**Catch Me If You Can** (2002)  
Dir. Steven Spielberg; Leonardo DiCaprio, Tom Hanks, Christopher Walken

**Finding Neverland** (2004)  
Dir. Marc Forster; Johnny Depp, Kate Winslet, Julie Christie

**Kinky Boots** (2005)  
Dir. Julian Jarrold; Chiwetel Ejiofor, Joel Edgerton, Sarah-Jane Potts



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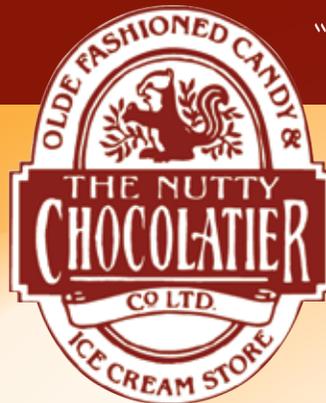
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# 2016 Awards' Season & Sports Galore Schedule

As the year comes to an end, we are entering award's season – the celebration of the best in movies, television, entertainment and sports.

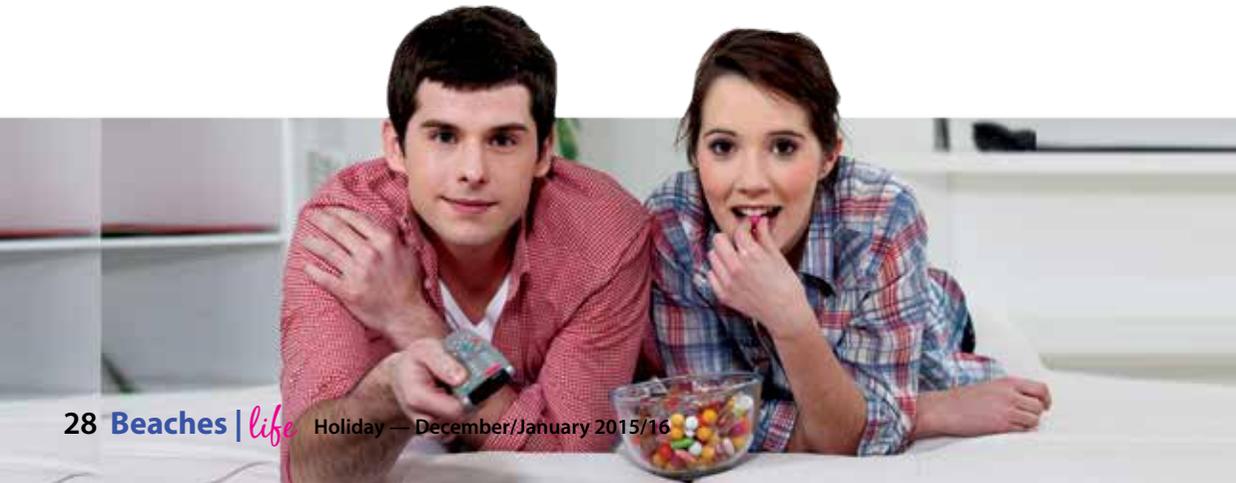


## SPORTING EVENTS:

- ★ **World Junior Ice Hockey Championships** (Dec 26-Jan 5) Host city: Helsinki, Finland [worldjunior2016.com](http://worldjunior2016.com)
- ★ **US College Football Bowl Games**  
**Orange Bowl** (Dec 31)  
**Rose Bowl & Sugar Bowl Games** (Jan 1) [espn.go.com](http://espn.go.com)
- ★ **NHL Winter Classic** (Jan 1) [nhl.com](http://nhl.com)
- ★ **Canadian Figure Skating Championships** (Jan 18-24) [skatecanada.ca](http://skatecanada.ca)
- ★ **NHL All Star Weekend** (Jan 30-31) [nhl.com](http://nhl.com)
- ★ **Super Bowl** (Feb 7) [nfl.com](http://nfl.com)
- ★ **NBA All Star Game** (Feb 13)  
 Host city: Toronto [nba.com](http://nba.com)
- ★ **World Figure Skating Championships** (Mar 28-April 3) [skatecanada.ca](http://skatecanada.ca)

## ENTERTAINMENT AWARDS:

- ★ **People's Choice Awards** (Jan 6) Voted on by the general public. [pcavote.com](http://pcavote.com)
- ★ **Golden Globe Awards** (nominations-Dec 10, presented-Jan 10) [goldenglobes.com](http://goldenglobes.com)
- ★ **Academy Awards** (nominations-Jan 10, presented-Feb 28) [oscars.org](http://oscars.org)
- ★ **Grammy Awards** (Feb 15) [grammy.com](http://grammy.com)
- ★ **Canadian Screen Awards** (Mar 13) [academy.ca](http://academy.ca)
- ★ **Juno Awards** (April 3) [junoawards.ca](http://junoawards.ca)
- ★ **Academy of Country Music Awards** (TBA) [acmcountry.com](http://acmcountry.com)
- ★ **Billboard Music Awards** (May 15) [billboard.com](http://billboard.com)
- ★ **Tony Awards** (June 5) [tonywards.com](http://tonywards.com)



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Congratulations to Janine Flanagan – the winner  
of October's Secret Beaches Spot contest:

*Ashbridges Bay viewing Toronto Skyline  
and Ashbridges Yacht Club.*

It is time to say  
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to The **Beaches Community** for the support we've received over 3 years of operation.

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Our computer becomes a portal through which someone can spy on you, record your keystrokes, and quickly figure out how to obtain your files and photos, distribute other viruses and malware, reformat drives, access confidential information such as credit cards and passwords and ultimately steal your identity. In some instances, some hackers have recorded the footage of whatever you're doing and used it for blackmail.

The hackers install RAT in various ways. Most often, they come as attachments to emails, pop up ads, even games linked to YouTube videos. They also put them on thumb drives (USB keys) and leave them on the

sidewalk to be found, or send you a message through your computer instructing you to call a computer security advisor.

**Be Sure to Protect Yourself and Device This Holiday and Beyond**

1. Unplug your webcam, or if it's built into your laptop, cover it up with masking tape.
2. Make sure you have the latest anti-virus, anti-phishing, anti-spyware and a firewall.
3. Don't leave your PC on all day long. Shut down when not in use.
4. Close your laptop lid when not in use.
6. Don't install a lost thumb drive you found. Destroy it before someone else falls for the trick.
7. Don't talk on the phone to who ever offers unsolicited "tech support" not matter how legitimate they sound.
8. Consider identity theft protection.



Beaches|life Fall into Fashion & Beauty featured in the October/November edition got you talking about fashion, beauty and arts. We encourage everyone to try out some of our local fashion, beauty and arts businesses.

**Congratulations to our Lucky Fall into Fashion & Beauty Winners:**

1st Prize: \$100 **B.L.\$** – Kylee Bauersfeld  
2nd Prize: \$40 **B.L.\$** – Laura McCreadie  
3rd, 4th, 5th Prize: \$20 **B.L.\$** – Linda Boyko, Cynthia McCarrey, Mary Lou Watterson  
*The winners were chosen by random number generation.*

Winners will be contacted to receive their *Beaches Living \$\$\$* to be used at one of the featured fashion, beauty and arts businesses: *Classic Tan, Eaná, Envy Eyewear, Gongton Design, Hair Dynamix, Janet's Custom Sewing & Alterations, L'Arterie, L.E. Jewellers, Parlour Salon, Salon Fortelli & Spa.*

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East York – 1902 Danforth Ave.  
P.O. Box 1192 Snackbar – 1192 Queen St. E.

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1955 Queen St. E.  
Rusty Hinges – 1360 Queen St.  
Sweet Seduction – 2222 Queen St. E.  
The Thirsty Duck – 972 Queen St. E.  
YAYA Leslieville – 1186 Queen St. E.

### On the Move (new location):

Green Eggplant – 2024 Queen St. E.  
Sherrin Funeral Home – 2900 Kingston Rd.

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952 Kingston Rd.  
Il Fornello – 2024 Queen St. E.  
Mumbai House – 1698 Queen St. E.  
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If you are opening a new business in the Beaches, moving, closing, or re-opening,  
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