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Holiday — December 2016/January 2017

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## FEATURES

- 8** LOOK FORWARD TO 2017 WITH NO REGRETS!
- 11** HOLIDAY TIME SAVERS
- 12** YOUR GO-TO BOOTS FOR MEN & WOMEN
- 16** YOUR ANNUAL HOLIDAY GIFT GUIDE
- 17** GIVE THE GIFT OF EXPERIENCE
- 18** ENTERTAINMENT & SPORTS AWARD SEASON
- 20** EASY WAYS TO WINTERIZE YOUR HOME
- 25** NEW YEAR CELEBRATIONS AROUND THE WORLD
- 28** WINTER PET CARE

## COVER STORY

- 5** CONDUCTOR OF A SYMPHONY OF TASTE! CELEBRITY CHEF SUSUR LEE



*in every issue*

**15** *Food talk*  
HOLIDAY PUNCH

**26** *my.tech*  
GIFT GIVING APPS

**22** *Health talk*  
TAKING CARE OF YOUR  
BODY INSIDE OUT!

**28** *Movie Pic*  
LOOK OUT HOLIDAYS...  
HERE COME THE  
B-MOVIES!

**30** *Coming, going &  
on the move*

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# Conductor of a Symphony of Taste! Celebrity Chef Susur Lee

Toronto's celebrity chef and owner of five restaurants, Susur Lee, can't remember a time when good food wasn't an important part of his daily life.

Most recognized from the popular television series "Iron Chef America", tied for first place, and in "Top Chef: Masters" where he tied for second. His latest joint venture was with star rapper Drake, together they opened Fring's, a downtown Toronto restaurant.

"Growing up in Hong Kong, my mother worked full time," he recalls, "so one of my early memories is when I left for school each morning, she'd give me some change so I could buy lunch. I'd save the money and on my way home from school, make my way through the marketplace where there were endless varieties of street food. It was an experience that added to my life in so many ways."

The youngest of six children, Susur was working in a restaurant before he was 16. It was as if he was drawn to the business. "It wasn't that I wanted to be a chef," he says, "I just loved the restaurant culture. The different food and the people around me fit my personality. There also was a discipline in the kitchen, I learned, that has helped me many times when I was trying to perfect something."

As an apprentice at the prestigious Peninsula Hotel

in Hong Kong, Susur absorbed everything he could before moving to Canada when he was 20. In 2000, he was named top "Ten Chefs of the Millennium" by Food & Wine magazine, and firmly established as an executive chef. But it was his success on two chef reality shows that brought him instant recognition.

Today he owns five restaurants in Toronto – Lee, Bent, Luckee, Lee Kitchen and Fring's—and oversees his prestigious TungLok Heen in Singapore. Although many talk about his brilliance in the fusion style of cooking, Susur claims modestly that fusion is something he's been doing all his life. "For me, it's just looking at what different cultures offer, and then putting my own spin on it."

His signature dish, however, remains the Singaporean Slaw. This dish contains 19 different ingredients – so popular that some have been known to order it on its own for dinner!

"I just love eating and tasting food," he continues, speaking from his home in Toronto where he lives with his family. "In fact, my hobby is eating food," his wife, Brenda Bent, agrees, listening to the conversation in the background. He met her at Peter Pan Bistro where she worked once as a waitress and served him.

*...continues on page 7*



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Toronto's rapper Drake and Chef Susur Lee seen outside their joint venture – Toronto restaurant.

*continued from page 5...*

A few months later he returned to Peter Pan as a chef, and their romance began.

Their two older sons, Levi and Kai Bent-Lee, recently opened one of his newest restaurants in Toronto. The youngest is still at university. All, however, grew up in the restaurant business like their father. “My kids were born in the restaurant business, since they were little babies,” he says. “When our family travels, says Chef Lee, we don’t sightsee like other families; we seek out a particular restaurant, look at menus and eat.”

So when Susur is at home, what does he make himself to eat? Believe it or not, a three course meal for his lunch – perhaps duck, served with some roasted turnip, or his wife’s recipe for sweet potatoes and onions with a bit of lemon.

He doesn’t have a favourite dish because it just depends on the day. “The environment around me changes my preferences”, he explains. “Some days I might want steamed Hong Kong style chicken, which means I head off to China town. And when I’m travelling in Europe, there are entirely different foods that I crave.”

In contrast to the high emotion you see on television, Susur’s demeanor is very calm, almost Zen-like. He explains it’s the emotion in the kitchen on a high stress environment, and a chef’s desire to create something as perfect as possible.

“As a conductor, you have a story to tell, and if things aren’t running the way you want them to, then you might freak out. What we try and teach young chefs is not to take things right into your heart. That is, it is not about you, it is always about the food and your guests.”

As for the future, Chef Susur Lee prefers to live in the moment. There are lots of ventures he could consider, but right now, he says it’s about running his 5 Toronto restaurants and 1 in Singapore.

Each of his restaurants has a different character, and he encourages Toronto food lovers to experience the different environments.



Photo – Ethan Adeland



# Look Forward to 2017 with No Regrets!

As we begin a New Year, take time to congratulate yourself on steps you took in 2016 to fulfill your dreams; or time you spent to renew a friendship; enjoy your family, perhaps take a special vacation.

## INSIGHTS FROM OTHERS

As the new year begins, it's time for new year's resolutions. What if you always had a resolution, but are still at the same place as a year ago? Making another one might not be too useful. Perhaps the resolution lacked emotional connection. The best place to gain some internal motivation is from the people who have lived rich lives, that is, seniors, grandmas and grandpas. Talk to them and volunteer at your local senior centre. Hear what they have to say about regrets.

One palliative nurse, Bronnie Ware, wrote a book about it. The book lists the most heard regrets residents have shared with her when they look back on their lives. We hope that the top five on her list inspires each of you as we start the New Year. It's probably the best advice we can all give each other!

## #1 LIVING YOUR DREAM

It doesn't have to be a big dream, but too many people end up feeling like they've spent too much time doing what they think others wanted them to do rather than taking steps to fulfill their own dreams. If you have an idea of what you'd love to do next, this is the year to take a few steps toward making it happen.

## #2 WORK-LIFE BALANCE

Even though working around the clock felt important at the time. It's important to have a job that you enjoy doing. But everyone needs to take time for other aspects of life, give yourself some time for a break, a vacation, a hobby, or just some quiet time each day.

## #3 EXPRESSING FEELINGS TO OTHERS

Just saying "I love you" or "I'm sorry" is so important. We all know this is true, so say it more to one another. The great thing about expressing feelings is that it makes you feel as good as the other person. As well as saying the words, feelings can be expressed through spontaneous acts of kindness, a card sent in the mail, or a visit.

## #4 STAYING IN TOUCH WITH FRIENDS

Friends help us keep life in perspective. They give us a reason to think beyond ourselves, care, listen, laugh and learn. As long as we have a friend, we have someone to share our adventures with, as well as our joys and sorrows. And who else but a friend understands and appreciates us – just as we are!

## #5 SIMPLY CHOOSE TO BE HAPPIER

Although we can't control life around us, many don't realize until they are older that the choice of whether to be happy or not is mostly up to them. Deciding to be happy, and nurturing gratitude goes a long way in keeping us smiling.

## NOW ONLY LOOK FORWARD TO 2017, WITH NO REGRETS!

If you do have a dream, think about 5 first steps you can take toward getting there. Now think of what might take to bring more happiness into your life. For many, the simple act of volunteering, taking a course or learning a new skill can make such a big difference in your life. Is there a friendship that needs some extra attention? Someone who needs to hear "I love you"?

Write your intentions down, post the note on your desk or somewhere where you can see it, and think of the New Year as the best year ever!



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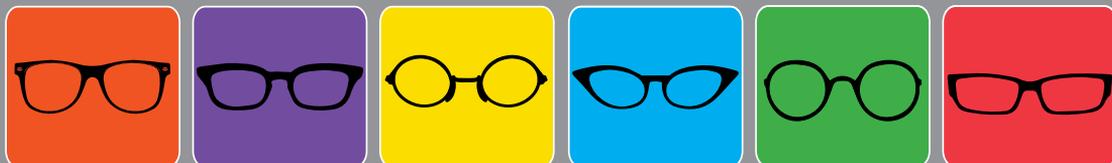
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# Holiday Time Savers

So you've invited guests and have great plans for a fun holiday party. But now you've realized that maybe you've got too much to do at once. No fear! Smart hosts combine their own preparation with help from local stores and services that make entertaining much easier.

## *Consider these ideas:*

### **Cooking Everything Yourself?**

Hire a cleaning service on the day of the party (remember to book early at this time of year).

### **Grown-up Pizza Party**

Make up your favourite big Caesar salad, and order in a selection of gourmet pizza from a local eatery. Looking for a great appetizer? Cut pizza into small squares. And serve hot or cold.

### **Holiday Overload?**

Order in ready-made food, but serve each item in your own special dishes. All your guests will see it's a great buffet and tasty food. This works well for a Chinese food buffet or pasta/salad feast.

### **Brunch BBQ**

Nothing says Canadian winter brunch like peameal bacon on crispy ciabatta buns. Or serve classic bagels with a selection of cream cheese and smoked salmon. Lots of hot coffee and tea, and your guests will start their day with a smile on their faces.

### **Making all the Appetizers or Main Course?**

Purchase a cake, gourmet ice cream, or "cake" pops from a bakery. Add some fresh fruit and you're good to go!

### **Pot Luck Appetizer Party**

Invite guests to bring an appetizer (8-10 pieces each). You'll have a table full of delicious treats and all you need to do is provide beverages and some bowls of nuts.

### **Wine or Beer Tasting Party**

Provide a cheese platter, but ask everyone to bring a favourite bottle (and a description) so you can taste and compare. Consider suggesting a wine or beer type, e.g. Riesling, Pale Ale, etc.

### **Hire Help**

When students are home from university, many are glad to earn a few extra dollars. Consider hiring the boy or girl next door as your bartender, or to help you serve/clean up. Having an extra pair of hands means more time that you can spend with your guests.



# Your go-to boots for men & women



Here's the scenario: You've assembled the perfect outfit. You've got an impeccably tailored jacket, or a beautiful oversized sweater with cropped pants, but how do you finish the look?

Don't let the last piece of your outfit be an afterthought. Be deliberate in your footwear choices this season. There are so many great choices in boots for winter in the city, both for men and for women.

## FOR WOMEN FOR MEN

**THIGH HIGH:** The over the knee trend is going strong. You'll find these boots in outrageous prints, animal spots, and stripes, as well as classic dark colours. Wear them with a sweater dress, or shirt long enough to cover where they end. They're also a great look with skinny jeans.

**SOCK BOOTS:** These are set to be a big trend this winter thanks in part to Kanye West featuring them in his Yeezy line with Adidas. West "created" these as soft, fitted ankle boots but you can get sock boots in thigh high styles with stiletto heels!

**FORMAL BOOTS:** Tight-fitting, dark coloured formal boots in general are a favourite look for formal occasion these days. Look for patent leather or the season's favourite fabric choice, velvet!

**LACE UPS:** If you want one trendy update in boots, pick the lace up boot. These boots are warm, comfy but also give a formal look. They can be paired with a dress, or jeans, whatever your style.

**ANKLE BOOTS:** With buckles and wedge heels, these continue to be both a practical and fashionable choice. They are great with pants as well as skirts/dresses worn with tights. Look for traditional leather styles and suede as well as metallic, such as silver python. An asymmetric zipper at the side is particularly popular this season.

**EISNER BOOTS:** This boot is your go-to casual shoe for fall and winter. Similar to the desert boot, the Eisner laces up all the way up the ankle but still has a sneaker shape and feel.

**SUEDE BOOTS:** Your next go-to casual boot is the simple suede boot, in classic colours or soft sage green.

**DESERT BOOTS:** Another classic, the crepe sole adds spring to your step, and the shape complements everything from cords to chinos.

**CHELSEA BOOTS:** Bring these on your next business trip. Chelsea boots are close-fitting, ankle-high boots with an elastic side panel, making them stylish and comfortable. The boot dates back to the Victorian era, when it was worn by both men and women.

**CHUKKA BOOT:** A timeless style that can be worn by any man at any age. They are ankle-high leather with suede or leather uppers, leather or rubber soles, and open lacing. The name chukka possibly comes from the game of polo, where a chukker is a period of play.

**WINGTIP BOOT:** The same style as the wingtip shoe, it's a boot in which the toecap is extended with low "wings" that reach around the side of the shoe. These are definitely the right choice for formal occasions or that put-together business look.

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# Foodtalk

## Holiday Punch

If you're looking for an easy beverage that provides guests a refreshing treat plus adds to your holiday décor, consider a large bowl of festive holiday punch.

Punch also offers a great non-alcoholic choice (with vodka or gin as an option to add into individual servings).

From simple to fancy, here are 4 recipes. Remember to keep ingredients cold, and instead of using ice cubs, freeze water in a bundt pan so you have a "ring of ice" that keeps the punch cold throughout your event! Freeze raspberries or mint leaves in the ice for extra flavour and a festive touch.

If you don't have a punch bowl, a large glass bowl with a ladle or a glass pitcher works well!



### Fresh and Festive

Less sugar and fewer calories than some – a great choice when you're serving rich food and desserts.

2 cups of pure 100% cranberry juice  
2 litres of club soda      Juice of 2 limes  
1 cup frozen raspberries

Mix the above in your punch bowl and then add:  
1 kiwi, peeled and sliced    1 orange, thinly sliced

### Merry and Bright

4 cups cranberry juice      1 bottle sparkling cider  
¼ cup fresh lemon juice (about 2 lemons)  
1 litre ginger ale              12 oz vodka (optional)

### Sparkly Pear (for adults only!)

2 cups pear nectar            1 cup apple juice  
2 bottles of Prosecco or sparkling wine  
Garnish with sliced pears and serve chilled.

### Honey-Green Tea

8 regular-size ginger-flavoured green tea bags  
4 cups boiling water            ½ cup honey  
¼ cup sugar                      ¼ cup fresh lemon juice  
1 (2-liter) bottle ginger ale, chilled

Steep tea bags in boiling water according to package directions.

Stir in honey and sugar until dissolved and cool completely (about 2 hours).

Combine tea, chilled ginger ale, and fresh lemon juice. Serve with ice.

### Orange Sherbet Punch

This is a delightful treat for all ages and is a perfect complement to a plate of gingerbread cookies!

½ gallon orange sherbet  
1 (6 oz) can frozen orange juice concentrate  
1 (2 litre) bottle ginger ale

Keep all ingredients cold before mixing together. It's also best to chill your punch bowl as well. Place sherbet and juice in the bowl first, allow to thaw about 10 minutes, then add the ginger ale.

### Punch "Tips"

1. Soda water, ginger ale or cranberry ginger ale make great sparkling additions.
2. A tart juice, like grapefruit or cranberry, helps mix the flavours and cut the sweetness.
3. Always pour carbonated additions slowly down the side of the bowl so you keep the fizz!
4. If the supply runs low, add more pop. You can also keep a supply of the concentrate juice in the refrigerator so you don't have to mix on the spot.
5. It's a good idea to place a small place card in front of the bowl listing the ingredients.

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- Gifts that last a lifetime: Laser hair removal, purchase a package of 3 treatments, get 4th one free; micro-dermabrasion facial treatment with a boost of Collagen; Venus freeze body or face treatment, purchase a package of 6 treatments, get 2 free – *Hair Dynamix*
- \$240 gift card for only \$199 – *Salon Fortelli & Spa*
- Designer sunglasses from \$90 – *Envy Eyewear Boutique*





Gift cards work for everyone, from everyone. Check out your local businesses for lots of great gift-giving ideas.

## Give the gift of...



### Fashion & Beauty

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Girls Are;  
Hair Dynamix;  
Janet's Custom Sewing;  
L.E. Jewellers;  
Parlour Salon;  
Salon Fortelli



### Tasty Treats

Boston Pizza;  
Casa di Giorgio;  
Jawny Bakers;  
Swiss Chalet;  
Urban Bulk Emporium



### Health & Wellness

Dentistry in the Beach;  
Envy Eyewear Boutique;  
Hooper's Pharmacy;  
Zara's Pharmacy



### Home Décor & Improvement

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Area Rugs;  
BDD Garden & Floral;  
Kevin Karst Design Inc.;  
Living Lighting;  
The Maids;  
Still Images;  
Toronto Roofing;  
Your Home Design

# Give the Gift of Experience

Experience gifts are based on the idea that time is one of our most precious commodities. The time you take to think up an experience gift, set it up and deliver the experience is very meaningful for the recipient. Experience gifts don't have to cost any money, but usually include a combination of an item or two as well as time and imagination.

## Home Theatre Night

Start with a "ticket" you create for the evening. Then go big... rearrange your family or living room, dim the lights, get the popcorn popping and line up a favourite DVD (double feature if you want). Make sure that the wine, coffee or hot chocolate is flowing, and arrange for pizza delivered at intermission.

## Chef at Home

Offer to come to the house of a friend or relative with all the ingredients, and cook a full meal, 3 course and dessert! Keep it simple and make sure clean-up is included. To save yourself some fuss, bring in a dessert from a local bakery.

## Clean Team

This is a gift kids can give a parent. Offer to clean a room, top to bottom. Then for a special touch, include a bouquet of fresh flowers from a local market!

# & ENTERTAINMENT & SPORTS AWARD SEASON



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

## ENTERTAINMENT AWARDS:

- ★ **People's Choice Awards** (Jan. 18) [pcavote.com](http://pcavote.com)  
Voted on by the general public. Over 125 million votes are cast for the best in music, movies, TV, and digital.
- ★ **Golden Globe Awards** (Jan. 8) [goldenglobes.com](http://goldenglobes.com)  
Jimmy Fallon is the 2017 host and award honours include Meryl Streep for the Cecil B. deMille Award.
- ★ **Academy Awards** (Feb 26) [oscars.org](http://oscars.org)  
Host not announced yet. Make sure you enter our annual contest.
- ★ **Grammy Awards** (Feb 12) [grammy.com](http://grammy.com)  
The recording industry's most prestigious award, this year, Kendrick Lamar earned 11 nominations for the 2016 Grammys, both Taylor Swift and The Weeknd tied for second with 7 nominations apiece.
- ★ **Canadian Screen Awards** (Mar 12) [academy.ca](http://academy.ca)  
Celebrating Canadian product in cinema and television.
- ★ **Juno Awards** (April 2) [junoawards.ca](http://junoawards.ca)  
Awarding the best in Canadian music; this year held in Ottawa with host, Michael Bublé
- ★ **Academy of Country Music Awards** (Apr. 2) [acmcountry.com](http://acmcountry.com)  
Features country music's biggest stars, past and present, with awards in 13 categories.
- ★ **Billboard Music Awards** (May 14) [billboard.com](http://billboard.com)  
Newest popular music awarded by Billboard Magazine,
- ★ **Tony Awards** (June 11) [tonyawards.com](http://tonyawards.com)  
Live each year from New York City awards best on Broadway.

## SPORTING EVENTS:

- 🏆 **World Junior Ice Hockey Championships** (Dec 26-Jan 5) [worldjunior2015.com](http://worldjunior2015.com)  
Watch many of the best up-and-coming hockey stars in the world over the holiday break.  
Host cities: Montreal/Toronto
- 🏆 **US College Football Bowl Games** [espn.go.com](http://espn.go.com)  
Two of the 10 BIG football bowl tournaments.
  - **Orange Bowl** (Dec 30)
  - **Rose Bowl & Sugar Bowl Games** (Jan 2)
- 🏆 **NHL Winter Classic** (Jan 2) [nhl.com](http://nhl.com)  
The game will feature the St. Louis Blues taking on the Chicago Blackhawks at Busch Stadium, home of Major League Baseball's St. Louis Cardinals.
- 🏆 **NHL All Star Weekend** (Jan 28-29) [nhl.com](http://nhl.com)  
Held in Los Angeles, team members determined by fan vote, voting opens Dec. 1, 2016
- 🏆 **Super Bowl 50** (Feb 5) [nfl.com](http://nfl.com)  
Half-time show features Lady Gaga
- 🏆 **National Basketball Association All-Star Weekend** (Feb 17-19) [nba.com](http://nba.com)  
New Orleans plays host to several events including the All-Star Game and Celebrity Game.
- 🏆 **Canadian Figure Skating Championships** (Jan 16-22) [skatecanada.ca](http://skatecanada.ca)  
The best of Canadian figure skating, winners go on to compete in Worlds and/or Olympics.
- 🏆 **World Figure Skating Championships Helsinki** (Mar 29-April 2) [helsinki2017.com](http://helsinki2017.com)  
Athletes compete for the best in the world in men's singles, ladies' singles, pairs and ice dancing.



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For details, visit our on-line catalogue at [livinglightingbeaches.com](http://livinglightingbeaches.com)

# Easy Ways to Winterize Your Home



It's that time again to check out what needs to be done around your home before the long, cold season. Make sure you're ready for whatever the unpredictable weather brings. Give yourself the gift of a stress-free winter by getting everything done in advance, and enjoy the holidays without worry.

## Get the "Tools of Winter" Ready

Be prepared when the snow arrives with a shovel at the back door, ice melter in a container next to your walkway, an ice scraper and snow brush in your car. It's also a good idea to keep an extra pair of mitts and a hat in your car in case you need them, and lock "de-icer" inside by your keys.

## Prepare Your Car

Winter tires are a must on slippery roads. If you haven't made the change yet, it's time! Make sure your antifreeze is topped up, and you have an additional supply in your trunk along with an extra bottle of windshield wiper fluid. You'll also want to make sure your wipers are in top shape so you can keep windshield safe and clear.

## Prepare the Home

Filters should be changed on your furnace to keep it at peak efficiency. Consider a programmable thermostat that can lower the temperature while you are out of the house, but warm it up again just before you arrive home.

## Give Your Hot Water Heater a Tune-Up

It's a good idea to get your hot water heater checked out well ahead of time so you don't suddenly get stuck with cold water on the coldest day of the year! Remember, by turning down your heater's temperature by a couple of degrees or installing a timer you can save a substantial amount of money over the winter.

## Clean Up those Gutters!

Empty sticks, leaves and other debris from your eaves and downspouts so that snow can easily melt and run off. This prevents "ice dams" that can cause damage to the roof and walls of your home.

## Protect the Pipes

Protect your external water pipes leading to the garden by closing the source off at the tap, and then turning on the faucet to drain the pipe. This prevents water in the pipes from freezing and causing the pipes to crack and split.

Check to see if you have any pipes running along outside walls that aren't insulated, (such as your garage or basement). These can be easily insulated to keep from breaking if the temperature dips!

Check the pipes for cracks and do any plumbing repairs needed, then wrap them in insulation sleeves to keep them from freezing.

Drain the hoses of your air conditioner too, or close the shutoff valve if you have one.

**Have a warm, cozy, and safe home this winter.**



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## Taking care of your body inside out!

### Prevention from getting the cold and flu

As we head into the winter season, more people are getting attacked by cold and flu. The infection usually comes from outside sources, such as things we touch and being in contact with others who are already infected, it's our immune system that ultimately protects us, but if it is weak, it may have a hard time stopping these bugs.

For most of us, our immune system does a pretty remarkable job at defending each of us against germs. It is only when our system fails and a germ enters our body that we get sick. So before you reach for the box of tissues, researchers have some recommendations for how to help our system stay strong and healthy so it can fight back and win!

#### It all comes down to following good-health habits:

1. Those “warriors” in your immune system need good, regular nourishment. Eat lots of leafy greens and vitamin A-rich vegetables as well as fruits, whole grains, and healthy proteins.
2. Exercise results in good circulation, making it easier for the substances of the immune system to move through the body freely and do their job better.
3. Rest is another key factor. In a study at Carnegie Mellon University, people who averaged fewer than 7 hours of sleep per day caught more colds than those who averaged over 8 hours.
4. Try to avoid too many sugary drinks or sweets. Sugar has been known to repress the immune system for several hours.
5. Stay hydrated. Your immune cells can't work as well if you're dehydrated.
6. Keep germs away in the first place by washing your hands often, especially after you've been out in public.
7. Keep your hands away from your face. Adults touch their faces about 15 times every hour, and it is through the eyes, nose and mouth that germs enter our bodies.
8. Taking time to “chill out”, meditate, put events into perspective strengthens your immune system. Scientists now know that our bodies, including our immune system, weaken when we are stressed.
9. Smile. Carl Charnetski, MD, professor of psychology at Wilkes University, found positive thinking, playing with a pet, and other pleasurable activities boost your immune system.
10. Get a flu shot because it helps our immune system work better. A flu shot “tricks” our bodies into thinking that it has fought off a disease so when the real germs show up, the body is ready to fight.

In the meantime, general healthy-living strategies are a good way to start giving your immune system the upper hand.

The immune system is a complex interaction of organs, cells, proteins, other bio chemicals, and tissues.

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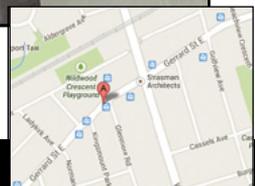
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# New Year Celebrations Around the World

People have been celebrating the start of the New Year for over 4000 years! Many cultures celebrate at times other than January 1 (following various cultural and religious practices). But ever since Julius Caesar declared in 46 BC that the year would begin according to the solar calendar, January 1 has become virtually a global celebration.

The way in which the New Year is celebrated varies widely! But there are many common themes, e.g. traditions that recognized the idea of getting rid of the old and bringing in the new, celebratory toasts, the use of fireworks, and activities that bring good luck or good health.

In **Japan**, New Year's is the biggest holiday of the year. Over 1,000 balloons are released in **Tokyo**, carrying with them New Year's wishes. Temples around the country ring huge bronze bells, and bowls of noodles are served, symbolizing longevity.

In **Spain**, people gather for the practice of eating 12 grapes at midnight in the market square. As each bell chimes, a grape is eaten to bring good luck in the New Year.

In **Ireland**, a loaf of bread is thrown against the outside walls, doors and windows of a home to chase out bad luck.

**Belgium** children buy decorated paper and write their wishes for the coming year. On New Year's morning they read them to parents and godparents.

In **Ecuador**, the New Year is a time when bad luck and grievances of the previous year are forgotten. Effigies are created to represent past events, then filled with fireworks and burned in the streets.

**Germans** drop molten lead into cold water. The shape of the lead is a prediction of the future. They also leave a portion of the food eaten on New Year's Eve on their plates until after midnight to ensure plentiful food in the coming year.

In **Mexico, Colombia**, and **other Latin American countries**, you are supposed to grab your luggage at midnight and run around the block with it. This ensures that you'll have a year filled with travels.

Some traditions involve tossing items! In **Denmark**, people break dishes at their neighbours' doorsteps. The more broken dishes at your doorstep, the luckier you'll be in the coming year. In **Greece**, pomegranates are rolled forcefully against the front door or smashed on the ground. The more seeds that spill, the more good fortune.

Fireworks also play a major part in many New Year's celebrations. One of the largest takes place in **Sydney, Australia**, over the Opera House and Harbour Bridge. The glittery display features a multicolored firework "waterfall" cascading off the bridge in the shapes of butterflies, octopuses and flowers.

Another huge firework display is at **Tivoli Gardens, Copenhagen, Denmark**. The 5-day fireworks festival begins the day after Christmas and continues until midnight on New Year's Eve.

## Canadian, eh?

You might think that some of these celebrations sound strange, but think again. A popular Canadian tradition for the New Year is the Polar Bear Plunge, where Canadians jump into a cold water body (yes, on January 1).

Plunges across the country include Sunnyside Beach, **Toronto** (in support of Habitat for Humanity), Kempenfelt Bay, Barrie; Coronation Park, Oakville, Hutches on the Beach in Hamilton; English Bay in Vancouver, B.C; the icy waters of Boundary Bay, in Surrey, B.C.; and Portugal Cove, Newfoundland – to name just a few!

# Gift Giving Apps

## for the Holiday Season and all Year Round



It is the time of year for gift giving, but how do you keep track of what you've bought or who you've bought it for. How do you make sure you've stayed within a budget? Or perhaps you don't set a budget, but want to spend similar amounts on each family member? And what if you had that great idea for a gift, but once you're in the crowded shopping centre you can't remember what it was?

Gift giving management apps are true "app heroes" for keeping holiday shopping, as well as gift giving year round, uncomplicated and on track. Many are free and all are simple to use.

In general, most gift giving management apps do the following:

- Allow you to enter everyone on your gift list separately (even import from your contacts). This way, you'll remember family members as well as the music teacher, the hockey coach, etc.
- For each person assign a budget so as you purchase gifts (and enter them under each person's name), the budget decreases. (If you do go over budget, just reset the initial amount.)
- Track both gifts bought and gift ideas. So you can add ideas to the list, and once purchased, or presented, check them off. This feature is a good way to monitor gift giving through the year.

Many let you add the store name or at least make a note about the gift. This is helpful if you need to return it and can't remember where it came from.

Another common feature is the ability to add photos to the lists so if you're in store and see something, you can store the idea.

**THE CHRISTMAS GIFT LIST** - Free, and easy to use. And it works all year round! It even adds up the total amount spent and gives you a pie chart showing your progress (gifts still to buy, gifts purchased, gifts presented).

**SANTA'S BAG** - Another free app, listed by Forbes as "Santa approved." It also sorts by store so you can organize your shopping trip.

**GIFT PLANNER** - Free and allows you to store tracking numbers for online orders. Also set up for year round gift giving management!

**GIFT LIST MANAGER** - Free, or purchase a \$2.99 pro version. Handles gift lists elegantly and allows users to take photos of gifts or ideas and store with your lists.

The status of your holiday gift list is...complicated. It exists on Post-its, scribbled-on paper scraps, entries in your phone's notes app, and bookmarks in your browser. That can make holiday shopping a confusing task, and inevitably lead to forgotten items.

Before that happens, put yourself first on your holiday gift list, and download a gift-list app. Once you make your list, you won't have to check it twice since a good gift-list app handles most of the hard work: syncing across platforms, figuring out just what stores have the items you're looking for, and things like sizes of your gift recipients.

A gift-list app is probably one of the least expensive gifts you'll buy this season since most of them are free or under a dollar. It will certainly save you from some holiday blues, and could help your holiday budget from going into the red. One note: a few of the apps are very specifically Christmas-themed in name and look but function fine for any holiday at any time of the year.



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# WINTER PET CARE

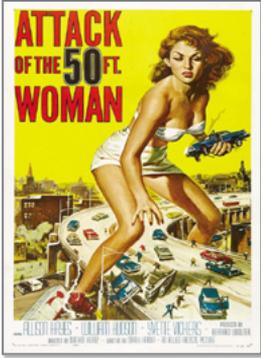


When temperatures drop and snow drifts pile high, our pets need help keeping them safe. Even dog breeds that are developed to live in colder climates need attention. There are winter hazards in a city that could harm them.

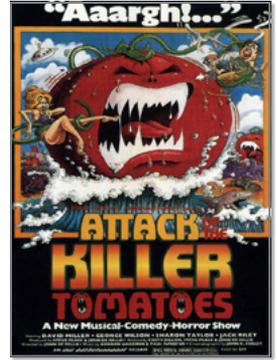
Here are some tips, depending on the type of pet you own.

- Don't leave any pet outdoors for long periods of time when the temperature drops. Pets are sensitive to severe cold and are at risk of frostbite and hypothermia. Your cat or dog may look like they have thick fur but exposed skin on noses, ears and paw pads can quickly freeze and suffer permanent damage.
- If your dog has long hair around its paws, trim to prevent balls of ice forming when he plays outside.
- Be careful of letting smaller pets (small dogs and especially cats) outdoors after snow has piled up by a back or side door. These drifts can be very deep!
- Many dogs and some cats actually enjoy playing outside in the snow. If this describes your pet, make sure they have some kind of shelter and you bring them in after a short period of time. Outdoor dogs appreciate a "dog house". You can also try this out for your cat. Use an upside down Styrofoam cooler with a hole in one end, and place it near the house.
- Antifreeze has a sweet taste that may attract animals and children. Wipe up spills and keep antifreeze (and all household chemicals) out of reach.
- The salt and other chemicals used to melt snow and ice can irritate the pads of your pet's feet. Wipe all paws with a damp towel before your pet licks them. Larger dogs don't seem to mind paw "booties".
- Smaller dog breeds definitely need a winter coat, particular those with hair instead of fur!
- Smaller pets such as birds, hamsters and guinea pigs, can be chilled if their cages are kept in drafty areas. Keep cages away from doors and windows in winter.
- Pets that go outdoors in the winter eat and drink more so you may have to adjust their diet. Pets that stay indoors sleep more in the winter and exercise less so you may have to adjust their diet as well!
- Cats and dogs, as they get older, often develop arthritis. Watch for this and if your dog struggles, help him up the stairs, or make sure your cat can get to her favourite spot without jumping too high.
- Like the summer, NEVER leave pets unattended in a car during winter.

# Look Out Holidays... Here Come the B-Movies!



Not every film can be a blockbuster or award-winning. Combining low budgets, quick-written scripts and second-tier actors, B-Movies are movie industry's fast food – satisfying while watching. During the holiday season why not keep your pajamas on, start a fire and have some fun. After all, isn't that what the holidays are all about anyway?



**Attack of the 50 Foot Woman** (1958) Dir. Nathan Juran (as Nathan Hertz); Allison Hayes, William Hudson, Yvette Vickers

**Attack of the Killer Tomatoes** (1978) Dir. John De Bello; David Miller, George Wilson, Sharon Taylor

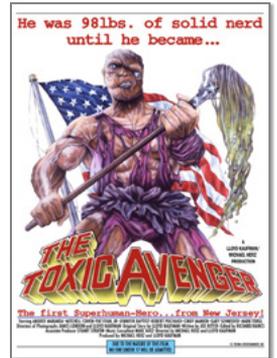
**The Blob** (1958) Dir. Irvin S. Yeaworth Jr. & Russell S. Doughten Jr.; Steve McQueen, Aneta Corsaut, Earl Rowe

**Piranha** (1978) Dir. Joe Dante; Joe Dante; Bradford Dillman, Heather Menzies-Urich, Kevin McCarthy



**House on Haunted Hill** (1959) Dir. William Castle; Vincent Price, Carol Ohmart, Richard Long

**The Toxic Avenger** (1984) Dir. Michael Herz & Lloyd Kaufman; Andree Maranda, Mitch Cohen, Jennifer Babbitt

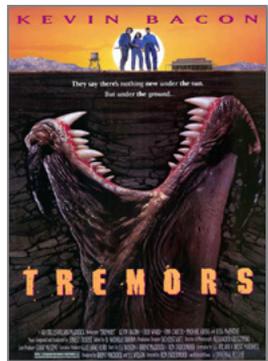
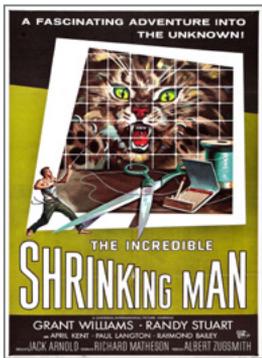


**The Incredible Shrinking Man** (1967) Dir. Jack Arnold; Grant Williams, Randy Stuart, April Kent

**Return of the Living Dead** (1985) Dir. Dan O'Bannon; Clu Gulager, James Karen, Don Calfa

**Barbarella** (1968) Dir. Roger Vadim; Jane Fonda, Ugo Tognazzi, Anita Pallenberg

**Tremors** (1990) Dir. Ron Underwood; Kevin Bacon, Fred Ward, Finn Carter



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BSide Beauty – 1148 Queen St. E.  
Children's French Book Corner – 145B Main St.  
Community Physiotherapy Clinic – 1308 Queen St. E.  
Farm to Table – 1144 Queen St. E.  
Girls Are – 145B Main St.  
Jane Harvey Lawyers – 2225 Queen St. E.  
Lloyd's – 1298 Queen St. E.  
Pizza Thick – 1026 Queen St. E.

Sweat & Soda – 1091 Queen St. E.

The Green Wood – 1402 Queen St. E.

Rorschach Brewing Co. – 1001 Eastern Ave. (coming soon)

### Thank You and Best Wishes:

Hola Café Tapas Bar – 1298 Queen St. E.

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### On the Move (new location):

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for a joyful holiday season!*

## FLU CLINICS

**PROTECT YOURSELF THIS COLD AND  
FLU SEASON - GET YOUR FLU SHOT!**

Wednesday, December 7 & Saturday, December 10, 9am - 6pm by appointment.  
Walk-ins accepted other days with some conditions.

**15% OFF** *Just for*  
**YOU!**

Redeem at Hooper's Pharmacy - 2136 Queen St. E. Valid until December 31, 2016. Some conditions apply

**Holiday Hours:**  
Dec. 24 & 31: 9am-4pm  
Closed: Dec. 25, 26 & Jan. 1, 2017



**We are Your Partners In Health**

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