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Holiday - December/January 2017/18

life

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Wishing you a joyous Holiday Season.
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Jonny Harris Helping us all take a lighter look at life



Canadian actor and comedian Jonny Harris figures he was the only kid on the planet who had parents who encouraged him to actually go to theatre school! They must have seen what Canadians, who follow Jonny, also love about him – a warm, funny comedian from Newfoundland and Labrador, who helps all of us lighten life's load by taking time to laugh a bit at ourselves.

Jonny, at age 42, was raised in Pouch Cove (pronounced “pooch”), in the province of Newfoundland and Labrador. The small fishing town of about 2,000 people lies on the northeast Avalon Peninsula just 27 km, north of the capital, St. John's. Although he was a smart kid, Jonny wasn't too enthusiastic about his studies at Holy Heart High School. Fortunately, he got involved with the set crew for the school play, and then he joined the improve team. “I guess I was always kind of a ‘funny guy’,” he admits.

It was then that his parents told him about the 4-year B.A. theatre program at Grenfell Campus, part of Memorial University Campus in Corner Brook. Both his parents work at Memorial's main campus in the capital, St. John's; his father is a British philosophy professor, and his mother a conference coordinator.

After graduating, Jonny's career started with short

character monologues, some local roles and appearances at comedy festivals, and then a one-man show he wrote called *Out of The Bog* in 2003.

A big break came when he worked on Mary Walsh's show, *Hatching, Matching and Dispatching*. The show connected him to the TV and film industry in Toronto, and allowed him to further explore his stand-up skills. “As a comedian,” he explains, “It takes time to develop your voice, know what kind of comedy works for you.”

Today, Harris is best recognized for his roles in the CBC television drama series *Murdoch Mysteries* and stand up shows *Still Standing*. Although both are viewed on TV, each one is produced very differently and draws on a different kind of comedic skill, and for *Still Standing*, writing skill.

In *Murdoch Mysteries*, he plays Constable George Crabtree, protégée to Inspector Murdoch. Jonny just finished his 200th show for Murdoch! *Still Standing*, Jonny looks for comedy in small Canadian towns. He arrives each week at a different town and after talking with various townspeople, writes a stand-up routine to celebrate the town and acknowledge its struggles and peculiarities.

continues on page 6...



Yannick Bisson and Jonny Harris on the set of Murdoch Mysteries

"Of the 45 live minutes we tape," says Jonny, "Only 12-15 minutes actually make it on the air. "I feel very fortunate to work on both shows, a top TV show and at the same time, do live stand up," he says, "each earns me a lot of credibility and draw different skill sets."

Jonny also is a firm believer in the kind of humour on *Still Standing*; humour that helps people laugh at themselves. The towns are chosen because they have seen better days. By immersing himself in the lives of local characters and unearthing stories in these tiny towns, Jonny's town "stand-up routines" make everyone feel lighter.

Still Standing is a lot of work but it's so worth it because the approach is such a breath of fresh air. It is a celebration of people who are gracious, relaxed, fun-loving and giving. People love us." Jonny's own comedian heroes include Jerry Seinfeld, Chris Rock, and the late Irwin Barker, Canadian comedian and comedy writer for *This Hour has 22 Minutes*.

These days, Jonny makes his home in Toronto East

...continued from page 5

End in Riverdale area with his fiancé and 3-month-old Macey, a long-haired German Shepherd who contributed to the interview by barking in the background.

He doesn't get back to Newfoundland as often as he'd like. There are no local food or drinks he misses, for example, "pineapple crush pop," apparently a local staple, but he does miss the people. "St. John's is still a 'small' town where you can go out and get a coffee, wander down Water Street and see people you know. There's also a great indie music scene that I miss."

Jonny also lets us in on a little secret: only tourists drink Screech Rum in Newfoundland and Labrador, "the real favourite is Lamb's Rum". When asked what the future holds, he's pretty much content with what he's doing now. "I'm too busy most of the time to think about other career ventures," he says, "although eventually I might like to move to the country and buy a piece of land."

Jonny has appeared regularly at *The Halifax Comedy Festival*, *The Winnipeg Comedy Festival*, and on CBC Radio's *The Debaters*. He has appeared as both a stand-up and sketch comic at Montreal's *Just for Laughs Festival*. He has been a staff writer for the award-winning *This Hour has 22 Minutes* and was a contributing writer and star of Mary Walsh's *Hatching, Matching and Dispatching*.

Still Standing returns the summer of 2018.

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A Ball of a Time

For 110 years at midnight on New Year's Eve, a billion people stop what they are doing in order to watch the crystal ball in Times Square, New York City, slide down a pole. The actual ball up close is beautiful: an aluminum, geodesic skeleton covered in wedge-cut crystals and more than thirty-two thousand light-emitting diodes. The ball is also capable of creating billions of kaleidoscopic color patterns.

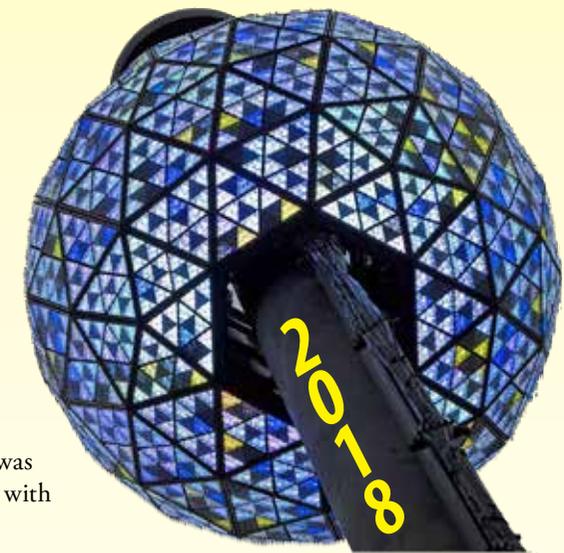
What most people may not know is that the ball was originally inspired by a "time ball". It had nothing to do with New Year's Eve!

Time balls originated in the early 1800s before there were time zones. Cities in North America kept their own time, based on the sun. But knowing the exact time was especially difficult at sea. Eventually, someone came up with an idea to help ship captains keep time. They erected "time balls" on shore, five feet in diameter, one on top of a flagpole, and one that was mobile. At noon, as one ball was raised and passed the other, from way out at sea you could spot the light shining between the balls and thereby, know the official time.

Long after ship captains had found a better way to tell time, cities kept their "time balls" as curiosities. Although you could tell time by them, they eventually became decorative elements on top of buildings, or displayed above jewelry stores that sold watches.

In 1877, Western Union installed one of these time balls on its headquarters in downtown Manhattan. When the New York City Times was looking for a more spectacular way to celebrate New Year's Eve in the city, a designer was hired to replicate the Western Union ball on top of the newspaper headquarters in Times Square. The first "ball drop" was held on December 31, 1907 as part of New York's New Year's Eve celebration

At various times, the ball in Times Square has been replaced. The ball we see drop now was installed in 2009. It's 12-feet in diameter, weights 12,000-pounds – double the size of previous balls!



New Year's Eve Across 5 Continents

BRAZIL, SOUTH AMERICA – New Year in Brazil is known as Ano Novo (Portuguese) but is more popularly called Réveillon. In Rio, the shores are lined with over 2 million who usually wear white as a tradition and have a fabulous celebration by the beach.

AUSTRIA, EUROPE – The 31st of December is the day of Saint Sylvester - therefore, Austrians refer to New Year's Eve as "Silvester". Bleigießen is a New Year's tradition, in which people take small pieces of lead in "lucky" shapes - pigs, shamrock, horseshoes - and melt them to see their future.

CAPE TOWN, SOUTH AFRICA – Every New Year's Eve, there's an annual event called the Cape Town Minstrel Carnival. There are minstrel troupe songs, dancing, and costume parades where people dress up in bold silk fabric, ties, umbrellas and hats.

AUSTRALIA – New Year's Eve dancing balls are popular around the country. Dressing up in costumes is popular, so there are various themes such as masquerade, black-tie and formal wear, tropical, or gangster and glamour.

SINGAPORE, ASIA – Singapore's Siloso Beach Party claims to be the largest New Year's outdoor beach celebration in the world. It includes a big dance floor, a foam pool, and top DJs spinning the best tunes as party goers dance their way into 2018.





What Non-Holiday Things To Do This Holiday Season

The holiday season is different to different people, depending on your culture, family traditions, and so much more. Even those who love celebrating Christmas, have years when it can be difficult to feel joyous due to personal life-changing events.

Remember, holiday season is more than just celebrations, it is also personal time off from your every day routine, special time to treat yourself, not only gifts, but to do the things you want to do but don't have the time.

There are also many non-holiday alternative activities that will leave you lasting memories.

Here are some ideas:

As of December 21, the Winter Solstice, the days start getting longer. For centuries, people around the world have held celebrations to acknowledge what they know will always be the return of light. Maybe this year, a celebration on the 21st is a meaningful event for you.

Look up "what's open" on December 25 in Toronto. For example, at 4 pm at the Ted Roger's Hot Docs Cinema, you can watch the year's best commercials according to the Cannes Lions International Festival of Creativity; or visit Ripley's Aquarium, open all day!

Volunteer. There are shut-ins, people in hospitals and in retirement homes who are desperately hoping for visitors during the holidays. Spending a few hours volunteering can lift your spirits as well as bring companionship to someone else.

Many churches offer what is called "Blue" Christmas" services for those who are struggling with feelings of sadness. The idea of Blue Christmas is to acknowledge the darkness, and therefore, services often are held on Dec 21. The purpose is to bring comfort by reminding those gathered that they are not alone.

Plan "non-holiday" activities. Even if you do like to celebrate but need a break, set some "festive free" days aside for non-holiday themed movies and playlists that don't include holiday songs.

Take a few days off and get away to enjoy winter sports, like skiing, skating, hiking, or go somewhere warm.

Manage expectations, especially with family to reduce the pressure both financially and time commitment. Agree with adult family members and friends not to exchange gifts, and set limits with children, perhaps focusing on smaller gifts but more activities like games and movie nights.

Now is a great time to start or renew a meditation practice. The calming influence of meditation is especially useful at a time of year when everyone is on overdrive.

Above all, holiday season is a special time to have your personalized way of enjoyment and celebrations either that is with family, friends and loved ones, or which ever way suits you and your family. Just remember, give your friends, family, and co-workers your sincere good wishes and love through out this season. Such sentiments can be exchanged no matter how you celebrate it.

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COOKING FISH

We all know that we should be eating more fish, but many people still wonder if they are cooking fish the best way. This is particularly important if you have young children. Make their first “fish eating” experiences good ones, so they beg you for more.

So, so good for you....

Think about it. Fish is almost all protein, no fat! (white fish in particular). More oily fish (like salmon) are high in “good” fats, like omega-three fatty acids.

Protein-rich foods help our muscles grow and repair. Your body is continually building and renewing cells, and you need amino acids to do this. We are unable to produce amino acids in the body ourselves, so it’s essential to get enough from the protein in our diets.

Most white fish, such as haddock, sea bass, and pollock are high in minerals like selenium and iodine, which our thyroid glands need in order to function properly. Haddock is a source of several different vitamins and minerals, including phosphorus, which keeps our teeth and bones strong and healthy.

There are three ways to approach cooking fish:

STEAM/POACH: Wrap in foil with a bit of liquid and seasonings, cook by steaming; or drop gently into boiling, flavoured liquid and poach

FRY: Cook gently in a pan with oil/butter and herbs

BAKE/FRY: Coat and either deep fry in oil or bake in an oven to give a crispy coating

Typically, you want to choose thicker, meatier fish for baking or deep frying (e.g. halibut, sea bass, cod) and delicate, thin fillets for frying (sole, tilapia).

BIGGEST TIPS: Cook from fresh, or thaw fillets in refrigerator first. Don’t overcook! (most people overcook fish, which makes it dry, or “fishy”).

TERIYAKI SALMON

(best way to get kids hooked on fish)

Arrange a skinless, boneless salmon fillet on a large piece of foil

On top of salmon, add:

- A tablespoon each: soy sauce, brown sugar, grated garlic and grated ginger root.
- Roll the fillet over a few times to coat with sauce, then seal up the foil and place on a baking sheet.
- Pre-heat oven to 375.
- Bake for 12-15 minutes (fish is done when it flakes with a fork)

PANKO CRUSTED LAKE PERCH

(good for any mild fish, cod, flounder, haddock, pollock)

- 6 fillets (about 1 pound)
- 1/2 cup Panko bread crumbs
- 1/2 cup rice flour
- 1/2 teaspoon fresh ground black pepper
- 1/8 teaspoon sea salt
- 1/4 teaspoon lemon zest
- 1 egg
- 2 tablespoons sunflower or safflower oil (use a mild oil)
- 4 tablespoons butter

Combine the rice flour, panko, pepper, salt, and zest in a small bowl, mix well. Beat egg in another bowl. Spread the bread crumbs on a plate.

Dry the fillets with paper towels.

First coat fillets in egg mixture then place in flour and panko mixture on plate or in pie tin.

Press fillets into flour/panko mixture to coat. In a large frying pan, heat sunflower oil and butter on medium-high.

Fry fillets until golden brown on both sides. Place cooked fillets on paper towels to drain excess oil.



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The Healthy Habit of Routines



Routines may not sound exciting, but having some established daily rituals can be one of the best steps to take for your own physical well being, as well as your mental health. Routine provides a sense of structure and familiarity. It gives your life structure so you wake up with a sense of ownership, order, and organization in your life. In an unpredictable world, routines help us feel more stable, competent and in control.

Research suggests that routines keep us happier. When we consciously decide what we want to do with every day of our lives, we generally want to do what makes us happy or what gives us the most utility.

Routines, of course, keep us healthier because they make us consciously eat better, exercise more frequently, sleep more soundly. For example, if you go to bed at the same time each night and wake up at the same time each morning, you'll find you no longer need an alarm clock. Your body just gets to know what to expect and wakes up at the appropriate time.

We often hear children say things like, "But we always get ice cream when we go for a walk!" This is because routines are extremely good for children. Routines help kids feel safe and secure because they know that certain things happen at certain times. When they know what's expected, children are generally more cooperative. Through repetition routines build independence from a very young age.

Routines like sending birthday cards, wishing each other best wishes, saying you're sorry when someone is facing a crisis – these all help cement relationships with families and friends.

Here are the many ways a routine can give you a healthy start this New Year!

SLEEP ROUTINE Your daily routine influences your quality of rest. Better sleep leaves you refreshed. Set a sleep schedule with specific bedtime habits. You'll increase your mental sharpness, performance, emotional well-being and energy levels.

FACING THE DAY Set a morning routine once you get out of bed. Stretch. Take a few deep breaths. Draw the curtains and let in the light. Have a drink of warm lemon water to gently cleanse your palate and wake up your digestion. Head for the shower.

EXERCISING Set a time and stick with it. If the mind knows there will be exercise each day at the same time, there will be no internal argument about exercising.

HEALTHY BREAKFAST Your morning sets the tone for the day. Whether it is porridge, a smoothie, whole grain muffins – pick what you like and stick with it.

DAILY MEDITATION This might be traditional meditation or just 5 or 10 minutes to take a quiet break outside and breathe deeply. Make it part of your lunch routine.

BEDTIME ROUTINE Create a bedtime routine where you do the same activities in the same order each evening: turn off the back door light, put away electronic devices, wash your face, brush and floss your teeth, take any required medications, read before you fall asleep, etc.

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In the past, if you wanted to listen to music or any other type of audio, you downloaded an audio file in a format such as MP3. You then saved the songs to playlists or albums, until you ran out of storage!

Today, the tech-smart music lover uses a streamlining delivery method to hear their music. Streaming music, or more accurately streaming audio, is a way of delivering sound – including music – without requiring you to download files from the internet.

When you want to listen to a particular song, you just tell your device, or punch in the name, and start listening to the song almost immediately. You may choose just one song, or ask the service providing the music to curate playlists for you. It is just like having your own radio program!

Requirements for Streaming Music

In order to play music on your computer, you might also need the right software media player, such as VLC, Plex, Macgo, etc., in addition to obvious needs like a sound card, speakers, and an Internet connection.

On your smartphone or tablet, you'll use the apps provided by your streaming music subscription (see below). You may also want to invest in a small, quality speaker, and/or headphones.

Streaming Music Subscriptions

You'll need a Streaming Music Subscription, such as Spotify, Apple Music, Amazon Music or Google Play Music, to mention only a few.

Here are some of the most popular choices:

Spotify offers the largest collection of music (over 30 million, same as Apple Music) and one of the widest range of music. It's also very user friendly.

Apple Music puts all your music easily on all your Apple devices. You just ask Siri out loud for the song of your choice and within seconds, it is played. Apple Music also has exclusive rights to Taylor Swift's music.

Pandora is for those who love a radio programming format. It offers the best in curating your music on playlists, depending on your taste!

SoundCloud has one of the most diverse new libraries, so it's great for those who love Indie music.

Tidal costs you more but it offers the highest audio resolution and therefore the best sound quality.

Prime Music is a benefit of Amazon Prime Members. You receive 2 million songs ad-free and always on demand, as well as curated playlists.

All of these paid programs offer free trials that allow you to evaluate their services. Monthly subscriptions start around \$10.

Get Your Kicks On

The new wardrobe staple for “sneakerheads”

Step to the side red-bottomed pumps and men’s wingtips. Fashion-savvy New Yorkers have replaced heels and heavy soles with sneakers! Wearing a new pair of Nikes with a midi skirt makes you so chic. Men going out on the town wearing an unstructured suit with white Stan Smiths!

Sneakers come in many shapes and sizes these days. With so many options available, here’s a primer on what is what, and whether or not they are likely to suit your wardrobe and taste.

BASIC SNEAKERS – These include Converse, Vans, etc. Sometimes they come in leather, but typically they’re canvas and in basic colours. Affordable and easy to wear/clean.

REFINED LUXURY SNEAKERS – Brands by designers like Tom Ford or Saint Laurent. They bear a resemblance to the basic sneakers, but they’re more expensive and often made from suede or leather. Men’s varieties even come with classic brogue trim! Women’s styles include metallics, tassels, embroidery detail, zippers and ribbons.

CLASSIC SPORTS SNEAKERS – Nike Air Max 90, Reebok Pump, Asics Tiger and other forms of old school sport greatness. Still used for sports!

CURRENT SPORTS SNEAKERS – Again, these are your Nike, Adidas and Puma brands, but with modern styling and shapes.

HIGH-FASHION SNEAKERS – These are the work of brands like Givenchy, Christian Louboutin, Maison Martin Margiela, Diemme and even Giuseppe Zanotti. They’re loud, usually leather, and designed to be noticed. Styles for women include wedged heel and platform, and espadrille varieties.

HIGH TOP – This hip-hop category for the likes of Rick Owens and Chuck Taylor are really pushing the limits of sneaker design. Some are all leather, others combine a sock with the sneaker (hence, “sock sneaker”!) High doesn’t just mean above the ankle. These high tops can almost reach the knee!

High doesn’t just mean above the ankle. These high tops can almost reach the knee!

SNEAKER “RULES”

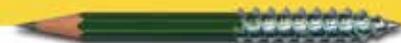
From the very basic to the brightest leather, from the minimal to the metal fastenings, there are few rules when it comes to your trainers.

- Your old sneakers won’t do. You need a fresh, new pair.
- Wear them to the right occasions (don’t go too casual). Unless you are accepting an Academy Award, they’re no substitute for dress shoes. Wear with casual, unstructured suits.
- Keep them clean: It doesn’t matter how cool your sneakers are, the effect will be lost if they’re not spick-and-span.
- Pay attention to your socks. Opt either for no show socks or choose your socks wisely: colourful or plain, but not shabby.

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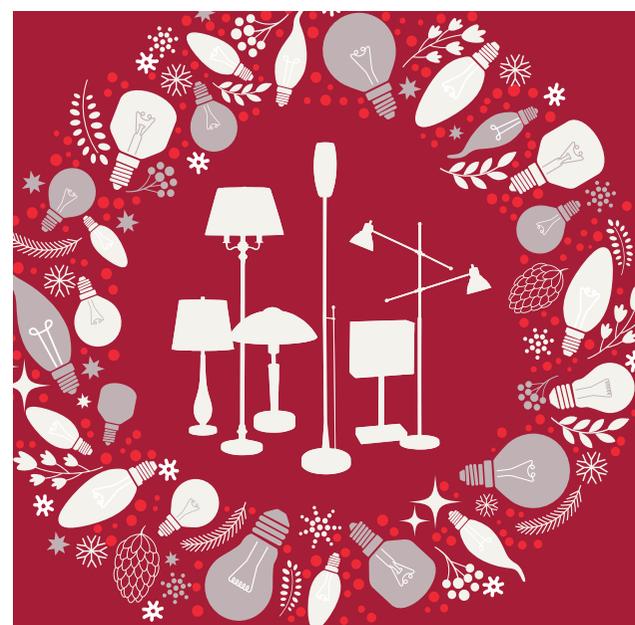
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Remake Movies Better than the Originals

More and more, Hollywood is releasing films that are either sequels or remakes. This edition of *Beaches|life* features films that are considered better than the originals, according to critics and audiences. So, this holiday season, why not put on your Christmas pjs, make some hot chocolate and snuggle up in front of the television and enjoy some great remakes.



THE MAGNIFICENT SEVEN (1960) Dir. John Sturges; Yul Brynner, Steve McQueen, Charles Bronson



A FISTFUL OF DOLLARS (1964) Dir. Sergio Leone; Clint Eastwood, Gian Maria Volontè, Marianne Koch

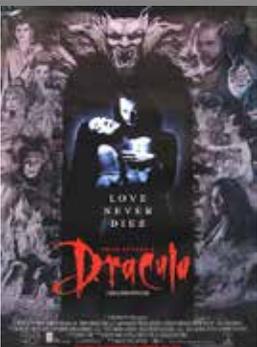


SCARFACE (1983) Dir. Brian De Palma; Al Pacino, Michelle Pfeiffer, Steven Bauer



THE FLY (1986) Dir. David Cronenberg; Jeff Goldblum, Geena Davis, John Getz

BRAMSTOKER'S DRACULA (1992) Dir. Francis Ford Coppola; Gary Oldman, Winona Ryder, Anthony Hopkins



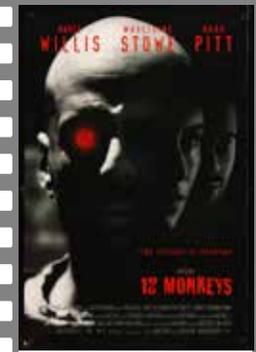
12 MONKEYS (1995) Dir. Terry Gilliam; Bruce Willis, Madeleine Stowe, Brad Pitt

OCEAN'S ELEVEN (2001) Dir. Steven Soderbergh; George Clayton Johnson, Jack Golden Russell

THE DEPARTED (2006) Dir. Martin Scorsese; Leonardo DiCaprio, Matt Damon, Jack Nicholson

3:10 TO YUMA (2007) Dir. James Mangold; Russell Crowe, Christian Bale, Ben Foster

TRUE GRIT (2010) Dirs. Ethan Coen & Joel Coen; Jeff Bridges, Matt Damon, Hailee Steinfeld





The In-Store Experience: You Can't Beat It!

Businesses today keep hearing the same refrain over and over – go online, sell online, get your customers online, succeed online. So what does this mean to a store owner who actually operates a business from a bricks and mortar store?

Your store could be your best advantage! In today's world of e-selling, the experience that customers receive when they actually walk into a store simply cannot be duplicated. A real salesperson talks with them, they can feel and touch the items they are interested in, breath in the fragrance in the air, take in the lights in the store and the decorations. These all stimulate a customer's senses in a positive manner.

The best example is Apple. We think of the innovative company as one that made all its breakthrough decisions with the newest, latest technology. But one of the best decisions Apple ever made had nothing to do with technology.

Called "crazy and outrageous" at the time, Apple decided 20 years ago to invest in STORES! Yes, in order to face their competitors head on, they figured they would do the opposite of what everyone else was doing and bring back the bricks and mortar store.

They reallocated capital out of traditional broadcast media and instead, put it into beautiful Apple stores where people could experience their products directly and always feel there was Apple support. You've seen the result – modern, stylish and very busy Apple stores where real "Apple geniuses" meet you and help you solve problems, everything from finding your contact list to syncing all your devices – at no cost!

Over the years, Apple has opened about 500 retail stores across 17 countries, including 270 in the United States and 228 elsewhere. Literally millions of customers visit their stores every day!

So what can today's small business owners learn from Apple?

- Nothing can compete with fabulous, real life salespeople who talk with you and support you face to face
- The experience customers get from walking into a store, taking in the atmosphere, looking around, touching merchandise, relaxing and enjoying themselves – this is totally different than what it feels to experience online purchasing
- Face to face, it is so much easier to be sensitive to customers' time on long check-out lines, be proactive in helping speed the shopping process, step-in if there's a concern.
- In store, you have an opportunity to demonstrate to your customers that you are polite, genuinely caring and interested in helping, acknowledging and listening.

In short, your store still matters; in fact, it gives you a big advantage. Make it an even greater experience for your customers with great design, products they can touch and feel, fabulous decorations and superb customer support and experience.

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New Year's ~~RESOLUTIONS~~

No More

1. Track and Reward

2. Pick Fun

3. Positive Focus Lists

Did you accomplish any of your New Year's Resolutions from last year? If so, congratulations! But for some of us, the annual habit of making a list of what we'll do (or not do) for the next 12 months just isn't working any more. We start with great goals, perhaps we're going to exercise every day, or learn to play a musical instrument, or swear off cookies for the rest of our lives. But a day, a week, a month into the New Year and these big goals just seem unattainable. We haven't become a different person, which is good. But it means we also haven't tackled those resolutions.

So instead of resolutions, why look instead at ways to live your life every day, and every week – not as an entirely new way of living, but just by adopting one small habit.

Focus on Slow and Steady

Change is hard. Start with one small habit you want to change; one you are confident you can accomplish. This could be something as simple as drinking a glass of water every morning when you wake up, or reducing the cups of coffee you drink by just one cup. Track how you are doing, forgive yourself when you miss, but see if you can keep up your intention for a week, then another week, until you've reached a month. 30 days is a suggestion length of time to establish a new habit, so celebrate! You did it. Now pick something else.

Consider replacing one bad habit with a good habit.

Giving something up or making a big change is forever. You don't need to do that. Instead of giving up your television snack, switch from chips to popcorn, or from soda pop to sparkling water with a bit of juice. This helps you get used to change gradually, and not feel like you've totally gone in a different direction.

Track and reward: Make a list of a few things you'd like to add or adjust in your life each week and see if you can check off just one or two items. These could include things like: take a walk, call a friend, meditate 5 minutes, enjoy one meatless meal, etc. Give yourself "rewards" for checking off items, perhaps your favourite coffee or a new magazine.

Pick fun over "must": Instead of resolutions, make a list of enjoyable things you'd like to do over the next year, put photos of these activities on your wall to remind yourself of these goals and why they are special to you.

Change from "checking goals off a list" to making a "positive focus" list. This is a list (or conversation with someone close) that you make at the end of each week, perhaps on a Friday night. Review the week and name three "positive things" that happened that week. We tend to inflate negative experiences and dismiss the positive. By remembering a kind word, or a small triumph, you can keep focused on what is going right in your life.



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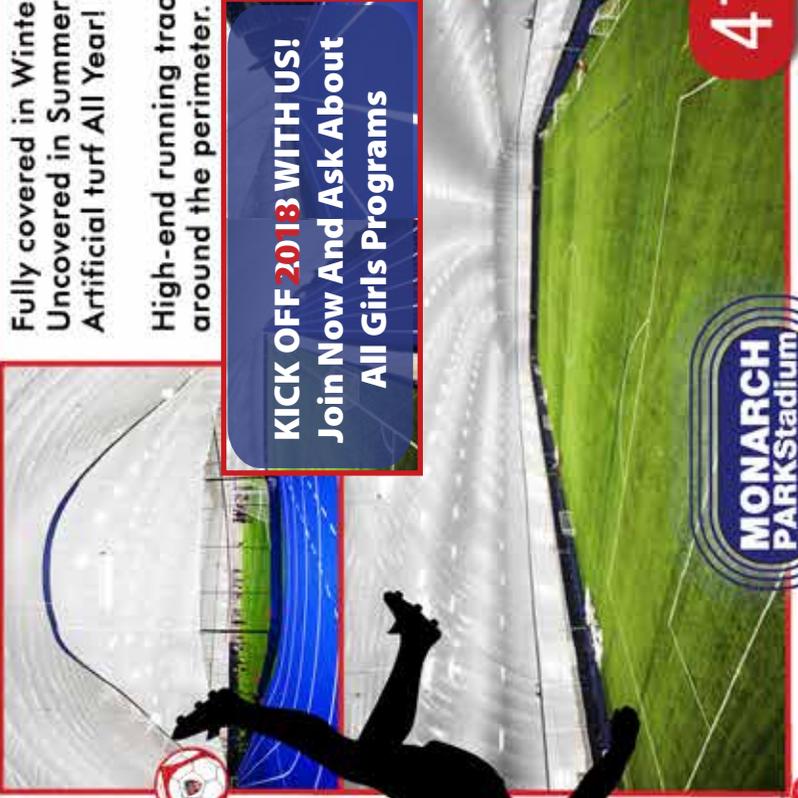
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ENTERTAINMENT AWARDS:

- ★ **Golden Globe Awards** (Jan. 7)
Host: Seth Meyers. goldenglobes.com
- ★ **People's Choice Awards** (Jan. 10) Voted on by the general public. peopleschoice.com
- ★ **Critics' Choice Awards** (Jan. 11)
criticschoice.com
- ★ **Grammy Awards** (Jan. 28) The recording industry's most prestigious award. grammy.com
- ★ **Academy Awards** (Mar. 4)
Host: Jimmy Kimmel. Make sure you enter Beaches Living's annual contest. oscars.org
- ★ **Canadian Screen Awards** (Mar. 11) Celebrates Canadian cinema and television. academy.ca
- ★ **Juno Awards** (Mar. 25) The best in Canadian music. Host city: Vancouver. junoawards.ca
- ★ **Academy of Country Music Awards** (Apr. 8)
Winners are determined by 7,300 ACM's industry professional members. acmcountry.com
- ★ **Billboard Music Awards** (May 20) Awarded by Billboard Magazine. billboard.com
- ★ **Tony Awards** (Jun. 10) Honoring the best shows on Broadway. tonyawards.com

2018 Winter Olympic Games (February 9-25)
Host city: PyeongChang, South Korea
olympic.org



SPORTING EVENTS:

- 🏆 **World Junior Ice Hockey Championships**
(Dec. 26-Jan. 5) Host city: Buffalo.
2018.worldjunior.hockey
- 🏆 **US College Football Bowl Game** (Jan. 8)
espn.go.com
- 🏆 **Two of the 10 big football bowl games:**
Orange Bowl (Dec. 30)
Rose Bowl & Sugar Bowl Games (Jan. 1)
- 🏆 **NHL Winter Classic** (Jan. 1) Buffalo Sabres vs. New York Rangers at Citi Field, home of the New York Mets. nhl.com
- 🏆 **Canadian Figure Skating Championships**
(Jan. 8-14) The best Canadian figure skaters, winners go on to Worlds and/or the Olympics. skatecanada.ca
- 🏆 **NHL All Star Weekend** (Jan. 27-28) Hosted by the Tampa Bay Lightning. nhl.com
- 🏆 **Super Bowl** (Feb. 4) Half-time show will feature Justin Timberlake. Host city: Minneapolis, Minnesota. nfl.com
- 🏆 **NBA All Star Game** (Feb. 18)
Host city Los Angeles. nba.com
- 🏆 **World Figure Skating Championships**
(Mar. 21-25) The best in figure skating.
Host city: Milan, Italy. milano2018.com
- 🏆 **Masters Golf** (Apr. 5-8) The world's top golfers compete for the Green Jacket. masters.com
- 🏆 **Kentucky Derby Horse Racing** (May 5)
The longest running sporting event in the U.S., dating back to 1875. Churchill Downs, Louisville. kentuckyderby.com



All 'Round Winter Protection

Canadian winters are harsh, whether or not we experience extreme cold, snow, sleet or just long periods of cold, grey skies. In fact, it's the variations in the temperatures that are particularly hard on cars, homes, even our health. No one wants to be ill-prepared. Check out these tips:

HOME

- Replace furnace filters for energy efficiency and to prevent wear and tear on the furnace fan
- Turn off any outdoor water lines and disconnect hoses
- Keep a supply of ice melter on hand for sidewalks and walkways
- Clean out dryer vents
- Store at least one snow shovel at the back door
- Waterproof leather boots and outdoor shoes.

HEALTH

- Get a flu shot
- Wash your hands as often as possible to protect yourself from winter cold and flu germs
- When you don't get enough sun exposure, mood and energy tend to fluctuate. Meeting with friends, enjoying "me" time and meditating are all wonderful ways to keep yourself healthy and happy.
- Switch to "richer" skin creams for face and body to protect from the cold and the indoor dry heat
- Consider winter "vitamins" now that fresh fruits and vegetables are no longer in season.

AUTO

- Make sure your car has its winter tires
- In your truck, store a shovel, snow brush, scraper, extra anti-freeze a bag of sand or kitty litter in case you get stuck
- Make sure your battery is in good condition and windshield wipers working
- Keep an extra hat, gloves and energy bar in your car for emergencies
- If traveling any distance, pack an emergency blanket, candles, a flare and spare batteries for flashlights.

CLOTHING

- Quilted shell jackets and vests stuffed with insulating fill or feathers, will protect you against winter's cold weather
- Consider a pair lined gloves in cashmere or wool for regular cold days, and a pair lined in shearling or fur for when the temperature drops below minus 8 Celsius
- Best practice, wool not cotton and dress in layers
- Boots and shoes with deep treads to protect you from slipping on ice.




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 Succuterra – 1596 Queen St. E.

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 Skwish – 1192 & 2252 Queen St. E.

Thank You and Best Wishes:
 Beryl's Pepper Pot – 1610 Queen St. E.
 My Place in the Beach – 2066 Queen St. E.

On the Move (new location):
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 Theralase Pain Therapy Clinic – 41 Hollinger Rd.

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