

Beaches

Winter — February/March 2013

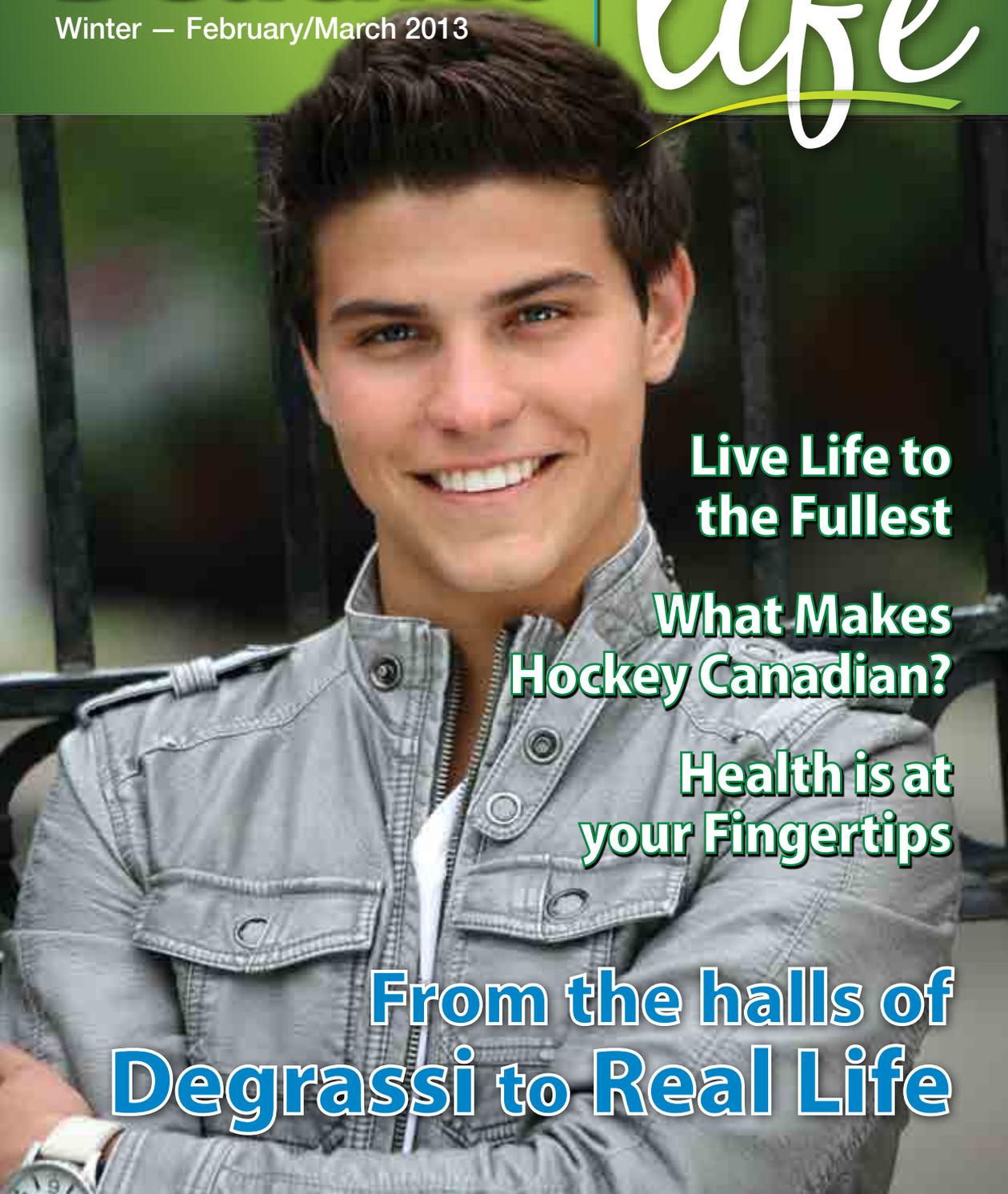
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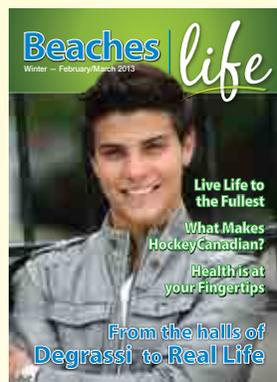


Business Directory



Beaches|life

Your neighbourhood HUB to the Greater Beaches Area



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Your comments and suggestions are welcome.

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FROM THE HALLS OF DEGRASSI TO THE REAL LIFE OF LUKE BILYK

(photo above) The Kids from Degrassi with local children in front of their new school in Rajasthan, India

For a young actor looking to get into the entertainment business, *Degrassi: the Next Generation* star, Luke Bilyk, has a valuable piece of advice, “Don’t ever give up”.

“You may have to audition with 400 other actors,” he says, “all competing for the same role. But just always remember, they only have to say yes once, and your career is changed forever.” This applies to any dream you may have and not just to actors auditioning for a dream role.

It’s wise advice from an 18-year-old actor who from an early age seemed to know what he wanted to do with his life. Born and raised in Vaughan, Ontario, Luke describes his passion for pretending he was someone else by dressing up in costumes and putting himself into a character.

“Performing has been part of me for so long,” he says,

“I can’t remember it ever being any different.” Trained at the Toronto Academy of Acting, young Luke is no stranger to viewers of popular Canadian television shows and movies such as: *Little Mosque on the Prairie*; *My Babysitter’s a Vampire*; *Gooby*; *The Jon Dore Show* and *The Latest Buzz*.

“...they only have to say yes once, and your career is changed forever.”

Although he’s worked in radio, theatre, television, film and commercials, Luke is probably best known for the character of Drew Torres, who he plays on *Degrassi: the Next Generation*. On the show, Drew is a new student at Degrassi and the stepbrother of Adam Torres. The character, Drew is a handsome and charming boy who seems to have the reputation for making bad decisions – whether it is getting into drugs, dropping out of school or getting married too young.

...continues on page 6



...continued from page 5

"If Drew was someone I knew in real life," says Luke, "I would try and talk him out of doing these things."

He adds that even on set, the actors talk among themselves about the characters and how the story lines develop, "When we finally found out that my character had a brain injury, his behaviour made much more sense!"

Although Luke doesn't think his fans confuse the character he plays with who he is, he often does get called Drew in public. "A lot of people seem to think that in real life, I'm married to my television girlfriend, Bianca, but it is not true," he says.

For those who remember, Degrassi started in 1979 with a short series on CBC, *The Kids of Degrassi Street*. Since their first airing, the various Degrassi shows have attracted attention around the world. What is the secret to the show's success? Luke explains, "it is because the show deals with the real problems that teenagers face in their everyday lives." He also points out that "the show is more believable than some because the actors, like him, are playing kids the same age."

"I'm 18, like my character," he notes, "I'm often going

through the same issues as the characters in the show," although he adds "unlike Drew, I'm not a murderer or drug addict!"

Although Luke might have also liked to have played hockey in the NHL "like every Canadian boy" or studied law, he is very happy with his life as an actor. "I get to put myself in so many real-life situations, for example, *Fight Club*, that I would never have done on my own." In the future, he would enjoy moving into directing, like the way Ben Affleck did, so he can be more visionary.

In addition to sports, Luke is a big M&M fan, likes Drake and follows the career of fellow actor and rap singer, Daniel Kelly who plays Owen on the show.

In 2010 and 2011, Luke participated with fellow Degrassi cast in the Free the Children organization to help build a school in India.

"It was life-changing," he says, "the people in these places have so little, but they are so happy. It's a real self-check list for all of us who are unhappy even though we have so much."

The last episode of *Degrassi: The Next Generation* for this season airs March 13.

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Cold weather, warm read! Beaches Living Guide - Fall/Winter

Our latest Beaches Living Guide has connected with many of our readers, bringing back memories and stories to tell. Once again, we delivered a warmth read to our Beaches community.



Here is what readers are telling us....

"Thank you for all the wonderful information in the book, the history.... It's a great publication! Thank you!" *Joanne W*

"It is absolutely superb! The best piece of printing in a magazine form that I've seen in years.." *Beach resident*

"A great issue!... I enjoyed the articles and pictures as many brought back childhood memories. Thanks for bringing back the past. Too often we forget our roots until reminded through someone's excellent efforts." *Sandra K*

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All Your New Year's Resolutions Lead to **LIVING TO THE FULLEST**

We all have our individual reasons and experiences for why we want to "seize the day"—(in Latin the famous 2,000 year old phrase is "carpe diem"). But in time we all learn that life really has to be lived to the fullest, each and every day. The impact we make on those around us, with our family, our friends, and community, is determined by what we do with the time we have each and every day, whether these are large gestures or just the small yet meaningful actions.

So ask yourself often: did I have a good day? Am I filling each day with the small simple things that make me happy? Did I make a difference today? Would I rather be doing something else?

Small simple things often give us joy and happiness like a conversation with a friend, taking your toddler to the park, making a favourite recipe or doing something kind for someone else. Or maybe today

you're going to do something from your "wish list", something you've always wanted to try, a book you were going to read or listen to a new type of music. It is the ordinary activities that are easy to achieve that can continue to fill your day with joy.

Often it helps to write down what you plan to do because studies show that once goals are written, they have a much greater chance of happening. But don't worry if it's not a "grand goal". Pick what's important to you and what brings you joy.

- Listen to your heart
- Be conscious about the things around you
- Notice the details—everywhere
- Spread a bit of kindness
- Learn something you didn't know before
- Dig deep into a subject you think you already understand
- Dream big but break it down into smaller, achievable steps. You will be rewarded along the way.

Final note: It is interesting that this sentiment is summed up by a famous historical person, Lincoln, who's been recently been highlighted in an academy nominated movie!

**In the end it's not the years in your life that count;
it's the life in your years.**

— Abraham Lincoln

Hockey Premier for the Novice – the History of the N.H.L.



What makes you a Canadian?

So, why all the fuss and buzz when the NHL season resumed in January after a long delay.

Hockey is truly Canadian. Not surprising, the first hockey games in North America took place in Canada around 1870 when British soldiers stationed in Nova Scotia played on frozen ponds and McGill students faced off against each other in Montreal. This led to an early amateur hockey league in Kingston. The sport then grew so popular that in 1892 Lord Stanley bought a silver bowl and decreed that it would be given each year to the best team in Canada.

It soon was time to consider professional hockey, and this, interestingly enough, started in the United States in 1909 with the National Hockey Association – but consisted mostly of teams from Ontario and Quebec. In 1914, the NHA played against the new Pacific Coast League (PCL) and the winner received Lord Stanley's Cup.

But it wasn't until after World War One that the actual National Hockey League (NHL) was created, with the Montreal Canadiens, the Montreal Wanderers, the Ottawa Senators, the Quebec Bulldogs, and the

Toronto Arenas. The league's first game was held December 19, 1917, and played 22 games. Toronto won that first season, which meant it played against the PCL champion, the Vancouver Millionaires, and took home the Stanley Cup.

The PCL folded in 1926 and finally the NHL officially became the only North American professional hockey league. It now had ten teams from Canada and the USA, two divisions, and it took control of the Stanley Cup. A couple of highlights since then include:

- In 1942, the Brooklyn Americans withdrew from the NHL, meaning that for the next 25 years the league was comprised of the "original six" the Canadiens, Maple Leafs, Red Wings, Bruins, Rangers and Black Hawks.
- In 1968, six new teams joined the league. Expansion continued during the 1970s with 21 teams by 1979.

Today, as the NHL approaches its 100th anniversary, there are 30 teams.

Reference – National Hockey League



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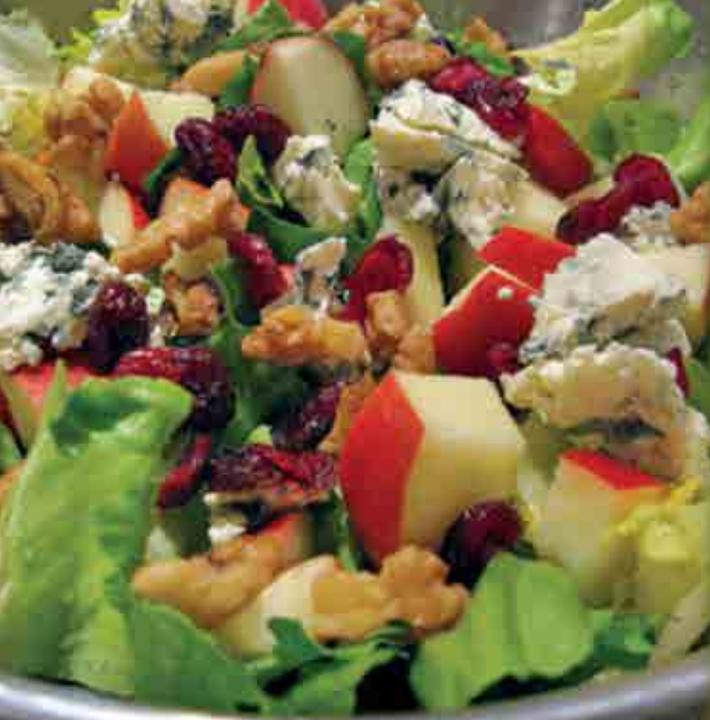
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Foodtalk

Now put your salad together. Here are some winning combinations

- **Baby spinach with chopped dried figs, crumbled blue cheese, and toasted pecans.** Toss with a sherry vinegar and quality olive oil.
- **Shredded veggies:** Shredded beets (fresh partially cooked or from a can), shredded uncooked carrots and apples mixed together in a lime and olive oil dressing. Add some fresh coriander or parsley, usually available all year. Make sure to mix ahead and sit at least an hour before eating.

- **Cooked wheat berries, barley or quinoa make a great addition to salad.** Prepare with chicken or vegetable stock instead of water and serve on the side instead of mixed in. Add chopped carrots, celery and broccoli, cherry tomatoes, crumbled feta cheese and dried cranberries. Dressing: raspberry vinaigrette

- **Greens and roots:** On a baking disk, roast cubed butternut squash in 1 tablespoon of olive oil until tender. Cool. Toss in a bowl with arugula, prosciutto ham, and ½ tsp. of finely chopped shallots. Make a dressing of olive oil and vinegar. Add roasted chopped hazelnuts if desired.

Winter Salads

Salads aren't just for summer time. When freshly picked greens aren't available, prepare a hearty winter salad instead. You still get the benefits of eating your vegetables plus a good dose of fibre, and it's a great way to add variety to meal planning.

Some winter salad tips:

- Winter salads contain items such as marinated roasted vegetables, crunchy additions like nuts and dried fruit, as well as strong cheese like blue or cheddar. With such robust flavours, you don't need a fancy salad dressing – olive oil and vinegar works perfectly.
- They're a great way to use up extra cooked vegetables, like carrots, broccoli, cauliflower, beets, etc. Just marinate in some balsamic vinegar until ready to use.
- Serve warm (e.g. a warm potato salad or a traditional Caesar topped with strips of cooked chicken), or at room temperature (never chilled right out of the refrigerator).
- A large dinner salad goes well with a cup of soup, toasted garlic bread or fresh whole-wheat pita cut in strips.

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Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in Beaches|life you will receive a \$20 gift certificate to Casa diGiorgio Ristorante. Email your photo by March 10, 2013 to info@beachesliving.ca.

Congratulations to Jane May – December/January's Secret Beaches Spot winner.

The Secret Beaches Spot published in the last issue is the north side of the church at 126 Waverley Road.





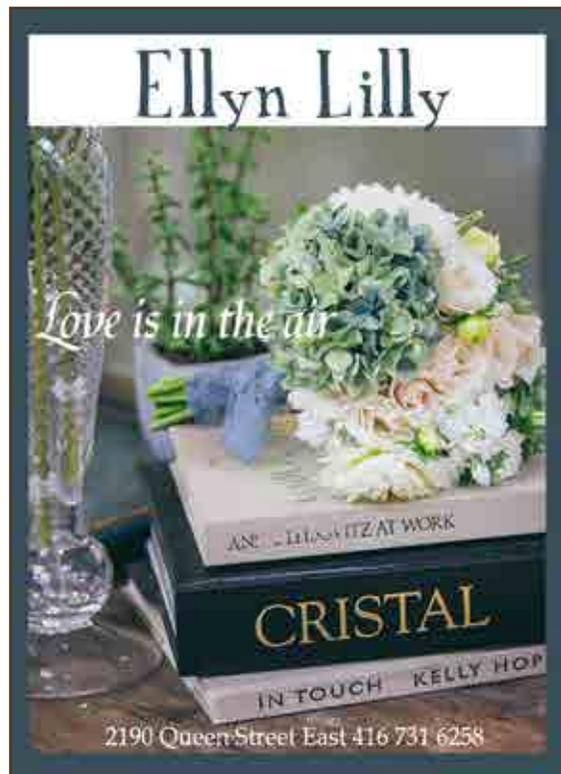
Interestingly, in many places in the world, Valentine's Day is a time to share love with friends as well as lovers. In some Latin American countries like Mexico, Costa Rica and Puerto Rico, Valentine's Day is known as "Día del Amor y la Amistad" (Day of Love and Friendship). In Guatemala it is known as the "Día del Cariño" (Affection Day). Finland refers to the 14th as "Friend's day".

So how did it get so tied up with couples? The origins of Valentine's Day are not clear, most likely it came about because of fertility festivals in Europe over 2,000 years ago that would have occurred in the middle of February. Many also believed that birds chose their mates at this time of the year. The connection with romantic love was made in England when the famous poet, Chaucer, wrote a love poem to celebrate the engagement of King Richard II to Anne of Bohemia and from then on, February 14th became associated with lovers.

According to the 2011 Census, over 25% of Canadians are living alone. So what does Valentine's Day mean today? Many have found new ways to make the dull month of February a bit more fun—by making this Valentine's Day a joyful time with people you care for and love.

Here are some ways to celebrate Valentine's day, 2013-style:

- Send cards or notes to anyone who you appreciate in your life: the babysitter, dog walker, teacher, coach, hair stylist, bookkeeper, etc.
- Think of someone you know living alone, or going through a tough time and consider leaving a plant on their doorstep or delivering a small gift.
- Have your children bring a small gift to someone elderly living on your street. It can be their drawing, flowers or a box of chocolates.
- Set a date with single friends, whether or not you're single. Make it a girls or boys night out.
- Make a phone call to your elderly relatives and parents.



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Crystal Ball Predictions for Oscar

Oscar nominations are in and the entertainment world is a-buzz with predictions and dark horses! *Lincoln* leads with 12 nominations and *Life of Pi*, based on Canadian Yann Martel's award-winning novel, earned 11 nominations, including best picture – a surprise perhaps for some.

Each year the awards are predicted by Farsite, a data science firm that uses scientific measures to predict probability of winning. Currently, Farsite predicts *Lincoln* as the undisputed leader for Best Picture. The film has 42.8% odds of winning, around 10% above *Silver Linings Playbook*. It also gives Stephen Spielberg 41.8% chance of winning best Director (for *Lincoln*).

Our pick? *Lincoln*. And besides, he is one of America's favourite presidents.

The lead actor race is sure to be interesting, with Daniel Day-Lewis for his portrayal of Lincoln favoured (we say, yes to this). His rivals include Hugh Jackman as Jean Valjean in *Les Miserables* and Bradley Cooper in *Silver Linings Playbook*.

The best actress category includes the oldest-

ever nominee against the youngest ever: 85-year-old Emmanuelle Riva, in *Amour*, and 9-year-old Quvenzhané Wallis in *Beasts of the Southern Wild*. But given the recent People's Choice winner, we say Jennifer Lawrence in *Silver Linings Playbook* just to mix it up a little.

Lots of competition for supporting actor – who can predict this one! Tommy Lee Jones was fabulous in *Lincoln* as Thaddeus Stevens, Alan Arkin the perfect Hollywood director in the hostage thriller *Argo*. Watch out for veteran Robert De Niro (in *Silver Linings Playbook*) and always a favourite, Philip Seymour Hoffman (*The Master*). Maybe the dark horse will be Christopher Waltz? (we don't think so, our prediction says Jones).

For supporting actress category, past-winner Sally Field is a contender for her portrait of former First Lady Mary Todd Lincoln. Competition includes Anne Hathaway who sings and acts in *Les Miserables* and Helen Hunt as a sex surrogate in *The Sessions*. Our nod goes to Sally.

The 85th
Academy Awards
will be held on
February 24
on CTV.



are you up to the challenge?

Participate in our annual Beaches|life Oscar® challenge for your chance to win a \$20 gift certificate to Casa diGiorgio Ristorante.

How to play: Go through the following list of nominees and predict the winners. Follow the link to beachesliving.ca/contest and fill in your predictions by February 23. Everyone who has at least three correct answers will be put into the draw. Good Luck!

Best Picture:

- Amour
- Argo
- Beasts of the Southern Wild
- Django Unchained
- Les Miserables
- Life of Pi
- Lincoln
- Silver Linings Playbook
- Zero Dark Thirty

Best Director:

- Ang Lee, *Life of Pi*
- David O. Russell, *Silver Linings Playbook*
- Benh Zeitlin, *Beasts of the Southern Wild*
- Michael Haneke, *Amour*
- Steven Spielberg, *Lincoln*

Best Sup. Actor:

- Alan Arkin, *Argo*
- Christoph Waltz, *Django Unchained*
- Philip Seymour Hoffman, *The Master*
- Robert De Niro, *Silver Linings Playbook*
- Tommy Lee Jones, *Lincoln*

Best Sup. Actress:

- Amy Adams, *The Master*
- Anne Hathaway, *Les Miserables*
- Sally Field, *Lincoln*
- Helen Hunt, *The Sessions*
- Jacki Weaver, *Silver Linings Playbook*

Best Actor:

- Bradley Cooper, *Silver Linings Playbook*
- Daniel Day-Lewis, *Lincoln*
- Denzel Washington, *Flight*
- Hugh Jackman, *Les Miserables*
- Joaquin Phoenix, *The Master*

Best Actress:

- Emmanuelle Riva, *Amour*
- Jennifer Lawrence, *Silver Linings Playbook*
- Jessica Chastain, *Zero Dark Thirty*
- Naomi Watts, *The Impossible*
- Quvenzhané Wallis, *Beasts of the Southern Wild*

Best Animated Film:

- Brave
- Frankenweenie
- ParaNorman
- The Pirates! Band of Misfits
- Wreck-It Ralph

Best Foreign Film:

- Amour (Austria)
- A Royal Affair (Denmark)
- No (Chile)
- Kon-Tiki (Norway)
- War Witch (Canada)

Give us your predictions at beachesliving.ca/contest for a chance to win!
Contest closes February 23.

What Would Be Your Personal Pick?

This year, you can tell us who you think should win if you were handing out the awards. Submit your personal picks to beachesliving.ca/contest

- BEST PICTURE BEST ACTOR BEST ACTRESS BEST FOREIGN FILM

Your choices are not limited to the official nominations.



RENOVATING

your diet, health and lifestyle



There's no doubt about the connection between your diet and lifestyle, and your health. Studies and research continue to tell us that a proper diet, and a healthy lifestyle that embrace a positive approach to life are key to making you fit, better able to resist disease and sickness, even making you more youthful.

Think about what you might do this year to renovate three key areas in your life.

diet

Starting with food, make a list of foods you know are good for you. Include foods that are known to support a particular condition you may have, e.g. foods that contribute to heart health, help bone density, build your immune system, resist diabetes.

Here are some healthy choices to consider:

- ✓ sweet potatoes
- ✓ beans
- ✓ mangos
- ✓ berries
- ✓ oatmeal
- ✓ dark leafy greens (kale, spinach)
- ✓ plain low fat yogurt
- ✓ olive oil
- ✓ broccoli
- ✓ wild salmon
- ✓ squash
- ✓ legumes
- ✓ whole grains

health

Make a second list of activities that are good for your health but also bring you pleasure. Pick what you like to do best and include those things that relax you.

- ✓ stroll in the park
- ✓ swimming at a local pool
- ✓ gym workout
- ✓ join a dance class
- ✓ go to a funny movie and laugh out loud
- ✓ get inspiration from music at a concert
- ✓ talk to a friend over dinner
- ✓ make a snowman on your front lawn (fun and good exercise!)

lifestyle

Now close your eyes and think for a moment of a few things you've always wanted to do. Planning a special event, small or large, brings us as much satisfaction as actually carrying it out!

- ✓ make a list and post it somewhere that reminds you of what lies ahead
- ✓ put up a picture of where you want to go – a lake in the summer, a day trip in the spring, a picnic you'll take when the weather is warmer
- ✓ start planning a project you want to take on – perhaps a craft or a new garden



Live Cell Microscopy

coming this February to *Hooper's Pharmacy!*

What is Live Cell Microscopy?

Live blood analysis is a tool used by many alternative practitioners which allows them to see what your blood in motion reveals about your health. A single drop of blood is magnified 1500x under a high powered microscope and displayed on a video screen.

Underlying health issues can be observed that will allow for the practitioner to gather important information that will help design a very specific nutritional plan based on the individual's needs. Supplements and a diet can be recommended to help correct these deficiencies to allow your body to heal and achieve optimal health.



What can be revealed using Live Cell Microscopy?

- * Function and behaviour of white blood cells, looking at immune function
- * Parasites, candida and bacterial forms (yeast and fungus)
- * Nutritional deficiencies such as iron, B12, Vit. E and folic acid
- * Free radical damage and oxidative stress
- * Liver stress/toxicity
- * Acid/alkaline balance
- * Inflammation
- * Digestive issues
- * Heavy metals



CALL Today To Book Your Appointment...

Live cell microscopy cannot be used to diagnose or treat disease. It is used as an educational tool to determine the status of your overall health and how to gain better control of your health and wellbeing through diet and lifestyle.



Monika Weller CNP & Nutritional Microscopist, is a Holistic Nutritionist who offers complimentary nutritional counselling at **Hooper's Pharmacy**. Monika can help you determine the best diet, supplements and lifestyle arrangements that will help maintain your health throughout your years.



Watch twitter for secret specials @hooperspharmacy



2136 Queen St. East
416-699-3747

www.hoopershealth.com

Beaches 6th Annual Kids Program Open House

Saturday, February 23, 10am-2pm



An open house that gives parents and kids (0-16 yrs) the opportunity to meet face to face with the organizers, teachers and coaches from many of the exciting programs available in the Beaches.

Participating programs are from all areas including music, sports, science, arts, computers, play groups, tutors, after school programs plus much more.

This FREE event is open to all families in the Beaches and surrounding areas. Make sure you mark **Saturday, February 23, 10am-2pm** on your calendar.

For event info and past event photos, visit beachesliving.ca/kids or scan the code for instant access.



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CAMPS

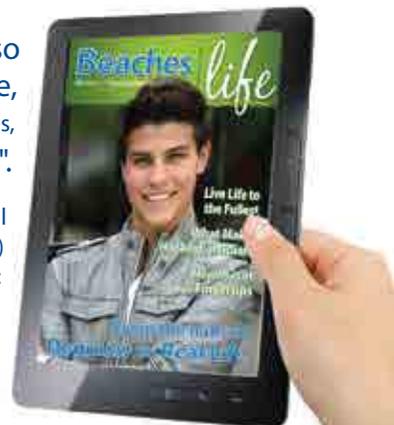
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You can also read this issue, and all back issues, "on the go".

Download full versions (PDF) online at: beachesliving.ca/beacheslife



Easter Sunday, March 31

Why its date is always so unpredictable?

If you have checked the calendar, Easter Sunday, 2014 is on April 20. How is the date of Easter calculated each year?

There really isn't an easy answer. Easter Sunday a true "moveable feast", falls on a different date each year, determined by a combination of events that involve the lunar cycle, the solar cycle, a 1,700-year-old Church ruling, and the fact we have 365 days in a year and live in one of two hemispheres!

It all started in year 325 when the Council of Nicaea set the date as the Sunday following the paschal full moon—the full moon that falls on or after the spring equinox. The Council wanted to keep Easter on the same Sunday throughout the world. To fix the date and to make it "easy" to figure out forever in the future, they put together special tables to compute the date (tables you can still look up—that's the easiest way!)

But things got complicated because there are two calendars involved, the Gregorian and the Julian. Although most of western Europe adopted the Gregorian Calendar by 1700, Eastern Christian churches still determine Easter dates using the older Julian Calendar (which is why there are actually two Easter dates each year).

So, to figure out Easter (by our Gregorian calendar), find the first day of spring - then find the first full moon immediately following that. Easter will be the first Sunday after (or on) that first full moon.

Oh, and this only works if you're living in the northern hemisphere. In the southern hemisphere, Easter falls on the first Sunday on or after the first full moon after the Autumnal equinox.

An easier way to find out what date Easter falls, is visit www.lexorandi.org/easter-date.html.

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Jazz it up to beat the WINTER BLUES

Winter wardrobe got you down? Always find opportunities to dress up, especially in the winter. It will make you feel good and want to go out with old friends and meet new ones.

By February, many of us are tired of sweaters, sweats and woolly scarves. Here are some ideas to jazz up your look, and at the same time, beat some of those winter blues:

- ▶ Make up a reason to dress up, perhaps for a special dinner in, or a visit to a local pub
- ▶ Dare yourself to pick one day a week where you don't wear dark colours (e.g. black!)
- ▶ Add a dash of bright, like a fuchsia scarf, a bright aqua blouse, summer yellow beads, one of those new, coloured belts
- ▶ Consider the new, bright denims that come in all colours
- ▶ Check out "winter" brights such as winter yellow, a more gold-like version of yellow, or classic winter white for a sweater or top
- ▶ Get a bold new haircut
- ▶ Stay in darker colours except for a new pair of bright, patterned tights
- ▶ Hold a "Hawaiian" night or winter beach party with friends, dress for the beach, serve Mai Tai's, fruit kebabs, set up an indoor grill. Don' forget to play summer music and for one evening, turn up the heat!



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events inspired by you...

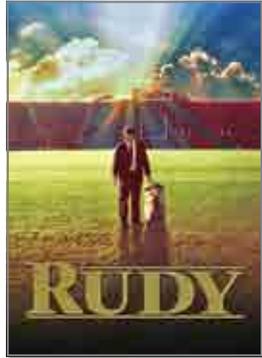
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call us at 416. 551.6511
more info at www.nspiredevents.ca

Big Dreams Start Young

1 MOVIES TO INSPIRE



We all have dreams, some are obtainable where as others may not be. We start to dream at a very young age and as we grow they become more complex. This issue of *BeachesLife* is celebrating the dreams and inspirations of younger people and what journeys they take to fulfill them. Some of these movies are based on actual events where others are purely fictitious, but they all have the same message of believing in your dreams.



Dead Poets Society (1989) Dir. Peter Weir; Robin Williams, Robert Sean Leonard, Ethan Hawke

Rudy (1993) Dir. David Anspaugh; Sean Astin, Jon Favreau, Ned Beatty

The Cure (1995) Dir. Peter Horton; Joseph Mazzello, Brad Renfro, Aeryk Egan



The Mighty (1998) Dir. Peter Chelsom; Kieran Culkin, Elden Henson, Sharon Stone

October Sky (1999) Dir. Joe Johnston; Jake Gyllenhaal, Chris Cooper, Laura Dern



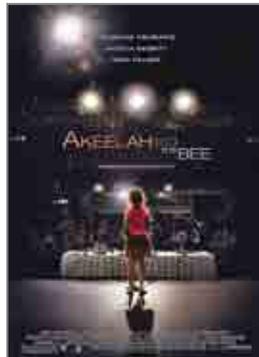
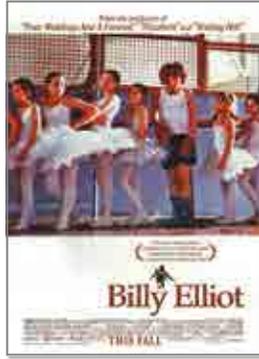
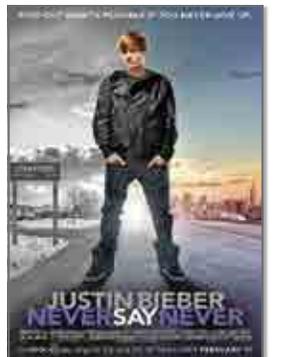
Billy Elliot (2000) Dir. Stephen Daldry; Jamie Bell, Julie Walters, Jean Heywood

Pay it Forward (2000) Dir. Mimi Leder; Kevin Spacey, Haley Joel Osment, Helen Hunt

Bend it Like Beckham (2002) Dir. Gurinder Chadha; Parminder Nagra, Keira Knightley, Jonathan Rhys Meyers

Akeelah and the Bee (2006) Dir. Doug Atchison; Angela Bassett, Laurence Fishburne, Keke Palmer

Justin Bieber: Never Say Never (2011) Dir. Jon M. Chu; Justin Bieber, Boys II Men, Miley Cyrus



TWIN IMAGE HAS EVERYONE SEEING DOUBLE

Double the fun, double the value, double the impact!

You're not seeing double. Walk into Twin Image Hairdressing in either of the east end Toronto locations and you may do a double take. There is a hairdresser in one place and it looks like the same person over there! Most days, however, you'll find Nick Haros at the Danforth salon and his brother Terry Haros at the new Beaches salon – twin hairdressers who own and operate Twin Image.

Twin Image has built a reputation on the quality of its work, spread by referrals from happy clients, men and women. As a result, many clients have been with them from the beginning. One lady, who moved away to California, still makes an appointment when in Toronto; another comes back to see Terry from Sweden!

Part of the secret is that only professionally trained staff work at the shops. "Every stylist who works here," explains Nick, "does everything from colour, shampooing to style and cut."

Terry notes, "I love to see people smile after they've had their hair done. Many appreciate the warm, welcoming atmosphere and make comments like, 'All my stresses are over now!'"

The Danforth location, where Nick works, tends to be a destination shop, whereas Terry notices that a lot of people walk to the Beaches salon.

When asked about the latest hair trends, Nick talks about the return to "sexy" for women with long, natural tresses

and soft blended highlights. For men, Terry points out the "Hollywood look" of the 90s with side parts, height and waves.

Hairdressing runs in the family. Their father was a hairdresser who led the trend in Toronto over a generation ago for blending together the idea of a barbershop with a hairdresser. As young boys, Terry and Nick worked around the shop, doing everything from sweeping to shampooing. Each then pursued this career, Nick was licensed by the time he was 17. After studying the profession and working in downtown salons they opened their Danforth salon in 1999.

Nick has taken extensive advanced training at the Vidal Sassoon Academy and travels to international beauty shows in New York and London. Terry, a master colourist and stylist, is known for the luxurious colour results he gets for his clients. Both brothers insist on using the highest quality of products, such as Kevin Murphy known to be sulfate and paraben free.

Although walk-ins are welcomed, you can easily book an appointment online at their website. It's just another way that this hairdressing duo makes life simpler – and more beautiful!

1001 Kingston Rd – 647-350-8946
3104 Danforth Ave – 416-698-7080
twinimagesalon.com

my.tech

A healthier you is at your fingertip



If your smartphone isn't already your best workout buddy, it might be in the future. Tracking your progress on a mobile app makes it easier to eat right, sleep well and of course, get a better workout. You should consult your physician prior to beginning a health altering regime.

Here are some of the top-rated exercise, healthy eating and healthy rest apps:

EXERCISE:



Runkeeper – Tracks your running progress and stats using GPS



NIKE Training Club – It's like having a personal trainer in your pocket with over 85 custom workouts.



Nexercise – Turns exercise into a game by rewarding you with virtual medals, discounts and merchandise.

HEALTHY EATING:



Lose it – An easy calorie tracker.



Fooducate – Lose weight, eat real food, and track your progress. Get healthier alternatives for the foods you love by accessing over 200,000 UPCs.



Smoothie Selector – Everyone loves a smoothie. This app helps you choose the perfect drink and organized personal goals such as losing weight or building muscle.

HEALTHY REST:



Sleep Bug – Fall into a deep sleep as your phone plays ambient scene sounds and music.



Sleep Cycle – Your phone is turned into a bio-alarm clock. Your movements throughout sleep are measured and wake you up during your lightest sleep cycle.



Deep Sleep with Andrew Johnson – Guided meditation and breathing/relaxation exercises help you fall into a deep natural sleep.

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You Ask... Answer.



Here's the answer

The answer to the You Ask question from the October/November edition of *Beaches|life*:

The RC Harris Water Plant used to be open to the public on weekends. Following 9/11, it closed its doors to the public for a number of years. In recent years it was reopened to the public during the Toronto Doors Open weekend in May.



This issue's question:

In Glen Manor Ravine, there is a city sign with the name Ivan Forest Gardens. Who was Ivan Forest? Fran B.

Help us find the answer and you could win a \$20 gift card to Casa diGiorgio Ristorante.

Send in your answer by March 10.

Do you have a question to ask?

Send it in! We would love to feature it in the next *Beaches|life*. Our readers might have the answer you are looking for.

Submit your answer or question online.
beachesliving.ca/youask



Garden Dreams During the Winter Months

Your garden packed with snow or a few piles of dark slush? Perhaps your balcony is now crowded with lawn chairs in storage. Don't despair. There are few activities besides just day-dreaming about those spring garden days that you can do during the winter months.

- Spend some serious research time learning what is growing in your area and check out newly available seed and plant selections. Check out www.canadiangardening.com for a good list of Canadian catalogues to browse.
- After a wet snowfall, check evergreens, especially those around the house affected by snow sliding off the roof. Gently brush heavy snows from branches so they don't freeze up and break.
- Clean your plant stands and indoor gardening equipment. Have a warmer day? Spray paint a balcony plant stand.
- Make a calendar of when to start seeds; some as early as February.
- If you've taken plants indoors such as geraniums, by early March you can start fertilizing them and pruning for spring planting
- Monitor indoor plants for insects and disease. A spray bottle of water mixed with a tsp of dish soap is a good deterrent.
- Top up your bird feeders regularly.
- Read a great Canadian gardening book, e.g. *The Edible Garden* by Toronto Star Columnist and gardener, Sonia Day
- Evaluate the placement of your evergreens, trees and shrubs and structures on your property. These are far more obvious in the winter. Make notes for changes and additions.
- Tie twine or ribbons (lightly) to damaged or crossing tree and shrub branches. Use these flags as guides on where to prune out limbs in the spring (check to make sure which times for which shrubs).

Reference: Toronto Botanical Gardens



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coming, going and on the move

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- Goma Sushi – 2222 A Queen St. E.
- Massage Addict – 1842 Queen St. E. Unit 102
- Outrigger (Tap and Table) – 2232 Queen St. E.
- Thai Room – 2063 Danforth Ave.
- The Ten Spot – Beaches. 2012 Queen St. E.

Thank you and best wishes

- Altitude Bakery – 1346 Queen St. E.
- Baskin-Robbins Ice Cream – 1976 Queen St E
- Big Dog Bakery – 2014 Queen St. E.
- The Cottage Company – 2099 Queen St. E.
- Honey's Beestro – 2232 Queen St. E.
- Steeped and Infused Tea – 1258 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. We will add you to the list in our next Beaches|life magazine.
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