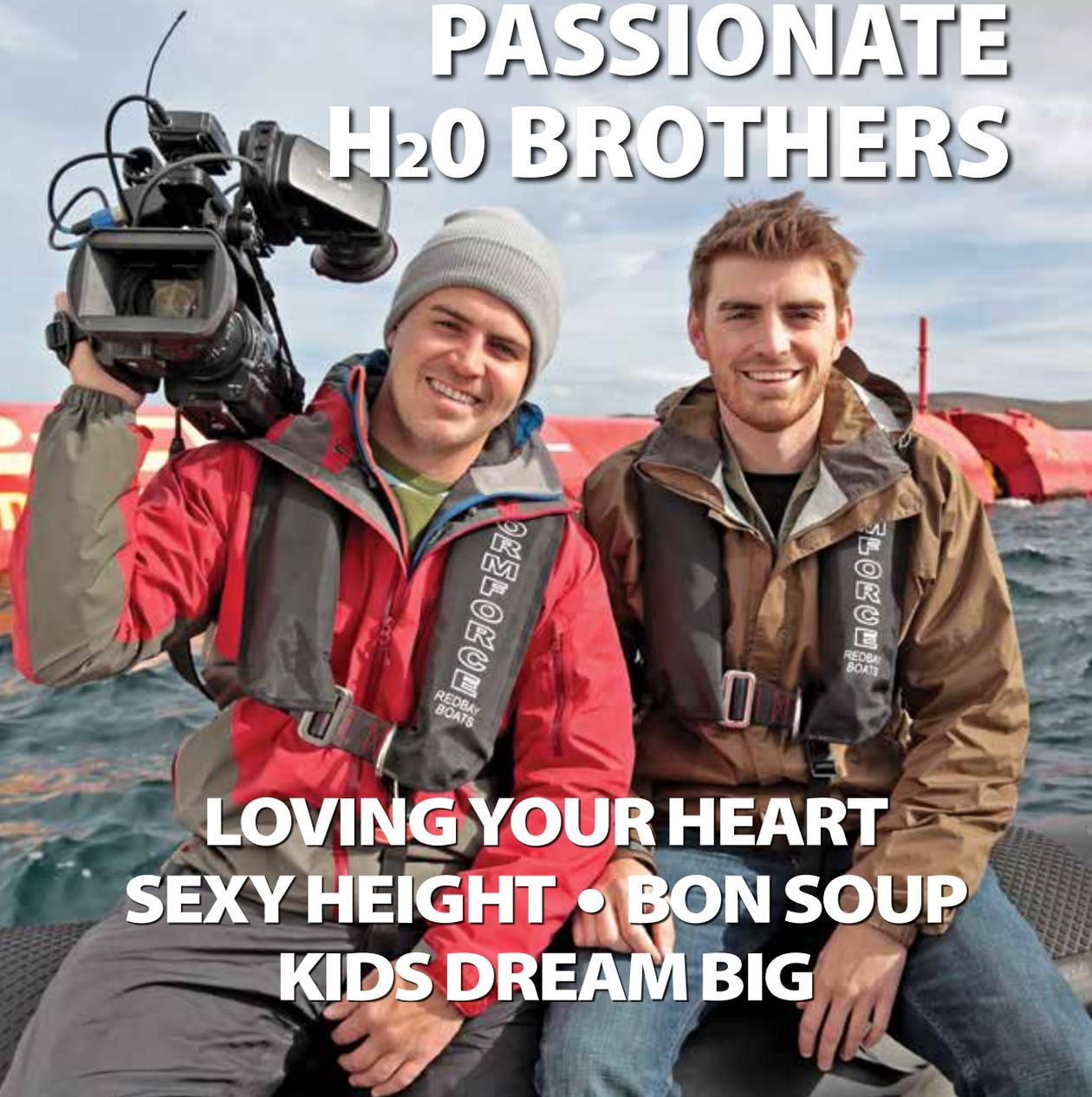


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THE WATER BROTHERS

from Neville Park to Mount Kilimanjaro

Born and raised right here in the Beaches, Alex and Tyler Mifflin have quickly become international ambassadors for water issues around the world, starting right here with our own Lake Ontario. With three seasons of television shows behind them, international recognition from eco experts like David Suzuki, a season ahead in the works, and plans to reach more people in more countries around the world, there seems no stopping their passion. In Tyler's words, "there certainly isn't any danger that we'll run out of ideas!"

Growing up on Neville Park Avenue within sight of Lake Ontario, Alex and Tyler Mifflin remember being told when young "not to go swimming in the lake because it was polluted."

The experience played a role in nurturing their lifelong love affair with water. Both learned to appreciate water, especially when swimming and canoeing at their family cottage and at summer camp. But they also learned early on about the serious nature of water issues, wherever you live.

Fast forward to their mid twenties, Alex a graduate of the University of British Columbia with a major in film production and Tyler with a degree in International Development and Environmental Studies from Dalhousie University. Both found themselves working on an IMAX documentary on sustainability at their family's film company, SK Films.

"We realized that water was the central element in all our story ideas," explains Al. "The choice then seemed obvious. We would focus on water-related environmental issues."

The one film expanded into a series, *The Water*

Brothers, an eco-adventure documentary that explores and uncovers the important water stories around the world. The show's third season launches this April on TVO and online. The brothers are busy planning season four.

"We didn't get into this because we wanted to be on TV," says Tyler, "we really wanted to raise awareness and educate others about water issues."

Today, being *The Water Brothers* is pretty much a 24/7 job. Alex (29) is the lead researcher, co-writer and co-host. Tyler (27) is the co-host, director, videographer and co-producer. But in reality, both work together on all aspects of the show as well as the education and awareness that go with it.

"We plan the episodes, write the scripts, host, shoot, edit, work on marketing and promos", says Tyler. In addition, both engage in various initiatives to raise awareness beyond the show including speaking engagements to schools. In the fall of 2012 both scaled Mt. Kilimanjaro – Africa's highest peak – to raise funds to combat the global water and sanitation crisis.

continues on page 6...



Tyler (left) and Al with Astronaut Chris Hadfield during November

...continued from page 5

Over the past three years, Al and Tyler have visited over 30 countries on almost every continent to find fascinating stories about local water issues. Their visit to India last fall, for example, told the story of The Ganges, a river considered a goddess by Hindus, but one that is slowly dying because of waste entering the river. Another took them to the Great Pacific Garbage Patch, a collection of marine debris in the North Pacific Ocean where trash such as North American water bottles collects on the ocean floor.

“Everywhere we’ve gone,” says Tyler, “people have a spiritual and cultural connection to water, and a profound respect for it. But there are not always the best practices in place to protect it.”

In Canada, the issue we face is what Tyler describes as our “myth of abundance”. “Out of the incredible gift of having too much water, we’re also one of the largest users of water in the world.”

The brothers are keen to share their knowledge through their mobile app, “QUENCH”, that connects you to water fountains and official water bottle refill locations across the GTA as well as various environmental teaching guides. Both these can be found on their website.

Both Tyler and Al attended Balmy Beach and Courcellette public schools. Alex attended Malvern; Tyler went to Metro Toronto Prep. They are big sports fans and participants. Each cheer on the Blue Jays and Raptors, and love to spend free time at the cottage in the summer. They still live on Neville Park Drive.

Where’s their favourite Beaches hangout to relax?

“Home,” laughs Tyler, “We’re on the road 4-6 months of the year so we are both just happy to be home when we can.”

And their favourite water-based drink? Aside from water itself (always from the tap!) coffee and beer make it on the list. “Coffee is pretty essential in our business,” says Al.

Over the next few years, both want to continue their work. “Most people don’t realize how serious these issues are,” says Tyler. “And they are not going to go away. We’ve been given a great opportunity. Over the next few years, we just want to reach more people.”

Watch full episodes on TVO, also available online at tvo.ca. The new season starts April 7 on TVO.

For more information visit thewaterbrothers.ca

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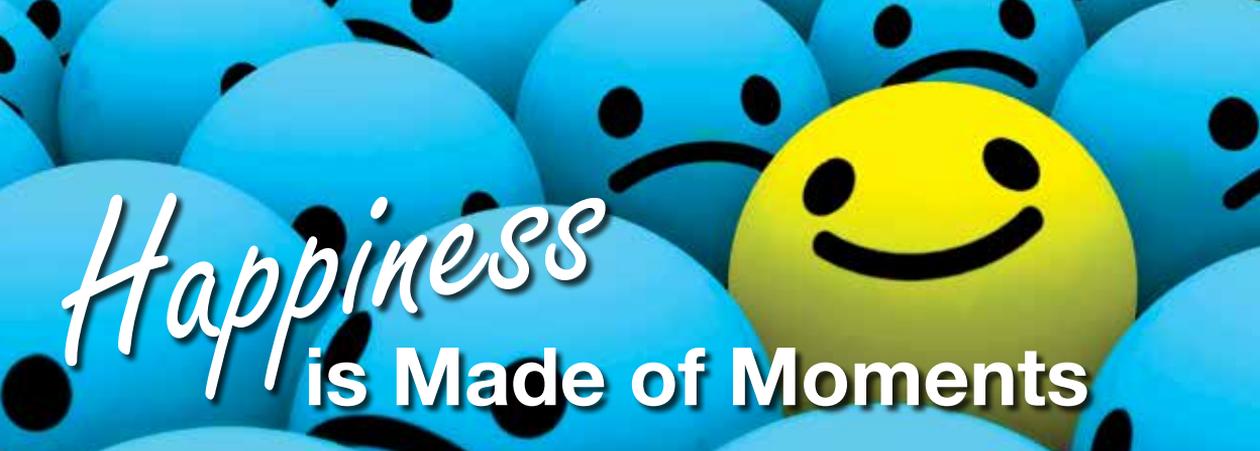
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Happiness is Made of Moments

What has made you happy today, or this week? What might you do to make sure you capture some more of that happiness? How can you share it with others in the weeks to come?

Maybe it's easier to think of times when you were happy. It might have been something big, like a graduation or finding a lost pet. Or something simple but special, like having a grandchild drop in unexpectedly to visit you or learning good news about a friend. Many of us remember the song from the musical *You're a Good Man Charlie Brown* when the entire cast sings, "Happiness is two kinds of ice-cream, finding your skate key, telling the time. Happiness is learning to whistle, tying your shoe for the very first time."

Research finds that the fascination around the subject of happiness is that those who often seek happiness are also those that seem to have it all – good job, money, notoriety, health, etc. So what does bring us happiness?

New York author, Gretchen Rubin, asked herself what she needed to be happy. She had what she considered the perfect job, marriage, kids and life. Rubin dedicated a year to her happiness project, researching whether or not it was possible to raise one's level of happiness. The result was the book, "The Happiness Project" and ongoing blog – both became one of the most engaging works on happiness.

Internationally acclaimed motivational speaker, Jim Rohn, set out on a similar quest. He is known around the world for his inspiring speeches and writing on personal achievement and success. Rohn asks of his audiences, "How can we make the best of our every day and accomplish things that we want in our life?"

Both Rubin and Rohn discovered what other writers on happiness have come to: Happiness doesn't happen because of big pieces of great success but from small, daily achievements. Happiness is not the result, but part of the journey. The challenge for most of us is to recognize happiness when it comes, instead of waiting for it to happen.

So instead of asking, "what would make me happy", decide instead to cherish those moments that bring you happiness. Name them and write them down (like Gretchen and Rubin did). Recognize what is happening, whether it is a spectacular achievement or a thoughtful gesture that makes you feel good. Then figure out how you can bring more happiness into your life and the lives of those around you.

Another key aspect of happiness is the decision to be happy.

"Happiness is not an accident. Nor is it something you wish for. Happiness is something you design." – Jim Rohn.

"Happiness has 4 stages. To eke out the most happiness from an experience, we must anticipate it, savor it as it unfolds, express happiness, and recall a happy memory." – Gretchen Rubin

"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it." – Groucho Marx

Back to Basics

Taking Stock in Soup



During our Canadian winters, there is nothing more comforting than homemade soup, especially with your own homemade stock. It's easy to make, inexpensive, very nutritious and gives you a flavourful base for any soups you wish. It may take some time to make, but once you're done, you will have stock to use for a long time, when properly stored.

Stocks for your acquired taste

The most traditionally made soup stock is from bones of chicken, ham, beef, and fish. Today, vegetable stock is also a favourite.

Stock has four main ingredients:

1. **Bones** (ham, beef, poultry), fish head, or just vegetables.
2. **Water** (wine often added to fish and vegetable stocks as well)
3. **Basic vegetables:** onions, carrots and celery. Others as you like.
4. **Seasoning:** best are thyme, bay leaves, peppercorns and parsley, fresh or dried.

Note: Most experts don't salt stock because stocks are intended to be used as a base for soup.

Ratios

Meat stocks consist of 100% water, 50% bones and 10% vegetables (4 lbs. of bones to 8 quarts water). Fish and vegetable stocks cook quickly so less water is required (4 lbs. of bones or vegetables to 2 quarts of water).

Cooking Method

Ham, beef and poultry: Some people "roast" beef bones first for 45 minutes to add a richer flavour. Then cover the bones with fresh, cold water. Bring to

a boil and then reduce to a simmer. Skim off residue that rises to the top. Add vegetables and seasonings. Simmer and add more water as needed to keep the bones covered. Cook until water is reduced by one third, which can take about 3 hrs or longer. Remove pot from heat and strain.

Chill the stock and remove the solidified fat at the top before using or freezing.

Vegetable stock: Chop up vegetables in 1-inch chunks. Cook in 1 tablespoon of olive oil to release flavours then add water and herbs. For a more neutral flavour, use onions, celery and carrots. Strong vegetables (fennel, cauliflower, cabbage, garlic) produce a stock flavoured with those vegetables. Avoid starchy vegetables such as potatoes because they turn the stock cloudy. The best herbs are parsley, bay leaves and peppercorns. Simmer in water for 1 hour and strain.

Fish stock: Use fish bones from lean white fish like sole, flounder, halibut or sea bass, cut into 2-inch pieces and rinsed well. Many chefs opt for the traditional Chinese method of using a fish head. Fish heads are inexpensive and have strong nutritional benefits. They make stock rich in fat-soluble vitamins as well as thyroid hormones, essential for good metabolism.

Combine fish bones or head, water and white wine, bring to a boil and simmer. Add the same vegetables and herbs noted above and cook on low about 30 minutes. Remove the stock from the stove, stir it again, and allow it to steep for 10 minutes. Strain through a fine-mesh strainer.

Storing and Using

Stocks can be easily frozen until needed. Freeze in portions and use as a base for soup or sauce.

What will be your next bowl of soup?

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SURROUND YOUR HEART with LOVE & HEALTH



February has been dedicated as heart month since 1958 and coincides with Valentine's day. This organ is essential to our life and has also been tied to love and emotions since the Ancient Greeks and Egyptians.

A fascinating and powerful machine!

The human heart has been a subject of fascination from the beginning of time. Literally a kind of pumping machine, the heart provides the power needed for life.

Did you know?

- ♥ In an average lifetime (75 years), the heart beats more than two and a half billion times, without pausing to rest.
- ♥ Every day, your heart beats about 100,000 times, sending 7,600 litres of blood through your body.
- ♥ Although no bigger than your fist, your heart keeps that blood flowing through the 96,500 km of blood vessels that feed your organs and tissues with fresh oxygen and nutrients and taking away waste.

Our hearts "in love"

Studies show that our hearts are affected by our emotions. Being in love keeps you young and the effects of falling in love send a barrage of feel-good chemicals to your brain.

What to feed the physical heart?

Each of us needs to engage in 150 minutes per week of both moderate and vigorous cardio exercise. This could include walking, running, climbing, playing a sport, swimming, dancing, even cleaning the house!

There are foods that help keep our hearts healthy.

Heart friendly foods include:

- ♥ Oatmeal (to lower cholesterol), spinach (with antioxidants), flaxseed (with alpha-linolenic acid)
- ♥ Salmon and olive oil (both lower cholesterol)
- ♥ Walnuts and soy (with omega-3 fatty acids)
- ♥ Berries, like blueberries, raspberries, strawberries; which are full of anti-inflammatory properties, packed with omega-3 fatty acids, calcium, and soluble fiber.

How to treat the loving heart?

Whether love goes well for you, or you need to recover from lost love, take time to care for your "loving" heart.

- ♥ Keep good friends. Everyone needs friends to lean on.
- ♥ Let go of past experiences with love that didn't work out. Moving forward is important to you and your new love.
- ♥ Keep some "me" time regardless of how deeply in love you are. Take time away to do what you want to do, take care of yourself, be alone with your thoughts and follow your passions.
- ♥ Trust your instincts. If you are uneasy about aspects of a relationship, get to the bottom of it or get out.
- ♥ Above all, love and respect yourself.



Sex is in the Heel

Women who wear higher heels are more likely to be noticed by men, according to a survey. Generally, high heels make your legs look longer and tighten your calves. The delicate but persistent tapping as you walk makes a powerful entrance. Walking in heels also causes the hips to sway back and forth—think, Marilyn Monroe.

What Qualifies as a High Heel?

According to high-fashion shoe designers Jimmy Choo and Gucci, for women's shoes: a "low heel" is considered less than 2.5 inches (6.4 centimeters), heels between 2.5 and 3.5 inches (6.4 and 8.9 cm) are considered "mid heels", and anything over that is considered a "high heel".

For men's shoes, we only see higher heels on cowboy boots and flamenco-inspired shoes with 2 inch "Cuban" heels. Cuban heels were first widely popularized by the Beatles and referred to in the 60s as "Beatle Boots".

Men also have the option of "height-increasing insoles" or the more extreme elevator shoes that boast a man's height as much as 4 inches. According to Hollywood gossip, 5 foot 7 inch Tom Cruise has appeared as tall as 5 foot nine inches, sparking speculation that he wears shoe lifts.

Is There Comfort After Heels

Shoe experts and models provide tips and advice on how to wear higher heels. You can actually wear heels and be comfortable.

- Quality matters: good leather, proper design and a sturdy (even if thin) heel. Cole Haan stilettos, for example, include the Nike built-in air chambers and are surprisingly comfortable.
- A platform sole means you can cope with a higher heel because the entire shoe is elevated.
- Ankle straps provide added stability.

- Slipping around in the shoe? Try gel soles or a spritz of hairspray.
- Keep an extra pair of shoes in your car. Driving with high heels is considered dangerous!
- Consider your high heeled footwear as "two hour shoes", then change into something flatter.
- If you can't walk properly in high heel shoes, you shouldn't wear them.

Check Out Some of the World's Most Famous High Heel Brands

1. Known for their scarlet red soles, Christian Louboutin shoes are also called "follow me shoes".
2. Manolo Blahnik's shoes were the choice of Carrie Bradshaw in *Sex in the City*. They have extremely high and thin heels with pointed toes.
3. Based on style and elegance, Jimmy Choo shoes are the real-life favourite of actress Sarah Jessica Parker.
4. Year after year, the Italian brand Sergio Rossi is one of the most popular high heel brands on the Oscar's® red carpet. Watch for them this year again!
5. Stuart Weitzman is known for his one-of-a-kind, million-dollar shoes made from materials not usually used for shoemaking, e.g. cork, Lucite, wallpaper and 24-karat gold.
6. Gucci shoes are especially commended for quality and comfort. Also watch for them on Oscar® night!



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Yoga For Heart!

It's well known that a healthy heart comes from heart pumping cardiovascular activity. On the other hand, yoga is recognized for relaxation and flexibility. The history of yoga goes back to ancient India where people practiced it to increase tranquility and spiritual insight.

Although yoga does not count as moderate intense exercise, it's proved to benefit heart health as much as aerobics.

How can this be? As part of an overall healthy lifestyle, yoga teaches some very valuable lessons in lower blood pressure, increase lung capacity, improve respiratory function and heart rate, and boost circulation and muscle tone.

Breathing

The deep abdominal breathing taught in yoga is particularly good for the cardiovascular system. Deep abdominal breathing encourages full oxygen exchange. This is the beneficial trade of incoming oxygen for outgoing carbon dioxide. Not surprisingly, this type of breathing slows the heartbeat and can lower or stabilize blood pressure.

Stretching

Yoga slowly stretches the body into a variety of poses. When you hold a stretch, you bring greater blood flow (and with it oxygen and nutrients) to the joints and articulators of the body. This action is vital to ensure healthiness for the cells, tissues, muscles, organs, and nerves of the body. In addition, your organs receive a massage which helps with proper digestive function. Finally, the deep stretching stimulates glands and organs to help give you quick energy.

Calming

The calming benefits of yoga are well-documented. During and after a yoga class, you experience these benefits right away. Your blood pressure will likely be lower, you'll be relaxed and you'll feel better. This is important for all of us, but particularly, those who have already faced cardiac arrest, a heart attack or heart event. According to one heart expert, Dr. M. Mala Cunningham:

"The acute emotional stress of such an event certainly has a significant and adverse effect on the heart That's where yoga can be a tremendous benefit to manage the stress."

"Yoga is designed to bring about increased physical, mental and emotional well-being." "Hand in hand with leading a heart-healthy lifestyle, it really is possible for a yoga-based model to help prevent or reverse heart disease. It may not completely reverse it, but you will definitely see benefits."

Other Heart and Yoga Research Facts

- Yoga supports healthy heart rate – published by International Journal of Medical Engineering and Informatics
- Yoga transcendental meditation may lower high blood pressure – according to the American Journal of Hypertension, 2005.
- Yoga can reduce episodes of irregular heart rhythm, which is a leading cause of stroke – presented by the American College of Cardiology

Reference: American Heart Association, heart.org



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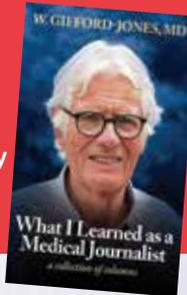
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Brown rice, Coconut rice, Sticky rice \$2.50

-CURRY Choice of chicken, beef, tofu & veggies, fish or shrimp*
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Gaeng kiew wan \$9.95
green curry bamboo shoot, basil, green peppers and kaffir lime leaves
Gaeng karee \$9.95
yellow curry with potatoes and onions
Gaeng panang \$9.95
red panang with basil, peanuts, red & green peppers and kaffir lime leaves
Gaeng masaman chicken or beef \$11.95
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my Secret Beaches Spot



I watched this tree get chewed more each day during my morning run. I thought I would share it with your readers, since the tree will not be there much longer. *Katie M.*

Do you recognize it?

Tell us where the Secret Beaches Spot photo was taken, and you could win a pair of movie passes to the Alliance Cinemas in the Beach.

Email your answer by March 10 to info@beachesliving.ca.

Send us a photo of your Secret Beaches Spot with a brief description.

Email your photo to: info@beachesliving.ca.



Thank you to everyone for sending in your answers to December's Secret Beaches Spot – record breaking responses that we received so far! Once again it shows that your favourite feature is not a photo "beauty contest" but how deeply our readers are connected to their community.

Congratulations to

Steve Sterritt – the winner of December's Secret Beaches Spot contest:

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The average of ten numbers is **87**. When an eleventh number is included, the average rises to **90**. What is the eleventh number?

ANSWER: 120 (COMMON WRONG ANSWER: 93)



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ANNUAL OSCAR® CHALLENGE

Participate in our annual Beaches|life Oscar® challenge for your chance to win a pair of movie passes to Alliance Cinema in the Beach.

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 20. The winner will be the one with the most correct predictions. Good Luck!

Best Picture:

- American Sniper*
- Birdman*
- Boyhood*
- The Grand Budapest Hotel*
- The Imitation Game*
- Selma*
- The Theory of Everything*
- Whiplash*

Best Director:

- Alejandro G. Iñárritu, *Birdman*
- Richard Linklater, *Boyhood*
- Bennett Miller, *Foxcatcher*
- Wes Anderson, *The Grand Budapest Hotel*
- Morten Tyldum, *The Imitation Game*

Best Animated Film:

- Big Hero 6*
- The Boxtrolls*
- How To Train Your Dragon 2*
- Song of the Sea*
- The Tale of the Princess Kaguya*

Best Foreign Film:

- Ida* (Poland)
- Leviathan* (Russia)
- Tangerines* (Estonia)
- Timbuktu* (Mauritania)
- Wild Tales* (Argentina)

Best Actress:

- Marion Cotillard, *Two Days, One Night*
- Felicity Jones, *The Theory of Everything*
- Julianne Moore, *Still Alice*
- Rosamund Pike, *Gone Girl*
- Reese Witherspoon, *Wild*

Best Actor:

- Steve Carell, *Foxcatcher*
- Bradley Cooper, *American Sniper*
- Benedict Cumberbatch, *The Imitation Game*
- Michael Keaton, *Birdman*
- Eddie Redmayne, *The Theory of Everything*

Best Sup. Actress:

- Patricia Arquette, *Boyhood*
- Laura Dern, *Wild*
- Keira Knightley, *The Imitation Game*
- Emma Stone, *Birdman*
- Meryl Streep, *Into The Woods*

Best Sup. Actor:

- Robert Duvall, *The Judge*
- Ethan Hawke, *Boyhood*
- Edward Norton, *Birdman*
- Mark Ruffalo, *Foxcatcher*
- J.K. Simmons, *Whiplash*

Share Your Personal Picks to WIN...

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 FOREIGN FILM
- BEST ACTOR
- BEST ACTRESS

Your choices are not limited to the official nominations.

All entries will be entered into a draw

for a pair of movie passes to Alliance Cinema in the Beach.

Give us your predictions at beachesliving.ca/contest for a chance to win!
Contest closes February 20.

Meet Nik & Halle, Neighbourhood Pharmacists at Zara's



Zara's Pharmacy is a true family business at Gerrard and Woodbine. It is owned and run by husband and wife pharmacist team, Snehal and Nikunj Patel. The couple is building their dream of living and working in Canada. Visitors to the store will always find one or the other on duty to help with prescriptions, over the counter medications and general questions about health and wellness.

For those who have trouble pronouncing Snehal's name, "It's almost impossible," she adds, most call her Halle, "as in Halle Berry!" Nikunj is just known as Nik!

"We love running the pharmacy," says Snehal, "The people are very friendly. We have many seniors as customers and one of the important services we offer is helping them manage their many medications."

One such service is called "blister packaging." Blister packages provide for a compliance-check of medication therapy. Blisters are especially convenient for the elderly who often take multiple medications and for caregivers who sometimes take sole responsibility for medication management of loved ones. The pharmacy assembles all the various medications taken by an individual each day and then packages them (with labels) according to the time of day (morning, noon, night) and the days of the week.

Snehal and Nikunj bought the pharmacy two years ago, shortly after Snehal's arrival in Canada. Nikunj had arrived six years ago and has family here. Both come from the state of Gujarat, in southeast India, an area sometimes referred to as the "Jewell of the West". Gujarat is also known as the birthplace of Mahatma Gandhi.

They kept the name "Zara's" so the community would continue to recognize the pharmacy. Snehal and Nikunj then focused on building the business as a friendly, community hub for people of all ages who need prescriptions managed and filled, and general pharmacy-related advice.

"Each of us received international pharmacy training in India" explains Snehal, "After we came to Canada, we passed our Canadian Licensing exams."

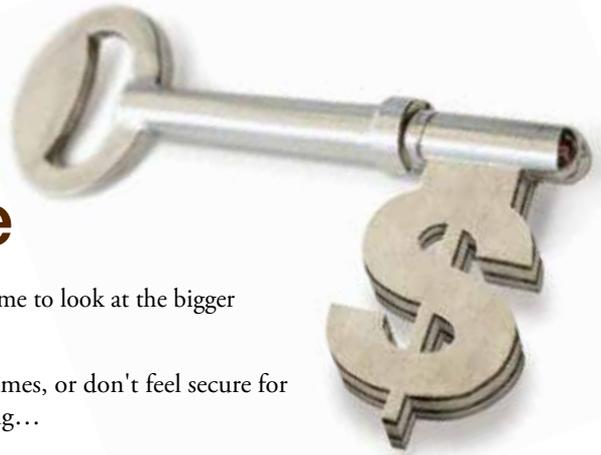
"At Zara's, we accept all health and drug plans, provide senior discounts and there's free parking," notes Snehal. "In the future, we hope to expand by bringing in a doctor and adding a medical clinic."

Aside from filling prescription and over-the-counter medications, the pharmacy carries a selection of body care items such as shampoo, soap and products for dental and personal hygiene. The location is one of a few in the city that fills methadone prescriptions for those being treated for drug addiction. Both Nikunj and Snehal had to complete rigorous Methadone Maintenance Treatment (MMT) training from the Ontario Ministry of Health in order to qualify as a methadone-dispensing pharmacy.

The pharmacy provides prescription refills by faxing doctors' offices. Snehal and Nikunj also offer advice to help customers quit smoking, determine proper vaccines for travel and manage flu shots. Next year, they plan to provide flu shots right in the store.

Zara's Pharmacy
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A "Heart" Look at Your \$ Future



Dare we say it, but with tax season approaching, it's time to look at the bigger picture of your personal finances.

Whether you find it hard to make ends meet sometimes, or don't feel secure for a healthy retirement, this is the time to do something...

Simple adjustments in how you save and spend can make an impact if you stick with them.

- Alter some habits, eliminate some expenses, get yourself a better future: Years ago, one friend put all the money she spent on cigarettes (once she quit) aside. By the end of the year, she took a cruise with what she had saved! Now what if you used this idea to cut back on restaurant meals, extra drinks at the pub, lottery tickets or the number of magazines you buy? What might it all add up to?
 - Know that it's not forever: If struggling with debt, set out a plan for expenses you are going to eliminate or cut back on. Take comfort in the fact that you are not giving these things up forever, but just until the debt is gone.
 - Give yourself a weekly allowance for "treats" and stick to it. You can spend your allowance on any luxury you want, but you have to stay within the limit.
 - Create a budget. Write down all your expenses for the year and match them against the income you expect. No matter how much is left over, ask yourself seriously if there are any expenses you can eliminate, lower or combine. Even those who are wealthy do this! (it's often how they became wealthy!)
 - Always include giving. Giving to others reminds us that there are needs greater than ours. Even giving a modest amount to your favourite charities should always be part of your budget.
3. Direct savings into RRSPs to fund your retirement and if you have children, RESPs.
 4. If you have money to invest, get advice from a trusted financial professional on the best way to make your money grow and keep it safe.
 5. Teach your children or younger people around you about good money management. It's one of the most valuable lessons they can have!

As we head into tax season, check out this personal finance list:

1. Make sure you have made a will.
2. Pay off your credit cards. Not just the suggested amount but the whole amount each month so you're not paying interest – ever.



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1 Great Movie Franchises



With winter at its peak, what a better way to wait for spring than movie marathons made up of some of the best movie series ever made. These series range from sports to superheroes, vampires to mobsters, toys to outer space. The greatest thing about these films is even if you have already seen them before, they are just as great today. Enjoy!

James Bond (23 films: 1962-2012) Based on the fictional character Agent 007, this is one of the longest running film series in history. The 24th film "Spectre" opens October 2015.

The Godfather (3 films: 1972-90) The only franchise to have won 2 best picture Oscars®.

Rocky (6 films: 1976-2006) Widely considered the best boxing movie of all time. The original film won 3 Oscars® including best picture.

Star Wars (6 films: 1977-2005) George Lucas's iconic series had the highest average gross of all film franchises. The highly anticipated "Episode VII: The Force Awakens" opens later this year.

Indiana Jones (4 films: 1981-2008) Based on the adventures of Dr. Henry "Indiana" Jones, a fictional archaeologist. The series created by George Lucas and starring Harrison Ford.

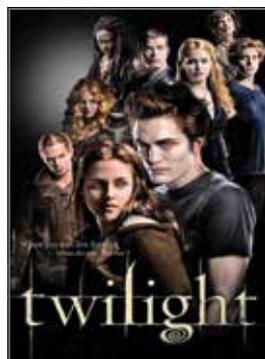
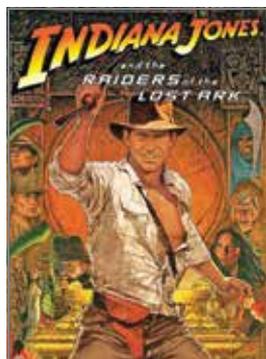
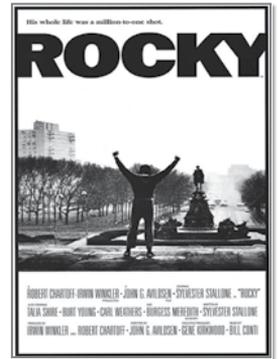
Batman (6 films: 1989-2012) In 2005, Christopher Nolan re-energized the franchise. Heath Ledger's Joker was instantly iconic. "Batman V Superman: Dawn of Justice" opens in 2016.

Toy Story (3 films: 1995-2010) The third installment was a contender to be first animated film to ever win Best Picture Oscar®. "Toy Story 4" to be released in 2017.

Harry Potter (8 films: 2001-11) This film series is based on the Harry Potter novels by author J. K. Rowling.

Lord of the Rings/The Hobbit (6 films: 2001-14) Eight years after the final installment of the Lord of the Rings, a film adaptation of The Hobbit was released in 2012.

Twilight (5 films: 2008-2012) A series of five romance fantasy films based on four novels by American Stephenie Meyer.



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The Great March Break Caper

Can you remember a year before “March Break?” The idea of giving students (and teachers) a week-long holiday didn’t happen in North America until the 1930s. Apparently, it all began in Fort Lauderdale, Florida when a New York swim coach was looking for a warm place to keep his swimmers in shape over the winter. The phrase “spring break” (used more in the USA than in Canada) was first introduced in the 1960s movie *Where the Boys Are*.

Today, students across the US and Canada have some kind of mid-winter break. In fact, over a million students travel to “hot spots” such as Mexico and Florida on Spring Break. Most elementary and secondary school students in Canada get either one or two weeks off some time in March or April. Post-secondary students are generally given one week off, often called reading week, some time in February.

Although mostly scheduled during March in Canada, the mid-winter break in Saskatchewan and

Newfoundland takes place in April. Students in Yellowknife, North West Territories are off March 17 to 28 but enjoy a month long winter festival. Students in Iqaluit get one week off in February.

One of the best aspects of March Break in Toronto are the many activities available for all ages. Here is just a small sampling.

- Boost your kid’s brain at the Ontario Science Centre’s Day Camp
- Learn about settler life and skills at Toronto Heritage sites
- For emerging artists, the AGO Art Camp
- Young green thumbs, Nature camp at the Toronto Botanical Gardens
- For the very active, the University of Toronto, with various sports
- Looking for something close by? Visit Public Libraries and community centres.

Skating in the Neighbourhood

There is nothing more Canadian than skating on an outdoor rink! It’s a great activity to spend with friends and family plus a terrific aerobic workout. The City of Toronto has 52 outdoor rinks open, in most cases, 9AM to 10PM, seven days a week through the winter season. Hours may vary according to location.

Local Community Rinks:

- Glen Stewart Ravine, Glen Manor Dr/Kingston Rd
- Love Crescent Parkette, 16 Love Cres

City Outdoor Rinks:

- Kew Gardens – open till March 22
- Greenwood Park – open till March 22
- Jimmie Simpson Park – open till February 22
- Monarch Park – open till February 22
- Withrow Park – open till February 22
- Nathan Phillips Square – open till February 22

For a complete list of rinks and schedules, visit toronto.ca/skate or call 311.

Sharing Your Screen Remotely

With the join.me mobile app you can join an online meeting no matter where you go.

With two versions, a free edition and a pro package, join.me offers meetings for everyone. The app is very intuitive, click the "start" button to start a meeting or click the "join" button to attend one. It's that simple.

The pro version gives people additional functionality, like the ability to choose the window being shared, to swap presenters for tag-team meetings, and to personalize their online meeting space, to name just a few.

Mobile and desktop apps are available to let people get together quickly and easily, wherever they are.

The service is simple with no frustration, no cost, no plug-ins and almost instantaneous sharing of screens. Currently it has millions of users and has been given recognition from The New York Times, Time Magazine, Macworld, CNET, Lifehacker, GigaOm, Entrepreneur as well as dozens of other top media outlets.

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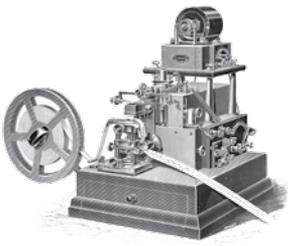
1. Download the app. You're now ready to join a meeting from anywhere.
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Adopting the Changing World in YOUR BUSINESS

Today, technology has changed the way we do business, whatever business you are in. You don't need to be an IT business but you are sure to be affected one way or another. The best way to keep up with the 'trend' is to open yourselves up, explore and learn about the new soft tools that are available, and find out what can be beneficial to you and your business.

Change is hard, but sometimes it is necessary, especially in today's ever-changing world – it keeps your business moving forward.

How does a small business keep in touch with what is happening but at the same time stay focused on their business?

The good news is, as a small business owner, you have a bigger advantage over a large company. Unlike a large corporation, you can make changes quickly, if needed, and you can “test out” a change without committing a lot of time and money. This gives you, what some have called, an “agility advantage”.

Here are some tips from business experts:

NETWORKING: Keep in touch with what is happening around you by talking with others in similar circumstances. Make sure you set aside some time each month to talk with other business owners, either informally or as part of a networking association.

SET OBJECTIVES: Pick out some areas that you have the most challenges with, that will help you and your business move forward. Make a list of actions that will assist you in achieving your goals. Be prepared to adjust through the year but keep moving forward.

TRY OUT & GET HELP: Test new software and equipment before you buy. Make sure it is right for you. If you don't immediately find it easy to use, it probably isn't right for you. Get help from experts through training, online video tutorials – especially on YouTube where you can find discussions on almost any subject. This is just one thing we can all benefit from in the new world of technology.

STAY ON TOP: Subscribe to reputable publications and online sources so you keep ahead of trends and ideas. Make sure these are suitable for the smaller entrepreneur.

Here are a few examples of new technology to be considered:

- Mobile Devices
- Automation
- eCommerce
- QR Scan/Bar codes
- Centralized data storage (i.e. Cloud)
- Smart Watches
- 3-D Printing

Some benefits to adopting new technology:

- Productivity
- Collaboration
- Interaction and participation
- Cost management
- Efficiency and optimization

Heat Up, Calm Down Hot Yoga at Bikram Yoga Beaches



Owner and yoga instructor Dana Dineen is a true Beacher. She grew up on Kippendavie Avenue in a house where her parents still live. She remembers the building at the corner of Queen and Kippendavie that used to have a car garage off the back lane. It's the same building where she set up her Bikram Yoga Beaches studio nine years ago.

"The location started by providing tune-ups for cars," she laughs, "now we give tune-ups for people!"

Although open for 13 years, Dana's been the owner for nine. The beautiful, sunny studio was recently renovated, specifically the main yoga room and lobby. Aside from its physical appearance, the business is particularly known for its welcoming environment. "I think most of the reason the studio is known for being so friendly is the people who come here," says Dana, "It's all a product of the kind of community we have here in the Beaches. Every day I'm so appreciative of being here."

Dana is a strong advocate for "hot yoga", which is offered at the studio along with a complimentary practice, Yin Yoga, which focuses on long, slow stretches.

The name "Bikram" means it is a type of "hot yoga" – a series of yoga poses done in a room where the temperature reaches around 40C. A certified Bikram teacher, Dana completed the specific training program many years and explains the many benefits of heat:

"The sweating helps with detoxification and cleansing. The heat makes it easier and safer to stretch and increases your rate of circulation, which is very good for internal organs and cardiovascular system." It also adds an additional level of concentration and focus to the practice.

The studio's clients are mostly drawn from the immediate community and nearby neighbourhoods. "We have some participants as young as 11 years old," says Dana, "as well as seniors in their late 70s."

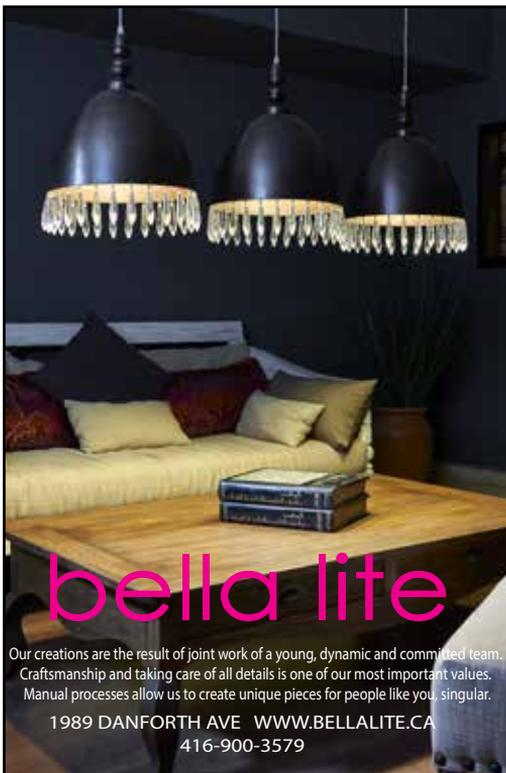
All classes are male and female, and accommodate all levels, although the studio occasionally offers workshops for specific age groups or conditions. There are eight instructors with classes running seven days a week, all posted online. Showers on site means no one has to worry about how much they sweat. This summer, Dana plans to offer non-hot yoga camps for children, with groups for the very young (2-4 and 5-6 years-olds), and pre-teens. She also expects to introduce both 60 and 90 minutes classes.

Favourite poses? Two of the more popular and beautiful are "head to knee" and "bow-pulling". But all of the yoga poses are meant to work together, Dana emphasizes. "Not one is better than another – they are intended to work in combination."

For those who have never done yoga before, Dana encourages everyone to give it a try. "The environment is very relaxed," she says, "we can answer any of your questions, what to wear, what to expect, we are very accessible for everyone."

While relaxing in class, you also don't have to worry about parking. There is plenty of free parking on the side streets and a Green P lot close by.

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