Beaches 10th Annual
KIDS PROGRAM OPEN HOUSE
Saturday, February 25, 2017
11:00 am - 3:00 pm

For Ages 0-16

BRING A NON-PERISHABLE FOOD ITEM

CAMPS  SPORTS  MUSIC  ARTS  SCIENCE
TUTORS  PLAYGROUPS  MUCH MORE...

Meet face to face with organizers, teachers and coaches! Find out about the programs for kids of all ages in the Beaches.

View participating programs, event videos, photos & details online at
beachesliving.ca/kids

BEACHES RECREATION CENTRE GYM
(6 Williamson Road, north of Queen at Lee)

FREE ADMISSION & FREE PARKING
DONATE TO DAILY BREAD FOOD BANK

COME JOIN US!

beachesliving.ca/kids

@BEACHESLIVING #KPOHBEACHES 416.690.4269 KIDS@BEACHESLIVING.CA
FEATURES

2 BEACHES 10TH ANNUAL KIDS PROGRAM OPEN HOUSE
9 ACHIEVING SUCCESS THROUGH REVERSE ENGINEERING OF YOUR GOALS
10 WHAT ARE YOUR 2017 OSCAR® PREDICTIONS? ANNUAL CONTEST!
14 ENCOURAGE CHILDREN TO DEVELOP THEIR TALENTS
17 STYLE TIPS FOR RAINY DAY MONDAYS AND THE REST OF THE WEEK
19 TRAVEL TIPS FOR SMART VACATIONS
26 EARTH HOUR LIGHTS OUT! 2017

COVER STORY

5 JENNA WEIR – ‘THIS LITTLE GIRL’

in every issue

13 Food talk
MAKE YOUR LEFTOVERS DELICIOUS AGAIN
21 Health talk
HEALTHY HEART FOOD
22 my tech
BEST & STRANGETECH GADGETS FOR 2017
27 Movie Pic
WHITE-OUT CONDITIONS WITH SNOW MOVIES
28 my Secret Beaches Spot
WINTER STATION RETURNS FOR A THIRD CONSECUTIVE YEAR!

biz profiles

24 A PLACE WHERE EVERYBODY KNOWS YOUR NAME
29 ONE WOMAN’S PASSION FOR FASHION DIRECTED TO “GIRL POWER”
30 Coming, going & on the move

Coming Soon! Look out for your Spring/Summer 2017 edition.

Our Award is YOUR Award!

For ten consecutive years Beaches Living Guide is awarded the APEX AWARD for Publication Excellence!

Beaches Living Guide is the face of your community – so this is your award.

For directory listing and to advertise in the Spring/Summer GUIDE, contact us by April 10 at 416-690-4269 or info@beachesliving.ca

Follow us @ Beaches Living
SHORTCUT TO YOUR BUSINESSES

31. Alf’s Antiques (Inside Back Cover) .....alfsantiques.com
23. BDD Garden & Floral .....................blackdahliadesign.ca
23. Casa di Giorgio Ristorante .................casadigiorgio.ca
25. Cherry Beach Summer Camp
18. Cherry Beach Soccer Club ......cherrybeachsoccer.ca
23. Daily Bread Food Bank...........beachesliving.ca/donate
12. Dentistry in the Beach ..........dentistryinthebeach.com
15. Gerrard Square .........................gerrardsquare.com
20. Girls Are ...........................................girls-are.com
8. Hair Dynamix ..............................hairdynamix.ca
32. Hooper’s Pharmacy (Back Cover) .hoopershealth.com
16. Janet’s Custom Sewing & Alterations ..................................janetscustomsewing.com
12. Jawny Bakers ..................................jawnybakers.com
8. Kevin Karst Design Inc ................kevinkarst.com
7. Living Lighting .........................livinglightingbeaches.com
20. The Maids..................................themaidsdurham.ca
30. Salon G .......................................416-466-4247
11. Still Images ......................................still-images.ca
20. Swiss Chalet Rotisserie & Grill ........swisschalet.com
23. Toronto Stone Co.........................647-766-7875
16. Urban Bulk Emporium ...............urbanbulkemporium.com
8. Waugh-Dane Insurance Brokers ......416-487-5678
7. Your Home Design ......................yourhomedesign.ca

NEXT ISSUE of Beaches|life:
April/May - Spring Edition
Deadline to book your space is March 8.
For advertising or any other inquiries:
Call 416-690-4269
Email info@beachesliving.ca
Visit beachesliving.ca

Your comments and suggestions are welcome.
2255B Queen Street East, #252
Toronto, ON M4E 1G3
416.690.4269, info@beachesliving.ca

DISCLAIMER: Beaches|life has made every attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.
Canadian child star and Toronto resident, Jenna Weir, sings, dances and acts the lead role in the Toronto production of *Matilda: The Musical*. After its 26 week run at the Ed Mirvish Theatre, this energetic 10 year old has taken the role on the road with the US Equity National Touring Company.

Jenna has always loved to sing. At an early age, her parents Heather and Andrew noticed that she had an uncanny talent to replicate songs she heard on the radio, and in perfect pitch. Anytime she sang in public, like a school play, people would stop and pay attention. “We began to realize that she had a unique ability,” says her dad, Andrew.

Jenna begins her day in California with some time to relax, until it’s time for her tutor from 1 to 4 pm. She then gets a break after 4, before heading to the theatre for the evening performance. “The most fun part,” she says, “is meeting so many new people and having so many new-found friends where ever I go.” And even though over the next six months she’ll be away from her home, friends and classmates at the Claude Watson School for the Arts, she keeps in touch through SnapChat and Instagram.”

It’s been quite the year for the little girl from Toronto. It all started last spring when Jenna and her family found out she’d landed the role of Matilda in the Toronto Production being brought here by Mirvish Productions. Produced by the Royal Shakespeare Company and the Dodgers, the Toronto production would have an all-Canadian cast.

Jenna’s family read the announcement. It had been a couple of years ago since her mother and older sister first saw *Matilda: The Musical* on Broadway and thought how ideal the role would be for Jenna. All of a sudden, the idea was more than a dream and Jenna signed up for the auditions.

“There were many talented children who auditioned,” said Andrew, “but we watched her make the final 20, then ten, then 5, and suddenly it became very, very real.”

“*I’m like Matilda in a few ways, we both have a big imagination, like to read a lot and love to tell stories.*”

continues on page 6...
Once she landed the role, Jenna then faced another challenge. She had to keep her fantastic news confidential until the entire cast was announced about a month later. Then it was off to New York City where she would learn the role over two weeks, and then travel with the touring company in order to continue her training. At the final performance at the Boston Opera House, she was given the chance to actually sing the role on stage. Her entire family, mother, father, brother and sister all attended.

“There are no words for what it feels like to see your daughter on stage, and watch 2,000 people jump to their feet and applaud at the end of the performance,” says Andrew.

After that, Jenna returned to Toronto for the show opening last July. There were three Matildas, who all shared the role, rotating on a schedule. Jenna was able to remain at Claude Watson, juggling her time to accommodate matinees and rehearsals.

“I’m like Matilda in a few ways,” says Jenna, “We both have a big imagination, like to read a lot and love to tell stories.”

The last performance this past January 7 was bittersweet as Jenna wanted to keep going. And that is exactly what happened. She was immediately asked if she’d like to join the US tour starting in Albuquerque, New Mexico?

During the current tour, Jenna receives three hours of tutoring a day. Given that there are 12 kids in the cast, she’s not the only one. Her parents both compliment the theatre company for the respect they show the kids. “They treat them as professionals, which they are,” says Andrew, “but they also remember they are kids.”

It’s not just the creative, performance experience that has been so wonderful for Jenna, “the exposure to media, being part of a professional organization, meeting people – it’s a true life learning experience.”

As for Jenna, she enjoys her fellow cast members and the different theatres. She describes the Segerstrom Center for the Arts, where they are currently performing in Orange County, California, as Dr. Seuss-like with all its modern curvy walls and architectural angles. “And it is so much roomier back stage than the Popejoy Hall in Albuquerque.”

Jenna began to land singing jobs, such as the voice of Priscilla the Porcupine on the Family Junior Channel’s Playdate, and the introductory song over the subtitles of American Gothic Film, Crimson Peak.

As for ideas about future roles? “I’ve got five more months ahead of me as Matilda,” she replies with so much poise and maturity one forgets she is only ten, “I think I’ll just focus on what I’m doing now.”
We offer design, renovation and decorating expertise.

Call Paula Kerr now to book your home consultation.

416-999-3799
yourhomedesign.ca
Member BBB, CDECA, NKBA

WARM UP YOUR HOME!
CLEARANCE SALE

Come into Living Lighting and warm up your home by finding the perfect fixtures and décor, for less. Our lighting experts can help you find what you’re looking for. But hurry – sale ends March 26, 2017!

WE MATCH ADVERTISED PRICES ON IDENTICAL IN STOCK PRODUCTS
Check us out on YELP for additional savings

Sale ends March 26, 2017 or while supplies last. Bulbs extra.
Kevin Karst Design Inc.
388 Carlaw Avenue, Unit W22
Toronto, ON 647-722-4165
design@kevinkarst.com
www.kevinkarst.com

For your custom cabinet needs, look no further than Kevin Karst, your local professional designer and cabinetmaker.

Kevin Ka St Design Inc.
388 Carlaw Avenue, Unit W22
Toronto, ON  647- 722-4165
design@kevinkarst.com
www.kevinkarst.com

WAUGH-DANE INSURANCE BROKERS
(a division of Lyon & Butler)
1089 Kingston Road, Suite 3
(@ Victoria Park in Henley Gardens)
416 487 5678  lstarr@waughdane.com
HOME - AUTO - COMMERCIAL - SPECIALTY

WATCHING OVER THE BEACH FOR 20 YEARS!

Discover our great rates and extensive coverage - even for pets!

Call, email or stop by for a no obligation policy review - bring your dog!

WAUGH-DANE INSURANCE BROKERS
(a division of Lyon & Butler)
1089 Kingston Road, Suite 3
(@ Victoria Park in Henley Gardens)
416 487 5678  lstarr@waughdane.com
HOME - AUTO - COMMERCIAL - SPECIALTY

YOUR NEIGHBOURHOOD SALON AND SPA.

direct payment: visa | mastercard | american express

2090 Queen St. East (west of Wineva Ave.) | info@hairdynamix.ca | 416-699-3575
Reverse engineering is the process of taking something apart and studying the various components that make it work. This can be applied to various aspects of your life. It’s a lot easier than it sounds – start with the end result and work backwards to where you are today.

Here are the steps to plot out how you get to where you want to be.

**STEP 1: Begin with the end in mind**

Imagine looking back on your life and what you consider the highlights, the true achievements, the times when you were most happy. Be very honest and write your ideas as positive statements:

- I am surrounded by friends and family
- I am living somewhere where I can spend a lot of time outdoors
- I travel for part of the year
- I volunteer with young people, mentor youth and encourage them.

**STEP 2: Work backwards & answer the question**

“What would I have to do that would lead to where I want to be?” No one starts at the top of their career, or with a large circle of friends, or with an education or a skill. These achievements all take a plan, effort and time.

List what would lead you to your dream. For example, if you want to get to a place where you can travel for half of the year, perhaps you need to join a travel group so you have a network of contacts around the world. You also need to make a financial plan so you can afford to take 6 months off. Maybe this means setting part of your home as a rental suite that makes money while you are away. Put it on the list.

This step takes time, but keep adding what you might need to do, and you’ll begin to see what is possible.

**Step 3: Now put an action plan in place.**

Remember, the plan isn’t for the “end result”. It is for the steps that lead you there.

**Reverse Engineering Other Areas of Your Life**

You can also “reverse engineer” your life to help develop new skills or change your habits.

- Become a better writer: Find writers and authors you admire, and ask them for tips. Find out where they started and what you might do.
- To be more productive: Talk with people who are productive, read more books on the subject, and then try out some of the methods.

Reverse engineering is a simple concept but takes time and discipline to keep yourself focused on the above steps. In the end, it is all about knowing a final goal, and then focusing on the steps to get there rather than get discouraged by the size of the vision!

“A journey of a thousand miles begins with a single step.” Chinese proverb
Participate in our annual Beaches\(\text{life}\) 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/oscar](http://beachesliving.ca/oscar) and fill in your picks by February 25. The winner will be the one with the most correct predictions. Good Luck!

### Best Picture:
- Arrival
- Fences
- Hacksaw Ridge
- Hell or High Water
- Hidden Figures
- La La Land
- Lion
- Manchester by the Sea
- Moonlight

### Best Director:
- Denis Villeneuve, Arrival
- Mel Gibson, Hacksaw Ridge
- Damien Chazelle, La La Land
- Kenneth Lonergan, Manchester by the Sea
- Barry Jenkins, Moonlight

### Best Actress:
- Isabelle Huppert, Elle
- Ruth Negga, Loving
- Natalie Portman, Jackie
- Emma Stone, La La Land
- Meryl Streep, Florence Foster Jenkins

### Best Actor:
- Casey Affleck, Manchester by the Sea
- Andrew Garfield, Hacksaw Ridge
- Ryan Gosling, La La Land
- Viggo Mortensen, Captain Fantastic
- Denzel Washington, Fences

### Best Sup. Actress:
- Viola Davis, Fences
- Naomie Harris, Moonlight
- Nicole Kidman, Lion
- Octavia Spencer, Hidden Figures
- Michelle Williams, Manchester by the Sea

### Best Sup. Actor:
- Mahershala Ali, Moonlight
- Jeff Bridges, Hell or High Water
- Lucas Hedges, Manchester by the Sea
- Dev Patel, Lion
- Michael Shannon, Nocturnal Animals

### Best Foreign Language Film:
- Land of Mine (Denmark)
- A Man Called Ove (Sweden)
- The Salesman (Iran)
- Tanna (Australia)
- Toni Erdmann (Germany)

### Best Animated Film:
- Kubo and the Two Strings
- Moana
- Zootopia
- My Life as a Zucchini
- The Red Turtle

Tell us who you think should win if you were handing out the awards.

**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.

Submit your predictions to [beachesliving.ca/oscar](http://beachesliving.ca/oscar) for a chance to win! **Contest closes February 25.**
“BEACHSIDE GRILL REALLY IS WHERE DELICIOUS FOOD MEETS GREAT PALATE”

Beachside Grill
“Lobster Madness”
Come dine on our delicious:
- Lobster Alfredo
- Lobster Benedict
- Lobster MAC&Cheese
- Lobster Grill Cheese
- Lobster Scramble

Chris Robinson:
Owner & Executive Chef

$2 off OUR LOBSTER MENU WITH THIS AD Until March 31/17

“KEW” KIDS $5 LUNCH SPECIAL
1922 Queen St. E. Toronto 416-686-7153

OPEN FOR BREAKFAST, LUNCH & DINNER — FULLY LICENSED

Beaches Life Winter – February/March 2017
Think of it as free coaching for your RRSP.

Advice you can bank on™

Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2011 Royal Bank of Canada. Used under licence. 45812 (09/2011)
Leftover ends from that head of broccoli? Stale bread that no one wants for a sandwich? A bit of rice here, some soggy carrots there. What do you do with these bits and pieces of food?

It is too easy just to throw it out, or put it in the green bin. Much of the food we throw away each day actually could be used in healthy, nutritious and delicious meals.

Some quick tips:

• Chop up those tough broccoli ends and add them to stew.
• Add soggy spinach to your favourite pasta dish.
• Convert stale bread to breadcrumbs for coating fish and chicken
• Freeze left-over cooked meats to add to stir-frys
• Grate carrots as a healthy addition to muffins
• Keep a bag in the freezer for all those left over pieces of onions, carrots, celery, tomatoes, etc. that have gone soft. Add the contents to soup broth when the bag gets full, top up with some cooked meat and pearl barley and presto, instant, delicious soup!
• Mozzarella cheese starting to get mouldy? Remove spots, chop in cubes and freeze. You can then add the cubes to any baked pasta dish!
• Stale cake or cookies? Crumble into a pie plate, fill with ice cream and refreeze for a yummy ice cream pie.

Many delicious meals can be made from what you might otherwise toss in the trash – just use your imagination!

Bread Pudding

This dessert is a favourite for those eager to use up ends of bread. A lighter bread (white, light rye, egg bread) works best, but you can mix in some whole grain as well.

**INGREDIENTS:**

- 2 cups of milk
- 2 eggs
- ½ cup of brown sugar or white sugar
- ½ tbsp vanilla extract
- ½ tsp ground cinnamon
- Optional: ¼ cup of raisins, 2 tbsp cashew nuts/ almonds or any mixture of dried fruit

**METHOD:**

• Chop the bread slices into 1 inch pieces, about 4-5 slices. Stale is just fine, in fact, it works better
• In a large bowl, beat the eggs
• Add milk, brown sugar or white sugar, vanilla extract and ground cinnamon, combine well using a whisk (if you are adding raisins and nuts, add as well)
• Place the chopped bread in a greased medium baking pan, pour the milk mixture over it and let it soak for about 15 minutes
• Place the pan in the oven and bake for an hour or till the top turns golden in color.

Serve on its own, or drizzle with caramel sauce and enjoy with ice cream. Also good cold, and makes a nutritious breakfast.
No two children are alike, which is wonderful! Each child has his or her unique traits, and as they grow up, these differences become even more defined.

One of the toughest jobs for a parent, a teacher, relative or mentor, is learning how to let a child grow up and be their own person. How often have you heard the comment, “She’s going to be a lawyer/doctor/artist—just like her mom or dad!” Or someone says, “I never got the chance to become….whatever…. but I’m going to make sure my kids get that chance!”

So, you hoped you might raise a hockey star, a singer, a veterinarian, a successful business owner. But your dreams are not their dreams. This can be very difficult to accept. In fact, the more you push, the more resistance you’re likely to get. As grown ups, you may focus on some ideal or practical career options for your children—especially highly paid jobs, such as a doctor, lawyer or bank manager, or, your personal “dream career” to be fulfilled through your children.

The one thing parents all agree on, is happiness for their children. We are given one life, so it is so important to let every child be who they are, and grow up to who they want to be. This is what leads to a happier life for them.

How do you do this? Recognize their strengths and interests, even though they may not be yours. Encourage them in these interests, support them in as many ways as possible. For example, children who are interested in drawing benefit from a trip to an art gallery and need lots of fun art supplies around the house. Children who like to read usually enjoy telling and writing stories, so it is important to them to have a library card and perhaps an e-reader.

Kids often become super passionate about something very specific. One day it is the latest hockey star, and the next day, it’s the runner-up to The Voice. These are the times, often in the teenage years, when children are trying to discover who they are—and they do so by almost stepping into someone else’s shoes. There also are times when a child loses interest in something you thought they truly enjoyed. This is when kids need a break. Time to trim back on the activities and give space to think about it. Accept the fact that maybe this wasn’t what they wanted and allow them to move on gradually. If they want to go back to the activity again, encourage them by leaving the door open.

The most important role for anyone directly connected with kids is to see you as a role model—not because of your job or profession—but for the values you demonstrate every day. It is when you show encouragement, kindness, honesty, compassion and patience that you guide them the best way possible to become who they really are.

Be a beacon of light to them, a guide, a navigator—be there to catch them when they fall but also be there to help them be the best they can be.
MARCH BREAK MADNESS!

Monday
March 13
FREE Kids Meals all day

Tuesday
March 14
🌟 Movie Day - FREE Popcorn

Wednesday
March 15
Make your own Pizza and Kitchen Tour

Thursday
March 16
Face painter and Caricature Artist (12-2pm)

Friday
March 17
🌟 Magician Coming to BP - (12-2pm)

Saturday
March 18
Paw Patrol Visiting BP

Sunday
March 19
Paw Patrol Visiting BP

Brought to you by:
Boston Pizza Lakeshore & Leslie
16A Leslie St. 416-778-4700
Activities run from 11:30am - 4pm Daily
Book Your spot for kitchen tour soon!
Coloring Contest running all March Break and Win Kids Raptors Jersey!!!

OUR FAMOUS HEART SHAPED PIZZAS WILL BE SERVED ALL DAY ON FEBRUARY 14TH!
FOR RESERVATIONS PLEASE CALL: 416-778-4700

MARCH BREAK

WEEK OF MARCH 13-17

Events and activities all week long

GERRARD SQUARE
CORNER OF GERRARD & PAPE
FREE PARKING! 416.461.0964

Full details available online
GERRARDSQUARE.COM

Follow us! Stay up-to-date on all events, promotions & giveaways!
Janet’s Custom Sewing & Alterations
(647) 479-1457
992 Kingston Road

Wedding alterations for the whole party.
Book your appointment now.

More Than Just Bulk!
We have over 400 shelf and refrigerated products including household items.
Organic, gluten free, vegan and school safe options available.

Back to Basic Shopping
Over 100 organic herbs and spices, including coffees and teas.
An extensive selection of flours, nuts, seeds, beans, pastas, dried fruits, grains, chocolate and confectionery items.

1380 Queen St. East (E of Greenwood) | 647-344-8075 | urbanbulkemporium.com

SAVE $2
On purchases $10 or more. Cannot be combined with other offers. Limit one coupon per customer. Expires March 31, 2017.
Style Tips for Rainy Day Mondays and the Rest of the Week

Rain Day Gear has become increasingly fashionable in recent years. No more do you have to grab a plastic cap from the trunk of your car and head out into the downpour, and come home with soggy shoes and wet hair. With a few rain essentials, you look like you’ve stepped out of a fashion magazine, equipped and looking your best and all set for whatever the weather throws at you!

**THE TRENCH** – For men and women, you can’t beat a classic trench coat, in cloth or a blend of water-resistant or waterproof fibres. The trench coat is perfect for rain as well as all occasions where the weather is overcast, cool or drizzly. Select classic colours, beige, khaki, black, or go for a bright colour like red or bright aqua!

Make sure it is roomy enough to fit over a sweater or blazer, but fits properly so it doesn’t look like you borrowed it from you dad!

**THE WIDE-BRIMMED HAT** – A wide-brimmed hat that’s not too tight fitting keeps your hair dry and shields your face from the spray (protects make-up, also an essential considering). Choose a sturdy fabric, such as thick felt or fabric treated with serious waterproofing. Men, consider the Australian-style leather fedora worn by Crocodile Dundee.

**THE UMBRELLA** – Here is where you can make a statement. Consider an umbrella that is bright and unique to you. A black umbrella may be good for that business meeting but there are some great choices for every day use, including ones with famous paintings or great slogans.

**THE BOOTS** – **WOMEN:** Go crazy when it comes to rain boots. There are so many cute rain boots out there today to fit any sense of style – and in every color — so you can walk confidently through puddles and mud. Your boots should be flat and knee high.

**MEN:** You might want to stick with water resistant hiking boots, which work great with jeans and chinos. As a plus, they’re also very comfortable and a real classic.

**OTHER TIPS TO GET YOU SINGING IN THE RAIN**

- Coated jeans are a great choice because they have the look and feel of stretch leather, but the durability of denim. They certainly can withstand a splash or sprinkle on a rainy day. A good pair keeps their shape, and the skinny styles tuck nicely into rain boots.
- Don’t let your papers or belongings get soaked. Consider a waterproof bag that zips closed or a chic knapsack.
- Carry a travellers’ size of hair balm to sooth frizziness.
- And don’t be afraid to wear something bright and fun on a rainy day. Bad weather can be depressing, so why not wear something that spreads some cheer.
We’re moving outdoors
Playing... practicing on nice TURF FIELDS...
all that’s missing are the players!
Join us for Summer Soccer League Games
and/or our Development Programs from
YOUTH RIGHT UP TO ADULTS!

Join our Summer Soccer League

$225/player

from June – September.
includes Uniform & Soccer Ball

Register & Reserve A Spot!
416 367 4359

Opportunities for ALL-STAR REP TEAMS TRY-OUTS!

Register now for our Summer Soccer Programs!
www.CherryBeachSoccer.ca
Inquire about our Development Programs & Summer Camps
Getting ready for a trip

• Clean the refrigerator: use up, give away or toss perishable food.

• Empty trash (especially kitchen garbage). If you have green bin trash that can't be left outside, freeze in a thick garbage bag until your return.

• Unplug appliances and electric devices that aren't connected to surge protectors.

• Manage your mail. Either ask the post office to save mail until your return, or make sure someone is collecting mail while you're gone.

• Give your home or apartment that lived in look:
  > Make sure flyers are cleared from the front door
  > Arrange for snow to be shoveled, and ice melter to be spread on front walkways when needed
  > Park your car in the driveway or offer the space to a neighbour
  > Tell your neighbours on either side that you are away so they are alert to anything suspicious.
  > Consider using various gadgets to protect your home. These include simple leak lock and leak sensor devices and timers for lights as well as more complex security apps with sensors and alarms.

General travel prep tips

• Scan or print copies of passport and credit cards and leave in a safe place at home so that someone can retrieve them for you if needed.

• Take all prescriptions with you in their original packaging so you have the RX numbers. Write the RX numbers on a separate list (or stored on your cell phone) so you can renew them while away if needed.

• Pack your own mobile chargers.

• Consider a roaming package for your phone while you are away. Otherwise, you could suddenly be paying a high fee once you’ve left the country.

• Travel with at least one extra pair of shoes. Sore feet can ruin a lovely trip!

• Call your credit card companies to tell them where you are travelling. Otherwise, you could find yourself with a card that’s temporarily blocked.

• Leave your contact info with a friend or relative

• If flying, check carry on baggage sizes of the airline you’re using (not all are the same!)

• Taking photos with your phone? Make sure you’ve got a backup device or cloud option so you’ve got lots of storage!
THE CLEANING RESOLUTION SOLUTION.
✓ Bonded and Insured
✓ 100% Satisfaction Guarantee
✓ No-contract Cleanings

Call now for a free, no-obligation estimate
416-636-1522 themaids2@bellnet.ca

Referred for a reason.
Healthy Food for a Healthy Heart

February is Heart Month for more than one reason! The Heart and Stroke Association encourages Canadians throughout February to think about their heart health.

Research definitely shows that following a plan for healthy eating can reduce the risk of developing high blood pressure and lower already elevated blood pressure. In one case, blood pressure was lowered within 2 weeks of changing to a diet that was rich in vegetables, fruit, low-fat dairy foods lower in saturated fat, total fat and cholesterol.

Fortunately, it’s not difficult to find heart healthy foods! Here is a list of 15

1. Eat fish high in omega-3s, e.g. salmon, tuna, mackerel, herring and trout.
2. Healthy nuts such as almonds or walnuts.
3. Berries that are full of heart-healthy phytonutrients and soluble fibre such as blueberries, strawberries, cranberries or raspberries.
4. Flaxseeds, which also contain omega-3 fatty acids, as well as fibre boost heart health. Take them in ground or milled form for the greatest benefit.
5. Oatmeal, truly a comfort-food and a nutrient powerhouse.
6. Dark beans, like kidney or black beans
7. A 4-ounce glass of red wine (up to two for men and one for women per day) can help improve good (HDL) cholesterol levels.
8. Tofu
9. Potatoes (as long as they are not fried!) are rich in potassium, which can help lower blood pressure, plus – they’re high in fibre,
10. Red, yellow and orange veggies such as carrots, sweet potatoes, red peppers and acorn squash
11. Spinach packs a punch! Use it in sandwiches and salads instead of lettuce.
12. Fruits such as oranges, cantaloupes and papaya that are rich in beta-carotene, potassium, magnesium and fiber.
13. Tender, sweet asparagus
14. Tomatoes – and sun-dried (or canned) in winter months.
15. Dark chocolate but be sure that it’s at least 70 percent cocoa.

Heart Healthy Snack? Try these out.

Raw or partially steamed broccoli florets, carrots and red peppers, dipped in hummus have a whopping list of nutrients, including vitamins C and E, potassium, folate, calcium and fibre.

Popcorn (without heavy oil or butter or salt). Gram for gram, popcorn boasts three times more polyphenols than kidney beans (the highest vegetable polyphenol source) and four times more than cranberries (the best fruit source), according to recent research out of the University of Scranton.

Apple slices. Spread with peanut butter and a sprinkling of raisins.

Yogurt Sunday. Dress up a cup of low-fat vanilla yogurt (choose one with no added sugar) by topping it with crushed whole wheat cereal, sliced banana, and unsalted sunflower seeds

Get active!

In addition to diet, keeping your heart healthy means lowering salt intake and increasing physical activity.
Whether you are on the go, in your office or at home, new technology gadgets can save you time as well as make life easier. Check out some of these great new gadgets.

**ALEXA** – You’ve probably already seen her in action in television shows! Alexa is the intelligent personal assistant developed by Amazon Lab126, made popular by Amazon Echo.

Alexa answers your questions, takes music requests, makes to-do-lists, sets alarms, streams podcasts, plays audio books, even gives you the weather and traffic. Alexa can also control several smart devices using itself as a home automation hub.

Currently, Alexa only communicates in English and German!

**Tile** – Never loose those keys, wallet or phone, again. Tile is a tiny Bluetooth tracker and easy-to-use app that finds everyday items in seconds. Just ring a lost item from the app and find it in sounds (the noise is loud, apparently). Or find where you last had the item by checking the map for the last known location and time. Tile also can make your phone ring – even if it’s on silent.

**Trash Buster “Eugene”** – This new gadget from Uzer tells users how to sort recycling and trash items. It does so by scanning the items’ barcodes, assuming the product packaging is still in good enough shape to do so. Each time an item is scanned, the app stores it so that it can easily be reordered. It means you’ll think twice before throwing something in the garbage that might end up in a landfill site!

**Wireless Glass Keyboard** – A super cool looking bluetooth-enabled, glass keyboard – what’s not to love except when you need to clean off those sticky finger prints. The keyboard comes with touch-sensitive glass designed with a full QWERTY layout. The keyboard is compatible with iOS, Android, Windows and Mac OS X devices.

**RippleBuds** – These are the world’s smartest Bluetooth earbuds, equipped with an in-ear microphone system. So sensitive, the earbuds capture the human voice from within the ear, reducing ambient noise by about 30 decibels. This means that even in the noisiest places, you can hear and be heard. You can also listen to music from your Bluetooth devices.

**Smart Brush** – A new smart device with a microphone that actually “listens” to the sound of hair brushing. It has other sensors that feed data to a mobile app so that you don’t over brush, or brush in a way that damages your hair. Watch for the launch in mid 2017 and save up. Price is estimated to be almost $200!

**Vacuum Shoes** – Coming soon, a vacuum-cleaning shoe, created by the Japanese firm Denso. The pair actually suck up dirt as you walk. The heel includes a pedal, which activates the motor, prompting the shoe to inhale nearby debris and store it in a tiny box in the shoe’s sole.
Join Beaches Living, help to beat hunger.

For Daily Bread Food Bank

Bring Your Donation to
10th Annual Kids Program Open House
Saturday, Feb. 25, 11-3, Beaches Recreation Centre

5th Annual Earth Hour LIGHTS OUT!
Saturday, March 25, 7-9, Kew Garden’s Park

For more details and ways to donate, visit: beachesliving.ca/donate

PICK UP PIZZA SPECIALS

3 TOPPING LIMIT:
Medium 14” (8 slices)..............$11.95 +tax
Large 16” (10 slices).............$13.95 +tax
X-Large 18” (12 slices)..........$16.95 +tax

1 REGULAR TOPPING:
Medium 14” (8 slices).............$8.95 +tax
Large 16” (10 slices).............$9.95 +tax

Specials not applicable for delivery, pick-up only.

TORONTO STONE CO.
MASONRY

Patio - Balcony
Brick - Stone
Chimney
Fire Place, etc.

Licensed and
35 years of experience

647.766.7875

BDD
GARDEN & FLORAL
BLACK DAHLIA DESIGN

Commercial & Residential
Planter Designs
Garden Sitting
Garden Maintenance

Book your garden design consultation today!

416.400.8038
blackdahliadesign.ca

Casa di giorgio
ristorante
casadigiorgio.ca
1646 Queen St. E.
416-686-7066

Beaches | life  Winter – February/March 2017  23
Twenty-five years ago, two long-time “East Yorkers” decided that their beloved community needed a neighbourhood meeting spot. It would be a place where friends and families could gather together over food. “It was a different time back then,” explains founder Tom Zoras, “It was a time when it was possible to move ahead on a dream right away.”

Tom had always set his sights on becoming an entrepreneur, so after high school, he focused on the hospitality and service business. When he found a great location (with lots of parking), the result was the restaurant, Jawny Bakers. Tom and his sister, Olga Kiriakou, have co-managed the restaurant from the beginning. Both grew up in the area, attended local schools, and both graduated from, including East York Collegiate. Olga still lives nearby.

“What can I say,” says Tom, “I’ve always been a proud East Yorker”.

The restaurant, in fact is, truly a family affair. Their father works at the restaurant as the produce manager, which keeps him busy considering the wide variety of fresh fruits and vegetables offered on the menu. And last year, Olga’s 12-year-old son, Evan, made it to the final 24 junior chefs on Chopped Canada Junior Champions. Evan has always loved helping out at his mom’s restaurant.

In keeping with being “the local spot,” Jawny Bakers focuses on what its many neighbourhood customers want. The restaurant offers Gluten-Free and various vegetarian options. As well, Just For Kids menus.

Tom takes pride in the fact that most of the menu items are made from scratch in the kitchen, featuring Canadian and locally-sourced food. Their popular ribs are from Ontario and the steaks are Triple-A Canadian.

Customers often remark on how comfortable they feel in the restaurant and the great service. It is no surprise that many of the 35 full or part-time employees are long term, some as long as 20 years.

There have been various renovations over the years, including the patio and the “O’Connor” room. This spring, “The Studio” will open as a separate event venue for receptions and parties.

Over the years, Jawny Bakers, together with its partners, has raised over $1 million in support of various causes across the GTA, including local sports teams, schools and churches. As a true “neighbour,” however, their largest outreach commitment has been with the Providence Healthcare Foundation. As part of his involvement, Tom has been part of the Men Advancing Philanthropy, including co-chair of the committee.

This year the restaurant celebrates its 25th birthday, look for more events and announcements. As for the name Jawny Bakers? Tom wishes he had a more exciting story to tell, “It just means a place where anyone can go, like someone called “Jawny Baker,” he says.

Jawny Bakers Restaurant
804 O’Connor Dr, 416-285-1165, jawnybakers.com
CHERRY BEACH SOCCER CLUB

TORONTO SUMMER CAMP
AN UNFORGETTABLE SUMMER CAMP EXPERIENCE!

1 Great Soccer Club | Superb Locations | 2 Excellent Camps

Our camps run from 9am to 4pm Monday-Friday (except statutory holiday). Last year we had 700 campers attend. Early drop-off/late pick-up available. Ages 6+. Our staff are fully qualified and experienced sports coaches. We currently offer two camps that run at the Toronto Portlands Cherry Beach Sports Fields: 1. Recreational Multi-Sports Camp & 2. Competitive All-Star/Rep Soccer Camp.

Contact Us
(416) 367-4359
camp@cherrybeachsoccer.ca
cherrybeachsoccer.ca

COMPETITIVE ALL-STAR/REP SOCCER CAMP
RECREATIONAL MULTI-SPORT CAMP

WWW.CHERRYBEACHSOCCER.CA
Beaches 5th Annual

EARTH HOUR

LIGHTS OUT!

KEW GARDENS BANDSHELL

SATURDAY MARCH 25
7:30 - 9:30pm

BRING A NON-PERISHABLE FOOD DONATION

An Earth Hour Celebration from sunset to Lights-out with live music and dance under the bright stars. The magic of candle lights and paper lanterns illuminate Kew Gardens Park throughout the Beaches 5th Annual Earth Hour LIGHTS OUT!

View event video and details at
BEACHESLIVING.CA/LIGHTSOUT

@BEACHESLIVING • #LIGHTSOUT

Presented by:
With February here, we are usually tired of all the snow shovelling and cold days – thinking ahead to spring. This winter, we really haven’t had it too bad, many places still had green grass, in January. Because of this, we have decided to honour “true winter” with these cold, snowy movies. Take out your skis, shovels and snowshoes, there’s going to be an avalanche of entertainment!


**White Fang** (1991) Dir. Randal Kleiser; Ethan Hawke, Klaus Maria Brandauer, Seymour Cassel, Susan Hogan

**Fargo** (1996) Dir. Joel Coen; William H. Macy, Frances McDormand, Steve Buscemi, Peter Stormare

**The Day After Tomorrow** (2004) Dir. Roland Emmerich; Dennis Quaid, Jake Gyllenhaal, Emmy Rossum, Dash Mihok


**The Grey** (2011) Dir. Joe Carnahan; Liam Neeson, Dermot Mulroney, Frank Grillo, Dallas Roberts


**Frozen** (2013) Dir. Chris Buck, Jennifer Lee; Kristen Bell, Idina Menzel, Jonathan Groff

**Everest** (2015) Dir. Baltasar Kormákur; Jason Clarke, Ang Phula Sherpa, Thomas M. Wright, Martin Henderson

Winter Station Returns for a third consecutive year!

An exhibition celebrating Toronto’s Winter waterfront landscape

Visit and experience the life size installations and the frame of mind in each artist for their winning designs. Eight stations will be installed this year along the sandy beach between Balmy Beach and Woodbine Beach. Five winning Stations are chosen from over 400 submissions around the world and three Stations are institutional projects design and build.

Vote for Your Personal Favourite

Come and experience the Stations in real life. Take a photo of your favourite & submit it to beachesliving.ca/winterstation by March 15 for your chance to win a pair of My Beach Stickers!

FEBRUARY 20 to MARCH 27, 2017

Follow us @ Beaches Living

Stay up-to-date with all the great things going on in the Beaches!
A soft purple T-Shirt reads, “The world’s first computer programmer wore a dress.” It’s not the kind of T-shirt you see everywhere. There’s another one, featuring the inspirational Helen Keller, and a third with Misty Copeland, first African American Female principal dancer with the American Ballet Theatre. These are just a few of the unique, “girl powered” items in the new east end store, Girls Are.

When Angela Loucks set the store last summer, she wanted to offer something unique and empowering, in particular for young girls 6 through ‘tweens.

“I wanted to have a store that doesn’t offer what you find at the big chains,” she explains, “I decided to source items that spoke to girls’ empowerment, and items that were positive and inspirational.”

She knew of various stores that specialized in “tween” years, but they were all for the same type of young girl. “Girls these days are very involved in sports,” says Angela, “or perhaps music, or art, or math….my store needed to include all kinds of girls.”

Angela also decided to focus on hand-made items, locally sourced clothing, and items you’d find at one-of-a-kind type of shows. For example, she carries a line of mini purses hand made by a woman in Ottawa, and “Be yourself” headbands by Sassygirl headbands. And young girls in the area coming home from Kimberley Junior Public School drop in because they love the inspirational buttons she sells.

Angela is no stranger to the retail world or the life of an entrepreneur. Both her parents have owned clothing stores and her father is a hair stylist. “It was always my dream to have my own store,” she says, “and definitely my passion is fashion.”

After graduating from the Fashion Business Program at George Brown College, Angela first worked at a Toronto spa where she gained first-hand experience sourcing and buying items for retail.

Girls Are opened at the end of the summer (it used to be home to music school Tuneology). From the beginning, it was designed to capture the spirit and individuality of every girl. Two of Angela’s main “buying” consultants are her two daughters, ages 12 and 15. Both are interested in the store and bring their specific tastes and interests. “I often ask one or the other for their opinion,” she says, “and I admit, sometimes I’m way off the mark, and they tell me so.”

Her older daughter also searches online for items and sends her mom ideas. She’s even attended the occasional show and brought back suggestions.

The store is directed at girls six years through “tweens”, although Angela says she’ll probably expand to younger years in the future.

Products for sale include T-shirts, leggings, knapsacks, jewelry, creative activities, and greeting cards. In addition, Girls Are offers various workshops, all designed to help build young girls’ confidence, inside and out. Themes have included making your own mosaic necklace, art therapy, meditation/yoga classes and writing your own song – all for young girls.

She shares the building with a children’s French bookstore and a music studio. She says it’s been great having neighbours that also focus on children.

Girls Are
145B Main St, 416-624-3006, girls-are.com
Welcome new neighbours:

Bandit Coffee Group – 1925 Gerrard St. E.
Isabella’s Boutique Restaurant – 2328 Queen St. E.
LCBO – 772 Queen St. E.
Pure + Simple – 2142 Queen St. E.

Salon G Rizza Hair & Spa – 1403 Gerrard St. E.
The Simple Craft Company – 152 Main St.
TASK – 1915 Queen St. E.
VAPE Store – 1817 Queen St. E.

Thank You and Best Wishes:

Paint Depot – 914 Queen St. E.
Brickyard Grounds – 1289 Gerrard St. E.
Flight Centre – 918 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. Contact us at: info@beachesliving.ca or 416-690-4269.
Harvest Tables
made with
Reclaimed Woods

By Alfred

SALE is on

29 Bermondsey Rd  416-690-5505
(East of DVP & South of Eglinton East)

Visit our Online Gallery www.alfsantiques.com
Did You Know?

March is Pharmacist Awareness Month

Pharmacist Awareness Month is our opportunity to shine a spotlight on all the valuable services pharmacists provide that benefit Canadians' healthcare.

Our Hooper's Pharmacists are...

- Experts in Quality Compounding
- Specialists in Pain Management and Hormone Therapy
- Official members of PCCA
- Providers of quality geriatric care including blister packaging and MedsChecks

We Love Seniors – your good health is at the heart of our business.

- We waive the $2 co-pay fee on ODB eligible prescriptions
- 10% discount for seniors every day
- 15% discount on the first Tuesday of the month

Healthy Living Seminar – Integrative Care For The Elderly

Wednesday, March 15, 6:30 - 8 pm, at The Beach United Church
Exploring natural approaches for optimizing Seniors health with a focus on Neuro-nutrition.

We Are Your Partners In Health®

2136 Queen St. East • 416-699-3747 • hoopershealth.com