

Beaches

Summer — June/July 2012

life



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Let's beach
time!**

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**Hot Summer
Patio Talk**

**Guess Whose
Birthday is
Coming up?**

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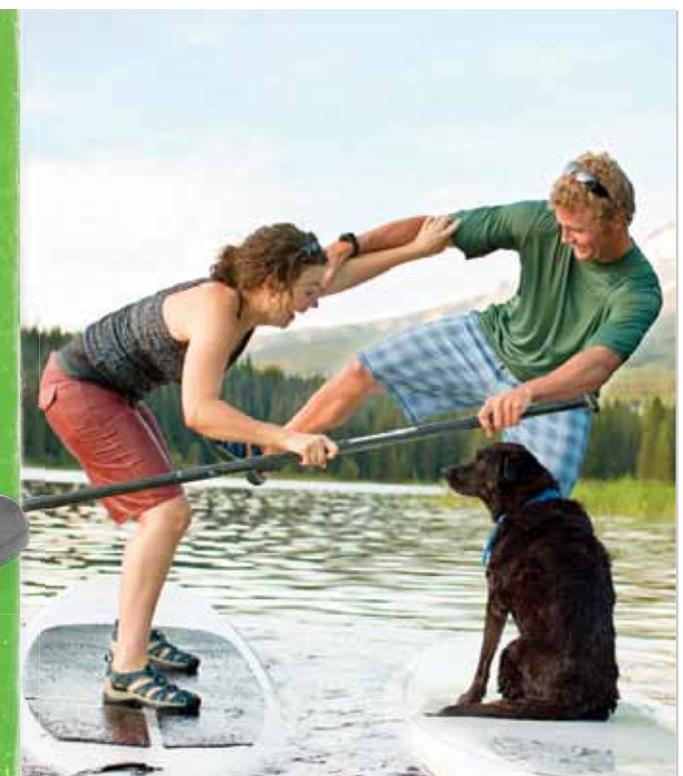
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Our next Beaches|life is the Late Summer edition for August/September.

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Sincerely,
Carole Baldwin



Beaches|life

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Beaches|life magazine is the sister publication of **Beaches Living Guide** (established 2004). Beaches|life magazine, with a circulation of 20,000, is delivered six times a year, free of charge, to the majority of households and businesses in the Greater Beaches Area.



Your comments and suggestions are welcome.

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Experience the Jukebox on Steroids

The Doubts come to Let's beach!

Recently described as “a juke box on steroids”, The Doubts is a band to be experienced, not just heard through a headset. As they’ve built a reputation for their ability to get their audiences involved in the music, they’ve also been given the title of “the ultimate party band”.

“We really get a crowd going,” says Eric Lamb, founder, one of the lead vocalists and keyboard player.

The Doubts is one of several bands that will play at this year’s Let’s Beach.

“We’re thrilled to be performing our first concert in the Beaches,” says Lamb, “It will be our first time playing downtown and we’re excited.”

Have a request? The Doubts are famous for the wide repertoire of songs from the last 6 decades: classic rock, R&B, Funk, Top 40—everything from Frankie Valli in the 1950’s to Blue Rodeo and US hits, to today’s favorites like Adele: Rolling in the Deep and Someone Like You.

“Our lead vocalist, Erin has that same quality in her voice as Adele,” says Lamb, “People love her.”

“For a 6 piece band, we have a very full sound and we put on a very good time,” explains Lamb, “I’m just so lucky to have such a great group of musicians working with me.”

He’s referring to his drummer, Neal Burstyn, two guitarists, Jeff Filardo and John Daley, bass guitarist, Niel Teixeira, and lead vocalist, Erin Benoit. The band practises every Tuesday without fail because, in Eric’s words, “we want to be note perfect. ...It matters to us that our harmonies work and that we sound great – it sets us apart from everyone else.”

continues on page 6...

...continued from page 5

One of their most requested songs is "Don't Stop Believin'" by Journey. Other most often requested include "Sweet Child of Mine", "I'm Yours", and the Rock and Roll classic, "Freebird".

The Doubts have been together about three years, but members brought their experience from other bands, making up a well seasoned group of musicians. The core group has actually been together over six years. Each band member has a "separate" working life.

"We're all weekend rock stars," admits Lamb. For example, bass guitarist, John Daly, is a financial writer for the Report on Business.

The Doubts are enjoying great success lately, performing all over Ontario and being the band of choice now booked every 2 months at Fallsview Casino in Niagara Falls as well as recent success at Failtes in Square One. At a recent charity function, they shared the stage with international recording artist Sheryl Crow in front of 4,500 people. It was a personal high for Lamb. They've also been the back up band with Huey Lewis and the News, and Russell Peters.



Wondering about their name? "Our original idea was to call ourselves the Body Bags", says Eric, admitting that this was perhaps not the best idea for a cover band. "So we started with The Nagging Doubts but ended up just The Doubts... it seems to have caught on."



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The official beginning of summer, known as the Summer Solstice, is June 22. It is called the "longest day of the year" because we get more daylight than any other day of the year. It is also the day when the noonday sun rises as high as it can in the sky, appearing almost to stand still!

Did you know? "Solstice" is derived from two Latin words: "sol" meaning sun, and "sistere," to cause to stand still.

Imagine what summer meant to those living in ancient times! The snow was gone, the ground thawed, warm temperatures returned and once again, food was easier to grow and to find. There also was more daylight, an important bonus in days before electricity!

Today, we still love the longest day of the year because it marks the beginning of two months in Canada when we get true summer—a time of year that almost seems to stand still. After months of cold temperatures and grey landscape, we live for about 8 weeks like we're on a beach: eating meals on outdoor patios, dressing

in shorts and sandals, playing summer sports, walking by the lake, swimming, biking and relaxing outdoors!

We also feel "summer happy"—and it's not just because of the weather. Sunny days actually boost your mood. Just like the winter months can cause depression, new studies show that our brains produce more of the mood-lifting chemical serotonin on sunny days.

SUNLIGHT CAN

- Help alleviate symptoms of depression and moodiness.
- Reduce the frequency of colds.
- Boost the thyroid gland, which increases metabolism and gives you more energy.
- Decrease the effects of jet lag when traveling to different time zones!

SUMMER FUN FACTS

- The first (or only) full moon in June is called the Honey Moon because it was considered the best time to harvest honey from the bee hives. June also turned out to be a great month for weddings, hence the idea of a "honeymoon".



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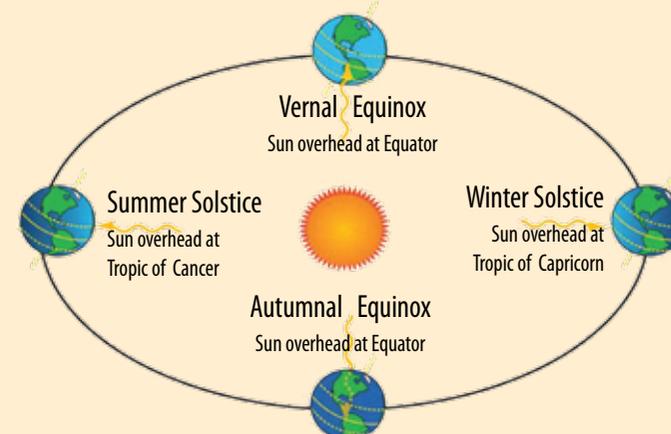
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The first day of summer is when the Sun reaches its farthest point north of the equator – June 20 or 21 in North America.

During the summer, the Sun is higher in the sky throughout the day, and its rays strike Earth at a more direct angle. In winter, the Sun is at its southernmost point and is low in the sky. Its rays hit the Northern Hemisphere at an oblique angle, creating the feeble winter sunlight.

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This Father's Day, why not take the time to talk with your family about some family traditions, stories from the past, interesting ancestors. It can be a great time for both fathers and grandfathers to contribute to the "memory bank" of family history. You can even involve children ahead of time by having them think up a question each to ask.

- Who was I named after, and who were you named after (and why)?
- Do we have anyone "famous" in our family or someone who might have been around when something memorable happened (for example, what were you doing when Canada celebrated its 100th birthday in 1967?)
- Do we have a family crest? Most don't, but why not create your own? If we had a family crest, what three symbols would we include on it?
- Has anyone checked on websites such as ancestry.com to find out about our family name or history? Share what you found out.
- What was the first song you ever heard that you remember liking?



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*What's in a Name
 this Father's Day*



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Pack Smart

Dress Code for Summer Trips

- ✓ Where am I going?
- ✓ What shall I wear?
- ✓ What should I take?



Where might you find yourself this summer? Perhaps at a summer cottage, taking a day trip to a festival or show out of town, or flying to the other side of the world. Pick your clothing options carefully, for comfort, style and space!

Here are five things to keep in mind when you are packing a knapsack or suitcase.

- 1. Pack light** – minimize what you take. Remember, what you bring you have to carry around.
- 2. Layer your clothes** – easily adapt to changing weather and temperatures during the day and night.
- 3. Think multi-functional** – outfits that can be worn both for casual and more formal dinner, suitable to outdoor activities and indoor cultural events.
- 4. Easy to clean and look fresh** – pick clothes that don't wrinkle and are easily washed and quickly dried. Stay away from linen.
- 5. Prepare for rain and wind** – bring a lightweight rain/wind proof jacket and a cap.

You've been invited to a cottage...

Cottage life can be rustic, so choose comfort over everything else.

- Wear light colours so you don't attract bugs!
- Cotton is best because it protects you from the sun while keeping you cool.
- A hat, swimsuit and water shoes are a cottage must have.

The family is heading out on a day trip...

Plan for the whole day and evening. You'll want to be comfortable traveling but feel fresh once you've arrived at your destination.

- A sundress/long cotton skirt is perfect for staying cool and looking a little dressy.
- Lightweight shawl for evenings or when you're in air-conditioned buildings.
- For men, a collared/coloured shirt gives you a slightly more dressed up look.
- Bring along a sweater or cardigan for cool evenings.

You're off on vacation...

You are going away for a week or more, but it doesn't mean you have to bring a different set of clothes for each day. Lightweight and multi-functional clothing is key!

- Footwear is #1 for comfort! You'll end up walking a lot.
- No need to pack five pairs of underwear but bring easy to wash and quick dry.
- Pashmina is perfect for traveling on planes, going out in the evening, dressing up or dressing down an outfit.
- Think layers and colours that go with one another rather than single pieces.
- Pack one piece of fun jewelry to dress up any outfit.

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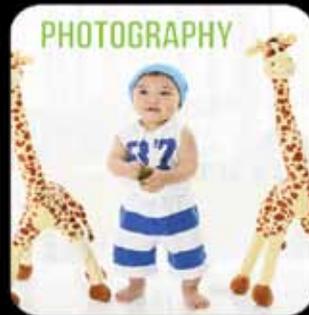
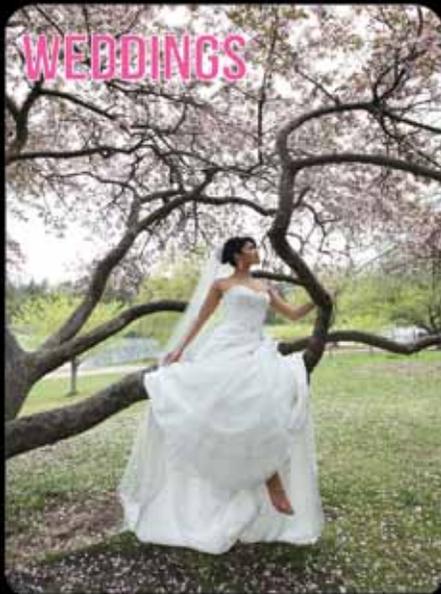
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Food talk

Fresh, fresh & more fresh foods

Must have summer foods in your kitchen & fridge

Summer Food Check-List

So it is 100 degrees in the shade and dinner time. Besides opening the fridge door to cool down, is there anything you want to make for dinner? Probably not unless you've stocked up with a few summer time "essentials".

Keep a few of these summer staples on hand and you'll be ready for a patio dinner or picnic anytime!

- Couscous, quinoa, thin rice noodles cooked (the evening before) and ready to be made into a salad of your choice. Toss in some fresh vegetables, oil, vinegar and herbs and presto, instant dinner salad.
- Quality olive oil and balsamic vinegar for any kind of dressing or bread dip
- Ready made sauces and dips, e.g Thai sauce, tzatziki sauce, hummus and baba ghanoush are three favourites
- An assortment of sausages ready to throw on the grill and serve with crusty buns or chop into a pasta salad
- An assortment of fresh fruits and vegetables that you can combine in a salad, grill on a barbecue, or cut up raw with dips.
- Greek yogurt, great for making any kind of dip, using as a dessert with fruit and honey, or mixed as a salad dressing
- Frozen lemonade and soda water for a refreshing "fizzy" beverage
- Frozen shrimp, easy to grill on skewers, toss in a salad, serve as a quick appetizer with Tai Sauce
- Hamburger patties and buns (always a hit)
- Lemons and limes to make instant dressings, add to a cold beverage, serve with fish, add refreshing flavour
- Frozen wraps for sandwiches, serving with dips, grilled "pizzas", quesadillas.

Lemon/Lime Garlic Salad Dressing

Ingredients:

- 1/2-3/4 cup extra virgin olive oil
- Juice of 3 lemons
- Juice of 3 limes
- 3 cloves garlic, minced (more if you love garlic)
- Salt and pepper, to taste

Method:

Combine all ingredients in bowl and whisk together.
 Pour over salad and enjoy.
 If you make it more than three hours before using it, the garlic flavor may be too strong.



Patio Talk! Inside & Outside

Everyone loves a patio! Whether you're gathered in an elegant garden setting with canopied tents by an outdoor pool, or relaxing on your own balcony or backyard nook, an outdoor patio setting is a perfect way to slow down, take time with friends and family, and cool off on a warm day.

Think you can't have a patio? Think again. Almost any space can be adapted to have that "outdoor bistro feeling".

PATIO ESSENTIALS:

Large or small, there are a few patio "must haves" that turn any space into an outdoor living area

- **Outdoor furniture** in wicker, wrought iron, brightly painted metal or new plastic composite. A classic bistro set can be made to look more formal with a tablecloth. If you have space, add a sun umbrella, canopy or tent.
- **Brightly coloured cushions** in a mix of stripes, solids and floral chintz.
- **Outdoor grill** for cooking. Pick your size for your space and your cooking needs.
- **Fresh flowers** and plants in planters, pots and vases.





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- **Fountain/water feature** add a bird bath or a plug in water fountain.
- **Hanging candle lanterns**, suspended from hooks on your patio, or use an ornamental lantern as a centerpiece on your patio table. Fill the lanterns with citronella candles to keep mosquitoes and other pests away.
- **Soft rush mats** or larger rugs underfoot, weatherproof and in natural browns.
- **Lattice divider** to make a larger space more intimate, or create a separate nook.



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Who doesn't like sitting on a patio for a cool drink and a delicious meal?

Beacheslife wants you to enjoy the patios this summer by giving away:

\$100 and three \$10 prizes to spend at one of your choice of patios on this page.

To enter, go to beachesliving.ca and follow the [link](#). Tell us about your favourite Beaches and Leslieville patios and why.

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RELAX AND LEAVE THE DETAILS TO US.

Drop by and eat right off the grill on our shaded rooftop patio this summer or cool off by the lake at our outdoor bar.

Patio Menu

Trio of Sausages, Ceviche, Grilled Lobster Tail, Montreal Spiced Turkey Skewer, Spinach Strawberry Salad & much more

À Boire

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Happy Canada Day!

How well do YOU know YOUR Country?

- 1 What are Canada's two national sports?
- 2 When was "Oh Canada" proclaimed as Canada's national anthem, 1870, 1935, 1980?
- 3 What is Canada's national animal?
- 4 What is the capital of Canada?
- 5 Name the five Great Lakes and which one is not in Canada?
- 6 Who was Canada's first Prime Minister?
- 7 What is the origin of the name "Canada"?
- 8 Who was the Metis leader in Canadian history who led the rebellions in 1885?
- 9 What is Laura Secord famous for?
- 10 How many time zones are there in Canada?



Envy's 5th Anniversary Sale!
50% off Selected Frames and Sunglasses

✓ Free Eye Exams Limited Time Only, See in Store for Details

Don't Be Envious, Be The Envy!

1944 Queen St. E., 416-699-3407

1. Lacrosse and ice hockey
2. 1980
3. The Beaver
4. Ottawa
5. Huron, Superior, Ontario, Erie, Michigan
6. Sir John A. MacDonald
7. Kanata meaning, a village or settlement from the Huron-Iroquois
8. Louis Riel, there's a statue of him on the lawn of Queen's Park.
9. Laura Secord warned the British of the impending attack on Canada by the Americans during the war of 1812 and because of this warning the British won the battle.
10. Six

Another birthday... Canada, you don't look 143!

Once again Beaches|life encourages you and fellow Beachers to show your pride by waving the Canadian flag and adding to our Canada map. Together with Google Maps, we can make our neighbourhood Canada's first flag waving "hot spot".

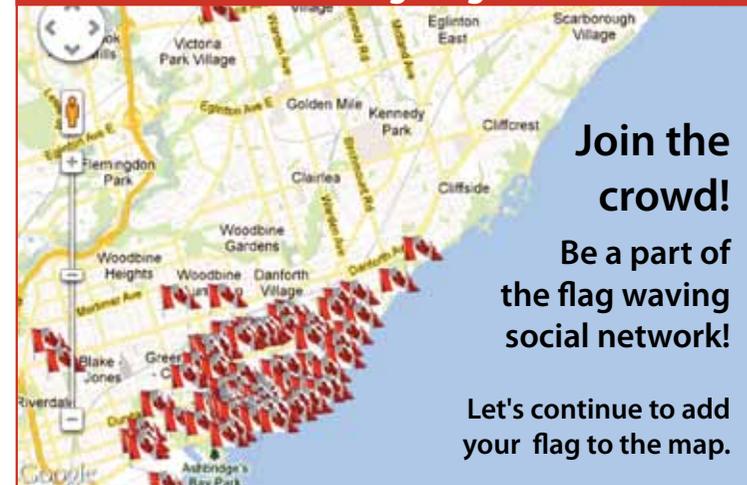
Since we began this campaign in 2010, it has grown outside our neighbourhood to include the Rouge, Clarington and Stouffville. Why not help fuel the excitement? Get your friends and family across Ontario waving and mapping the Canadian flag.



Wave it. Map it. Celebrate it!

beachesliving.ca/mapit

Goal: 2012 waving Flags for 2012!



Join the crowd!
Be a part of the flag waving social network!

Let's continue to add your flag to the map.

Map Your Flag

1. Add your location
(Your address will not be displayed or recorded)

Street:

City:

Province:

Postcode:

2. Save it
Drag your flag to the correct position and click save

How to put your flag on the map:

For the month of June and July 1, Beaches|life is asking all our readers to wave an "electronic" flag and put yourself on the map! It's easy.

- 1 Go to beachesliving.ca and click on Map it!
- 2 Enter your address or postal code.
- 3 We'll do the rest. A Canadian flag will be plotted at your location on Google Maps.

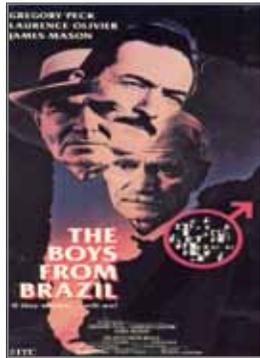
The Beaches community will prove to the rest of Toronto, Canada, and the world that we're the MOST patriotic in the land!

Movie-cation around the globe...

1 COUNTRY NAMED MOVIES

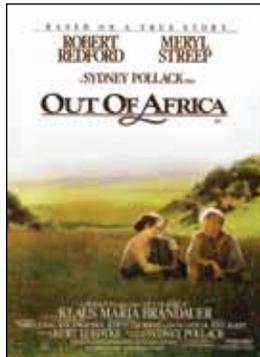


Summer is the time for packing up the family and going on vacation. These movies take that statement literally. Each of these films has a country's name right in the title. No need for a passport, suitcase or money exchange, let Beaches|life take you around the world and back again. Enjoy your "movie-cation".



From Russia With Love (1963) Dir. Terence Young; Sean Connery, Robert Shaw, Lotte Lenya

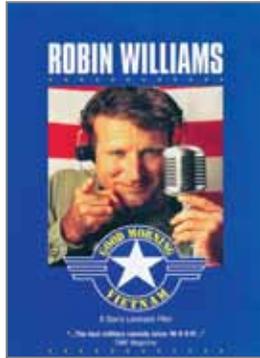
The Boys from Brazil (1978) Dir. Franklin J. Schaffner; Gregory Peck, Laurence Olivier, James Mason



Out of Africa (1985) Dir. Sydney Pollack; Meryl Streep, Robert Redford, Klaus Maria Brandauer

Good Morning Vietnam (1987) Dir. Barry Levinson; Robin Williams, Forest Whitaker

Canadian Bacon (1995) Dir. Michael Moore; John Candy, Alan Alda, Rhea Perlman



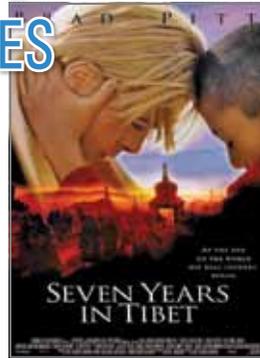
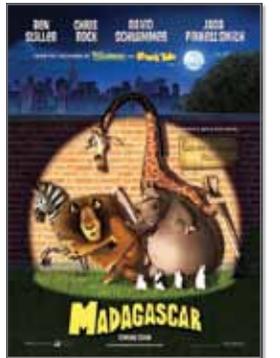
Seven Years in Tibet (1997) Dir. Jean-Jacques Annaud; Brad Pitt, David Thewlis, BD Wong

Hotel Rwanda (2004) Dir. Terry George; Don Cheadle, Sophie Okonedo, Joaquin Phoenix

The Last King Of Scotland (2006) Dir. Kevin Macdonald; James McAvoy, Forest Whitaker, Gillian Anderson

Australia (2008) Dir. Baz Luhrmann; Nicole Kidman, Hugh Jackman, Shea Adams

Madagascar (animated 2005) Dir. Eric Darnell, Tom McGrath; Voices of Chris Rock, Ben Stiller, David Schwimmer



Biz talk Workplace Renovations

The average adult spends roughly 30% of their life working, preparing for work or thinking about work. During the summertime, why not make the experience a bit more pleasant for you and your employees? Studies show that a tidy, attractive workplace is more productive. Clutter can seriously interfere with getting things done, and poor lighting reduces the speed at which people read and communicate.

Beaches|life was inspired by two local businesses in the Beaches, Envy Eyewear Boutique and Salon Fotali, which recently completed stunning renovations. You may not be able to do a total makeover, but a few small touches can make a big difference!

- Too much clutter? Maybe it's time to recycle and toss some of those older papers and books.
- A dreary workplace can lower the spirits of staff. Ensure that your workplace is well decorated and vibrant. A few framed pieces of art or photographs can make a huge difference.
- Paint a bit tired? A fresh coat of paint does wonders to brighten a space and change perspective.
- Some colors are thought to promote different responses. For example, yellow breeds creativity, red boosts sales, blues and greens provide serenity and orange is social.
- During the summer months, consider making your workplace more "summer friendly": fresh flowers, bright coloured cushions.

Photo: Envy Eyewear Boutique's recent transformation which incorporates blue agate illuminated with LED lights.

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You Ask... Answer.



Congratulations to Mary Prole, the winner of our question from the April/May issue. Places in the Beaches named Ashbridge are named after the Ashbridge family who came from Pennsylvania in 1794. In 1796 they were granted 600 acres from Lake Ontario to Danforth Ave. The Ashbridge Estate on Queen St. E. near Coxwell Ave. was home to the family until 1997.



This issue's question:

With summer vacation right around the corner, how do I know if the lake is safe for my kids to go in swimming?

— Joan S.

Do you know the answer?

You could win movie passes for two to Alliance Cinema in the Beach, 1651 Queen St. E. Send in your answer by July 10.

Do you have a question to ask?

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

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

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Health talk



get your DAILY BERRY FIX

In 1616, Canadian explorer Samuel de Champlain wrote, "Without them we might have starved to death." He was talking about berries, especially blueberries and raspberries, that his team of explorers found growing along the shores of the Ottawa River and Lake Huron. Not only did they keep these early explorers from starving to death, they kept them healthy!

Today we continue to enjoy the health benefits of these two berries, native to Ontario.

In a study of 40 fruits and vegetables, the blueberry was rated as number 1 for health benefits! Blueberries are chock full of antioxidants, the group of substances responsible for their color and a good portion of their antioxidant power. Blueberries also contain ellagic acid, which has been shown to have anti-cancer properties. They also are high in soluble fibre that helps lower cholesterol levels.

Raspberries and blackberries are high in Vitamin C, which prevents scurvy, reduces risk of stroke, and helps prevent cancer initiation. Raspberries and blackberries have been shown to contain healthful substances which may slow down the aging process, boost immunity, and protect against chronic diseases like heart disease and cancer.

An increasing number of studies link various foods—especially berries and other intensely colored fruits and vegetables such as strawberries, blueberries, and carrots—with improved health and disease prevention.

The top 10 fruits (berries) and vegetables, with their antioxidant units per 100 grams:

Blueberries 2,400	Blackberries 2,036
Kale 1,770	Strawberries 1,540
Spinach 1,260	Raspberries 1,220
Brussels Sprouts 980	Plums 949
Alfalfa Sprouts 930	Broccoli 890

Ways to Enjoy Berries

- Fresh on their own, wash just before serving.
- With a dollop of Greek yogurt and a bit of honey, sprinkle with granola for added crunch.
- Frozen, dropped in your favourite drink.
- On warm cake, with whipped cream or ice cream.
- Tossed into a salad.
- Add to your morning cereal.
- Serve with French toast and maple syrup.





Your Home's "To Do" List

Who are you going to call?

Do you have a "To Do" list for your home? Maybe you don't know how, or don't have the tools, to get these jobs done. Perhaps the person you're hoping can help (like your spouse!) just isn't getting around to doing them.

Look no further. Mr. Handyman is specifically designed to do your list of home (and office) repairs and maintenance. It could be a broken step, a light fixture you need installed, a door that sticks or a room that needs painting. You simply book Mr. Handyman's experienced technicians for an hour (minimum) and give them your list.

Doug Rae, owner of the Mr. Handyman franchise for Central Toronto, got into the handyman business after years overseeing maintenance and repairs on computer hardware. Although he's also a handyman himself, it was his former experience "solving problems" that led him to his recent career.

"I like helping people," he says, "And unlike computers, this is more personable. People just want things fixed. And when we show up and do what we say we are going to do, and do it right, everyone is happy."

"We solve your problems while you're there," explains Doug. His team is particularly used to the challenges of older homes, condominium and small businesses. You

can hire them for almost an unending list of services: fixing drywall, replacing glass, adding molding and trim, painting, tile work, moving furniture, fixing fences and gates, cleaning eaves, fixing a toilet, etc.

"The most frequent comment I hear from satisfied customers is, 'wow, you showed up when you said you would — the job was completed, and done right.'"

The typical Mr. Handyman customers are females 35-60 years old, seniors, and other adults who need work done for their aging parents. Though, "one gentleman called me in a panic because his wife was coming home at the end of the week and he'd promised to do some work around the house," laughs Doug, "He booked us right away!"

"We specialize in the small stuff. Most jobs take about 2-3 hours," Doug says.

Doug's team are fully insured, licensed by the City of Toronto, bonded and covered by Workers Compensation. He notes that today's home insurance policies usually don't cover injuries by those working in your home, so it's critical to protect yourself.

Mr. Handyman
416-445-8500 • mrhandyman.ca



Summer online safety for you and your kids

Summer holidays means more time for your kids to be sitting at home, unsupervised at the computer. The Internet may help us do many tasks now that we couldn't easily do before, and gathers up information from around the planet with a simple click of a mouse.

Your computer is a source of a lot of "invisible" information that continues to be gathered about you and your habits, a kind of a footprint stored in history. This is information about you and your children is available to outside companies.

Every time you search online for a product, information about your shopping habits is stored and then can be retrieve by others without you knowing it. That is why suddenly you see similar products on your browser.

What you should know:

- Each time you visit a website, your IP address is logged and can reveal to others where you live or at least, which computer connection you are using.
- Most browsers have a history tab that reveals to anyone else using that computer where you have visited. This can be embarrassing if, for example, you are searching for answers to a medical or financial problem, doing confidential research for a client or project, checking an online dating site, even planning a surprise party or event.

What can you do?

To prevent the footprint, you can do one of the following:

- Search for an online program that fakes your IP address;
- Turn off your history setting on your browser (sometimes called Privacy Setting);
- Consider using a public Internet computer.

Ontario Fruits and Vegetables

Taste Them Again for the Very First Time!

All year round there is a treat that many of us eagerly await – it's that first bite of a fresh Ontario peach, those first slices of vine-ripened tomatoes, unbelievably sweet Ontario strawberries, blueberries packed full of flavour, a bowlful of black and red cherries, juicy and sweet Ontario muskmelon.

The season for fresh fruit is short. Don't miss out! Find out when our fresh fruit is at its peak and go ahead, take a big bite!



Produce	June	July	Aug.	Sept.	Oct.
Apples			🍃	🍃	🍃
Apricots		🍃	🍃		
Asian Veggies	🍃	🍃	🍃	🍃	🍃
Asparagus	🍃				
Beans	🍃	🍃	🍃	🍃	🍃
Beets		🍃	🍃	🍃	🍃
Blueberries		🍃	🍃	🍃	
Broccoli	🍃	🍃	🍃	🍃	🍃
Brussels Sprouts				🍃	🍃
Cabbage	🍃	🍃	🍃	🍃	🍃
Carrots	🍃	🍃	🍃	🍃	🍃
Cauliflower	🍃	🍃	🍃	🍃	🍃
Celery		🍃	🍃	🍃	🍃
Cherries	🍃				
Corn		🍃	🍃	🍃	🍃
Cranberries					🍃
Cucumber	🍃	🍃	🍃	🍃	🍃
Eggplant			🍃	🍃	🍃
Garlic	🍃	🍃	🍃	🍃	🍃
Gooseberries	🍃	🍃	🍃	🍃	🍃
Grapes		🍃	🍃	🍃	🍃
Leeks			🍃	🍃	🍃
Lettuce	🍃	🍃	🍃	🍃	🍃

Produce	June	July	Aug.	Sept.	Oct.
Mushrooms	🍃	🍃	🍃	🍃	🍃
Nectarines			🍃	🍃	🍃
Onions	🍃	🍃	🍃	🍃	🍃
Parsnips			🍃	🍃	🍃
Peaches		🍃	🍃	🍃	🍃
Pears		🍃	🍃	🍃	🍃
Peas		🍃	🍃	🍃	🍃
Peppers	🍃	🍃	🍃	🍃	🍃
Plums		🍃	🍃	🍃	🍃
Potatoes	🍃	🍃	🍃	🍃	🍃
Radicchio		🍃	🍃	🍃	🍃
Radishes		🍃	🍃	🍃	🍃
Rapini		🍃	🍃	🍃	🍃
Raspberries		🍃	🍃	🍃	🍃
Rhubarb	🍃	🍃	🍃	🍃	🍃
Rutabaga	🍃	🍃	🍃	🍃	🍃
Spinach	🍃	🍃	🍃	🍃	🍃
Sprouts	🍃	🍃	🍃	🍃	🍃
Squash	🍃	🍃	🍃	🍃	🍃
Strawberries	🍃	🍃	🍃	🍃	🍃
Sweet Potatoes	🍃	🍃	🍃	🍃	🍃
Tomatoes	🍃	🍃	🍃	🍃	🍃
Zucchini	🍃	🍃	🍃	🍃	🍃

my Secret Beaches Spot



I learned that this simple yet stylish looking panel, with gold rim numbers framing the clock, has a significant connection to our day-to-day life.

I was intrigued when I learned more about it.

Chuck L.

Tell us where the Secret Beaches Spot photo was taken, and you could win **two "Let's beach! 2012" event tickets**, including BBQ on June 24 at Balmy Beach Club (\$30). Email your answer by June 21 to info@beachesliving.ca.

Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in *BeachesLife* you will receive a **\$25 gift certificate** to **Casa di Giorgio Ristorante**, 1646 Queen St. E. Email your photo by July 10 to info@beachesliving.ca.

Congratulations to Ian H. – April/May's Secret Beaches Spot winner. Here is his answer:

"This is a close up of a board on the boardwalk. The tag is for identification"



Here is the full answer from Linda P. who sent us this great shot:

"I learned the following from the previous manager Dianna Clarke who lived in the gardeners cottage that every 100th board on the boardwalk is marked with a number for maintenance and replacement purposes, on the beach end of the board, so that workers would know which board number to repair/replace. At the time, it cost \$60 per board to replace – that's a lot of money for a lot of boards!"

Join us at Let's beach! 2012

Come out and join your neighbours, friends, family and local business owners for an afternoon of dancing, auction bidding, bbq'ing and playing...

Sunday June 24, 1:00 – 6:00 pm
At Balmy Beach Club (at the foot of Beech Avenue)

A fun summer celebration on the Beach & a great cause!

Great auction items added daily, preview online
Get your tickets at beachesliving.ca/letsbeach

Tickets: \$15 in advance (includes bbq & soft-drink, cash bar). \$20 at the door.

Event presented by:



Local Farmers' Markets

East Lynn Park Farmers' Market 1949 Danforth Ave Thursday, 3-7 pm June 7-Oct. 25 my-market.ca	East York Farmers' Market East York Civic Ctr, 850 Coxwell Ave Tuesday, 8 am-2 pm May 17-Nov. 1	Leslieville Farmers' Market Jonathon Ashbridge Park Sun., 9 am-2 pm June 3-Oct. 28 leslievillemarket.com	Withrow Park Farmers' Market 725 Logan Ave Sat., 9 am-1 pm May 19-Oct. 27 withrowpark.ca
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For a full list of Farmers' Markets across Ontario, visit farmersmarketsontario.com



Planning a Special Celebration?

Try an event “inspired by you”

Your special day – wedding, birthday, celebration – is a reflection of who you are. That’s why Nspired Events avoids a “cookie cutter” model.

Lucy Chung, owner and certified wedding planner explains, “just because a wedding plan, a dress, an invitation or type of photography worked for someone else, it doesn’t mean it will work for you”.

Nspired Events has arranged events for groups from 20 to 400. “We talk with our clients, uncover their particular dynamic as a couple, their likes and dislikes and their story. Then we bring these characteristics to what we create for them,” said Lucy.

Some of Lucy’s clients come from different cultural backgrounds. In these cases, the events are designed with both cultures in mind, blending their celebrations into one, while giving the guests a taste of both.

Before moving to Toronto, Lucy gained considerable experience planning corporate events as a public relations professional in San Francisco. She combined this experience with time spent at her mother’s bridal shop in Vancouver.

Nspired Events opened last June in a beautiful Victorian home setting, and has been a busy place since. There’s

a showroom on the main floor with dresses and accessories, make up and photography on the second, and an independent jewelry designer on the third.

They provide one-stop shopping for weddings and other special occasions. Services include event planning, photography, make-up, hair, flowers, dresses, accessories, décor and personalized invitations. Lucy’s team also arranges for a wide-range of additional services.

You can purchase or rent bridal dresses, eveningwear, dresses for children, tuxedos and culturally specific dresses. Lucy notes this is a popular choice for brides that have more than one change of clothing.

“It was an awesome year,” says Lucy, “Lots of people in the Leslieville and Beaches neighbourhood dropped by to look at our selection of trendy accessories for all occasions such as unique hair pieces and jewelry, and of course, to admire the dresses.”

Just come by and have a look. You’ll be drawn in by the creative window displays – of course, custom-made by Lucy and her staff.

Nspired Events • nspiredevents.ca
1400 Queen St. E. • 416-551-6511

Spread A Little Music Around The Season of Outdoor Music Festivals



The Beach BBQ & Brews Festival

June 15-17, Woodbine Park,
beachbbqandbrews.com

Everyone is invited to this free Ribfest, a light-hearted outdoor festival with great BBQ, live music, a children’s area with rides, BBQ and grilling competitions and demonstrations, a beer garden and craft vendors.

Afrofest

July 7-, Woodbine Park, musicafrica.org

This free weekend-long celebrates the richness and diversity of African culture. Featuring world-renowned African musicians and top African groups based in Canada, an African marketplace, food and craft vendors, artistic displays, music workshops, and organized activities for youth and children.

Originally hosted at Queen’s Park, this year’s festival has been relocated to Woodbine Park.

24th Annual Beaches Jazz

July 20-29, Woodbine Park, beachesjazz.com

Enjoy the finest in Big Band, Swing, Dixieland, Smooth, Post-Bop, Afro-Cuban, Fusion, Funk, R&B and Soul. About 50 Canadian bands entertain you along a 2 km stretch of Queen Street East, closed for this occasion. It’s an annual pilgrimage for almost a million people who come out on the Thursday, Friday and/or Saturday to take in the great music and soak up the ambience.

Molson Amphitheatre Concerts

Ontario Place, June-August, ontarioplacemusic.com

Although most of Ontario Place’s attractions are now closed, the Molson Amphitheatre continues to host major musical artists through the summer months. The 2012 entertainment bill includes Peter Gabriel, Jimmy Buffett, Steely Dan, Peter Frampton, Blue Rodeo and Bachman Turner/Paul Rodgers.

All Caps Island Festival

August 11 & 12, Gibraltar Point, Toronto Island
wavelengthtoronto.com

This all-ages event brings together musical acts and artists from all parts of Canada. Once you’ve purchased a ticket, you can attend your choice of activities: film screenings, art installations, while enjoying great food and/or taking a swim. Guests are invited to enjoy the sounds of a musical act at the supposedly haunted Gibraltar Point Lighthouse. Rumor has it that you can still hear the moaning of J.P. Rademuller, who was murdered in 1815.



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Join Beaches Living on Facebook

Visit beachesliving.ca for upcoming local events.

coming, going and on the move

Welcome new neighbours

BBQ Chicken House—2248 Queen St. E.
BMO Branch—2089 Danforth Ave.
Breakwall Restaurant & Bar—1910 Queen St. E.
Curvaceous Consignments—2186 Queen St. E.
East Ender Restaurant—1967 Queen St. E.
Genzohair—2480 Gerrard St. E.
Gorgeous Day Spa—2230 Queen St. E.
Greystone Build & Design Group—2220 Queen St. E.
Harry's Surf.Skate.Snow—1967 Queen St. E.
The Record Vault—2156 Queen St. E.

On the move

Balance Health Group Inc.—1789 Queen St. E.
Vacuum Chek—1856 Queen St. E.

Thank you and best wishes

Carlson Wagonlit/Stewart Travel—2060 Queen St. E.
Harvest Café and Fine Foods—1856 Queen St. E.
Premiere Fitness—Shoppers World
Red Moose—1910 Queen St. E.
Sugarplum Sweet Creations—1028 Kingston Rd.
Zellers—Shoppers World

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. Contact us at: info@beachesliving.ca or 416-690-4269.

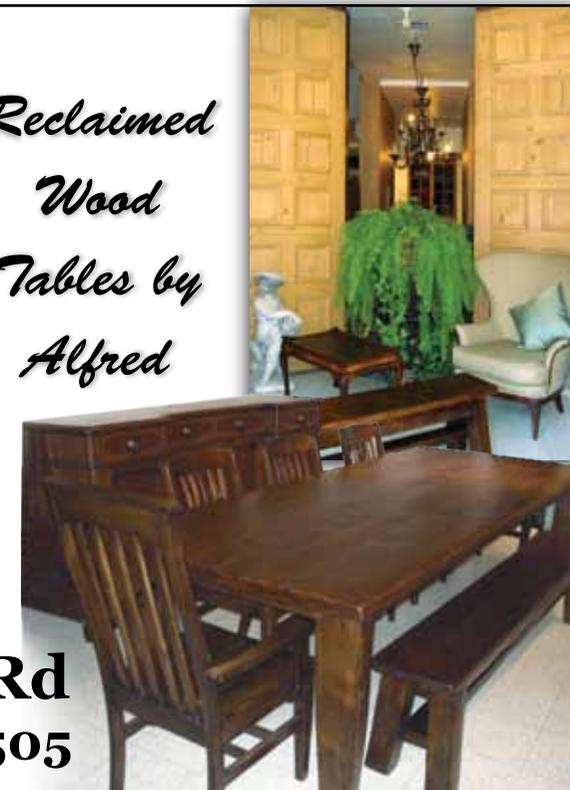


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