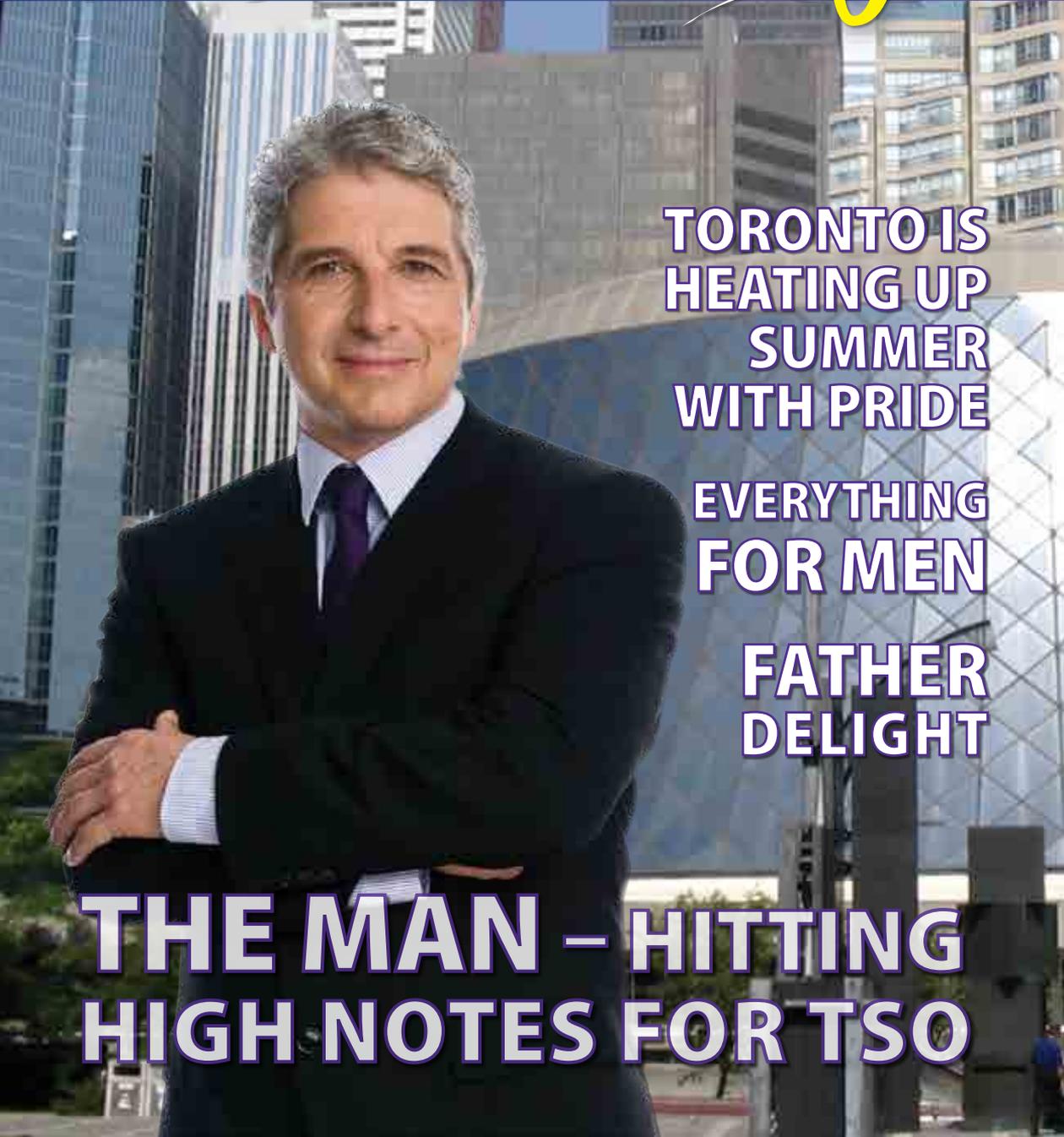


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FEATURES

COVER STORY

5 COVER STORY
A SYMPHONIC FATHER FIGURE

- 9** DELIGHT DAD ON FATHER'S DAY
- 10** FIFA WORLD CUP 2014 - WHERE THE WORLD COMES TO PLAY
- 13** BBQ AND THE BEAST - A MODERN DAY BROMANCE
- 21** SUNGLASSES - EVERYBODY'S STYLISH FRIEND
- 24** STRAIGHT RAZOR SHAVE - TREATING YOURSELF TO THE PAST
- 25** TORONTO'S PRIDE TO THE WORLD
- 26** LOCAL FARMERS MARKETS & SEASONAL PRODUCE
- 29** REAL TASTE OF BANGKOK - JATUJAK

in every issue

23 Food talk
CRAFT BEER - NOT SO "MICRO" ANYMORE

22 my Secret Beaches Spot

28 Biz talk
3 QUESTIONS TO INSPIRE BUSINESS SUCCESS

20 mytech
KEEPING COOL. LOOKING COOL. SAVING MONEY!

15 Health talk
THE PATH TO MEN'S HEALTH

30 Coming, going & on the move

19 Movie Pic
SUMMER CAMP MOVIES

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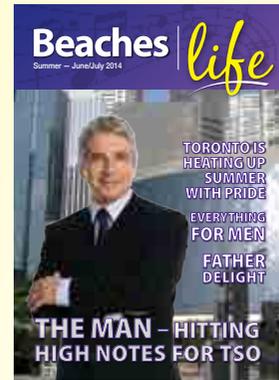
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A Symphonic Father Figure



World-renowned and beloved by those he has worked with and entertained, Canadian violinist, conductor, and music director, Peter Oundjian is celebrating ten years with the Toronto Symphony Orchestra (TSO). Under his stewardship, the TSO has flourished, attracting new audiences, earning rave reviews, and a European concert tour this summer.

Though born in Toronto, Peter, the youngest of five children, was raised and educated in England. He acquired his love of music as a child; it was always a part of his family. His father, the owner of a carpet business, played piano. While his sister also chose to play piano, Peter found his musical voice through the violin.

Career Highs and Lows

At age 17, Peter enrolled at Royal College of Music in London to study full time. At 19, legendary violinist, Pinchas Zukerman encouraged Peter to venture to New York, to study at the Juilliard School with Itzhak Perlman and Dorothy DeLay. Though Peter intended to stay for just one year, he never moved back to London.

For 14 years, Peter played with the renowned Tokyo Quartet, which included a concert at La Scala Opera House in Milan — the only quartet to receive this honor.

In his mid 30s, he experienced a major career disruption. Having performed around 2,000 concerts, he developed focal dystonia, which caused a lack of control and balance in his hand. He was no longer able to play the violin. Choosing to “create opportunity for yourself in life,” Peter decided in 1995 to turn this setback into something positive, seizing upon another love, conducting.

From 1998 to 2002 Peter held the post of artistic director for the Nieuw Sinfonietta in Amsterdam. Currently, he is the music director of the Royal Scottish Symphony Orchestra and travels the world as a guest conductor for other orchestras.

Peter was appointed head of the TSO in 2003, when they were going through some tough challenges. He returned to Toronto and officially took up the position in 2004. He viewed this opportunity as a homecoming.

A Dynamic Risk Taker

Peter conducts 10 to 11 weeks a year for TSO concerts. His role as music director has him wearing many hats, including conducting, managing personnel, and fund-raising. Over the last 10 years he's hired 31 new orchestra members and taken some well-considered gambles in an effort to improve the orchestra and expand the audience for classical music, believing “No risk; no reward” — creating new programs and a favorable environment to attract broader and younger listeners.

Finding program creation is very exciting. He introduced several format innovations including late night concerts, short concerts early on Saturday

continues on page 6...

...continued from page 5

nights, and relaxed jazz combos in the foyer of Roy Thompson Hall. Peter also created the hugely successful New Creations Festival to encourage new classical music writers.

He established TSOUNCHECK, allowing anyone between the ages of 15 to 35 attend a TSO concert for just \$14. "It is so important to bring music to young people," says Peter, "and make it accessible to them."

Today, the TSO performs concerts 35 weeks a year, often with internationally renowned guest conductors.

This August, Peter will take the 90-member TSO to Europe including Amsterdam, Vienna, Iceland and many more. He champions the idea that the TSO should establish a greater profile in Europe and feels the orchestra serves as an ambassador for Toronto and Canada.

On a Personal Note

Acknowledging a passion for each musical piece heard, Peter considers his favourite composer to be whoever created the music currently being played. However, the works of Anton Bruckner rate high on his list; music he describes as both mesmerizing and meditative. One of his most "magical performances" with the TSO was playing Bruckner's 3rd and 8th symphonies. This season features Bruckner's 7th symphony. As well, Peter is considering the possibility of a Bruckner Festival sometime in the future.

When not immersed in music, Peter enjoys sports; playing and attending tennis, hockey, and baseball. He recently pitched the opening ball at a Blue Jays game.

A Father's Message

With Father's Day in mind, Peter shared some thoughts on his father's greatest influence: to be considerate toward others.

As a father himself, Peter is very close to his two children. His son Peter is a singer, guitar player, and like his father, loves sports, which they eagerly discuss whenever they're together. His daughter Lara is a musical theatre professional with an interest in psychology; something they are both passionate about and discuss often.

Peter is a strong believer in what music can do to help strengthen everyone's abilities by teaching focus and commitment. He considers the qualities of great performers to be modesty, confidence, and fearlessness.

"My message to young people," says Peter, "is that they need to commit themselves to discovering things on a deeper level. They need to understand that application is needed to develop skills. In order to reap greater rewards they need to immerse themselves into their life and careers."

For those new or unfamiliar with symphonic music, Peter encourages, "Have no fear, everyone is welcome and it is informal — just relax and enjoy."



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Delight Dad on Father's Day

Celebrating dad can be a lot more challenging than picking up a bouquet of flowers or a box of chocolates on the way home from work. And mushy messaging and sentimental cards may fall on dry eyes. Dads can be tricky dudes to buy for, so how do you make sure to get the right gift when Father's Day rolls around?

Start by being observant. Ask questions. Listen. What everyday pleasures bring dad the most joy? You might start to notice that it's less about the grand gestures and more about the simple things in life.

If money can't buy happiness, it may not be able to buy a gift that makes dad happy either. Consider gifting dad with an experience, not an item he can hold in his hands. Not feeling very creative? Keep reading for some ideas that are definitely outside of the (gift) box.

Silence speaks louder than words – On average, women speak 13,000 more words than men each day. If your dad is the strong but silent type, he may enjoy working with you, side by side, on his latest project, in silence, enjoying his hobby and your company.

A guilt-free guilty pleasure – Men typically handle stress very differently than women. Often, they bottle things up and turn to bad habits to get through the tougher times in life. If your dad is one of these guys, he would certainly appreciate a free pass to smoke that pack of cigarettes—even if he's trying to quit—or to spend the day in front of the TV without a reminder of his need for exercise.

Immortalize an aging father – As men get older, they tend to think about their own mortality more often

than they did when they were strapping young lads. If your dad is getting older, let him know that you will never forget him by planting a tree, in his name, together. Every year, you can watch it grow and think of him—even when his is no longer with you.

If you'd prefer to present dad with a gift he can unwrap, we've got some ideas below!

If dad is a bookworm... He might love a reading log to keep track of all the books he has read—and still wants to read!

If dad is the BBQ king... He'd feel proud to receive a new set of barbecue utensils and some gourmet sauces for his collection.

If dad loves the great outdoors... He might appreciate some updated gear: a new fishing rod, a Tilly hat, some hiking boots, or some binoculars.

If dad has gone digital... He might enjoy a personalized mouse pad with photos of the grandkids, his favourite pet, or the love of his life—mom!

If dad's favourite sport is watching sports... You can't go wrong with tickets to his favourite game. Or a beer fridge!

by Kathleen O'Hagan

hd

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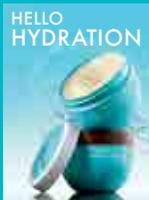
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If you are cheering for a particular team, why watch it at home when you can live the event at a local pub or bar in one of Toronto's cultural neighbourhoods? Enjoy the games and cheer on all our countries!

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A MODERN DAY BROMANCE

Summer lovin' happened so fast, summer lovin' had me a blast...

These famous words from the classic musical, *Grease*, have been known to stick in the head of many a romantic as summer draws near. But one must wonder: When it comes to men, are they thinking about the "grease" associated with their beloved barbecues?

As a female who is (somewhat) terrified of the BBQ's gaping mouth, spitting fire at me whenever its jaws open wide enough for me to peek inside, I often contemplate why men love it so. Here's my theory:

Once upon a time, men did not take on their fair share of domestic duties. Historically, kitchens were pretty much free of testosterone. (Until meal time.) And yet, when it came to lighting up the BBQ, the men would be the first ones out the door, brandishing oversized utensils and devices to make fire.

Call it a modern-day bromance, but there's something about the BBQ that brings out the untamed beast in every man. They've got everything they need to ignite

the flame, if you will. Fire. Slabs of meat. Sizzling, crackling, spitting. Smoke. Grease. One can almost hear the "roar" of their inner caveman, as they proudly beat their chests with dirty fists, grease stains on newly washed shirts.

No one is around to tell them to wash their hands, clean up after themselves, or watch for soiled fingerprints on the refrigerator door. For the moment, they are free from all of these civilized expectations. And so they stand en guard over their prey—er, steaks—salivating as the wind carries the scent of meat to their nose, tempting them as they silently, patiently wait.

Women often complain that men don't get in touch with their emotional sides. Well perhaps getting in touch with their primal selves should be good enough. It's a love affair between BBQ and the beast, one that the 'fairer sex' will never fully understand.

by Kathleen O'Hagan



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Health talk

THE PATH TO MEN'S HEALTH

Men's health is often overlooked – sometimes because activities such as yoga or cardio fitness classes are filled with more women than men; other times because when men think of ways to optimize their fitness level, they default to strength training and/or cardiovascular exercise as the gold standard.

However, a balanced lifestyle, healthy body inside and outside, is equally important to men and women. With the demanding nature of modern day living, balancing work and family life, combined with time constraints to visit the gym and or difficulty in accessing equipment, being fit is often “easier said than done”. Often men just simply don't have the time to integrate structured physical activity into their lives.

A health and wellness goal can be achieved (managing a healthy weight for example) with some simple daily routine exercises that help you leverage your time while optimizing your fitness. An excellent place to start is to seek out an exercise that addresses the whole body and that can address all areas of physical fitness: muscular strength and endurance, flexibility, aerobic capacity and core stability.

CIRCUIT TRAINING: a form of exercise on resistance training using high-intensity aerobics. A circuit usually works each section of the body individually yet each completion of the circuit effectively targets the entire body. This type of exercise burn more calories in the same amount of time (as traditional cardio), stimulate more fat loss, and create a huge metabolic effect that can increase your fat burn hours after your workout.

YOGA: an exercise previously thought only for women. Yoga has become popular because of the whole-body nature of the movements, which train you to relax your body as well as energize and stimulate it. Yoga also calms an agitated or over-worked mind; a great remedy for the stresses of modern living. Yoga can be thought of as a moving form of meditation. Regular practices can even reduce levels of cortisol, which is the body's stress hormone.

HEALTHY DIET AND PROTEIN SUPPLEMENTS: High-quality, high-protein diets help keep the body strong, improve body composition, insulin levels, metabolism and ultimately provide the building blocks of most cells in our body. Functional beverages (i.e. smoothies) for breakfast or post workout are excellent ways to add nutrient density to the diet as well as fuel the body and optimize energy levels.

MOVEMENT: When it comes to health and optimal fitness, explore new approaches that are not gender specific or age specific (such as yoga). Physical activity should be primarily about movements that are structured, balanced and most of all enjoyable.

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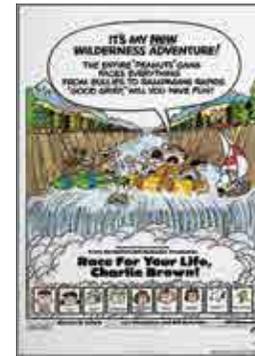


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1 Summer Camp MOVIES!



Some of the greatest film memories come from summer camp movies. They touch our funny bone, pull on our heart strings and sometimes scare the heck out of us. Sure, they may not be Oscar® worthy or evening critically acclaimed, but what they may lack in "high-brow" they make up for in just making us feel good. Who didn't shed a tear for Rudy at the end of *Meatballs*? I know I did!



The Parent Trap (1961) Dir. David Swift; Hayley Mills, Maureen O'Hara, Brian Keith

Race for Your Life, Charlie Brown (1977) Dir. Bill Melendez, Phil Roman; Duncan Watson, Greg Felton, Stuart Brotman



Meatballs (1979) Dir. Ivan Reitman; Bill Murray, Harvey Atkin, Chris Makepeace

Friday the 13th (1980) Dir. Sean S. Cunningham; Betsy Palmer, Adrienne King, Kevin Bacon



Space Camp (1986) Dir. Harry Winer; Kate Capshaw, Lea Thompson, Kelly Preston



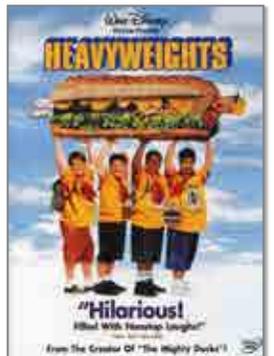
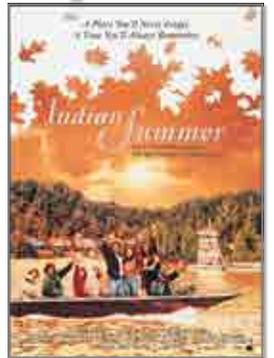
Indian Summer (1993) Dir. Mike Binder; Alan Arkin, Diane Lane, Bill Paxton

Heavyweights (1995) Dir. Steven Brill; Tom McGowan, Aaron Schwartz, Ben Stiller

Wet Hot American Summer (2001) Dir. David Wain; Janeane Garofalo, David Hyde Pierce, Bradley Cooper

Camp (2003) Dir. Todd Graff; Don Dixon, Daniel Letterle, Joanna Chilcoat

Summer Camp! (2006) Dir. Bradley Beesley, Sarah Price; Patrick Lemmon, Mary Nass, Cameron Schmitt



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The Nest thermostat works off the premise that so few homeowners actually set up their home's programmable thermostat – so the Nest programs itself by learning your household patterns.

For example, if a family typically likes the house to be 20 degrees Celsius during the day, and an energy-saving 17 degrees at bedtime (around 11pm) in a few days the Nest will learn this pattern. It will also differentiate between weekday and weekend patterns so you are always comfortable in your home.

- The Nest makes saving energy simple with control over Wi-Fi from your mobile phone, tablet or computer.
- Nest creates a personalized schedule based on the temperature changes you've made.
- Nest automatically turns itself to an energy-saving temperature when you're away, so you don't waste energy heating or cooling an empty house.
- Connect your Nest thermostat to Wi-Fi, download the free Nest Mobile app, and change the temperature from anywhere.
- See when the heat or AC was on and what affected your energy use. Then check your monthly Energy Report to understand how your energy use changes month-to-month and how you can save more.
- Nest will show you when you're choosing a temperature that will help you save. Look for the Leaf every time you turn the ring.
- Lower your AC bill in the summer with Airwave, which cuts AC runtime automatically when humidity isn't too high—ensuring that you stay cool.

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SUNGLASSES EVERYBODY'S STYLISH FRIEND



Whether its geeky chic or oversized aviators, you are sporting the latest eyewear trends. Glasses help us to see, protect our eyes from the sun and are everyone's favourite accessory.

As Yasmine Boga of Envy Eyewear Boutique describes:

There are many options when it comes to men's sunwear. Do you want function, fashion, sporty, suit ready, retro, or classic? What's trending right now for sunglasses is light weight materials like titanium or carbon fiber. The combination acetate front with metal temples is fresh off the runways of New York. Or you can add a bit of European flair and incorporate some colour.

Mirrored lenses are back in vibrant hues like green, red and orange. And don't forget about polarized or gradient tinted lenses. You can never go wrong with an aviator or wayfarer shape.

Some sporty styles are Maui Jim, Oakley and Adidas. Classic frames include Prada, Persol and Serengeti. Moncler gives you that combination mix and Ray Ban has a little bit of everything.



With Father's day coming soon, now is a great time to pick up a pair of sunglasses.

THE INSTAGRAM LOOK

- Inspired by social media and the 1970s
- Rose and gold tinted lenses
- Wooden frames and tortoise prints.

THE MATHEMATICAL LOOK

- Angular cuts and neutral colors.
- Black and white patterns
- Matte finishes do not mean a lack of elegance.

THE AQUATIC LOOK

- Inspired by the ocean, vibrant blues, turquoises and teals
- Clear or cloudy sea glass-textured frames bring the oceanic look home.

THE GARDEN LOOK

- Earthy greens, vibrant pinks and floral prints frames with mirrored lenses
- Whimsical butterfly-shaped silhouette frames.

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Craft Beer

Not so "micro" anymore

The beer landscape is changing rapidly in Canada. Craft beer is becoming mainstream. This popularity has a large number of craft brewers vying for your attention.

Beer enthusiasts everywhere agree that the popularity of craft beer is surging. There are more brands, more awareness, more promotion, higher availability. In Ontario, this can be traced to several factors.

First, there is wide choice of fresh ingredients. Craft beer has a base of malted barley, hops, yeast and water. Both barley and hops are increasingly grown in Ontario. Harvest fruits and vegetables, spices, honey, hemp, maple syrup, coffee and other natural ingredients are locally produced and easily sourced, encouraging unending innovation by entrepreneurial brewers.

There is also a growing demand from beer drinkers. People are looking for different types of beer for different occasions. They'll choose one taste when watching a football game and then pair the right beer with whatever is on the barbecue.

In 2005, several independents joined forces under the name Ontario Craft Brewers. This association gives a collective voice and is integral in moving the industry forward.

The Ontario government has also been an active supporter, aiming to help grow a strong craft beer industry in the province as it did with Ontario's wine industry.

The word is getting out. Studies show awareness of Ontario craft brewers increased from 20 per cent to 80 per cent in four years.

You can also go on craft brewer tours and tastings around the province, attend brewing competitions and beer festivals.

HERE ARE SOME THINGS TO LOOK FOR IN THE COMING YEAR:

Lower alcohol beer styles – with so many different brands and flavours of craft beers for you to savour, brewers will make more lower alcohol options. This way the consumer can have a few pints and still remember what they had earlier in the evening.

Large brewers joining the craft market – as craft beers continue to grow in popularity, the large "mainstream" brewers will want a piece of the action.

Regional brewers go national – some craft brewers will attempt to expand into other provinces to become national brands. Look for Steam Whistle, Mill Street and Muskoka crossing outside the Ontario border (some will even try south of the border).

New distribution channels in Ontario – many craft beers are not large enough to be sold at either LCBO or The Beer Store. New rules will allow these small brewers to sell their beer online with home delivery. Soon, you won't even have to leave your home to get great craft brews in your fridge.

Home Brew – the craftiest of craft beers would be the home brew.

my Secret Beaches Spot

This picture is a little piece of history. When I read it I can picture what this area looked like many years ago.



Congratulations to Sophia Dhrolia – the winner of April's Secret Beaches Spot contest: *Ashbridge Estate, 1444 Queen St. E.*

Tell us where the Secret Beaches Spot photo was taken, and you could win a signed hardcover edition of "On Toronto – An Urban Portrait" by Rudi Christl.

Email your answer by July 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.

TORONTO'S PRIDE TO THE WORLD



**STRAIGHT
RAZOR SHAVE**

TREATING YOURSELF TO THE PAST

With today's multi-blade disposable razors, an entire generation (or two) has never experienced the luxuriousness of an old-fashioned straight razor shave. Fortunately, this simple pleasure is making a comeback.

Why Get a Straight Razor Shave

IT'S RELAXING – There's nothing like a hot towel on your face or the manly fragrance of warm shaving cream to zap the stress right out of your body. It isn't uncommon for men to actually fall asleep during it because it is relaxing.

IT'S "MANLY" – During a straight razor shave, you can almost feel the testosterone increasing in your body. You become part of a ritual that men from past history experienced. Also, a straight razor shave is one of the few activities that is still considered completely and exclusively male.

IT'S DANGEROUS – At least it feels that way. You are letting another man (or woman) hold a razor sharp piece of metal against your neck.

Finding a Straight Shave Today

It may be a bit of a task to get a straight razor shave, since not all barbers do them. So call around to find one that does. You can expect to pay between \$25-40+ for this experience, but aren't you worth it?

If you like your beard, why not treat yourself to a professional trim and clean your beard up? Some barbers have some nice shampoos designed specifically for beards that smell amazing.



This June, Toronto invites the planet to celebrate WorldPride. This is the fourth WorldPride, with the first held in Rome (2000), then Jerusalem (2006) followed by London (2012).

Toronto has a long history with its annual Pride week. The festivities feature many activities such as a street market, open-air concerts and of course the Pride parade that in recent years had over one million people lining the parade route.

Not bad for what started out as a series of small picnics at Hanlan's Point and Ward's Island in 1970. Participants brought signs and banners and used the gathering as a small public display of gay solidarity.

Here's a short list of Toronto's journey from its humble beginnings to this year's WorldPride:

- 1974** – Toronto's first Pride which ended with a march to Queen's Park
- 1978** – the first rainbow flag, with 8 stripes, was designed by San Francisco artist Gilbert Baker
- 1984** – Pride was celebrated for the first time on Canada Day
- 1991** – City of Toronto officially proclaimed Pride Day for the first time.
- 1994** – Rainbow flag is redesigned with 6 stripes
- 1995** – Mayor Barbara Hall established the tradition of the head of council marching in the parade.
- 1998** – City of Toronto officially recognize Pride Week
- 2003** – To celebrate its 25th anniversary a 2km long rainbow flag is made to stretch from the Atlantic Ocean to the Gulf in Key West, Florida
- 2009** – October 18, Toronto was chosen to host WorldPride 2014, beating out Stockholm
- 2012** – Madrid is chosen to host WorldPride 2017
- June 20-29, 2014** – Toronto to host WorldPride!

Visit worldpridetoronto.com for full details.



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LOCAL FARMERS' MARKETS

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June 5-Oct. 16
my-market.ca

East York
Farmers' Market
East York Civic Ctr,
850 Coxwell Ave
Tuesday, 8 am-2 pm
May 13-Oct. 28

Fairmount Park
Farmers' Market
Upper Gerrard between
Coxwell & Woodbine
Wednesday, 3-7 pm
May 21-Oct. 15

Leslieville
Farmers' Market
Jonathan
Ashbridge Park
Sun., 9 am-2 pm
May 25-October 26
leslievillemarket.com

Withrow Park
Farmers' Market
725 Logan Ave
Sat., 9 am-1 pm
May 17-October 25
withrowpark.ca

ONTARIO FRUITS AND VEGETABLES SEASONAL CHART

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					
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Spinach					
Sprouts					
Squash					
Strawberries					
Sweet Potatoes					
Tomatoes					
Zucchini					

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3 Questions to Inspire Business Success



No matter what your business is, you can't do it alone. If you can get others to share the excitement you have for your business you can inspire them to work with you toward the same goals.

Simon Sinek, a communications expert, offers insight into leadership through his lecture at TED Talk "How Great Leaders Inspire Action" which identifies effective methods that can be applied to every business.

1 Why does your business exist? Do your products or services fill a need for your customers that is not served effectively by competitors? Is your business something that you love to do?

We all engage in activities to earn money. To be successful over the long term, a business must be more than that. It must provide a sense of satisfaction and accomplishment that you can't get doing anything else.

If your employees are inspired by your vision, they'll take greater interest in everyday operations and try harder to excel. Of course, you must still ensure that they're familiar with your products or services and how you would like them presented, so that they may deliver superior customer service.

2 How do you provide your product or service to the customer? Is it offered in a way to attract the most sales possible given your resource limitations? Do others that you rely on, including partners, staff, and suppliers, contribute to your success? Is there anything you can do to further distinguish your brand?

Customers inspired by your business vision and appreciate your customer service will identify positively with your brand, provide repeat sales, and eventually see your business as an extension of their own identity. They'll also promote your business to others through word-of-mouth — the best form of advertising because it is viewed as the most trustworthy.

by Kevin Davies.

It's desirable to have all those your business engages with, including your customers, understand what your business is trying to accomplish. You must have business goals that not only encourage and provide satisfaction for your own efforts, but inspire others through your words and actions.

3 What is your product or service? Whether it is a manufactured good or a personal service, does it claim a unique space in the marketplace through its presentation, delivery, or function? Are there any low cost actions you can take to improve it or lower costs?

Most businesses have competition. In order to attract repeat customers, demonstrate that your product or service is somehow superior to what is available elsewhere. This can involve any of the following: quality, price, convenience, marketing, and a sense that the customer shares your articulated 'brand' vision. Think about creative and low-cost ways to achieve this.



REAL TASTE OF BANGKOK

AUTHENTIC THAI STREET FOOD AWAKENS YOUR TASTE BUDS

After setting up four Thai restaurants in Toronto satisfying Canadian tastes in Thai cooking, owner Patrick Suksaen decided it was time to introduce real Thai street food to Torontonians. His fifth restaurant, Jatujak, serves the kind of street food one enjoys in the hot, busy outdoor markets in and around Bangkok where street vendors set up barbecues and prepare many of the world's most favourite dishes.

Opened over a year ago, named after Bangkok's largest (35-acre) outdoor market, Jatujak (or Chatuchak), the food prepared at the tiny, bustling restaurant is in the Thai street food tradition rather than more elegant Thai dining. Typical fare includes simple noodle dishes, soups, curries and grilled meats, all intended to be eaten "on the run". But it's the tastes that make the difference— street food is spicier, full of stronger flavours and pungent aromas.

"Like all Thai cooking, we balance the four components of Thai food", explains Patrick, "Hot and spicy, sour, sweet and salty." But he adds, "We make everything from scratch, and keep it authentic." This means, for example, our Pad Thai isn't bright red like most you see in Toronto (because our chef does not add ketchup). Instead, the Pad Thai at Jatujak has a more brownish appearance from ingredients such as tamarind.

For those already used to the kind of Thai food you'd find in Bangkok, Patrick suggests you try the green curry made with bamboo shoots, basil, kaffir lime

leaves and green peppers, or the chicken massaman curry. A For those newer to Thai food, Patrick suggests perhaps a noodle dish called Khao Soi, from the northern region near Burma. "It's a menu item we're introducing to Torontonians", says Patrick. You don't find Khao Soi in most restaurants yet." And of course, he encourages everyone to try the Jatujak Pad Thai.

Chef Aon and Patrick, both born and raised in Thailand, prepare the food. Aon learned from her mother all the lessons of true, Thai cooking. Since coming to Canada, she has worked at many well-known Thai restaurants. As dishes are made fresh (and according to orders), customers can ask that their favourite food be prepared as a vegetarian or gluten free option. Each month there are 3 specials, which give Aon further opportunity to create new, wonderful delights.

Patrick points out that the family-style dining at Jatujak is intended to be casual, with space for about 25. But take-out orders are almost limitless. Literally, hundreds of orders are placed on busy weekends, so customers are encouraged to call or book ahead to avoid waiting.

by Beth Parker

Jatujak
1466 Kingston Road, 416-698-1466
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jatujak.ca

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- Jatujak – 1466 Kingston Rd.
- LCBO – 1986 Queen St. E.
- Main St. Veterinary Clinic – 170 Main St.
- New Energy Muay Thai & Fitness – 1480 Kingston Rd.
- Tim Hortons – 1089 Kingston Rd.
- Touti Gelati – 1865 Queen St. E.

- Vape 29 – 2146A Queen St. E.
- Wood Firepit Tap – 2084 Queen St. E.

Changing Hands:

- Velotique – 1592 Queen St. E.

Thank you and best wishes:

- Beauty & the Beach Spa – 2279 Queen St. E.
- Curvaceous Consignments – 2186 Queen St. E.
- Panda Bay Café – 1085 Kingston Rd.
- Regal Hardware Ltd. – 800 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. We will add you to the list in our next *BeachesLife* magazine. Contact us at: info@beachesliving.ca or 416-690-4269.



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