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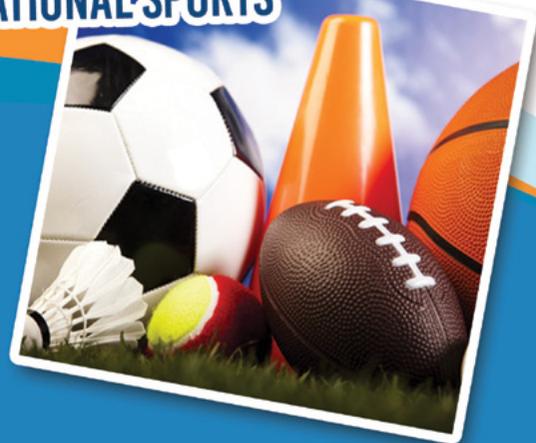
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Beaches|life magazine is the sister publication of **Beaches Living Guide** (established 2004). Beaches|life magazine, with a circulation of 20,000, is delivered six times a year, free of charge, to the majority of households and businesses in the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



Your comments and suggestions are welcome.

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Young Beacher Fast Track to Rio 2016 Olympics

by Beth Parker

The 2016 Olympic Games in Rio de Janeiro is sizzling and the countdown to the opening has begun. There is just one more reason to cheer for our Canadian Olympic Team – a young swimmer from Kew Beach, a student of Monarch Park Collegiate, Penny Oleksiak who is going to Rio this summer. As the youngest Canadian Olympian, at age fifteen, Penny will compete with the world's best in six swimming events at the Summer Games!

Participating in the Olympics marks the first “senior” event for the young swimmer, who took the world by storm last year with 6 World Junior medals from the FINA World Junior Swimming Championships in Singapore. Her ranking makes her a serious contender for a medal in Rio.

“She hit her stride a little early,” laughs her mom, Alison, who also is a swimmer. “She was planning to compete in the Tokyo Olympics (when she'd be 19), but now she'll do Rio first. Then she'll finish high school and train for 2020.”

Penny only started learning to swim at the age of 10

and got serious about the sport at 12. She then started to practice and train at Toronto Swimming Club. The Oleksiak family is no stranger to the life of an athlete. Jamie Oleksiak, Penny's older brother is an NHL hockey player with the Dallas Stars, her mother a swimmer and her father a basketball player. Penny's sister Hayley, a graduate of Malvern Collegiate, now studies at Northwestern University and recently rowed in the 2016 NCAA Championships.

Penny attended Kew Beach Public School and Glen Ames Senior Public School. This year at Monarch Park, she had to figure out how to accommodate her travel schedule along with fitting in six hours of daily training and going to school. She did the fall semester in class, but for the spring semester she combined online learning with classes when she was back in Toronto. School work sometimes seems easy, as Penny said, but other times after a long hard day of training, she just doesn't feel like sitting down to complete her homework – she would let it slide, only in rare occasions.

...continues on page 6



Photo: Scott Grant

Qualifying for the Olympics itself is a feat. Swimmers must finish in the top two in each race, plus receive an “A” standard from FINA (the international governing body of swimming). Penny, a sprinter, did very well, beating a previously held Canadian record and finishing with a ranking of 6 in the world.

For the month of June Penny will be in Rome and Barcelona for training and competitions. This will be her first trip to Europe ever!

This summer her family will be in Rio to cheer her on, thanks to her brother, NHL player Jamie, who is flying their mother, father, sister and himself so they can be there when she competes.

All Beachers will be cheering her on with her family when she competes, starting with qualifying rounds on August 6 to hopefully finals, ending on August 14.

Interestingly, the youngest male on Canada’s 2016 Olympic team is also from the Beaches. Eighteen-year-old Javier Acevedo, from Neil McNeil High School, who qualified for the men’s swim team. Both swimmers know each other after competing at the World Juniors.

continued from page 5...

“We’ve learned from having two other athletes in the family,” explains Alison, Penny’s mom, “the importance of balancing life as a competitive athlete with being a regular teenager. Sometimes this means coming back early from training to go to the prom, or taking time to hang out with her friends, have a sleepover.” For example, Penny enjoyed Raptor’s Games. And just like most teenagers, she usually goes for simple fast foods such as Ali Baba, Subway and Tim Hortons.

Always interested in a wide-range of sports and physical activities from skating to ballet, T-ball, volleyball and gymnastics, it was only a year and a half ago that Penny decided to focus on swimming. The two activities she continues to enjoy in addition to swimming are volleyball and cross country.

For competitive swimmers to be on top of their game, it’s essential to train both inside and outside of the pool. Her training combines both, time in the pool as well as land training to build muscles, endurance, balance, etc. When in Toronto, she swims at pools either at the University of Toronto or Toronto Pan Am Sports Complex in Scarborough. Personal Fitness is done at her school and cross-fit facility on the Danforth.



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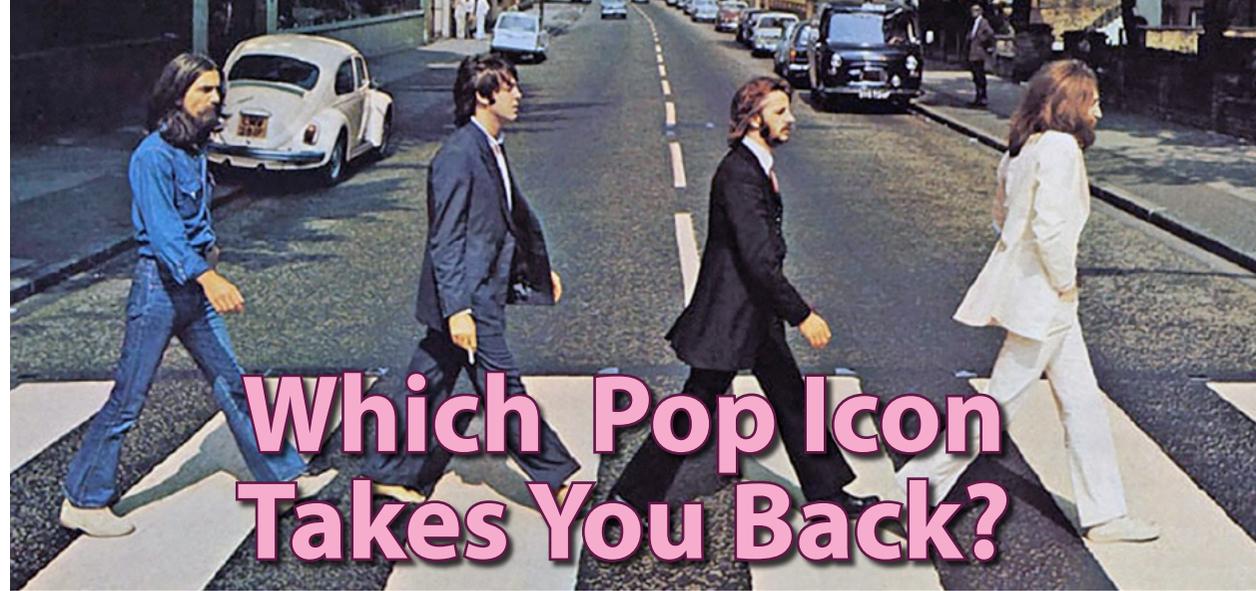


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Which Pop Icon Takes You Back?

You're on a road trip, at the beach, eating at a patio or attending a summer wedding. Suddenly a song is played that makes you stop what you're doing. It's a song that "takes you back", as you explain later when you're talking with a friend. It's by an artist that reminds you of the summer of 1962, or 1981, or maybe 2005. And when you hear it, it's just like you were transported back to the decade, once more.

For one of my friends, it's Juice Newton's *Just Call Me Angel of the Morning* from 1981, he says. "I hear that song and I'm back at the gas station where I used to pump gas when I was in college. He even thinks he can smell the gasoline again! Ask someone who grew up during the 1940s, and they are likely to answer, "Glenn Miller's *String of Pearls*, hey, did we ever love to dance to his music!" Others have said, Beyoncé's *Crazy in Love*, or Cher's, *If I Could Turn Back Time* or Elton John's *Crocodile Rock*.

Chubby Checker, The Who, Michael Jackson, Lady Gaga, P!nk – these are all music pop icons. They are defined in the dictionary as a musician celebrity whose exposure in pop culture constitutes a defining characteristic of a given society or era. If you want to put on a party with a 1950s theme, for example, a favourite pop icon and song is, *Mack the Knife* by Bobby Darin. But if you want a 1970s disco event, think Donna Summers', or Gloria Gaynor's *I Will Survive*.

So what are your favourite pop icons? Whose music, or specific song, brings back great summer memories? What was playing at the resort you used to visit, or on your friends iPod while you were sitting on the dock?

Here are some pop icons from the past six decades that most people from various generations can relate to. Add your own, make a playlist and bring back those great memories.

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- 1960s:** The Beatles, Elvis Presley, The Rolling Stones
- 1970s:** ABBA, The Jackson Five, David Bowie
- 1980s:** Michael Jackson, Prince, Madonna
- 1990s:** Jewel, Garth Brooks, The Spice Girls
- 2000s:** Lady Gaga, Britney Spears, Nsync
- 2010s:** P!nk, Katy Perry, Pharrel Williams – *Happy*.
- Today:** Justin Bieber, Beyoncé, Bruno Mars, Rihanna



Easy to grow your own veggies

A healthy choice from your garden to your table

There is nothing to compare to veggies, raw or cooked on your plate that were picked from your own backyard or balcony. They are tasty, as healthy as can be, and not to forget the money you saved from buying organics.

Top picks to set you off to enjoy your own home grown veggies:

The picks are almost fool-proof and can be planted anytime throughout the season. Almost all vegetables need lots of sun, but some will work well in less sunny locations.

Start with some fast growing veggies. It's much more rewarding when you can see some progress right away. Also, some of the best vegetables are the ones that are easiest to grow.

Kale: This is very easy to grow and there are varieties that are green as well as rainbow colours.

Radishes: These seeds are perfect for kids because they aren't so small. Plant in separate holes in the ground and they'll probably germinate within 5 days. If they grow too close together, thin them out before they get too big.

Carrots: Look for "short rooted" varieties that can be grown in planters.

Leaf Lettuce: Very easy to grow and it will be ready within 4-6 weeks. During hot summer months, make sure it's in an area with some shade. As you pick it, remember to plant more seeds.

Beans: A favourite and available in many varieties. Grow from seeds and they will sprout within a week! Runner beans do need support. With light bamboo sticks you can build a "bean tee-pee". Pole beans grow quickly and on such a sturdy vine (they were the beans that inspired the story of Jack and the Beanstalk).

Onions: Buy them as onion sets (not seeds) as they are much easier to plant and grow.

Herbs: endless choices, but the most beloved and easy to grow are:

1. Parsley, coriander and chives don't mind cooler evenings or some dampness.
2. Basil needs well drained soil and a sunny location. Pinch off the leaves as you use them, this also keeps the plant healthy and growing. Varieties include; sweet basil (most common), purple and lemon basil.
3. Dill and mint are used in many recipes, as well as drinks. They are best grown in containers because they spread rapidly.

Now, enjoy the summer growing season from the garden to your table.



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Fashion's Five & Five Trends for Men & Women

Summer fashion 2016 is all about comfort with flare and personality. The fabrics, even the denim, are soft and flowing (but not sloppy).

Instead of changing your entire wardrobe, pick a few of the top trends for your daily look. Choose what suits you best and don't forget this season's great pops of colour!

- Lemon yellow
- Bright blue
- Coral or the new hot pink called Honeysuckle

5 Trends for Women to Be In Style Floral Summer Dresses

The floral dress (cotton, linen and blends) comes in a variety of patterns and styles. Sleeveless or cap sleeves with a light jacket is great for the office and patio.



Oversized White Shirt

Tailored or bohemian, wear over cropped pants for an updated Audrey Hepburn look, especially when you add your favourite necklace. Use as a swimsuit cover-up, and informal jacket over a tank top, or add a belt to dress it up.

Large Bright Totes or Half-Moon Bags

Totes are everywhere. The crescent or half moon shoulder bag's distinguishable shape not only makes it look cool, but is the definition of a statement accessory... and hot colours are a must!



1970s Bohemian Inspired

Pick a loose-fitting top, gathered at the neck and the sleeves, often in white or cream with lace or embroidery details, a perfect combination with a classic denim skirt or shorts.

Maxi Skirt or Dress

Suitable for all ages, these long dresses are actually cool to wear. A variety of prints and geometric designs, these are perfect for the hottest days with a sun hat and espadrille sandals.

5 Trends for Men to Be In Style

Coloured Pants

It's not just for the golfers. Wear shorts and chinos in colours like coral, pink, blue, light green even red with a slim silhouette jacket.

Men's Footwear

It keeps giving us more and more varieties such as slip-on sneakers and rope-soled espadrilles. Choose a pair in classic plain colours, beige, navy, white, or black as well as great patterns.

Sunglasses

Round sunglasses are back with coloured frames for a fun and flattering summer look.

Backpacks are Back

For work, not hiking, they come in finer fabrics like suede, and are available from top designers.

Lots of Green

Layering your pants, t-shirts and jackets, in different shades of green, is okay to wear all at once.

Summer Steps for Healthy Living

Simple Steps to Improve Your Health while Enjoying Summer Living

Even adults have a “school’s out” attitude during the summer. The days are warmer and longer, everything seems a bit lazier, and less chaotic. Even taking deep breathes of air feels so much more refreshing! This is a great time to adopt some summer habits for improving your health.

Health experts across various fields such as diet, fitness, stress, vision, skin, recently were asked: what’s one simple change you can make this season to boost your personal health? Here are the answers:

1. Berry up Your Diet

It’s the perfect time of year to make sure you add a cup of mixed fresh berries to your diet every day if you can. You have a choice of blackberries, blueberries, or strawberries, all rich in fibre as well as antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses.

2. Get Outdoor Exercise

Rather than stay inside at a gym, pick an outdoor activity to do at least 5 times a week (every day if you can). It could be as simple as a walk, or perhaps cycling, playing tag or badminton with your kids, swimming, playing tennis or volleyball.

3. Drink More Water

Water is a superfluid. It makes up more than half of our bodies. It fuels our muscles so we get less tired and helps us stay focused and refreshed. Add slices of lemon or cucumber if you want a bit of flavour. And remember, on a hot day, a cold water-based drink is much better for keeping you cool and hydrated than alcohol.



4. Garden to Reduce Stress

Just putting your hands in soil is grounding. The act of planting and caring for a garden actually has been shown to reduce stress (Psychology Today). Whether it’s a small plot at the back of your yard, or flower boxes on a balcony or window ledge, take time with your plants every day.

5. Adopt a Floss-Daily Habit

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Pick this as your new habit to adopt this summer: floss every single day. Do it at the beach (in privacy), while lounging on your patio, or when watching television – and the task will seem easy.

6. Be Kind to Your Eyes and Your Skin

Wear sunglasses that block out at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts and wrinkles around the eyes. Protect your eyes with special eyewear when doing tasks such as mowing the lawn. Like you protect your kids, apply a broad spectrum sunscreen and be stylish—wear a hat to keep those UV rays at bay.

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"Put a Peach on the Barbie" Grilling Fruit

While most of us associate the grill with meat, fish and veggies, grilling fruit has been very popular in the Caribbean and Central and South American countries. But the heat of the grill caramelizes the sugars in fruit, making it especially tasty. Have the base of the sundae and the toppings ready – there's nothing better than hot grilled fruit topped with one of these summer favourites. Add a sprig of mint and you've got a gourmet dish!

Tips for Grilling Fruit

Before you start:

- For best results let fruits soak in lemon water for 20 to 30 minutes. If you need to, add ice to keep the water cold
- Make sure the grill is cleaned and oiled (you don't want your dessert tasting like a hamburger!)
- The grill needs to be good and hot (350-400 Fahrenheit) so the cooking is quick.
- Have your toppings ready so you can add it to the hot fruit right away.

You can also pre-soak your fruit in a mixture of rum, brown sugar, butter, lemon juice and cinnamon. Watch for flare-ups, once the alcohol burns, so stand back. Let them grill until the alcohol is burned off and the surface is brown and shiny.

Fruits to Grill

- Slices of pineapple, apple, peaches, nectarines, mangos, pears, plums
- Fresh figs, strawberries (skewered)
- Bananas sliced vertically
- Cantaloupe and Honey Dew melons

Note: any of the above can also be prepared as a fruit kebab on a skewer

Base for a "Grilled Fruit Sundae"

- Whipped cream
- Greek yogurt
- Frozen yogurt
- Ice Cream
- Lemon Gelato
- Dollop of mascarpone cheese



Foodtalk

Cooking time:

We're talking a few minutes here. Don't leave the grill! Soft fruit cooks in 2-3 minutes, harder fruit perhaps 4-5 minutes.

Toppings

- Fresh smaller fruit like berries and cherries
- Caramelized nuts
- Coconut
- Chocolate and marshmallow sauce
- Favourite liqueurs
- "Chunks" of pound cake or angel food cake
- M&Ms or other colourful candies (for the kids and the kids at heart)

Remember, the whole idea of a BBQ is to keep things simple. Grilled desserts are quick and easy so no one needs to wait. It also works best if you can grill and serve and then let everyone put together their own favourite combination.



Patio Talk & Win

enjoy the patios on the beach contest is back...

What is true to Canadian Summers?

It is all about patios – being outdoors and enjoying a BBQ or a drink! It's relaxing, sociable and fun. It can be at one of the many local restaurant patios, which is a great way to explore your neighbourhood, sample some local fare and people-watch.



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Torontonians take to the outdoors come June and July to enjoy the longest, sunniest days of the year. To make the most of these long days and evenings, there are endless outdoor events, concerts and celebrations to choose from. Get out, experience and enjoy the rich city we live in. Here are some things you could do:

Celebrations & Culture:

PRIDE Toronto Festival & Parade – June 24-July 3
10 days of pride celebrations including a street festival and the parade on July 3. pridetoronto.com

Canada Day Celebrations & Fireworks – July 1
Celebrate Canada's 149th birthday with live music, dance performances and family activities throughout the city. Fireworks at Ashbridges Bay. toronto.ca

Scotiabank Caribbean Carnival – July 5-August 1
The largest Caribbean cultural festival of its kind in North America. torontocaribbeancarnival.com

Festivals:

Yonge-Dundas Square – Summer Long
Free concerts, films, events and Wi-Fi every weekend through out the summer months. ydsquare.ca

Luminato Festival – June 10-26
Theatres, parks and public spaces create a home for artists to play, share and create at the Hearn Generating Station. luminatorfestival.com

TD Toronto Jazz Festival – June 24-July 3
Over 40 locations, the festival features the world's greatest jazz musicians from the most intimate of venues to large concert halls. torontojazz.com

Redpath Waterfront Festival – Toronto July 1-3
Two kilometres along the Toronto waterfront, enjoy music, buskers, the Royal Navy, artisan market, food and the tall ships! tewaterfrontfest.com

22 **Beaches | life** Summer — June/July 2016

Food & Drink:

Toronto's Festival of Beer – July 22-24
Celebrating Canada's rich brewing history with over 120 brands around the world and many Ontario craft brewers at Exhibition Place. beerfestival.ca

Taste of Toronto – June 23-26
Fort York is transformed into a wonderland of food, drink and entertainment with over 70 producers of the finest food, beverages and premium brands providing a bountiful food market. tasteoftoronto.com

Music:

Digital Dreams Festival – July 2-3
Today's top digital musicians set against the backdrop of Toronto's skyline. digitaldreamsfestival.ca

Beaches International Jazz Festival – July 2-24
This celebration of music features a dynamic musical roster, multiple stages plus enticing gourmet food trucks all in Woodbine Park. beachesjazz.com

Sports:

Honda Indy Toronto – July 15-17
Among the most respected motorsports events in North America with the fastest racing series, celebrity athletes and live entertainment. hondaindytoronto.com

Toronto Blue Jays – Summer Long
Enjoy the excitement at Rogers Centre and cheer for the reigning A.L. East Champs! torontobluejays.com

Toronto FC – Summer Long
Toronto's professional Major League Soccer club at the newly expanded BMO Field. torontofc.ca



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The results are natural and flawless. Initially, the brows appear darker, but fade significantly over a two week period. It is absolutely crucial to have a touch up done, as it is very difficult to predict how well the skin will retain the pigment.

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Apps for Smart Travellers

Remember a time when the maps and pamphlets you were using to plan a trip covered the dining room table? Not any more. Whether you're hitting the road or taking to the skies, there are countless digital companions to plan your itinerary, line up your tickets and connections and make sure you've got a record of everything you want to do – and need – while you're traveling.

There are two types of travel apps: ones that help you plan, and others that actually do the booking by finding the best price and availability.

Planning Apps:

Triplt offers a way to combine in one simple view all of your travel confirmations, itineraries, tickets, hotel bookings, rental car reservations, and the rest. It doesn't make recommendations or advice on pricing, but the main dashboard becomes a central hub for all of your travel needs – no more fishing for a confirmation email to get your reservation number, or wondering what flight number you're on.

TouristEye helps you build a wish list of destinations where you'd like to travel and experiences you want to have. It's your "blue sky" list for your next and all future trips. You can use it to build your bucket-list, and for a specific trip, share that list with friends or family. The collaboration aspect of TouristEye makes a favourite of families or friends doing a "road trip" together because they can then add their own comments and advice.

TripAdvisor also helps you plan your trip from the beginning, and is probably the web's largest repository of hotel and destination reviews, ratings, photos, and other information. TripAdvisor is very good for checking out various amenities at a hotel or resort, and its reviews let you see any good, or bad experiences from others who stayed there. Use its search option to type the question "I'd like to go to X place, I wonder what I should do while I'm there."

Booking Apps:

Many booking apps are all linked directly with the company providing the app, e.g. Expedia, ClearTrip, etc. Skyscanner does everything you need for finding the best deals from airlines, especially if you are on a budget.

Skyscanner is a clean-looking solution that does everything you'd ever need it to, aggregating fares from airlines and the big travel sites to bag you the best deal.

Fun, Specialized Travel Apps:

GasBuddy for road trips, tells you how much different service stations are charging for fuel.

Maps.Me saves you data by keeping maps offline, and also has more accurate maps than Google Maps.

FlightTrack follows the paths of thousands of international flights on maps, with detailed information on departure gates, delays and cancellations.

Pack Point, Packing List or **Packing Pro** for all your packing needs and hints.

SitOrSquat is a database of thousands of restrooms all over the world.

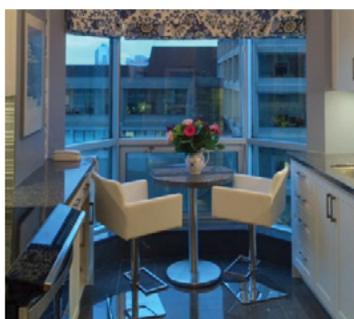
Ghost Radar claims to detect the paranormal activity in your surroundings by using a variety of your phone's sensors! (seriously?)



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A Happy and Safe Summer for our Four-Legged Companions



Our pets, cats and dogs in particular, love summer as much as we do. When the warm weather hits, you can practically see the smiles on their faces as they stretch out in a warm patch of sun or roll in the fresh grass.

However, like humans, it is possible to get too much sun, or not enough hydration. Keep your furry friends happy and safe by following a few tips:

- **Keep them hydrated:** Especially in the summer if your pet loves to run and play outside, give them lots of breaks in the shade and water. If they are left outside for any length of time, ensure they have access to shelter and water. Signs of dehydration include dry gums, loss of skin elasticity, excessive drooling. If you see these symptoms, contact your vet right away.
- **Apply sunscreen:** short-haired, light-skinned dogs and cats can get sunburn and even cancer. Sunscreen should be fragrance free, non-staining, and contain UVA and UVB barriers similar to sunscreens made for humans. There are sunscreens made specifically for pets.
- **Be cautious where you walk:** avoid hot pavement that can damage the pads of your pet's feet. As well, some lawns or patches of grass may be sprayed with fertilizers and pesticides. Find a pet-friendly spot if you can.
- **Keep them cool:** on extra hot days, keep your pets indoors during the middle part of the day, 1-4 PM. Many dogs love to go for a swim or you can spray them with water. To keep your cats cool, lay a cool damp towel on them.

- **Never, ever leave animals in a car:** even with the windows partly down, even if you are planning to only be away for a few minutes.

Dog-sicles for a Summer Treat

For a special summer treat, certain to cool down a "hot" dog on a summer day, try this recipe:

Ingredients:

- 1 cup peanut butter, unsalted and unsweetened
- Half a ripe banana, mashed
- Water as needed

Method:

- In a small mixing bowl, combine all ingredients
- Shape into balls, or fill in an ice cube tray and freeze
- Serve whenever you want to treat (and cool down) your dog – they'll love you for it!



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Winner from Spring contest:



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Example is based on:
• Name of Fund: Managed Payout Sol - Enhanced Plus
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• Number of Units: 15639.17
• Monthly Distribution/Unit: \$00375

* May be adjusted depending on future market conditions.
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Simple Tips to Make the Most of Your Travel

Like many people, you are probably planning to travel somewhere this summer either within Canada, to the US, or abroad. No matter where you go, there are some preparation tips that can turn a good travel experience into a great one.

Travel is a process – before and after your trip

Your trip starts from the day you begin making plans. When researching the area's food, culture and interesting places to visit and things to do, it's surprising how much we learn about the places we are visiting. Some take a little extra effort to learn a few words in the native language, this will make your vacation much more interesting and enjoyable.

Save your numbers and documents somewhere safe

Make sure you've got an extra copy of all your documents safely stored at home where someone can send them to you if needed. Another set or two with you (stored separately) won't have you scrambling if you've suddenly misplaced a credit card or passport.

Bring a spare credit card from a different account, just in case. Make sure you let your credit card company know ahead of time that you'll be traveling and your destinations.

Protect your health

Travel insurance is a must. Bring your medications, don't depend on a local pharmacy to carry them. Over the counter remedies are good to bring along, such as: headache tablets, Imodium, Gravol, Polysporin, back pain medicine, temporary tooth pain cream.

Your shoes are your best buddies

You will walk a lot more on vacation, even if it is just around the airport! Make sure you've got a good pair of walking shoes or sandals, and test them ahead of time. Shoes are bulky but it's always worthwhile having a second pair.



Prepare your pack that fits the size and weight

In the week leading up to your trip, toss everything you're taking for the trip to see if you have just the right amount of gears. Just remember, that an ounce could weigh like pounds or even tons when you are carrying it for a long time. "Just in case" is not practical.

Make a "To-Do..." List

Make your own short list of what you really want to do, and see, on your vacation. The items may be quite simple, but as long as they are important to you, you'll come home feeling great about what you were able to accomplish.

Don't over plan, leave some room for surprises

Many of the best travel experiences happen outside of a plan or guidebook. Be open to something new and different around you. Interact with the locals and other like-minded travellers. Spend some time doing nothing but walking around, and people watching from a sidewalk café.

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Centric Health: One of Ontario's Two Public Private Hospitals

Most people drive by Centric Health Surgical every day and don't even realize that it's anything other than a commercial office building. Centric is actually a surgical hospital, one of the only two public private hospitals in the province of Ontario (the other being the Shouldice Hospital for hernia care in Thornhill). It is licensed by the Ministry of Health, and fully accredited facility by the Canadian Association for Accreditation of Ambulatory Surgical Facilities (CAAASF). And it's also been there for over 50 years!

"The facility was revolutionary at the time," says Sara Mooney, Operations Manager at Centric. She explains how in the 1960s, a group of surgeons from Toronto East General Hospital built it to accommodate offices and an operating room for procedures that weren't covered by OHIP. Although the business was purchased by Centric in 2004, the idea is still the same today. If a patient wants a surgery or procedure not covered by OHIP, or doesn't want the wait time or an alternative to regular hospital care, they can contact Centric and pay directly.

"We're a smaller facility that takes a lot of care, and are very focused on our patients," says Sara. "With just 20 patients coming through each day, there's a greater ratio of staff per patient."

Because Centric deals only with electric surgeries and procedures, no one there is "sick". Everyone has made a choice to be there and the staff is prepared for each case. This makes it a very different place than a hospital.

Karen McClenaghan is the facility's patient care coordinator (as well as a Beaches resident). She

says that patients talk about the warm and friendly environment, and the care and attention they get when they are here. They feel like they've been treated like family.

Centric offers a range of surgical, non-surgical, and other procedures utilizing the latest techniques and the best equipment available. Private patient services fall into one of four areas: weight loss procedures not covered under OHIP, ENT sinus procedures, plastic and cosmetic surgery, and foot procedures. They also do fertility treatments.

All OHIP procedures are referred through your own doctor, but the private procedures are available for anyone. In certain instances, an employee's company will cover a procedure in order to avoid a long wait time. Sara says it's a good idea to check your benefits package.

The 25 surgeons come from all the various hospitals in the city, e.g. Mount Sinai, Scarborough General, Humber Group, etc. Most have specific days assigned at their "home" hospital but are glad to spend an additional day or two at Centric.

In 2014, the facility underwent a complete renovation. Today there are 3 state-of-the-art operating rooms, 2 procedure rooms, 6 recovery chairs and of course several in-patient beds. Located at the corner of Don Mills and Eglinton on a commercial site, there's lots of parking and easy access by car or public transit.

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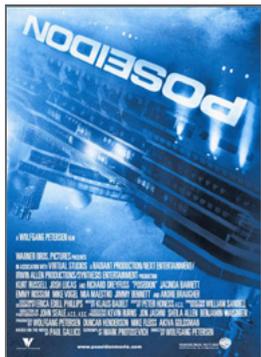
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All Aboard! – Movies on the High Seas



With the summer weather now upon us, we daydream about spending a lazy day sailing or cruising on the water. Here are ten films that take you onto decks of many ships from many eras. Of course, if it's a movie about a ship, there is always a chance that it won't end up right-side-up. Better wear your life jackets.



Mutiny on the Bounty (1935) Dir. Frank Lloyd; Clark Gable, David Niven, James Cagney

Master & Commander: The Far Side of the World (2003) Dir. Peter Weir; Russell Crowe, Paul Bettany, Billy Boyd

The African Queen (1951) Dir. John Huston; Humphrey Bogart, Katharine Hepburn, Robert Morley

Poseidon (2006) Dir. Wolfgang Petersen; Richard Dreyfuss, Kurt Russell, Emmy Rossum

A Night to Remember (1958) Dir. Roy Ward Baker; Kenneth More, Ronald Allen, Robert Ayres

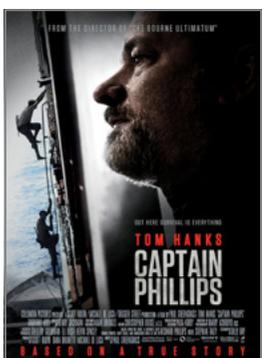
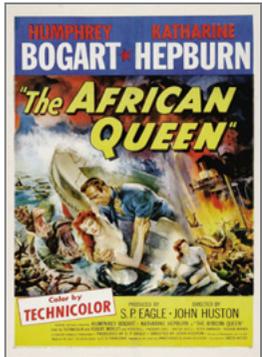
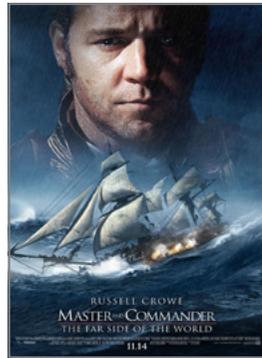
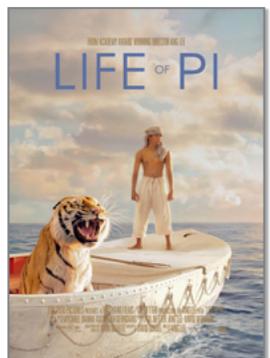
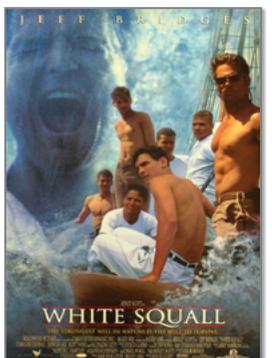
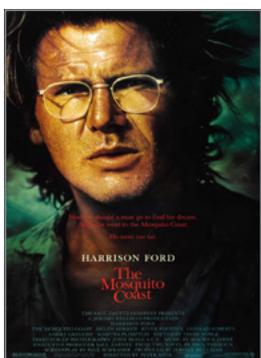
Pirate Radio (2009) Dir. Richard Curtis; Philip Seymour Hoffman, Bill Nighy, Nick Frost

The Mosquito Coast (1986) Dir. Peter Weir; Harrison Ford, Helen Mirren, River Phoenix

Life of Pi (2012) Dir. Ang Lee; Suraj Sharma, Irrfan Khan, Adil Hussain

White Squall (1996) Dir. Ridley Scott; Jeff Bridges, Caroline Goodall, John Savage

Captain Phillips (2013) Dir. Paul Greengrass; Tom Hanks, Barkhad Abdi, Barkhad Abdirahman



Keeping A Good Roof Overhead

(from left) Office assistant Marissa, right-hand man and vice president Steven, Tim and wife Carole

Beaches resident is a long-time roofing specialist

Toronto's extreme weather – some of the hottest summers and the coldest winters on record – play havoc with the roofs on our houses and buildings. But with the right materials, workmanship and installation, a good roof should last 25 years. What makes the difference? According to Tim Mulroy, President of Toronto Roofing Industries (TRI), it's all about choosing wisely.

"I'm most proud of the fact that we always stand behind our work," says Tim. "This means that when we see a customer after a job is complete, I don't have to duck around a corner!"

Born in Newcastle in Northern England, Tim has lived in the Beaches 25 years with his wife Carole, office manager for the company. The business was set up in 2004; but Tim has been in the industry all his adult life. While studying in Montreal, Tim was aiming to enroll in architecture at McGill University. A motorcycle accident forced him to leave school and return to Ontario for rehab. Tim got into the business after taking on some work in roofing. He stayed in the industry and today is proud of the reputation he's built in an industry where consumers need a responsible choice. TRI recently moved to a new facility on Cherry Street, where they are enjoying their new neighbours in The Port Lands.

TRI does roofs of all sizes (flat and shingle, cedar,

slate, copper, custom metal) for homeowners and commercial properties. Services also include roof repairs, siding, eaves troughs, masonry and skylights. Eaves troughs are installed on site. The pre-painted aluminum is made into seamless troughs, and then properly sloped for proper draining. With today's concerns about mosquitoes, drainage is so important. Tim also reminds homeowners about the mandatory disconnecting of downspouts, which they also do.

Another service area is skylights. TRI are certified installers with major brands, such as Velux. Tim notes that skylights have become very sophisticated these days, with systems that automatically detect rainfall and close on their own!

The company has about 30 regular workers when busy, and many have been with the company since the beginning, "They're just awesome guys", says Tim. Although the work tends to be seasonal, the office is always open. The company is the only one in Toronto that is a factory-certified GAF Master Elite™ roofing contractor. This means that a roof is covered by a manufacturer's guarantee for 25 years, and the company is fully licensed, adequately insured, with professionally trained staff.

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