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SWEET CANADIAN BUTTER TARTS

BEACHES KIDS SHINE IN CALIFORNIA
FEATURES

9 THE STORY OF OUR BELOVED FLAG
10 SUMMER GARDEN PARTY & BACKYARD BBQ
16 PATIO TALK & WIN CONTEST
19 CANADA QUIZ
23 TELL IT, WAVE IT, MAP IT!
27 DAY TRIPIN’ OUTSIDE THE GTA
28 GOOD THINGS GROW-OH-OH IN ONTARIO AND LOCAL FARMERS’ MARKETS

in every issue

13 Food talk THE ULTIMATE CANADIAN TREAT – BUTTER TARTS!
14 Health talk TIPS FOR HEALTHY HAIR & NAILS
20 Movie Pic CELEBRATING BIRTHDAYS AT THE MOVIES
24 my tech MONEY SAVING APPS
25 my Secret Beaches Spot

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Beaches | life Summer – June/July 2017
Students at Glen Ames Public School in the Beaches recently won second place in the product category for Innovation Solution at the Legoland North American Open Competition in California, competing against 80 teams from around the world. The team of grade 7 and 8 students designed, built and programmed a robot using LEGO MINDSTORMS that automatically feeds the right proportion of food to pets.

Lego Mindstorms are kits that contain software and hardware to create customizable, programmable robots. They include an intelligent brick computer that controls the system, a set of modular sensors and motors, and Lego parts to create the mechanical systems.

The students, who call themselves the ‘Pawsitive Proportionists’, are part of the First Lego League, an international competition for elementary and middle school students organization that encourages young people to research and then find a solution to a real-world problem. The problem could be something such as food safety, recycling, energy, etc. The 2017 theme was “Pet Allies” and specified that teams had to solve a problem in which humans and animals interact. After researching the issue, the students found out that obesity is the number one factor in pet longevity.

There were some tense moments at the final competition. The Petportion fully cooked weighed one point, the wheels literally fell off the Petportion after it was wheeled a couple of kilometres to the competition area. The Petportion crated weighed 80 teams from around the world. The team of grade 7 and 8 students designed, built and programmed a robot using LEGO MINDSTORMS that automatically feeds the right proportion of food to pets.

There were some tense moments at the final competition. The Petportion fully cooked weighed approximately 350 lbs and took about 10 staff at Legoland to assist. In the middle of the round, the team accidentally powered down the robot, and at one point, the wheels literally fell off the Petportion after it was wheeled a couple of kilometres to the competition area.

continue on page 6...
...continued from page 5

The robot’s name is “The Willow Wagon”, named after one of the coaches’ mini dachshund Willow. She has been the test subject for Petportion and loves the invention!

The best way to understand how it works is to see it as a kind of automatic dog feeder, but with a brain. Petportion weighs the pet and provides an accurate portion of food at feeding time. Petportion includes an infrared sensor that recognizes a beacon device on a dog’s collar to open a door that allows the pet in. This ingenious feature assures that other animals cannot get into the device to eat the food. The Petportion also has a LED light system that gives the owner feedback on whether the dog is underweight, overweight or the ideal weight.

The team placed second at qualifiers in December, and then second again in January at provincials. This made them a top 4 team in Canada, allowing them to continue to the FIRST LEGO League’s LEGOLAND North American Open.

The Glen Ames team was made up of 10 grade 7 and 8 students, three trainee students, and three teacher-coaches: Luke Martin, Olivia Terenzio and Barb Buckley. This team had many high school mentors including Terenzio from Martin’s 2011 team.

The team members put in well over 200 hours of work since September on this project, which includes 100 mathematical calculations that take place within this robot, four sensors, three motors and many variables. While working on the robot, the students learnt about programming and engineering strategies. Coaches were particularly impressed with students’ commitment to the project, “Their passion and desire to keep improving their robot and project are off the charts,” said Martin.

The competition, which took place in California May 19-21, included hosted teams from 80 countries, with more than 5,000 students taking part with the help of 1,000 mentors and 800 volunteers.

The Toronto Beach-area school is no stranger to success. Since the school first fielded a team in 2006, it has qualified for a remarkable seven provincial competitions. The May triumph, however, was the schools third international event, and first significant award.

“The whole school is so proud of this accomplishment,” said Principal Kristina Wessenger-Macdonald. “To represent the Beach community, the city of Toronto, and our country on the international stage is an enormous honour. And the opportunity to bring back knowledge and valuable experiences will benefit many other students.”
When Canada was created, with Confederation in 1867, we became the Dominion of Canada. The new country needed a flag, so the first flag used for Canada was the flag of the Governor General of Canada. This was the Union Flag (most know it as the Union Jack, the flag of Great Britain), but it had a shield in the centre, which bore the arms of each of the provinces, surrounded by a maple leaf wreath.

The Canadian Red Ensign
The next flag used widely across Canada was the Canadian Red Ensign, popularly adopted in 1870. This flag was red with the Union Jack in the upper left hand corner and the Canadian composite shield – later the coat of arms of Canada – in the centre. Interestingly, the Canadian Red Ensign was never officially adopted by Parliament. Although it was the flag most often flown, the original Union Jack with the shield in the centre was still technically our official flag.

By this time, the maple leaf had also become a popular symbol of Canada. It had been declared as an emblem of Canada. It also was in the song that Alexander Muir wrote for Confederation titled, The Maple Leaf Forever.

The maple leaf, however, would not become part of our flag for another 90 years!

Canada’s Own Flag
There were a couple of early attempts to get us our own flag. Prime Minister William Lyon Mackenzie King tried twice, but without success. Finally in 1964, Prime Minister Lester B. Pearson called for the creation of a new Canadian flag. It was such a hot topic that it culminated in the Great Flag Debate that same year. The main issue was whether or not to include the Union Flag in the new Canadian flag. Eventually, the committee in charge of the task asked for design ideas from the public. Thousands of submissions were received and just over 2,000 of them contained a maple leaf!

The winning flag was selected for these reasons:
- clarity & striking design made it easily recognizable
- used Canada’s official national colours
- the maple leaf had already become a popular emblem of Canadian national identity.

Those who lived through the “flag debate” remember some of the choices. At one point, we all thought that our new flag would have blue on each side, not red!

On October 29, 1964, the winning design was proposed, based on a suggestion by Dr. George Stanley, Dean of Arts at the Royal Military College in Kingston. The design was red and white, with three maple leaves.

The debate continued for two more months, Parliament voted to accept the maple leaf design with 163 votes for and 78 votes against. The official flag was hoisted for the first time on February 15, 1965.

Two years later, Canada celebrated its 100th anniversary and used the occasion to promote the new flag.
Summer entertaining is literally a breeze. Everyone loves a laid-back, casual gathering, when the long, warm evenings stretch out over hours. Keep everything simple and easy, with just a few touches to honour the summer season.

Here are some easy tips for the perfect garden party or BBQ evening:

**THE MENU**

**Appetizer:** Pick an assortment of salty chips and definitely fresh veggies with Tzatziki dip.

**Main:** Pick something easy such as grilled chicken or sausage on a bun, hamburgers (veggie or meat), steamed mussels with French bread, or a big plate of assorted sandwiches.

**Keep condiments easy:** ketchup, mustard, dill pickles, olives and BBQ sauce.

**Add 1-2 salads:** a tossed, Greek or Caesar salad, and something with vegetables such as a pasta salad or bean salad.

**Dessert:** Fresh fruit kebabs, or ice cream bars for everyone!

**Beverage:** always include a non-alcoholic choice, pink lemonade is a favourite. White wine and soda for spritzers, sangria in a glass jug and assorted artisan beer.

**DECORATE**

**The surroundings:** Lighten up the party with paper lanterns, clear sparkly lights and votive candles inside mason jars. Fun garden accessories like several pink flamingos or garden gnomes are always a hit! Group your potted plants around the party area. Tie bright ribbons around the pots.

**Make the table look special:** Use fresh flowers and nature-inspired touches, like oversized leaves or mini pots of herbs. Cover the table with a tablecloth or pretty piece of colourful fabric, add large napkins and paper plates if you need them.

**THE ENVIRONMENT**

**Rain plans:** Clarify in your invitation "Rain or shine." Make sure you have room for everyone inside if rain is a possibility.

**Neighbours:** Always let your neighbours know ahead of time that you’re planning a party. Invite them if you feel they’d enjoy themselves.

**Mosquitoes:** Get rid of standing water because this is where mosquitoes breed. Plug in some fans and consider a few citronella candles. Put out a basket of bug wipes for guests if they want.

**NICE TO DO**

Put out a basket with 2-3 pashminas for guests to borrow in case the weather gets a bit cool. If you want add a couple of hats and a pair of sunglasses, sunscreen if your event is during the day.
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Food talk

The Turquoise Room Spa

The butter tart is quintessentially Canadian. For well over a hundred years, it has been associated with Canadian cooks. The earliest printed recipes go back to the 1900s, but we know that this traditional dessert was made much earlier by settlers, both English and French (in French it is known as tarte au sucre or treacle tart). Most food historians figure it is because the butter tart uses ingredients that the early colonies had on hand – butter, eggs, flour, sugar.

During the 1920 and 30s, butter tarts were all the rage to have with a cup of tea or served as a sweet treat at the end of lunch or dinner. Housewives compared recipes and kept “secret” the way they made their own version of the butter tart.

There are countless variations. The biggest debate is whether or not you like a tart that is runny or firm. Others debate whether or not you should add raisins. One chef says, “The butter tart has as many recipes as there are people who make them.” But whether it’s a filling made with maple syrup or corn syrup is very particular to the [baker]. Some swear by lard pastry, others by butter. But to call it a butter tart, you can’t change the shape or syrupy filling.”

DID YOU KNOW...

• For firmer tarts, add an extra egg, or use an extra large egg in the filling.
• Corn syrup can be replaced with maple syrup.
• Add pecans or walnuts to tarts, or raisins (pick one, not all three).
• You don’t have to add the vinegar (also debated) but it gives the tarts a fluffiness (and you don’t taste the vinegar).
• Many prefer “mini” tarts, a lovely addition to a plate of cookies.
• Ontario’s Best Butter tart Festival is Saturday, June 10 in Midland Ontario – buttertartfestival.ca

Butter Tarts
(serves about 12 tarts)

INGREDIENTS
Pastry
• 2¼ cups flour (pastry flour is best to use but all-purpose will do)
• 1 tbsp brown sugar
• ½ tsp salt
• ½ cup shortening (very cold and cut in cubes)
• ½ cup butter (very cold and cut in cubes)
• 6 tbsp ice water (approximately, enough to bring the dough together)

Filling
• ½ cup lightly packed brown sugar
• ½ cup corn syrup
• ¼ cup butter, melted
• 1 egg
• 1 tsp vanilla extract
• ½ tsp salt
• 1 tbsp of white vinegar

METHOD
• Cook 350º f. for 15 minutes

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* Offer valid June 1-30/2017

She'll have the #1 Tanner in the room...

INVENTORY

12 Beaches | life Summer – June/July 2017

Food talk

The Turquoise Room Spa

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* Offer valid June 1-30/2017

Draw Date: June 19, 2017 at 10am.

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Draw Date: June 19, 2017 at 10am.
Tips for Healthy Hair & Nails

There are so many products on the market that promote “shiny healthy hair” and “beautiful strong nails.” But one of the best ways to give your hair and nails a boost is from the inside out! It’s your overall health, what you eat and how you take care of yourself that has the biggest impact.

Feed Your Hair
Eating for healthy hair and nails has to do with biotin, also known as vitamin H (think of it as “h” for hair!). Biotin is one of the B complex vitamins that help the body convert food into energy. In fact, the word biotin comes from the ancient Greek word “biotos,” which means “life” or “sustenance.” B vitamins, and specifically biotin, help keep your skin, hair, eyes, liver, and nervous system healthy.

Why Biotin?
Biotin is water soluble, which means your body doesn’t build up reserves of biotin. You need to make sure you ingest small amounts of vitamin B7 almost daily to keep your body’s supply high enough. Most of us are able to do this as long as we have a healthy diet with protein, fruits, vegetables and whole grains. Although the research on the impact of biotin on hair and nail health is not conclusive, a healthy “biotin” diet is recommended as one step you can take to keep nails strong, and stimulate healthy hair growth.

Biotin-rich Foods include: egg yolks (not the whites), organ meats (liver, kidney), nut butters, nuts (almonds, peanuts, pecans, walnuts), soybeans and other legumes, whole grains/cereals, cauliflower, bananas, mushrooms and avocado.

Food-processing techniques like cooking can take away the good effects of biotin, so remember to choose raw or less-processed versions of these foods.

Ways to Promote Healthy Hair:
• Protect hair from UV rays in the summer by wearing a hat
• Use conditioner when swimming, especially in chlorinated pools
• Don’t over-wash or over shampoo. Let your natural oils keep your hair shiny.

Ways to Promote Nails:
• Wear gloves when gardening, or doing housework.
• Regularly clip nails to keep them strong and prevent splitting
• Rub cuticle oil into the cuticles at the end of each day before you put on hand cream.
BeachesLife is giving away Beaches-Living-$ to your choice of:

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- McDonald’s  @ Woodward
- Swiss Chalet  @ Glen Manor
- Sauvignon Vin Bistro

Canadian Summers are all about patios! It’s relaxing, sociable and fun. Share your favourite patios anywhere in the Beaches area for a chance to win.

beachesliving.ca/patios

### Summer Specials

**Monday** – $5.50 Bud and Bud Light Pints
**Tuesday** – $5.50 Canadian/Coors Light Pints
**Wednesday** – $5.50 Steamwhistle Pints
**Thursday** – $5.25 Tall Boys, $5.75 Frozen Margaritas and $4.00 Tequila shots
**Friday** – $6.50 3 Speed Pints, $5 Coronas and $5.75 Mojitos
**Saturday** – $5.50 Pale Rider Pints and Glass of Sangria
**Sunday** – $6.00 Canadian/Coors Light Pints, $5.00 Caesars and $16.00 Sangria Pitchers

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**$5.50 Canadian/Coors Light Pints**
**$5.50 Steamwhistle Pints**
**$5.25 Tall Boys. $5.75 Frozen Margaritas and $4.00 Tequila shots**
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CA I D A quiz

How Canadian are you?
Take the Canada quiz and find out if you are smarter than a 5th grader...

1. What is Canada’s motto?
   A - Mari Usque Ad Mare / From sea to sea
   B - Fortis et Liber / Strong and free
   C - Splendor Sine Occasu / Splendour without diminishment
   D - Quaerite Prime Regnum Dei / Seek ye first the Kingdom of God

2. The birth of the Dominion of Canada, also known as “Confederation,” occurred on which historic date?
   A - July 1, 1817
   B - January 1, 1867
   C - July 1, 1867
   D - January 1, 1868

3. “O Canada” was sung for over a century before becoming Canada’s national anthem. In which year was the song officially designated by Parliament as our national anthem?
   A - 1980
   B - 1958
   C - 1920
   D - Never declared our official anthem

4. When did the name Canada begin first appearing on maps?
   A - 1860s
   B - 1900s
   C - 1760s
   D - 1550s

5. What provinces were the first to join the Dominion?
   A - Ontario, Quebec and Nova Scotia
   B - Ontario, Nova Scotia, New Brunswick and Manitoba
   C - Ontario, Quebec, Nova Scotia and New Brunswick
   D - Ontario, Nova Scotia and Prince Edward Island

6. Who/how did Canada get its name?
   A - Jacques Cartier
   B - Samuel de Champlain
   C - A Norse word meaning “place to fish”
   D - Just made up

7. Which “Father of Confederation” was a key supporter of culture as heritage and the development of distinctly Canadian literature. He was assassinated in a supposed Irish nationalist plot.
   A - Thomas D’Arcy McGee
   B - Wilfrid Laurier
   C - John A. McDonald
   D - George Brown

8. What is Canada’s official animal?
   A - Polar Bear
   B - Beaver
   C - Reindeer
   D - Black squirrel

9. What was the name of Canada’s flag before the Maple Leaf? (see page 9)
   A - The Red Ensign
   B - The Fleur-de-lis
   C - The Blue Ensign
   D - Union Jack

10. Which of the following statements is most often associated with Canada’s Constitution?
    A - Peace, order and good government
    B - Life, liberty and the pursuit of happiness
    C - Liberty, equality, fraternity
    D - A mare usque ad mari (from sea to sea)


Beaches | life Summer – June/July 2017
With Canada’s 150th birthday in full swing, we thought, why not celebrate along with all of our readers with movies that either are all about birthdays or their plot is focussed around a birthday. This month, skip the popcorn, get yourself a nice big slice of cake, make a wish and enjoy some movies that celebrate birthdays.

**Cat on a Hot Tin Roof** (1958) Dir. Richard Brooks; Elizabeth Taylor, Paul Newman, Burl Ives

**Sleeping Beauty** (1959) Dir. Clyde Geronimi; Mary Costa, Bill Shirley, Eleanor Audley

**Logan’s Run** (1976) Dir. Michael Anderson; Michael York, Jenny Agutter, Richard Jordan

**Sixteen Candles** (1984) Dir. John Hughes; Molly Ringwald, Anthony Michael Hall, Justin Henry

**To Gillian on Her 37th Birthday** (1996) Dir. Michael Pressman; Peter Gallagher, Michelle Pfeiffer, Claire Danes

**Liar Liar** (1997) Dir. Tom Shadyac; Jim Carrey, Maura Tierney, Justin Cooper

**The Game** (1997) Dir. David Fincher; Michael Douglas, Deborah Kara Unger, Sean Penn

**Tell it, Wave it, Map it. Celebrate Canada’s 150th Together**

Everyone has a Canadian story to tell, what’s yours?

Beaches Living Guide Special Canada 150 edition portrayed a rich diversification of Canadian Culture. Share your family stories & photos at beachesliving.ca/MyCanadaStory

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beachesliving.ca/mapit

**Everyone has a Canadian story to tell, what’s yours?**
Money Saving Apps

So many apps out there that help you save the most, spend the least, and make life a little easier. Even saving a few dollars each week can really add up, so pick an app to help put a bit of extra away in a savings plan or for that next special purchase.

Cut your gas bill with GasBuddy
No one can keep track or even predict gas prices these days. This app tells you where to find the station with the lowest price. Run by its community of users, it is able to list current prices.

Save on travel with the Flight Network
Search for flights offered by top international and local airlines, book and pay – and take advantage of their price drop protection. You earn credits if the price of your trip lowers after you book!

Manage your money with Mint
Mint is the top of everyone’s list as an ideal personal finance app. Mint keeps track of all your financial activity from all accounts: checking, savings, retirement, etc. Mint also makes note of your spending patterns and creates a budget!

Lower your grocery bill with SnapSaves
A Canadian cash back rebate app that lets you earn money while you shop, simply by taking a photo of your receipt and sending it in. SnapSaves also provides rebates each week on fresh produce!

Erase your debt with Debt Tracker Pro
For those working their way out of debt, DebtTracker Pro can serve as a payoff plan. Users choose a personal strategy for overcoming debt and the app recommends payment strategies and then sends reminders when payments are due.

Save money on everything with Save.ca
Save.ca has coupons, flyers, and deals, but it also has an online community that shares articles about money savings. The deal section, for example, provides a searchable database of current deals from food, clothing, electronics, etc. for both in-store and online shopping.

Save on travel with Kayak
Compare prices on flights, car rentals and hotel deals as well as keep tabs on your flight status, manage your itinerary and look up airport information.

Save on drinks in Toronto with Drink Owl
Find cheap drinks, specials, coupons and happy hours in Toronto. The app provides a 7 day calendar with an extensive list of bars, restaurants and lounges that save a couple of bucks.

Save on bookings with Compare Bookings
Search for hotel options wherever you are, and then compare deals from all the best travel sites (like Travelocity and Expedia) to get the best deals on hotels as well as cruises, car rentals, and other travel expenses.

Save money on apps with Appsfire
This app makes you a list of recommended apps to download to suit your interests. Additionally, you can set up a wish list with notifications for deals on the apps you want to purchase. It’s the ideal app for the person who loves apps and saving money!
Each of these trips are about an hour drive from Toronto, perfect for a day’s outing, perhaps with a picnic!

The Streetcar Museum, Milton (57 km)
This unusual museum allows visitors to ride a vintage streetcar and take in the trams, interurban trains and suburban light rail vehicles from decades past.
73629 Gauley Line, icery.org

Warplane Heritage Museum, Mount Hope (84 km)
Take a cockpit tour of classic military aircraft or arrange for a kid’s sleep over in the hanger. You can even hitch a ride in a WW2 warplane. Choose from a Douglas Dakota, a de Havilland Tiger Moth bi-wing or the world’s last passenger-carrying Dam-Busting WW2 Lancaster.
9280 Airport Rd., Mount Hope, warplane.com

Bell Homestead, Brantford (110 km)
The home of Alexander Graham Bell, the teacher of the deaf who invented the telephone. This is the site where he breathed life into his ideas for a “speaking telegraph” in the 1880s.
94 Tutela Heights Rd., Brantford, bellhomestead.ca

Discovery Harbour, Penetanguishene (153 km)
Penetanguishene’s Discovery Harbour is the historic home port of two replica tall ships, the HMS Bee and HMS Tecumseh. Discover what life was like aboard a rigged topsail schooner in the early 1800’s and get a glimpse into the daily lives of those who manned the original British naval and military base.
93 Jury Dr., Penetanguishene, discoveryharbour.on.ca

Historic Cambridge Market (97 km)
Since the 1830s, the market has had tradition of “meeting the producers” by connecting those who shop at the market with farmers who grow the product. In addition to Ontario grown fruits and vegetables, the market includes crafters, unique shops and restaurants. Saturdays (year-round)
40 Dickson St., Cambridge, cambridgefarmersmarket.ca

Sainte-Marie Among the Hurons, Midland (149 km)
Imagine what it would have been like as a pioneer settler in 1639 living in Ontario’s first European community totalling 66 people and representing one fifth of the entire population of New France. Sainte-Marie Among the Hurons was the headquarters for the French Jesuit Mission to the Huron Wendat people and survived as such until 1649.
16164 Hwy. 12 E., Midland, saintemarieamongthehurons.on.ca

Scenic Caves, Collingwood (160 km)
At this adventure attraction, you can walk amongst the treetops on a canopy walk, dig for gems, explore gorgeous caves or glide on zip lines across the dramatic Blue Mountains. The family-oriented hotspot is not far from Collingwood, itself a fun destination with great restaurants and sights.
260 Scenic Caves Blvd., Blue Mountains, sceniccaves.com
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!

A month before Real Storage had opened the door for the first day of business, the facility manager knew the business would be a big success. “I was literally wearing a hard hat, steel toed boots and a safety vest, walking around the construction site,” recalls Ferris Mohammed, “and people walking by the street kept asking if they could rent a space yet!”

Two years later, Ferris is still as passionate and enthusiastic about the service Real Storage provides. “We literally store everything, from someone’s winter tires to motorcycles to baby grand pianos,” he says.

A unique aspect of the Real Storage facility in Toronto is its “drive-through” – a 265 foot long interior “road” that takes clients directly into the building for safe and easy loading and unloading. You can literally come any time, 24/7, and know that the area is secure, well lit, and under constant electronic surveillance. “We even play music so it doesn’t feel too quiet,” adds Ferris, “and there are absolutely no dark corners.”

The facility has 1,000 units, located on 4 floors, with two large freight elevators. Storage units range from 5 by 5 feet to 10 by 30 feet. Ceiling heights are 8 feet, so customers are encouraged to stack to make the most efficient use of the space. The building is also totally climate controlled, a key feature for many users. “We have quite a few people who store musical instruments here, electronic recording equipment and electronics,” says Ferris.

Every unit is locked with its own keypad. If there is any interference with the units, an alarm sounds immediately at the office.

“Getting Real About Storage”

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1 Woodfield Rd.
416-238-7867
realstorage.ca/toronto
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Bumble Bee Academy – 1560 Queen St. E.
Little London – 1045 Gerrard St. E.
Lounge Nail Salon and Spa – 1588 Queen St.
Platis Cleaners – 942 Queen St. E.
The Staging Warehouse – 157 Fallingbrook Rd.

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

On the Move (new location):
Beaches BathCity – 1670 Kingston Rd.
BeadWorks – 1322B Gerrard St. E.
Cry If I Want To – 696 Queen St. E., Suite 2C

Correction:
Better Beginnings Nursery School remains at 1208 Kingston Rd.

Starbucks – 1960 Queen St. E
Studio 64 Designs – 159 Fallingbrook Rd.

Thank You and Best Wishes:
Audio Oasis – 1596 Queen St. E.
ENDS Clothing – 1930 Queen St. E.
Leslieville Food & Variety – 1275 Queen St. E.
Reliable Fish & Chips – 954 Queen St. E.
Starbucks – 2253 Queen St. E.

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