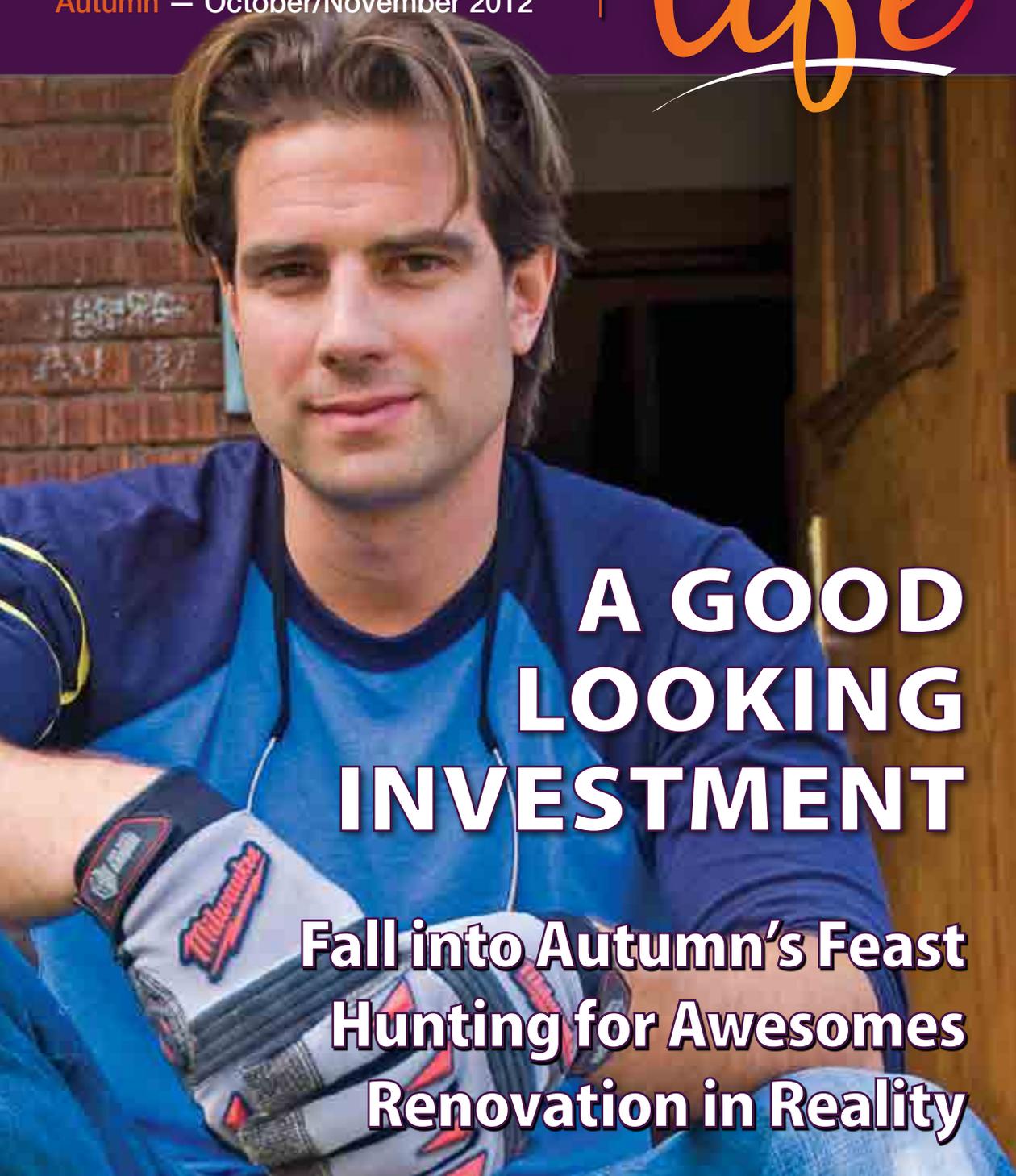


Beaches

Autumn — October/November 2012

life

A man with dark hair, wearing a blue long-sleeved shirt and grey work gloves with red accents, is looking directly at the camera. He is sitting in front of a brick wall and a wooden door.

A GOOD LOOKING INVESTMENT

Fall into Autumn's Feast
Hunting for Awesomes
Renovation in Reality



The STRAIGHT BOB

PRACTICAL | ELEGANT

Book your appointment today.

Beaches Salon
1001 Kingston Road
647-350-8946 (TWIN)

Danforth Salon
3104 Danforth Ave.
416-698-7080

www.twinimagesalon.com

 twin image
hairdressing

FEATURES:

- 9 AUTUMN'S BURST OF COLOURFUL ENERGY
- 10 MUSIC OF THE SCARY NIGHT
- 12 SPREAD A LITTLE "AWESOME" IN YOUR LIFE
- 15 A PURPLICIOUS HARVEST
- 16 KITCHEN CONTENT RENOVATION
- 20 SCOTT'S FALL HOME MAINTENANCE TIPS
- 24 WINNERS OF THE KIDS' "MOST AWESOME" SUMMER STORY!
- 27 CHASING BEAUTIFUL THINGS ON QUEEN STREET
- 29 BEACH HOME WINS REALITY SHOW

COLUMNS:

- 5 ON THE COVER
SCOTT MCGILLIVRAY - RENOVATIONS WITH PURPOSE
- 15 *my.tech*
EMAIL, TEXT, PHONE. WHAT IS BEST TO USE?
- 18 **Food talk**
FEARLESS CANNING
- 21 *Health talk*
TRADE COFFEE FOR APPLES
- 22 **Movie Pics:**
SINK YOUR TEETH INTO FOOD FILMS
- 23 *my Secret Beaches Spot*
- 26 **Biz talk**
PROTECT YOUR CUSTOMER'S AND YOUR PERSONAL DATA
- 26 *You Ask... Answer.*
- 30 *Coming, going & on the move*

Beaches
BathCity

Kitchen & Bath Showroom

THE BOLD LOOK
OF **KOHLER**[®]
SPECIAL PRICING ON OVER 100 ITEMS



416-699-8999 * 974 Kingston Rd. * www.beachesbath.com * Mon-Sun 9:30-7:00

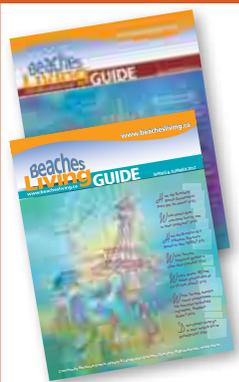
SHORTCUT TO YOUR BUSINESSES

- 31. Alf's Antiques & Handcrafted Furniture .alfsantiques.com
- 17. BDD Landscape Maintenance..... blackdahliadesign.ca
- 3. Beaches BathCity.....beachesbath.com
- 8. Beach Studio Tour..... beachstudiotour.ca
- 11. Breakwall Restaurant & Bar..... 416-699-4000
- 13. Budget Blinds budgetblinds.com/SouthEastToronto
- 32. Drain Experts 416-699-6111
- 8. Ellyn Lilly..... ellynlilly.com
- 11. Envy Eyewear Boutique find us on Facebook
- 23. Fido fido.ca
- 17. Gerrard Square Shopping Centre gerrardsquare.com
- 8. Herbal Magic herballmagic.ca
- 7. Hooper's Pharmacy..... hoopershealth.com
- 14. Jaimco Doors and Windows Inc..... jaimco.com
- 23. KEEN Canada Outdoors..... keenfootwear.com/ca/en/
- 7. Living Lighting livinglightingbeaches.xolights.com
- 30. Maral Salon maralsalon.com
- 17. Mona Cleaning..... monacleaning.com
- 21. Mr. Handyman..... mrhandyman.ca
- 13. Nspired Events..... nspiredevents.ca
- 25. On Demand Printing..... ondemandbookprint.com
- 21. Pegasus Studios..... pegasusdance.com
- 12. Power Soccer..... powersoccer.ca
- 7. Salon Fortelli & Spa..... salonfortelliandspa.com
- 11. The Smokin' Cigar..... smokincigar.com
- 13. Tori's Bakeshop torisbakeshop.ca
- 2. Twin Image Hairdressing twinimagesalon.com

For advertising call 416-690-4269
or email info@beachesliving.ca

Our next *BeachesLife* is Holiday edition
for December/January.

Deadline to book your space is Nov. 10, 2012.



Be part of this
**Award-Winning
Tradition!**

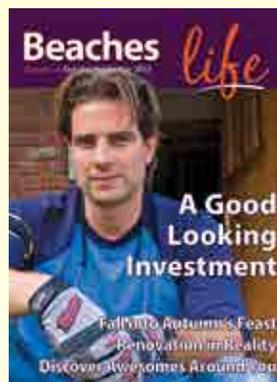
Beaches Living Guide
Fall/Winter 2012/13
issue is on its way...
don't miss out

Winner of the **APEX** Award
for Publication Excellence
6 years in a row!

To book your space, contact us
by April 16 at 416-690-4269 or
info@beachesliving.ca

Beaches|life

Your neighbourhood HUB to
the Greater Beaches Area



DIRECTOR – Hong Zhao

EDITOR & WRITER – Beth Parker

GRAPHIC DESIGN – Ted Niles, Hong Zhao

CONTRIBUTORS – Ted Niles, Fran Battaglia

ACCOUNT MANAGER, ASSISTANTS –
Pierina Mevius, Fran Battaglia, Calin Nemes

Copyright 4Dimension.Ca

BeachesLife magazine is the sister publication
of **Beaches Living Guide** (established 2004).
BeachesLife 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.

2255B Queen Street East, #252
Toronto, ON M4E 1G3

416.690.4269, info@beachesliving.ca

DISCLAIMER: *BeachesLife* made every attempt to verify all
information published in this magazine, however, we assume no
responsibility for any incorrect or out-of-date information.



Renovations with purpose

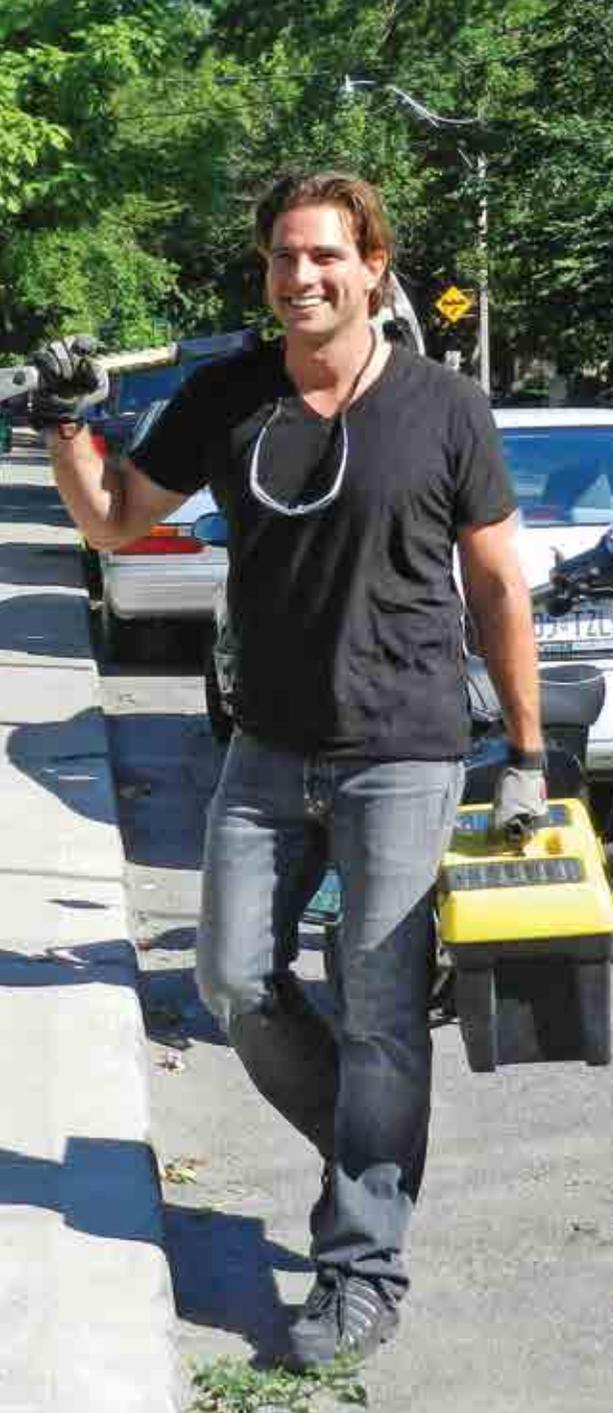
Scott McGillivray has the
Midas touch for turning
properties to gold!

Most people know Scott as the host of HGTV's hit
television show, "Income Property". In this unique
show, Scott educates viewers how to turn their residences into
income generating properties through renovating, renting and
market appreciation. Scott recently finished taping season
seven of the show with new episodes airing January 2013.
The show has become so popular that each month over 1,000
people apply to be one of the featured owners.

Born and raised in Toronto, he found himself studying
commerce at the University of Guelph. What started as a
project at university soon became an opportunity for Scott
McGillivray to buy and renovate his own rental property at
age 21. By the age of 25, Scott found himself the owner of 25
income properties.

Although delighted that he reaches so many people, Scott
advises, "Income property investment is not for everyone. You
have to get 'thick skin' to get into the business, that is to be
prepared, organized and self-motivated because you are really
working for yourself. And finally—and most importantly—
you have to remember that you are renovating with a purpose."

...continues on page 6



continued from page 5...

This message is at the heart of what Scott and his show is all about. He encourages and teaches a long-term approach to income property investment. This includes making sure that the renovations and

decorating you under take hold up over time. You also have to strike a balance between functionality and looks when creating your rental in order to create cash flow.

"The caliber of your space dictates the caliber of your tenants," Scott believes. "Unlike house flipping, income property is a long-term investment. A good renovated property holds up to the wear and tear of living so that you're not constantly having to inject new money." Scott currently owns over 100 properties; some were renovated over 15 years ago, have gone through over 10 different tenants, and are still in good condition and show well.

Scott is very familiar with the older houses found in the Beaches, Leslieville and Riverdale areas. He estimates that he's probably done 100 houses in that area alone. He encourages our readers to apply to be on the show.

Although life is fast-paced these days, Scott is continually inspired by the people he meets, and in return, he inspires others. Often people will come up to him and say, "Hi Scott, I have a rental property because of you". This always makes him feel like he's making a difference. Scott is now expanding into vacation rental properties in places such as Florida and California, "I keep doing this", he adds, "because it's what I know and I like it."

To help even more people, Scott has co-authored two books on property investment with fellow real estate investor, Michael Sarracini. "The Investor's Tool Kit" is for beginner investors, and "Income for Life" is for the those who wish to make this a career.

On top of all this, Scott is a family man, married with a new seven-month old daughter. Along with his busy schedule of writing, managing his business and taping television shows in Canada and the US, Scott enjoys barbecuing and being known as the breakfast specialist. When he travels, his family goes with him.

To learn more about Scott, his books and television show, visit scottmcgillivray.com

See page 20 for Scott's Fall Maintenance Tips

fortelli
SALON FORTELLI & SPA

FALL SPECIAL

\$20 OFF
on any facial treatment
at \$75 or more

Promotion runs from 10/01/12 - 11/30/12

1803 Queen Street East
(416) 691-7100
salonfortelliandspa.com

your inner city oasis

OCTOBER IS BREAST CANCER AWARENESS MONTH

LINE-UPS AT HOOPER'S...

FREE seminar* entitled "*Your Breast Health*"
Tuesday, October 23 at 7:00 pm
Hosts *Monika Weller, CNP* and *Lynn Schott, RN* will be discussing prevention strategies with regards to nutrition, lifestyle and screening methods.
*A \$5.00 registration fee will be **donated to Breast Cancer Research**. Call store for details.

FREE In-store Clinic
with Homeopath *Francine Lupton*, Saturday, October 20.

FREE seminar entitled "*Healthy Aging, Anti-aging*"
Thursday, October 25 at 7:00 pm by *Francine Lupton*

Coming soon! Live Blood Cell Analysis.
Watch twitter for secret specials @hoopersbeach

HOOPER'S
PHARMACY VITAMIN SHOP

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

FABULOUS FALL SALE

Sale ends December 1, 2012 or while quantities last.

30762 20" Prism Pendant
SALE \$499
(SAVE \$200)

Kendal Torchieres
Adjustable reading lights and dual dimmers. Oil rubbed bronze with mocha glass shade. 71"H
SALE \$289
(SAVE \$150)

Castille Collection 4-Light Chandelier
15.75"H x 10"W
SALE \$119
(SAVE \$200)

Mime 3-Light Pendant
by Fredrick Raymond
32"H x 19"W
SALE \$499
(SAVE \$200)

5-Light Chandelier
18"H x 25.25"W
SALE \$169
(SAVE \$200)

EARLY BIRD GETS THE WORM \$25
APPLICABLE TO NEW ORDER IN STOCK ITEMS, OFFER ENDS OCT.31, 12

We honour any advertised sale prices in the GTA on identical in stock merchandise.

See products on-line
livinglightingbeaches.com

Living LIGHTING in the BEACH
1841 Queen St. E. 416.690.2544 • beaches@livinglighting.com

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

Let your Halloween costume be a whole new You this year!



Not a Client, Not a Problem!

We carry a variety of health and wellness products.

1755 Queen St. E. | 416-690-1161 | herbalmagic.ca

HOME IS WHERE THE ART IS
Beach Studio Tour

beachstudiotour.ca Friday Oct. 19th 6pm - 9pm
Saturday Oct. 20th 10am - 6pm
Sunday Oct. 21st 11am - 6pm

FREE Admission

Ellyn Lilly

chasing
after
beautiful
things

2190
Queen St E.
Toronto
416 731 6258



**Autumn's
Burst of Colourful Energy**

Autumn, surprising to some, is one of our longer seasons and is also the most enjoyable. Warm temperatures continue throughout October and often extend into November.

Brilliant bursts of colours are everywhere – in trees, flowers, plants and even the sky is a deeper blue. During what season can you see deep crimson, rich purple, bright gold and fiery orange other than on a

sunny October day? During an autumn day, it can feel like summer is still with us. On an autumn evening, cooler air settles in, making it perfect for a walk or even cuddling up by a fire.

So instead of thinking that autumn is the end of summer, or a reminder of winter to come, sit back and relax. Autumn in Ontario, there's simply nothing else quite like it!

Feast your eyes with brilliant colours and harvest festivals

Autumn is also a great time to go for a drive to the country and then take a walk, bike ride or hike in the forest. You can also visit some of the final fall fairs, or explore studio art tours, both in the city and within a short drive.

Ball's Falls Thanksgiving Festival

Features over 140 vendors offering arts and crafts, harvest food, live entertainment, birds of prey, pony rides, children's activities and heritage activities
October 5-8 ballsfalls.ca

Woodbridge Fair

Since 1847, this fair includes milking contests, blacksmith demonstrations and giant pumpkin weigh-ins with fabulous produce, crafts and baking.
October 6-8 woodbridgefair.com

Whitchurch-Stouffville Studio Tour

Artistic media ranging from painting to printmaking to pottery, stone and metal sculpture, wood carving and turning, photography, ceramics, fused and stained glass and one of a kind jewelry.
October 13-14 stouffvillestudiotour.com

Richmond Hill Studio Tour & Sale

Showcases some of the best art in the GTA.
October 13-14 richmondhill.ca

Beach Studio Tour

Local art tour at 13 locations in the Beaches area.
October 19-21 beachstudiotour.ca



MUSIC FOR A SCARY NIGHT

Want a little extra “scare” when those “trick or treaters” come to your door? Why not make your own Halloween music CD to play on October 31. We’ve scoured all music styles to find some top favourites:

The Monster Mash

A 1962 novelty song by Boris Pickett – not that scary, but a perennial favourite with adults and kids.

Night on Bald Mountain

Written in the late 19th century by Modest Mussorgsky. Although it was never performed during his lifetime, it does create a scary mood from the very first note.

The Nightmare Before Christmas

From Tim Burton’s brilliant film, this is quintessential Halloween music from Danny Elfman.

Toccato and Fuge in D minor by Bach

Imagine a crazed phantom of the opera playing a massive pipe organ. This piece is always in those old horror movies to warn you not to look!

Dead Man Blues

For jazz lovers – you can’t beat this number by Jelly Roll Morten.

Addams Family theme

We know as soon as you read the name you can hum the first bars, “da da da bump, *snap, snap*”...

Michael Jackson’s Thriller

Perfect pop song for Halloween, especially if you watch the video at the same time!

Film Score from Friday the 13th

Need we say more? Erie music at its best, and if you hear the music, you’ll get the chills.

Funeral March of the Marionettes

Known by many as “Alfred Hitchcock” music, a classic piece of spooky music by Charles Gounod.

8th Annual **Who has the most bewitching house?**
Vote for your favourite Haunted House!
 Submit your photo to the Beaches Halloween Decoration Contest, and get your friends to vote for you to WIN!



Take a photo of your own decoration, or snap a photo of your favourite haunted house, submit your photo to ...

beachesliving.ca/halloween

FEAR FACTORY

3 DAYS ONLY
FRI OCT 26th 5PM-8PM
SAT OCT 27th 1PM-4PM
SUN OCT 28th 1PM-4PM
AGES 8-UP
BEACHES RECREATION CENTRE
FREE ADMISSION WITH FOOD DONATION



SMOKIN' CIGAR
 SINCE 1992

SMOKIN' CIGAR HUMIDOR
 STORAGE CAPACITY
 TO KEEP YOUR CIGARS FROM GOING TO WASTE!

SAVE 100 9999 HUMIDOR

50+ CIGAR CAPACITY SPANISH CEDAR INTERIOR
 3 Finishes Available Includes Humidification and Hygrometer.
Plus FREE Triple Flame Lighter, Cutter & Leather Holder. *(\$75 value)

(* Accessories subject to availability.)

THE SMOKIN' CIGAR, THE BEACH 1946 Queen St. E.
 East of Woodbine Avenue
 416-482-8060

THE SMOKIN' CIGAR, LEASIDE 1699 Bayview Ave.
 South of Eglinton Avenue
 416-545-0063

Monday to Saturday 10 am to 8 pm Sunday 12 pm – 5 pm
www.smokincigar.com

QUENCH YOUR SIGHT WITH CLEAR VISION

ENVY EYEWEAR BOUTIQUE

ACUVUE MOIST \$48.75/box
 ACUVUE MOIST \$25.83/box
 ACUVUE TRAVEL \$36.88/box

ACUVUE Johnson & Johnson Vision Care

Don't Be Envious, Be The Envy!

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

BREAKWALL

restaurant and bar

1910 queen street, east 416-699-4000

Watch all games on **SUNDAY TICKET SPORTS WORLD**

Don't miss our **HALLOWEEN BASH** Saturday Oct. 27

Book your **CHRISTMAS PARTY**

- Heated Patio
- Jukebox
- Poker Games
- Pool Table
- Upstairs Entertainment Party Room
- New Fall/Winter Menu Coming Soon

\$5

We will host your next Party!

For band bookings & party reservations please call Shane Ryan at 647-880-1527

*Cut me out for \$5 dollars off any entire at Breakwall Expires Dec 31, 2012

Spread a Little "Awesome" in Your Life

Thanksgiving is a holiday traditionally associated with the harvest season. Today we surround ourselves with fine food, modern gadgets, a nicely decorated home, new car, and so on, but the one thing most important in everyone's life is happiness.

Everyone, regardless of age or gender, rich or poor, has peaks and valleys in their daily lives. No matter how your day turns out to be, there is always some "awesome" that can help lighten you up and make you smile.

Let us spread a little 'awesome' story about the author of the national bestselling book, "The Book of Awesome".

A young man, Neil Pasricha, faced sadness and tragedy in his life. In response, he decided to try and remember those things he was grateful for. Through a blog, he recorded everything around him that he thought was "awesome".

At first, his only reader was his mother. Eventually the blog reached 10 million hits. He was awarded the Webby Award, the highest achievement for an online blog.

When asked, what was the most awesome thing about winning a Webby, Neil replied, "the whole night was so surreal. I was being interviewed on the red carpet next to Sarah Silverman, taking my picture with Jimmy Fallon, and Martha Stewart came up to me to discuss my blog."

The awesome things Neil listed are not necessarily big or life changing. They are simple, sentimental pick-me ups. They do remind us that there are many things in life, often simple things, that we just forget to be thankful for.

- Waking up and realizing it's Saturday
- Hitting a bunch of green lights in a row
- Wearing underwear just out of the dryer
- Being the first table called up for the dinner buffet at a wedding,
- When cashiers open up new checkout lanes at the grocery store,
- Sleeping in new bed sheets,
- Waiters and waitresses who bring free refills without asking.

At this Thanksgiving, what is on your "awesome" list?

Hear Neil tell his story online at:
tedxtoronto.com/speakers/neil-pasricha/



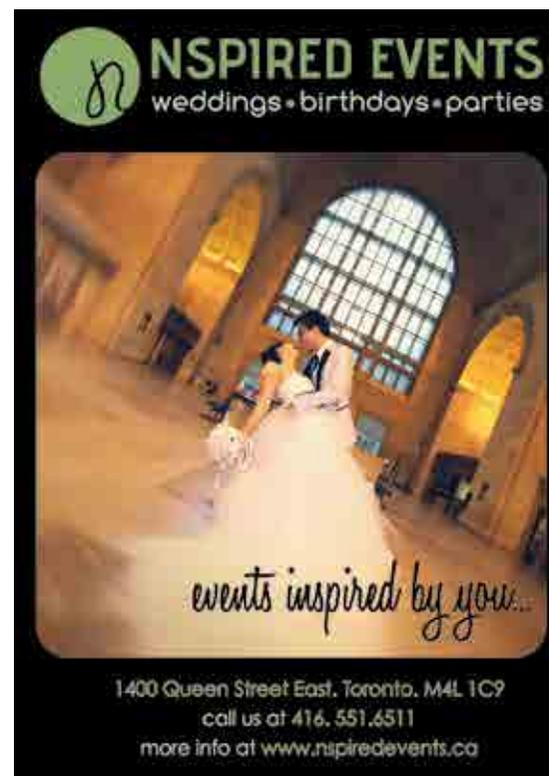
POWER SOCCER

CAMPS

WINTER SUMMER MARCH BREAK

AGES 4-15 YEARS MALE/FEMALE

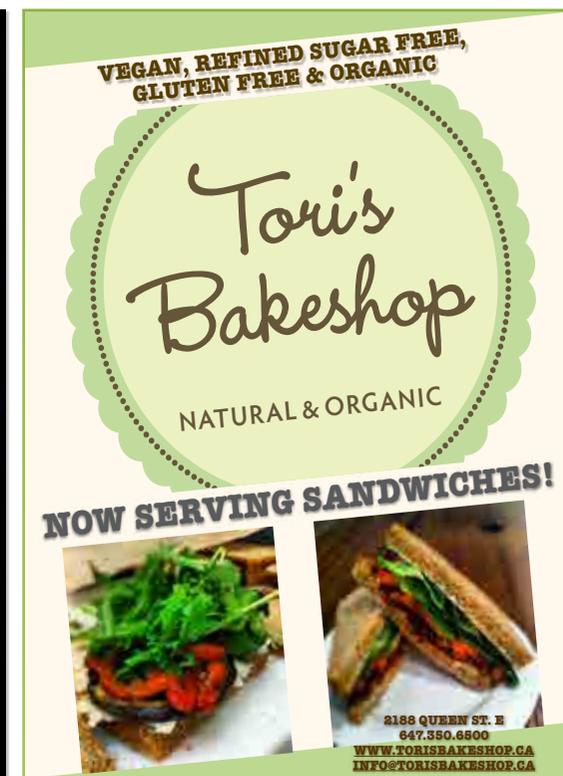
CLINICS POWERSOCCER.CA 905-829-0562



NSPIRED EVENTS
 weddings • birthdays • parties

events inspired by you...

1400 Queen Street East, Toronto, M4L 1C9
 call us at 416.551.6511
 more info at www.nspiredevents.ca



VEGAN, REFINED SUGAR FREE,
 GLUTEN FREE & ORGANIC

Tori's Bakeshop

NATURAL & ORGANIC

NOW SERVING SANDWICHES!

2188 QUEEN ST. E.
 647.350.6500
WWW.TORISBAKESHOP.CA
INFO@TORISBAKESHOP.CA



Book your consultation today to get your window coverings in time for the holiday season.

Signature Illusions® window shadings

FEATURED: ULTIMATE ROMAN SHADES



Wood & faux wood blinds

20% off
 Any of our Energy Efficient Cellular Shades
 Offer valid until Nov. 30, 2012
Call us today for details!
 Go to our Facebook page (at Budget Blinds Toronto) & "Like" us for additional savings



Signature Murano® horizontal blinds



Roller shades

See how you can save on energy costs with a complimentary in-home consultation.
BudgetBlinds.com/SouthEastToronto
 416-243-0007
 Professional measuring, installation and advice
 Over 1,500 style consultants nationwide

First Impressions *by*



www.jaimco.com

Serving the Beaches Neighbourhood Since 1992



Custom Doors

- Doors
- Windows
- Glass
- Hardware
- Locksmith
- Home Security
- Safe Door System
- 24 Hour Emergency Service



Sales & Installation of all types of doors & windows.
Custom Work is Our Specialty

Visit our showrooms or call for In-Home Consultations
631 Kingston Road
416-691-7070 or email us at: info@jaimco.com

a Purplicious Harvest

What are the colours of harvest? Red, gold, yellow, orange, russet. But what about purple? A regal colour for centuries, it's amazing how many "purple" plants and flowers come into bloom during harvest time each year.

Besides bringing us brilliant colour, the purple in many vegetables is actually very healthy. The colour in elderberries, blackberries, blueberries, grapes, purple beans, even those rare purple tomatoes get their colour from Anthocyanins (which are antioxidants). Recent research says that there's evidence that these anthocyanin pigments and polyphenolics play a preventive and therapeutic role in a number of human diseases, including heart disease.

Whether you decorate with purples or eat your purple, what are your favourites?



Purple Beans

They're called Royal Burgundy, originally a pole bean from Italy, but do very well in Canadian gardens.

Ornamental Cabbage and Kale

For color, texture, and fantastic container displays, few plants compare to the Ornamental Cabbages and Kales. These beauties like full sun and if in a sheltered location in your garden, may last until spring. They are also edible, but mostly used for décor!

Purple Flowers

Chrysanthemums come in many bright deep colours, but none compare to purple. Also look for purple asters, with bright contrasting yellow centres. Let them go to seed and birds will visit your garden all through winter!

Purple Potatoes

Move over white potatoes, purple potatoes have a deep violet-colored skin and flesh and a creamy texture and rich flavor. There are a number of purple potato varieties available.

Purple Tomatoes

These new breed of tomatoes were created by scientists in Europe transferred certain genes of snapdragons to tomatoes, creating a tomato with a dark purple color and loads of antioxidants.

Eggplant

Eggplant is at its very best from August through October when it is in season. Eggplant is a dark purple or brownish-purple color that resembles the color of the outer skin of European eggplant. Another name for the color eggplant is aubergine.

Purple Cauliflower

A fun twist on the traditional white vegetable with all the health benefits including vitamins B1, B2, B3, B5, B6 and B9. It serves as a good source of proteins, phosphorus and potassium.

Purple Carrots

Carrots are high in complex carbohydrates like most root vegetables, and they're high in vitamin B6. Carrots are usually orange, but they are also available in other colors such as purple.



Kitchen CONTENT Renovation

In previous issues of *Beaches Life*, you'll know that our "renovation" theme doesn't really mean "knock it down, build from scratch rip and tear." We believe that you can "renovate" lots of things in your life in a gentler manner, hence our topics: Life Renovation, Wardrobe Renovation, Garage Renovation.

This is harvest time – the time of year we want to stuff our cupboards, pantry and refrigerator with fresh produce, spices and herbs. But wait – before you go out and buy, have a second look at what's already inside your cupboards and fridge!

Do you really even know what's in your cupboards? It's about time you looked to see how many packets of salt and pepper, never-used spices and jars of questionable food products you're keeping. Just

because it was in a gift basket and looked expensive, it doesn't mean you have to keep it forever.

Go through those drawers and discard what you're not using, or find it a home where it's appreciated. Canned goods and goodies in jars can be donated to a food bank if within their "best before" dates.

Next, your fridge. Can you identify everything? Sometimes you just have to admit that the new sauce you bought was a mistake. Either find a way to bury it in a stew, or discard. Remove shelves and drawers and wash. Baking soda is great for gently scrubbing away grime and removing unwanted odours.

Now, the fun part. What ingredients do you need to replace for new ones? Spices that no longer qualify as spices, for example. Discard containers that don't close, get rid of ingredients that have an odour that they're not supposed to have, clean out the bottom of shelves and drawers and cover with new shelf paper or plastic liners.

absolve yourself of dirt
eco-cleaning the way mother nature intended

superior and sustainable service
specializing in weekly & biweekly service

**CALL NOW FOR YOUR
FALL FRESH SUPERIOR**
416-628-4905

DETOX YOUR LIFE
REFRESH YOUR HOME
REINVENT YOUR WORKPLACE

Follow us!
f t

mona
Life is messy. Mona cleans up!
www.monacleaning.com
416-628-4905



BDD
LANDSCAPE MAINTENANCE
gardening for a green generation

416.400.8038
blackdahliadesign.ca

15% off Fall cleanups and
Fall/Winter planters

Eco-conscious Landscaping
Sustainable Gardening
Organic Invasive Weed Control
Planter Design & Garden Design





**G GERRARD
S Q U A R E**

*Great new stores!
Brand new look!*

LOCATED AT THE CORNER OF GERRARD & PAPE
FREE PARKING! 416.461.0964

Follow us online:
GERRARDSQUARE.COM f t

Foodtalk

Pumpkin Soup

The perfect harvest soup, healthy, tasty and colourful. Roasted pumpkin seeds make a tasty garnish on top. Soup is high in Vitamin A and the yogurt adds protein.

Ingredients

- 1 tablespoon of olive oil
- 3 cups chicken stock
- ½ teaspoons salt
- ¼ teaspoon pepper
- ¼ tsp ground ginger
- 2 cups pumpkin puree (from a can or cooked from a peeled, seeded pumpkin)
- 1 teaspoon chopped fresh cilantro (substitute parsley if you wish)
- Small chopped onion
- ½ cup Greek yogurt
- Roasted hulled pumpkin seeds (optional)

Method:

- Cook chopped onions gently in olive oil until transparent.
- Add stock, salt, pumpkin. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.
- Puree the soup in small batches (1 cup at a time) using a hand blender or food processor. You can also mash by hand.
- Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 15 minutes, uncovered.
- Remove from heat and stir in yogurt.
- Pour into soup bowls and garnish with fresh cilantro and roasted pumpkin seeds.



Fearless Canning

Grandma did it, maybe even your mother did it—canning or “putting up”, as it’s called.

Home canning and preserving, or “putting up” has a long history. Before it was possible to get all kinds of fruits and vegetables all winter at the grocery store, people preserved what they grew in their gardens and farms so that they could enjoy the summer tastes. During the Great Depression canning became very popular for storing inexpensive seasonal foods in a pantry for later use. Recently, canning has become popular again.

- Canning uses the best and freshest ingredients available.
- You know exactly what’s in the jar – no preservatives, food coloring, chemicals.
- The taste is the test.

Home canning, as long as it is done correctly and carefully, is perfectly safe. Why not give it a try this year? It’s also a great activity with family, and with friends.

This coming year give the once again new hot pastime a try. The whole family will want to be a part of the process and there is a chore for nearly all ages. You’ll be glad you did and most satisfied at meal time.

RECESS IS BACK
ORIGINAL HYBRID FOOTWEAR
KEEN
REVEL
VISIT US at the KEEN GARAGE
952 Kingston Road, Unit #102
416.699.KEEN (5336)
KEENFOOTWEAR.COM



my Secret Beaches Spot

Peeking over at someone’s backyard always makes me feel a bit guilty, but I just cannot stop myself when I pass by this place while walking my dog.

Do you know where it is?

Laura G.

Tell us where the Secret Beaches Spot photo was taken, and you could win a copy of Scott McGillivray’s income property book. Email your answer by November 10 to info@beachesliving.ca.

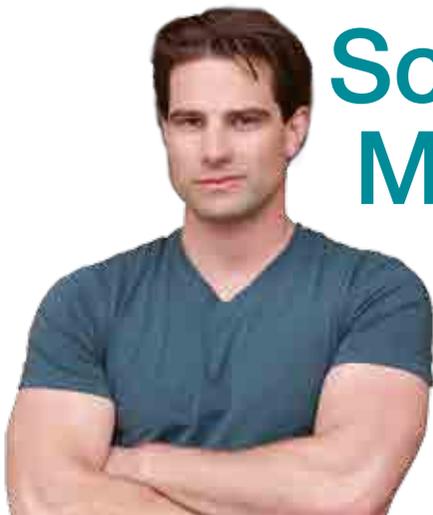
Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in *Beaches|life* you will receive a copy of Scott McGillivray’s income property book. Email your photo by November 10 to info@beachesliving.ca.

Congratulations to Ben S. – August/September’s Secret Beaches Spot winner.

The Secret Beaches Spot published in the last issue is the Gate to Gardener’s Cottage on Lee Avenue.



Scott's Fall Home Maintenance Tips



As we change from our summer to fall wardrobes, we now need to do some maintenance on our homes. Winter is just around the corner, so before the weather gets too cold, here are some weekend chores to help "dress" your house for the bad weather.

1. Examine your roof and gutters for debris.

Clear leaves, dirt, and pine needles from gutters and examine downspouts for damage or loose pieces.

2. Change the furnace filters regularly.

Also, try running the heat on your furnace now to ensure it's working before a cold snap hits. This also gives you the opportunity to run the heat with the windows and doors open to clear out the burnt smell it may give off for a couple minutes on its first use of the season. Clean air filters will help to keep your family healthier in the fall months.

3. Remove air conditioning units.

If you have a window unit, remove it or place a waterproof cover over it to prevent damage.

4. Inspect windows and doors for drafts.

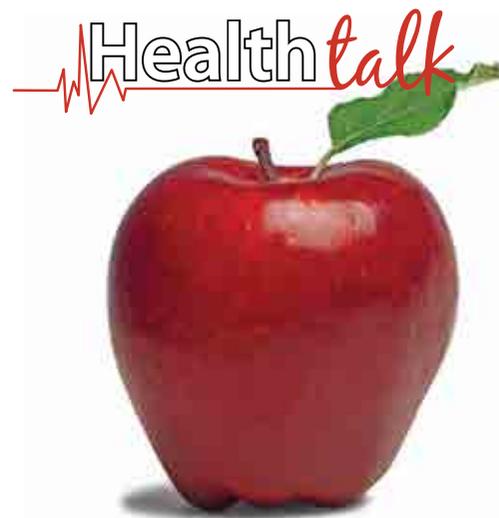
A lot of energy is wasted when trying to heat or cool a home that has drafts coming from windows and doors. Go through your home and check windows to ensure the seal and caulking around them is in good condition. If you don't have the funds right now to fix the drafts, a short-term thought is to add heavy drapery around drafty windows to help block some air infiltration.

5. Clean your furnace.

Have furnace or heating system serviced by a qualified service company every two years for a gas furnace, and every year for an oil furnace, or as recommended by the manufacturer.

Quick Fall Home Maintenance Tips

- Bleed air from hot water radiators.
- Check the chimneys for constructions such as nests.
- Vacuum electric baseboard heaters to remove dust.
- Turn ON gas furnace pilot light (if your furnace has one), set the thermostat to "heat" and test the furnace for proper operation by raising the thermostat setting until the furnace starts to operate. Once you have confirmed proper operation, return the thermostat to the desired setting.
- Check to see the bathroom exhaust fans and range hoods are operating properly. If possible, confirm that you are getting good airflow by observing the outside vent hood (the exterior damper should be held open by the airflow).
- Check smoke, carbon monoxide and security alarms, and replace batteries.
- Clean portable humidifier, if one is used.
- Check sump pump and line to ensure proper operation, and to ascertain that there are no line obstructions or visible leaks.
- Remove interior insect screens from windows to allow air from the heating system to keep condensation off window glass and to allow more free solar energy into your home.
- Ensure all doors to the outside, windows and skylights shut tightly. Replace weather stripping if required.
- Cover outside of air-conditioning units and shut off power.
- Clean leaves from eaves throughs and roof, and test downspouts to ensure proper drainage from the roof.
- Winterize landscaping, for example, store outdoor furniture, prepare gardens and, if necessary, protect young trees or bushes for winter.
- Drain and store outdoor hoses. Close interior valve to outdoor hose connection.



Trade Coffee for Apples

Feeling a little sluggish in the afternoon? Trying to cut back on your caffeine in the morning? Look no further than the humble apple. There is mounting evidence to support the claim that an apple is as good as that cup of java to give you a quick jolt of energy, and better still, apples bring you actual nutrition!

Here's how it works. The fruit in sugar, unlike white processed sugar, is slowly released into your body, providing the energy lift you need but without the "sugar high-sugar crash" effects of a sweetened beverage or a donut. In addition, apples give you a good dose of fibre, about 4 grams (we all know that there is no fibre in coffee!) Fibre is good for your internal health plus makes you feel full and satisfied.

Apples also have those great cancer-fighting antioxidants; Granny Smiths and Red Delicious are particularly high. All varieties are considered to be good "brain food" with betacarotene and acetylcholine. And because apple chewing produces saliva, apples are good for keeping your teeth clean and healthy.

So given the 16 or more varieties of Ontario apples (visit onapples.com online for a full description of each), why not crunch down on an apple instead of that second cup of coffee?



Teaching the Joy and Art of Discovery in your neighbourhood since 1986



BALLET, TAP, JAZZ, MODERN, HIP HOP, ART, DRAMA, MUSICAL THEATRE, ANGELINA BALLERINA classes for boys & girls

PILATES, YOGA, ZUMBA, DANCE & FITNESS classes for adults

KINDERMUSIK for babies DANCE WITH ME for toddlers CREATIVE ARTS PRE-SCHOOL for 2.5 to 4 yrs

361 Glebeholme Blvd (Danforth & Coxwell)
416-469-2799 | www.pegasusstudios.com

Problem Solved



BONDED & INSURED/EXPERIENCED EMPLOYEES
PROFESSIONAL, SAFE AND RELIABLE



Call Mr. Handyman.
416-445-8500
mrhandyman.com



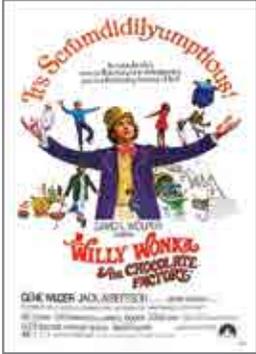
Sink your teeth into these films

10 FOOD MOVIES for the harvest season

During this harvest season there is nothing like indulging in a fine meal or watching a great film. In this issue, *Beaches|life* decided to combine the two and brings you 10 great movies about food. We hope you enjoy these tasty films. There are even a couple that your entire family can feast on together.



Mildred Pierce (1945) Dir. Michael Curtiz; Joan Crawford, Jack Carson, Zachary Scott



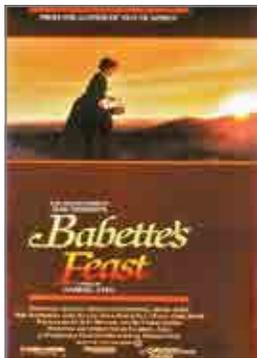
Willy Wonka & the Chocolate Factory (1971) Dir. Mel Stuart; Gene Wilder, Jack Albertson, Peter Ostrum



My Dinner With Andre (1981) Dir. Louis Malle; Andre Gregory, Wallace Shawn, Jean Lenauer

Tampopo (1985) Dir. Jûzô Itami; Ken Watanabe, Tsutomu Yamazaki, Nobuko Miyamoto

Babette's Feast (1987) Dir. Gabriel Axel; Stéphane Audran, Bodil Kjer, Birgitte Federspiel



Big Night (1996) Dir. Campbell Scott, Stanley Tucci; Tony Shalhoub, Stanley Tucci, Marc Anthony

Soul Food (1997) Dir. George Tillman Jr.; Vanessa Williams, Vivica A. Fox, Nia Long

Chocolat (2000) Dir. Lasse Hallström; Juliette Binoche, Judi Dench, Johnny Depp

Ratatouille (2007) Dir. Brad Bird, Jan Pinkava; Brad Garrett, Lou Romano, Patton Oswalt

Julie & Julia (2009) Dir. Nora Ephron; Amy Adams, Meryl Streep and Chris Messina



Discover our new affordable combos

Just choose the one that suits your needs. Our **three types of combos** match the right phone with the right plan to give you **great value**. Enjoy affordable data with this one or **discover them all in store**.

Text & Talk
+DATA

Plans from
\$40
per month*

And a smartphone from \$0
with select 2-year Fido Agreements²

Includes the Fido ADVANTAGE™

FidoTRADE FidoDOLLARS Fido LiveANSWERS



Another reason you'll love your Fido.
Make the switch.

Exclusive Dealer **fido**

FREE Parking available
1712 Queen Street East, Toronto,
416.616.7500

**CONTEST
WINNER
6-12 YRS**

Kids "most awesome" summer story!

Thank you for your stories of what you did this past summer. It truly sounded like everyone had an awesome time. We have two winners, one from each age grouping. Each winner will receive a **\$25 gift card** to Staples Business Depot. We hope you enjoy their stories as much as we did.

See page 28 for our second winning entry.

My Summer Off

by Mina S.

grade 4, Kew Beach JPS

This was an AWESOME summer! I left from school early to go to Serbia where my grandparents, aunt, uncle and cousin live. I went there with my mom and sister. When we arrived we stayed at our grandparents' apartment in downtown Belgrade. We'd usually go every night, before bedtime, to a street called Knez-Mihajlo where the most popular stores are. Also, we went to a beautiful place called Tashmaydan where you can take a walk while your child is on the climbers. We'd also go to Serbian restaurants and their delicious Serbian foods. I went to a dance school where they interviewed me for the main newspaper called Politika. I also went to my aunt's family's farm. I fed their pigs, cows, and chickens. I also gave the calves water from the pacifier attached to a bucket and collected two eggs from the chickens.

A few weeks later, me and my family went to a country in Africa called Tunisia. We were in a city called Mahdia. At the hotel we were staying in they taught me many African songs and dances and every night I would watch hilarious plays. I enjoyed swimming in the sea, but sadly I got stung by a jellyfish. I also swam a lot in the swimming pools.

When my dad came we went to a village called Goric where my other grandparents live. We played many sports, for example volleyball, softball, and catch. I also made a swing which I later painted. Also, I enjoyed helping in their garden and picking fruits and vegetables that grew there. They own a forest and have four cats and a dog, with whom I enjoyed playing with and feeding. We would often visit the nearby city called Valjevo.

After a few weeks we returned to Belgrade in which we stayed for three days. There we went to the famous Belgrade Beer Fest and listened to Serbian rock music. My Godparents, God-brothers, and me, my sister and dad went to a restaurant.

Now you know what I did this summer.



Email

- The best way to send information about an event, address or contact. The recipient can place the info directly into their calendar or even print it off if they wish.
- Gives you a physical record that you can store and revisit when needed.
- Not recommended for confidential discussions that could be mistakenly forwarded to others.

Text Message

- You can't beat it for a quick update. Great, when you cannot use your phone but need to get a message to someone.
- Avoid when you're sending someone information they'll have to write down, like an address or phone number.
- Never use for serious conversations, arguments, or a discussion that's not going well.
- Remember, there's a reason that text messages are limited in character count – don't use for long messages.

Telephone

- Sometimes you just can't beat picking up the phone. During conversations, our voice can convey meaning and intent so much better than those symbols used in email or text. Plus, if you say something wrong over the telephone, you can correct it on the spot!
- Use for detailed discussions, conversations where you need to talk about options, to help reach a decision.
- Always use when reaching out to someone to comfort or give emotional support.

Card in the mail or handwritten notes

- No better way to tell someone you really care than with a handwritten card, letter or note.
- Use for thanking, comforting, sending best wishes or sympathy.
- Leaving a simple reminder on the fridge to take the meat out of the freezer or tell your partner that last night's dinner was "awesome".

my.tech



Email. Text. Phone. What is best to use?

With so many options in how we communicate these days, have we forgotten what makes sense? Before you automatically text, phone or send an email, it's worth considering the best way to talk with friends, family or co workers rather than the most immediate way!

600! **On Demand Printing**

WELCOME AUTUMN!

- Business Cards
- Brochures
- Post Cards
- Calendars
- Photo Books
- File Handling
- Scanning
- Binding

Please stop in for a visit
at 1066 Kingston Rd.,
just east of Victoria Park

Selling your home? Let your realtor
know about us- 10% off their printing!

- Digital Copy and Printing
- File Submission for Custom Print Projects

Reach us by phone 647-738-6182 Parking available
out front!

www.OnDemandBookPrint.com

Biz talk

CONFIDENTIAL

Protect your customer data and your personal data

If you have a business, you have stored your customer information somewhere: name, address, email, phone number, orders and even credit card. Securing and protecting your customer data has become even more important to the success of your business.

Memory sticks are tiny while the capacity is huge; the smartphone is getting smarter and online storage is easy and convenient. This makes it very easy for us to copy and carry more and more data with us on the road and in the Cloud. This also increases the risk of losing the important data.

Here are few steps that you can build in to your business practice that will help to protect your customer and your information:

1. If you are carrying any sensitive data on a portable device, make sure you encrypt your data, or set up a password protection. This way, if you lose your device, the data is not so easily accessed by any stranger.
2. Minimize copying your customer data and credit card information in email correspondence. Delete them once you finish processing or store it in a safe place.
3. Set up detective mechanisms so you know immediately if your data has been compromised.
4. Make sure you have preventative measures in place on your computer network or desktop, such as fire walls, antivirus protection, encryption, etc. Remember, we are wired.
5. If there is a data leak, act on it immediately.

On the personal side, it's just too easy these days to complete an online form that enters you into a contest, or even gains you access to some websites. Suddenly, your name, address, perhaps phone number or even your employment is entered in a database.

You Ask... Answer.



Winner of...

Congratulations to John Bakerfield, the winner of our question from the August/September issue. Many streets that are named after trees are located in the east end of the Beaches, such as Pine, Beech, Balsam etc. There is no clear documentation that we know of to prove that the streets were named after trees found in that area, but we do know that prior to development, the area was heavily forested, so one can make that conclusion.



This issue's question:

I moved to the Beaches this summer and have walked by the RC Harris Water Plant many times.

It looks so beautiful from the outside, I wondered if it is ever opened to the public, and if so, when? – Jack B.

Help us find the answer.

Send in your answer by November 10.

Do you have a question to ask?

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

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



Chasing Beautiful Things on Queen Street Look no farther than Ellyn Lilly's Tranquil Space

The first impression before you even walk through the door of Ellyn Lilly's is, "This is no ordinary store". In fact storeowner and artist, Steen Lin, makes it a point to make sure that nothing in the store, even the flowers you can buy – is ordinary.

The first impression before you even walk through the door of Ellyn Lilly's is, "This is no ordinary store". In fact storeowner and artist, Steen Lin, makes it a point to make sure that nothing in the store, even the flowers you can buy – is ordinary.

"The best way to describe my business is the phrase "chasing beautiful things", Steen explains. "Everything here is handpicked because of its beauty." In Steen's eye, this means every item is invariably related to nature, or has been handcrafted, in most instances, a one-of-a kind piece, vintage or antique item. Her background as an interior decorator is present from the way the store is laid out to the selection of beautiful items to purchase.

Some might immediately decide that the shop is a flower store, which is partly correct – 50 percent of the business is selling flowers and flower arrangements. But for anyone looking to give their space at home, or the office, an eclectic touch, this would be the place to look.

The store also sells unique décor items, sourced from around the world. There are hand made clay pots from Romania, metal plant wall hangers reminiscent of Portugal, oversized

glass jars from Europe, and tree branches from California. Recent new additions include decorative stone items and crystals.

Born in Brazil, Steen graduated from Ryerson's interior design program and worked as an interior designer for 12 years. Following marriage and the birth of her daughter, Ellyn, Steen realized that her career as "entrepreneurial mom" would need to be adjusted. Opening a store meant that during her baby's first year, she could be close at hand. Today, Steen's husband, also an interior decorator, uses the space above the store as his office.

Steen's role as an interior designer continues to be drawn upon, from the items she selects, the way the store displays its tranquil beauty, to consultations with customers even in their home so that they select "the right piece" or to help with arranging their balcony.

Customers come from the Beaches area as well as around the city; men often looking to order flowers, women wanting to decorate their homes. Even arranging a simple bouquet is a work of art for Steen, "My customers tell me that my arrangements speak to them", she adds.

There's simply no better way to experience Ellyn Lilly's than to just to walk through the door.

Ellyn Lilly • 2190 Queen St. E.
416-731-6258 • [facebook.com/ellynlilly](https://www.facebook.com/ellynlilly)

Kids "most awesome" summer story!

Adventure of My Life

by Maša S., grade 9, Northern S.S.

I just had the most fun filled adventure my life! There were so many things I did, I would need 350 billion words to describe my summer! But because I'm writing an essay, not a sequel to Anna Karenina, here are one of the many things I did this summer.

My school year was cut short because I got to go on vacation early. Score! But unlike most of my friends who were staying behind in Canada, or going down to the States, I was lucky enough to visit Serbia, a country in the Balkans, and visit my family.

To get to Serbia though, I would have to take an airplane for eight and a half hours to Rome, and then for an hour to Serbia's capital, Belgrade.

The plane rides to Serbia went by slowly, making the trip seem like weeks, not hours. My excitement grew the closer I came to Belgrade. I was thinking of all the things I was going to do this summer, from going to Tunisia, to shopping in renewed Knez Mihajlova.

When my mom, sister and I arrived in Belgrade, we were greeted by my uncle and cousin, who were ready to take us to the heart of the city so we could stay with my mom's parents.

The following days were filled with events and trips to places all over Belgrade. One day we visited the zoo. Another we went shopping. The next we visited monuments and museums of Serbian historians. But after a week my adventures in Serbia had to temporarily end; it was time to go to Tunisia!

When we returned to Belgrade, we were all tanned and ready to go exploring the majestic city once again. But this time, we were going to have some more fun!

My sister cousin and I went to one of Serbia's largest waterparks. There were tons of slides, each more thrilling than the next. But just like Tunisia, this fun would have to come to an end.

I returned to Toronto after two months of being with my Serbian friends and family, and I can't wait to do it again next year!



**CONTEST
WINNER
13-16 YRS**

Custom Beaches Greeting Cards & Photographs



A wide selection of affordable Beaches greeting cards, large size photographs and gift items by local artists.



Order yours at beachesliving.ca/beachshop



Beach Home Wins Reality Show Winner Tells Us What It's Really Like!

If you have never been on a reality show, with its booming popularity in today's entertainment, you must have watched one at some point. Ever wondered if "what you see is what is real?"

Beach home owner, Cynthia, recently triumphed over three other homeowners in HGTV's new reality show, "Four Houses Canada". In each episode, four strangers tour and score each other's homes. Each house is critiqued in secret for style and design, livability, originality and overall impression.

Cynthia's Tudor style beach house shone with her personal decorating touch. As the winner (with the highest score) Cynthia won a \$1,000 cash prize and her décor will be featured in Style at Home magazine.

We caught up to Cynthia to find out a bit more about her experience:

Cynthia Zamaria's friends believed that she had decorating talent. When they saw a casting call for house-proud people to take part in a new design reality show on HGTV, they immediately thought of her!

The producers were seeking amateur decor enthusiasts who had a range of home styles to showcase. After checking it out, Cynthia thought it would be interesting to see what others had to say and if her style could stand the test of the competition.

Being a fairly private person, at first Cynthia was nervous about having a very public open house on national television, complete with running commentary from three voyeurs. But she was pretty confident in her design choices, and how she'd turned a traditional house into a bright, family home that mixes old with new, treasures with trash and fun with serious.

What surprised Cynthia was how much fun it was making the show. She describes her cast mates as "a riot"...."We hit it off immediately. Each had such a strong personality and decor point-of-view. We totally forgot about the cameras and had the best time - I didn't want it to end."

In the end, Cynthia learned lessons from being on a reality show that related to both home décor and life. Thanks to her cast mate Barbara, she's now going to add some leopard print somewhere in her house. And she's also learned to take risks, laugh at herself, and the value of doing something different that stretched her and kept her mind open to feedback.

"I'd do a reality show again in a heartbeat," she concludes, and notes that the experience has helped redirect her career: "It's given me the courage to start my own design business", she says.

maral
SALON

maralsalon.com

"A CUSTOM LOOK FOR EVERY CLIENT"



info@maralsalon.com

Lead colourist, Margarita Tsopotos and lead stylist, Albertas Pavilonis welcome you to their new boutique hair salon, after serving the Beach for 5 years!

936 Queen St. East (just west of Carlow) 647.352.3336

Take **Beaches Living** with you!

Keeping you:

- ✓ connected
- ✓ informed
- ✓ involved

with *your* community!



beachesliving.ca

COMMUNITY RESOURCE • SPECIAL EVENTS BEACH SHOP
BUSINESS DIRECTORY • HISTORY & LANDMARKS
PHOTO & VIDEO GALLERY • LIVE OPERA & FINE DINING
MARKETING SERVICES • COUPONS & CONTESTS



Join Beaches Living on Facebook. Visit **beachesliving.ca** for upcoming local events.

coming, going and on the move

Welcome new neighbours

Beaches Fitness – 862 Kingston Rd.

Boulangerie – 1576 Queen St. E.

Burrito Bandidos – 1614 Queen St. E.

Domino's Pizza – 2194 Gerrard St. E.

Gongton Design – 2116 Queen St. E.

Kingsburry – 2225 Queen St. E.

Maral Salon – 936 Queen St. E.

O Sushi Japanese Cuisine – 6 Coxwell Ave.

HERO Burgers – 2018 Queen St. E.

Sandy's Cuisine & Café – 941 Kingston Rd.

The WORKS Burger Bistro – 1953 Queen St. E.

Wine Rack – 2144 Queen St. E.

Thank you and best wishes

Sea Breeze – 1342 Queen St. E.

Sumo Sushi – 222 Queen St. E.

Pier 1 – 1986 Queen St. E.

Deb's Rainbow of Hair Design – 870 Kingston Rd

Soggie Dog Company Ltd. – 1054 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 Beaches|life magazine.

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



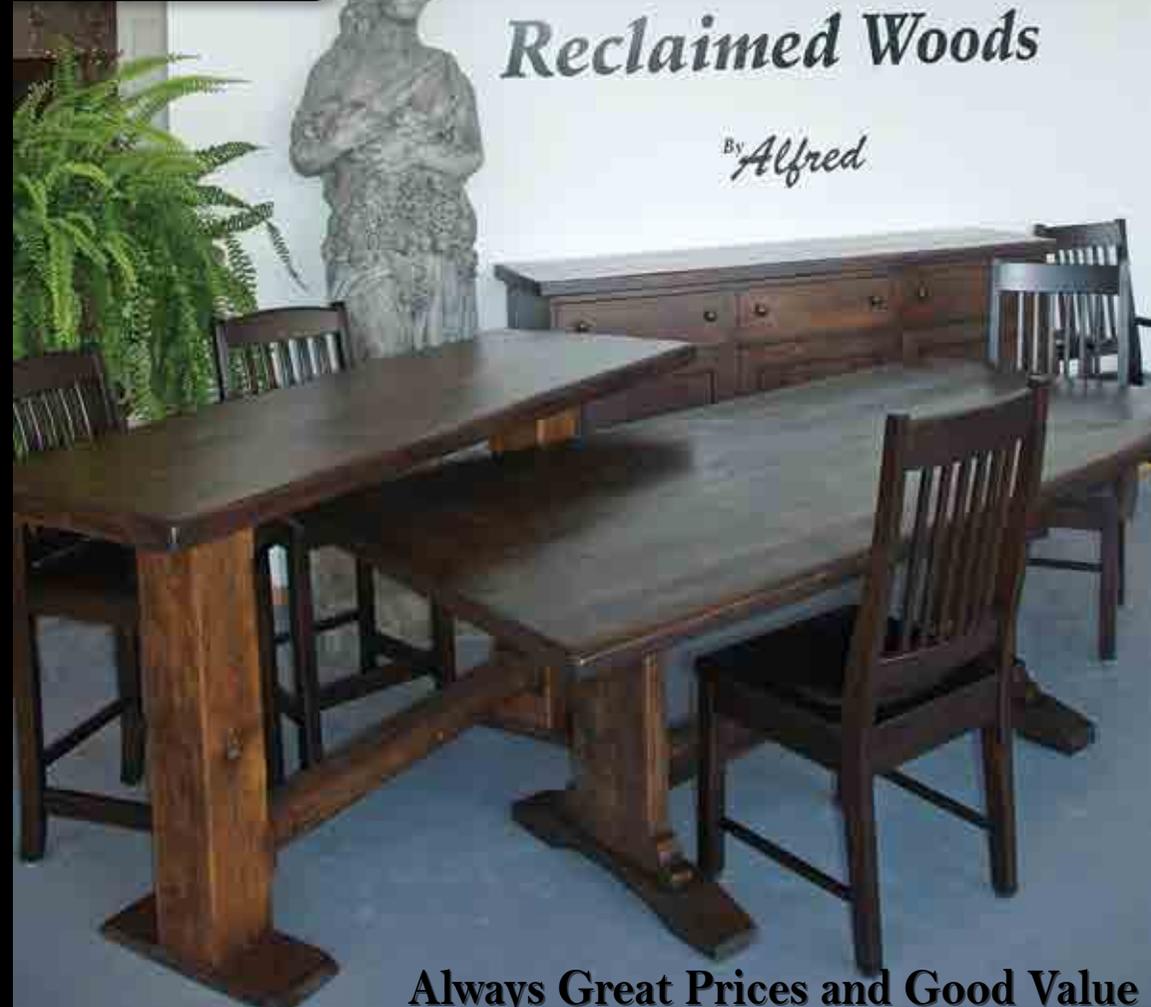
Alf's
Antiques
Handcrafted
Furniture

Harvest Tables

made with

Reclaimed Woods

By *Alfred*



Always Great Prices and Good Value

29 Bermondsey Rd 416-690-5505

(East of DVP & South of Eglinton East)

visit: www.alfsantiques.com

BACKWATER VALVES INSTALLED!

City Grants Available

KEEP
THIS AD GET
50% off
ON YOUR FIRST
SERVICE CALL

CALL NOW!

416-699-6111

Fast Reliable Service 24/7

FREE SEWER CAMERA INSPECTIONS

DRAIN EXPERTS

Electric Snake

\$40

Complete Plumbing Service

- ✓ *Plugged Drains, Backed Up Sewers*
- ✓ *Drain & Sewer Repair & Replacement*
- ✓ *Highly Trained & Licensed Technicians*
- ✓ *Written Guarantee*
- ✓ *No Over-Time Surcharges*
- ✓ *Master Contractor*



FREE ESTIMATES & INSPECTIONS

WATERPROOFING

CALL NOW AND SPEAK TO OUR SERVICEMAN PERSONALLY

Family Owned & Operated in the **Beaches** Since 1945

CUT HERE