WHAT'S IN YOUR CROP?
THE RED BRICK CASTLE
EMBRACE AUTUMN

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COVER STORY

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Fall & Winter 2013

SpRing & SuMMER 201 1

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In every issue
Liona Boyd

The Migration of Canada’s Monarch of Classical Music

Canadians have always been enchanted with classical guitarist Liona Boyd. The many accolades she’s received include five Juno awards, the Order of Canada and the Diamond Jubilee Medal, to name a few. When perusing her many recorded albums you will find world-renowned guest artists including; Yo Yo Ma, Eric Clapton and David Gilmour of Pink Floyd.

In 1975 Liona was given the title ‘The First Lady of the Guitar’ by a Canadian magazine. After 20 years of living in the States and traveling around the world, she returns to Canada with a gift, her latest album, ‘The Return... to Canada with Love.’

Liona, the name, means ‘lioness’ in Italian. A passionate risk taker in both her music and personal life, she has always followed her heart!

At a very young age, Liona has always been the artistically talented one among friends and at school. Born in London, England, at age eight her family boarded a ship to Canada and moved to Toronto. She had her first performance in a talent show on that very ship.

Her parents were both teachers; her father taught visual arts. She naturally had a lot of support and encouragement from the family. At age 13, her life changed forever when she unwrapped a guitar at Christmas. At 14, after witnessing guitarist Julian Bream perform at Eaton’s on College Street, Liona knew she wanted to master the guitar. She took lessons from many famous guitarists and studied privately in Paris, France. Graduating with an honours degree in music from University of Toronto, she then made her New York debut at Carnegie Hall on March 22, 1975.

Her personal life, like her love of music, Liona likens herself and her career to a Monarch butterfly, transforming and migrating.

...continues on page 6
Liona is a romantic, with a deep love of nature, especially the Canadian wilderness. This evolved along with her music career. She remembers the time she lived on Fallingbrook Drive where she could look over and see Lake Ontario through her window. With old-time friends such as Dan Hill, another Canadian music legend and all-time Beacher (still is), portaging the canoe from her house to the lake, building steps so they could get down to the water, and canoeing from there.

She has fond memories of her eight year romance with Prime Minister Pierre Trudeau and considers it “an important chapter in my life”. She often canoed with him at his country house at Harrington Lake. Later when she was living in the Beaches with her fiancee at the time Joel Bell, she was invited to be the host of a camping-canoe trip to be filmed for a World Wildlife Fund documentary. Imagining the same kind of leisurely canning she used to do with Pierre she agreed, not knowing what she was getting into. A Twin Otter dropped them off in northern Ontario for a trip paddling up the Missinaibi River to know what she was getting into. A Twin Otter dropped them off in northern Ontario for a trip paddling up the Missinaibi River to James Bay.

She brought along a guitar, thinking she might serenade as they drifted down a lazy stream. Surrounded by clouds of black flies, bundled in multiple layers to keep warm and dry, she soon realized that this was not to be the romantic getaway she’d imagined. “I’m not in any hurry to do it again.”

However, Liona remembers performing at their final destination of Moose Factory. She gave a concert there in the old Anglican church and a choir of Cree people sang for her to open the show. This experience contributed to her lifetime appreciation of the wild and natural beauty of the land and people of Canada. In 2003, she was diagnosed with Focal Dystonia, a condition where involuntary muscle contractions cause a loss of controlled finger movement. She felt that “if I can’t play the guitar, my life is over.” Devastated, her condition forced her from the stage for six years. In response, she reinvented her guitar technique, abandoned some of her ‘fast finger’ classical licks, and pursued a dream to develop her singing. Insecure about her voice from childhood, she avoided singing, even though fellow artists encouraged her. Over the next four years she recorded Liona Boyd Sings Songs of Love and Seven Journeys, Music for the Soul and the Imagination. Today Liona is performing again, playing guitar and singing, often with fellow guitarist-singer Michael Savona.

In 2011, Liona decided to move back to Canada to be closer to her family and friends. She has reconnected with friends in music and arts, spending time with her mother and siblings. She is also ready for a new romance. She enjoys the city and cottage country and keeps fit by walking, practicing yoga and eating healthy. A vegetarian, she admits “my favorite food is chocolate.” And of course she’ll continue to make music and brave whatever life has in store.

Over the past two years, she put her heart, soul and passion into her new album, The Return... to Canada with Love. She wants to use her songs to express her feelings and give the gift for her return to her homeland. She’s collected her memories and feelings about the beauty of Canada, translating them into words and music for generations to enjoy. Her album features guest appearances by renowned musicians and friends such as Olivia Newton-John, Dan Hill, Jann Arden, Serena Ryder and Canadian astronaut Chris Hadfield. Liona hopes the album will be a legacy for all Canadians: “a gift that will keep giving.”

by Kevin Davies
While January is often when many of us make New Year’s resolutions, the fall and harvest time is the perfect time of the year to take a look at what you’ve written down, or resolved in your mind. Ask yourself, “I planted the seeds for my goals this year, now what is in my ‘crop’?”

Think about those things that have been working out well for you, and what you still want to adjust in your life. Before the bustle of the holiday season begins, there’s an opportunity for each of us to do a bit of quiet reflection.

Do you remember your goals?
What you had hoped for this year?

1. Take a moment to celebrate which ones you’ve achieved, the positives in your life, the accomplishments you’ve made this year.
2. Give yourself a little reward for what you’ve done. Tell a friend and celebrate together.
3. Now look at the goals you’re still working on and ask yourself, what got in the way? Weed out the excuses, and figure out new ways to move ahead, at least, by a few initial steps.
4. Focus on one goal above the rest and make this your priority for the rest of the year. Many of us get overwhelmed with too many “to do’s”
5. Write down one or two inspirational ideas, quotes or a photo to pin up on your wall or post as a “sticky note” on your computer. Visual reminders keep us inspired and moving ahead!

It’s harvest season, what’s in your crop?

6. Here are a couple to get you started:
“You are never too old to set another goal or to dream a new dream.” C.S. Lewis
“A journey of a thousand miles must begin with a single step.” Lao Tzu

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Beaches is known for big trees. Many streets are named after trees. Do you think you have the biggest tree — either on your street or a place you walk your dog every day?

Each winner will win a pair of movie passes to the Alliance Cinema in the Beach. There will be two winners:

1. Biggest Tree
2. Random draw from all submissions

Guidelines for the Big Tree Hunt Contest:
Trees are to be measured according to the City of Toronto Private Tree By-law.

Please provide the tree’s:

a. Size (circumference — as if you are measuring your waist) from 4½ feet above ground level.
b. Location (identifiable). No need if it is in a private backyard.
c. Photo of the tree.
Optional: d. Type of tree  e. Age of tree

Send in your entry by November 10, 2013 at beachesliving.ca/bigtree

Congratulations to Brennan Orridge (11 yrs.), the winner of our question from the Aug./Sept. issue.

Trees on private property having a diameter of 30 cm or greater at 1.4 metres above ground level are subject to protection under City of Toronto Municipal Code and therefore it is unlawful to injure or destroy such trees without first obtaining a permit from Urban Forestry to do so.  www.toronto.ca/trees

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We honour any advertised sale prices in the GTA on identical in stock merchandise.
Scientific studies tell us that spending long hours in the sun without eye protection can damage your eyes. Long-term exposure to ultraviolet (UV) radiation in sunlight is linked to eye disease. Without realizing it, you increase your chances of cataracts, macular degeneration, and growths on the eye, including cancer.

Today's ophthalmologists recommend that you wear 99% and above UV-absorbent sunglasses and a brimmed hat whenever you’re in the sun for long periods of time. We often think this is for summer only, but exposure to the bright sun in the fall and the reflection off the winter snow is also very damaging.

When to wear sunglasses
Sunglasses should be worn anytime you are outdoors:
• Sunny days regardless of the season
• At the beach or in the water
• When participating in winter sports, especially at high altitudes;
• If using medications that can cause photo sensitivity.

What to look for when purchasing sunglasses
Sunglasses are designed to protect our eyes from the sun’s harmful effects but they are not all created equal. Even though the labels on sunglasses promise protection from ultraviolet light and other kinds of natural radiation, it is important to make sure it says, “blocks 99% of ultraviolet rays (UVB radiation)”

Look for sunglasses that block 99% or 100% of all UV light. Some manufacturers' labels say “UV absorption up to 400nm.” This is the same thing as 100% UV absorption.

Styles for men and women
Large sunglasses are still the trend, which is good news for your eyes because the larger lens give you more protection. Aviator sunglasses, especially for men, are hot items through fall.

Styles that complement your face shape
• Oversized rectangular frames always make a stylish statement on women with round faces.
• Aviators are the best choice if you have a heart-shaped face.
• Cat-eye designs are perfect for those with oval faces.
• Retro circular frames, favored by celebrities like Beyoncé, complement angular features.
Enjoying Autumn’s Glory

There is nothing quite like a hike, leisurely stroll or bike ride on a crisp, sunny autumn day. Ontario is known around the world for its spectacular fall colours. Now is the time to get outside and enjoy nature’s beauty.

Take time to observe the wildlife around you. You may see the familiar “V” of Canada geese flying south for the winter. Squirrels are everywhere, burying nuts for the winter ahead.

Dress for the weather, layers work well in the fall. Remember good walking shoes or hiking boots, water, sunglasses, a hat, and your camera!

A few favourite spots in and close to the city:

Rouge Park has 40 square km of beauty, just next to the city. It’s located just east of Meadowvale and Sheppard and runs all the way from Port Union at the beach up to Steeles Ave.

The Don Valley Watershed provides several trails to choose from, all walks ranging from 1-2 hours. Various starting points include Evergreen Brick Works and Wilket Creek where you’ll enjoy a scenic walk right through the heart of the city.

Glen Manor Ravine, Ashbridges Bay Trail and Leslie Spit are perfect for a short afternoon stroll right in the neighbourhood.

Here are some great places for a fall colours road trip:

Kleinburg, Unionville, Niagara Wine Country, Waterfall at Dundas, Orangeville Headwater Area, and the Town of Glen Williams.

For more active people, Bruce Trail and Oak Ridges Trail are great places to go.

For sure you will be enchanted by the beauty of autumn in Ontario.
You may not know 6 Williamson Road but surely most know the red brick building of the Beaches Recreation Centre. For 42 years, the centre has been “the place” for children and adults to play, learn and get fit in a safe and friendly environment.

Many children, such as Frank Domagala, then just 5-years old were welcomed on opening day in 1972 by staffer Alf Grigg, it became a “refuge of recreation — a place to meet new people, participate in an endless list of programs, and work out youthful frustrations while building the foundations of our future.”

Frank had a secret sense of ownership of the ‘red brick castle’, as his father Gene Domagala, was vital in helping it become a reality.

A DREAM AND A PLAN

Settling in the neighbourhood with his young family in 1968, Gene carried with him the values learned in his youth and became active in his new community. Friends from across town questioned his move stating “it’s so far; there’s nothing out there,” he decided to do something about it.

Gene recalled the importance and benefits of local community centres from his troubled youth in the Trinity Bellwoods area, where he’d discovered places like the Columbus Boys Club, Trinity Recreation Centre, and Stanley Park. They provided an essential service to every age, ability, and culture in Toronto.

With the efforts of a group of like-minded individuals, a plan for the Beaches Recreation Centre came to fruition.

Frank, his siblings, and friends such as old pal Roland Roushias, who is running the centre with Frank today, were eager to participate in swimming lessons, drama, floor hockey, softball, etc. As they and their many new acquaintances grew, they’d hang out in the games room playing bumper pool with rock and roll music booming from the stereo.

Like many others, as a teenager Frank began volunteering. He was hired as a pool lifeguard in 1984. Upon becoming a father, he registered his children for programs at the centre.

Over the years, Frank Domagala learned a lot while working in other communities, sharing similar stories with mentors and colleagues about their local facilities. “Recreation has become a part of the fabric of who we are, it’s in our blood.”

GENERATIONAL CHANGES

The red brick building has remained the same, but its programs and facilities have changed to meet the needs of each new generation.

In the 1970s and early ‘80s the Beaches Recreation Centre was renowned as an aquatic powerhouse with a roster of swim team champions. As fitness grew in popularity, cutting-edge exercise classes and an upgraded weight room produced registration line-ups around the block.

The centre now offers a large variety of activities and programs such as dance, art, sports, fitness and recreational games. They also accommodate events such as fundraisers, special celebrations and Town Hall meetings. Some of the biggest events include the Spring Sprint, Halloween Haunted House, and Christmas Pancake Breakfast. All these activities and events have become integral to the life of the facility.

IT TAKES A COMMUNITY CENTRE TO RAISE A CHILD

Over the years, Beaches Recreation Centre with its active advisory council, volunteers and many local organizations, has remained the hub of neighbourhood activity.

Dozens of managers and full time ‘reckies’ across the city, have put in their time at Beaches Recreation Centre. They continue to remark upon the positive effects that this little place and its vibrant community has had on their lives.

Reflecting upon the many success stories of how this facility has supported people with life’s struggles, Frank Domagala is reminded of a time when a father entered with his young son. Recognizing that trouble was no stranger to the boy, Frank took the time to encourage the boy. Years later, that same boy is now a father who comes to the centre with his own son.

Like young Frank, every season there is certain to be another 5-year old, hesitantly entering the same door of the ‘red brick castle’ for the first time, cautiously peering around, and stepping apprehensively into the echoing front hall. Just as certain, Frank, Roland, and the staff will offer big smiles, a round of applause and say, “Welcome to Beaches, the best place in Toronto. Come on in!”
Autumn is upon us, and we are intoxicated by the beauty of its colours, smells and warmth. Considered as Southern Ontario’s best season, we can embrace and prolong it by surrounding ourselves with it inside and out, continuing into Halloween. Halloween can inspire you with its colours and shapes and without being dark and frightening.

Embrace nature and bring the colours and smells of the season indoors. It can be as simple as adding cranberry or pumpkin spice scented candles to your living room. Grab some gourds from your local market, they make the most perfect decorative pieces when left on your dining room or kitchen table. Try Indian corns, they have the most incredible array of colours you can display inside a wicker basket at your favourite corner.

To start, pick an easy section of your space that you would like changed and decide on how you can make it better and gradually move on; in no time, you have given your home a new face lift that you and your guests can admire for months to come. If there are children at home, get them involved. They can have great ideas you can incorporate into your décor. You don’t have to do it all on your own!

A few ideas for indoor Fall decorating:

- Start drying out your favourite flowers and plants in a vase or large plant pots.
- If you’re handy, make decorative pillows in bright shades of Fall that you can add to your sofa.
- Think “outside” the box:
  - What can you do with all the beautiful leaves that are starting to pile-up on the ground?
  - If you have a porch, take advantage of it and make it feel warm and welcoming.
  - Extend your decorative ideas to your doors and gardens.

Happy Autumn!

by Mary Foret, Designer
Preserving Summer
You can have your herbs and eat them too

Fall gardens are often full of fresh herbs until the first frost. Suddenly we all have to revert to packaged dried herbs, or tracking down your favourites in the grocery store, which we know aren’t as fresh as our own.

While you can dry your own herbs, the practice is tricky and doesn’t work for all herbs. An easier and often more flavourful option is to freeze herbs. Although you cannot unfreeze and display them on a plate, frozen herbs added to cooking impart almost as fresh a flavour as if they’d just been picked.

Herbs that freeze well are basil, chives, dill and sorrel (both better frozen than dried), lemongrass, mint, oregano, sage, savory, tarragon and thyme.

Herbs have a freezer-life of 6 months and can be added to most dishes straight from the freezer. Just remember to label them well!

Here are four methods:

1. Wash and dry herbs before freezing and pack into freezer bags. Works well for chives and parsley. Don’t chop ahead of time, just grate as needed and put the rest back into the freezer.
2. Wash and dry entire stems of herbs (like a stem of basil or parsley), then freeze in a freezer bag. When ready to use, drop into a stew or sauce. Remove just before serving.
3. Wash and chop herbs finely and freeze in ice-cube containers covered with a little water. Once frozen, you can put the cubes in freezer bags for easier storage (and to get your ice cube trays back!)
4. Make a paste by mixing 1/3 cup of oil with 2 cups of herbs in a blender until smooth. Freeze the paste in freezer bags, sealed jars or in ice cube trays. The frozen paste gives a great taste to your dishes and the oil keeps them tasting fresh. Herbs that work well in pastes include basil, chervil, cilantro, coriander, dill, fennel, marjoram, mint, parsley, rosemary, sage, savory and tarragon.

Food talk

Treat chronic inflammation with natural remedies before it takes control of you!

People live with inflammation every day and tend to treat the symptoms and not the cause. Inflammation is the body’s natural and healthy reaction to injury or infection. Tissues affected become swollen, red and painful. But many external and internal factors can trigger inflammation as well. The most common are:

- Drug/alcohol overuse
- Environmental toxins
- Free radical damage
- Stress
- Diet high in processed sugar and foods
- Infection-bacterial, fungal or viral
- Injury or trauma

Any part of the body can become inflamed. Inflammation inside the body where you cannot see it is often because of a bacterial infection. But it could be because of:

- Allergies
- Arthritis
- Asthma
- Autoimmune disorders
- Crohns Disease
- IBS and other bowel disorders
- Candida and reoccurring yeast infections

Inflammation that goes away after a few days or week is usually harmless because it’s just your body’s healthy reaction to fighting a problem. But when inflammation becomes an ongoing or chronic problem, you need to treat it with proper diet and lifestyle changes. Natural remedies that work to treat and lower chronic body inflammation include:

- Vitamin B complex
- Vitamin C
- Fish oil High in EPA
- Papaya and Pineapple enzymes
- Turmeric or curcumin extract

Chronic inflammation is very treatable but can wreak havoc if left unchecked. Here are some tips for keeping it under control.

1. Focus on a clean, fresh healthy diet, stress management and positive outlook. This helps effectively keep your body healthy and strong.
2. Reduce acidity in your body. There are many resources available that help you determine which foods (for example, dairy products, refined sugar) increase acidity, and which foods counteract by restoring the natural PH balance (green vegetables, carrots and tomatoes).

If curious about your health and levels of internal inflammation, you can get a live blood cell analysis. This wonderful tool can evaluate and determine the health of your blood and cells on the spot. Any underlying acidity or inflammation within the body will show up.

A healthcare practitioner will then create a treatment plan to properly address and treat your body so it can return to its natural state – one of vibrancy and health.

by Monika Weller, CNP

Health talk

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by Monika Weller, CNP
Fall 2013, Year of the Coat

One word for those who want to be fashionable this fall - coat. No matter the style, the length, the shape or fit, ask yourself, which coats will you add to your closet? Here are your choices!

TRENCH STYLE – The trench always has and always will be a classic. Colours include traditional khaki and beige as well as bright solid shades, often with contrasting sleeves and collars. Good to know that the belt on a trench gives everyone who wears one a nice hourglass shape!

MILITARY STYLE – If you’re looking for a shorter option, the military jacket is a great choice for fall. It also works well with casual outfits, pairing perfectly with jeans. Comes in all colours and of course, leather.

LOOSE AND BAGGY (women only) – The runways for fall were full of long, loose coats. This style is usually buttonless and may reach as low as your knees. Works best if you are tall, at least 5 foot 6 inches.

COLOURED WOOL – Tired of that old black coat? Brighten up your wardrobe with a coloured coat that cheers you up while it keeps you warm. Fall colours include cobalt blue, moss green, orange, red, moss, all shades of grey, black, white and pink!

COLOUR BLOCKING – The colour blocking trend that pairs up no more than 2 or 3 blocks of colour per piece is making an appearance on coats this season. Colour blocking gives you a coat with visual interest, but without a pattern that will go out of style.

SHORT WITH DETAILS – Short wool coats are in all the stores this fall, many with faux fur or leather details. Look for zippers placed just off to the side, as well as zipper details on cuffs and collars.

MOTO JACKETS – The biker jacket for men and women is probably the statement jacket of the season! Often referred to as Moto jackets, these practical and fashionable choices come in leather of all colours, as well as wool and blends.

COCOON COAT – Inspired by blankets that keep you warm at an outside football stadium, the cozy and stylish cocoon coat is meant for casual weekend strolls through your favourite neighbourhood or a short fall hike.

BOUCLE TWEED – Perfect for a night out or as a workwear option, nothing says fall like this tweed boucle. Pair easily with jeans, the colours in the fabric go with any colour. Look for details like fringes down the front, zippers and leather.

Submit your photo to the Beaches Halloween Decoration Contest, and get your friends to vote for you to WIN! 

9th 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!

CELEBRATE
10 YEARS
AND COUNTING

Still Feel Like the New Kid On The Block?

2013 Beaches Living is celebrating its 10th year in publication and community involvement. In honour of all local businesses who have had continued success for a decade or more by the same owner, their names are published in Beaches Living Guide, Spring/Summer 2013 edition. You can also view the list online.

beachesliving.ca/10years

FIND BUSINESSES LOCALLY

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Have we missed you? No problem. Get your free listing at beachesliving.ca/listingsubmit

2013 Beaches Living Guide is a special publication, dedicated to the success of long time local businesses. Find out how to advertise in the next edition!

beachesliving.ca/advertise

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

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Cool Talk: what is your next thing to do on your fixer list for this winter?

Have you ever put off something that needed attention until disaster struck and you felt helpless? We all have a list of tasks we would like to tackle, complete and feel great checking them off. This is the time before winter comes to knock down one or two of the most potential "enemies" off your list and give yourself some peace of mind this winter.

Usually we put things off because of lack of time or money. However, we also know when something breaks down it usually ends up costing us more money, takes up more of our time and causes much more emotional heartache. In fact, it will cost less if you take action now before the real problem strikes.

So what's on your list? Do you have a constant breeze coming through your living room window? Maybe your furnace needs cleaning or a tune-up? It might be time to invest in a new high-efficiency furnace? Car safety is very important in the winter, you may be ready for a new set of tires and new brakes. Maybe it's even time to get that new/used car you have been thinking of. Clean your ducts so you don't breathe in all the dust accumulated over many years....

There's another financial advantage by acting now. Put your money towards what's important to you now before the holiday spending season begins.

Now you will have peace of mind when winter comes.

by Mary Forret
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 chosen this entry as our winner. Christian will receive a $25 gift card to Midoco Art and Office Supplies. We hope you enjoy his story as much as we did.

My Summer!
by Christian W.F.
grade 6, Kew Beach JPS

As I think about how to write this, I look around me. Everything reminds me of summer. I just can’t believe it’s over. It was just two months ago when school let out. I was so happy. Now it’s back to the old dumpster of everyday life. I guess I should get on topic with the whole summer thing.

At the beginning of summer, I went to Europe. After the extremely boring seven hour plane ride, we finally landed in Venice. We rented the top floor of some lady’s house for two days. We did a couple of things in Venice, mostly seeing museums and stuff. Since there is more to the trip, I will only mention my favourite thing. I liked the food but the best thing was gondola ride. Then, we went to Slovenia, and met up with some relatives for a week. My favourite thing there was either the summer bobsled or the bungee tramline. We stayed a short while in Austria. We didn’t do too much there but we did go to Mozart’s house. We went to Munich and visited the BMW factory, my godfather, and the Munich zoo. Afterwards, we went back to Italy for a night before going home.

I went sailing a little bit but, if you don’t mind, I don’t want to get into much detail. I will just say I loved to sail the 420 sailboats they were SO FAST!!!

So I guess that’s the main stuff. This summer, I did a lot a swimming, lessons, practice and just hanging out in the pool. I also played some soccer, mainly playing right attack. I had lots of fun this summer. I did skateboarding and enjoyed the out of doors. I played some frisbee and shot some hoops in basketball. I practiced piano this summer (I play piano) and did lego robotics. I also played quite a bit of video games, mostly the PC game called Minecraft.

I hung out with my friends a lot this summer. That was my Awesome summer.

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Filmed over five years in 25 countries, SAMSARA is a new, non-verbal documentary from filmmakers Ron Fricke and Mark Magidson (who first brought us BARAKA).

Samsara is a Sanskrit word that means “the ever turning wheel of life”. The filmmakers use this theme as they search for what connects everything in our lives. What we see sometimes amuses, sometimes inspires, and sometimes makes us cringe.

There is no plot to SAMSARA – it doesn’t need one. Just sit back and let it immerse you in what some have even described as a “guided meditation”. For two hours, audiences are mesmerized by the film’s layered narrative of juxtaposition, cause and effect, and wonderment. We see earth and its people at their best and sometimes worst, in stunning clarity.

You’ll see landscapes, people and time-lapsed sequences with subjects such as sacred grounds, sites of disasters, industrialized zones and natural wonders, monks creating a mandala and the wreckage of houses after Hurricane Katrina. We also watch the testing of lifelike robots alongside humans, group exercises in a prison, garbage pickers in a mountain of trash and pilgrims circling a tomb.

There are some underlying themes for the film makers: the need for recycling, the manufacturing of weapons, the extent the world has to stretch to feed its people, as well as Buddhist themes of circularity and renewal. Beauty is in nature and ugly is created when man tries too hard.

However the film is described or analyzed, everyone agrees it’s worth the experience.

Some notes about the film:

• It took 19 years to make.
• Fricke and his crew lugged Panavision cameras across five continents.
• It is one of only a handful of films shot on 70mm in the past forty years. This is a wide high-resolution film gauge that most cinemas actually cannot handle 2001: A Space Odyssey (1969), for example, also was shot on the same Panavision Super 70mm film.
• The music spans many cultures and was composed by Australia’s Lisa Gerrard (who did the music for the movie Gladiator) and fusion music band Dead Can Dance, and the film’s producer.

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