

# Beaches

Autumn — October/November 2013

life

**WHAT'S IN  
YOUR CROP?**

**THE RED  
BRICK CASTLE**

**EMBRACE  
AUTUMN**

**BOYD RETURNS  
WITH LOVE**



Decorating has never been easier and more affordable.



Unique gifts and home décor from all over the world.

Halloween themed gifts • incense • candles • oil warmers • vases • wind chimes • water fountains • candle holders



chess sets • angels • book ends • dream catchers • bird houses • African figurines • trinket boxes • lanterns • signs

Visit us and see how we can redesign your lifestyle. Every time you come, you are likely to discover something new!

Affordable gifts, collectibles, seasonal and wedding decoration ideas. Gongton Design has something for everyone on your shopping list whether it be for him, her, the one who has it all or just for yourself, all in a warm and friendly environment.

Every time you come, you are likely to discover something new!

Fill in a ballot for a chance to win one of our \$10, \$25 and \$50 gift cards with any purchase.



Like us on Facebook for a chance to win one of our gift cards.

We are also specialized in graphic design (brochure, catalog, stationery, logo, etc.). Ask us for a quotation.

2116 Queen East (Queen & Wineva Ave.) Toronto (647) 351-0883

Like us on Facebook for a chance to win one of our gift cards.



# FEATURES

## COVER STORY

- 5** LIONA BOYD – THE MIGRATION OF CANADA'S MONARCH OF CLASSICAL MUSIC
- 9** IT'S HARVEST SEASON, WHAT'S IN YOUR CROP?
- 10** THE BIG TREE HUNT
- 13** THE EYES HAVE IT – TAKING CARE OF YOUR VISION WITH STYLE
- 15** ENJOYING AUTUMN'S GLORY
- 16** THE RED BRICK CASTLE – A REFUGE FOR MANY KIDS OF ALL AGES
- 19** EMBRACING FALL WITH A PERSONAL TOUCH
- 23** FALL 2013, YEAR OF THE COAT
- 24** COOL TALK: WHAT IS YOUR NEXT THING TO DO ON YOUR FIXER LIST FOR THIS WINTER?
- 26** KIDS "MOST AWESOME" SUMMER STORY! WINNER
- 22** NINTH ANNUAL BEACHES HAUNTED HOUSE CONTEST

in every issue

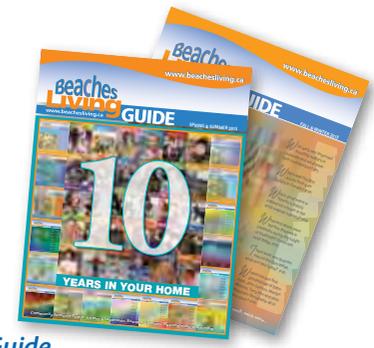
- 10 *You Ask... Answer.*
- 18 *my Secret Beaches Spot*
- 29 *my.tech CHAT AWAY*
- 20 **Food talk** PRESERVING SUMMER
- 28 **Movie Pic** SAMSARA
- 30 *Coming, going & on the move*
- 21 *Health talk* TREAT CHRONIC INFLAMMATION BEFORE IT TAKES CONTROL OF YOU!

## AWARD WINNER, AGAIN



BEACHES LIVING GUIDE CELEBRATES 10<sup>th</sup> YEAR WITH THE 7<sup>th</sup> AWARD FOR PUBLICATION EXCELLENCE

Be a part of the award-winning tradition, advertise in the next issue of *Beaches Living Guide*, contact us today at 416-690-4269 or info@beachesliving.ca



## SHORTCUT TO YOUR BUSINESSES

31. Alf's Antiques.....alfsantiques.com
6. BDD Landscape Maintenance .blackdahliadesign.ca
18. Beach Studio Tour ..... beachstudiotour.ca
25. Cedarwood ClimateCare .....cedarwoodheating.com
27. Cherry Beach Soccer Club .....cherrybeachsoccer.com
32. Drain Experts .....416-699-6111
7. Envy Eyewear Boutique..... find us on Facebook
8. Gerrard Square .....gerrardsquare.com
2. Gongton Design .....www.gongtondesign.com
7. Hooper's Pharmacy .....hoopershealth.com
9. Jay Tenorio-RBC Financial .....416-995-4974
8. KEEN Canada..... keencanada.ca
30. L.E. Jewellers .....lejewellers.ca
11. Living Lighting.....livinglightingbeaches.com
19. Optimart..... optimart.ca
11. Pearle Vision .....pearlevision.ca
18. Pryce Studios .....prycestudios.com
6. Salon Fortelli & Spa..... salonfortelliandspa.com
15. The Shirt Spa .....theshirtspa.ca
12. The Ten Spot - Beaches .....the10spot.com
14. T.O. Dance Co .....todanceco.com
14. YOGAthletix.....yogathletix.com

Our next *Beaches|life* is the  
**Winter Holiday Issue**  
for December/January.

Deadline to book your space is November 10,  
2013. For advertising or any other inquiries:

Call 416-690-4269

Email [info@beachesliving.ca](mailto:info@beachesliving.ca)

Visit [beachesliving.ca](http://beachesliving.ca)

## FIND BUSINESSES LOCALLY

[beachesliving.ca/  
directory](http://beachesliving.ca/directory)

Have we missed you? No problem. Get your free  
listing at [beachesliving.ca/listingssubmit](http://beachesliving.ca/listingssubmit)

## Beaches|life

Your neighbourhood HUB to  
the Greater Beaches Area



DIRECTOR & EDITOR – Hong Zhao

WRITER – Beth Parker

GRAPHIC DESIGN – Ted Niles

COVER PHOTO – Don Dixon

CONTRIBUTORS – Fran Battaglia, Kevin Davies,

Mary Foret, Ted Niles, Monika Weller

ACCOUNT MANAGER, ASSISTANTS –

Pierina Mevius, Fran Battaglia, Calin Nemes

Copyright 4Dimension.Ca

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



Your comments and suggestions are welcome.

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

416.690.4269, [info@beachesliving.ca](mailto:info@beachesliving.ca)

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



# 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



continued from page 5...

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 fiancée 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 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

**BDD**  
LANDSCAPE MAINTENANCE  
gardening for a green generation

416.400.8038  
blackdahliadesign.ca

**Fall-Cleanups, Fall Planting and Fall Planter Design**

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

**FALL INTO A NEW LOOK**

BOOK AN APPOINTMENT TODAY

416 691 7100

www.salonfortellilandspa.com

**ENVY EYEWEAR BOUTIQUE**

**CARBON FIBRE!**

**25% OFF BLAC**

**FREE Eye Exams**

**Don't Be Envious, Be The Envy!**

1944 Queen St. E., 416.699.3407

Sign-up for our monthly eNews for informative articles, in-store specials & events...

**Live Cell Microscopy**  
at Hooper's Pharmacy!

**What can be revealed using Live Cell Microscopy?**

- \* Function and behaviour of white blood cells, looking at immune function
- \* Parasites, candida and bacterial forms (yeast and fungus)
- \* Nutritional deficiencies such as iron, B12, Vit. E and folic acid
- \* Free radical damage and oxidative stress
- \* Liver stress/toxicity
- \* Acid/alkaline balance
- \* Inflammation
- \* Digestive issues
- \* Heavy metals

**CALL Today To Book Your Appointment...**

Watch twitter for secret specials @hooperspharmacy

**HOOPER'S PHARMACY & VITAMIN SHOP**

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



Autumn's arrived at...

**GERRARD SQUARE**

*Great new stores!*  
*Brand new look!*

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

Follow us online:  
GERRARDSQUARE.COM



## It's harvest season, what's in your crop?

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!

### 6. Here are a couple to get your 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

**RBC Financial Planning**

Retired or planning for retirement? Need income?

An investment of \$100,000 can provide You with a monthly income of **\$595.75\***

For more details or to set up an appointment, give me a call.

**Jay Tenorio**  
Financial Planner  
Investment & Retirement Planning  
Royal Mutual Funds Inc.  
Tel. 416-995-4974  
jay.tenorio@rbc.com

**Advice you can bank on™**

For illustrative purposes only.  
Example is based on:  
Name of Fund: Managed Payout Sol. - Enhanced Plus NAV/Unit (as of September 6, 2013): \$7.2178 Number of Units: 13854.64 Monthly Distribution/Unit: \$0.0430  
\* May be adjusted depending on future market conditions. Please consult your advisor and read the prospectus before investing. There may be commissions, trailing commissions, management fees and expenses associated with mutual fund investments. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. This advertisement is intended as a general source of information only, and should not be construed as offering investment advice. Interest rates, market conditions, tax rulings and other investment factors are subject to rapid change. Cash flow payments are not guaranteed and may be adjusted depending on future market conditions. Cash flow from mutual funds should not be confused with mutual fund rates of return. Distributions may consist of interest income, Canadian dividends, capital gains, foreign non-business income or return of capital, and each may have different tax consequences. Individuals should consult with their personal tax advisor. Mutual funds are not guaranteed or covered by the Canada Deposit Insurance Corporation or any other government deposit insurer.  
For funds other than money market funds, unit values change frequently. For money market funds, there can be no assurances that a fund will be able to maintain its net asset value per security at a constant amount. The full amount of your investment in a fund will be returned to you. Past performance may not be repeated.  
Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI), RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec.  
\*/ \*\* Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2012 Royal Bank of Canada. 36028 (08/2012)



Here's the answer

# You Ask... Answer.

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](http://www.toronto.ca/trees)



## The BIG TREE HUNT Show & Win!

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](http://beachesliving.ca/bigtree)

# FIND BUSINESSES LOCALLY

## [beachesliving.ca/directory](http://beachesliving.ca/directory)

Have we missed you? No problem. Get your free listing at [beachesliving.ca/listingssubmit](http://beachesliving.ca/listingssubmit)



Buy one pair of eyeglasses and get one FREE with frame purchase.  
Bring in this ad to our store for your FREE lens cleaner.

EYE EXAMS AVAILABLE ON SITE  
BY DOCTORS OF OPTOMETRY  
416-461-9009

**PEARLE**  
EST. 1961  
**VISION**

CANADIAN TIRE PLAZA  
1015 LAKE SHORE BLVD. EAST  
416-461-8668

Buy a complete pair (frame and lenses) and receive a free complete pair of eyeglasses or Rx sunglasses – same prescription. First pair must be of equal or greater value to free pair. Valid prescription required. Cannot be combined or used in conjunction with any store offer or discount. Not valid on previous purchases, readers or non-prescription sunglasses. Valid at 1015 Lake Shore Blvd. location only. Some restrictions may apply. Savings applied to lenses. See associate for details. ©2013 Pearle Vision. All Rights Reserved.

## CRYSTAL SALE

Living Lighting has the selection, style and great savings to satisfy all of your lighting needs. All in-stock crystal chandeliers and fixtures are now on sale, so hurry in now for the best possible selection.



### Living LIGHTING in the BEACH

1841 Queen St. E. 416.690.2544 • [beaches@livinglighting.com](mailto:beaches@livinglighting.com)  
Visit our on-line catalogue at [www.livinglightingbeaches.com](http://www.livinglightingbeaches.com)

WE HONOUR ANY ADVERTISED SALE PRICES IN THE GTA ON IDENTICAL IN STOCK MERCHANDISE

# GET *nailed* AT THE TEN SPOT<sup>®</sup>

manicures, pedicures, waxing, facials + gent grooming

Holiday parties, staff events,  
bachelorettes, girls' nights out,  
bridal & baby showers!

There is no better place to get  
*polished, pampered and par-tay!*



@THETENSPOT #BEACHTO

2012 QUEEN ST EAST [ACROSS FROM KEW PARK!]

WWW.THE10SPOT.COM | BEACHES@THE10SPOT.COM



## The Eyes Have It Taking care of your vision *with style*

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.



**YOGATHLETIX**  
mindful fitness

**FREE  
PASS**

Redeem for a free  
introductory class.

Valid for first-time  
visit only.

Does not expire.

## CLASSES 7 DAYS A WEEK

- Yoga
- Barefoot fitness
- Barre classes
- Pre-natal yoga
- Mommy & baby fitness
- Zumba
- Children's programs



201-911 Queen St. E. • 647.748.0999 • info@yogathletix.com • yogathletix.com



# 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.

Jazz • Acro • Ballet • Hip Hop • Tween Barre • Minis Move • Sr/Advanced Drop-in classes

# CHILDREN'S DANCE CLASSES

FOR MORE INFORMATION  
www.todanceco.com  
info@todanceco.com  
416-904-1555  
201-911 Queen Street East

Technique. Determination. Confidence.

# T.O. DANCE CO

THE SHIRT SPA

## PAMPER YOUR CLOTHES.

**PANTS HEMMING \$5.99**

**3 PANTS FOR \$11.99**

THE SHIRT SPA

2207 Gerrard St. E., Toronto, ON M4E 2C8 Tel: 647.847.7359

# THE RED BRICK CASTLE

## A refuge for kids of all ages



Staffer, Gary Sopha

Staffer, Carol Calder

Instructor, Roberta Walker

Roland Roushias

Frank Domagala

Chef Gordon Brown

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.

(left) Gene Domagala at the entrance of the Beaches Recreation Centre in 1972.



### 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!”

## Do not miss the next free painting demonstration

by Artist

John Stuart Pryce, O.S.A. Hon. L.P.A.P.



at **Pryce Studios** 1600 Gerrard Street E.

Learn about John's upcoming art classes.

**Everyone is welcome**

Seating is limited so call John for time and reservation at:

416-804-5559, [john@prycestudios.com](mailto:john@prycestudios.com)

[www.prycestudios.com](http://www.prycestudios.com)

## my Secret Beaches Spot

Send us a photo of your Secret Beaches Spot with a brief description. Email your photo by November 10, 2013 to:

[info@beachesliving.ca](mailto:info@beachesliving.ca).



This view is only seen during special events when this historical landmark is open to the public.... *Jim D.*

Tell us where the Secret Beaches Spot photo was taken, and you could win a copy of *Liona Boyd's cd, The Return... to Canada with Love.*

Email your answer by November 10, 2013 to [info@beachesliving.ca](mailto:info@beachesliving.ca).

**Congratulations to** Rick Morrissy – August/September's Secret Beaches Spot winner. The Secret Beaches Spot published in the last issue is the Kew Beach dog park.



# EMBRACING FALL

*with a personal touch*

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

  
**OPTIMART**  
1 HOUR SERVICE ON MOST EYE EXAMS

**FRAME & LENSES FROM \$89**

**COLOUR CONTACT LENSES \$25**

**EYE DOCTOR ON-PREMISES**

**SENIOR DISCOUNT 20%**

294 Main St (On Danforth Ave)  
416-690-4649

[www.optimart.ca](http://www.optimart.ca)

3150 Eglinton Ave (Eglinton & Markham Rd) 416-266-3389  
3351 Markham Rd, Unit # A115 (Markham Rd & Steeles Ave) 416-297-9903

## Beach Studio Tour

FRIDAY OCT. 25 6PM - 9PM  
SATURDAY OCT. 26 10AM - 6PM  
SUNDAY OCT. 27 11AM - 6PM



HOME IS WHERE THE ART IS  
[www.beachstudiotour.ca](http://www.beachstudiotour.ca)  
FREE ADMISSION



Food *talk*

## Preserving Summer

### You can have your herbs and eat them too

#### 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.

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!**



## 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

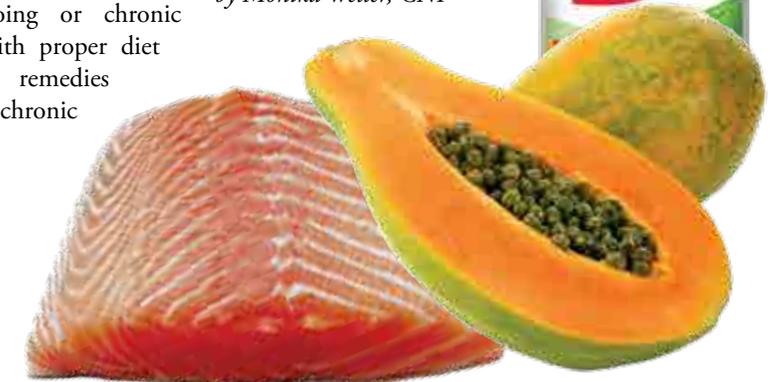
Chronic inflammation is very treatable but can wreak havoc if left unchecked. Here are some tips for keeping it under control.

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*



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](http://beachesliving.ca/10years)

**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](http://beachesliving.ca/beachshop)

# 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.

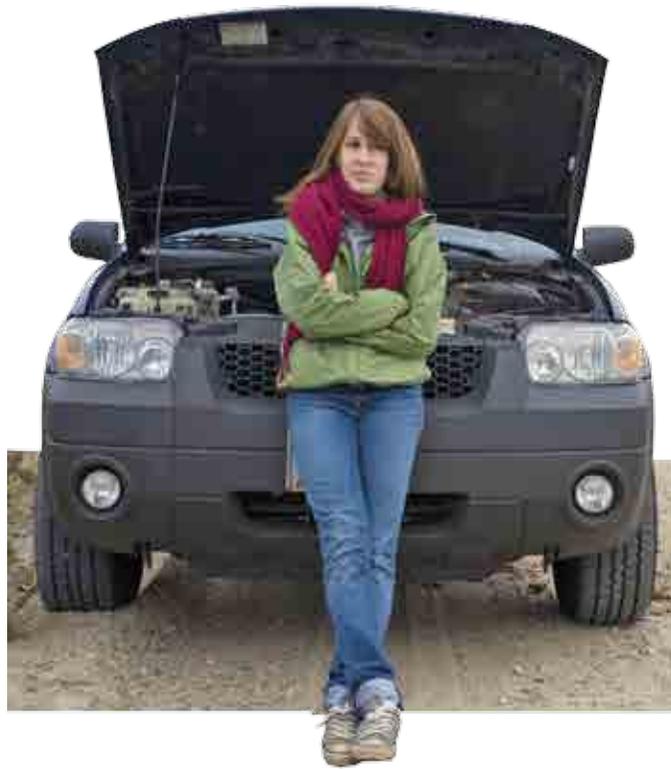
**BOUCLE TWEED** – Perfect for a night out or as a workwear option, nothing says fall like this tweed boucle. Pair easily with jeans, the colours in the fabric go with any colour. Look for details like fringes down the front, zippers and leather.

## FIND BUSINESSES LOCALLY

# [beachesliving.ca/directory](http://beachesliving.ca/directory)

Have we missed you? No problem. Get your free listing at [beachesliving.ca/listingssubmit](http://beachesliving.ca/listingssubmit)

*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 Foret*

**ONE MAN'S TRASH IS ANOTHER  
 MAN'S TREASURE**

**FIND IT FAST, EASY AND ON THE MAP!**

- IT'S SOCIAL
- GIVE YOUR STUFF A NEW HOME
- KEEP THINGS OUT OF LANDFILLS
- GET SOME HARD TO FIND ITEMS
- AND THE LIST GOES ON....



**SAVE SO  
 MUCH  
 YOU'LL  
 WEAR IT  
 LIKE A  
 BADGE OF  
 HONOUR.**



**Buy a new energy efficient  
 furnace and A/C and get up  
 to \$1,100 in rebates\*.**

**Save up to 15% on your  
 heating and cooling bills!**

**Call now! Offer ends  
 November 30, 2013.**



**CEDARWOOD  
 CLIMATECARE.**

**Call 416-299-3000  
 CedarwoodHeating.com**

**100%  
 SATISFACTION  
 GUARANTEED!**

# Kids

## "most awesome" summer story!

### WINNER!

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 trampoline. 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 of 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.



### We're moving indoors

All that's missing are the players!  
Toddler  
Children  
Youth to Adult

Register & Reserve A Spot!  
Opportunities for

ALL STAR  
REP TEAMS  
TRY-OUTS!

One block South of the Danforth & Coxwell subway station  
[www.monarchparkstadium.com](http://www.monarchparkstadium.com)

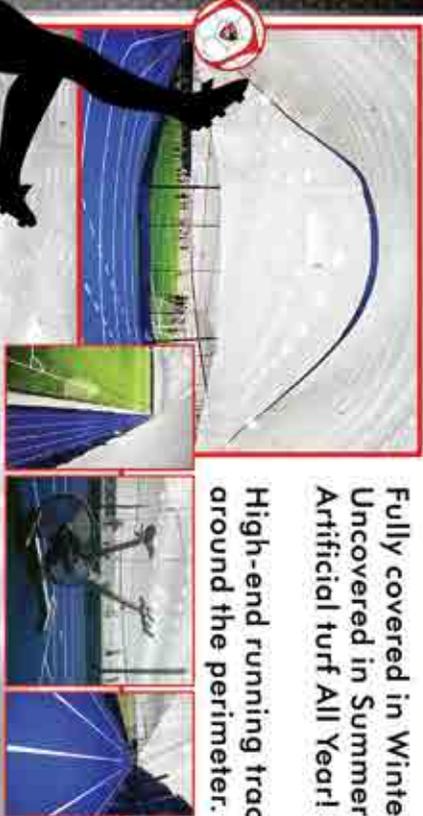


## 416 367 4359

ENJOY SOCCER with CHERRY BEACH!  
Register now for our Winter Soccer Programs!  
[www.CherryBeachSoccer.ca](http://www.CherryBeachSoccer.ca)  
[info@cherrybeachsoccer.ca](mailto:info@cherrybeachsoccer.ca)

Join our Winter SOCCER House League  
Trophy/Medals if in HL from Nov. to April  
3 months \$225/player  
Nov to Jan  
6 months \$350/player  
Nov to Apr  
Ask About Our Fall & Winter Development Program  
OFFERED YEAR ROUND!

Fully covered in Winter  
Uncovered in Summer  
Artificial turf All Year!  
High-end running track  
around the perimeter.



### 3-6 Months of Indoor Soccer

# Cherry Beach Soccer Club



## WINTER LEAGUE



# SAMSARA

A journey around the world where there's Beauty, Ugly & Everything in-between

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.

“...a globe-trotting, visually breathtaking documentary meditation on the connections between humanity and nature.”

TIFF/Bell Lightbox

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.

Chat Away  
- a new way  
to connect



A free app used by 300 million people can't be wrong.  
Be the first one to know and tell your friends to WeChat!

WeChat is a new and powerful mobile communication tool. You can send voice messages, video, photo and texts. You can also create different group chats and find new friends nearby to talk to. It works on iOS, Android, Windows and BlackBerry devices.

For details and download the app, visit [wechat.com](http://wechat.com).

### FEATURES:

- Talk faster on the go with voice messages.
- Crystal clear voice and video calls.
- Instant messaging with group chats and animated smileys.
- Chat with your friends or with people nearby.
- Sending photos and videos has never been simpler.
- Real walkie talkie mode with up to 40 friends.
- Always on, no logouts, never miss a message.
- Get message alerts instantly with push notifications.
- Share, like, and comment on photos with your friends.
- Import contacts and add friends instantly.
- Available on Android and all other smart-phones, all for free.
- Works over your phone's existing data plan or any WiFi connection.

Watch out for  
**Beaches Living Guide**  
Fall/Winter 2013/14



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

To book your ad space,  
contact us by October 10  
at 416-690-4269 or  
[info@beachesliving.ca](mailto:info@beachesliving.ca)



## L.E. JEWELLERS NOW OPEN!

Featuring Pandora, Thomas Sabo and Elle  
Jewellery, Citizen Watches.  
Custom jewellery design and repair, watch repair.

Free Parking!  
Previously located inside the Loblaws at Lake Shore Blvd. E. and Leslie Street.



L.E. Jewellers is located at 1015 Lake Shore Blvd. E.  
beside Starbucks in the Canadian Tire Plaza  
at Lake Shore Blvd. E. and Leslie St.



Thomas Sabo



PANDORA™



ELLE

www.lejewellers.ca 416-461-4494



# Alf's

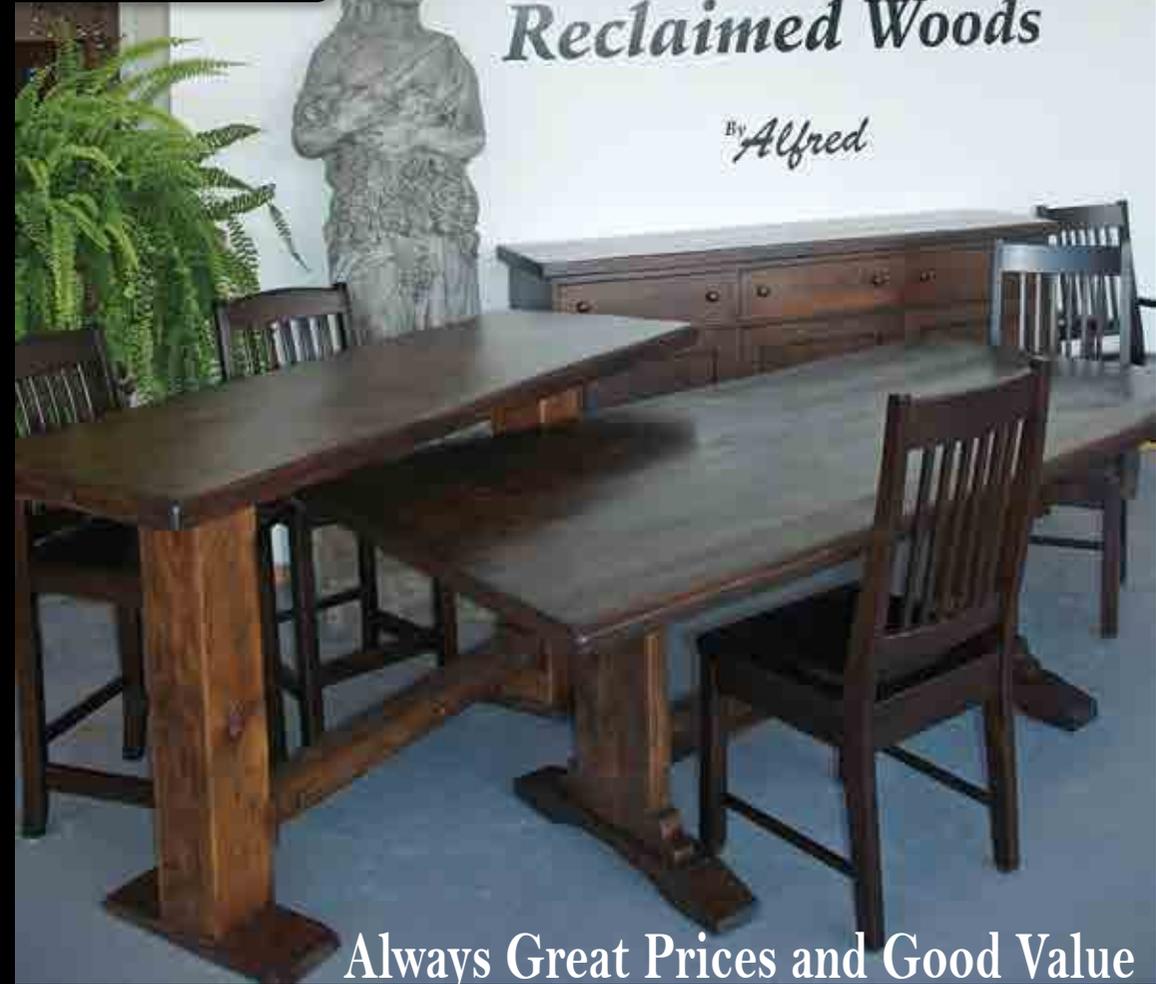
Antiques  
*Handcrafted*  
Furniture

## 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 our Online Gallery [www.alfsantiques.com](http://www.alfsantiques.com)

## FIND BUSINESSES LOCALLY

[beachesliving.ca/directory](http://beachesliving.ca/directory)

Have we missed you? No problem. Get your free listing at [beachesliving.ca/listingssubmit](http://beachesliving.ca/listingssubmit)

### coming, going and on the move

#### Welcome new neighbours

Bagels on Fire – 2248 Queen St. E.  
Brussels Bistro – 1975A Queen St. E.  
MJG Gallery – 1028 Queen St. E.  
Wineva Realty Brokerage –  
2156 Queen St. E.

#### On the Move (new location):

4Cats – 2138A Queen St. E.  
L.E. Jewellers –  
1015 Lake Shore Blvd. E.  
Norma's Therapeutic Massage Clinic –  
579 Kingston Rd. # 101

#### Thank you and best wishes:

Beach Apothecary – 1854 Queen St. E.  
Kalamata Shish Kebob House –  
1959 Queen St. E.  
Sketchley Cleaners –  
2146-A Queen St. E.

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

# BACKWATER VALVES INSTALLED!

City Grants Available  
For Your Home Protection

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

CALL NOW!

**416-699-6111**

**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