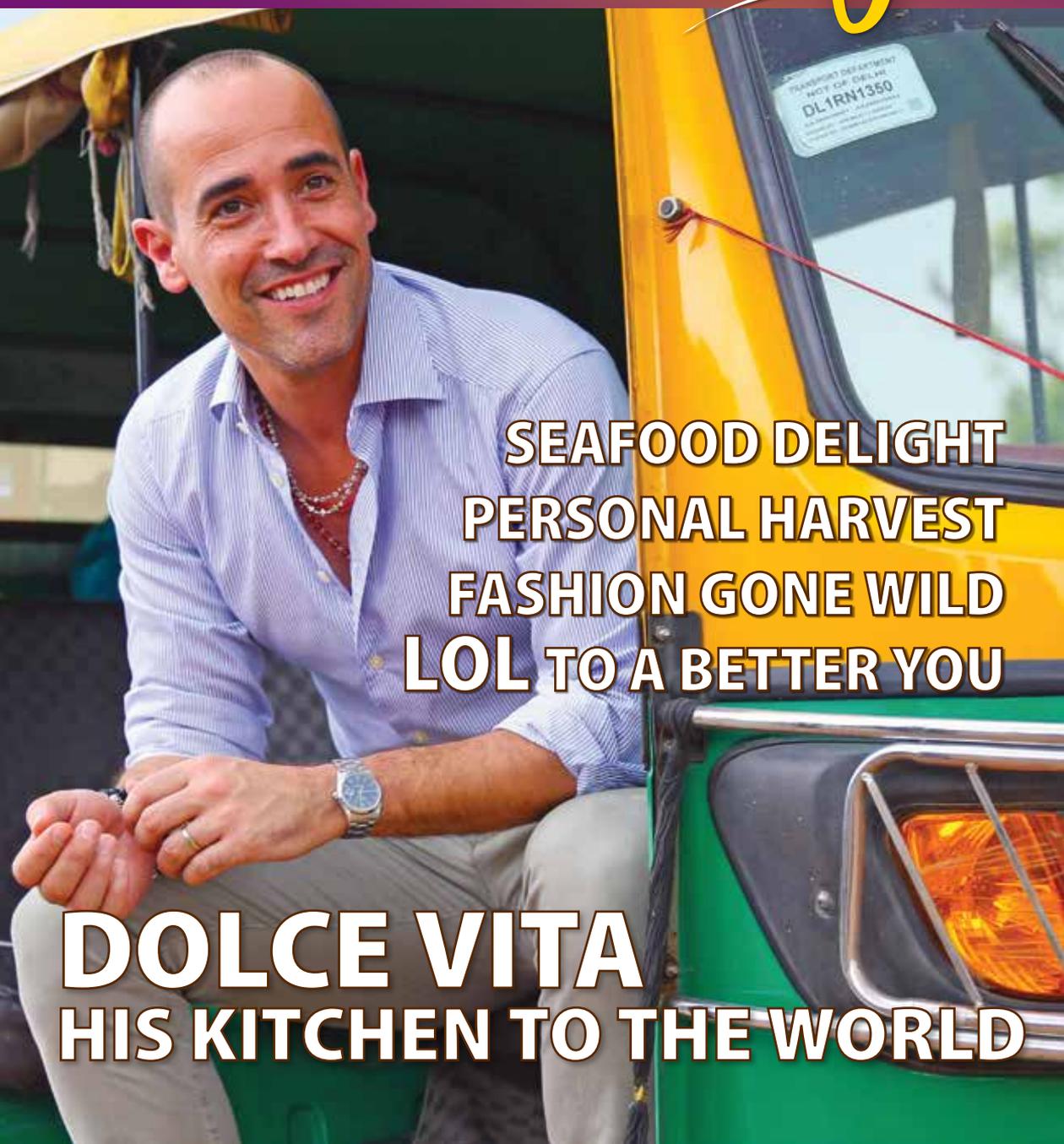


Beaches

Autumn — October/November 2014

life

A man with a shaved head, wearing a light blue button-down shirt and light-colored trousers, is sitting on a yellow and green vehicle, possibly a tuk-tuk. He is smiling and looking towards the camera. The vehicle has a license plate that reads "TRANSPORT DEPARTMENT NOY OF DELHI DL1RN1350".

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COVER STORY

5 COVER STORY
LIFE IS SWEET – DAVID ROCCO SHARES HIS PASSION FOR FOOD



FEATURES

- 9** WHAT'S YOUR PERSONAL HARVEST? – PLANTING SEEDS TODAY FOR A BOUNTIFUL TOMORROW
- 13** HARVEST CELEBRATED AROUND THE WORLD
- 21** GO WILD AND GET FIERCE THIS FALL
- 22** THINKING OF NEXT SPRING... FALL GARDEN HIT LIST
- 25** SEAFOOD DELIGHT
- 28** MY SUMMER ROCKED! KIDS' WRITING CONTEST

in every issue

10 Food talk
PUMPKINS: SO MUCH MORE THAN JUST A JACK-O-LANTERN!

26 bizprofile
HAIR DYNAMICS – FAMILY SALON & SPA MAKES YOU FEEL RIGHT AT HOME

32 my.tech
TILE – YOUR PERSONAL "LOST & FOUND" DEVICE

14 my Secret Beaches Spot

27 Movie Pic
ROBIN WILLIAMS – HE MADE US LAUGH

33 bizprofile
PROVIDING A FRESH PERSPECTIVE ON HOME DESIGN

17 Health talk
LAUGH YOURSELF TO BETTER HEALTH

30 Biz talk
RUNNING YOUR BUSINESS? WORK – LIFE – BALANCE

34 Coming, going & on the move

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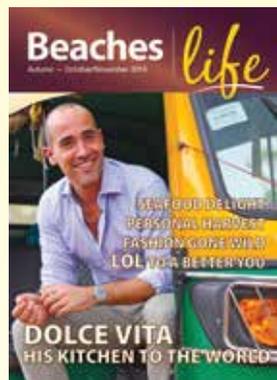
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Life is Sweet David Rocco shares his passion for food

Celebrity chef David Rocco is a familiar face to many Canadians. He is an executive producer, best-selling author and host of two internationally syndicated TV series. But most of all, he is proud of his Italian heritage and how this has shaped the way he approaches food, cooking, family, friends and life itself – “dolce vita,” translated as the “good or sweet life”.

David’s culinary passion came from what he’s learned from his large Italian family and his world travels, watching, learning and cooking every step of the way. His mother Josie was a big influence, but so were his aunts, grandmother and various relatives that gathered around a stove to prepare meals. “I was always in the kitchen,” he says, “Even in the 1970s when Italian cooking wasn’t trendy and most people thought it was just spaghetti and meat balls, I loved and appreciated Italian cooking.”

David grew up travelling to Italy at least one month every year. When he was 26, he spent an entire year in all regions, “I went into over 100 kitchens and observed how and what they were cooking,” he says.

“Dolce Vita”, says David, “has nothing to do with the money you have. It’s all about being present in those

moments in life that bring you joy and makes life good. These are moments like breaking bread with family and friends, taking time to talk with a barista over a cappuccino, or having a glass of wine with a meal.”

It’s no coincidence that David’s TV show is named, “David Rocco’s Dolce Vita,” and celebrates Italian cooking. It is seen in over 150 countries world wide including Canada, the United Kingdom and India. He’s also got three cookbooks to his name and about to launch his own wine label.

“The three wines, Prosecco, Chianti and Pinot Grigio, are all considered ‘everyday wine’,” explains David, “as of October 23, they will be available in LCBOs well as across the US and Italy.” David recommends his Prosecco as a perfect complement to pizza, “and much less expensive than Champagne! It’s just something else that makes the every day life good”, he adds.

David’s latest TV show was produced in India. “We got a call from a television network there asking if we would do a show,” he says. This year, a Canadian crew flew with David to India and over the course of nine weeks, shot the series, “David Rocco’s Dolce India.”

continues on page 6...

...continued from page 5

By both learning and teaching in India, David uncovered a surprising number of similarities between Italian and Indian cooking traditions.

“Both cultures have strong family influences,” he says, “eating is all about being together cooking and eating as a family. Both traditions also include the rich flavours of onions, garlic, and tomato paste, as well as legumes, lentils and chickpeas.

Although a declared “foodie”, David’s favourite dish is pasta. “I could eat pasta three times a day,” he admits. He also encourages people to think of pasta as a simple dish that should be made fairly quickly. “I don’t start my sauce until start boiling the water for the pasta,” he says. He also never throws the noodles at the wall to test if they are done.

Once you’ve mastered a good tomato sauce, there is no end to what David likes to add to vary the dish. Cream changes the sauce, ricotta changes it again. A handful of chopped anchovies, olives, and capers turns it into pasta puttanesca



As for pizza, David reminds us that the best pizza comes from the town where his family originally came from – Naples. Neapolitan pizza is known for its thin, crispy crust, something that has more to do with the region than the cook. The flour and water in Naples are the secret to the great crust. For the same reason, New York has great pizza – the minerals in the city tap water match that of Naples.

David grew up in Scarborough, then Woodbridge. Today David lives in Toronto with his wife and business partner, Nina, and three children.

David Rocco's Personal Tips:

- Vine-ripened tomatoes in season are the best but second choice should be canned tomatoes. In off-season, like January, canned are actually tastier and more nutritious than the fresh ones in the grocery stores.
- Cook the pasta until 30 seconds before it is al dente, and then add it into the sauce you’ve just made. The final time, as it mixes, will make the consistency perfect.
- No need to put oil in the water so the pasta doesn’t stick. Just stir for the first 30 seconds.
- Always save a bit of the pasta water to add to the sauce so it clings to the pasta. The whole dish should be combined together, not served with the sauce sitting on top!



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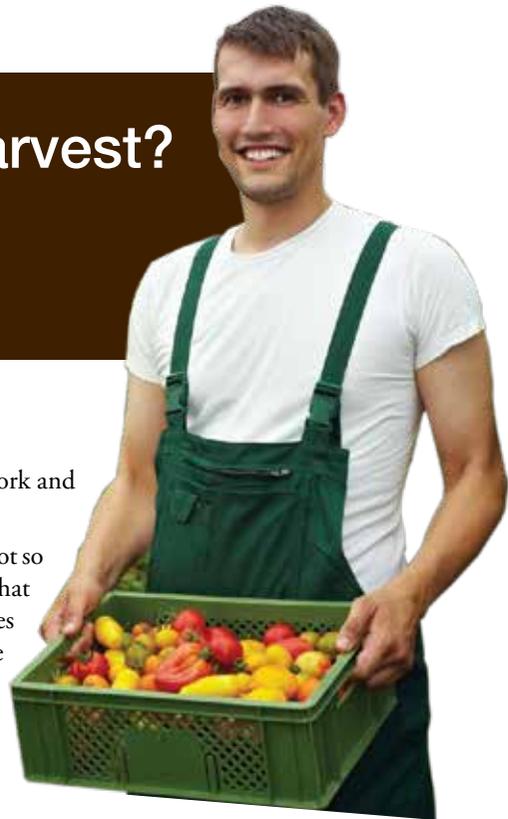


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What's Your Personal Harvest? Planting seeds today for a bountiful tomorrow

“Today is your tomorrow”

During the fall, farmers are reminded of how much their hard work and faith have given them their bountiful harvest.

In our everyday lives, we also “harvest” what we sew, in good and not so good ways. We have to have faith that we can create a tomorrow that is brighter, healthier, more enjoyable and rewarding for ourselves and others. And even though some events we can't avoid, there are many factors we can control, from the smallest actions to big changes such as things, careers, wealth and joys of life.

The Steering wheel of your own life

Think about how you live your life up until now and ask yourself, what can I do today, to harvest a better tomorrow?

Sow the seed for the things you desire. Mind it, prune it, nurture it and within a given time, just like every farmer, you will reap your own harvest. Be sure to expect some or a lot of hard work.

Here are some ideas to help you think big and believe that almost everything is possible.

What is your personal Harvest?

Health: everyone knows without good health, nothing else matters.

Ditch bad habits: for example, if you know smoking is not good for you, why haven't you quit?

De-clutter: your physical and personal space. Your home, at work, your time – have too many things to fit in? Set a goal and plan, one day at a time, one place at a time, one thing at a time.

Relationships: Like gardens, relationships need to be cultivated.

Career: what is your ideal job? For example, you may be a teacher today, but have always wanted to be a pilot. If so, plant the seed now, and make a plan for the harvest.

Wealth – financially and well-being: successful people do not get rich over night, such as Benjamin Franklin, Henry Ford, Warren Buffett, Oprah Winfrey or Bill Gates.

Success in your own way: everyone is unique and so are their goals. Sow your seeds today and reap your harvest tomorrow.

Be kind on yourself

Sometimes our harvest may not go as planned. Like farming, some things are out of our control and sometimes we make wrong choices. Probably the most important lesson of the harvest is that there is always next year.

Live for today and tomorrow, learn from your mistakes and prepare for the next harvest.



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WINTER LEAGUE





Foodtalk

Pumpkins

So much more than just a Jack-O-Lantern!

Pumpkins are good for so much more than just Halloween. The lowly pumpkin, seeds included, is truly a super food. Eating pumpkin protects you against heart disease and cancer, fuels you with vitamins and protein, helps make you look younger, feel better and lose weight! Here is why:

Vitamin A – A quarter cup of pumpkin gives you all the vitamin A you need in a day, which is essential for healthy vision and skin and boosting your immune system.

Antioxidant for Your Immune System – The bright orange colour of a pumpkin means it is loaded with the carotenoid called “beta-carotene”. Carotenoids build good cardiovascular health. They also have been known to decrease the risk of cancers such as lung, colon, bladder, cervical, breast, and skin. In one landmark study, women with the highest concentrations of carotenes in their diets had the lowest risk of breast cancer.

The same carotenoids that researchers believe keep cancer cells at bay can also help keep your skin wrinkle free.

Additional Disease Fighting Nutrients – Disease fighting nutrients in pumpkins include potassium, pantothenic acid, magnesium, and vitamins C and E.

Fiber for Health and Weight Control – One cup of canned pumpkin has seven grams of fiber and three grams of protein and contains only 80 calories – which keeps you feeling full as well as slim and trim!

And then, there are the Seeds! – One ounce of pumpkin seeds plain or roasted (about 140) is packed

with protein, magnesium, potassium, and zinc. Studies suggest pumpkin seeds provide a number of benefits. They can block the enlargement of the prostate, lower the risk of bladder stones and help to prevent depression.

Iron – It can be a challenge to get as much iron you need in a day (Recommended Dietary Allowance is 18 milligrams for women, and 8 milligrams for men.) An ounce of roasted pumpkin or squash seed kernels contain 4.2 milligrams of iron.

Canned or fresh? – There’s no need to choose fresh to get the benefits of pumpkin. You get the same nutritional value and the same cooking properties from canned pumpkin (in fact, you get a bit more protein).

When a recipe calls for canned pumpkin you can replace it with fresh. Placing a small, cleaned-out pumpkin in the microwave for six minutes. This should make it soft enough so you can scoop out the insides. Don’t forget to roast the seeds on a cookie sheet. No need to wash first. Just spread them out with salt and a tsp. of cooking oil. Cook at 225°F about 1 hour.

Use in Recipes – Low in both calories and fat, canned pumpkin is a healthy substitute for oil and eggs in baked goods.

Add ¼ cup canned pumpkin for each egg and an equal amount of canned pumpkin for the oil called for in the recipe. For example, if your recipe calls for 3 eggs and 1 cup of oil, you will add a total of 1¾ cup canned pumpkin.

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Harvest Celebrated Around the World

Thanksgiving as we know it is predominantly a North American celebration. In Canada, it is celebrated at harvest time and in the United States, it combines a traditional harvest with a historic event.

Around the world

There have been harvest festivals since the Egyptians and hundreds of festivals are celebrated around the world each year. They occur at harvest time – which varies according to the location and the particular crops grown. Barbados, for example, celebrates the sugar cane harvest in the last few weeks of June and early July.

In the Northern hemisphere harvest festivals typically take place at the time of the harvest moon – full moon which occurs closest to the Autumn equinox usually around September 23, but sometimes in October.

Here are some Harvest Festival names and dates:

- The United Kingdom** – Harvest Festival (September)
- South India** – the Pongal Festival (January)
- North India** – the Vaisakhi/Baisakhi Festival (April)
- Ghana/Nigeria** – the Yam Festival (August)
- Israel** – Succoth festival (September/October)
- The Far East** – the Moon Festival (September)

What's cooking?

In the west, fruit and vegetables have been associated with harvest festivals, such as pumpkins, potatoes, corn and apples; in the East, feasts include exotic plants, for example, in Taiwan, pomelos or grapefruit; in Korea, taro soup and mushrooms. Because of the “moon” relevance, moon cakes are a favourite in Asia. Made with red bean paste, the round shape represents family unity and harmony.

Some Harvest Traditions

Vietnamese Harvest Festival – According to folklore, parents worked so hard to prepare for the harvest that they left the children playing by themselves. The mid-autumn festival was created as a celebration, but in particular, to make up for lost time and show love and appreciation for children.

Tuscany Harvest Festival – Impruneta (Festa dell'Uva) is considered the last chance before winter to indulge in special foods and wines. Families gather for outdoor dinner, with chicken, pigeons and suckling pigs roasted on spits, hams and loaves of bread. September is also the month of grape picking, so this is considered one of the merriest and most joyful times!

Southern Indian Harvest Festival – The festival is called Onam. Farmers show thanks to their cattle by decorating them with flowers and paint and allowing them to roam the streets. Families clean their homes and children go out to pick flowers and in return are bought new clothes. People go to the temple and give thanks.

Alaskan Harvest Festivals – After the end of salmon fishing and berry harvest, Alaskans have traditionally held a series of festivals and spiritual ceremonies throughout the winter months.

A Time to Give Thanks

Regardless of what tradition, harvest time is an occasion to pause and give thanks for the food, friends and family. It is also a time to remember, land produces the food that nourishes us and keeps us healthy.

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Laugh yourself to better health

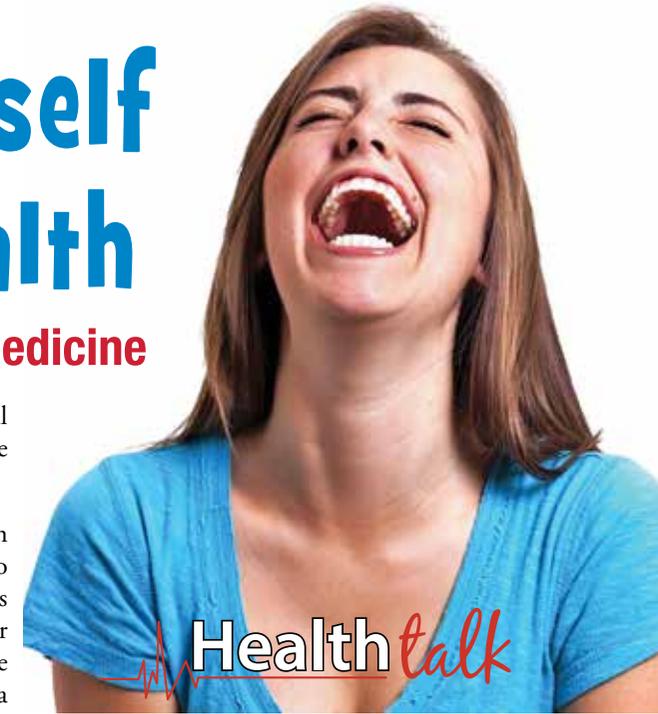
Truly, humour is the best medicine

When did you last have a good “belly laugh”? We all love a good comedy or joke, but did you know there are proven health benefits when you laugh?

Research into the medical benefits of laughter began in 1979 with the story of Norman Cousins, who was given a few months to live. Cousins credits his recovery in large part to laughter. Another pioneer was physician “Patch” Adams (played in the movie by the late Robin Williams). Dr. Adams believed in a different kind of bedside manner. He dressed in clown outfits every day and is credited to bringing clowning to hospitals around the world. Today, medical clowning is serious medical therapy.

Did you know?

- Belly laughs involve deep breathing so this is an immediate stress reliever. A good, hearty laugh relieves physical tension, leaving your muscles relaxed for up to 45 minutes afterwards.
- Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- Laughing uses up calories. Laughing 100 times is equal to 10 minutes on a rowing machine or 15 minutes on an exercise bike.
- Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies. This improves your resistance to disease.
- Laughter (as well as smiling) triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can temporarily relieve pain.
- Endorphins are the body's natural painkillers. By laughing or smiling, you release endorphins which can help ease chronic pain and make you feel good all over.



Health talk

With growing interest in the benefits of laughing (and smiling) there are many organizations and events around the world that encourage and celebrate humour, laughter and clowning.

- The Humor Academy in the USA offers graduate courses and certificates in humour studies.
- For those serious about getting others to laugh, you can become a Certified Laughter Leader through the World Laughter Tour.
- Laughter Yoga Clubs started in India in 1995 and now are active all over the world, including 7 in Toronto.
- The Canadian Association of Therapeutic Clowns provides training and events coast to coast.
- In 1993 the Therapeutic Clown Program was introduced at the Hospital for Sick Children.
- Global Belly Laugh Day, January 24 celebrates smiles and laughter 24 hours a day, 7 days a week on seven continents.

What are the best movies for laughter? According to Forbes Magazine, the following came out on top in terms of laugh frequency, with each getting about three laughs per minute. Can you guess which ones?

1. Airplane 2. The Hangover 3. Naked Gun

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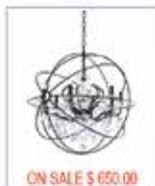
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Go Wild and Get Fierce this Fall

The stripes of a tiger, the skin of a snake, fur for cuffs, collars and coats, a pattern of owls on a scarf—fall 2014 fashion trends are all about the wild things in life! You may not want to pull off the entire “jungle” look but anyone can be in style with an accessory or two that brings those outdoor creatures indoors. And the wild look isn’t just for women: Men can pick up on the trend in jackets, or more in a more subtle way, a scarf, sunglasses, even a smart phone case!

How to wear “wild” – If a print on a shirt, jacket or tights is your statement, keep everything else simple.

Also consider your body shape. Prints draw attention toward the areas they cover so make sure the print is in the right place!

You also can embrace the whole look or just add a small touch for a big impact!

The whole look – Think jackets, capes, dresses, leggings, coats. Mix spots with stripes and add faux fur in a hat or bag.

Accessorize – For for a more conservative look, wear a dark jacket or dress, but sporting a tiger-striped bracelet, belt, clutch bag or a subtle animal print scarf.



Here's what's trending this fall:

Animal prints! Eccentric leopard spots, tiger stripes and snake skin patterns that come in bright colours: purple, jade, pink mixed with grey, black and trendy navy.

Not just clothing – Bags and purses in every size and shape come in animal prints and faux fur. You'll also see the wild side on eyewear, bracelets, scarfs, shoes and boots. Even women's lingerie and men's boxers can be found in assorted “wild” themes!

Animals, birds and bugs – It's not just about the pattern. The faces and photos of wildlife shows up on everything from leggings and socks to pants and coats. Givenchy started a trend with a rottweiler t-shirt which now has been expanded to sweaters, coats, even a clutch.

Jewelry – Look for wildlife themes on watch bands, belts, and bracelets/cuffs. Also you'll find jewelry, particularly bracelets, in the shape of snakes and earrings in a variety of flying critters!

Fur, real and faux – Fur on everything from the full fur coats to hats, vests and capes. A favourite is the fur-lined vest.

Vegan fashion – Vegan leather, or synthetic leather, is an environmentally friendly alternative to real leather. It is also less expensive, washable and “breathes” more than real leather.

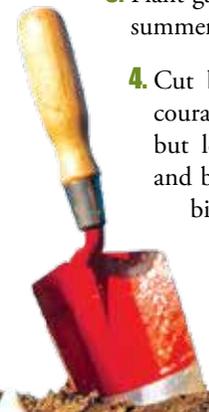


Think of ^{next} Spring... Fall Garden Hit List

Check off these 10 garden prep tasks and next spring, you'll be happy you did!

Many of us "lose our steam" for gardening in the fall. Plants are in their last stages and we know that soon the frost will take our hard work away. But a few tasks completed in the fall can make your spring much more enjoyable – and give next year's garden a boost!

1. Whether you have a traditional or balcony garden, it's time to clean your tools. Scrape off the dirt, wash and dry well. Spray with oil, e.g. WD-40 before you store. Great tip: Fill a bucket with coarse sand and stir in ¼ cup of motor oil. Shove all your trowels and hand garden tools in the bucket for safe and no-rust storage.
2. Leave small leaves on your garden and lawn. Mow over large leaves and leave them so that they mulch into the soil.
3. Plant garlic in October for next summer blooms and bulbs!
4. Cut back perennials to discourage overwintering pests but leave flowers with seeds and berries on bushes for the birds.
5. Sorry, but weed once more. The weeds you pull now greatly reduce the weeds next summer.
6. Plant spring flowering bulbs just before the first frost (watch the weather reports). Trouble with squirrels? Sprinkle the bulbs with Cayenne pepper before planting.
7. Take a chance on some seeds. Hardy annuals like poppies, cleome and cosmos can be sprinkled on your garden. Chances are they will be protected under the snow and get an early chance at growing next spring.
8. Divide perennials like summer phlox, hostas and Siberian irises so you'll have double next year (or if you don't have space, give to a neighbour).
9. Dig up tender bulbs such as dahlia, canna and gladiola and store in a cool dark space.
10. Bring clay pots indoors so they don't crack.



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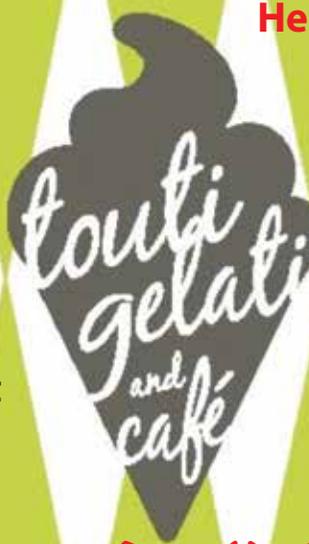
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If you include one portion of seafood in your diet every week, you may cut your chances of suffering a heart attack in half! This is all because of the presence of Omega-3, a healthy fatty acid known to help heart health. Omega-3 also has anti-inflammatory properties to fight conditions like arthritis.

When to enjoy shellfish?

Some have said that oysters should be eaten only in months with the letter "R" (September through April) because of their texture and flavour. But with new varieties in Canada, you can buy good oysters all year round. A good new rule is: enjoy Canada's east coast oysters from October to mid-February and west coast oysters from mid-February to October.

Check out our seafood primer for what's best, why and how to enjoy!

Crab is a 10-legged crustacean that has a soft delicate taste and is used in cooking around the world. They are high in protein, Omega-3 and minerals: chromium, calcium, copper and zinc. There are different varieties. Backfin is particularly good in salads, dips and crab cakes.

Enjoy – Shredded in a salad, as part of a fish taco with coleslaw, or cooked as crab cakes.

Squid and Calamari may be ugly to look at when swimming in the ocean but delicious if cooked properly! Both are squid, but calamari is more tender and expensive. Low in calories, they are a good source of protein, Omega-3, copper, zinc, B vitamins and iodine.

Enjoy – In a pasta dish in a white wine cream sauce, deep fried with garlic mayo or try them sautéed in olive oil with garlic and parsley.

Oysters contain large amounts of the amino acid tyrosine that helps improve mood and regulates stress. They have more zinc than most other foods - which supports reproductive function - especially in men. They're also a great source of vitamins A, C and B12, zinc, protein, Omega-3 and bone-building calcium!

Enjoy – Often enjoyed raw, true oyster lovers "shuck" the oyster right from the half shell using a special knife, sprinkled with sea salt and lemon, and swallow whole. You can also steam them in beer or wine, like mussels. Classic Oysters Rockefeller, are on a half shell and topped with a mixture of spinach, butter, garlic and bread then baked.

Mussels have the highest level of Omega-3 out of the shellfish and are rich in folic acid and vitamin B12. Their high levels of iodine make them perfect for those with thyroid issues.

Enjoy – Steam in wine with butter and chopped garlic. Serve with the juice and crispy French bread. It is also nice when added to Spanish Paella.

Scallops are a true delicacy from the Maritimes and a great source of protein, Omega-3, B vitamins, magnesium and potassium.

Enjoy – Sautéed gently in white wine and butter.

Shrimp/Prawns are very similar. Low in calories and fat, shrimp contains zinc, iodine, selenium, with a high Omega-3 content.

Enjoy – A classic appetizer, with seafood dip and often added to pasta and salads. During BBQ season, grill some up and serve with spicy Thai sauce.



Hair Dynamix – Family Salon & Spa Makes You Feel Right at Home

If you've never been to Hair Dynamix, you may enter a stranger but you'll leave as a friend, at this husband and wife owned salon and spa that treat their customers like family.

From the moment you walk through the door, you're greeted by a modern décor and the charismatic charm of Carm and Joe Rizza, the high-school sweethearts who have been blissfully married for 22 years.

our mid 20s and we faced a lot of challenges.”

They started off with 4 stylists and 1 esthetician, and today, there are 11 full time-stylists and 3 full-time estheticians. Most of their staff has been with them for many years. Remembering how they started young, they always have junior stylists under their wings.

Born and raised in the Beaches to Sicilian parents, the family of 6 (they have an older son, 20, who is a business undergraduate, their mid daughter and 6-year-old twin girls) wouldn't live anywhere else. They love the Beaches and are proud to serve their community.

“You have the same stylist from start to finish”, explains Joe. “And we always watch out for fashion forward trends” added Carm. Going green with eco-friendly products, such as the ammonia-free Organic Colour System, keeps them ahead of the curve.

In the coming spring the spa rooms will have a new look and a new backyard patio. Along with cappuccinos, customers will be able to enjoy an outdoor pedicure in the summer months. Carm sums up, “our customers are like family. We always put them first”.

by Alison Copeland

Hair Dynamix – 2090 Queen St. E.
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What makes their salon unique, aside from the excellent salon services such as haircuts, hair extensions, highlights and perms, is that they also offer manicures, laser hair removal, spray-tanning and microdermabrasion treatments by qualified specialists; and that's not all, get your complimentary cappuccino served with a smile.

They love working together, and it shows. “We have a great vibe”, says co-owner and manager Carm, who takes care of all the front house duties and business administration, while Joe heads up the style team. The secret behind their 20-year success is their passion for people and business.

Ironically, Carm's first job while at high-school, was a part-time position at Hair Dynamix, where she worked for 2 years, before going on to work as a legal assistant for over a decade.

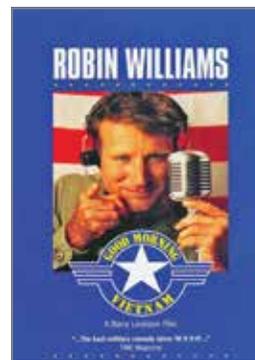
Joe, on the other hand, was a few years into his electrician apprenticeship before he realized his calling and exchanged his electrical toolkit to become a trained hair stylist.

Within a few years, the young couple purchased the local business, Hair Dynamix, when it became available. “It was 16 years ago, while we were expecting our middle child, Daniella”, Joe explains. “We were in

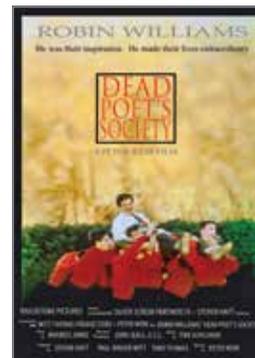
10 Robin Williams' Movies

He made us laugh!

On August 11th the world stop laughing with the news of Robin Williams death. We all have been touched by him in some way. Over his far too short career, Robin touched so many people with his talent and yet even his comedy, which helped so many people get out of a bad or sad mood, couldn't help him get out of his. Here are 10 films that showcased Robin's vast talent. We will all miss him.



Good Morning, Vietnam (1987) Dir. Barry Levinson; Robin Williams, Forest Whitaker, Tung Thanh Tran



Dead Poets Society (1989) Dir. Peter Weir; Robin Williams, Robert Sean Leonard, Ethan Hawke

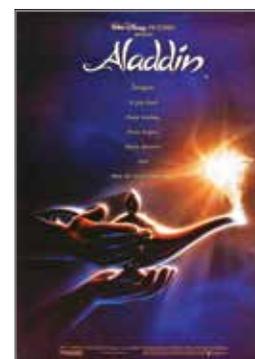


Awakenings (1990) Dir. Penny Marshall; Robert De Niro, Robin Williams, Julie Quaver



The Fisher King (1991) Dir. Terry Gilliam; Jeff Bridges, Robin Williams, Adam Bryant

Mrs. Doubtfire (1993) Dir. Chris Columbus; Robin Williams, Sally Field, Pierce Brosnan



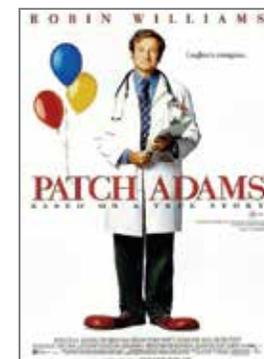
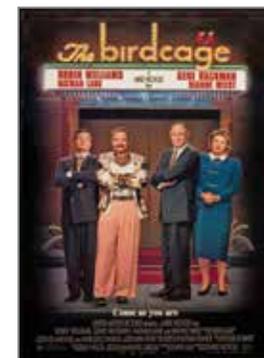
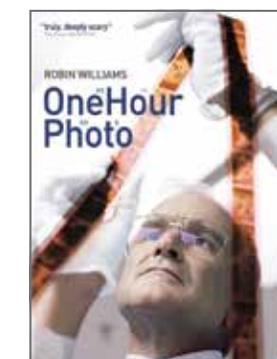
Aladdin (1992) Dir. Ron Clements/John Musker; Scott Weinger, Robin Williams, Linda Larkin

The Birdcage (1996) Dir. Mike Nichols; Robin Williams, Nathan Lane, Gene Hackman

Good Will Hunting (1997) Dir. Gus Van Sant; Matt Damon, Robin Williams, Ben Affleck

Patch Adams (1998) Dir. Tom Shadyac; Robin Williams, Daniel London, Monica Potter

One Hour Photo (2002) Dir. Mark Romanek; Robin Williams, Connie Nielsen, Michael Vartan



My Summer ROCKED! Winners!

Thank you for your stories of what you did this past summer. It truly sounded like everyone had an awesome time. We have chosen two winners and one honourable mention. Read their entire stories at beachesliving.ca/summerstories.

Winners, Maša and Mina, will each receive a \$25 gift card to Staples, and Stella will receive two movie passes to Alliance Cinema in the Beach. We hope you enjoy their stories.



My Summer!

by Mina S.,
Grade 6,
Kew Beach JPS

My summer was absolutely FANTABULOUS! I went to so many countries and did so many things that 350 can't possibly explain how truly amazing my summer was.

I went to Rome, an island in Croatia called Hvar, and I went to my background country, Serbia. There, I went to Belgrade, a farm called Goric where my grandmother lives, and a farm named Brancic where my aunt's family lives.

Rome was AMAZING! I saw so many things, like the Emanuel castle, Coliseum, Spanish Steps, Vatican City, and so, so, SO much more. My favorite was the Emanuel castle. It's GORGEOUS! In the evenings, we'd go on long walks through Rome. And I couldn't possibly forget about the delicious Italian food!!!!...

My Summer Rocked

by Stella C., Grade 4, Chester ES

This summer I went to Canada's Wonderland and Centreville. I also went to the cottage and went over the Big Chute Marine Railway in a boat on the Trent Severn Waterway. I celebrated my 9th birthday party at the Rock Oasis – Indoor Climbing gym with my friends. I tried waterskiing for the first time and hung out with my cousins at a euchre tournament...

My Summer

by Maša S.,
Grade 11,
Northern SS



Summer 2014 was one of the most filled summers I have ever had. As I'm typing this now, only half of it has gone by, yet I still have so much to write. Instead of unsuccessfully trying to summarize my whole summer, I am going to tell you, dear reader, about the fun I had during the Exit Festival in Serbia.

During the beginning of July, I had visited Rome, Italy's capital, and Hvar, a little beach town located on an island of the same name off the coast of Croatia. In Rome, I visited the ruins of the ancient civilization and other tourist attractions and in Hvar, I swam in the Adriatic Sea. When I arrived in Valjevo, a small town in Serbia, I expected to spend the next week reading and watching Netflix. But to my surprise, I was invited to visit my Aunt and cousin in Novi Sad, who I hadn't seen for quite a number of years....



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Biz talk

Running your business? WORK – LIFE – BALANCE

If you are a business owner, you probably work 50-60 hours a week. This doesn't include time you spend collecting messages at home, making phone calls or just thinking about work. With today's technology, the challenge is even greater because you are always "reachable" and most people expect an instant response.

This happens because running a business involves so many activities that most business owners feel like they can get caught up in. This causes stress, which can affect health and relationships, as well as future success.

However, there are things you can do to help find a better balance between business, personal, leisure and family time.

Here are some tips:

Scheduling: Block off a few times each week for activities not work-related. Be honest and keep your expectations realistic. A few hours marked as "personal time" (for you) and "personal time" (with family/friends) is better than nothing. If you have an assistant who manages your schedule, make sure they also have these times blocked off.

Manage meetings: Meetings eat up hours of time, often because they get off topic. If you cannot control the agenda, announce ahead of time that you can only attend for a particular item or time slot. Then move on.

Tame email: Only allow a certain length of time to deal with email at a time, otherwise the day will disappear.

Find time in the time you have: For example, use the times when you are driving a child to hockey practice to ask about school, friends, what's happening. If you have an errand to do on the weekend, take along your child or spouse and then include lunch.

Walk and talk: It's not always possible to get to the gym but fit exercise in as you can, such as a walk after lunch, walking the dog in the morning, or a stroll in the evening with a friend or spouse to chat about the day. Walking and talking is great therapy for both parties.

Eat with a friend: Instead of skipping meals or eating at your desk, meet a friend or family member for lunch. If you stay away from the topic of your work (and your cell phone is off) this can be quality time for re-charging.

Use time well: Consider one day, or half day a week as "disengage time" for yourself and focus on that time. Turn off the phone/emails. Just do something you want to do.

In the same way, set aside time with your family without phones/emails. Talk about them, not work. Eat a meal together, go to a ball game or just watch a movie at home.



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Tile is an inexpensive device to help you keep track of your favourite things with help from your iPhone. This small device can be attached to keys (or just about anything) and be located via Bluetooth when you're close enough.

It's pretty simple, really: you activate and pair a Tile to your iPhone, then attach it to your keychain, notebook computer (or kid-LOL) and forget about it.

Eventually we all misplace our keys or notebook (but hopefully not our kids); just launch the Tile app and use it to find your missing stuff.

Since it's Bluetooth, you'll need to be within 45 metres of the Tile, but if you're not within range, the Tile app will display where it was last seen on a map. The app uses a proximity indicator to show when you're getting closer.



You can find out more online at thetileapp.com.

Once you download the app, your phone can support up to 8 Tiles, so you can keep an eye on many things at once. And in the future, you can also share your Tile with friends and family so they too can help you search.

How it works:

The app automatically records the last place your phone saw your Tile. If you have to retrace your steps, it's good to know where to start walking.

As the signal draws you closer, Tile's distinctive melody will play until your lost item is back in safe hands.

When you begin searching for a lost item, your phone tracks the signal strength of your Tile. As you get closer, the app's tracking circle fills in, giving you a clear indication of your progress.

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Providing a Fresh Perspective on Your Home Design

Meet Paula Kerr, Owner and Lead Designer of Your Home Design, a full service design firm that has been delivering dream homes for the past 12 years.

The self-described entrepreneur, wife and mother of two, offers sustainable design, renovation and decorating expertise to both residential and commercial clients, many of whom reside in the Beaches.

Originally from Guelph, Paula began her career in marketing and advertising, but it wasn't until a four-year stint as a stay-at-home mom did she realize her knack for interior design.

In fact, it was a hired contractor that was renovating the Kerr family home that commented on Paula's ability to see space differently, and sought her help on another client project. Within 8 months Paula developed her own business, and the rest, as they say, is history.

"Nowadays, when we think of home renovation, we think of do-it-yourself shows", says Paula. "Mike Holmes has catapulted renovation into a household name, alongside Home & Garden TV Shows such as Love It or List It, and Property Brothers. There's a lot of noise"

Rising above the noise, is what Paula does best. She listens to her clients to provide beautifully designed interiors that enhance their needs, both structurally and aesthetically.

Whether it is renovating basements and bathrooms, or converting and retro-fitting unique spaces, such as sauna rooms and staircases, Paula's goal is to bring a fresh perspective to sustainable design. Re-cycling, re-purposing, and re-building are mantras that she lives by.

"I like to give customers 2-3 options, and then narrow it down based on an understanding of their needs", Paula explains. "This way, they don't get overwhelmed". Customers can also benefit from an ideas book that she generates after each consultation, as well as tips and industry trends.

"The market place is abuzz right now with multi-purpose furnishings for small spaces", advises Paula, who recommends accent walls, off-the-floor furniture, layering textures, colours and patterns to create the illusion of more space.

Call Paula for a consultation.

by Alison Copeland

Your Home Design
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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.



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