

Beaches

Autumn — October/November 2016

life

TORONTO Fire Station 227

**KEEPING GREEN
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HAPPY APPS
FALL PROOF YOU
AND YOUR HOME**



EVERYDAY HEROES



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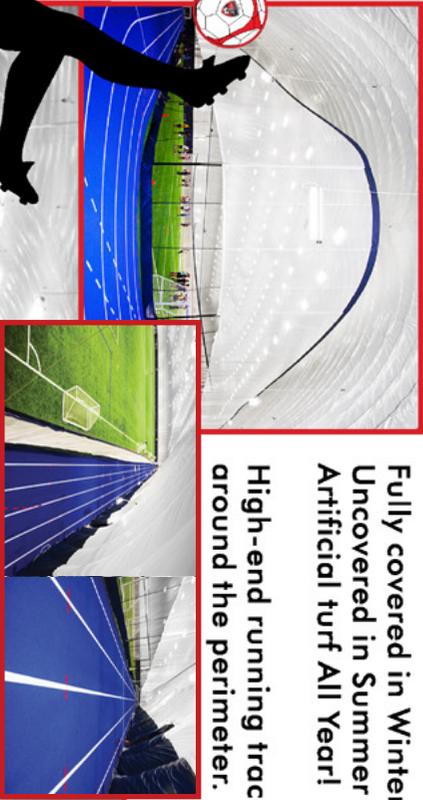
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Beaches|life magazine is the sister publication of **Beaches Living Guide** (established 2004). Beaches|life magazine, with a circulation of 20,000, is delivered six times a year, free of charge, to the majority of households and businesses in the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



Your comments and suggestions are welcome.
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THEY'RE YOUR NEIGHBOURS, FRIENDS AND FAMILIES WHO SAVE LIVES

"I'm a local boy working at the local fire station for the local community," says Doug Browne, fire captain at Station 227 in the Beaches. Located at Queen Street just east of Woodbine, Doug has been captain there for the past 8 years; he's been a fire fighter since he was 26 years old. And he's not the only "local boy" at Station 227. Thirty-two years ago, on the day he was standing in the line-up to be recruited for fire fighting services, he stood next to his childhood Beaches friend, Ryan Fairlie. Ryan now also works at Station 227. Others at the station from the community include Jeff Quigg, and the acting captain of Doug's platoon, Rick McKee.

"As your local firefighters, we do a lot for the community – and it's not just riding around in a shiny red truck," says Doug. "Every time we walk back through the station door from a call, we know we have helped someone, it is a very good feeling."

These days, a typical shift at the fire station starts at 7 AM and last 24 hours. There are five firefighters to a shift, the "platoon" consists of a captain, driver, two firefighters plus one who's always on assignment away from the station. There's great camaraderie among the firefighters, who "live" at the station during their shift and make meals for each other.

The daily life and responsibilities of the local firefighters are extremely serious. These local heroes do save lives.

"The calls we get here," says Doug, "are substantial, and when we respond, our firefighters know they are dealing with their own neighbours facing a difficult, often a life



(from left) Captain Doug Browne, Eddie Wong, Jeff Quigg, Ryan Redwood, Captain Brad Andrews

and death situation." Local incidents where Doug's platoon was called include the accident last spring where a car went through a dance studio window on Spruce Hill Road, and a two-alarm fire that broke out in a building during this summer's Jazz Festival.

Originally trained as a carpenter, Doug made the switch into fire fighting after a customer failed to pay him. Fire fighting wasn't an afterthought, however. He'd been inspired by what it meant to serve this way from his earliest memories. His father, Chief Bill Browne, had served as a firefighter in the former city of Toronto all of his life.

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...continued from page 5

“As a child,” recalls Doug “I remember every morning seeing my father in his uniform, very handsome, kissing my mother goodbye before he went to work. It was a beautiful sight.”

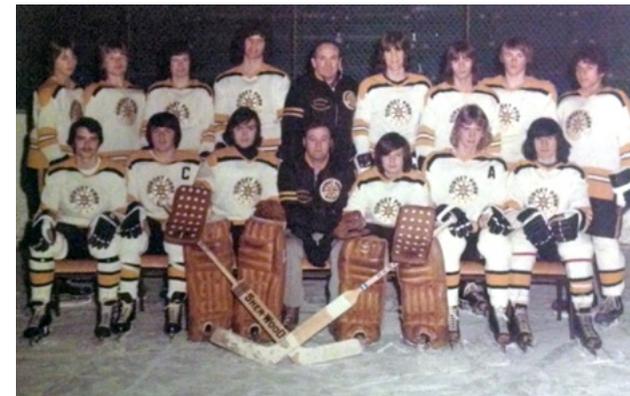
“I also knew the respect from the community. As he walked down the street, children would wave to him because in their eyes, he also was a hero.”

When Doug finally told his father that he wanted to be a firefighter, his father was extremely proud.

Browne’s mother, Rodene Browne, was born and raised in a house on Hambly Avenue, where Doug grew up. Like most of the local fire fighters when Doug left the family home, he didn’t move far. He lived on Wheeler, and then Glen Manor – “always within walking distance of the station.” He attended Glen Ames Public School, Williamson Road Junior School and Malvern Collegiate. He’s also has been a member of the Balmy Beach Club since he was ten years old.

Earlier in his career, Doug worked at stations around the city, but eventually made it back to his own local station when promoted to captain. He’s been captain for eight years, after being assistant captain for six.

Your local firefighters at station #227 are always humbled by the support of the local Beachers. There are many instances when people drop in to say hello, drop off cookies, or send cards. “At Christmas time,” Doug jokes, “I think we all gain a bit of weight because of the goodies people bring them.”



Before they were fellow fire fighters, Dave Strauss, Colin MacDonald and Doug Browne were teammates on the Dorset Park Bruins hockey team.



The station recently underwent a \$2 million renovation project to the exterior. The wood in the tower and clock was replaced with metal, the roof repaired, along with other mechanical and structural renovations.

But in return, the crews never miss a chance to respond. When not on a call, they make a point of spotting every child who waves to the firefighters on the truck and wave back. And the door at the station is always open for visitors, and inside the station are two brass poles.

“We don’t use the poles these days,” says Doug, “But we often lift a child up to it so they can pretend they are sliding down.”

Built in 1905, Station 227 was one of the original fire stations for the old City of Toronto (many also remember it as Kew Beach Fire Hall), On the main floor you can even see where the horses were originally tied! The three-storey building features an 80-foot tower. Towers were common in old fire halls because they were used to hang the heavy hoses. The clock was added later.



The Real Fountain of Youth

Learning & Staying Curious Through Technology

Most of us especially adults remember fondly about their days going back to school. But these days, whether or not we are in school, we all are learning, all the time. In the past two decades especially, a lot of it has to do with technology. From computer for personal use to apps, tech devices and digital information are so much a part of our everyday lives, whether we are shopping, banking, completing a government form, or communicating with children or grandchildren. To stay connected, current and feel the youth in you, we ought to keep learning!

Technology is certainly no longer something reserved for only the young or the I.T. guys. Most grandparents these days are skilled in applications like Skype so they can chat online with family, regularly posting photos and getting updates on what everyone in the family is doing. In fact, the biggest growth in Facebook in recent years has come from those 55 and over and mostly your kids and their kids think you are “cool”! You will be more connected with them in their busy daily schedules.

Staying at least somewhat “tech savvy” means not only keeping you in touch with family, friends and the world around you, you also stay young doing so! Yes, it’s true. Research tells us that learning DOES help make you younger. It keeps your brain cells active,

making you less resistant to age related diseases, and it keeps your attitude positive.

Those who resist learning technology are usually intimidated by it. Remember it is attitude that stops you learning, not your ability. Learning one basic thing at a time, you feel like you’ve overcome a challenge and are actually keeping pace with everyone around you and making you want to do and learn more.

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.
— Henry Ford

There are even more benefits:

- Easy and Fast Communication - Technology really does keep you better connected with friends and family.
- Information Source at Your Fingertips - The Internet offers an endless variety of great learning.
- Space Saving – Technology gives you access to the most up to date reference materials such as books, music, films, photo libraries, etc.
- Look Young and Feel Young - Various studies have shown that people who feel younger than their true age live longer, healthier and happier than those who feel older than they are.

Choose what’s important to you – it doesn’t have to be the latest mobile device or fastest computer. Using technology to keep in touch, be informed and learn could be one of the most youthful things you do!

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Foodtalk

Gathering in the Season's Bounty



Harvest has traditionally always been a time where we gather in what has grown over the season, and in many instances, preserve it for the months ahead. Although these days we can buy vegetables and fruits 12 months of a year, there's nothing better than produce fresh and in season.

Canning and preserving is an important part of preserving the harvest. Using natural preservatives such as vinegar, salt and spices, it is possible to take fresh cucumbers picked in September and turn them into delicious relish or dill pickles for months ahead.

In years past, canning and preserving had a second very important role. It meant that food stored through the months didn't have to be bland. Pickles and relishes added great flavour to meat, vegetables, and side dishes. In the late 1800s, the Heinz Company began to introduce pickles that you could buy in a store. Before that, the only way to get pickles was to make them yourself.

We can easily buy pickles these days, but making them is fun, and gives a great deal of satisfaction. Just think, next February you can enjoy some of that great salsa you made with fresh tomatoes! For those new to canning, this recipe doesn't use traditional canning. Once you make it, the pickles are kept in the refrigerator as long as you want.

Chinese Medicine teaches us to live in harmony with nature and in harmony with the seasons. It is considered a cornerstone of health, well being and longevity. So when autumn is here, it is a time to harvest and gather energy.

Yummy Tomato Relish

Great for winter hamburgers, beef, or with curried chicken. Check out this tomato relish dish.

Makes 10 cups. You'll need 5 x 2 cup-capacity sterilized glass jars with lids.

Ingredients:

- 4 lbs ripe tomatoes, chopped
- 1 lb cooking onions, halved, sliced
- 1/3 cup salt
- 1 cup white or brown vinegar
- 1 1/2 lbs white sugar
- 2 tablespoons mustard powder
- 1 tablespoon curry powder
- 2 1/2 tablespoons plain flour

Method:

1. Combine tomato, onion and salt in a glass or ceramic bowl. Set aside for 30 minutes.
2. Drain liquid from tomato mixture. Transfer mixture to a large stock pot. Add enough vinegar to just cover the mixture. Bring to a boil over high heat. Boil for 30 to 40 minutes, stirring occasionally, or until liquid has reduced by half.
3. Add sugar. Stir to combine. Boil for 30 minutes, stirring often.
4. In a heatproof cup, blend mustard powder, curry powder and flour with 1/2 cup of the liquid from the tomato mixture until smooth and combined. Return to the pan, stirring to combine. Simmer, stirring constantly, for 15 minutes or until relish is glossy and has thickened slightly. Remove from heat.
5. Carefully transfer mixture to hot sterilized jars. Leave 1/8 inch space at top, seal with lids and tighten when lids seal.



Indoor Gardens for Everyone

For many of us, saying goodbye to the summer may seem like a farewell to outdoor gardens and plants. But growing plants indoors isn't as difficult as it may sound. If you select the right varieties, you don't even have to worry about having a perfect sunny spot. And for those in apartments and condos, fall is a perfect time to set up an indoor garden.

In general, select tropical plants that are grown to be houseplants. Once established, you will be able to put them outside on a patio or balcony next summer, and bring them in again in the fall.

Just as location matters outside, you do need to pay attention to where you place your plants indoors. Indoor plants have tags that tell you how much direct or indirect light they need each day, how much water each week, and general care instructions.

Here are a few indoor plants that are definitely the easiest to grow indoors:

The **INDOOR HOUSE PALM** starts out small but over time, can actually reach 6 or 7 feet if you keep moving it to a larger pot as it grows! It does well in indirect sunlight and only needs watering every other week! Plus, it reminds you of the tropics – what's not to like about that!

The pretty **PEPEROMIA** loves to climb so you can use it to decorate shelves, or even climb up a trellis. If you're lucky, it will even bloom for you! This plant likes indoor temps about 15-20 degrees, and is fine

with medium and low lighting conditions. The surface of the soil should dry out between watering.

The **DIFFENBACHIA** is a showy plant, available in different varieties, all with lovely two-tone leaves in greens and white. On larger plants, the leaves can grow to a foot long. This plant doesn't like to get too cold at night, and don't over water. They prefer bright light in the summer but during fall and winter, are fine with medium lighting conditions.

The **SNAKE PLANT**, as it's commonly known, is a very easy care house plant – some call it indestructible. It definitely adds a decorator vibe to a room with its sharp, clean vertical lines. Line up 3 on a ledge or book case for big statement. It likes bright light but low humidity, making it very good for many indoor locations that can become quite dry in the winter.

JADE plants are one of the easiest to care for. Its thick, succulent leaves and interesting branches definitely add to any décor. The worst thing you can do is over water it, so take care. It also likes bright light so don't put it in a dark corner. Jade plants start small, and grow slowly, but will last many years.

The **SPIDER PLANT** is great fun, especially if you have kids. Before long, it produces "mini" spider plants at the ends of long steps, which can be potted and grown into spider plant children! Spider plants like medium light but are tolerant of most conditions. They do well as a hanging plant. They also are one of the best for purifying the air of toxins.

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Family, Work & Play... Keep It All In Balance



Fall is such an exciting time of the year. So many activities start up again, or start anew: new schools, new teams, new clubs and activities. It's also the time of year when we get together with friends we may not have seen over the summer, fall barbecues and corn roasts, soccer playoffs, and hockey practices!

During this special, and beautiful time of the year, it's good to plan some time for family, friends, and yourself that is either unscheduled, or at least, out of the ordinary.

OUTDOOR HIKING – a perfect time for a hike along one of the many trails right in Toronto. No one has to travel far to find a place where they can enjoy the beauty of the season.

FARMERS MARKETS – local markets are still brimming with produce as well as items for fall decoration.

PAJAMA DAY! (or half day) – Select a weekend day where everyone just stays cozy and comfortable around the house, watching a movie, making a meal together, and enjoying unscheduled time.

IMPROMPTU POT LUCK – Invite family and friends over and have everyone bring an appetizer, main or dessert. If you want, pick a fun theme.

PLANNED ACTIVITY FREE NIGHT – It's usually not the quantity of time that matters, but the quality of the time you spend together. Facing a busy week with multiple activities? Pick an evening that you know is free and announce it is pizza night. Order in, let the kids pick the movie, and put the cell phones on mute.

TAKE TIME TO LISTEN – It is often easier to do when you are able to sit down and eat together. Then instead of asking, "how was your day", ask a question your child is more likely to answer with an explanation, for example "what was the most fun thing you learned today?" or "What was the silliest thing you learned?"

BE SPONTANEOUS – Rather than announcing ahead of time what is going to happen the next day, or next weekend, make it a surprise. My father used to randomly announce, "Let's go for ice cream!" Those are some of the occasions I remember best!

REMEMBER TO BREATHE – Having one of those days? Take 10 deep, slow breathes, give your kids a big hug, and sit for a moment before you move on to the next activity. Sometimes, you just have to be late, or miss something, or accept that it's not possible to do it all. Ask yourself, in 5 years, will this make a difference? Usually not!



Health talk

Colds are in Season Don't Let it Catch You

Cold season is upon us. You've noticed that others around you are talking about feeling sick, and you've stocked up on boxes of tissues just in case. There are over 100 varieties of the common cold virus, and no one has figured out how to eliminate colds. But scientists certainly know how colds spread, and what you can do to avoid getting infected by a cold virus.

Prevention

Cold germs are most easily spread when you breathe in the air after someone has coughed or sneezed. So if you find yourself in the company of someone with a cold, try to avoid getting close. Politely say something like, "Oh, I'm sorry you've got a cold. Let's get together when you're feeling better!"

Keep Them Clean

Your fingers and hands are likely to pick up cold germs when you least expect it, and on many usual places, for example, number pads on bank machines, door handles, gym equipment, handrails, supermarket carts, etc. If germs stay on your hands, you can wash them off before they do any harm. But if you're not careful, germs enter your body, in most instances, through your nose or your eyes. Make a habit of keeping your hands away from your face! Plus wash your hands with soap often; certainly every time you come in from being around other people, and before you eat or drink anything.

Healthy Lifestyle

Your body will do its best to fight cold germs, and in many instances, win. You can help by keeping your immune system healthy: get enough sleep, get outside for some daily exercise, and eat nutritious meals.

Act Fast

At the first sign of a cold, drink plenty of fluids (non alcoholic) and get extra rest. Soothe a sore throat with a salt-water gargle (1/8 tsp. salt in a cup of warm water). For healthy people, these simple steps are often an effective way to fight off a cold, or at least, shorten its duration.

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Healthy Ingredients

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The Sweet Sweater Season

Sweaters are the quintessential item for a sunny, crisp fall day. And sweaters are big this year, both in size and as a fashion statement. Sweater wearing also mirrors another trend – the search for inner calm. Wearing a sweater suggests comfort and a more casual attitude.

You'll find all varieties of sweaters this fall for men and women, many suitable for the office, and others best for cuddling by the fireplace on a Saturday night. As for colours, fall 2016 is all about earth shades and creativity. Look for mustard yellow, constellation (deep) blue, cedar green, stone grey, burgundy and warm taupe. Be yourself and wear the sweaters that make you feel most confident!

For Her...

- ✦ Sweaters for women also feature elements not traditionally associated with sweaters such as ruffles, lacey inserts, and fur.
- ✦ For women, it's all about the cut out! Cut out sleeves, cut out patterns, and the very popular cut-out shoulder.
- ✦ The long sweater for women and the sweater dress is a huge trend this fall. Slimming and sexy, the sweater dress can be a casual look with leggings, or a formal statement with leather boots and pearls.

For Him...

- ✦ Men, the fisherman knit returns. But don't restrict yourself to the classic natural wool colour. Fisherman knit styles are available in various colours and wool/cotton choices.
- ✦ Men, the shawl collar on a cardigan is big, as well as bulky knits. And remember those sweatshirts in the 80's with words and phrases on the front? The words are back, but this time, woven into your favourite crew neck sweater.

For Them...

- ✦ Turtle and mock turtleneck styles are back, joining boat and v-neck as well as the buttoned-up cardigan. Also back in are hoodies in both formal and super casual looks.
- ✦ Sweaters are popular in solids as well as 1970s geometric patterns, herringbone, window pane checks, polka dots, and lots of stripes.
- ✦ Cashmere continues to be a favourite for men and women. Look for classic styles as well as oversized sweaters and Cashmere hoodies.

Confused about sweater material?

- ✦ Sheep wool is most common, with various degrees of softness and warmth. Shetland and lambs wool are warm but have a rougher feel. Merino wool is the softest choice, often used for a more dressy look.
- ✦ Cashmere comes from goats, and is extremely soft, lightweight, warm and delicate. You can wear it right next to your skin! It is also more expensive than other wool but looks great and is very durable.
- ✦ Cotton is durable, lightweight, easy to care for, but definitely not warm enough when the weather gets too cool. Usually best for more casual dressing, choose cotton knits if you want a sweater look but are working indoors where keeping warm isn't an issue.
- ✦ Silk and Cashmere is a marvelous blend because you get warmth as well as a slim, refined look.



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Prepare Your Home Inside and Out for the Cold Weather

Autumn is now at its best, it is time to get your home and garden ready before the cold weather settles in. As you prepare to turn up the heat, it's time to put your garden in bed, and prepare your home for a comfy, cozy and trouble-free winter.

In the Garden

Trade Bags for Bed – Falling leaves will soon cover your lawn and garden. Instead of raking leaves off the grass and bagging them, try piling those leaves on top of your garden beds. It's a natural way to protect the delicate plants like rose bushes from harsh freezes when there isn't enough snow to protect them. Trimmed pine and cedar branches also work well.

Put a Coat On - Delicate bushes like boxwoods at the front of your house need protection from road salt. Burlap works well.

Clear the Eaves – Clear out your eaves troughs if you are surrounded by large trees. This is one of the most common causes of basement flooding because clogged eaves prevent rain and mid-winter thaws from flowing into the sewers. Also check that your down pipes are clear of obstruction and then ensure the entire system is unclogged and leak-free by running water through it.

Back Indoors – Dry out clay pots and put them into a basement or garage to protect them from freezing and cracking.

In the Home

Furnace Check – Give your furnace some care and attention. Have a professional check your heating system to ensure it's in good working order before you turn it on.

Look up the Chimney – If you have a fireplace, this is the time to get it inspected. Grab a flashlight and look inside for build-up, bird's nests or obvious cracks. Outside, check for broken bricks and crumbling mortar. You also should have your chimney professionally cleaned every other year. Stock up on wood and kindling, so you're ready for that first cozy fire of the season.

Pad Your Pipes – If you have water pipes that run along an outside wall or unheated areas in your basement wrap them up. A small frozen pipe can cause big household damage if it bursts. You can buy tubular pipe insulation sleeves from a local hardware store for covering exposed pipes in areas such as a basement, attic, crawl space or cabinet. Cover all exposed parts, including bends and joints. Finally, seal the seams with duct tape.

Be Prepared... It Will Snow

Move items you won't be needing – the lawn mower, hedge trimmer, rakes and summer toys – to the back of your garage and bring any winter necessities – shovels, snow blowers, skis and sleds – to the front. Purchase some bags of salt and/or gravel early in the season before the first time the ice hits.

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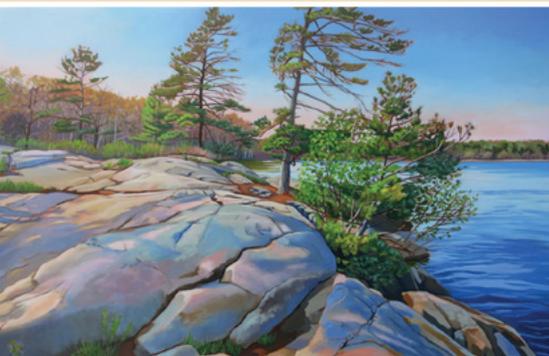
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What makes your mobile hAPPY?

There are now over 2 million apps available, and the number grows each day. Some, like Facebook and YouTube are used by almost everyone. Others, much less known, have a loyal following because they appeal to a specific need: an entertainment app like Candy Crush, the exercise goals of MyFitnessPal, or productivity from Trello.

Many are free. Some have a basic model for free, and then you pay for the full suite. Others are so popular that they are available by month subscription. Some are specific to iPhone or Android, but many are available for both.

Ask your friends, what's their favourite app and why? You may want to try it.

That's what Beaches Living did recently, and here's what we found:

AccuWeather – Weather for Life gives you the weather, updated to the very moment at your exact location. www.accuweather.com

CARROT is promoted as the to-do list with personality. Literally, if you don't get enough done on your CARROT to-do list, you start receiving threatening messages and reminders. It makes getting things done kind of fun, and all of us can use a bit of tough love some of the time. www.meetcarrot.com

Colornote is a much kinder to-do list app. The app makes it easy to write lists and make notes, as well as

longer documents and for those who love organizing, and to make it all your own you can categorize by colour. www.colornote.com

Cellar – Ever bought a bottle of wine and wished you'd made a note so you'd remember to buy it (or avoid it) again? Cellar is a great way to keep track, and is able to capture everything you want it to do, vintage, region, even rate the wine! www.cellar-app.com

Duolingo is the world's most popular way to learn French, Spanish and other languages for free in a fun and science-based way. Practice online or on the app and follow your friends and their accomplishments. www.duolingo.com

GreenP is for city drivers who end up in meetings or at dinner and realize that they haven't put enough money in the parking meter. With GreenP you can make a payment from your phone. Just set the alarm when the meter is up and remotely top it up. www.mobilepay.greenp.com

Baby Connect – A great app for new parents. Track everything (and we mean everything) about your newborn's daily life (diapers, bottles, etc). www.baby-connect.com

Other honourable mentions:
WiFi Finder will tell you the closest free wifi, always important. **Currency Converter** makes shopping when you travel easier and more realistic. **DailyArt** gives you a daily lesson on a famous work of art.

Space Travel Movies



It's been 50 years since Gene Roddenberry's Star Trek The Original Series landed. In the words of Captain Kirk, "... a dream that became a reality and spread throughout the stars."

To join in this celebration, BeachesLife Movie Pics look to the stars, or more accurately, travel to the stars. Who hasn't thought about jumping into a rocket ship and taking off to the great unknown?

Well, we can't make those dreams come true, but we can certainly help your imagination get you there..



Forbidden Planet (1956) Dir. Fred M. Wilcox; Walter Pidgeon, Anne Francis, Leslie Nielsen

2001: A Space Odyssey (1968) Dir. Stanley Kubrick; Keir Dullea, Gary Lockwood, William Sylvester

Apollo 13 (1995) Dir. Ron Howard; Tom Hanks, Bill Paxton, Kevin Bacon

Star Trek II: The Wrath of Khan (1982) Dir. Nicholas Meyer; William Shatner, Leonard Nimoy, DeForest Kelley

Contact (1997) Dir. Robert Zemeckis; Jodie Foster, Matthew McConaughey, Tom Skerritt

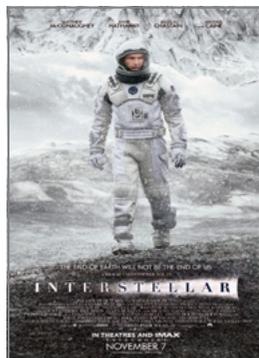
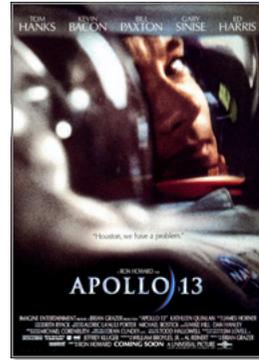
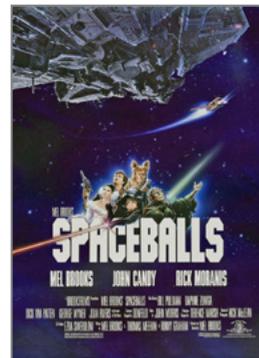
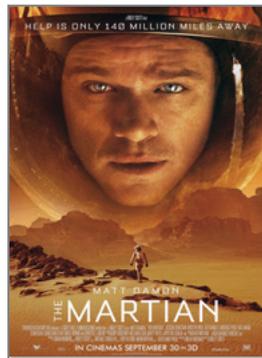
The Right Stuff (1983) Dir. Philip Kaufman; Sam Shepard, Scott Glenn, Ed Harris

Gravity (2013) Dir. Alfonso Cuaron; Sandra Bullock, George Clooney, Ed Harris

Spaceballs (1987) Dir. Mel Brooks; Mel Brooks, John Candy, Rick Moranis, Bill Pullman

Interstellar (2014) Dir. Christopher Nolan; Matthew McConaughey, Anne Hathaway, Jessica Chastain

The Martian (2015) Dir. Ridley Scott; Matt Damon, Jessica Chastain, Kristen Wiig



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my Secret Beaches Spot

I like to come to this park by the Boardwalk, at this time of year, to see the Monarchs. They like to fuel up on the flowers here before setting out on their long journey.

Fran B.



Do you recognize it? *Tell us* where the Secret Beaches Spot photo was taken, and you could win a pair of movie passes to the Alliance Cinemas in the Beach.

Email your answer by November 10 to info@beachesliving.ca.



Congratulations to Bruce C. – the winner of August's Secret Beaches Spot contest: *Ashbridges Bay looking north towards the dock of ABYC.*

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Reaping the Benefits of Your Business Harvest

Have you ever thought of your business in terms of four seasons? The business of farming follows the calendar with specific activities designated for winter, spring, summer and fall. But if you think about it, even businesses that aren't related to agriculture can be thought of in terms of seasons.

FALL

Finally, you come to the harvest. This is when you reap the benefits of your handiwork. Now your business is "THE" place to go for a certain product or service. Cash flow is good now, and hopefully you've got enough stored up for the next year. This also is the time to celebrate, look at your accomplishments and be proud. Learn what you can do differently next year and look forward to another season!

SPRING

Business development is like spring. This is when you plant those seeds by getting your business established, building relationships, doing advertising campaigns, even sending out your sales team. By listening to prospect customers, you will be surprised how much valuable information you receive. Now you know what they need from you.



WINTER

At the beginning of the year (in winter) many business owners plan for the year, just like a gardener plans what they are going to grow. It's when you order seeds, think about what you want to accomplish, and make plans for how you are going to make your business grow.

SUMMER

The next phase is when your business grows. You have to keep at it, just like growing plants, and it takes a lot of work. You need cash flow, which is like the rain and sunshine required to maintain your business and to grow it.

SWISS CHALET OWNER, GOLFER AND ENTREPRENEUR



Anisur Salim is the franchise owner of two Swiss Chalet Restaurants, one in the Beaches at Queen and Glen Manor and the other at Kingston and Lawrence.

The Queen Street restaurant in the Beaches is a long-standing Swiss Chalet location in the city. When Anisur became franchise owner in 2009, it had been a mainstay in the community for over 40 years. The location has remained a family-oriented place to eat. The newest addition to the Queen Street location is the license to serve beverages.

Over 30 years ago, Anisur was having lunch at a busy restaurant in downtown Toronto. He quickly noticed when people finished their meal, they seemed so happy and content. "Wow," he thought to himself, "these people are so satisfied – all because they've had a good meal at a restaurant – what a wonderful way to make people happy!"

It was then he thought that perhaps the food service industry was for him. Born in Bangladesh, after coming to Canada he at one time considered becoming a medical doctor. His experience at the restaurant that day helped him change his mind and consider instead the restaurant business.

Anisur first trained at George Brown College where he obtained his qualification as a Certified Food Services Manager. He then spent many years working for another well-established European restaurant chain, Mövenpick, where he gained full knowledge of how best to manage a busy restaurant and keep good staff.

For Torontonians who remember the city's first Swiss

Chalet at Bloor and Bedford, where the staff actually wore Swiss-like costumes, Anisur has an additional qualification – when he was 20 years old, he actually worked at that original Toronto location for 3 weeks!

"Swiss Chalet makes it possible for you to do whatever you want to do," he says, reflecting on the opportunities that have opened up since he first took over the Queen Street restaurant and then added the one on Kingston Road. The company offers training opportunities as well as awards and incentives for managers and staff. Recently, his Queen Street location won first prize for being number one in beverage sales.

Anisur has many loyal employees and customers. Darren Gamble, for example, has been clearing tables and helping with various tasks for over 12 years. He also employs individuals with special needs, which has been recognized with an award from the Lieutenant Governor of Ontario.

When he's not at one of the restaurants, Anisur is an avid golfer. Although he just took up the sport 4 years ago, he's been winning tournaments in the GTA and in Canada. This fall, he travels to Germany for the World Finals. His 12 year old son also loves to golf!

Anisur and his family live in the east end and welcome anyone who comes into either restaurant to say hello to him!

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- Cry If I Want To – 1175 Queen St. E.
- Hone Fitness – 181 Carlaw Ave.
- Leslieville Food & Variety – 1275 Queen St. E.
- The Remarkable Bean – 1103 Queen St. E.

Thank you and best wishes:

- Grocery Corner Discount – 1148 Queen St. E.
- Joy Bistro – 884 Queen St. E.
- Rocca's No Frills – 269 Coxwell Ave.
- The Wine Swine – 1001 Eastern Ave.

On the Move (new location):

- Skwish – 1192 Queen St. E.

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



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