

The **BLOOR NEWS** Paper

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Issue # Nine
July 2010

LOCAL NEWS BLOOR WEST

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Program Guide For The New Bloor Festival

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THE NEW BLOOR FESTIVAL

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POLITICS: Another Murton, another election



Daniel Murton
Your next City Councillor for WARD 28

The Ten Percent Philosophy

danielmurton.ca

I believe when using percentages in any philosophy it shouldn't be about money or lofty targets. It shouldn't exclude people because they don't have the means to help rather we should use percentages to help create a

culture in our community, our city and at city hall. The ten percent philosophy is about asking civil servants to give 10 percent of their work week back to the community. If civil servants spent 10 percent of their time in the community on projects instead of feeding a bureaucracy, citizens would feel their government is working for them instead of a system or a corporation. The 10 percent philosophy will open doors and open communication. It will tear down barriers that our current bureaucracy creates. I believe in our communities we all can practice the 10 percent philosophy if we want to. I believe we all have it in us because we all have dreams and passions that can create good.

•A business person can help a local group get expenses under control or write a business plan.

•A policy student could help a local group create better governance.

•A teenager concerned about the environment could start a park clean-up or donation drive to plant trees.

We all have the 10 percent in us to give but we need a municipal government that is willing to change for us and change for our communities. I will make this 10 percent philosophy the guiding principle of my campaign and my life going forward



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Belo FASHIONS BOUTIQUE ON Roncesvalles AVE



Elsa

Silvia

Linda Belo

The store was an immediate success and her popularity grew rapidly. By 1980, Casa Belo Dry Goods expanded with the purchase of its own building on Bloor Street West. Casa Belo Dry Goods began to operate from its Bloor West location as "Belo Fashions", specializing in bridal wear and ladies evening fashions.

Maria, Linda and Susan Belo and their award winning staff can be found working here at 420 Roncesvalles Ave. We are delighted to be able to serve you at this new store.

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help you find you a dress for your special occasion.

Belo Fashions Boutique is a family operated business founded by Mrs. Maria Belo. Mrs. Belo began her business by selling clothing to a select group of clients from the back of her station wagon. Her reputation for affordable prices and excellent service became common knowledge in the community. Her clients marveled at her ability to offer a variety of styles to suit their preferences and budgets.

Through word of mouth and referrals, Mrs. Belo's customer base grew rapidly. In 1975, Mrs. Belo opened up her first retail store, "Casa Belo Dry Goods", in the Kensington Market area of Toronto.



In 2010, Mrs Belo, her daughters Linda, Susan and their award winning staff had to move from it's Bloor Street West

location. On Feb 27th, we welcome you to "Belo Fashions Boutique", our new store on Roncesvalles Ave.

Mrs. Belo's two daughters, Linda and Susan have joined their mother in operating the business. In 2010 the business will have been in operation for 35 years. With their mother's guidance and expertise, it is expected that this business will continue to serve the community. Please come in and visit our new store at 420 Roncesvalles Ave or visit us on the web www.belofashionsboutique.com.



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pic by paulmurton



Gideon David Joe David

The Plank

Femmes du Feu, the company behind the production, 'The Plank', is an aerial dance and fire performance company based here in Toronto. 'The Plank', which was awarded Patron's Pick, brings to the stage the legend and lore of women on the high seas, as they rig the sails, struggling to meet the challenges of Mother Nature, flared tempers, and brutal hangovers. The 45 minute show was a little long for my 5-year-old daughter, Logan, who was born into a world of 3D, flashing lights, and endless stimulation, but, even without pyrotechnics, the vocal conflict between the two performers, and their acrobatics managed to keep her entertained for a good half hour before she started fidgeting. I quite enjoyed the show- Aerial dance is so physically demanding; the degree of muscle control, strength, and flexibility behind the technical and

artistic elements of each movement make it easy to appreciate. The performers are both artists and specially trained athletes, combining skill and creativity with a magical result. Holly and Sabrina have an amazing chemistry; through movement and facial expression alone, they manage to portray a love/hate relationship of competitiveness and frustration, with seemingly sexual undertones. It's a natural evolution of how two people trapped on a vessel together for months on end with few of the comforts of life on dry land would grow to interact, but to portray such emotion with the absence of words to anyone other than full-time thespians takes a certain kind of talent. It starts off as challenging and competitive team-work; manipulating the ropes at first, and then each other as they keep the "ship" under control. As the beer flows, the battle and frustration heightens until the two women are swinging back and forth, hanging dangerously by a single limb and screaming in anger, at both their partner and at the unforgiving winds and waters. Overtaken by drunkenness and exhaustion, the two fall into a deep sleep and find themselves in a serene, seemingly underwater, world, where there is no wind, and the violence and anger of

the sea is replaced by a calming bliss. As the alcohol wears off, they awaken groggy, dehydrated, and probably cursing both he who invented alcohol, and the harsh reality that had suddenly replaced the pleasant dream world.



The Plank

Femmes du Feu blur the edge between circus and contemporary dance. The ambitions of the dance company are to develop, explore, and promote aerial dance, at the

theatres, children's festivals, corporate parties, weddings, bar mitzvahs and more. Aerial dance "is an approach to space using props or apparatuses, such as silks, low-flying trapezes, hoops, bungee, harnesses, window frames, chairs, or anything else suspended that can be danced with to create an exciting visual effect or convey an image." (www.femmesdufeu.com) In The Plank, for example, they use what looks like a giant fish hook and netting as props alongside the ropes and pulleys.

About the Artists

Holly moved from Winnipeg to Toronto in 1994 to train at The School of Toronto Dance Theatre. After graduating, she continued to study performance arts, eventually becoming a professional

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Where the Music Begins.

Fringe Festival Reviews

By Melissa Peters

becoming a professional fire performer. She is the co-founder of Tweenies Dance Projects and the Launch Pad, a theatre, art gallery and rehearsal studio. In 2003, she founded Femmes du Feu with Lindsay Milakovic, where she works as performer, choreographer, producer and administrator.

Sabrina Pringle has choreographed and performed across Toronto with Femmes du Feu for the past four years. She can be seen as solo aerialist/dancer in Elif Isikozlu's film "Let Go" in film festivals across Canada. She has toured the US and Europe as both choreographer and performer, and co-founded the Dance Company, D.I.X. She is an aerialist, dancer, fire and stunt performer, who began, as a child, with ballet, jazz and modern dance, graduating from The School of Toronto Dance Theatre in 1999. Her training in circus arts and stunt work has spanned eight years, and she now performs with fire doing body burns and eating fire. She began teaching in 2005, and now many of her students have taken what she has taught them in aerial silks to the stage, and are performing professionally across the community.

Step

"Modern belly dance is an eclectic and evolving dance form that includes a multitude of influences. Traditional Belly Dance, Flamenco, Hip Hop, Jazz, Classical and other forms can be included in its stylistic vocabulary. Each group and even each dancer is a unique expression of the style." (Step Program)

The Dark Side Studio and Lavish Dance Company are bringing the ancient art of belly dance into the modern world with elegance, respect, style and flair. I had the privilege of studying this sensual and athletic form of dance years ago for a couple of months so I have the utmost respect for the true masters

of the form. The art of belly dance requires isolating and moving parts of the body that don't naturally move on their own. That alone is tough enough without complicating things with grace and rhythm. I remember seeing my first Shakira video and being really impressed. Instead of typical Grade 1 Jazz mixed with some pseudo-sexual gyrations thrown in, she was actually dancing. Not just dancing, but BELLY DANCING!

This dance group expertly combines the ancient art with modern elements and the perfect music-from the majestic violin of Olafur Arnalds to the funkier Beats Antique. Dancer and choreographer, Audra Simmons is a pioneer of Canadian modern belly dance, and has been instrumental in its establishment and growth. With her group and solo dance pieces, the possibilities belly dance has to offer become crystal clear. The flavour, originality and appeal of the production is enhanced by the solos of the other dancers, who choreographed their own pieces. The make-up and (temporary and permanent) tattoos look great with the traditional costumes, which are designed to showcase the various wiggles and thrusts visual to the audience. Not a wiggle, nor a stab went unnoticed to anyone in the seats of this little theatre, especially the woman barking and howling in the front row. The dancing was done with passion, experience, and precision and the creativity of Simmons and the other five women combined with their skill and experience resulted in a sensual, entertaining and uplifting production.

Hips, arms, legs, neck, head and hands might be moving, but a dance isn't really a belly dance if the middle-section is covered up. Five



very different and equally beautiful women bare their bellies with pride, while the rest of us carefully tuck in our shirts and hold our breath.

The aforementioned Shakira video impressed me for more than one reason. Shakira's midriff was showing, and although she appeared to be in perfect shape, she also appeared to have actually eaten a few times in the weeks leading up to the video.

Modern Belly dance is a fabulous and, quite frankly, necessary idea. Traditionally, it's fun and arousing to watch, but modernization, both musically and technically, opens up endless choreographic possibilities. Aside from it being underestimated as a phenomenal workout, it celebrates the same body image shunned by the majority of society. Normal bodies have fat on them. Normal women have hips. Normal women don't wear size one or have perfectly flat stomachs. Normal women should see this show, take a few belly dance lessons, and learn to celebrate the unique and beautiful shape of their bodies. Normal women will probably skip a meal today to prevent weight gain. Great women will throw caution to the wind and wiggle their hips, smack between the tall and skinny girl and the puffed out new mother, without judgement or worry. If you can't drop everything to belly dance your way to stardom, stop holding your stomach in and relax- At least that's a STEP in the right direction. Feel better?? Now try wriggling that belly up and down. www.thedarksidestudio.com

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Fringe Festival Reviews

By Melissa Peters

Dance Animal



Dance Animal

Dance Animal won the Just for Laughs “Best Comedy” Prize at the 2009 Montreal Fringe, “Best Original Creation” at Cirque du Soleil, and had been enjoying record-breaking ticket sales, so we made sure to reserve a couple of spots at the George Ignatieff Theatre for the Sunday afternoon showing. I have to admit I was a little sceptical going in- I am pretty picky about my comedy, especially the more animated and physical forms performed on a stage. It was silly, funny, ridiculous, a little rauchy and packed with over-the-top energy. Aside from the rauchy part, most of those things would have lost my interest pretty quick, but this was an absolute riot! Between each group dance sequence was some sketch comedy (written by Dan Jeannotte and Anders Yates, who plays “Dance Salmon”), which is another thing that usually annoys me, but their sketch writing was fantastic! Each of the various ‘animals’ gave the audience a peek into their former lives and then shared the story of how “Dance Tiger” (Creator, Producer, Director and Choreographer, Robin Henderson) swept them into the

world of “Dance Animal”. Each animal is so unique and perfectly cast, personifying the creature they portray with such vigour and originality. The collaboration results in a dynamic, edgy and highly entertaining dance comedy. For more information and upcoming shows, visit www.danceanimal.ca

Lambs in Winter

The NXNE online schedule claimed that everyone in the baby boom generation and their first-born offspring would want to see this play, so as the eldest daughter of two hippies, I thought I should see “Lambs in Winter”. This small dramatic comedy is an in-depth look of the relationship between three life-long friends as they deal with love, loyalty, greed and truth (or lack thereof).

The Bathurst Street Theatre as a venue for this play was a little big. The play was definitely worth seeing, but had obviously not gained the recognition it deserved because there weren’t a lot of people filling the seats. If it had been a full house, it would have been difficult to hear what the characters were saying, so I was grateful for the smaller crowd. The play (written by Ray Rivers and Directed by Julian Nicholson) is centered around three people who grew up together in 60’s, and are now in the retirement phase of their lives. When they were young, Katherine had a little crush on Richard, who was showing little or no interest in return, and who introduces her to Tony, with whom she ends up marrying and having children. Richard, a retired teacher now, who has never married, faces with an interesting dilemma when Tony asks for a loan so he can repair some of the financial damage he

suffered in 2008 when the economy crashed. Once hippies, the three hoped to fight for a cause, but their present beliefs differ were fifty years later. Now Richard and Tony argue about what should and should not be happening, while Katherine finds herself smack in the middle of the men in her life. Allan Price plays the disenchanted Tony, and his passionate and high-pitched ranting and bickering reminded me immediately of Wallace Shawn (The Princess Bride, Gossip Girl). Karen Skidmore plays Tony’s wife, Katherine. The part of Richard is played by director Julian Nicholson. A fourth actor, Ray Rivers, plays a reporter on television saying things which Tony will immediately whine about, and fills the space between sets with acoustic guitar versions of hippie-tunes. “Lambs in Winter” was definitely something I could, as the adult child of two flower children, relate to. The acting and writing were very real, which is exactly what made the play both funny and melancholy at the same time. It was an entertaining and accurate portrayal of what I have seen from the Baby Boom generation. Everyone grew up, a lot of people changed, but the hippy within very rarely disappeared for good. Why would they? From what I understand, the sixties were a blast. Ray Rivers www.lambsinwinter.commmunity.

Lambs in Winter



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Tall Ships Festival In Toronto

By Melissa Peters

pic by paulmurton



Having volunteered to do some writing and research for the Redpath Toronto Waterfront Festival and Tall Ships Race, I anticipated just a great opportunity to learn about what goes into planning such an event while getting some outside writing credit. The more I learned, however, the more exciting the prospect of the ships being here in Toronto, the race, and all the Tall Ships had to offer. I spent a few hours boarding some of the ships and ended up wishing there was time to see them all. Just the sight of the unique and grand vessels lining the harbour was spectacular, and there will be twice as many in 2013 when they come to commemorate the anniversary of The War of 1812. The Bark Europa (Netherlands) and the Brig Roald Amundsen (Germany) were featured in the last issue. The Europa was enormous, with beautiful white sails, and was one of my favourite. Just as we boarded the Roald Amundsen I recieved a text that Germany had won the football/soccer game, which seemed appropriately timed- I was able to tell the nice German man the good news before asking how to pronounce the name of the ship (Rolled Aaaah-mund-sen). She was another beauty, as they all are in their own right. My photographer had to rush off to the Chin Picnic, so I had the arduous

task of choosing the vessels on which we would spend what little time we had left. We eliminated the Toronto ones, not because they aren't important, but because they aren't going anywhere. The Denis Sullivan was the flagship for the festival, so she jumped to the top of the list, and I was bound and determined to step foot on the HMS Bounty before the day was out, which was conveniently docked at the opposite end (of course). Unfortunately, Denis' crew was on a break, so off to the Bounty we went.

HMS Bounty

The Bounty herself is a movie star and has played the set and therefore second home to such stars as Marlon Brando, Mel Gibson, Johnny Depp and Keira Knightly. She was built in 1962 for the movie, Mutiny on the Bounty, later used in "The Bounty", and restored and renovated extensively in 2006/2007 for Pirates of the Caribbean- Dead Man's Chest. When she is not in front of the camera, the Bounty opens for dockside tours, private functions and educational programs. Alongside universities and other non-profit organizations, her crew provides youth education-at-sea programs, in hopes of preserving the skills of square-rigged sailing in conjunction with youth education and sail training.

STV Unicorn

Metal from German U-boats salvaged after WWII was recycled and used to build the hull of the 'Unicorn'. Since her initial construction, she has changed ownership and names a few times, but the Canadian couple she was purchased from most recently converted her into a Canadian certified sail training vessel. When New Jersey couple, Dawn and Jay Santamaria purchased the ship, they and their four daughters focused on promoting the preservation of traditional maritime life through sail training, tall ship festivals and community involvement. In 2005, when The Unicorn became a United States registered vessel, co-owner, Dawn Santamaria, founded 'Sisters Under Sail', a not-for-profit, on-board leadership program for teenage girls and women. Not only the trainees, but the entire crew is female, and they spend the summers sailing New England, Canadian Maritimes and the Great Lakes. With St. Mary's alumna, Dawn, as co-owner, Tallship Unicorn has been joined by St. Mary's College and University of Notre Dame for the past five years to promote the value of sisterhood. "My St. Mary's experience taught me to value women, their friendship, their intelligence and their supportive nature", says Dawn. If anything can add to an experience like that, it would be a summer spent with sisters aboard the Unicorn, the only all-female crewed ship in the world... so far.

Mel's German Sailor



Roseway

The beautiful red sails of the Roseway are impossible to miss. She was originally built for the Canadians in the international fisherman's races, so she was rarely actually used as a fishing boat and

Tall Ships Festival In Toronto

By Melissa Peters

pic by paulmurton



has been maintained impeccably. She was purchased in 1941 by the Boston Pilot's Association and spent the next 32 years meeting incoming ships and placing pilots aboard in every kind of weather, and is remembered fondly as the most sea kindly vessel in the service. One of only 150 ships in the United States designated for pilot service, she was recognized as a National Historic Landmark for being the last sailing pilot schooner.

Pride of Baltimore 2

The mission of the Pride of Baltimore II is to promote Maryland trade and tourism, to represent the goodwill of Maryland's citizens, and to provide a unique education platform, through on-board activities and the Internet, for American History and marine sciences. She sails internationally with two rotating captains, a professional crew, and up to six paying passengers as "working guest crew" between ports of call.

US Brig Niagara

In honour of the warship Niagara, on which Oliver Hazard Perry won the Battle of Lake Erie, playing a pivotal role in the war of 1812, US Brig Niagara was built in 1988. In addition to preserving the skills of square-rig seafaring, her mission is to interpret the history of the war

and promote the Commonwealth of Pennsylvania. Up to 20 trainees, led by a crew of 18 professionals are taught everything from the technical aspects of manipulating the ship to the value of effective communication, camaraderie, discipline, and respect.

The physical beauty of the Tall Ships is without question, but the true beauty of the industry is the sustainability of racing, travelling and learning with wind as fuel and water as the highway. Unlike other resources humans have chosen to rely on, wind cannot be exploited, nor does the use of it harm the planet. It is one of the few resources that is grossly UNDER used, and sailing is just one example of what a powerful and guilt-free tool we have at our disposal.

Great Lakes United partnered with American Sail Training International (ASTA) for the Tall ships race this year. Sailing through all five of the Great lakes and making port appearances throughout Canada and the US, the Tall Ships race to remind people that protecting the largest freshwater ecosystem in the world is essential for the survival of plants, animals, and humans alike. Great Lakes United is a group of citizens, environmentalists, labour unions, First Nations, and others committed to the preservation of The Great Lakes and the St. Lawrence River.

The Honda (formerly Molson) Indy was just here. It makes noise, closes major routes, exploits resources, and does nothing but damage the environment. Considering the damage we have already inflicted on the environment, the popularity of such events is something that we, as humans,

should be ashamed of. Its just one of many illustrations that things simply have to change before it's too late. The more I learn about sailing, and the more time I spend at the beach, the more I respect people who chose sails over motors. Power boats should be reserved for emergency services and sea-doo's should be banned from Ashbridges Bay and other popular family beaches before someone gets seriously hurt, or worse, killed.

Education on tall ships is far more than the technical aspects of sail training. Sailing takes place on lakes and oceans, and with the



efforts of the crew and trainees, the ships move from one destination to another. Whales, fish, birds, plants, and trees are in and around the water, reminding sailors what a phenomenal and complicated

place the planet is, and that its health and sustainability are the only things keeping the human race and all other living things from just vanishing. The Pride of Baltimore II has an educational platform that includes marine sciences, but she isn't the only ship offering further insight into the depth and wonders of physical world around us.

SV Denis Sullivan

This re-creation of a Great Lakes Schooner was the flagship for the race. Community dedication and spirit, and the desire to build a tall ship for Great Lakes education resulted in nearly a million volunteer hours, courtesy of the residents of Milwaukee. She is owned and operated by Pier Wisconsin as the state's ambassador for freshwater exploration, and is a scientific research vessel with an educational platform. The owners and crew are

Tall Ships Festival In Toronto

committed to re-establishing the historical, cultural and environmental bonds between the community and the Great Lakes. High school and college students can participate in one or two week "Science Under Sail" programs in the Great Lakes, Bahamas and Caribbean.

Appledore V

This American Schooner offers Windward Bound, a youth sail training and freshwater science programs. Trainees learn how to sail between interesting ports and remote wilderness areas where they study freshwater ecology. The ship also takes part in BaySail's half-day "Science Under Sail" programs on Lake Huron, and Windward Bound overnight seamanship camps for 12-13 year olds.

I wasn't aboard a tall ship, but I did have a moving front row seat for the much-anticipated Parade of Sail, aboard the Sarah Ashbridge, Ashbridges Bay Yacht Club's Coast Guard Auxiliary boat. Sunday was far too hot and the humidity was unbearable on dry land. If everyone

lived on the water, air conditioners and central air would be rendered obsolete-I almost needed a jacket on the second run to Ontario Place from Harbourfront. Being able to breathe and not sweating for the first time in three days gave me a chance to really absorb and appreciate what was happening around me. The Parade of Sail was the grand finale of the festival, but more importantly, the start of the race. Most of the vessels had their sails up, adding to the beauty of the scene, and the entire fleet circled the harbour before heading off towards Ontario Place to line up. Seeing the ships docked was amazing, but watching them in their natural element was absolutely breathtaking. It took a while for the whole fleet to do their round, so I had a chance to take it all in. We were a distance away from some of the larger vessels at first, which gave us a view of them in their full glory as they adorned our waterfront. The skipper of the Sarah Ashbridge, Ian Gow, was fantastic-He managed to get us up close to every vessel as it passed the Island airport en route to the starting area. Thousands of sailboats were gathered to watch the show, which was a sight to behold, but nothing

compared to the tall ships gliding by us, just a few meters away. The view of the city skyline as backdrop to the ships was icing on the cake. The pride in our city, our waterfront, and being chosen to host the launch of the race was unbelievable.

The wind began to pick up at the perfect time. I have seen how easily a slight breeze can push a smaller sailboat right over, and have been learning more about how integral the position of one or two sails can be in a race situation. Some of these boats have over thirty individual sails and I can't even fathom the idea of learning where to position each one. But the crews seemed to have a pretty good idea. Ships that take up half a block and weigh thousands and thousands of pounds were whisking by effortlessly. As impressive as it is, it almost seems surreal that something that size can be moved by nothing more than air. I am officially hooked and counting down the days until the return of the fleet and the opportunity to see and experience the wonders of the Tall Ships in greater number and detail. We will keep all our readers posted as the plans get underway for the next visit.



US Brig Niagara Pic By Imagelibrary.ca



YOGA: Saturday Morning Fun

By Melissa Peters



In Jasper park, while chasing her dream of becoming a rock star, Jennifer Howey experienced something she would later discover was called 'Dissolution'; the realization of the impermanence of ones nature. After visiting different churches to try to figure out what was happening to her, Jen crossed paths with a 'Yogi' who recommended she read "Autobiography of a Yogi". She did, and realized there was a whole society of people just like her. She started doing yoga on the beach, where onlookers approached her with requests to be taught. Jen obviously had a gift, but a more experienced eye, convinced her that better alignment through proper practice would result from taking a class. She was already teaching people in a small room of a church, but wanted to do more. A fellow 'yogi' told her to visualize her goals, which she did in the following months. Her vision was a bigger room with thirty students- the perfect number. A phone call came from the city of Toronto because they

had heard so many wonderful things about her from her students. She walked into the room on the first day to thirty students. Today, Jens visions are of hosting yoga retreats on sacred grounds, having a bigger space and incorporating a lot more sound into her teachings. As a vocalist, it is natural for her to dream of marrying sound and yoga as much as possible, as the connection between the vibrations of the body, the movements, and the concepts of yoga are already natural. The term 'yoga' means 'union', and has to do with becoming aware of the existing connection between mind, body and spirit. Yoga began in the Indus Valley as a goddess based culture focused on the connections between fertility and the cycles of nature. Ideally, yoga should be taught in its indigenous traditions to truly reach deep awareness, as without deep awareness, the practice is nothing more than exercises with yogic movements. Jens instructor focused on Kripalu yoga; the use of voice to take oneself on a meditative journey. Her choice for instruction is Diamond Body yoga. "The diamond represents clarity of awareness, courage, patience and strength. The body is a sensory vehicle. So Diamond Body Yoga is clear, sensual, being." (www.diamondbodyyoga.com)

To date, Jen has had thousands of students and her glowing reputation speaks for itself. Her home is laid out in such a way that it's as if it were built for a yoga instructor, and the way she has set up the space couldn't be more perfect. Finding the location was no accident, but Jen considers herself lucky that she happened upon

this beautiful home of natural wood and high ceilings. The importance of breathing properly is without question, and when one person holds their breath, Jen doesn't miss it. Jen teaches people of all levels of experience and flexibility, and the sign of a good yoga teacher is someone who can assess and advise students about how far they should push themselves and how to avoid making old injuries worse or creating new ones. Everyone has strengths and weaknesses, and performance anxiety and expectations have no place in yoga because it is supposed to be an internal experience. It's important to have an experienced instructor teach you how to do the poses properly with consideration to any individual physical challenges. If practicing at home between classes, or even in class, the important thing is to listen to your body and not attempt complicated poses without proper direction. Jen has continued to study and perfect her practice. She still does yoga on the beach- south of the olympic pool at Woodbine Ave. and Lakeshore on Monday mornings (except holidays) from 9:30am-11:00am. Its pay what you can, and there is unlimited space, so it's a perfect opportunity to try it out with a dedicated and qualified instructor.

See www.diamondbodyyoga.com for more information and class schedules. 68 Hollywood Crescent Diamond Body Yoga. 647-297-7527 or email diamondbodyyoga@yahoo.ca. Family, Mom and Baby, theory, weekend and evening classes available for rookies and intermediate alike.

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SATURDAY, JULY 24, 2010 1:00-9:00 PM
DUFFERIN – LANSDOWNE *are YOU the NEW?*



THE NEW BLOOR FESTIVAL IS COMING TO BLOOR STREET, BETWEEN DUFFERIN AND LANSDOWNE ON SATURDAY, JULY 24, FROM 1 TO 9 PM.

It will be a fun car-free space for the neighbourhood to come together and celebrate its wide range of businesses, community groups and cultural producers. There will be all kinds of fun for everyone, lots of activities for children, families, all ages.

ART & GRAFFITI In the tennis courts at Dufferin, see the art work of the next generation, art students and recent graduates from York, OCAD and other Toronto art schools, graffiti and hip hop artists Under the Radar and Represent. Meet the artists.

ART GALLERIES & PERFORMANCE VENUES In the block between Lansdowne and St. Clares, Mercer Union, Toronto Free Gallery and 253489 are part of the neighbourhood. Joining them for the day are the Clay & Paper Theatre, FADO Performance Art Dunk Tank, The Tree Museum, A Space, Loop Gallery, Circuit Gallery, Gallery TPW, Gallery 44, Winnick/Tuck, and YYZ. Artists include John Abrams, Chris Dupuis, Inger Whist, Kirsten Johnson, Jessica Thalmann, Mike Hansen, Patrick deCoste and Shannon Partridge. Dunk a performance artist.

BEING INCLUSIVE get a copy of the first edition of this magazine that celebrates life on Bloor Street. It is all about being inclusive.

BUYERS & VENDORS more than 300 vendors will be displaying their wares along the street: handmade, one-of-a-kind, organic, ethically produced, free-trade, sweatshop-free, recycled and recycleable goods; vintage clothes, hand screened t-shirts; an extensive range of eclectic paintings, pottery and jewelry inspired from around the world.

FOOD local restaurants range from the South Asian Dosa Mahal to Pho my Duyen Vietnamese, the Portuguese Bloor Village Grill, as well as Ethiopian and Mexican. They will be joined in the Food Court from Dufferin to Russett by others - Tiny Tom's donuts, South Asian Tastemakers, Starving Artists waffles, the Bus Kitchen, hotdogs, roasted corn, Polish sausage and the Citrus Shack.

LOCAL ESTABLISHMENTS four local establishments, Three Speed, Duffy's Tavern, Holy Oak, and the new Bloordale Pantry will have extended outdoor patios for the day.

PERFORMERS two stages at Marguerita and Paulina, will feature groups from the neighbourhood, Brazilian World Dance, Dufferin Mall Youth Services hip hop crew, Ethel and the Menmen, Transference, Casey vs. Jon, The Stormings, Teresa Hart and more.

PICTURES Bike Pirates, Retire Your Ride, Second Harvest, The Nesting Place, HTO Water Truck, OwlKids, Toronto Public Library, Inorganic Market, Shizata, I love you World, Face Painter Amber Dawn and balloon artist Sujata Chapman.

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A: BAAF (LANSDOWNE TO ST. CLARENS)

- A Space Gallery
- Adrienne Trent & Jennifer Lantz
- Alec Dempster
- Bank on Art/Art Barrage
- Bloor Magazine
- Brayham Contemporary Art
- Circuit Gallery
- Clay & Paper Theatre
- Elephant Shoes
- FADO Performance Art Centre
- Gallery 1313
- Gallery 44
- Gallery TPW
- HAUS
- Heavy Machinery
- I've Got My Own Thing Going On
- Inger Whist
- Jackson Abrams
- Jessica Thalman
- John Abrams
- Kirsten Johnson
- Loop Gallery
- Marianne Burlew
- Mercer Union, a centre for contemporary art
- Mike Hansen artist
- Patrick DeCoste
- Shannon Partridge
- SKETCH - Working arts for street involved and homeless youth
- Spacing Magazine
- The Tree Museum
- Waxhead
- Wynick/Tuck Gallery
- YYY Artists' Outlet

B (ST. CLARENS TO EMERSON)

- 48-14 & Faces By Pureness
- A Stroll in The Park Walking & Adventure Club
- acrylic mitosis
- Amber - good face painter
- Apa Design
- Batter Homemade Bodycare
- Bloom compassionate birth support

- Bloor Fitness and Boxing
- BMO Bank of Montreal
- BODY CANDY by CHERYL
- Bonnes Amies Jewelry
- Britten Memorial Church
- Busy Bee Hot Flashes
- Constantinople Traveler
- Dancap Productions
- Debt Freedom Canada
- Democrats Abroad Toronto, Canada
- Edward Jones
- Egypt Treasures
- Flights of Fancy
- Forest School
- Green Party
- Indianstore Inc.
- Junction Triangle Rail Committee
- Katz Jewelry
- LMcreation
- Lucy Gerritsen Beardwood
- Macbet Enterprise
- Princess Lilyflower
- Rocco Rossi for Mayor
- Shiatsu Centre
- Sistering - A Woman's Place
- spot
- The Nesting Place: Prenatal Classes & Doula Care
- The Salvation Army Thrift Store
- The Silver Bobbin
- Things, Stuff and much much more
- Toronto Cat Rescue
- West Toronto Community Legal Services
- You Are What You Love
- Zipcar

C (EMERSON TO MARGUERETTA)

- 2nd Storey
- 69 Vintage Collective
- Abstract World
- Androgynous Natural Skincare
- ATD Fourth World
- Bloordale BIA
- Boardwalk Chocolates // Toronto Zine Library
- Cirque-ability
- Coal Miner's Daughter
- Danielle Cole
- DidK Cosmetics
- Eric Cheung
- fairlyfashionable.ca
- For Your Love Inc.
- Grow It All Hydroponics
- Hennafication
- HTO Truck
- Inner Driven Art
- INORGANIC MARKET
- Joe Macdonald, Ward 18
- John Layton
- Kaotic Ekko's Curiosities
- kiana's painted nest
- La Tienda
- Live Green Toronto, City of Toronto
- lost+found
- Meya/Teyes Authentiks
- MOBILITY
- Music Works for Children
- Name Brand Athletic Footwear
- Parties & More
- Partnership for Integration and Sustainable Transportation
- Peerose J&M



Welcome to Bloordale. Have fun! Patronize the local merchants. Brought to you by the Bloordale BIA

- Random Pretty Things
- **Ransack the Universe**
- **Rozaneh Vintage Collective**
- Stacked Vintage Accessories
- Striped Cat Designs
- **the nut house**
- The Purple Papaya
- this is small house
- Toronto Hookups Crochet Guild
- Tulip Fashion
- white lotus design

D (MARGUERETTA TO BROCK)

- AStubbsPhotography
- Bird at the Window
- Canadian Scholarship Trust Foundation
- Cindy Prints!
- College-Montrose Children's Place
- Couleur Sauvage
- Curtia Wright
- Dragon Fyre Airbrush Tattoo's
- **Dueling Grounds**
- Fredrick Prince Hand Crafted Jewelry & Accessories
- Garrison Creek Photography Group
- George Smitherman Mayoral Campaign
- Gita's Music Studio
- Hema Vyas, City Council Candidate
- Hogtown Swing Dance Studio
- Imago Press
- Ione's Dream and Shanelle Smith - Jewellery Designers
- Jewellery Box
- Jewels from the Earth
- Knotted Nest
- Lela Cools
- Lindsay Karabanow
- Maya Collection
- One Heart
- Pidpenky
- Ping Pong
- Postart blooming collective
- Sachiko Burgin Jewellery
- Salerina
- suzan fawcett
- The Sea Within
- The Straight Stitch
- Three's Company Jewellery & Accessories
- Toronto Neighbourhood Mandala's
- Toronto Vegetarian Association
- Tracey-Mae Chambers
- Treasures of Hope
- TWO S
- Vanessa Dion Fletcher

- With An Indian Touch
- Yes World Boutique
- Zawawa

E (BROCK TO PAULINE)

- Canadian Red Cross
- Citizen's Income
- Eadrey Food Company Ltd
- Forever Designs Jewelry
- Howard Studios
- Kas Kreations Jewelry
- Kevin Beaulieu Campaign-Ward 18 Davenport
- **Kim Nutrition**
- Kwerkii
- Little Heart Beats
- Max Mart Traders Inc
- MYJewelry
- Priceless Pennies Fundraising Association
- Scout Group 78, Toronto
- Silver Circle: West Toronto Services for Seniors
- The Central
- Tony Ruprecht MPP
- Toronto Child Parent Development Centre
- Toronto Transit Commission

F (PAULINE TO RUSSETT)

- Paul Stuewe
- Red Ash
- Second Harvest
- Shiatsu Therapy at the Clinic -982 Bathurst St.
- Slashpie Designs
- South Asian Women's Centre
- Stormy Silver
- Sue's Crystal Designs
- Sunflower Gems
- **SUNSO GLOBAL POWER INC.**
- The Spot Dance Centre
- Toby's Bath Salts
- Tula West
- Under the Willow Henna
- Versatt - Sandra Salcedo
- Working Women Community Centre

G: FOOD COURT

(RUSSETT TO DUFFERIN)

- **CUZ'S ITALIAN ICES**
- First Genesis Foods
- Jaytraya foods
- Justan Foods (Tiny Tom)
- Korea House
- **LINDSEY BAKES**
- Opilnc
- **Popeye's**

- S&A Citrus Shack
- sap to syrup
- South Asian Tastemakers
- Starving Artists
- The Bus Kitchen
- Top-Dog
- yonge hot dog stand

ART COURT

- Alex Dabic
- Alexa MacKenzie
- Alexandra Pettinato Photography
- All that Glitters
- Amanda Forrest-Chan
- Anahita Loghmanifar
- Arianna Behan
- Arielle White Illustrations
- Beth Frey
- Child Find Ontario
- Chloe Norman Photography
- Chris Valour
- Daphne Vlassis
- doganart
- Ece Budak
- Goodhead Designs
- Heather Leach
- Jennifer McBurnie
- Kall Emerald Art
- Lana Kamaric
- Liz Lam
- Maria Deamude
- Marvin S. Mariano
- Nayha Jehangir
- Owlkids
- petparents.ca
- Represent
- Under the Radar

turn page for performers' schedule

Local supporters include:

Bloordale BIA, Bloor Collegiate Institute, Christie Ossington Neighbourhood Centre, Christie Ossington Residents' Association, Clay and Paper Theatre, Cooking Fire Theatre, Councillor Adam Giambone, Ward 18, Davenport Perth Neighbourhood Centre, Deputy Mayor and Councillor Joe Pantalone, Ward 19, DIG IN (Dupont Improvement Group), Dougal & Co., Dufferin Grove Park Staff, Dufferin Grove Residents Association, Dyan Marie Projects, Friends of Dufferin Grove, Green Here, Kent Senior School, MacGregor Park Friends, MP for Davenport, Mario Silva, South Asian Women's Centre MPP for Davenport, Tony Ruprecht, Wallace Emerson Community Centre, West End Rail Path, Working Women Community Centre

design by ghazalsh



MARGUERETTA STAGE

Opening Ceremonies Featuring the Fort York File and Drum Corps, Spiro Koumadouros, chair, Bloordale BIA, Dyan Marie, artist in residence, Tony Ruprecht MPP, Maria Silva, MP.

Dufferin Mall Youth Services The DMYS Urban Movement Dance crew uses a multi-media approach (incorporating dance, hip hop and theatre) to explore important social issues that are relevant to youth today. www.abrigo.ca

Transference 3 piece jazz/funk lineup

Sara Marlowe & the Program are a captivating blend of roots, folk/rock, jazz and social justice. Bound to get you off your feet! www.saramarlowe.com

Andrea Kuzmich Smooth vocals, classy jazz. Whether solo with her guitar or accompanied by a full band, Andrea Kuzmich draws "her listeners into a world of sensuality and inner city blues" (Rudy Blair 680 News) www.myspace.com/singinkuz

The Stormalongs play distorted, melodic, atmospheric rock music. Their songs combine raw sonic energy, textural lushness, and lyrical depth with classic rock song-craft. www.thestormalongs.com

Beware! The Leopard Singer-songwriter with a jazzy twist. Similar to Elliot Smith, Ron Sexsmith, Andrew Bird. www.bewaretheleopard.com

Ethel and the Mermen are a three piece garage/rock band playing covers and original material. Band members are Tanya Read, Scott Caruthers and Daniel Bowden. Read and Caruthers live in Parkdale and Bowden is in the Bloor/Ossington neighbourhood. Ethel looks forward to rockin' in the hood! www.myspace.com/ethelandthemermen

Teresa Hart Original Pop Punk. Teresa's new band will be playing a twist of covers from Jimi Hendrix to Katy Perry with some melodic pop/punk originals as well. You don't want to miss it! www.myspace.com/guitarhart

PAULINE STAGE

1:00

New Canadian Community Centre These senior groups prepare the programmes with Chinese style — dancing, singing, instrument played, fashion show. www.putonghua.ca

1:30

1:45

Shady Tree From Gypsy swing to bluegrass with a healthy dose of blues, played on acoustic instruments(guitar, mandolin, fiddle, banjo, dobro and bass)

2:00

2:45

Tha Spot Dance Centre We are a dance studio. We do jazz hip-hop acro and tap. www.thespotdancecentre.com

3:00

3:30

The Starfires relaxed, shimmery and psychedelic versions of folk tunes from around the world. Perfect for a summer afternoon outdoors. www.myspace.com/thestarfires

4:00

4:15

Brazil Dance World Brazilian Ballroom Dance Group - Very up beat songs and beautiful dance. We are a group of 8 (4 couples) and we perform all the dances listed on our website. www.brazildanceworld.com

4:45

5:00

yes, please blend backgrounds in classical, jazz, folk, country and indie rock to achieve the perfect blend of adorable & awesome. Erin MacPherson - violin and vocals, and Gabe Nespoli - guitar and vocals myspace.com/yespleasefolk

5:45

6:00

Fidget Fidget b 5 punkin' gals from Toronto who like to rock out! These babes are tight and have the chops to back it up! www.myspace.com/fidgetpunk

6:30

7:00

Isaac Matthews Has been performing in Toronto just over a year. Has played venues such as Starving Artist, Smiling Buddha, Supermarket, Painted Lady and many more. Just Isaac and his guitar, together creating soulful rock/folk melodies and performing with his heart on his sleeve. isaacmatthews.com

7:15

8:00

Casey vs. Jon An exercise in diplomacy and rock, Casey vs. Jon continue to battle it out in the musical arena around Toronto! www.myspace.com/caseyvsjon

8:15

Abigail Lapell Abigail Lapell is an indie-folk songwriter known for her powerful vocals and contagious melodies. The Toronto native has played stages big and small, solo and with special guests. www.abigailapell.com

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MUSIC: The Artful Vandelay's

Jazz-like rhythm, guitar heavy ferocity, and pseudo-operatic catharsis. Torontonians the Artful Vandelay's didn't always sound like this. What began as a basic alternative rock band with a penchant for extreme and sudden dynamic shifts has slowly transformed into a fluid and eclectic four piece outfit. It only took six easy steps.

Step 1 - enlist Thom-Yorke-esque/Fran Healy-esque/none-of-the-above-esque vocalist Anton Hyginus in late 2007, transforming the 3 piece into a 4 piece.

Step 2 - rewrite Artful Vandelay's songs to suit Anton and record them in a Mississauga basement in 2008 as a hastily assembled extended play named "Four Ring Circus."

Step 3 - play shows in Ontario and Quebec with new material and later realize that the modified old material does not reflect the full potential of the new lineup.

Step 4 - completely scrap old songs in early 2009 with the exception of one, and begin working on new material with all four members now key contributors in the songs' construction.

Step 5 - beginning in early 2009, record the new songs over an 11 month period at a professional studio in London Ontario, culminating in the release of a 2nd EP, self-titled "The Artful Vandelay's."

Step 6 - lose drummer Amanda Cohen to a non-musical career and replace with the technical and finessed math rhythms of Braeden McMillan.

What resulted is not a final product, but a band in constant evolution. The Artful Vandelay's don't write songs, they draft them. Refusing to produce a sound that can be neatly categorized or reconciled with other genres, their live show will treat you entirely

differently from one song to the next. One minute the sonic assault of "Demons" will challenge you, and the next may be "Past the Atmosphere" - a pretty song with a desperate message. Artful Vandelay's shows are eerie, beautiful, intense, and cathartic. Lyrically and musically, it's an expression of excitement and beauty in the places and thoughts that make us the most anxious and desperate.





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Bloorcourt Sidewalk Sale & Festival Aug 14

Time: August 14, 2010
from 12pm to 3pm

Location: Bloor St. W. ,
from Dufferin St. to Montrose Ave.
Free Entertainment & Free Movie Night!

Organized By: Bloorcourt Business Improvement Area

KIDS ZONE in Irene Ave. Parkette,
Noon - 3 p.m.

Salem Ave. Parkette Market Place
Anyone interested in reserving a table to sell or promote their wares please e-mail jana.tucek@sympatico.ca, or visit call Anna at Tatra Travel (tel. 416-537-7698 @ 827A Bloor St. W./Shaw

St.) to request a table application. Available for local community organizations, local residents/artists and BIA merchants (no food sales). All applications will be considered by the Bloorcourt BIA Festival Committee. Limited quantities available!

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MUSIC: Johnny Max Band, The Zeroes, Comanechi

NXNE In Review by musicpage.ca Written by Melissa Peters

Johnny Max Band

Apparently Johnny Max has been playing the Beaches Jazz Festival for years now, and the kind of music he plays is exactly what I gravitate towards during streetfest. I have probably seen him before, but when my neighborhood is packed with people, music and corn stands, it's a little too much stimulation to keep track of the bands I like. Another issue is that he plays across the street from FATHEAD and my mom has known the bass player all her life, so we make a point of watching them and moving on, which is something I definitely will not do this year. My editor, Paul, described the music as "happy blues", which is actually pretty accurate. He keeps this up and in a few years, he will take over my job reviewing bands. Being in the audience with these multi-Juno and Maple Blues Award Nominees on stage is a blast. The music they play is the kind everyone can dance to, and it appeals to people of all ages. I had the pleasure of dancing with a sweet 65-year-old gentleman decked out in white slacks, white suspenders and a white hat. He was a great dancer, and I was enjoying feeling like I was living in a decade long before I was even born. He kept telling me how lucky he was to be twirling around with a woman less than half his age. The NXNE program describes Max as a combination of New Orleans and Memphis Blues with Southern Soul and R&B. He doesn't always follow conventional Blues lines, favoring substance rather than traditional 12 bar influenced forms. He reasons that it's all Blues, because he characterizes his own material as "music to move your groove by". The music itself is enough to get the audience tapping their feet on their own, but Max takes it a step further and makes the crowd part of his own experience with his charm and sense of humour. He shows appreciation for his fans and, in the process, gains more at

every show. The band's fourth and most recent album, "A Lesson I've Learned", is receiving critical acclaim, and has earned the band a number of prestigious nominations.

-Juno Nomination for Blues Album of the Year

-Maple Blues Award Nomination



Johnny Max

for Songwriter of the Year (Max and Martin Alex Aucoin)

Their recognition is warranted, and is sure to continue growing. Visit www.johnnymaxband.com for upcoming shows and make sure you check this band out- you wont regret it.

The Zeroes



The Zeroes

This band is an homage to 70's punk at its best. All the way from California, this high energy group brings back the styles of the Ramones, the Clash and the Sex Pistols with true passion and talent. In fact, they actually played with The Clash once and have been joined on stage by Patti Smith. The female bassist was fantastic- the speed and precision of great punk is something many bass players

have difficult time with, but she obviously loved the music enough to go to the trouble of mastering the riffs. The music is heavy and fun, but the volume was a little over the top (not sure if it was the band or the sound techs, but with this style of music, damaged eardrums are par for the course). Unfortunately, the loud instruments drowned out the vocals which is a pity because knowing what the music is actually written about makes it easier to review properly. Their second song made me think of such recent iconic punk as The Violent Femmes and Green Day (earlier albums). It wasn't super fast, and more danceable than one might expect. The band creates the perfect atmosphere for their show with their on-stage energy and enthusiasm. The true punk-loving audience members requested an encore, which was much harder and faster, closing their set with a hard-core punk ass-kicking number.

Comanechi



A f t e r midnight, it's hard to find anything but r o c k , alternative, punk or heavy metal bands during music festivals. It

makes sense, because the faint-of-heart have usually gone home to bed by then, but I felt bad for poor Paul, who was up past his bedtime and had forgotten his trusty earplugs. Comanechi hails from London, UK and consists of two band members. A guy plays electric guitar and does so well enough to make up for the complete lack of other instruments. The rhythm section and vocals are courtesy of a tiny, black-haired, scantily clad woman. She may not be a very big person- it's hard to see her behind her drum set- but she has a very big voice. Her pitch

MUSIC: Queen Licorice

Melissa Peters

is ultra high, and her style pushes her vocals almost to the breaking point. Understanding what she was saying was impossible, but according to the NXNE program, her vocalizations are about R-rated psychosexual nightmares. Considering her style and what came off as a whole bunch of anger and frustration, I was pretty sure she wasn't on about butterflies and flowers. They were cool to watch for a couple of songs, but I think even I am getting a little old for the really heavy stuff.

Queen Licorice

This Toronto-based alternative band was a little easier for me to listen to than the previous one had been. The first song I heard was pretty mainstream, but still had originality to it, and it sounded like something that would make the top forty on 102.1. The next song had more feedback and guitar twang which made it a little heavier, but the feedback was done with skill and actually added a pretty melody before the group really started rocking out. Most of my favorite rock songs are a combination of nice melody and heavier riffs, so I was really enjoying this number. The tempo kept changing, which kept the audiences attention and was well received, especially considering the band never missed a beat. The tambourine coming in part way through the song was a nice addition and, combined with the complicated tempo changes added substance and depth. "Queen Licorice" work well together, and are a pleasure to listen to. It was a nice way to end my NXNE experience for the year.

Dalton McGuinty:

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Here is what our Premier has done for Ontario in the past seven years! This was no tax increase election campaign.

He increased all the licensing fees from your car to your boat including fishing and hunting.

He introduced the health care premium (not called a tax.) Some couples pay as much as \$1,500.00 a year.

He doubled the price of most lottery tickets. (Not called a tax).

He has put an ECO tax on many containers such as paint cans and window washer fluid. Most people still don't realize it is on your bill. He kept that one real quiet

He has put a disposal tax on all electronics. He has put the disposal tax back on tires

Now don't forget that all except the health care premium are subject to the GST and PST (taxes on taxes.)

And now he has passed the HST - the largest tax on the province ever. The only other tax in Ontario that ever came close to this in the past was the health care premium.

He passed this bill even though 76% of the people in Ontario were against it.

This HST will provide the Province with an additional THREE BILLION dollars a year.

And now we will have our S.M.A.R.T. meters that we will have to pay rent on and do our laundry in the middle of the night. We are going to pay big time for air conditioning from now on because when we need it the most - that will be prime time. As if it costs any more to produce hydro at two in the afternoon or ten at night - another tax grab.

Let us not forget the E health scandal with one point two billion dollars wasted and paid out to friends and relatives.

What was Mr. McGuinty's answer to this (well if the people of Ontario don't like it, they can show it in the next election.) Nice attitude. This was after he fired the CEO and gave her a severance package of three hundred thousand dollars. Not bad for only having the job for seven months.

Then the windmill power plant - he awards the contract to KOREA for seven BILLION DOLLARS. One would think that there was some place in Canada or North America that could have built these.

He closed the emergency rooms in Port Colborne and Fort Erie because there is not enough money and there have been two deaths since because by the time they got to St.Catharines, it was too late.

He awards a hospital in Toronto three million dollars in the riding where there just happens to be a by-election to replace George Smitherman

He has taken the richest, most prosperous province in Canada, to one of the poorest and has created a deficit of TWENTY SEVEN BILLION DOLLARS and he still has a year and a half to go.

And don't forget his nice little salary increase of \$40,000.00 a year. Millions of people in the province don't earn half that.

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MUSIC: Cat Malojian

NXNE In Review by musicpage.ca Written by Melissa Peters



Cat Malojian

Regarding downtown festivals, other than Pride, I have had little or no luck with the weather, or in terms of having the time to see everything I would like to. It's either freezing cold, pouring rain, or unbearably hot and humid. Last year I had a funeral to attend on the Saturday and this year I was sick. Figures. Alas, I fought my way though my desire to stay at home in bed so I could review the amazing talent that travels to our fair city for none other than my own personal entertainment. I caught a few minutes of Iggy and the Stooges, but the heat and crowds in my sickly condition, and the trampling of my uncovered toes made it impossible to stick around. A table in the air conditioned Silver Dollar brought me back to life a few times and gave me the energy to wander a few doors

down to sweat out bands at the El Mocambo. With luck I will have a few days free of illness and extreme weather next time around, but the good news is nothing seems to stop me from getting out there with my photographer and notepad.

The term "cat malojian" is one I heard a little over a year ago for the first time from my Irish boyfriend. I have yet to understand his explanation of what it actually means. I think it had something to do with a perfectly intelligent and reasonable person doing or saying something really stupid. I tried to google the term, but the only thing I found was that people either love or hate the Irish band of the same name- it's never in between, but the scales are tipped far more in the direction of love. I had never been to The Painted Lady, and I wondered if the people in charge of the sound for the bands are usually as bad as they were that night. It seemed like there were three people dealing with it, but it was almost impossible to get one of them anywhere near the stage when he was needed. It took forever for the band to set up because it seemed like the only things on the stage that weren't broken or plugged into the wrong place were the musicians and their instruments. The band members spent much of the first three songs begging for more or less volume on instruments/bass/vocals and actually had to give up on some songs halfway through because they didn't have the required sound. The bass and drum machine were virtually non-existent during one

number that obviously needed it, so the band just shrugged their shoulders and moved on. It was admirable of the band to be prepared for technical difficulties, or in this case, disaster. If there was a city wide blackout, would be one of the few acts for whom the show really could go on.

Cat Malojian consist of singer-songwriter Stevie Scullion and multi-instrumentalist siblings Jonny and Rachel Toman. The multi-instrument talent could have been better showcased had the sound been under control, but the limitations didn't stop the group from blowing my mind, especially Rachel Toman. She plays clarinet, keyboards, percussion, and sings beautifully. The banjo player (although sadly not nearly loud enough) was fantastic, strumming



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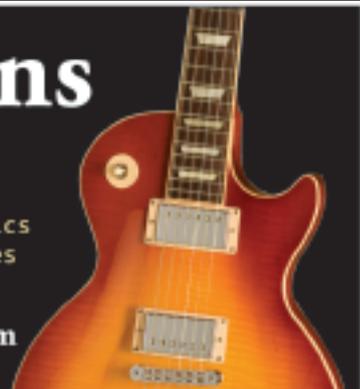
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MOVIES:

By Melissa Peters

Toy Story 3

As amazing as 3-D is, this movie would have been great even without it. The opening sequence was action-packed, and then the next twenty minutes are just bringing back all the old characters so it's not all that entertaining, but the rest of the movie makes up for it. Barbie finds true love in a fella by the name of Ken, and, after the toys find a way to escape the torture of a daycare center, the trilogy wraps up nicely. It's touching and funny and is a movie worth owning and watching over and over again, regardless of your age. Watch the flicks back to back to see how far Pixar has come in digital imaging since the first one.

Grown Ups

For a cast of comedians, this movie wasn't all that funny. It wasn't like "Funny People" in which the plot calls for a degree of seriousness, but simply disappointing, and a little unrealistic. When parents see the light overnight to become more loving, and kids let go of the X-Box 360 and accept tin can phone calls and skipping rocks, it's nice and heartwarming, but I just don't see it happening over one week at a lake. It has it's moment and it's worth watching once when it comes out on DVD.

MUSIC: Cat Malojian

NXNE In Review by musicpage.ca Written by Melissa Peters

and picking touching melodies, mixing traditional Celtic music with modern North American riffs without losing the family Ceilidh feel of a comfortable, down-home kitchen party. Fellow victims of the original Nintendo generation, they strike up a guitar/banjo version of the theme from Super Mario Brothers, pulling at the heartstrings and injured thumbs of the enthusiastic audience. The music is fun and upbeat, but pretty at the same time. Among her percussion instruments, Rachel sits atop a "whitebox", which is typically played with bare hands, and her use of brushes is an innovative move that adds interesting substance to the music. West Indian influence seems to sneak into the next song from the movie "O' Brother, Where Art Thou?". Combining so many types of music is risky, but Cat Malojian pulls it off with style and grace. Eventually a sound guy made his way up to the stage so the audience could finally hear the banjo and realize

the skill, precision and talent behind it. The band had a great sense of humour about all the sound issues, which I thought was awfully nice of them, considering how far they had travelled. They really were trying to share with Torontonians their original and entertaining music- I actually apologized on behalf of our city for making it so difficult. The final song came all too quickly, and sounded like a folksy Pogues-like number. The vocal harmonies were unbelievable- Rachel is quite possibly in the same league as Kirsty MacColl. She was such a natural and her vocals seemed almost effortless. A lifetime of effort wouldn't be enough for most people to sing like her. The song sped up, and with the banjo (at the right volume) and Rachel's vocals, it was the perfect song to end with- good enough that the audience would remember the music and not just the technical disasters.

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I thought it was heaven
The first time you smiled at me
I knew you were the one
The first time you told me you loved me,
my life has been so right
The first time I heard you talk
it was like hearing a love song
Our love is still way too strong
You and I both know in my arms is where you
belong
Our love is so far and above
Baby, you're like a beautiful dove soaring
through the warm summer skies
My heart- in your hands is where it lies

I love you baby. Thank you for everything
Always know I'll be right here waiting for my
beautiful angel.

By Stephanie Pasqua

FOOD: My Place (in the Beach)

By Melissa Peters

I took my mom to review the food at "My Place"; the M is for co-owners Chris "Mainzy" Maynard and Mike Harding. Chef, Mike



Jeffery is happy with many of the current dishes, but plans to offer daily specials, soup in the fall, and alter the menu as the business unfolds and

they get to know their regular clientele. There is no cross-contamination, so everything available in vegetarian is 100% meat-free. The Caesar dressing is home-made, the spice blends are all ground and combined on site, and short of live chickens running around the kitchen, there is nothing that isn't fresh and made in-house. If Mike gets his way, he will be making his own condiments- the salsa and dipping sauces are already made from scratch- he's talking about ketchup and mustard.

Under the former owners of 2066 Queen St. E (and there have been a few), the place seemed too narrow and confined. Picking the right furnishings and moving the lights closer to the ceilings made a huge difference, and now the room seems three times bigger. The decor is classy and clean without being pretentious, and kids are welcome before 9pm. There is paper covering

the tables, which keeps everything neat, and doubles as a blank canvas for kids of every age who aren't usually allowed to draw on the dinner table.

Mike prepared a selection of menu items for mom and me to taste, with lightly seasoned fresh cut fries on the side. I LOVE ketchup, especially on fries, but these were too good to drown in my favourite condiment. The Southwest Quesadillas were perfect; the black bean was spread sparingly enough to add texture and compliment the corn without taking over the dish. The



tortillas were nice and crispy, the way quesadillas are supposed to be served. The chicken spring rolls were fantastic. "The best I have ever tasted", was what mom had to say about them. I have reviewed my fair share of Thai restaurants, and the vegetarian pad thai was as good, if not better than others I have tried.



The only thing missing was the peanuts; Mike is trying to figure out the safest way to offer something that is a growing cause of anaphylactic shock. I took my daughter there earlier tonight for chicken fingers, and I felt the same way about those as my mom did about the spring rolls, and the pickiest child in the world didn't want me stealing her beloved chicken and fries.

The service, the food and the atmosphere make for a great restaurant, but this new addition to Queen St. E. doesn't stop when the dinner dishes are cleared. Mike's band "Sons of Beaches" (I've seen them; great musicians and a lot of fun) hosts a rockin' jam on Sunday evenings, DJ Mike spins on weekends, Tuesday is Karaoke night, and mussels and martinis are on special on Wednesdays. No matter your palate, poison or pleasure, you can probably find it at "My Place". Open Daily from 4pm.

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