

## TONIC ASKED: It's almost bathing suit season... What are you doing to prepare?

"Getting fat, and buying new bathing suits."

- Rachael G. (pregnant)

"Moving to Alaska."

- Christina O.

"Ordering burqas in  
every colour!"

- Anonymous.

"Getting laser eye surgery  
so I can see properly."

- Mat R.

"My usual spring  
routine..."

Dusting off my  
WeightWatchers  
Points

Calculator and  
hoping that, just  
in time for summer,  
perhaps this year I'll  
be able to achieve 'results  
not typical'."

- Andrew T.



## APPLETREE MARKET

On April 23<sup>rd</sup>, 2009, North

Toronto celebrates Earth

Week with a gift that

keeps on giving: a

brand-new community

market offering local

produce, prepared

foods, workshops,

children's activities and

more... year-round. There

will be over 20 different vendors

from the GTA and its surroundings, including St.

John's Bakery, Scotch Mountain Meats and Cheese

of Canada. "Green" vendors will sell an array of

eco-friendly crafts and jewelry. There will also be

a CSA - Community Share in Agriculture - depot

at this market. What was a small but thriving

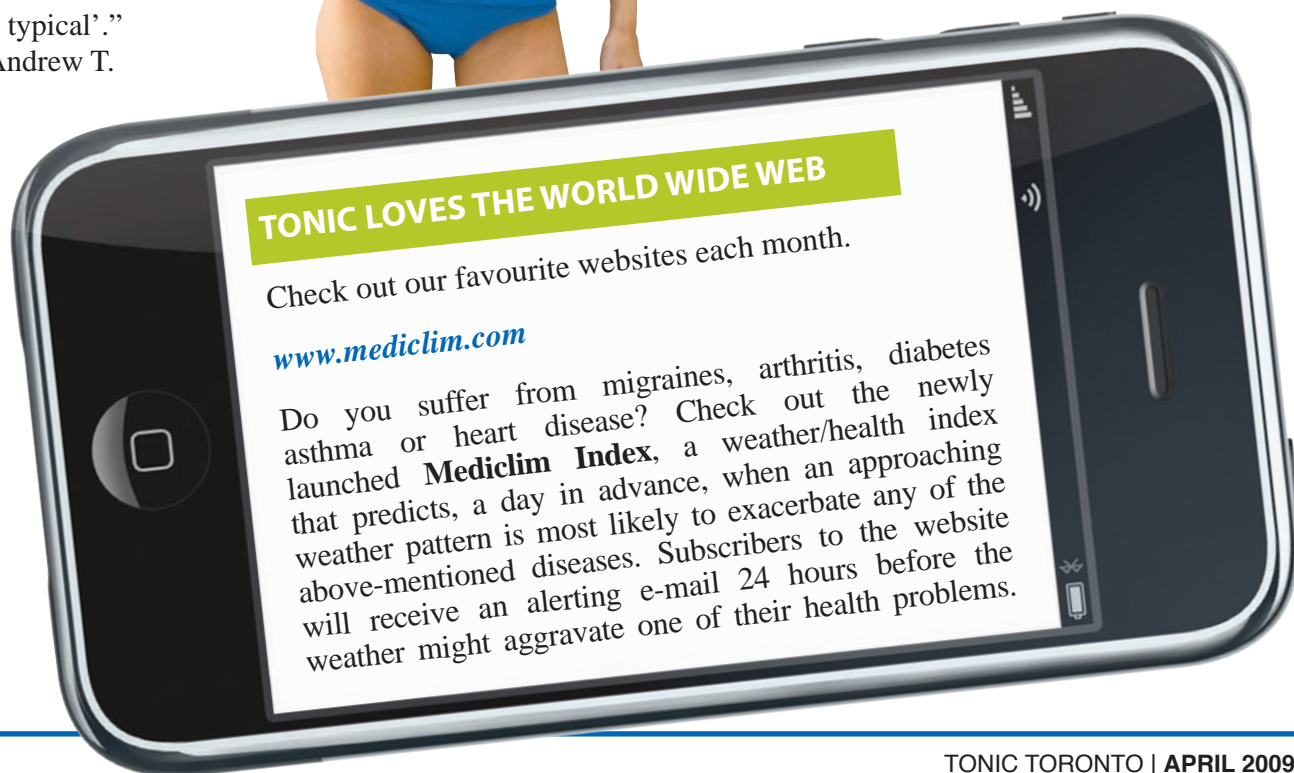
market on the lawn of Eglinton St. George's United

Church on Wednesday nights will be re-launched as

the **AppleTree Market**, in the green space of the

North Toronto Memorial Community Centre at 200

Eglinton Avenue West, every Thursday from 3-7pm.



### TONIC LOVES THE WORLD WIDE WEB

Check out our favourite websites each month.

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

Do you suffer from migraines, arthritis, diabetes, asthma or heart disease? Check out the newly launched **Mediclim Index**, a weather/health index that predicts, a day in advance, when an approaching weather pattern is most likely to exacerbate any of the above-mentioned diseases. Subscribers to the website will receive an alerting e-mail 24 hours before the weather might aggravate one of their health problems.