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Summer — August/September 2012

life



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Your comments and suggestions are welcome.

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ROWING TOWARDS OLYMPIC GLORY

By the time this story is published, local athlete Victoria Nolan, will be training in Portugal en route to the 2012 Paralympics Games in London, England.

No stranger to winning, Victoria and her crew won bronze, silver and gold medals at the World Rowing Championships and came sixth at the 2008 Paralympic Games in Beijing. She and her team broke the world record in their racing class for Canada in New Zealand in 2010.

Growing up, Victoria always remembers wanting to be a teacher and really had no interest in sports. Now at age 37, she is a public school teacher in Toronto and also a member of Canada's national Paralympic rowing team – and did we mention she is almost totally blind?

Victoria started to lose her sight at an early age. She was diagnosed with retinitis pigmentosa at 18, an eye disease that starts with night blindness, followed by a progressive narrowing of vision. Her condition worsened after the birth of her second child, which caused her depression. She took up rowing to “regain my independence” and became a member of the Argonaut Rowing Club, one of Canada's oldest and

most reputable clubs.

Although Victoria's team has been in place since 2010, like any team, rowers have to work together to be successful.

“Being blind may give me an advantage,” she says, “I've had to learn to trust others and rely on them quite a bit—something that is very important for any team sport.”

She is one of four team members in the boat, plus a coxswain—an able-bodied person who calls the pace and directs the steering. The only difference between her boat and the team, compared to that in the able-bodied Olympics, is the mix of two men and two women.

“Everything else is the same,” she adds, referring to the thin, racing shells used in Olympic rowing competition.

Each team member has a disability, but only one, other than Victoria, is vision impaired. Victoria's position is at the bow (the back) of the boat, although this might change once final training begins.

continues on page 6...



2012 Canadian Paralympic Rowing Team

...continued from page 5

Victoria began intensive training with her rowing team earlier this summer in St. Catherines, Ontario, where her name is engraved on a sidewalk beside a statue commemorating rowers in Port Dalhousie. Five days before the Paralympics begin, she'll travel to the UK, then stay for the duration, August 29 to September 10. Although she was born in Liverpool, in the UK, she's only been back a few times.

"Ultimately, we'd like a gold medal," says Victoria, thinking ahead to the day of her race, "but most of all," she adds, "we'd like to know that we executed our race plan and did our best. The worst feeling in the world would be to think that you hadn't done the most you could do."

During competition, Victoria will be cheered on by her husband, children ages 7 and 9, parents, sister, aunts, uncles and of course her guide dog Vegas (who doesn't even like the water).

"Simple messages really matter," says Victoria, "It's amazing the strength you get just knowing that others are behind you."

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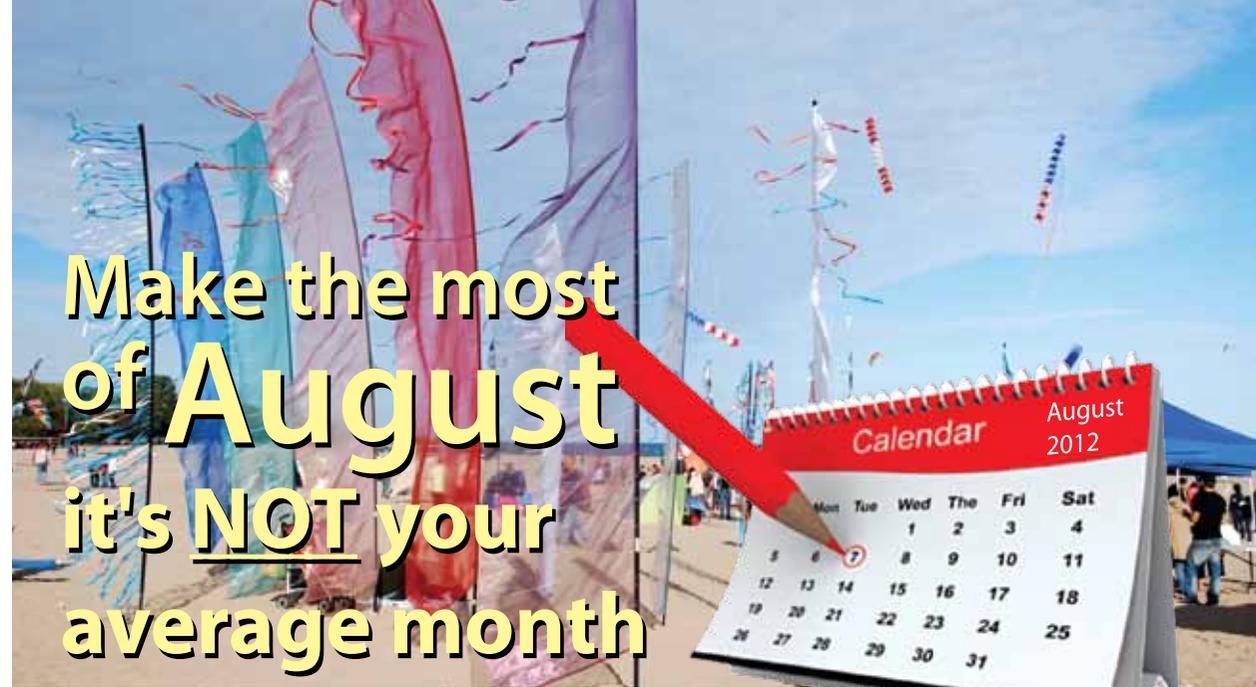
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Make the most of August it's NOT your average month

August is a month of upside-down routines because of vacation schedules, summer activities and warm weather routines like staying up late into the evening, taking a day off before the summer ends, adding in an extra "golf" day or time at the beach, letting the kids sleep in 'till noon.

But in four weeks, we'll be starting September, wondering where those 31 days of August went. Before the days slip away on you, make an August plan. Set aside some time, perhaps on a quiet patio, and think about what you'd like to do in these next few weeks of wonderful summer weather.

It's also a good time to make plans for the upcoming fall and winter seasons. September is a new start for many of us, regardless of your age or whether or not you're a student. Back to school isn't just for kids.

What are you planning "back to fall" this year?

- If you are thinking about going back to school, research some courses available at local colleges/

high schools or perhaps a program at your local community centre.

- Not very happy in your current job? Take some time to consider what you would like to do and make a plan on how you can achieve it.
- Plan one or two day trips to a place you always wanted to visit or somewhere you do not know much about – you may be surprised.
- Get together with family and friends to catch up with each other.
- If you have any home improvements in mind, while you have some time, visit a few supply companies to see what is available and at what cost.
- Visit an art gallery, museum, the Science Centre, or explore some new cuisine at a restaurant.
- Plan an active outing – cycling, canoeing, walking in your local parks or to Toronto Islands.
- If you are graduating from high school with in the next year or two, get ahead and research some schools on the subjects you are interested in.

Seize August while you can – it comes and goes quickly.

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More Than Just Talk, Water Safety Saves Lives



All parents should enroll their children in swim lessons or if they can, teach them how to swim. Why? We don't like to think about it, but in Canada, drowning is the number one cause of unintentional injury deaths among children 1-4 years of age, and the second leading cause for children under 10 years. And for all Canadians under 60 years of age,

drowning is third, surpassed only by motor vehicle accidents and poisoning (The Lifesaving Society).

While knowing how to swim does not make drowning impossible, it makes it less likely from happening. During swimming lessons, kids are even taught what to do if they accidentally fall into the water. More advanced courses teach how to save someone who is drowning, or what to do if someone is in trouble in the water.

Why else should children learn to swim?

- Swimming also teaches discipline. There are rules you have to follow in a pool or a lake.
- Swimming lessons teach good social skills. You learn to depend on each other, and that time in the water can be a lot of fun.
- One of the most important skills swimming teaches is confidence. Kids that can swim feel great about themselves. Imagine, suddenly being able to swim across a pool or dive confidently off a diving board!
- Swimming is terrific physical exercise. It works practically every muscle in the body when you learn different strokes, and builds heart and lung health.

Always remember, that even if your kids know how to swim, you should never leave them unattended. You should always be watching them, if not in the pool with them, especially if there isn't a lifeguard.

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Hey Kids, Get Published

Dear editor: _____
 I just had the most awesome summer of my life!
 It all started the day after school ended... _____

If you are 16 years old or younger, send your story about your summer to [BeachesLife](http://BeachesLife.com) and include a photo if you like. You could win a **\$25 Staples gift certificate** and be published in a magazine sent to 20,000 homes!

Two stories will be published in the October/November issue of *BeachesLife* magazine. There will be two age categories, up to 12 years of age and 13 to 16 years of age, with one winner from each group.

Story submission requirements:

1. 350 word maximum.
2. Submission deadline: September 15
3. Email to kids@beachesliving.ca
4. Include your name, age, grade in September 2012 and school name.
5. Include your parent(s) contact information.
6. Include a photo to accompany your story.

All great authors start somewhere, here is your chance.

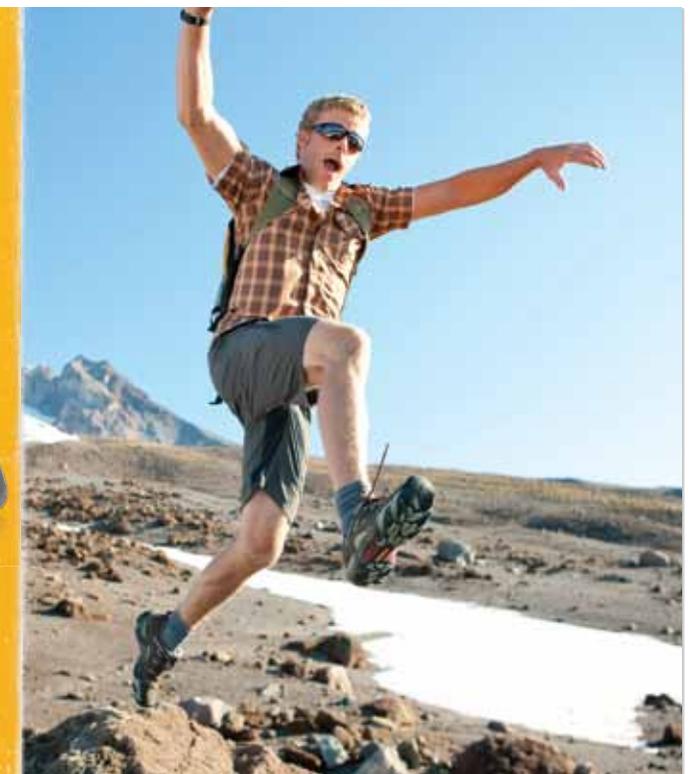
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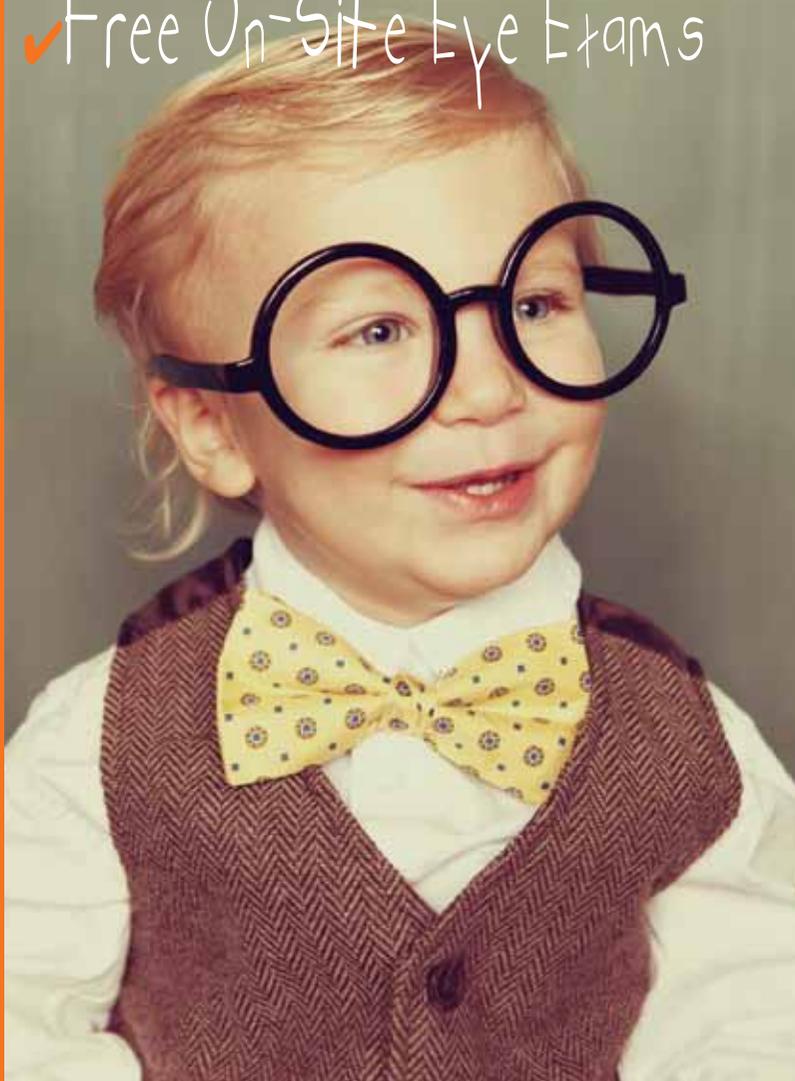


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Food *talk*

Savory Canadian Food Grilled Cheese



The ultimate comfort food, the grilled cheese sandwich, has been around for about 100 years. There are several theories about its origin, but when factory-made loaves of white bread became available in the 1920s, an open-faced sandwich was first prepared in the USA topped with graded cheddar cheese. Eventually a piece of bread was added on top. During the 1930s (the depression), the grilled cheese became a favourite because it was nutritious and cheap. Grilled cheese was also served in the armed forces, which means moms at home learned to make this staple.

Today, grilled cheese is making a comeback, with various grilled cheese specials showing up on menus as well as fast food establishments that serve variations on this classic favorite.

Try a few for yourself. All of these sandwiches are made the classic way. Butter the outside of the bread only, and cook in a frying pan or a sandwich maker. During the summer, consider a “real” grilling—cooking your sandwich on a BBQ or an open campfire in an iron pan!



ITALIAN TWIST – Use crusty Italian bread and sharp Asiago cheese. Sandwich together and cook. Before serving, open sandwich and add slices of tomato and fresh basil leaves.

GIRLS SPECIAL – Use thinly sliced egg bread and creamy havarti, spread mango chutney on inside of one slice. Sandwich together and cook. Before serving, open sandwich and add thinly sliced green apples.

CANADIANA – Use whole wheat bread and aged Canadian cheddar. Top one with one slice of cooked peameal bacon. Sandwich together and cook.

HEARTY RYE – Spread light rye bread with grainy mustard. Cover with a layer of Muenster, Tilsit or Cambozola cheese. Add a slice of Black Forest ham. Sandwich together and cook. Serve with a dill pickle.

SOUTHWESTERN – Choose thick Texas toast sliced bread and spread one side with BBQ sauce. Add Monterey Jack cheese, sliced jalapeños and cook. Serve with sour cream for dipping.

Movies and theatre, under the stars

With the beautiful summer weather, why not enjoy the cooler evening air while watching a film or play under the stars? Screening locations are available throughout the city. Enjoy some popcorn, a cool drink and your favourite movies under the stars.

Free Outdoor Movies Screenings

Flicks at Harbourfront
Wednesdays to Aug. 29
harbourfrontcentre.com

The screen is right by the lake on the west side of the Natrel Pond. It's likely to get a little cool once the sun goes down. The theme for 2012 is "Rise of the Underdog".

TIFF in the Park at David Pecaut Square
Wednesdays to Aug. 29
torontoed.com

Free classic screwball comedies.

City Cinema Outdoor Films at Yonge-Dundas Square
Tuesdays to Aug. 28
ydsquare.ca

This year's movie theme is cult classics, with many evenings offering a double bill.

Movies In The Park at Riverdale Park East
Sundays to Aug. 19
moviesinthepark.wordpress.com

Free screenings in Riverdale Park East.

Movies Under the Stars at Downsview Park, North York
Fridays, until Aug. 31
downsviewpark.ca

Bring your blankets, folding chairs, snacks – even the dog (on leash). It can get cool so bring a few layers. There is an indoor rain location they can use, but only if it is really needed – so don't hesitate to bring an umbrella.

Live Theatre

Canadian Stage Dream in High Park
Tues. - Sun., 8 pm until Sept. 2
canadianstage.com/dream

Shakespeare's *A Midsummer Night's Dream*

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Fun Fall Fair

11am to 2pm in the Variety Village Fieldhouse. Fun for all ages and abilities! Come to Variety Village and check it out! Bring the kids. Bring the grandparents and the neighbours. Have some howling Halloween fun and start your Christmas shopping early!

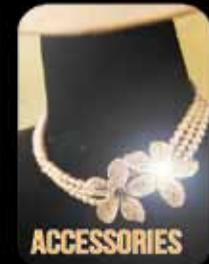
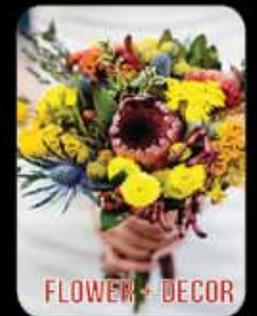
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The family that bikes... pedals together



Family bike riding gives you and your kids an opportunity to work out, explore the city or a nearby park, get exercise, and have some fun at the same time. There are many park trails specifically designed for multiple uses, such as bike riding that take you through city parks, and on great “mini” adventures.

A favourite for many years has been Toronto Island, where you can take your bikes on the ferry or rent once you arrive. With no hills and many places to explore, the island is one of the best “biking” secrets!

If biking with your family is new, start by choosing a shorter route. Once you’ve managed the first trip, pack a lunch and go for part of the day.

Remember, everyone should wear a helmet that fits properly. Infants need to be about 1 year of age, be able to sit up and have neck strength to support a helmet.

Map showing major off-road cycling trails and designated bike lanes on the road



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Labour Day Weekend Part of Toronto's History

Labour Day is more than just a long weekend, it is an annual holiday to celebrate the economic and social achievements of workers. While we celebrate it on the first Monday in September, other countries celebrate it as International Workers' Day on May 1.

Canada's Labour Day began in Toronto when the Toronto Printers Union went on strike in 1872 after demands for a shorter work week were ignored. 1500 workers marched in the street (see photo). Unions weren't allowed back then and George Brown (later we called a college after him!) was editor of the Toronto Globe and launched legal action against the striking workers.

Our prime minister at the time, Sir John A. Macdonald, stepped in and promised to repeal what he called the "barbarous" anti-union laws. A few months later, The Trade Union Act was passed by Parliament, legalizing unions. In the years following, various parades were organized in honour of the Toronto demonstration and what was called the "nine-hour movement" with the "nine-hour pioneers".

In 1894, Labour Day was made a national holiday by an act of Parliament.



On 15 May 1872, Hamilton's "nine-hour pioneers" defied opposition with a procession of 1500 workers (Canadian Illustrated News, courtesy NACIC-58640).

think while you drink

Drink more – water that is

August is the high point of summer. It is holiday time, vacation time and barbecue time. Time off from work means we allow ourselves to stay up late, have a few more drinks, a few more parties and even more drinks. Quickly, before you realize, your calorie intake adds up, dehydration takes effect and possibly a few extra pounds show up.

So now what? Staying hydrated is more important than ever. When there are so many choices of chilled beverages, what is the best choice?

The best drink, and most affordable, is good ol' water – no sugar and zero calories. We don't think of calories in drinks the same way we do in foods, so we don't realize how many "hidden" calories we're consuming when we're drinking some beverages.

THINK WHILE YOU DRINK Limit high sugar & calorie beverages

- Beer, coolers, tropical cocktails
- Fruit punches, often disguised as fruit juices
- Sweetened ice tea, lemonade
- Pop and sports drinks
- Frozen coffee and tea "Frappe" drinks

SWITCH IT UP Have one of those, then have one of these

- Clear soda water or sparkling water
- Ice water mixed with sliced fruit or vegetables: try lemon, orange, apple, or cucumber slices
- Mix four parts water (sparkling or flat) with one part pure fruit juice

Additional fun & healthy beverages

- Low calorie fruit juices like V8 juice, unsweetened cranberry or grapefruit juice
- Unsweetened iced tea, with lemon or lime and mint leaves
- Old-fashioned sodas – fill a glass with soda water and add a scoop of ice cream
- Spritzer: half soda water, half dry white wine
- Half iced tea half lemon or limeade

Health talk



A typical pint of beer contains about 200 calories (alcohol and carbohydrates). To see your weekly alcohol calorie intake go to:
rethinkingdrinking.niaaa.nih.gov/ToolsResources/CalorieCalculator.asp

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onlinecalendars

August is a time when everyone is doing something other than their regular routine! With vacations, camp, cottage weekends and travel, it can be difficult to keep track of everyone, and all the events, including those happening in your own family.

Trying to set up that annual family picnic? Arrange for friends at the cottage, share your vacation schedule with co-workers, even send out an invite for a casual meeting or party? Online calendars such as Google, Hotmail and Yahoo are great ways to keep track of your activities, birthdays and special occasions, plus share them with others. Best of all, online calendars are easy to use and many are free!

To get started, simply sign-up for a calendar account, create a user name and password, and you're set to start electronically organizing your life.



Online calendars help you:

- Keep track, wherever you are, as long as you have an internet connection
- Send invites to events, meetings, casual coffee dates, and collect RSVPs
- Remember all the events –with or without RSVPs
- Share your schedule with your own list of contacts

Renovating your garage & storage

Your garage or storage is the ultimate “junk drawer”. It is filled with all the stuff we don't have room for anymore, we don't think we need any longer, or we just don't want to look at.

The Saturday after Labour Day is *National Clean Out Your Garage Day*. In honour of this occasion, here are tips to reclaim some of the space you have lost.



space

Once you're down to what you are going to keep, re-think the space.

1. Set some space aside for seasonal items.
2. Keep space closer to the door for items you'll use throughout the year.
3. Remember to leave some extra space for walking around and moving things about. If you have the space consider a worktable.

store

1. Get the right storage shelves.
2. Remember, animals can get into any open containers.
3. Use clear containers to easily see what's inside.
4. Label your shelves and containers.

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empty

Remove everything – that is correct. One person I know did this and found passersby bidding on his stuff as it lay on his lawn.

sort

Create three piles – what to keep, what to donate, and what to throw away. Think logically:

1. If it's too good to through away, donate.
2. Today's trends can be tomorrow's trash.
3. If it's broken, do you really have the time and skills to fix it?
4. When last time you moved, remember how much stuff you needed to let go? Why wait till your next move? Enjoy the extra space today.

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at any age!



"We're all about how children learn through the arts," explains owner and co-founder of Pegasus Studios, Jane Davis-Munro. "Movement through music can start right away. It's a fascinating area of study and something I've always been passionate about."

The Pegasus Dance and Art Centre (today known as Pegasus Studios) was founded in 1986 by Jane and her mother, artist Lynda Johnson. "We picked the name Pegasus years ago because the mythical figure of the winged horse implies freedom and flight. It's a good description of what we do," says Jane.

Today Pegasus is one of the largest and most highly respected dance studio in the city. Many of the school's alumnae have gone on to careers as dancers, choreographers, photographers and teachers. Soon the studio is going to be the first in Ontario to teach the popular UK ballet program, Angelina Ballerina, based on a book of the same name.

"Our school is not competitive," Jane notes, "We're more about the process, not the end product. This means developing the whole child, helping them explore their creative side, giving them confidence being comfortable in their own skin."

Among the wide variety of dance instruction are "boys only" classes. This helps boys not feel like they are the

only males in the class.

The facility includes three professional dance studios, two Pilates studios, a yoga studio, change rooms and a small dancewear boutique. Pegasus teaches ballet, jazz, tap, modern, lyrical and hip hop, as well as theatre, drawing, painting, mixed media and children's yoga. Adults can also attend classes in tap, modern, jazz, Zumba®, yoga and Pilates.

Pegasus has a performance group that demonstrates dance around the city at public schools and fundraisers. This year's annual charity event raised money for the pediatric wing at East York General Hospital.

Jane started as a dancer but soon was drawn to dance education. She attended the Royal Academy of Dance where she became a registered educator, tutor, mentor and practical teaching supervisor. Her passion to teach also led her to obtain accreditation in early childhood education.

Her expertise in teaching dance, specifically with preschool aged children, has spread throughout Canada, USA and the UK.

Jane's team includes 12 professional and experienced artists, many of whom continue to perform.

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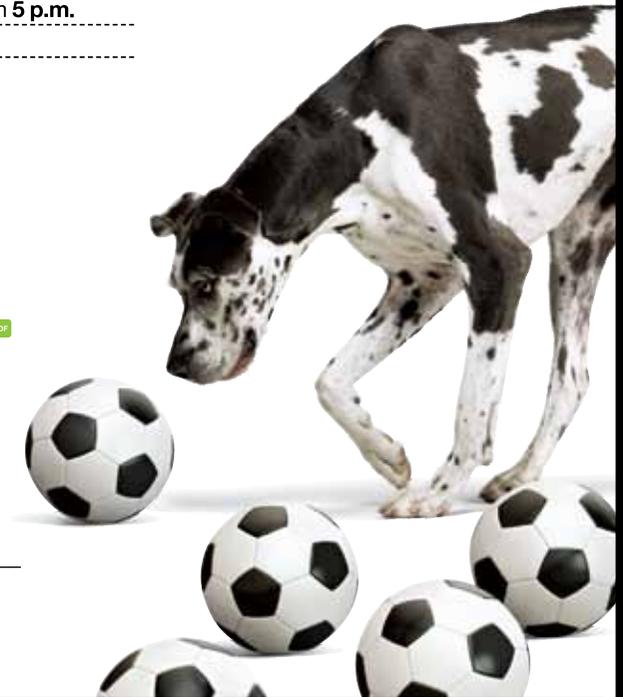
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Beachers got together to kick off the summer at...

Let's beach! 2012



View more fun photos at beachesliving.ca/letsbeach



On June 24, local residents, businesses and community members gathered at the Balmy Beach Club for the third annual Let's beach! The afternoon was packed full of live music, food, drinks and great friends.

Thanks to the various businesses for showcasing their products and services while interacting with local residents at the event. Also, a thank you to the many businesses that donated exciting items for door prizes and the silent auction.

Many thanks to our dedicated volunteers, The Doubts, our great live band and the Balmy Beach Club to making the event a big success.

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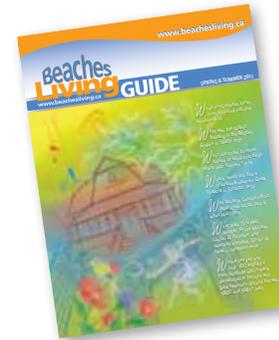
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Dance Kids Canada	Pegasus Studios	Whines Constantly



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my Secret Beaches Spot



The gate in the picture shows the house number 27 but it is written in Binary code using zeros and ones, which are used in computers.

Do you know where it is?

Jay M.

Tell us where the Secret Beaches Spot photo was taken, and you could win a \$20 gift card to Breakwall Restaurant & Bar (1910 Queen St. E.). Email your answer by September 10 to info@beachesliving.ca.

Send us a photo of your Secret Beaches Spot with a brief description. If we feature it in Beaches|life you will receive a \$20 gift card to Breakwall Restaurant & Bar (1910 Queen St. E.). Email your photo by September 10 to info@beachesliving.ca.

Congratulations to Mary F. – June/July's Secret Beaches Spot winner. Here is his answer:

"The secret spot is at the RC Harris Filtration Plant. This is a panel indicating what filters are operating"

Mary F.



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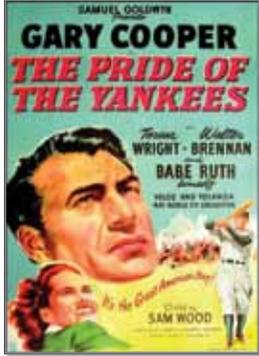


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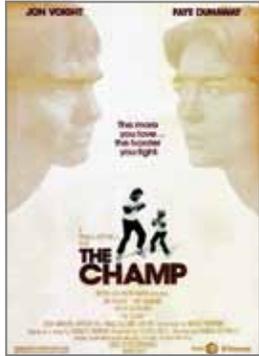


The Movie Shoots... It Scores!

1 🎬 SPORTS MOVIES



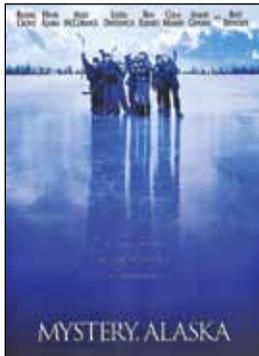
The only thing more exciting and dramatic than a great film, is an amazing sporting event... so why not combine the two? With the Olympics currently happening, BeachesLife thought it would be a great time to highlight sports movies. They may not be the most watched, but we are sure you will enjoy the movie competitions.



The Pride of the Yankees (1942) Dir. Sam Wood; Gary Cooper, Teresa Wright, Babe Ruth

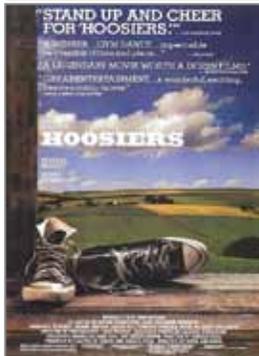
The Champ (1979) Dir. Franco Zeffirelli; Jon Voight, Faye Dunaway, Ricky Schroder

Mystery, Alaska (1999) Dir. Jay Roach; Russell Crowe, Burt Reynolds, Hank Azaria



Hoosiers (1986) Dir. David Anspaugh; Gene Hackman, Barbara Hershey, Dennis Hopper

Bend It Like Beckham (2002) Dir. Gurinder Chadha; Parminder Nagra, Keira Knightley and Jonathan Rhys Meyers



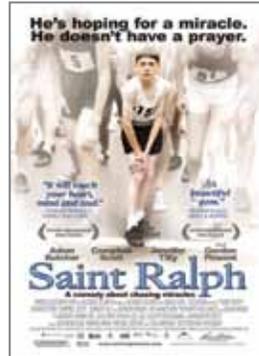
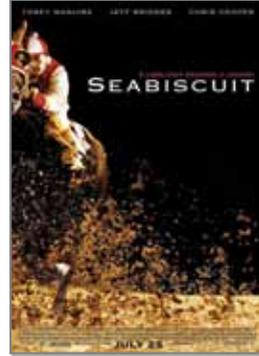
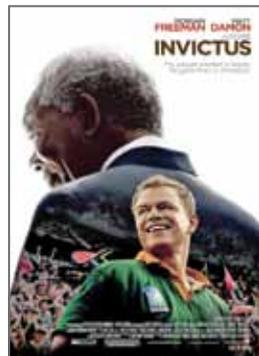
Seabiscuit (2003) Dir. Gary Ross; Tobey Maguire, Jeff Bridges, Elizabeth Banks

Friday Night Lights (2004) Dir. Peter Berg; Billy Bob Thornton, Jay Hernandez, Derek Luke

Saint Ralph (2004) Dir. Michael McGowan; Adam Butcher, Campbell Scott, Jennifer Tilly

Match Point (2005) Dir. Woody Allen; Scarlett Johansson, Jonathan Rhys Meyers, Emily Mortimer

Invictus (2009) Dir. Clint Eastwood; Morgan Freeman, Matt Damon, Tony Kgoroge



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WINTER LEAGUE

You Ask... Answer.



Winner of...



Congratulations to Elizabeth Campbell, the winner of our question from the June/July issue. When the blue flag is flying at Leuty Lifeguard station, the beach is designated safe for swimming.

NOTE: To make sure that the beach is open for swimming, before you head out, check online for conditions: toronto.ca/beach or theswimguide.org



This issue's question:

Why are there so many streets named after trees in the Beaches?

– Elizabeth C.

Do you know the answer?

You could **win movie passes for two to Alliance Cinema in the Beach**, 1651 Queen St. E. Send in your answer by September 10.

Do you have a question to ask?

Send it in! We would love to feature it in the next *Beaches|life*. Our readers might have the answer you are looking for.

Submit your answer or question online.
beachesliving.ca/youask

Summer beauty...



...less is more

Summer is a challenge to even those that wear minimal make up. Heat and humidity often causes eye shadow to smudge and mascara to melt. People also use more products like sunscreen, bug spray and lotion during the summer, which can trigger skin allergies or some kind of irritation.

Here are some summertime tips for keeping you looking fresh, even when the weather is working against you.

LIGHTEN UP – Swap foundation for tinted moisturizer or one of the new BB creams that combine moisturizer, sunscreen and serum in a tinted base. These sheer formulas look and feel airier on skin and are less likely to turn cakey.

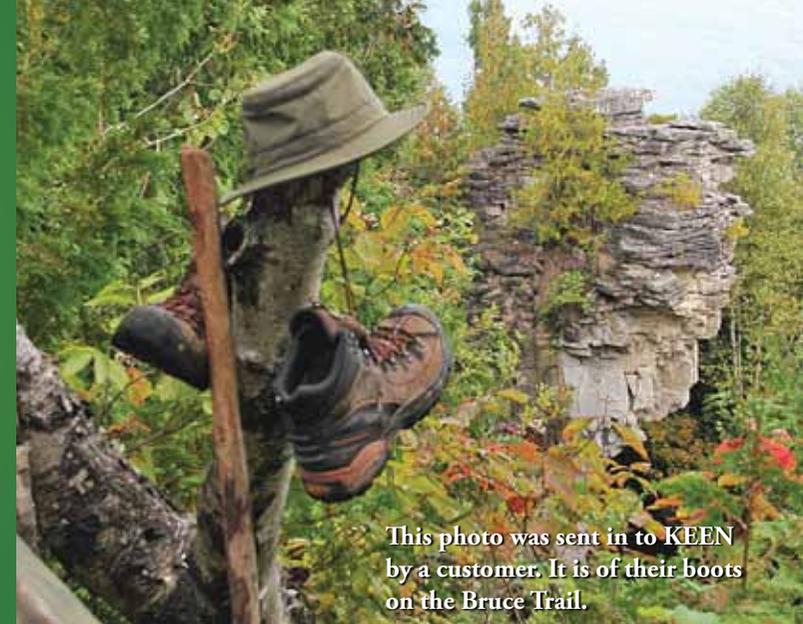
GLOSS NOT CREAM – Trade heavier lip sticks for a light gloss or tinted balm. If outdoors in the sun, don't forget lip balm with sunscreen.

BRONZE WITH DISCRETION – Bronzer makes your eyes look brighter, your teeth whiter but don't overdo it. Apply bronzer to the high points of your face, where the sun naturally hits you: forehead, cheekbones, chin and nose. If you bronze every square inch, you'll end up with a baked look!

KEEP EYE MAKE UP IN PLACE – Avoid creams that crease in humidity. Summer is also a good time to forget the shadow altogether, just brush on a light powder or primer. For very humid weather, consider waterproof mascara. Today's formulas are better than they used to be and really stay without caking.

SHEER AND LIGHT – Pick light colours, sheer finishes, nude shades for shadows, lip colour, even nails. A light coat of waterproof mascara, tinted sunscreen and some lip-gloss and you're good to go!

Definitely
keen for
KEEN



This photo was sent in to KEEN by a customer. It is of their boots on the Bruce Trail.

Join the recess revolution at new Beaches location

Anyone who loves outdoor activities and comfortable feet are happy that the Oregon-based shoe retailer, KEEN Shoes, has opened its first store in Canada, right in the Beaches. The neighbourhood is a good fit for the company that emphasizes splitting your time between work, play and giving back to the environment and community.

According to KEEN, "Our shoes are designed for play anywhere without a ceiling. They are shoes that offer comfort for running around outside, not for looking pretty in a closet" A visit to the store will confirm this philosophy. There is even a mini trail created in the back so you can test them out.

The playful feel of KEEN is also demonstrated with the launch of the "Recess Revolution". This campaign emphasizes the joy of play – "to bring back recess for adults' enhanced performance and overall well-being!"

"You'll notice various local events this summer promoting the Recess Revolution", including recess games, cotton candy/popcorn and face painting stations. Keeping with KEEN's community commitment, everyone in the neighbourhood is invited to be involved.

One particular event takes you to one of Ontario's most spectacular landmarks, the Bruce Trail. Customers and

fans are invited for a day of hiking. Everyone meets at the store and KEEN provides transportation, snacks, a gift bag and a guided hike with Bruce Trail volunteers.

Another recess activity on the Bruce Trail will be announced in August. People will be invited to participate by submitting photos they've taken while hiking. KEEN will donate \$10 for every photo submitted to the Bruce Trail Conservancy.

And don't think you can't afford to buy the shoes and participate. To enable others to have recess – we have converted a wine barrel into a recycling bin for old shoes, sandals and boots. They will be donated to people in need locally.

Those who visit the store will enjoy the assortment of shoes suitable for men, women and kids playing and hiking. As well, check out all the reused materials used, such as barn door as shelving, shoe crates; displays made of old license plates.

The next time you are out on the beach, watch for the Lake Ontario Waterkeeper. KEEN is a new sponsor and you could win a prize.

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WINNERS patios on the beach contest

Thanks to everyone who entered the patio contest.

Here are the winners: \$100 gift card – Esther
\$100 gift card – Pam, Larry & Louie

coming, going and on the move

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Gelato Pizza – 1091 Queen St. E.
Rakiabar – 1402 Queen St. E.
Tropical Goodness – 2708 Danforth Ave.
Yogurty's Froyo – 2205 Queen St. E.

 Join Beaches Living on Facebook
Visit beachesliving.ca for upcoming local events.

Thank you and best wishes

Bagel World – 2018 Queen St. E.
Formcraft Jewellery – 1885 Queen St. E.
Kings on Queen – 2220 Queen St. E.
Sullivans Fine Chocolates & Teas – 882 Kingston Rd.

On the move

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Incurable Collector – 1920 Queen St. E.
The Real Jerk – 625 Queen St. E.
Rosie's Fine Jewellery – 1028 Kingston Rd.

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.



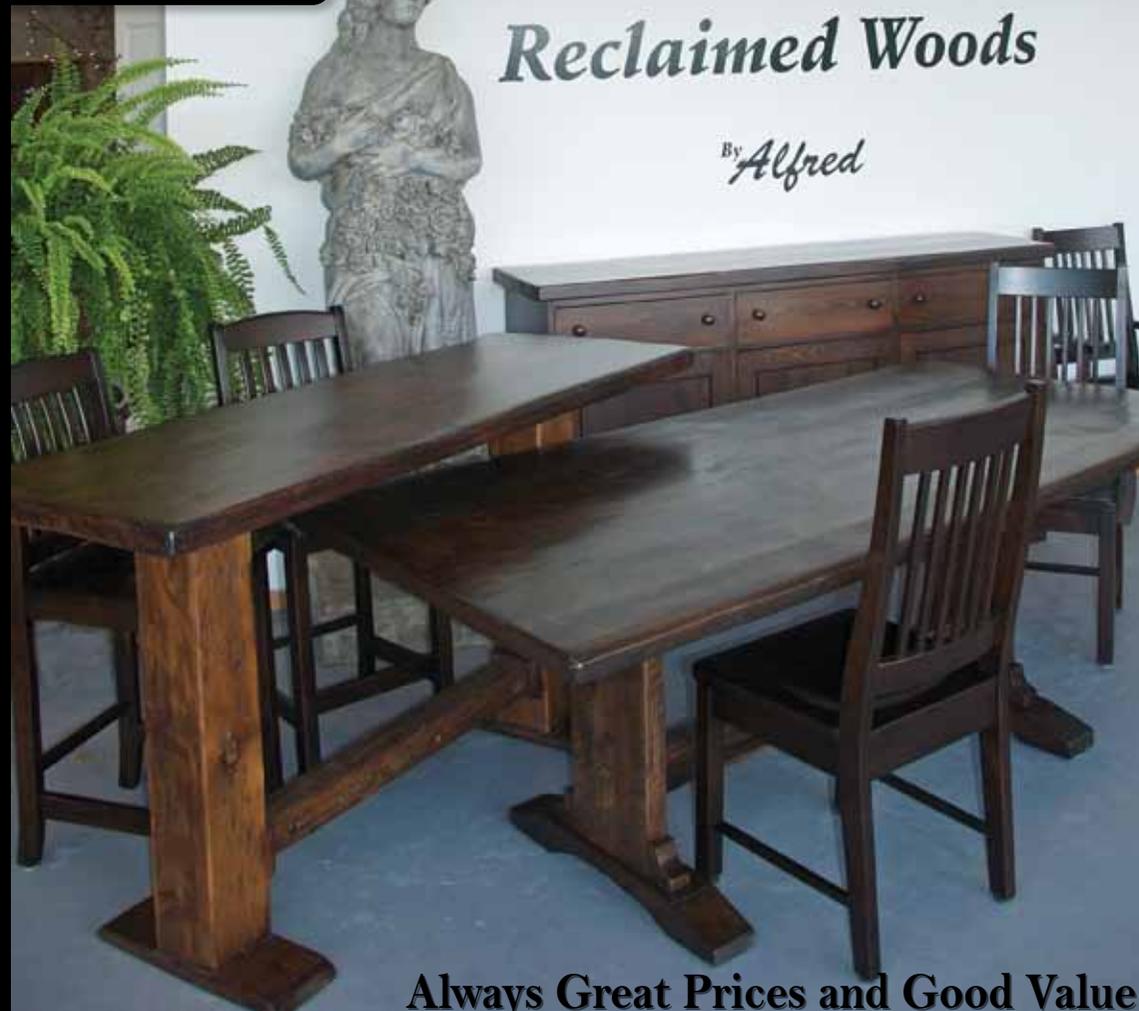
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