

Beaches

life

Holiday — December/January 2014/15



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FOLLOWING HER HEART —
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Your comments and suggestions are welcome.

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DISCLAIMER: Beaches*life* made every attempt to verify all information published in this magazine, however, we assume no responsibility for any incorrect or out-of-date information.

Canadian singer, actor and producer, Amanda Martinez is a rising star – named one of 10 most-influential Hispanic Canadians. Many know her as a radio host (launching Canada's JAZZFM91 Latin Jazz program), television personality on BRAVO and Star TV! This year she was named honorary co-chair of PanAm 2015's Ignite program as well as having parts in television shows "No Deposit No Return" and "Working the Engels," a sitcom with Andrea Martin.

It's no surprise that Amanda is considered a unique and gifted singer. Her music combines both her Mexican and South African roots to create what many describe as smooth Latin jazz with a "touch of flamenco soul." Other reviewers talk about her style as including world music, cabaret and pop elements, even a "gypsy flavour".

She's performed around the world, including at the legendary Blue Note jazz club in New York, the 2010 FIFA World Cup Festivities in South Africa, and the Pan American Games in Guadalajara. Through 2015, she'll perform in a series of countdown concerts to the 2015 PanAM Games, as well as speak at events in order to connect athletes and sports fans with musicians and art lovers as the Ignite Ambassador.

For many of those that don't know, Amanda proved that she could walk away from what some might have considered a dream job to pursue her own true dream.

It happened when the talented young woman was employed in International Trade Finance at a major Canadian bank – responsible for the bank's relationship with Latin American Banks. Amanda had landed that job after completing her undergraduate degree in biology, an MBA at York University and a job in Mexico with the Canadian Consulate. As her story goes, Amanda wanted something more in life so she took some time off and started singing at a jazz club. The rest, as they say, is history.

Despite her multi-talents, it was always clear to Amanda that music was her first love. "Performing is my number one project," she says, and adds, "There was always so much music in my house growing up." As a child, Amanda took piano lessons from the Royal

continues on page 6...



Following Her Heart with Flamenco Soul



...continued from page 5

Conservatory of Music and always loved to sing. In high school at York Mills Collegiate, she landed a lead role in Grease as Rizzo.

"That experience really ignited something in me," she recalls. Amanda continued to perform in her spare time until the day she decided it was time to become a full time artist.

Amanda's parents had a strong influence on her. A typical Toronto multi-cultural story, both came from other parts of the world; her Mexican-Christian father and South Africa-Jewish mother met in Toronto, learned each other's languages and were married.

"For me," says Amanda, "My father represents taking risks, being bold, and following one's heart. When he came to Canada, he actually did it by riding his motorcycle from Mexico! He then started up his own entrepreneurial business."

"My mother," she continues, "Represents family and doing everything with grace. She kept the family traditions, for example, at this time of year celebrating both Christmas and Hanukkah. She also taught me never to give up and to put family first."

Family continues to be very important to Amanda. She and her husband have three children, 2½-year-old twins and a 6-year-old. She often performs with her husband, Drew Briston, a member of the eclectic band, Sultans of String, which was featured in *Beaches|life* - Dec/Jan 2013. Setting time aside for the children and for each other is a priority.

"My husband and I have busy lives," she says, "but we love to get time away to enjoy small neighbourhood restaurants in the Beaches."

This holiday season, Amanda is performing again at the annual CBC Sounds of the Season event at the Glenn Gould Theatre on December 5th. This event includes a live, full day of radio broadcasts along with special guests and musical performances all to support food banks across Canada. She'll also be performing at the Richard Bradshaw Theatre on December 18th as part of a free seasonal world music celebration.

To find out more about Amanda Martinez, visit amandamartinez.ca.



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We'll never forget the surprise on our son's face when he saw a hamster under the tree, all packaged with a bow on the cage. One New Years, a daughter of a friend surprised her parents with a "day away" vacation (she was working and could afford to book a hotel). Another friend tracked down a real vintage top hat for her husband.

Think extra hard this year. Is there a special gift you can get someone, something that is not on their list and not expected but you know they'll love. It doesn't have to cost a lot of money. In fact, the best surprises are usually quite modest. But they should show that you've really thought about what would bring true delight into another person's life.

What to give?

Sometimes it just means listening carefully to what they talk about, what really catches their interest.

- a specific song or poster they've always wanted
- a type of food they didn't think they could find in Toronto
- surprise arrangements for babysitting, going away, or a chef-cooked dinner
- a vintage object, perhaps a game or decoration that they remembered from childhood and you found for them
- an early edition book from their favourite author
- a musical instrument and lessons (because they've always wanted to play)

History of Gift Giving

Since the dawn of time, people have been giving gifts to each other. Giving gifts is a form of expressing one's love, respect, and affection to another. In the Northern hemisphere, gifts were given when the sun returned during the Winter Solstice (Dec. 21). People made gift baskets from wheat stalks that were considered to represent fertility.

Gift giving at Christmas comes from the story of the Magi, the three wise men who brought gifts to baby Jesus. But giving gifts to one another at Christmas hasn't always been a central part of the celebration. In fact, in the year 1000, the Catholic Church banned gift giving at Christmas as paganism.

It was the Victorians in England who restored the traditions of giving gifts as part of Christmas celebrations. The gifts exchanged then were more tradition and simpler. They were scattered through the house and hidden in places like stockings.

At the same time newspapers began to advertise items for Christmas presents. Entrepreneurs started to sell holiday trinkets and gifts in the streets, carts and stalls.

Today, the gift giving tradition continues. The next time you give a gift, what will it say?

Happy Gift Giving

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am		Express	Express*	Express			
8:00 am						Bikram	Bikram
9:15 am	Bikram	Bikram	Bikram	Bikram	Bikram		
10:30 am						Bikram	Bikram
12:00 pm	Express	YIN	Express	YIN	Express		
1:30 pm						Core 30	Core 40
3:00 pm						Express	
3:30 pm							Express
4:30 pm		Express		Express	Express	YIN	
5:00 pm							YIN
5:30 pm	Bikram		Bikram				
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Foodtalk

The Joy of Holiday Cheer

Guests arrive at your door, what better way to greet them than with a warm welcome and a hot or cold drink.

Depending on the weather outside, you'll want to plan accordingly. Be ready to adjust at the last minute!

- Snow, cold and ice outside? Offer something warm, like hot apple cider or mulled wine.
- Warmer weather, rain? If the weather is mild, an iced glass of festive punch or sparkling wine is a festive choice.

Respect Your Guests

Always offer a choice. Give guests who are designated drivers or who opt for no alcohol a festive choice:

- Fancy bottled water
- Fruit punch
- For all guests, have a jug of ice water to keep everyone hydrated. For a festive touch, freeze cranberries in ice cubes to add to the jug.

How Much Choice?

Pick a signature drink, for your party, with and without alcohol, and add one or two other basic choices, such as red/white wine, beer, or punch.

Some ideas to consider:

- Peppermint drinks from peppermint hot chocolate to peppermint martinis
- Craft beers
- Replace the "chocolate" fountain with a drink fountain with fruit punch
- Herbal and green tea infused drinks
- Local artisan wines
- Portuguese Vinho Verde wines, light, crisp and sparkling – these wines are typically lower in alcohol and calories



Choose From One of Two Signature Favourites

Chamomile Honey and Whiskey Cocktail

- 6 chamomile tea bags
- 4 cups hot water
- 4 tablespoons honey
- 1½ tablespoon fresh lemon juice
- 3 ounces whiskey or bourbon (2 shot glasses)
- Fresh chamomile flowers (optional)

Pour hot water over tea bags and let steep 10 minutes. Remove tea bags, pour tea, honey, lemon and whiskey into a shaker with 2-3 ice cubes, shake vigorously and pour over ice cubes. *Makes 4 drinks*

Sleigh Driver Mocktail

- 1 cup water ½ cup sugar
- 1 2-inch piece fresh ginger, peeled and sliced
- 3 pears, chopped into bite-size pieces
- 2-3 litres apple cider 1 lemon sliced
- 1 tablespoon allspice 1 cup fresh cranberries
- 2 tablespoons vanilla extract

Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil stirring occasionally. Strain out the solids and return the mixture to the pan.

Add the remaining pears, cider, lemon and allspice and heat over medium-high, stirring often, for 15 minutes. Add cranberries and vanilla, reduce the heat to medium-low and simmer 10 minutes before serving.



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Holiday Trends this Year

Holiday Trends in food, décor and entertaining change from year to year. Check out the best holiday trends of 2014 for a beautiful, fun and festive time!

“Cocooning is out. Hiving is in.” Like bees, consumers today are opening their doors to their neighbours and family, and expressing their creativity through home entertainment.

2014 PRNewswire reports

Entertainment Trends



• Home entertainment has become an expression of creativity. Don't think of martini glasses just for drinks, use them for appetizers, such as mashed potatoes, shrimp cocktail or vegetables and dip.

- Mix holiday music with non-holiday music.
- Pull out board games: Jenga, Balderdash or Uno.

Decorating Trends



Holiday decorations give a dramatic and exciting change to your home decor. 2014 home decor trends include:

- Silver and gold: mix them together in decorations and tableware, with lots of sparkle and shine. Highlight with tall candles surrounded by tinsel.
- Vintage look: re-purpose decorations from your grandmother's closet or decorate with vintage-look items such as tin ornaments, old-style glass bobbles, wooden toys, popcorn garlands and snow globes.
- “Frozen” (the movie) inspired theme: icy blue and white winter wonderland theme, with snowflakes, snowmen, white ribbons and clear glass candleholders.
- Natural look: real evergreen boughs, holly and pinecones. Pretty coloured sticks and twigs in vases, tied with red ribbon, bowls of apples and pomegranates or a hurricane glass filled with real lemons.

Food Trends

- Consider artisan cheeses and meats from local, year-round markets. Choose apple inspired desserts, and Ontario grown root vegetables.
- Cranberry desserts of every description.
- Skip the buffet and serve small plate items throughout the party.
- Global cuisines and healthier choices, incorporated with old favourites, e.g. serving quinoa as a side as well as mashed potatoes, or spicy vegetarian samosas as an appetizer.



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Forget the Resolutions

What's Your Biggest Challenge?

New Year's Resolutions work well for many people. If you've made a list in the past and you've been able to keep your resolution, good work! Resolutions are a great way of moving in a new direction or changing habits.

But for many of us, resolutions don't work that well. You may want to lose five pounds but putting it on a list isn't good enough. Turns out, the real challenge your face is finding enough time to exercise.

Solving these kinds of challenges calls for a real change in your life. Making such a change doesn't happen over night but when you set a goal, you can start working toward it. The steps may seem small, but slowly you begin to see results.

Take the example above. Your challenge is fitting exercise into your daily routine. You set a goal to include 2 hours of exercise a week by the end of the year. Then you start small by walking an extra bus stop or taking a walk at lunch once a week. After the first month you increase your walks to twice a week, then 3 times. Then you add in a half hour of exercise on the weekend. By the end of the year, you've found the 2 hours and have lost the pounds.

Setting a goal and reaching it feels terrific. With victory under your belt, you are more confident that you can take on another challenge. Maybe it's looking for a more fulfilling job, or budgeting better so you can take a dream vacation.

What challenge are you facing this year? What goal can you set to overcome this challenge? And what will be your first steps to reaching your goal?

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YOUR ANNUAL HOLIDAY GIFT GUIDE – GIFT IDEAS FROM YOUR LOCAL SHOPS

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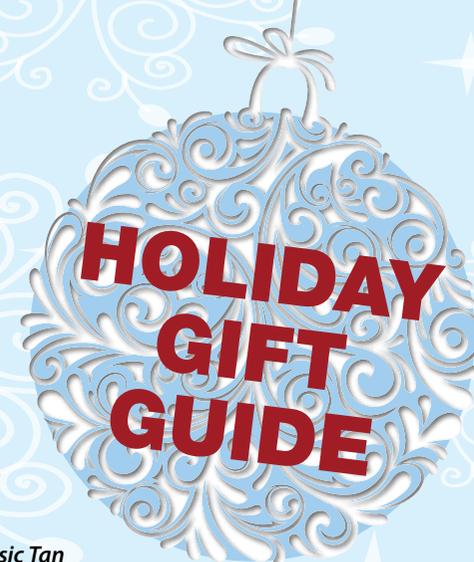
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Surprise, Excitement,
Caring, Love, Memorable,
Gratitude, Thoughtfulness



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- Set of porcelain and 14k gold musician angels \$89.95 – *Gongton Design*
- Full body massage; facial treatment; Kerastase gift sets – *Hair Dynamix*
- Airies Shield Radiation Neutralizer for personal electronic devices – *Hooper's Pharmacy*
- Mini tiffany lamps \$59⁹⁹ – *Living Lighting*
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- Humidor \$99.99 – *The Smokin' Cigar*



- Sunglasses – *Envy Eyewear Boutique*
- Special Day gift certificate (4 hours of relaxation and pampering), Moroccan oil blowdryer; Miracurl curling hot tool; Laser hair removal; Bio Ionic flat irons – *Hair Dynamix*
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- Thomas Sabo jewellery-spend \$150 & receive a free Thomas Sabo perfume (\$69 value) while quantities last – *L.E. Jewellers*
- Clinique sonic brush set \$115 – *Shoppers Drug Mart*
- Special event cleaning-before & after \$150 & up – *The Cleaning Authority*



- Air cleaners \$300 & up – *Cedarwood ClimateCare*
- Mirrors framed with reclaimed wood; coat racks \$225 & up – *Alf's Antiques*
- RESP contribution for your children – *as recommended by Jay Tenorio, RBC Financial*
- 88 Rue Du Rhone watches \$420 & up (20% off) – *L.E. Jewellers*
- Clarisonic skin care system \$265 – *Shoppers Drug Mart*
- Spring cleaning certificate \$250 & up – *The Cleaning Authority*



Say Goodbye to Flu this Winter



When you are rushing around ahead of the holidays, staying up late and stressing about what you need to get done, your body is more vulnerable to germs. All of a sudden, you are sick in bed at the very time you want to feel and look your best.

At this time of year, it is especially important to fight off germs before they get the best of you. Getting a flu shot is important. But so is keeping your immune system strong. If your immune system is operating at its peak, it should actually be quite easy for you to fend off viruses without ever getting sick. If your immune system is weak, however, viruses can easily take hold in your body.

HERE ARE SOME TIPS:

TRY AND GET ENOUGH SLEEP: If you've been out late the night before, see if you can fit a nap in the next day. Your immune system is the most effective when you're not sleep-deprived, so the more rested you are the quicker you'll recover.

MONITOR YOUR SUGAR INTAKE: Sugar is "fertilizer" for pathogenic bacteria, yeast, and fungi that can set your immune system up for an assault by a respiratory virus. Controlling your sugar intake is crucial for optimizing your immune system.

KEEP UP YOUR LIQUIDS: Lots of clear water, herbal teas, fresh fruit. Staying hydrated helps the body clean itself and flush out germs. And some liquids can actually boost your immune system. Green tea contains antiviral components that may be helpful against flu infection.

WASH YOUR HANDS LIKE LADY MACBETH: Scrub with soap and water every time you come home, especially after taking public transit or shopping. Carry liquid sanitizer with you (available in handy key-chain attachments) and use, especially after riding escalators, using bank machines and public transit.

BRO HUG: The most common way viruses are spread is via hand-to-hand contact. Consider the "hug" rather than a handshake or kiss on the cheek, especially if the other person is sick!

VITAMIN UP: If you don't take vitamins, it might be a good idea to add them to your daily routine at this time of the year. Vitamin C, well known to stop colds in their tracks, helps the immune system fight infection, bacteria and viruses. Pure, naturally sourced vitamin D is your best choice to support the immune system. According to some health sources, vitamin D decreases your risk of getting influenza by almost 60% when taken during the winter. Zinc lozenges or syrup taken early in the course of a cold can shorten its duration and severity.

CHILL OUT: When you have a free evening, relax! Watch a movie, read a book, get to bed on time.

KEEP UP YOUR EXERCISE: Exercise removes stress, keeps your system fresh and helps move toxins out of your body. One study found that people who exercised regularly (five or more days a week) cut their risk of having a cold by close to 50 percent. And those who did become sick, had less severe symptoms than those who didn't exercise.

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Canadians are in love with their coats! No wonder, with the kind of weather we get. One day it could be raining, the next day snow, then a drop to below freezing temperatures.

Today's choices for men and women include styles and colours beyond just black and grey. Brighten up your mood with a coat of a different colour! Make a great first impression when you enter a room wearing a stylish coat. Pick the right coat for the right weather and you'll enjoy going outside!

According to today's stylists, each of us should have three coats as we go into winter.

Must Haves:

Something really warm: For cold and windy days, sitting in hockey rinks or waiting for a bus, you need to stay warm from head to toe. Down and shearling are your best choices in a parka or puffy coat. Look for coats that close snugly around the neck, sleeves that hug your wrists and if possible, a hood.

A lighter weight, short (above the knee) style: For moderate weather, or wearing when you're in and out of a shopping mall, a car, walking a short distance or spending time on transit. There are many styles available: a traditional pea jacket, car coat, duffle coat, light weight ski jacket or leather moto coat.

Something bright and fun: Brighten your day and mood with a statement coat, like a bright wrap-around style, cape, plaid jacket, trendy military jacket or fake fur. There are many choices today in coloured cashmere, felt and wool blends, from winter white, electric blue, pink, yellow, green, as well as patterns, checks and trendy plaids.

Warm-up Your Mood Through Style

And If You Want More Than Three Coats....

For formal or work wear: A long, tailored overcoat, usually in black, grey or camel. The styles are timeless. One will last you for years. Could be in cashmere or leather. Many come with optional fur/fake fur collars or cuffs.

Sports specific: Depending on your outdoor activities, there are great choices in fleece and insulated jackets to keep you at the right temperature, whether you are skiing or hiking.

Dual purpose: Shell jackets in a variety of weather resistant fabrics and colour can be layered over fleece and insulated jackets when needed, or worn on their own. These are a must for outdoor activities and come in fabulous choices of bright colours and patterns.



Stay on Your Feet this Winter

Winter is here and with it, the risk for slips, trips, and falls. Last winter, more than 21,000 people in Ontario visited the emergency room due to injuries from falling on ice or snow.

Today, advanced technology in winter clothing, footwear and mobility aids are specifically designed to minimize accidental slip and falls.

Your Winter Check List & Tips

- * Boots are for adults, too! Wear proper footwear that provides the grip you need to combat icy and snowy conditions.
- * Slip on ice-grippers work well but winter boots give excellent ankle support to prevent ankle fractures.
- * Slow down your walking pace and watch where you're going. Falls are more likely to happen when you make a sudden or unexpected move, or you are late for an appointment.
- * Dress for the weather. You'll feel more comfortable and less stressed in the cold, which means less likely to be rushing.
- * The most common place for a slip and fall accident is in the 100 meter radius outside of your own property. Sand, salt and clear your snow for yourself and others.
- * If you carry a cane, attach an ice pick at the end of your cane (available at most drug stores).
- * Regular exercises that focus on balance and resistance is good for preventing falls or making a fall less severe. Exercising gives you better reaction time, clearer brain function and more coordination. Stronger and larger muscles also buffer the impact of a fall, providing some protection to bones and joints.



Wishing you a wonderful Holiday Season and happy New Year!
Drive Safe!

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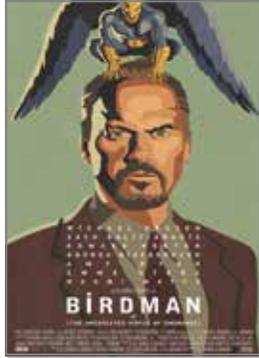
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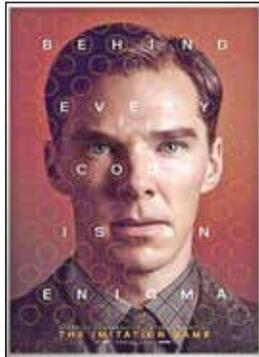
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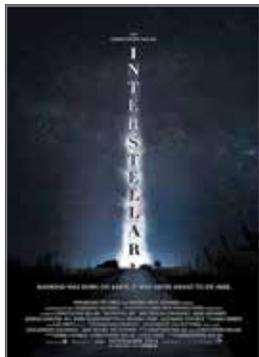
10 Top Oscar® Movie Predictions



"And the Academy Award goes to..." On February 22nd, millions of people will be glued to their television sets to hear who won what award. Did their favourite movie win? Were their predictions correct? These 10 films have had a lot of buzz for possible best picture awards. During the next couple of months, why not beat the winter blues and go out to the movies?



Birdman (2014)
Dir. Alejandro González Iñárritu;
Michael Keaton, Emma Stone,
Zach Galifianakis, Edward
Norton, Naomi Watts



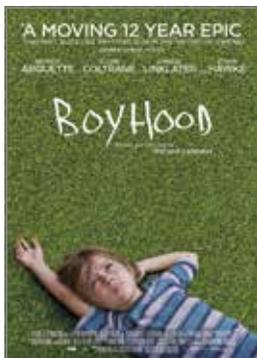
Boyhood (2014)
Dir. Richard Linklater;
Ellar Coltrane, Patricia Arquette,
Ethan Hawke



The Imitation Game
(2014) Dir. Morten Tyldum;
Benedict Cumberbatch,
Matthew Goode, Keira Knightley

Into The Woods (2014)
Dir. Rob Marshall;
Anna Kendrick, Meryl Streep,
Chris Pine, Johnny Depp

A Most Violent Year (2014)
Dir. JC Chandor; Jessica Chastain,
Oscar Isaac, Albert Brooks



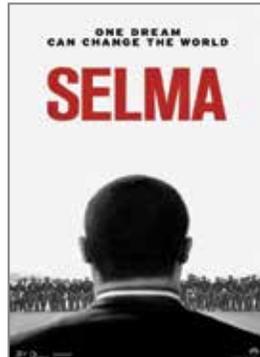
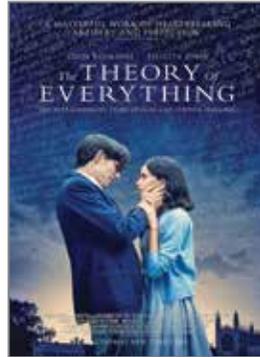
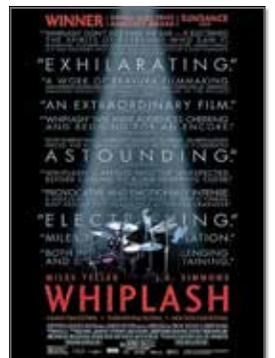
Interstellar (2014)
Dir. Christopher Nolan; Matthew
McConaughey, Anne Hathaway,
Jessica Chastain, Michael Caine

Selma (2014)
Dir. Ava DuVernay; Tim Roth,
Tom Wilkinson, Oprah Winfrey

The Theory of Everything
(2014) Dir. James Marsh;
Eddie Redmayne, Felicity Jones,
Tom Prior

Unbroken (2014)
Dir. Angelina Jolie; Domhnall
Gleeson, Garrett Hedlund,
Jack O'Connell

Whiplash (2014)
Dir. Damien Chazelle;
Miles Teller, J.K. Simmons,
Melissa Benoist, Paul Reiser





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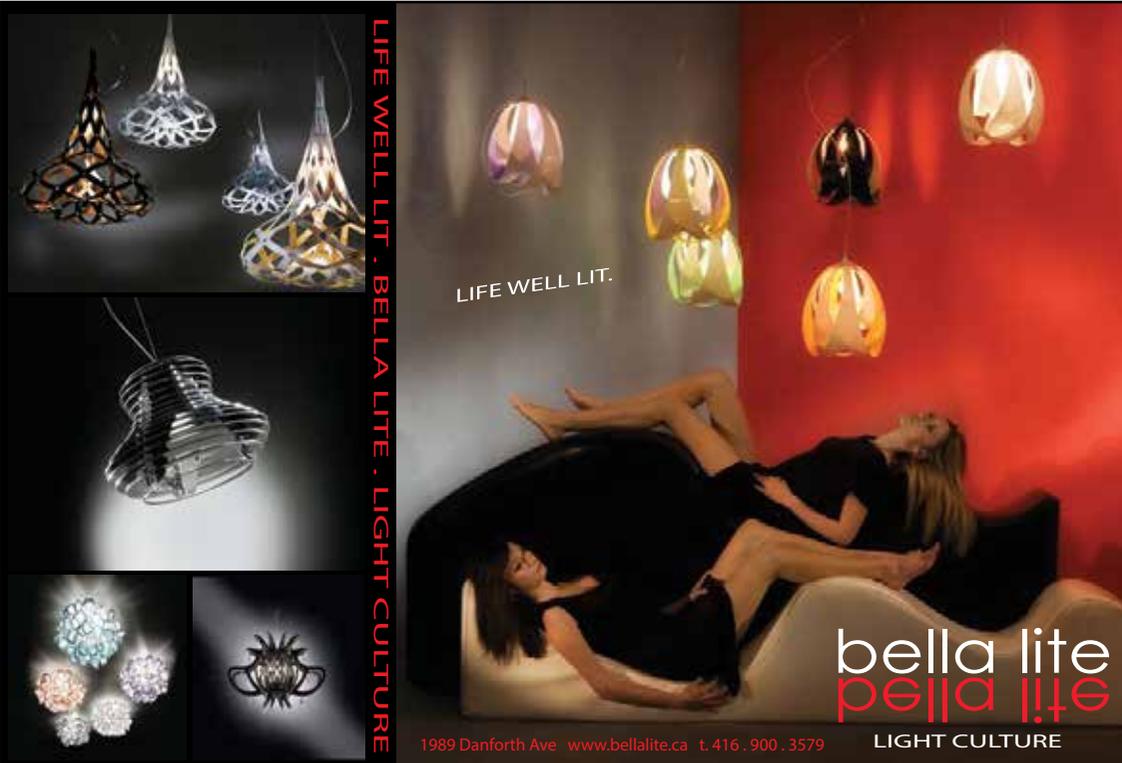
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"Sweet" and "Savoury" flavours make up many of our favourite foods and recipes.

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But what happens when sweet and savoury go hand in hand? FLAVOUR galore. Great cooks from cuisines around the world know that some of the best dishes in the world come from letting the sweet complement the savoury – and the savoury complement the sweet!

Some of our most popular sweet and savoury choices:

- Sweet and sour chicken, beef or pork
- Pineapple on pizza
- Applesauce served with pork
- Baked brie with fig sauce
- Ketchup on fries!

Now try out these other sweet and savoury combinations:

Easiest meatballs ever

1 (12 ounce) jar of chili sauce
1½ cups grape jelly
2 pounds (32 ounces) frozen meatballs
Cook until heated through. Excellent when made in a slow cooker.

Chili with chocolate

Add 1-2 Tablespoons of chocolate to your favourite Chili recipe.

Maple-Glazed Peanuts & Bacon

½ cup pure maple syrup
3 cups unsalted roasted peanuts (1 pound)
½ teaspoon dry mustard
1 tablespoon thyme leaves, minced
½ teaspoon cayenne pepper
¼ tsp. each of paprika, celery salt, red pepper flakes
3 thick slices of bacon (3 ounces)
1 tablespoon salt

Preheat the oven to 325°. In a medium skillet, cook the bacon until crisp, then finely chop.

Mix the mustard and spices together. Add the peanuts, maple syrup and bacon and toss until the peanuts are evenly coated. Scrape the nuts onto a parchment paper-lined baking sheet and roast for about 30 minutes, stirring once, until the maple syrup has thickened. Let the peanuts cool completely, stirring frequently to break up any large clumps. Put nuts to a large bowl and serve.

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-NOODLE/RICE Choice of chicken, beef, tofu & veggies or shrimp*
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Pad See lew \$9.95
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Jatujak fried rice \$9.95
Pineapple fried rice \$10.95
Pad woon sen \$9.95
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Khao soi chicken or beef \$11.95
yellow rice noodles in curry gravy
Brown rice, Coconut rice, Sticky rice \$2.50

-CURRY Choice of chicken, beef, tofu & veggies, fish or shrimp*
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green curry bamboo shoot, basil, green peppers and kaffir lime leaves
Gaeng karee \$9.95
yellow curry with potatoes and onions
Gaeng panang \$9.95
red panang with basil, peanuts, red & green peppers and kaffir lime leaves
Gaeng masaman chicken or beef \$11.95
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A view from Ashbridge Bay facing northeast.

2015 Awards' Season & Sports Galore Schedule

This schedule is your checklist to the upcoming months – traditionally packed with award galas and the most watched sporting events. Either you are going to and Oscar® party, planning an NHL All-Star night or simply staying warm and cozy on your couch, these are the dates to mark down.



Entertainment Awards:

- People's Choice Awards** (Jan 7) Voted on by the general public. pcavote.com
- Golden Globe Awards** (nominations-Dec 11, presented-Jan 11) goldenglobes.com
- Academy Awards** (nominations-Jan 15, presented-Feb 22) oscars.org



- Grammy Awards** (Feb 8) grammy.com
- Canadian Screen Awards** (Mar 1) academy.ca
- Juno Awards** (Mar 15) junoawards.ca
- Academy of Country Music Awards** (Apr 19) acmcountry.com
- Billboard Music Awards** (May 17) billboard.com
- Tony Awards** (June 7) tonyawards.com

Sporting Events:

- World Junior Ice Hockey Championships** (Dec 26-Jan 5)
Host cities: Montreal/
Toronto worldjunior2015.com
- US College Football Bowl Games Orange Bowl** (Dec 31)
- Rose Bowl & Sugar Bowl Games** (Jan 1)
(visit espn.go.com for all the games)
- NHL Winter Classic** (Jan 1) nhl.com
- Canadian Figure Skating Championships** (Jan 17-25) skatecanada.ca
- NHL All Star Weekend** (Jan 24-25) nhl.com
- Super Bowl** (Feb 1) nfl.com
- World Figure Skating Championships** (Mar 23-29) skatecanada.ca



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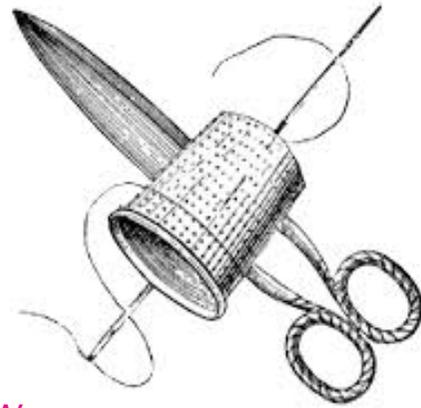
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Great Spirit Gallery – 2142A Queen St. E.
Lake House Bar & Grill – 2252 Queen St. E.
Skin Project – 2359 Queen St. E.
The Real Jerk – 1004 Kingston Rd.
The Stone Lion – 1958 Queen St. E.
The Sweetest Things – 928 Kingston Rd.
Tim Horton's – 2002 Queen St. E.

Thank you and best wishes:

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Burger Palace – 1004 Kingston Rd.
Fitzgerald's Pub – 2298 Queen St. E.
Jaws Antiques – 1133 Queen St. E.
Keen Outdoor Canada – 952 Kingston Rd.
Toto Spa – 2271 Queen St. E.
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Shoppers Drug Mart – 2000 Queen St. E.

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