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February/March 2010

life



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Your comments and suggestions are welcome.

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7 **On the Cover**
 Stacey & Michael

5 Winter Olympic Games 2010

9 Don't just watch it, live it

10 **food talk**
 Eat a rainbow

11 Love stories to warm your winter hearts

13 **Biz talk**
 New Decade—New Success

14 Great activities for healthy, creative kids during winter

14 Beaches 3rd Annual Kids Program Open House

26 **my.tech**

Online Photo Albums

17 **You Ask... Answer.**

18 **Health talk**
 Starting a cardio walking program

19 **my Secret Beaches Spot**

20 Discover the magic at Enchanted Teak

21 Stroke warning signs

23 So you think winter is boring?

23 The year of the Tiger

23 **Coming, going & on the move**

25 Team Titika



Advertiser Index

The 10 Spot Beauty Bar.....22	Cousin Molly14	Paramedical Skin Health..... 16
The Ad Company27	Dr. Jay Rabinovich24	Sandra Bussin, City Councillor.....19
The Anderson Press.....12	Enchanted Teak6	Sweetings21
Avalon Children's Montessori School.....14	Experience Communications 6	Sylvan Learning Centre.....15
Big Dog Bakery.....4	Feast Your Eyes10	Titika10
Budget Blinds8	Hoopers18	Totto Spa4
Casa Di Giorgio.....6	Jaimco Doors & Windows.....8	Variety Village.....4
Club Ink19	Le Papillon on the Park.....21	Wild Earth Café & Bakery....6
	Living Lighting8	
	The Maytag Store Leaside Back Cover	

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 April/May 2010 issue
 deadline Mar. 12, 2010

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Winter Olympic Games 2010

Winter Olympic Facts

- The first Olympic Winter Games were held in 1924, in Chamonix, France.
- Canada competed in the first Winter Games. Our men's ice hockey team finished first and won Canada's first gold winter Olympic medal. In its first four hockey games, Canada beat Switzerland 33-0, Czechoslovakia 30-0, Sweden 22-0 and Great Britain 19-2, before winning the tournament with a 6-1 victory over the U.S. in the final.
- The sport of bobsleigh (an Olympic sport since 1924) didn't begin until the late 19th century when the Swiss attached a steering mechanism to a toboggan.

2010 Olympic Facts

at the Vancouver Olympic Winter Games:



Olympic Rings Facts



- The five Olympic rings represent the five major regions of the world: Africa, the Americas, Asia, Europe, and Oceania. Every national flag in the world includes at least one of the five colors, which are (from left to right) blue, yellow, black, green, and red.
- Each ring also represents a focus of what the Olympics represents. Blue: Participation, Yellow: Competition, Black: Excellence, Green: Unity and Red: Hope.

- Approximately 2,500 athletes will compete in 15 sports and over 86 separate medal events.
- The torch relay is the longest relay in Olympic history.
- Ghana, Bahamas, Gabon and The Cayman Islands will make their debut at this year's Winter Olympics.
- This will be the third Olympics that Canada has hosted but the first in the province of British Columbia.
- The security budget is about \$900 million; over five times higher than the original estimate
- The mascots for the Winter Olympics are Miga (a mythical sea bear) and Quatchi (a Sasquatch).
- The Paralympics mascot is Sumi (an animal guardian spirit).

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Seasoned Young Actor and Actress

Stacey Farber
& Michael Seater

At age 23 both Stacey Farber and Michael Seater have already had long acting careers.

Stacey began acting professionally at age 13. Since then she has been in 13 different television and movie productions. Stacey is most recognized for her award winning role as Ellie Nash from the television show "Deglass: The Next Generation", where she was part of 106 episodes.

Michael has been acting since he was 8 years old. Acting in over 25 different projects, Michael is best known for his lead role in Life With Derek, with a total of 70 episodes over four seasons.

Michael and Stacey are now sharing the television screen in the sitcom, "18 to Life", which debuted this January on CBC. Although "Deglass: The Next Generation", was a major role for Stacey, "18 to Life", gives her the opportunity to star, with Michael, in her own series where their two characters are the primary focal point.

Both actors spent last summer in Montreal for the filming of the first 12 episodes. Michael and Stacey found that being transplanted to Montreal for the show's filming helped the entire cast and crew bond. Being away from home made fellow cast members and crew of the show one big family. "We were able to interact with the writers and producers," says Michael, "This meant we were able to contribute to the show, as well, and talk about our characters."

Following the tapings, Stacey returned to Toronto, did some traveling, auditioning, and more acting. Recently, she finished filming next season's premier episode of "Flashpoint".

Both Stacey and Michael grew up in Toronto. Michael attended the Toronto Island School before the Etobicoke School for the Arts. Michael is more than just an actor, he has already written for television and would like to study directing. Stacey was a student at the Claude Watson School for the Arts, the only public arts school for grades 4 to 8 in Toronto. Following

high school at Branksome Hall Stacey attended York University before heading to the New School in New York City to fulfill her interests in journalism.

When they are not too busy working, both Stacey and Michael enjoy hanging out in Toronto with friends and family. Michael is particularly fond of the many funky coffee shops along Queen Street East.

Watch 18 to Life
Mondays, 8 PM, CBC
www.cbc.ca/18tolife/



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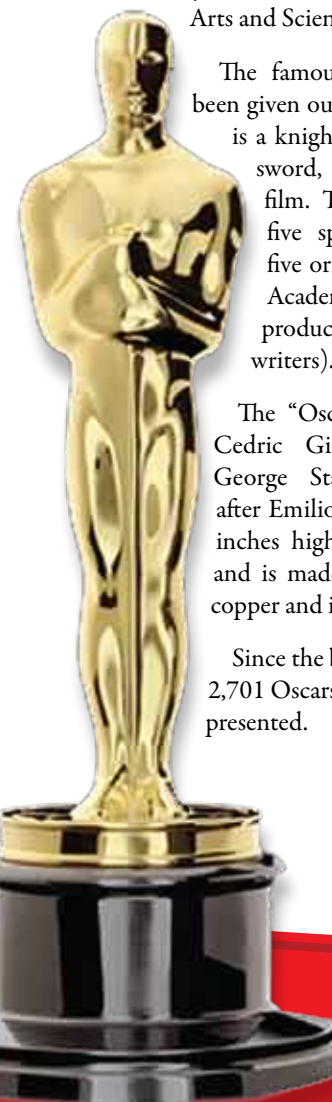
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Unsolved mystery... who was "Oscar"?

The origin of the name Oscar has always been disputed. From Bette Davis to Time magazine to Walt Disney and many more, they all have their own claim to naming the Academy Award. Although it will never be solved, we do know that the trophy was officially dubbed the "Oscar" in 1939 by the Academy of Motion Pictures Arts and Sciences.



The famous statuette, that has been given out for the last 81 years, is a knight holding a crusader's sword, standing on a reel of film. The film reel features five spokes, signifying the five original branches of the Academy (actors, directors, producers, technicians and writers).

The "Oscar" was designed by Cedric Gibbons, sculpted by George Stanley and modeled after Emilio Fernández. It is 13½ inches high, weighs 8½ pounds and is made of 92.5% tin, 7.5% copper and is gold-plated.

Since the beginning, 2,701 Oscars have been presented.

Host your own dress-up "Oscar" party

It's always more fun doing than just watching! This year host your own Oscar Party and invite family and friends to your red carpet gala. It's show time for you and your guests to show off their best Oscar wear. Here are some ideas to help you plan your own fun party:

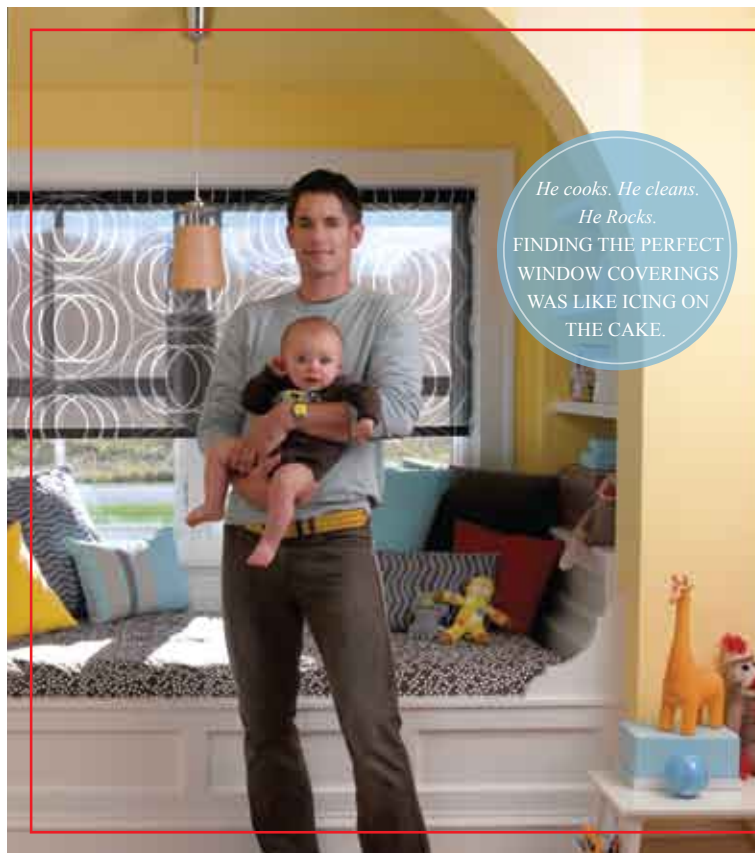
- Send out invitations that say, "And the Oscar goes to..."
- Set out a red carpet at the entrance to your home.
- Snap flash photos as guests enter.
- Give everyone a secret movie star name and have others guess who they are by asking questions.
- Make up awards for your guests based on "best dressed", "most interesting hair", "flashiest jewellery".
- Serve sparkling drinks and play music with Oscar-winning songs.
- Play games and award chocolate Oscar statues :
 - > Give each guest a ballot with Oscar nominations so they can pick the winners.
 - > Hold an Oscar trivia contest (www.oscars.org/awards/academyawards/trivia.html)

The Oscar Cocktail

Ingredients:

1 oz gin	1 oz vodka
¾ oz cherry brandy	1 dash grenadine
1 oz pineapple juice	1 oz orange soda

Method: Add ingredients to a snifter filled with ice. Garnish with an orange wedge and a stemmed cherry.



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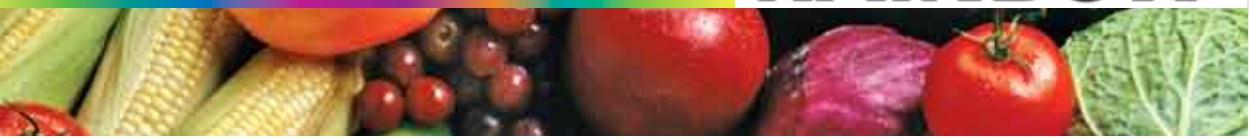
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Food talk

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Remember, the more closely your diet resembles a rainbow, the better.



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10 Love Stories to Warm Your Winter Hearts

Love has no boundaries. Warm your hearts with some of these typical and not so typical love stories. Make some hot chocolate, get yourself a snack and curl up on the couch. It's movie time!



Casablanca (1942)

Dir. Michael Curtiz; Humphrey Bogart, Ingrid Bergman

Breakfast at Tiffany's (1961)

Dir. Blake Edwards; Audrey Hepburn, George Peppard

The Goodbye Girl (1977)

Dir. Herbert Ross; Richard Dreyfuss, Marsha Mason

The Princess Bride (1987)

Dir. Rob Reiner; Cary Elwes, Robin Wright Penn

Beauty & the Beast (1991)

Dir. Gary Trousdale & Kirk Wise; Paige O'Hara, Robby Benson

Shine (1996)

Dir. Scott Hicks; Geoffrey Rush, Lynn Redgrave

Love Actually (2003)

Dir. Richard Curtis; Hugh Grant, Emma Thompson

Brokeback Mountain (2005)

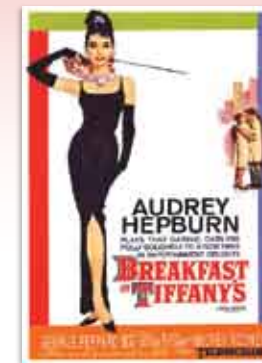
Dir. Ang Lee; Heath Ledger, Jake Gyllenhaal

This Is It (2009)

Dir. Kenny Ortega; Michael Jackson

The Proposal (2009)

Dir. Anne Fletcher; Sandra Bullock, Ryan Reynolds



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New Decade – New Success

A little planning and action will help your business succeed in the new decade.

The first decade of the new millennium has gone by quickly. Over the past ten years, there have been significant changes, from lifestyle to technology, as well as new insights on how to best run our businesses. Company and personal branding is more important than ever in today's crowded marketplace where every product and service provider is trying to get the attention of your customers!

So whether you are starting a new business, have been in business a long time, or are working in a company looking for greater success, now is a good time to analyze, assess, strategize, then plan to make sure that this next decade brings you increased sales.

Key areas for your new decade planning:

Business & Marketing Plan

This is your guidebook for where you want to be in 1, 2 and 5 years, and how you're going to get there.

Brand Development

What needs to happen to give your brand a facelift and carry out your brand message through all your marketing materials: business cards, brochures, ad designs, etc.

Customer "Curb Appeal"

It is a new year and a new decade. Why not give your storefront or office environment a new and fresh appeal, in keeping with your brand image?

Advertising

Advertising is a necessity, especially for small businesses. Take time to evaluate your current advertising program. Are you reaching the right audience? Are you sending a consistent message that customers see again and again?

Digital Communications

Increasingly, customers are going online not just to buy but also to talk about what they are buying and share information. Does your technology assist with this conversation?

Are you working harder but not smarter? Make sure you are using the best technology for your business.

Biz talk



Digital Printing

Directing promotions to your target audience is so much easier with today's digital printing. Digital printing gives you what you need quickly, easily, and in smaller, targeted quantities than traditional offset printing.

Keep your customers in your radar! This means finding constant ways to communicate with them and communicating well. Using the right words and the right message matters. They will talk about you, and through word of mouth, spread your message for you.



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10 Great Activities for Healthy, Creative Kids During Winter

1. Skate or play shinny at a local rink.
2. Shovel snow together with mom, dad or neighbours.
3. Build snow sculptures: trucks, dogs, houses, etc. (if there's snow!)
4. Cook or bake something with a parent.
5. Attend a concert, symphony, theatre or ballet.
6. Put aside the keyboard and practice handwriting.
7. Plan a theme party and invite your friends.
8. Create your own comic book or adventure story.
9. Learn to ski - you will like winter more.
10. Make a bird feeder out of recycled items.



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Beaches 3rd Annual Kids Program Open House

Visit beachesliving.ca/kids for event info and past event photos.

An open house for parents and kids (0-16 yrs) to learn about and explore programs available in the Beaches and an opportunity to meet face to face with program organizers, teachers and coaches.



Participating programs are in all areas including music, sports, science, arts, computers, play groups, tutors, after school programs and much more.

This event is free of charge and open to all families in the Beaches and surrounding areas.



Saturday,
February 20
10am-2pm
at the Beaches
Rec. Centre

Here are some of the programs at the Open House:

- Avalon Children's Montessori School
- Beach Montessori School
- Beaches Oxford Learning
- Beaches Rec Centre
- The Beach Sewing Machine Centre
- Biastoch Chiropractic
- Centre of Gravity
- Cherry Beach School of Music
- Claude Watson School for the Arts
- Cousin Molly
- DeSantos Premier Martial Arts Studio
- Dr. Jay Rabinovich
- Juice & Java
- Kuma Karate-Do
- Police, 55 Division
- PVB Volleyball
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You **Ask... Answer.**

Congratulations to...

Sandra B., Mhairi Kerr and Rod Benjamin, winners of December's You Ask, You Answer contest.

Many of our readers have sent us their answers to December's question. Some were very intriguing personal tales. Here are two we would like to share with you:

In reply to the 'Question', I believe the other three movie houses/theatres in the Beach (aside from The Fox) were as follows: The Beach Theatre, where the Beach Mall now stands on the south side of Queen St. E., west of Waverley Rd. (I used to go to Saturday matinees there when I was a kid); The Scarborough Theatre, on the north side of Kingston Rd. near Scarborough Rd. (I remember the boards of screaming girls out front when my big sister took me to see the Beatles movie HELP there!); and The Family Theatre, on the south side of Queen St. E., just east of Lee Ave. (this was before my time, but I understand there was later a pool hall on this site). - Sandra B.

I picked my 86 year old mother's brain for this. She was born and grew up in the Beach and after a 40-odd year absence, we moved back. As far as she knows, there were only 3 theatres along Queen Street East. Along with The Fox, there was The Beach, which is now the Beach Mall. At Queen and Lee there was The Lake, also known as The Family. If you take in the current real estate agents' definition of The Beach, then there was the Scarborough (or Scarboro) where Mr. Slate was on Kingston Road near Scarborough Road (960 Kingston Road) and The Ideal on Main Street, across from where Ted Reeve Arena is. Gerrard Street had The Gerrard, near Glenmore, which was recently replaced by an apartment development. A connection with last month's answer - Don Summerville owned The Prince of Wales theatre at Woodbine and Danforth, where the Valumart is today. - Mhairi Kerr



This issue's question:

Is it true that the Beaches was once connected to the Toronto Island? If so, where was it connected and what happened to it? - Daniel S.

Do you know the answer?

You could **win movie passes for two to the Fox Theatre.** Send in your answer by March 1, 2010.

Do you have a question of your own? Send it in! If we feature it in *Beaches|life* you will **receive a movie pass for two to the Fox Theatre.**

Email: info@beachesliving.ca or call: 416-690-4269



Beach Theatre, Dec. 1919



Family Theatre, 2173 Queen St. E., 1914



Scarboro Theatre, Kingston Rd., 1936



Fox Theatre, 2236 Queen St. E., 1913

Health talk

Get the most from your daily walks with cardio walking exercise

Walking is a safe, peaceful and effective way to lose weight and reduce stress. Now physical trainers recommend "cardio walking" for your heart.

3 Steps to the "Cardio Walk"

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- 2 Increase your speed for the next 5 minutes, or 10 telephone poles.
- 3 Now cool down. Walk slowly again for 5 minutes, or 10 telephone poles.

Try to walk at least three times per week. Add 2 to 3 minutes per week to the fast walk and gradually increase your distance.

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Every time I walk along this hilly street I get a warm feeling inside because of a thoughtful resident who has put this bench on their property inviting people to rest. It is always decorated with a seasonal touch and even has a waste basket beside it for your trash.

– Patricia Z.

win your secret Beaches spot

Send us a photo of your Secret Beaches Spot and a brief description. If we feature it in *Beaches|life* you will receive a movie pass for two to the Fox Theatre. Email us at: info@beachesliving.ca

answer to win

If you can tell us where the Secret Beaches Spot photo was taken, you could win movie passes for two to the Fox Theatre. Three winners will be chosen. Send in your answer by March 1, 2010. Email your answer to: info@beachesliving.ca

Congratulations to...

Lorna Barber-Ware, Marlene Barnett and Abbey Smith, winners of the December's Secret Beaches Spot contest.

"I believe this spot is behind our Library. A favourite spot of my late mother, a Beach resident for 75 years. We have a picture of her standing there in 1930!"

– Lorna Barber-Ware



Discover the magic at Enchanted Teak

Nature's finest, from ancient ships to today's furniture

Although opened less than two years, business at Enchanted Teak is booming, filling about 200 pre-orders for furniture items every season in addition to continuous sales from the floor.

"Customers give us hugs when we arrive with their items," says Pauline White, who along with Randy Marchand, owns the store, "They keep in touch, even bring us photos to show how good their furniture looks."

When asked to explain their success, Pauline explains, "The people in the Beaches know quality—and quality is what sells."

All the furniture and carvings at Enchanted Teak are made from solid, high quality teak wood from teak plantations in Indonesia that are ethically run; every harvested tree is replaced with two new trees. Pauline and Randy insist on wood

planks with a thicker dimension than competitors. And they only choose wood from trees 25 years or older, which provides the highest (and therefore best) oil content.

So strong and hardy, teak has been used for building ship decks since ancient times.

"Teak simply is nature's finest," says Pauline, "It is fungus and insect repellent, and its natural oils mean it can withstand any climate conditions, indoors or outside."

Custom furniture design is growing in popularity at Enchanted Teak. Customers can design a piece of furniture to fit an awkward corner of their home. Whatever is needed, with Pauline's help drawings are made then sent to a group of 35 craftsmen in Indonesia. The craftsmen who design, build and carve the teak products, are paid a very fair wage.

"We insist," says Pauline, "that the amount we pay allows the craftsmen to send their children to school."

Apart from new furniture, Enchanted Teak does teak restorations, including getting that un-oiled "grey" piece back to its original golden colour. Customers can also order custom kitchen and bathroom cabinets, with sinks brought in for one-stop shopping. Apart from a fascinating assortment of home décor pieces and carvings, including various Buddha's, the store does custom orders for specific carvings.

Enchanted Teak is proud to be an environmentally driven company. "We promote teak furniture as a good investment choice", explains Randy, because these are not 'throw away' items – they'll outlast your lifetime."

An ongoing special offer at Enchanted Teak is their pre-order policy. Pay 50% upon ordering, and 50% upon delivery; in return you get an overall 25% discount, plus your item(s) will be included in the next shipment from Indonesia. Most custom orders arrive within three months of the initial order. Local delivery to your home is no charge.

Although it is winter, now is a good time to think about your garden furniture this summer and place your orders! Enchanted Teak is open seven days a week; also available for appointments to suit your schedule.

Enchanted Teak
2138A Queen St. E.
416-850-7378
www.enchantedteak.com

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www.sweetings.ca

Love Health

February is Heart & Stroke month. To learn more about how you can have a healthy heart visit www.heartandstroke.on.ca.

Stroke **warning** signs

Stroke is a medical emergency. Recognizing and responding immediately to the warning signs of stroke by calling 911 or your local emergency number can significantly improve chances of survival and recovery. If a person is diagnosed with a stroke caused by a blood clot, then doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.

That's why it is very important to be able to recognize the 5 warning signs of stroke and immediately call 911 or your local emergency number.

The **five** signs:

Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.

Weakness – Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

Trouble speaking – Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

Vision problems – Sudden trouble with vision, even if temporary.

Headache – Sudden severe and unusual headache.

Dizziness – Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, call 911 or your local emergency number immediately.

Source: heartandstroke.on.ca



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So YOU think
winter is
boring?

Try to keep up with
this list of things to do....

Sunday, Feb. 7 NFL Superbowl
Feb. 12-28 2010 Olympic Winter Games
Sunday, Feb. 14 Valentine's Day
Sunday, Feb. 14 Chinese New Year
Monday, Feb. 15 Family Day
Sunday, Mar. 7 Daylight Savings Time
Sunday, Mar. 7 Academy Awards
Mar. 13-21 March Break
Wednesday, Mar. 17 St. Patrick's Day

....if you still think Winter is boring:

Saturday, Mar. 20 First day of Spring
Friday, Apr. 2 Good Friday
Sunday, Apr. 4 Easter Sunday

The Year of the Tiger

Feb. 14, 2010 - Feb. 2, 2011

Many people are curious about their yearly horoscope based on the 12 Chinese zodiac symbols: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Lamb, Monkey, Rooster, Dog and Pig.

Each sign has five elements; Metal, Water, Wood, Fire and Earth. These elements influence the characteristics each individual.



Sign	Metal	Water	Wood	Fire	Earth
鼠 Rat	1900/1960	1912/1972	1924/1984	1936/1996	1948/2008
牛 Ox	1901/1961	1913/1973	1925/1985	1937/1997	1949/2009
虎 Tiger	1950/2010	1902/1962	1914/1974	1926/1986	1938/1998
兔 Rabbit	1951/2011	1903/1963	1915/1975	1927/1987	1939/1999
龍 Dragon	1940/2000	1952/2012	1904/1964	1916/1976	1928/1988
蛇 Snake	1941/2001	1953/2013	1905/1965	1917/1977	1929/1989
馬 Horse	1930/1990	1942/2002	1954/2014	1906/1966	1918/1978
羊 Lamb	1931/1991	1943/2003	1955/2015	1907/1967	1919/1979
猴 Monkey	1920/1980	1932/1992	1944/2004	1956/2016	1908/1968
雞 Rooster	1921/1981	1933/1993	1945/2005	1957/2017	1909/1969
狗 Dog	1910/1970	1922/1982	1934/1994	1946/2006	1958/2018
豬 Pig	1911/1971	1923/1983	1935/1995	1947/2007	1959/2019

coming, going and on the move

Welcome new neighbours

Beach Fish House – 1936A Queen St. E.
Blue Beach Nail & Spa – 2195 Queen St. E.
Energy Café – 162 Main St.
Estia Café – 992 Kingston Rd.
Kemistri – 1124 Queen St. E.
K S Progressive Rehab Clinic – 2194 Gerrard St. E.
Little Peeps – 768 Queen St. E.
Marble Slab Creamery – 2032 Queen St. E.
Queen Margherita Pizza – 1402 Queen St. E., Unit 8

The 10 Spot Beauty Bar – 1402 Queen St. E., Studio D1
Voulez-vous Café – 1560 Queen St. E.

Changing Hands

Ho Lee Chow has changed to Wok N Grill –
196 Woodbine Ave.

Thank you and best wishes

Century Records – 898 Kingston Rd.
I deal Coffee – 1560 Queen St. E.
Second Cup – 1948 Queen St. E. (the first storefront Second Cup, open since 1982 on Queen St.)

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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www.torontodentalcare.ca



Team Titika A Store Inspired by Life!

Titika is more than just a bright, cheery store with wonderful clothing suitable for active, daily living as well as exercising – Titika is a Canadian designer success story!

Opened just last September, Titika is the brainchild of two young fashion designers who met while studying at Toronto's George Brown College. Courtney, who already had her own design line by the time she was 18, met up with international student, Eileen, and the rest – as they say – is history. For a few months following graduation, the two women sold their clothing line online and wholesale, but as soon as they could, they moved into a storefront on Queen Street East, directly across from Kew Gardens Park.

"Customers constantly comment on the vibrant colours and the unique designs of our clothing," explains Courtney, "None of these

items are mass produced, and every piece is designed with the woman's body in mind."

Every item in the store, including gym, yoga and tote bags, has been designed by either Eileen or Courtney then manufactured into bright, beautiful clothing pieces that are both fashionable and functional. Eileen describes everyone involved in the business as truly part of the team, including her young son William who came up with the name and the idea for their logo! The pants, tops, jackets, sports bras, vests, coats, etc. are all suitable as athletic wear, but unlike many athletic styles, they come in fashion forward styles suitable for wearing outside the gym. The clothing can be worn for yoga, dancing, cycling or just taking a walk. They are for women on the go, whether they are moms with young children, or women just out and about in the city.

"The clothing lends itself beautifully to a healthy, active lifestyle", says Courtney, "It is perfect for many who are tired of just hanging out in jeans and who want to look good and be comfortable."

Both designers have signature pieces, for example, Eileen's "E-Jacket" and high-waisted yoga pants. Courtney concentrates more on the sporting line, and "models" the clothing by wearing it while she works in the store.

Every Titika garment is of superior quality, made from cotton or performance fabrics like Coolmax™ and Supplex™. Soft, breathable, colour fast, and stretch-proof, the clothing stays new-looking, wash after wash. Customers will find sizes from 0-18, with a new plus-size line recently introduced. Comments and suggestions are always welcome as customer input helps create new features.

Like their mission statement, "Inspired by Life", both Courtney and Eileen want others to know that it is possible to pursue, and obtain your dream. Although developing your own fashion line and running a store is a lot of hard work, the effort is paying off for the team at Titika.

A strong supporter of the local Beaches community, Titika is also a store that believes in "giving back". On February 14, 2010, all clothing will be 30% off, and 50% of proceeds from all items sold will be given to support relief work in Haiti.

Titika
2012 Queen St. E.
416-693-1688
www.titika.ca

Six good reasons to set-up your own Online Photo Albums

my.tech

Not long ago, most of us would share our favourite digital photos by emailing them to each other – but now there is an easier and better way to share our memories without sending large-sized emails.

Today you can easily find free online photo sharing programs to organize, store and share your pictures with family, friends and the world.

- Easy access to your photos or photos from your friends.
- Better organized and easy navigation for viewers.
- Doesn't waste unnecessary hard drive space on your computer.

- Emailing links to your online photo album is fast and can be repeated easily to different people.
- Accessible to most handheld devices (smartphones).
- You can view your online photo albums anywhere in the world.

There are many free photo services available, here are just a few:

- Windows Live (25GB*)
- Google Picasa (1GB*)
- Photobucket (1GB*)
- Flickr (100MB*)

*Current amount of free space offered.



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 Thurs - Fri: 10 - 8 pm
 Saturday: 10 - 5 pm
 Sunday: 12 - 5 pm

