Get your Berry Fix
Hot Summer Patio Talk
Guess Whose Birthday is Coming up?

It's Let's beach time!

There's no doubting...
The Doubts

Beaches
Summer — June/July 2012

There's no doubting...
The Doubts
Join us at
Let’s 2012 beach!
A fun summer celebration on the Beach & a great cause!
Come out and join your neighbours, friends, family and local business owners for an afternoon of dancing, auction bidding, bbq’ing and playing...

Sunday June 24, 1:00 – 6:00 pm
At Balmy Beach Club (at the foot of Beech Avenue)

Great auction items added daily, preview online

TICKETS: $15 in advance (includes bbq & soft-drink, cash bar) • $20 at the door.

@ beachesliving.ca/letsbeach

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A fun summer celebration on the Beach & a great cause!

Event presented by:
Event sponsored by: now with great new stores including
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VISIT US at the KEEN FLAGSHIP STORE
952 Kingston Road, Unit #102
Experience the Jukebox on Steroids
The Doubts come to Let’s Beach!

Recently described as “a juke box on steroids”, The Doubts is a band to be experienced, not just heard through a headset. As they’ve built a reputation for their ability to get their audiences involved in the music, they’ve also been given the title of “the ultimate party band”.

“We really get a crowd going,” says Eric Lamb, founder, one of the lead vocalists and keyboard player. The Doubts is one of several bands that will play at this year’s Let’s Beach.

“We’re thrilled to be performing our first concert in the Beaches,” says Lamb, “It will be our first time playing downtown and we’re excited.”

Have a request? The Doubts are famous for the wide repertoire of songs from the last 6 decades: classic rock, R&B, Funk, Top 40—all things from Frankie Valli and the Four Seasons to modern hits like Adele's “Rolling in the Deep”.

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For a 6 piece band, we have a very full sound and we put on a very good time,” explains Lamb, “I’m just so lucky to have such a great group of musicians working with me.”

He’s referring to his drummer, Neal Burstyn, two guitarists, Jeff Filardo and John Daley, bass guitarist, Niel Texiera, and lead vocalist, Erin Benoit. The band practices every Tuesday without fail because, in Eric’s words, “we want to be note perfect. …It matters to us that our harmonies work and that we sound great – it sets us apart from everyone else.”

continues on page 6...
One of their most requested songs is “Don’t Stop Believin’” by Journey. Other most often requested include “Sweet Child of Mine”, “I’m Yours”, and the Rock and Roll classic, “Freebird”.

The Doubts have been together about three years, but members brought their experience from other bands, making up a well seasoned group of musicians. The core group has actually been together over six years. Each band member has a “separate” working life.

“We’re all weekend rock stars,” admits Lamb. For example, bass guitarist, John Daly, is a financial writer for the Report on Business.

The Doubts are enjoying great success lately, performing all over Ontario and being the band of choice now booked every 2 months at Fallsview Casino in Niagara Falls as well as recent success at Falls in Square One. At a recent charity function, they shared the stage with international recording artist Sheryl Crow in front of 4,500 people. It was a personal high for Lamb. They’ve also been the back up band with Huey Lewis and the News, and Russell Peters.

Wondering about their name? “Our original idea was to call ourselves the Body Bags”, says Eric, admitting that this was perhaps not the best idea for a cover band. “So we started with The Nagging Doubts but ended up just The Doubts… it seems to have caught on.”

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The official beginning of summer, known as the Summer Solstice, is June 22. It is called the “longest day of the year” because we get more daylight than any other day of the year. Is also the day when the noonday sun rises as high as it can in the sky, appearing almost to stand still!

Did you know? "Solstice" is derived from two Latin words: "sol" meaning sun, and "sistere," to cause to stand still.

Imagine what summer meant to those living in ancient times! The snow was gone, the ground thawed, warm temperatures returned and once again, food was easier to grow and to find. There also was more daylight, an important bonus in days before electricity!

Today, we still love the longest day of the year because it marks the beginning of two months in Canada when we get true summer—a time of year that almost seems to stand still. After months of cold temperatures and grey landscape, we live for about 8 weeks like we’re on a beach: eating meals on outdoor patios, dressing in shorts and sandals, playing summer sports, walking by the lake, swimming, biking and relaxing outdoors!

We also feel “summer happy”—and it’s not just because of the weather. Sunny days actually boost your mood. Just like the winter months can cause depression, new studies show that our brains produce more of the mood-lifting chemical serotonin on sunny days.

**Summer Fun Facts**

- The first (or only) full moon in June is called the Honey Moon because it was considered the best time to harvest honey from the bee hives. June also turned out to be a great month for weddings, hence the idea of a “honeymoon”.

**SUNLIGHT CAN**

- Help alleviate symptoms of depression and moodiness.
- Reduce the frequency of colds.
- Boost the thyroid gland, which increases metabolism and gives you more energy.
- Decrease the effects of jet lag when traveling to different time zones!

**Vernal Equinox**

- Sun overhead at Equator
- Sun overhead at Tropic of Cancer

**Summer Solstice**

- Sun overhead at Tropic of Cancer

**Autumnal Equinox**

- Sun overhead at Equator

**Winter Solstice**

- Sun overhead at Tropic of Capricorn

The first day of summer is when the Sun reaches its farthest point north of the equator—June 20 or 21 in North America.

During the summer, the Sun is higher in the sky throughout the day, and its rays strike Earth at a more direct angle. In winter, the Sun is at its southernmost point and is low in the sky. Its rays hit the Northern Hemisphere at an oblique angle, creating the feeble winter sunlight.
This Father’s Day, why not take the time to talk with your family about some family traditions, stories from the past, interesting ancestors. It can be a great time for both fathers and grandfathers to contribute to the “memory bank” of family history. You can even involve children ahead of time by having them think up a question each to ask.

• Who was I named after, and who were you named after (and why)?
• Do we have anyone “famous” in our family or someone who might have been around when something memorable happened (for example, what were you doing when Canada celebrated its 100th birthday in 1967)?
• Do we have a family crest? Most don’t, but why not create your own? If we had a family crest, what three symbols would we include on it?
• Has anyone checked on websites such as ancestry.com to find out about our family name or history? Share what you found out.
• What was the first song you ever heard that you remember liking?

For the Father who is a novice or aficionado, we have the humidor for him!

Did you know that in order to keep your cigars fresh, they need to be stored in a climate similar to where they came from? Like a plant, cigars need to be kept moist and maintained at room temperature. The Smokin’ Cigar has been educating cigar enthusiasts on how to keep their cigars protected since 1997.

Now celebrating our second year in the Beach at 1946 Queen St. E., we offer a wide selection of quality humidors to protect your cigars for as little as $99.99, with a free lighter, case and cutter (a $75.00 value) included. Our other store is located just 10 minutes north of The Beach, in Leaside at 1699 Bayview Ave.

As a tobacconist, we have a large walk-in humidor at both of our locations where you can choose your own product and have one of our dedicated staff help you pick from one of the widest selections of cigars in the City of Toronto.

We also have a large pipe selection and custom blend pipe tobacco!

Monday to Saturday 10 am to 8 pm
Sunday 12 pm – 5 pm www.smokincigar.com

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We also have a large pipe selection and custom blend pipe tobacco!

Monday to Saturday 10 am to 8 pm
Sunday 12 pm – 5 pm www.smokincigar.com
Pack Smart
dress code for summer trips

✔️ Where am I going?
✔️ What shall I wear?
✔️ What should I take?

Where might you find yourself this summer? Perhaps at a summer cottage, taking a day trip to a festival or show out of town, or flying to the other side of the world. Pick your clothing options carefully, for comfort, style and space!

Here are five things to keep in mind when you are packing a knapsack or suitcase.

1. Pack light – minimize what you take. Remember, what you bring you have to carry around.
2. Layer your clothes – easily adapt to changing weather and temperatures during the day and night.
3. Think multi-functional – outfits that can be worn both for casual and more formal dinner, suitable to outdoor activities and indoor cultural events.
4. Easy to clean and look fresh – pick clothes that don't wrinkle and are easily washed and quickly dried. Stay away from linen.
5. Prepare for rain and wind – bring a lightweight rain/wind proof jacket and a cap.

You've been invited to a cottage...
Cottage life can be rustic, so choose comfort over everything else.
- Wear light colours so you don't attract bugs!
- Cotton is best because it protects you from the sun while keeping you cool.
- A hat, swimsuit and water shoes are a cottage must have.

The family is heading out on a day trip...
Plan for the whole day and evening. You'll want to be comfortable traveling but feel fresh once you've arrived at your destination.
- A sundress/long cotton skirt is perfect for staying cool and looking a little dressy.
- Lightweight shawl for evenings or when you’re in air-conditioned buildings.
- For men, a collared/coloured shirt gives you a slightly more dressed up look.
- Bring along a sweater or cardigan for cool evenings.

You're off on vacation...
You are going away for a week or more, but it doesn't mean you have to bring a different set of clothes for each day. Lightweight and multi-functional clothing is key!
- Footwear is #1 for comfort! You'll end up walking a lot.
- No need to pack five pairs of underwear but bring easy to wash and quick dry.
- Pashmina is perfect for traveling on planes, going out in the evening, dressing up or dressing down an outfit.
- Think layers and colours that go with one another rather than single pieces.
- Pack one piece of fun jewelry to dress up any outfit.

Also don’t forget to bring… ✔️ Bottled water ✔️ Sunscreen ✔️ Sunglasses

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Summer Food Check-List

So it is 100 degrees in the shade and dinner time. Besides opening the fridge door to cool down, is there anything you want to make for dinner? Probably not unless you’ve stocked up with a few summer time “essentials”.

Keep a few of these summer staples on hand and you’ll be ready for a patio dinner or picnic anytime!

• Couscous, quinoa, thin rice noodles cooked (the evening before) and ready to be made into a salad of your choice. Toss in some fresh vegetables, oil, vinegar and herbs and presto, instant dinner salad.

• Quality olive oil and balsamic vinegar for any kind of dressing or bread dip

• Ready made sauces and dips, e.g Thai sauce, tzatziki sauce, hummus and baba ghanoush are three favourites

• An assortment of sausages ready to throw on the grill and serve with crusty buns or chop into a pasta salad

• An assortment of fresh fruits and vegetables that you can combine in a salad, grill on a barbecue, or cut up raw with dips.

• Greek yogurt, great for making any kind of dip, using as a dessert with fruit and honey, or mixed as a salad dressing

• Frozen lemonade and soda water for a refreshing “fizzy” beverage

• Frozen shrimp, easy to grill on skewers, toss in a salad, serve as a quick appetizer with Tai Sauce

• Hamburger patties and buns (always a hit)

• Lemons and limes to make instant dressings, add to a cold beverage, serve with fish, add refreshing flavour

• Frozen wraps for sandwiches, serving with dips, grilled “pizzas”, quesadillas.

Lemon/Lime Garlic Salad Dressing

Ingredients:
- ½-¾ cup extra virgin olive oil
- Juice of 3 lemons
- Juice of 3 limes
- 3 cloves garlic, minced (more if you love garlic)
- Salt and pepper, to taste

Method:
Combine all ingredients in bowl and whisk together. Pour over salad and enjoy.
If you make it more than three hours before using it, the garlic flavor may be too strong.
Patio Talk!
Inside & Outside

Everyone loves a patio! Whether you’re gathered in an elegant garden setting with canopied tents by an outdoor pool, or relaxing on your own balcony or backyard nook, an outdoor patio setting is a perfect way to slow down, take time with friends and family, and cool off on a warm day.

Think you can’t have a patio? Think again. Almost any space can be adapted to have that “outdoor bistro feeling”.

PATIO ESSENTIALS:
Large or small, there are a few patio “must haves” that turn any space into an outdoor living area

• Outdoor furniture in wicker, wrought iron, brightly painted metal or new plastic composite. A classic bistro set can be made to look more formal with a tablecloth. If you have space, add a sun umbrella, canopy or tent.
• Brightly coloured cushions in a mix of stripes, solids and floral chintz.
• Outdoor grill for cooking. Pick your size for your space and your cooking needs.
• Fresh flowers and plants in planters, pots and vases.

Enjoy the patios on the beach contest...

Who doesn’t like sitting on a patio for a cool drink and a delicious meal?
Beaches|life wants you to enjoy the patios this summer by giving away:

$100 and three $10 prizes to spend at one of your choice of patios on this page.

To enter, go to beachesliving.ca and follow the link. Tell us about your favourite Beaches and Leslieville patios and why.

Contest closes July 10, 2012.
Happy Canada Day!

How well do YOU know YOUR Country?

1. What are Canada’s two national sports?
2. When was “Oh Canada” proclaimed as Canada’s national anthem, 1870, 1935, 1980?
3. What is Canada’s national animal?
4. What is the capital of Canada?
5. Name the five Great Lakes and which one is not in Canada?
6. Who was Canada’s first Prime Minister?
7. What is the origin of the name “Canada”?
8. Who was the Metis leader in Canadian history who led the rebellions in 1885?
9. What is Laura Secord famous for?
10. How many time zones are there in Canada?

Another birthday...
Canada, you don’t look 143!

Once again Beaches/life encourages you and fellow Beachers to show your pride by waving the Canadian flag and adding to our Canada map. Together with Google Maps, we can make our neighbourhood Canada’s first flag waving “hot spot”.

Since we began this campaign in 2010, it has grown outside our neighbourhood to include the Rouge, Clarington and Stouffville. Why not help fuel the excitement? Get your friends and family across Ontario waving and mapping the Canadian flag.

Wave it. Map it. Celebrate it!
beachesliving.ca/mapit

Goal: 2012 waving Flags for 2012!

Join the crowd!
Be a part of the flag waving social network!

Let’s continue to add your flag to the map.

How to put your flag on the map:

For the month of June and July 1, Beaches/life is asking all our readers to wave an “electronic” flag and put yourself on the map! It’s easy.

1. Go to beachesliving.ca and click on Map it!
2. Enter your address or postal code.
3. We’ll do the rest. A Canadian flag will be plotted at your location on Google Maps.

The Beaches community will prove to the rest of Toronto, Canada, and the world that we’re the MOST patriotic in the land!
Summer is the time for packing up the family and going on vacation. These movies take that statement literally. Each of these films has a country’s name right in the title. No need for a passport, suitcase or money exchange, let Beaches|Life take you around the world and back again. Enjoy your “movie-cation”.

From Russia With Love (1963) Dir. Terence Young; Sean Connery, Robert Shaw, Lotte Lenya

The Boys from Brazil (1978) Dir. Franklin J. Schaffner; Gregory Peck, Laurence Olivier, James Mason

Out of Africa (1985) Dir. Sydney Pollack; Meryl Streep, Robert Redford, Klaus Maria Brandauer

Good Morning Vietnam (1987) Dir. Barry Levinson; Robin Williams, Forest Whitaker

Canadian Bacon (1995) Dir. Michael Moore; John Candy, Alan Alda, Rhea Perlman

Seven Years in Tibet (1997) Dir. Jean-Jacques Annaud; Brad Pitt, David Thewlis, BD Wong

Hotel Rwanda (2004) Dir. Terry George; Don Cheadle, Sophie Okonedo, Joaquin Phoenix


Australia (2008) Dir. Baz Luhrmann; Nicole Kidman, Hugh Jackman, Shea Adams

Madagascar (animated 2005) Dir. Eric Darnell, Tom McGrath; Voices of Chris Rock, Ben Stiller, David Schwimmer

The average adult spends roughly 30% of their life working, preparing for work or thinking about work. During the summertime, why not make the experience a bit more pleasant for you and your employees? Studies show that a tidy, attractive workplace is more productive. Clutter can seriously interfere with getting things done, and poor lighting reduces the speed at which people read and communicate.

Beaches|Life was inspired by two local businesses in the Beaches, Envy Eyewear Boutique and Salon Fotali, which recently completed stunning renovations. You may not be able to do a total makeover, but a few small touches can make a big difference!

• Too much clutter? Maybe it’s time to recycle and toss some of those older papers and books.

• A dreary workplace can lower the spirits of staff. Ensure that your workplace is well decorated and vibrant. A few framed pieces of art or photographs can make a huge difference.

• Paint a bit tired? A fresh coat of paint does wonders to brighten a space and change perspective.

• Some colors are thought to promote different responses. For example, yellow breeds creativity, red boosts sales, blues and greens provide serenity and orange is social.

• During the summer months, consider making your workplace more “summer friendly”: fresh flowers, bright coloured cushions.

Photo: Envy Eyewear Boutique’s recent transformation which incorporates blue agate illuminated with LED lights.
**健康谈**

在1616年，加拿大探险家Samuel de Champlain写道，“没有它们，我们可能会饿死。”他正在讨论浆果，尤其是蓝莓和覆盆子，他的团队发现这些浆果生长在渥太华河和休伦湖的岸边。不仅它们使他的团队免于饥饿，也使他们保持健康！

今天，我们继续享受这些浆果的健康益处，特别是蓝莓，原产于安大略。在对40种水果和蔬菜的研究中，蓝莓被列为健康益处最高者！蓝莓富含抗氧化剂，这一群体因颜色和抗氧化能力而闻名。蓝莓还含有原花青素，这已经被证明具有抗癌作用。它们还富含溶性纤维，有助于降低胆固醇水平。

覆盆子和黑莓富含维生素C，可以预防坏血病，减少中风风险，并有助于预防癌症。覆盆子和黑莓已经被证明含有对健康有益的物质，可能减缓衰老过程，增强免疫力，并保护免受慢性疾病如心病和癌症的侵害。

越来越多的研究发现，各种食物，尤其是浆果和橙色和紫色的水果和蔬菜，如草莓、蓝莓和胡萝卜，与健康和疾病预防有关。

下表列出了抗氧化单位每100克的前10种水果（浆果）和蔬菜：

<table>
<thead>
<tr>
<th>水果（浆果）</th>
<th>抗氧化单位</th>
</tr>
</thead>
<tbody>
<tr>
<td>蓝莓</td>
<td>2,400</td>
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<tr>
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<td>2,036</td>
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<td>菠菜</td>
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<tr>
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<td>930</td>
</tr>
<tr>
<td>西兰花</td>
<td>890</td>
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</tbody>
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**享受浆果的方式**

- 鲜食，洗一洗再吃。
- 加入希腊酸奶和一点蜂蜜，撒上燕麦片增加口感。
- 冻结，放进你最喜欢的饮料中。
- 在温暖的蛋糕上，加入打发的奶油或冰淇淋。
- 加入沙拉。
- 加入早晨的麦片。
- 与法式吐司和枫糖浆一起享用。

beachesliving.ca

保持你与社区的联系，了解，参与！

---

**问题与解答**

**问题**

随着暑假的临近，我如何知道湖水是否安全供我的孩子们游泳？——Joan S.

**解答**

你知道答案吗？

你可以赢取去Alliance Cinema的电影通行证，地址是1651 Queen St. E.。

请在7月10日前发送你的答案。

你有疑问吗？

让我们在Beaches|Life中看到你的疑问！我们的读者可能有你想要的答案。

**你有疑问吗？**

如果你想知道湖水是否安全供我的孩子们游泳，你会怎么做？——Joan S.

**赢家猜猜看**

Mary Prole是4月/5月 issue问题的赢家。她问：Beaches|Life

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**社区资源**

- 特别活动
- 店铺
- 业务目录
- 历史和地标
- 图片和视频画廊
- 演出和优质餐饮
- 市场营销服务
- 代金券和竞赛

beachesliving.ca
Do you have a “To Do” list for your home? Maybe you don’t know how, or don’t have the tools, to get these jobs done. Perhaps the person you’re hoping can help (like your spouse!) just isn’t getting around to doing them.

Look no further. Mr. Handyman is specifically designed to do your list of home (and office) repairs and maintenance. It could be a broken step, a light fixture you need installed, a door that sticks or a room that needs painting. You simply book Mr. Handyman’s experienced technicians for an hour (minimum) and give them your list.

Doug Rae, owner of the Mr. Handyman franchise for Central Toronto, got into the handyman business after years overseeing maintenance and repairs on computer hardware. Although he’s also a handyman himself, it was his former experience “solving problems” that led him to his recent career.

“I like helping people,” he says, “And unlike computers, this is more personable. People just want things fixed. And when we show up and do what we say we are going to do, and do it right, everyone is happy.”

“We solve your problems while you’re there,” explains Doug. His team is particularly used to the challenges of older homes, condominium and small businesses. You can hire them for almost an unending list of services: fixing drywall, replacing glass, adding molding and trim, painting, tile work, moving furniture, fixing fences and gates, cleaning eaves, fixing a toilet, etc.

“The most frequent comment I hear from satisfied customers is, ‘wow, you showed up when you said you would — the job was completed, and done right.’”

The typical Mr. Handyman customers are females 35-60 years old, seniors, and other adults who need work done for their aging parents. Though, “one gentleman called me in a panic because his wife was coming home at the end of the week and he’d promised to do some work around the house,” laughs Doug, “He booked us right away!”

“We specialize in the small stuff. Most jobs take about 2-3 hours,” Doug says.

Doug’s team are fully insured, licensed by the City of Toronto, bonded and covered by Workers Compensation. He notes that today’s home insurance policies usually don’t cover injuries by those working in your home, so it’s critical to protect yourself.

Mr. Handyman
416-445-8500 • mrhandyman.ca

What you should know:
• Each time you visit a website, your IP address is logged and can reveal to others where you live or at least, which computer connection you are using.
• Most browsers have a history tab that reveals to anyone else using that computer where you have visited. This can be embarrassing if, for example, you are searching for answers to a medical or financial problem, doing confidential research for a client or project, checking an online dating site, even planning a surprise party or event.

What can you do?
To prevent the footprint, you can do one of the following:
• Search for an online program that fakes your IP address;
• Turn off your history setting on your browser (sometimes called Privacy Setting);
• Consider using a public Internet computer.
Ontario Fruits and Vegetables
Taste Them Again for the Very First Time!

All year round there is a treat that many of us eagerly await—it’s that first bite of a fresh Ontario peach, those first slices of vine-ripened tomatoes, unbelievably sweet Ontario strawberries, blueberries packed full of flavour, a bowlful of black and red cherries, juicy and sweet Ontario muskmelon.

The season for fresh fruit is short. Don’t miss out! Find out when our fresh fruit is at its peak and go ahead, take a big bite!

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Local Farmers’ Markets

East Lynn Park Farmers’ Market
1949 Danforth Ave
Thursday, 3-7 pm
June 7-Oct. 25
my-market.ca

East York Farmers’ Market
East York Civic Ctr.
580 Coxwell Ave
Tuesday, 8 am-2 pm
May 17-Nov. 1

Leslieville Farmers’ Market
Jonathan Farmers’ Market
725 Logan Ave
Sat., 9 am-1 pm
May 19-Oct. 27
withrowpark.ca

For a full list of Farmers’ Markets across Ontario, visit farmersmarketsontario.com

Tell us where the Secret Beaches Spot photo was taken, and you could win two “Let’s beach! 2012” event tickets, including BBQ on June 24 at Balmy Beach Club ($30). Email your answer by June 21 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 $25 gift certificate to Casa di Giorgio Ristorante, 1646 Queen St. E. Email your photo by July 10 to info@beachesliving.ca.

Congratulations to Ian H. – April/May’s Secret Beaches Spot winner.
Here is his answer:
“Life is a close up of a board on the boardwalk. The tag is for indentification”

Here is the full answer from Linda P. who sent us this great shot:
“I learned the following from the previous manager Dianna Clarke who lived in the gardeners cottage that every 100th board on the boardwalk is marked with a number for maintenance and replacement purposes, on the beach end of the board, so that workers would know which board number to repair/replace. At the time, it cost $60 per board to replace – that’s a lot of money for a lot of boards!”

Join us at Let’s beach! 2012
A fun summer celebration on the Beach & a great cause!

Event presented by:
Beaches Living
Event sponsored by: GERRARD SQUARE
now with great new stores including
FRIDAYS
BRATZ
severity

Come out and join your neighbours, friends, family and local business owners for an afternoon of dancing, auction bidding, bbq’ing and playing...

Sunday June 24, 1:00 – 6:00 pm
At Balmy Beach Club (at the foot of Beech Avenue)

Great auction items added daily, preview online
Get your tickets at beachesliving.ca/letsbeach

Tickets: $15 in advance (includes bbq & soft-drink, cash bar), $20 at the door.

1646 Queen St. E

Bexches that we love
Life

26 Beaches | Life June/July 2012

Beaches | Life June/July 2012 27
Your special day – wedding, birthday, celebration – is a reflection of who you are. That’s why Nspired Events avoids a “cookie cutter” model.

Lucy Chung, owner and certified wedding planner explains, “just because a wedding plan, a dress, an invitation or type of photography worked for someone else, it doesn’t mean it will work for you”.

Nspired Events has arranged events for groups from 20 to 400. “We talk with our clients, uncover their particular dynamic as a couple, their likes and dislikes and their story. Then we bring these characteristics to what we create for them,” said Lucy.

Some of Lucy’s clients come from different cultural backgrounds. In these cases, the events are designed with both cultures in mind, blending their celebrations into one, while giving the guests a taste of both.

Before moving to Toronto, Lucy gained considerable experience planning corporate events as a public relations professional in San Francisco. She combined this experience with time spent at her mother’s bridal shop in Vancouver.

Nspired Events opened last June in a beautiful Victorian home setting, and has been a busy place since. There’s a showroom on the main floor with dresses and accessories, make up and photography on the second, and an independent jewelry designer on the third.

They provide one-stop shopping for weddings and other special occasions. Services include event planning, photography, make-up, hair, flowers, dresses, accessories, décor and personalized invitations. Lucy’s team also arranges for a wide-range of additional services.

You can purchase or rent bridal dresses, eveningwear, dresses for children, tuxedos and culturally specific dresses. Lucy notes this is a popular choice for brides that have more than one change of clothing.

“It was an awesome year,” says Lucy, “Lots of people in the Leslieville and Beaches neighbourhood dropped by to look at our selection of trendy accessories for all occasions such as unique hair pieces and jewelry, and of course, to admire the dresses.”

Just come by and have a look. You’ll be drawn in by the creative window displays – of course, custom-made by Lucy and her staff.

Nspired Events • nspiredevents.ca
1400 Queen St. E. • 416-551-6511

Try an event “inspired by you”
Welcome new neighbours
BBQ Chicken House—2248 Queen St. E.
BMO Branch—2089 Danforth Ave.
Breakwall Restaurant & Bar—1910 Queen St. E.
Curvaceous Consignments—2186 Queen St. E.
East Ender Restaurant—1967 Queen St. E.
Genzohair—2480 Gerrard St. E.
Gorgeous Day Spa—2230 Queen St. E.
Greystone Build & Design Group—2220 Queen St. E.
Harry's Surf.Skate.Snow—1967 Queen St. E.
The Record Vault—2156 Queen St. E.

On the move
Balance Health Group Inc.—1789 Queen St. E.
Vacuum Chek—1856 Queen St. E.

Thank you and best wishes
Carlson Wagonlit/Stewart Travel—2060 Queen St. E.
Harvest Café and Fine Foods—1856 Queen St. E.
Premiere Fitness—Shoppers World
Red Moose—1910 Queen St. E.
Sugarplum Sweet Creations—1028 Kingston Rd.
Zellers—Shoppers World

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.

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

SALE IS ON!
Always Great Prices and Good Value

29 Bermondsey Rd
at Sunrise  416-690-5505

Visit: www.alfsantiques.com

To shop online visit: www.techshopcanada.ca
Celebrating our 1 year anniversary!