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# life



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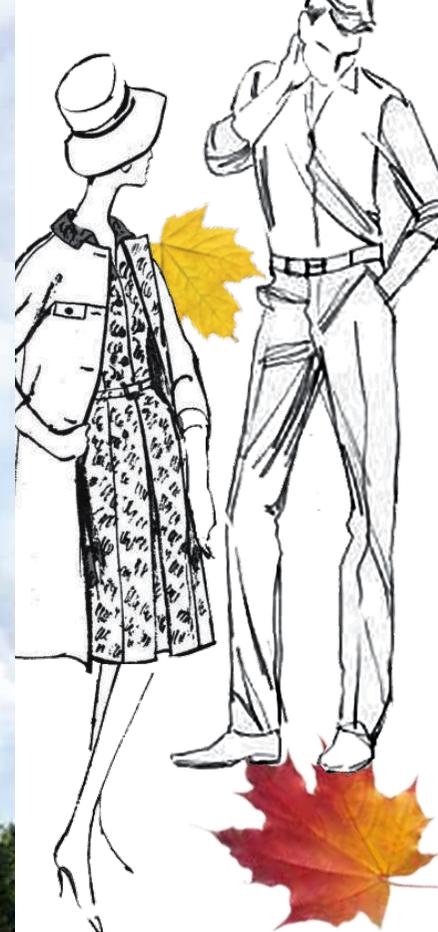
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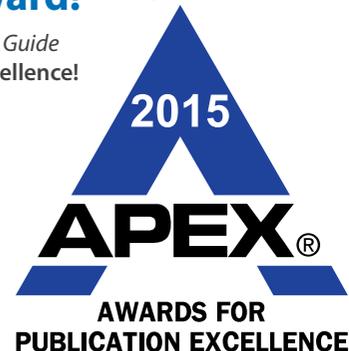
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## Beaches|life

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Your comments and suggestions are welcome.

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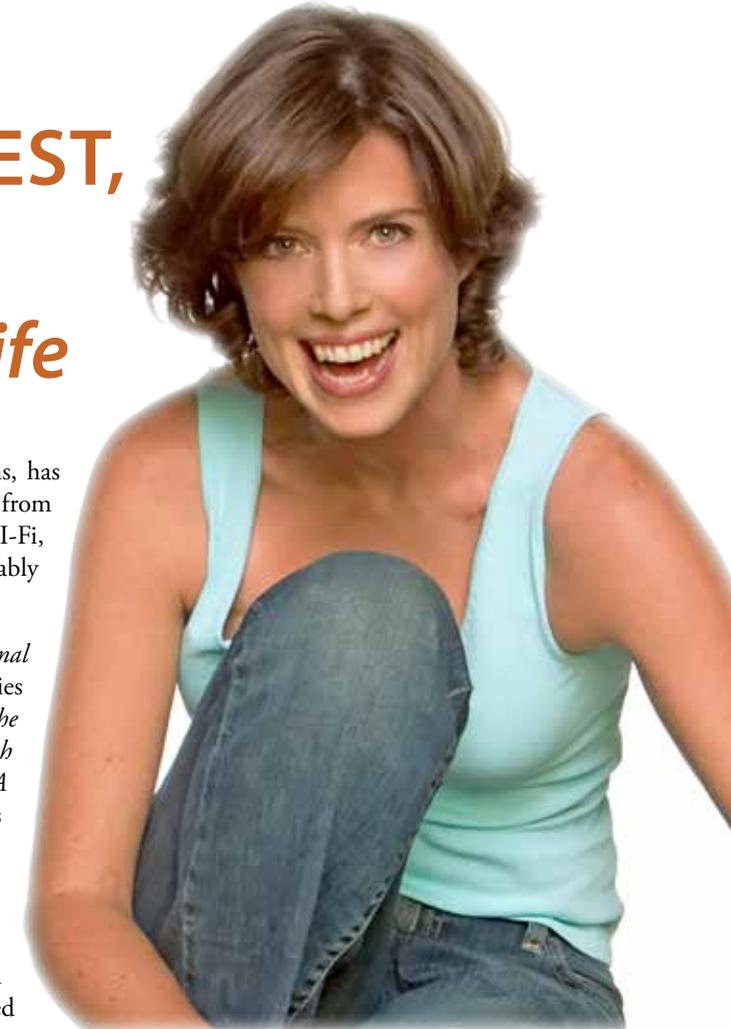
## FUNNY, HONEST, HEARTFELT – THIS IS *This Life*

The versatile Canadian Actress, Torri Higgins, has enjoyed a wide range of drama genres – from comedy, horror, drama, action, historical, SCI-Fi, docudrama, and more. In fact, you've probably seen her and perhaps not even realized it.

She's had many rolls in TV dramas (e.g. *Criminal Minds*, *Chase*, *NCIS*), made-for-TV movies (e.g. *Family of Cops*, *Stephen King's Storm of the Century*), and Hollywood hits (e.g. *The English Patient*). Some may have watched *Canada, A People's History* where she had various roles including Agnes Macdonald! In recent years, many have known her as Dr. Elizabeth Weir on the Sci-Fi channel series, *Stargate Atlantis* or Katherine on *The City*. And unlike some actors, she's able to switch from film and television back to theatre. She's appeared in theatres across Canada and the US such as Toronto's Soulpepper Theatre, the National Arts Centre and The Noise Within Theatre in California.

If she is still not a household name, this will change after the premier of a new television series *This Life*, the first episode airing on October 5, 2015 and starring Torri.

*This Life* follows the life of a woman with one year to live, following her diagnosis with cancer. Although at one time a “taboo” topic (it used to just be called the “C” word), these days cancer is talked about, read about and spoken about. There's hardly anyone you know whose life hasn't been touched at some point with a cancer diagnosis – their own or a loved one. In *This*



*Life*, the writers and Torri, demonstrate that it is time we put the reality of what having cancer means into the accessible – and entertaining – format of television so we can all make our own connections.

*...one time, a “taboo” topic... these days cancer is talked about, read about and spoken about.*

“Some people will cry, especially if they have a personal connection with the story” says Torri, describing the new series she stars in as the lead character. “But I hope others will laugh, even if it is just a release from emotion.” The busy star of stage, screen and television certainly comes across as fun, hopeful and optimistic; despite the fact that the role is about a serious subject.

*...continues on page 6*



...continued from page 5

She adds that *This Life* certainly isn't intended to be a "downer". Described as funny, honest and heartfelt, the series follows the life of a regular family whose world turns upside down overnight when the mother is diagnosed with a cancer and is given a year to live.

"It is really about life," she says, "it's not depressing but it is a reality. The truth is, our humanity is complexly knocked off its core by the one thing we all share."

Born Sarah Victoria Higginson, Torri was influenced by the power of theatre at an early age. With Welsh heritage, it is no wonder her family is steeped in theatre.

With both parents involved in Ontario's Stratford Festival, Torri had the opportunity to meet Patsy Rodenburg, a world-renowned master voice and Shakespearean teacher. Torri decided that she wanted to study with Rodenburg at the famous Guildhall School of Music and Drama in London England.

When she finished training, "I decided I needed a secure job", she explains, believing for a time that she'd pursue a different path. But she found she couldn't leave her love of acting.

*This Life* series, her latest achievement, is an English adaptation of a popular French series, *Nouvelle Adresse*, rewritten and produced for an English speaking audience. "It is beautifully written," says Torri. The 10-part series focus on Natalie Lawson (Torri's character), a lifestyle columnist and single mother in her early forties who receives a terminal cancer diagnosis in the first episode. She then sets out to helping her three teenage children get ready for the future, while trying best to live in the now.

Although Torri doesn't have a personal connection with cancer, she certainly has seen friends go through illness that led to death. "Every time it has happened," she describes, "I've been shaken to the core, but also, something heartfelt has always come from it."

One curious aspect of starring in the series is the peace of mind Torri felt going into the project over whether or not the series would be renewed. "There's always an insecurity with actors about whether or not you are going to get written out of a script," she says, "It was a wonderful relief with this one that I knew where it all ends!"

Turning her attention to something new is just fine for Torri, who never seems to run out of roles, "Canada's been so good to me," she adds. Once she finishes taping *This Life* in early October, she returns immediately to Toronto as part of the cast of the play *Domesticated*, opening at Canadianstage in November.

Most of the time, she divides her time between Los Angeles, Vancouver, Montreal and Toronto. But she loves returning to downtown Toronto, where she grew up, to visit family and friends, and until recently, to walk her dog (the Magical Mystery Mutt) along the boardwalk in the Beaches. "I got to love road trips because of that dog," she says, "I didn't want to put him on a plane so I'd drive all the way to LA from Toronto. I got hooked on crossing the country by road!" Although her beloved dog passed away last year, she continues to drive when she can.

This Life  
cbc.ca/thislife/

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## Feeling stuck? It's Time to Let it Go

Often we feel stuck when we've become so caught up with the everyday details and obligations of life that we've stopped doing those things that give us most joy. Think about what you really enjoy doing, what has always made you happiest, and what you'd do more of if you had the time. It could be reading more, spending time with grandchildren, playing a sport or doing a hobby. Now find a way to fit at least one of these favourite activities back into your life. You'll be surprised how soon you begin to feel more liberated.

### Change your routine

Make at least one change in your daily or weekly routine. This may be the most difficult to do but who says you have to always live your life exactly the same way? Instead of using Saturday to do chores, use Saturday morning to take a course or visit the gym. Maybe you've always had breakfast at home. Why not try set one morning a week aside to have breakfast out with a friend or family member. A change in routine reinforces that you're not stuck, but in fact, very much in control. You'll be surprised how energized you feel.

### the sign of something greater

Finally, know that getting stuck is temporary and it happens to everyone. In fact, some believe that before a great triumph, many great leaders and inventors also got to the point where they felt stuck. As an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. When a reporter asked, "How did it feel to fail 1,000 times?" Edison replied, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."

Get up, brush yourself off, take a deep breath, go for a walk and make the decision to get unstuck. You're well on your way.

Everyone experiences ups and downs. Life is going well and then something happens that sets you back, perhaps a bit, maybe more. Now, nothing seems to move forward. It could be just a general feeling or one attached to something specific, like your career, your relationship, your own personal development. You tell people you're in a rut, or bored with life. You feel listless, anxious and discontent. There's no other good word for it except you're "stuck".

The first thing to do when you feel stuck is acknowledge that although things may have happened to make you feel stuck – in reality, you're not. Each of us has the power within ourselves to push through these challenging times and get back moving again. It isn't going to happen overnight, particularly if you've had a major set back. But once you make the choice to get "unstuck", you can be sure that you have what you need to get your life going again.

### Let go to make room for something new

Once you've decided enough is enough, you need to make sure you're looking forward before you start moving forward. Whatever may have started you into this feeling is now in the past. It is time to look to the future. Let old things go so you can make room for new ones. Whatever could have been or should have been, doesn't matter. Release regrets. Discard yesterday's frustrations. Let old pain fade. It takes too much energy to hang onto negative feelings. Unless you begin to let go, you can't even think of getting unstuck.

### Give yourself time to listen

Now, take some time, perhaps a day or even a short vacation, so you can do some serious soul searching.



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# NATURE'S AIRSHOW

## TORONTO'S BIRD SUPERHIGHWAY

October and November are the busiest months to watch the fall migration of birds to warmer climates. Various species know – by instinct – when it's time to leave in order to reach their destination on time.

Toronto is a particularly "bird friendly" area both as a home and a crucial stopover because of its over 10 million trees and ample fresh water.

### FAVOURITE STOP-OVERS

You'll see birds migrating through the fall but for enthusiasts, there are specific places where bird watchers know what species will be flying overhead—and when!

The Toronto Waterfront is an important stop-over spot for migrating birds with well over 150 species seen regularly – a foremost site for bird-viewing enthusiasts.

There are 13 exceptional bird viewing locations in Toronto, with seven along or near the waterfront. They are Toronto Islands, Tommy Thompson Park (Leslie Street Spit), High Park, Colonel Samuel Smith Park, Humber Bay Shores, Humber marshes and Ashbridge's Bay Park.

### WATCHING THE RAPTORS – BIRDS, THAT IS

Raptors, or birds of prey include Bald Eagles, Hawks, Vultures and Falcons. These magnificent and very large birds travel right over Toronto—sometimes in flocks of several hundred. They will not fly over the Great Lakes—they wait until the wind is right so

they can be carried. A noted viewing area for Raptor enthusiasts is Rosetta McClain Gardens, on top of the bluffs off of Kingston Road near Birchmount Road. Because of the height of the cliffs, hawks have been known to pass by almost at eye level.

### THE ANCIENT ROUTES

Birds from across Ontario also tend to funnel along the shores of Lake Erie and Lake Ontario as they travel south into the USA. This is because they can take advantage of the strong winds over these two Great Lakes to assist in their long flight.

There are 5 or 6 known bird "flyways" for migratory birds in North America. These are ancient routes that birds have used for centuries. Because of Toronto's funnel effect, the city's been described as a kind of "bird superhighway" because it lies at the confluence of two of these flyways: the Atlantic Flyway and Mississippi. It means that through the Fall, 270 bird species travelling through Toronto head south to the Gulf of Mexico, the Atlantic coast, and South America!

For a complete listing of the fall migration in Ontario, visit the Ontario Nature's website, ontarionature.org.

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# Foodtalk

## Finding Your Roots



Autumn is the time to find your roots, vegetables that is. Although, root vegetables don't share a "glamorous" reputation like exotic greens and so many beautiful looking fruits, once you cut into them, you'll find their beauty within.

The fact that they've spent most of their growing time under ground means they're loaded with healthy vitamins and minerals. When prepared properly, root vegetables are delicious, versatile, one of the most inexpensive sources of healthy food.

Root vegetables include: Yams, beets, parsnips, turnips, rutabagas, carrots, yucca, kohlrabi, onions, garlic, celery root, horseradish, daikon, Jerusalem artichokes, radishes, and ginger.

### Healthy and low-calorie

All root vegetables are packed with a high concentration of antioxidants, Vitamins C, B, A, and iron, which makes them immunity and energy-boosting.

They are filled with slow-burning carbohydrates and fibre, which make you feel full, and help regulate your blood sugar and digestion. Cooked or raw, they help cleanse your system.

### Preparing root vegetables

Root vegetables are hard and many have a bitter earthy flavour, so most taste better when cooked. Some, like beets, must be peeled; others, like carrots just need to be scrubbed. In most instances, you'll want to peel the root vegetable before cooking. Sweet potatoes, however, can be baked whole, or in halves first and then the potato pulp scraped off the skin. Beets also are best cooked before they are peeled.

### Getting to know your Roots

**Sweet Potatoes and Yams (look the same and basically taste the same):** Sweet potatoes are loaded with iron, potassium and vitamin C. Yellow or orange sweet potatoes contain beta-carotene that yields vitamin A. 1 cup of sweet potatoes contains roughly 103 calories and 3 grams of dietary fiber, or about 12 percent of the recommended daily amount.

**Beets:** A super food, full of beta-carotene and betalains, which are antioxidants and anti-inflammatory. Golden beets are slightly sweeter than red beets. Boil or steam with skins on. Once cooked, the skins slip off easily (but wear rubber gloves or your hands will be dyed pink!).

**Parsnips:** Parsnips look like large white carrots and have a distinct, almost cinnamon flavour. They are great roasted, but if you find the flavour too strong, use them to enhance the flavour of soups and stews.

**Rutabagas:** Unlike the smaller white/purple turnips, rutabagas have a more earthy taste and a lovely orange colour. You must peel them first because they always come coated in wax to help preserve them. Like parsnips, rutabagas add great flavour to soups, stews or mashed into potatoes.

### Root Vegetable Stew

#### Ingredients

- 1 cup (cubed) of each: carrots, yellow beets, turnips, parsnip and sweet potatoes
- 1/2 large onion-thinly sliced
- 2 cloves garlic
- 1 tsp. fresh, minced ginger
- 1 tsp. sea salt
- 1/2 tsp. cayenne pepper
- 2 cups vegetable stock and 1/4 cup reserved
- 2 tbsp. unbleached flour
- 1 tbsp. chopped, fresh sage
- 2 tbsp. chopped, fresh parsley
- 1 medium sprig rosemary

#### Method

- Combine all vegetables, garlic, ginger, salt and cayenne pepper.
- Cook over medium heat until vegetables are slightly tender, about 20-25 mins.
- Combine flour with an additional 1/4 cup vegetable stock and stir until smooth.
- Add to the stew. Reduce to low heat and continue cooking an additional 5 mins.
- Add fresh parsley, sage and rosemary.
- Simmer 5-10 more minutes.
- Serve over brown rice, quinoa or enjoy by itself.

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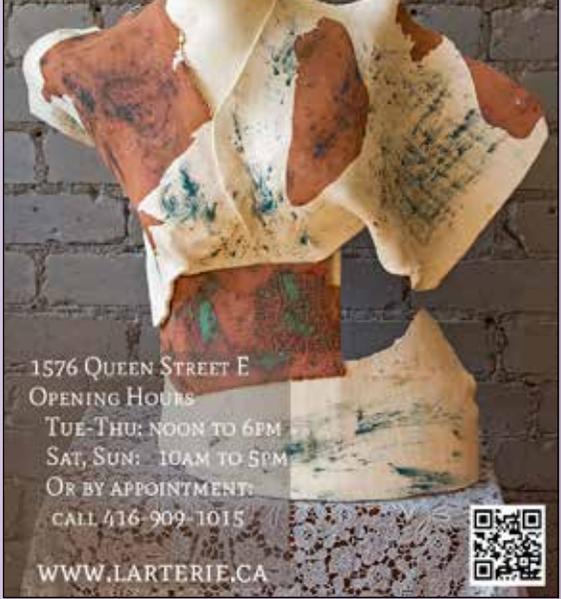
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## Health talk

# INVESTING IN HEALTHY BONES



As we are living longer we must invest more to health for a better and happier life. Building up healthy bones early in life through proper diet and exercise will help prevent osteoporosis later on, and this is why it is considered a disease of childhood that manifests in old age.

Chronic diseases, such as osteoarthritis and osteoporosis, are becoming more common-place. Osteoporosis, a disorder characterized by porous and fragile bones, is a serious public health problem. North American rates of osteoporosis are among the highest in the world with 1/4 of Canadian women and 1/8 Canadian men over the age of 50 has osteoporosis, another great many have osteopenia, or low bone mass, which precedes osteoporosis.

Bone loss occurs as part of the normal aging process, particularly in postmenopausal women due to decreased amounts of estrogen. Many factors increase the risk of developing osteoporosis, including gender, being thin, inactivity, advanced age, smoking, excessive alcohol intake and having a family history of osteoporosis. Dietary intake is also a huge contributor in that optimal nutrition helps provide the building blocks for strong bones and connective tissue.

The good news is that with a healthy lifestyle, optimal diet, structured physical activity and the help of your doctor and local experts, you can naturally prevent and manage this condition.

### DIET

**Leafy Greens** – Veggies can easily become an important contributor in our diet because they are very high in both calcium and magnesium. Look for low oxalate options, such as bok choy, broccoli, collards and kale.

**A Word About Dairy** – Although dairy products were once considered necessary for the prevention of osteoporosis, new research indicates that this may not be the case. Milk is very low in magnesium, which is needed for the absorption of calcium.

Studies have shown that countries with the highest dairy consumption also have the highest rates of osteoporosis, while countries that consume very little dairy have almost no cases of osteoporosis.

### SUPPLEMENTS

Healthy bones need more than just calcium supplements. Many other nutrients are equally important, including: Vitamin D, protein, Magnesium, Boron, Copper, Zinc, Vitamins D, K, C, B12 and folic acid.

Calcium is absorbed more efficiently when small amounts are consumed throughout the day. Two main forms of calcium supplements are carbonate and citrate. Calcium carbonate is more commonly available, inexpensive and convenient. Individuals with reduced levels of stomach acid can absorb calcium citrate more easily.

### ACTIVITY

**Exercise, exercise, more exercise...** Regular exercise, both weight-bearing and resistance, are key to the development and maintenance of healthy bones throughout the life cycle. Activities such as walking, running that works against gravity, and calisthenics that involve weight.

### INVESTING IN YOUR HEALTH TODAY

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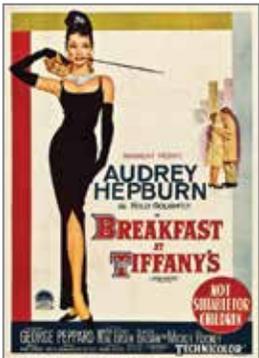
Some Real. Some Serious. Some Fun.

# All Fashion Movies

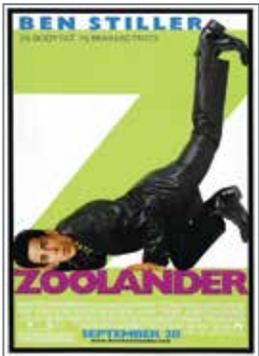
Fashion is everywhere and especially well represented in our favourite movies. Here are ten films that represent the best and not so great world of fashion.



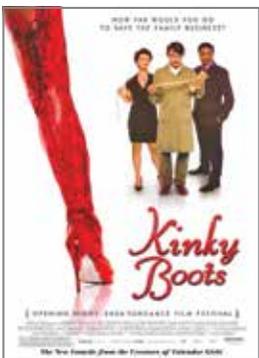
**Funny Face** (1957)  
Dir. Stanley Donen; Audrey Hepburn, Fred Astaire, Kay Thompson



**Breakfast at Tiffany's** (1961) Dir. Blake Edwards; Audrey Hepburn, George Peppard, Patricia Neal

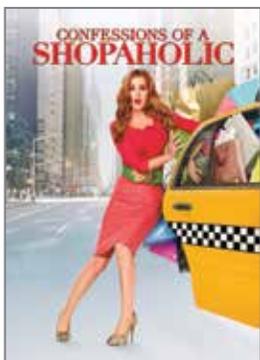


**Zoolander** (2001)  
Dir. Ben Stiller; Ben Stiller, Owen Wilson, Christine Taylor

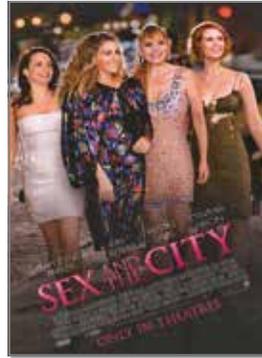


**Confessions of a Shopaholic** (2009)  
Dir. P.J. Hogan; Isla Fisher, Hugh Dancy, Krysten Ritter

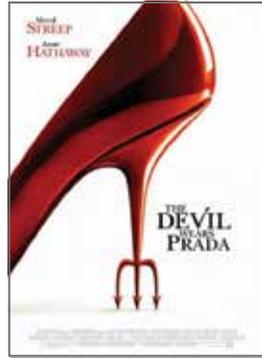
**Kinky Boots** (2005)  
Dir. Julian Jarrold; Chiwetel Ejiofor, Joel Edgerton, Sarah-Jane Potts



**The Devil Wears Prada** (2006) Dir. David Frankel; Anne Hathaway, Meryl Streep, Adrian Grenier



**Sex And The City** (2008) Dir. Michael Patrick King; Sarah Jessica Parker, Kim Cattrall, Cynthia Nixon



**Valentino: The Last Emperor** (2008)  
Dir. Matt Tyrnauer; Valentino Garavani, Giancarlo Giammetti, Nati Abascal

**Coco Before Chanel** (2009) Dir. Anne Fontaine; Audrey Tautou, Benoît Poelvoorde, Alessandro Nivola

**The September Issue** (2009)  
Dir. R.J. Cutler; Anna Wintour, Hamish Bowles, Sarah Brown



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**bizprofile**

# Find and Seek in your Kitchen Cupboards with Smart Shelving



We've all been there—down on our hands and knees searching for that crockpot at the back of a dark kitchen cupboard. All you see is clutter and darkness.

“We call it the black hole”, laugh Linda and Roch, owners of Smart Shelving, “we’ve sometimes found that people actually don’t even know what they own!” Roch then cites an example of a customer who found a cereal box from 2007 in one such “black hole”. It’s why the Smart Shelving’s pull-out shelves, installed wherever you need them, have been such a hit.

Linda and Roch got into the business when they were trying to organize their own kitchen and saw an ad for Gliding Shelf Solutions. They were so impressed with the product that they asked about owning their own dealership. Both had a sales background, and Roch also had skills as a handyman—it was the perfect fit for the two entrepreneurs.

“We gave it our own name, “Smart Shelving”, explains Roch, “because it’s for people looking for smart ways to organize, whether it is in the kitchen, bathroom, anywhere where you need to make smarter use of the space.”

The ‘shelving’ is more like a pull-out draw, installed in an existing cupboard or closet. It is completely customized to your space so it is suitable to older homes as well as brand new ones. “One of our Beaches’ customers recently moved into a brand new condo,” says Linda, “And we came in to make the small kitchen work better. We ended up converting the lower cabinets to two pull-out pantries for her, which now gives her much more space.”

Customers come from the Beaches, East York, Scarborough, Durham and Clarington. Most love the convenience of the shelves, and the fact that suddenly they have more usable space; but many also appreciate the increased accessibility that the shelving provides. For example, those with arthritis or other health conditions find that the sliding shelves make it easier, even possible now, to get to items stored in lower cupboards or hard to reach places.

The photo gallery on the company’s website illustrates the many uses of the shelves. Like all their customers, the condo owner received a complimentary consultation before any shelves were purchased. And all products come with a warranty.

Available in white melamine or wood (Birch), the shelving is all Canadian made in Havelock, Ontario, a small rural community between Peterborough and Belleville. At a manufacturing plant built for the purpose, Ontario craftsmen make the shelves. “We’re a proud Canadian company,” says Roch, who points out that his wife grew up in British Columbia and he comes from Sept-isles in Quebec.

The product is also affordable, especially in the melamine finish; and no job is too small. You can start with a couple of cupboards and then add once you find out how much simpler life can be with a sliding shelf pantry, a lazy Susan (for a corner) or a shoe closet where you can actually find your shoes. Installation can be done within a few hours; and then all of a sudden, that black hole becomes useful space!

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# Plan(t) Ahead for an Early Spring

When most of the leaves are off the trees, the evenings darker and the air chilly, you'll find gardeners digging into the almost frozen soil to plant spring bulbs. It may seem like a chore at the time, but spending just a few minutes to plant in early November means a glorious display of bright, beautiful flowers next spring. For most of us, it is well worth the effort.

## Beginning bulb planting: try the tulip

There are many varieties of spring bulbs available but tulips are the most likely to do well, especially if you try out a few varieties and locations.

Choose any colour of variety you wish, but note whether they are "early" or "late" blooming. This makes a big difference. Usually available only in red, early tulips will bloom in April but will be gone by the time your late tulips are at their peak. Late tulips can last until late May. By planting both kinds, you can enjoy almost two months of continuous blooming!

- Plant just before (or just after) the first frost. Just after Halloween is a good guide. The idea is to get them in the ground so that the earth freezes around them within a few days.
- Chose firm bulbs, free of mold, blemishes and soft spots. They should not feel too light or dried up.
- Select a sunny or partly sunny area. Tulips adapt to many types of soils as long as they have good drainage.
- Plant with the pointed part up.
- Add a handful of bone meal as extra nutrients.
- Sprinkle bulbs with cayenne pepper to discourage squirrels and raccoons. Blood meal spread on the soil above the bulb also discourages squirrels.
- Cover and water if the soil is dry but only do this once. Tulips don't want to be waterlogged. Add some extra leaves as mulch.

## Some tulip varieties and facts:

The name tulip comes from the Turkish word for gauze or muslin, the fabric used for turbans. The name was given by the Europeans, reflecting on the turban-like appearance of the flower.

- Tulips are one of the most perfect plants. Each bulb contains all the necessary food to protect it during winter and to support growth in spring.
- Parrot tulips have ragged petals, making them a favourite for some.
- There are no true black tulips; the deep red-purple Tulip 'Queen of the Night' comes close.
- Lily-flowered tulips have pointed petals, similar to a lily flower.

References: Toronto Master Gardeners and the Toronto Botanical Garden

## Spring's "Early Risers"

For earlier blooms, before tulips, consider these spring bulbs!

**Glory-of-the-snow** – see these sprout up across front lawns, often when there is still some snow on it. The white, blue and pink flowers are star-shaped, with white centres bloom in early March. Purchase bulbs but don't be surprised to find them in your garden as they self seed and spread easily in sun or partial shade.

**Common snowdrop** – The earliest of blooms can be seen in late February. They literally pop their heads through the snow. Flower stems are about 15 cm tall and bear solitary, drooping, white blooms with green spots on the inner segments. Plant bulbs in clumps along a path.

**Crocuses** – These come after snowdrops and display bright blue, yellow, white and pink blossoms. For best results, plant in a circle, about an inch apart for a colourful display next March.



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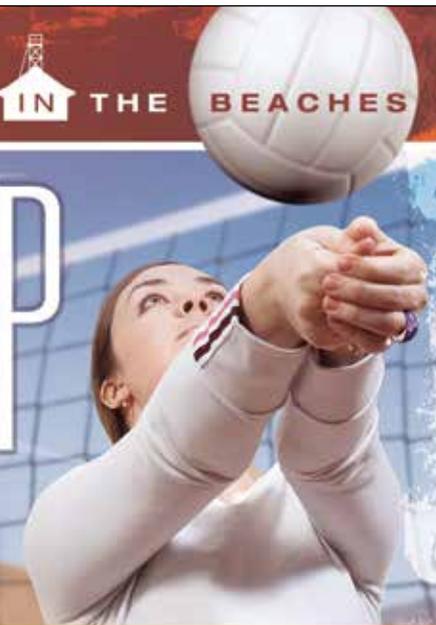


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**Congratulations to Tony Franco** – the winner of August's Secret Beaches Spot contest:

*A peaceful walking path on Leslie Street Spit.*



**bizprofile**

# Anything that can go right, does go right – Murphy's Law Pub

It looks like a bank, it even has a vault inside because it once was a bank but for the past two decades the large, formal-looking, yellow brick building commanding the corner of Queen East and Woodbine has been for eating and enjoyment – not banking.

Named “Murphy’s Law” in honour of the adage, “Anything that can go wrong will go wrong” (known as Murphy’s Law), everything seems to have gone right with this Irish Pub.

General Manager, Brian Foss, has spent the last 25 years working in the pub business and knows the ingredients for a successful one. After studying food and beverage management and hospitality at George Brown College and Ryerson University, he decided to focus on the “informal” dining experience.

“Now I get paid for throwing a party every night,” he says. Although located inside a historic bank building, Murphy’s Law is definitely a place for fun and unwinding.

“The atmosphere is not strict or stuffy like you sometimes get with fine dining. People come to a pub for a good time. And if they come sad, we’ll turn it around for them!”

Particular in a community, there is so much camaraderie at a local pub, with many regulars who make it their favourite spot to gather. Brian even alters the menu to suit the community, removing more robust items during the summer to accommodate the many health and fitness conscious customers who prefer a lighter menu.

Brian and his team also give back to the community, supporting many local causes in addition to the Out of the Cold program.

There’s lots of space on the three floors, a busy bar and tables where you can gather if you like to be surrounded by lots of people, quiet, secluded booths, small nooks for a more intimate gathering, even separate rooms. There also are 3 outdoor patios; the one on the rooftop offering a spectacular view of the lake.

This is not a pub that’s only Irish by name. Even visitors from Ireland admit that it feels like home with the dark wood, posters on the wall and of course, the selection of Irish beer (Guinness, Harp Lager, Kilkenny Cream Ale) as well as Magners Irish Cider.

A definite “hit” on the weekends is the Caesar bar. For \$4, you are provided with Clamato juice, ice and vodka; and then have your choice of over 40 additional ingredients/toppings. “You can add various proteins”, explains pub manager Brian, “As well as garnishes, like olives, herbs, various spices, veggies, etc.”

Chef Jason Wise also is no stranger to the food business. He trained as a chef at a prestigious culinary arts school in North Carolina, then worked in the US south 15 years before returning to Canada. Jason is most proud of the pub’s fish and chips; made with Atlantic Haddock and the pub’s own Kilkenny batter. If you’re looking for an authentic Irish dish, try the Irish stew (made with real lamb).

“We offer a fun experience, with upbeat staff and everything freshly made on the premise,” says Brian, “We’ll do our best to make sure you enjoy yourself.”

Murphy's Law Irish Pub  
1702 Queen St. E., 416-690-5516  
[murphyslaw.ca](http://murphyslaw.ca)



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## coming, going and on the move

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Foodoe's Fish & Chips – 1306 Kingston Rd.  
The Nail Market! – 668 Kingston Rd.  
Apple Jacks Preschool – 670 Kingston Rd.  
Skwish – 2252 Queen St. E.  
Studio 888 – 2359 Queen St. E.

### Thank you and best wishes:

Lake House Bar & Grill –  
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Table 17 – 782 Queen St. E.  
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Wunderland Gallery Café –  
1905 Queen St. E.

### On the Move (new location):

Apple Jacks Preschool – 670 Kingston Rd.  
Barber Cuts – 1899 Queen St. E.  
Toronto Beach Dental (a.k.a. Dr. Jay  
Rabinovich) – 2205 Queen St. E.  
The Ten Spot – 916 Queen St. E.  
The Wardrobe Designer – by appointment

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.  
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