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Holiday – December/January 2008/09

life



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7 Holiday Talk

9 My Secret Beaches Spot

11 Casa Di Giorgio

12 To Spend or Not to Spend?

13 Gift Giving & Ideas

15 Holiday Magic

17 *my.tech* Check Before you Click

19 Tutto Spa & Salon

20 Winter Tips

21 Beautiful Skin for Life

5 On the Cover
FABULOUS
Holiday Tips
Made Easy
with Steven
& Chris

LCBO

Discover the World

Have a Safe and Happy Holiday!
Gifts, Vintages and More...

December Store Hours:

1654 Queen St. E
Mon - Sat : 10am - 10pm; Sun: 11am - 6pm

2185 Queen St. E.
Mon - Fri : 10am - 9pm;
Sun : 11am - 7pm; Sat : 9:30am - 9pm

Holiday Store Hours (for both stores):
Dec. 24 & Dec. 31 : 9:30am - 6pm
Dec. 25, 26 & Jan. 1, 2009: Store Closed

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Visit www.BeachesLiving.ca
Click on Entertainment PASS for a complete list of participating businesses.
Purchase passes at the Fox Theatre (2236 Queen St. E.), or one of our participating businesses.



'Tis the Season to Enjoy Family and Friends ...

Beaches Living wish you a Festive Holiday Season & Happy New Year!

Beaches | *life* your community HUB to the Beaches www.beachesliving.ca



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Your comments and suggestions are welcome.

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Fabulous Holiday Tips Made Easy with Steven & Chris

Maybe the economy has taken a downward turn and your Christmas budget has suddenly shrunk, but that doesn't mean your holiday spirit needs to follow suit! Hosts Steven Sabados and Chris Hyndman of CBC-TV's STEVEN AND CHRIS have some timely tips on how you can be just as fashionable, your home just as festive, and your parties just as spectacular – without spending a bundle this year.

Start the season with the right attitude. This year of all years, Christmas is not about the presents—it's the people who count. Celebrate your family and friends with a fabulous seasonal soirée, but stick to the basics and focus your efforts.

Deck One Hall



- Keep things simple and tasteful by decorating one room—the living room.
- Choose your holiday theme colours. Look at what inspires you in stores and reinterpret them at home.
- Crave new ornaments, but don't want to spend the money? Do an ornament exchange with a friend.
- Make a centerpiece with everyday grocery items. Pears, green grapes and clementines can be mixed with inexpensive greenery. Place the fruits on a cake stand or a decorative plate on an upside-down bowl.
- Dimming your lights and lighting candles creates an intimate and sophisticated atmosphere.

Delectable Servings

- Ask people to bring their own drinks.
- Choose simple appetizers – little pastries or a basic cheese dish.
- Decorate a cheese dish with olives, nuts and fresh vegetables with dip.
- Cookies are a holiday tradition. Remember to set aside some time to bake them.
- Visit www.cbc.ca/stevenandchris for great recipes that can save time, money, and impress your guests.



...continues on page 6

Beaches Annual Kids Program Open House – Sat. Feb. 21, 2009

Visit www.beachesliving.ca for event details

An open house for parents and kids (age 0-16) to learn about and explore the 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 open house is free of charge and open to all families in the Beaches and greater Beaches area.



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holiday talk

Ease up on holiday pressure and gift planning. Here are 5 tips to help!

- ★ Make a list of the people you want to remember this season, family, friends, or colleagues. Don't forget yourself... after all, the end of the year is a good time to treat yourself!
- ★ Consider what type of gift will bring them the most joy, or surprise and write the gift ideas beside each name. Be creative – see our suggestions on page 13.
- ★ If it is a must-buy gift, estimate how much money you'd like to spend and write it on your gift list. Add it up so you have an idea if it fits your budget.
- ★ If it's a get together for a meal, either out or at home, write down if it's a brunch or dinner and the date – don't overbook yourself.
- ★ Save the list for next year so it's ready to use, with extra ideas you didn't use this year.

...continued from page 5

An Excuse to Dress Up

- This season you can't go wrong with reds, metallics, winter whites, or ruffles.
- Red is a classic holiday colour. It could also be worn simply on lips and nails, or as a great pair of shoes.
- Metallics create instant glam and festive spirit, in gold, pewter, and even rose. Don't overdo it, try to keep it to one piece. You can also add metallics through accessories.
- Any item in a rich vanilla colour is the perfect winter white – it looks great with everything.
- Lastly, a feminine blouse with all its ruffles, bows, pin tucking and prettiness is the perfect accompaniment to any piece.



STEVEN AND CHRIS are celebrat-ing five days of festive fun, beginning December 15. For more fabulous tips, tune in at 2 pm on CBC-TV and/or visit us at www.cbc.ca/stevenandchris.

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spa & salon

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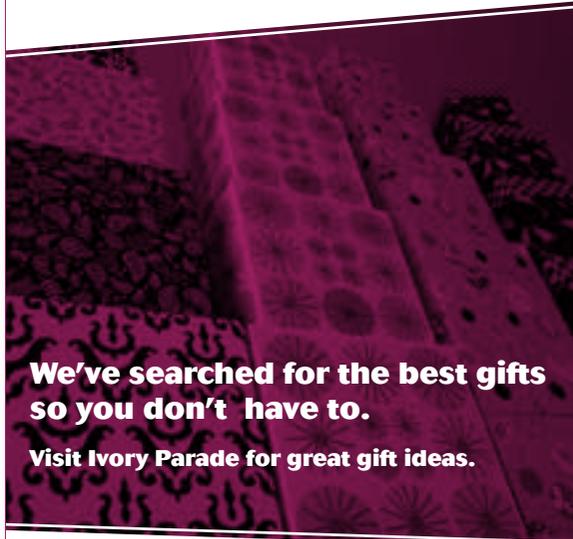
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my **Secret Beaches Spot**

your **secret Beaches spot**



I really liked coming upon this out-of-the-way, beautifully-designed structure in a public patio. This charming wooden bench is a very pleasant spot to sit in the warm weather, and briefly watch the world go by. It feels sheltered and comfortable, and I often have my coffee or ice cream break there to enjoy the environment. So glad the store next door put this up for us.

Christina Choma

Send us a photo by email or mail plus a 75-100 word description of your Secret Beaches Spot and *Beaches|life* may feature your place (not so secret now!) in an upcoming issue.

Email us at: info@beachesliving.ca

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answer
to win

Do you recognize this photo? If you can tell us where the photo was taken, you become eligible to win a movie pass for two for the Alliance Cinema in the Beach or the Fox Theatre. Three winners will be chosen. Send in your answer by January 15, 2009.

Email your answer to:
info@beachesliving.ca

Congratulations to...

Sanja Ljaskevic, Jaime Lyn Brisebois and Dianne Barry for knowing that October's secret Beaches spot was the 100 year old barn located near Queen and Coxwell. The winners will be contacted to choose their movie passes.

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Casa Di Giorgio

A Slice of Italian Romance – and good pizza–in the Beaches

There's no better test of a restaurant's food than seeing plates of food disappear, and return clean to the kitchen! At Casa Di Giorgio, customers simply love the food – a wide selection of good, wholesome, excellent Italian cooking. Whether it is the fish, homemade pasta or the assortment of traditional and gourmet pizzas, every customer has his or her favourite. And don't forget to leave room for dessert! Delectable creme brulee or tiramisù, served with an Espresso and a glass of Sambucco on the side – now that is delizioso!

Casa Di Giorgio, or "House of George", is operated by Ted Havaris, with his parents helping out daily in the restaurant. Georgina spends time in the kitchen with their head chef who has been with them many years, while George socializes with the customers. A second location for Casa Di Giorgio is opening soon on Danforth Avenue. A third location is in the works. All food items are available as take out, and the business offers catering services for up to 100 people (see menu insert, pages 22-23).

The restaurant has become an established institute for families in the Beaches, with a loyal base of customers – many who've been with them over five years. Business continues to grow. For Georgina, the real thrill of day-to-day business is seeing the families, young professionals and couples who come to dine. "They are all such nice people," she describes, "Nice customers from a nice neighbourhood." Many arrive before or after watching a movie at the theatre conveniently located across the street. Some visit from as far away as Pickering!

The food is described well by one customer as "consistently good", with a menu that covers a wide range of home made Italian specialties including pizza, perfect for splitting with a glass of wine after a show.

Located at 1646 Queen Street East,
open every night for dinner and
Wednesday, Thursday, Friday for lunch.



to spend or not to spend?

The talk this year is the economy. We all hear it, and perhaps wish people would stop talking about it. Some tell us to save our money, others say we have to improve consumer confidence and spend. How can we have confidence when we read every day about downward spirals and falling markets?

Should we really stop spending? The fact is, it is not about if we spend but how we spend our money. We will be making more careful decisions and looking for good value.

During this holiday season, we can get the most out of our shopping dollars by shopping

locally. Shopping at local stores helps us avoid overspending on cheap products and makes each of our purchases a special gift. Shopping locally is easier and you get more personalized service, unique products and more enjoyment. Shopping and gift giving is as much for the giver as the receiver so make sure it brings joy both ways.

And in the end, that is what it is all about. Bringing a bit of joy into our lives, and the lives around us.

gift giving

Gift giving comes in many forms, from the things you buy, time spent together, to doing something special for someone.

It's all about making others feel special, remembered and appreciated.

Buy a gift

See our suggestion list for unique items you can purchase in our local stores for that special someone.

An evening out

For someone who appreciates a nice meal at a restaurant, attending a game, concert or movie.

A gift that keeps giving all year

A magazine subscription or membership to a club or fitness centre.

Give yourself

Something everyone can afford to give themselves! Plan a visit, offer to baby sit, walk the dog, shovel snow, pick-up groceries or bring in dinner.

Beaches *life* Gift Suggestions & Ideas at Local Shops

TOP GIFT IDEAS UNDER \$25

- Bottle of real maple syrup
- Make a music CD or photo DVD
- Movie passes
- Magazine subscription
- Make your own dog biscuits
- Chia pet – many variations on this old favourite

My Beaches Entertainment Pass (\$20) at *Fox Theatre*; Poo-Pourri or Box Garden (\$9-\$17) at *Ivory Parade*; 12"x24" personalized banner to hang on the front door (\$15) at *Club Ink*, see page 8; 2.5 kilos bag of scented Himalayan bath salts (\$12), Essencia body massage oils and floral waters (up to \$15) at *Hooper's Pharmacy*; Smartwool socks (\$20-\$25) at *Threads Lifestyle*; Curious George Jack in the box (\$25) at *Ivory Parade*.

TOP GIFT IDEAS \$25-\$50

- "Spa" gift certificates.
- Assemble a roadside emergency kit (pg. 20)
- Assemble your "favourite things" (like Oprah) in a gift basket
- Cozy night-in basket of treats (wine, crackers, chocolates, video)
- Student membership to the ROM for \$50

My Family Beaches Entertainment Pass (\$40) at *Fox Theatre*; Himalayan salt crystal electric lamps (up to \$39) at *Hooper's Pharmacy*; Yaktrax for walking on snow & ice (\$27) at *Threads Lifestyle*; dermatology treatment (starting

at \$49) at *Paramedical Skin Care*, halogen desk lamps in several colours (\$30) at *Living Lighting*.

TOP GIFT IDEAS \$50-\$100

- Membership to the ROM, AGO, local groups
- A share in a company, www.giveashare.com
- Vouchers for extreme activities such as caving, snorkeling, paintball, bungee jumping, visit www.trythat.ca

North Face Nuptse down filled mitts (\$99) at *Threads Lifestyle*; hair removal (starting at \$99) at *Paramedical Skin Care*; Safe Door System (\$99) at *Jamieco*.

TOP GIFT IDEAS OVER \$100

- Open a child's savings account for that favourite niece or nephew
- Day at a spa
- Medical aesthetics treatment
- Cooking class
- Flowers delivered every month for a year
- Glamour photo

Mul-T-Lock (starting at \$185) at *Jamieco*; a spa day (starting at \$150) at *Totto Spa & Salon*; small kitchen appliances (starting at \$100) at *The Maytag Store*.

THE GIFT OF CHOICE AT ANY AMOUNT

- Sometimes the perfect gift is a gift certificate at their favourite shop or restaurant



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 Jan. 1st, 2009: closed

Happy Holidays from the staff at Meat on the Beach



Place your order online at www.meatonthebeach.com
 Taking orders for all naturally raised turkey, capons, pheasants, geese, spiral ham, black Angus, beef tenderloin, prime rib roasts, leg of lamb and rack of lamb.

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- | | | |
|------------------|-----------------|----------------------------|
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| Steak & mushroom | Roasted veg | Veal and Cheese Cannelloni |
| Steak & kidney | Prosciutto | Sheppard pie |
| Quebec tortiere | Asparagus | Cabbage rolls |
- Soups:** 16 Different Flavours



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5 things to make the holidays magic

1 **Avoid Overeating**
 Have two (not three) meals a day—a brunch and dinner.

2 **Enjoy Your Company**
 Plan no more than three traditional dinners and share them with family. When younger people get together why not try some fun finger foods followed by a game or movie.

3 **Time for Yourself**
 Treat you and your family, or friends, to a meal out. No cooking, no dishes and time to relax.

4 **Save Some for the New Year**
 Schedule gatherings in January and February when everything is quieter and guests are ready to eat again!

5 **Drive Safe**
 Don't drink and drive... the impact will affect you and someone's life forever.



Even out the peaks and valleys in your cash flow

Looking for financing for your business? Call your local small business advisor, Joanne Sharpe, at 416-461-3825 or contact Erin Shields, Branch Manager of the RBC® Lakeshore and Leslieville branch (1015 Lakeshore Blvd. East), at 416-461-3949. Or talk with one of our RBC small business advisors at 1-800 ROYAL® 2-0, available 24/7.

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CHECK BEFORE YOU CLICK

Many of us order online and receive electronic greetings and reminders. During the holiday season we have less time to pay attention to details which can leave us open to fraud.

You should identify all online links before you click. You can find out if a link's address without opening it. How do you know if the link is safe, especially before you click on it?

Many browsers show the web address in a status bar when you put your mouse over (do not click) the link.

The status bar is found at the bottom of your browser window. If you don't see it, go to View: Show Status in the window menu and it will appear.



Use common sense to identify the web address. If it is not what you expect or it contains a lot of letters and symbols but no recognizable names, don't open it.

Never provide personal information to email requests, even if it looks like your bank is contacting you. Banks NEVER email you for password or personal information.

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A visit to Totto Spa is worth it just for the tour around the facility. Stretching over 6 floors, if you count the tip-top roof top patio, it is filled with spa wonders – massage tables set beside gentle waterfalls; state-of-the-art massage pedicure chairs facing a panoramic lake view; relaxing lounges with operating fireplaces; and an outdoor, year round hot tub.

Spa owner and architect, Richard Chang Heathcote, and his wife Yuki, have continued to attract new customers since relocating to the Beaches in 1997. Richard has been determined to direct profits back into the business to give customers more and better services.

“He really believes that our nice clients need to be rewarded,” explains a staff member. “So he reinvests back into the spa, with renovations recently completed last year that include the salt water hot tub and areas that now accommodate massages and facials for parties of eight at one time. Richard is also well known in the Beaches for his community support of numerous causes, including local schools, churches and service clubs such as Lions.

Spa services and packages offer the widest selection of any Toronto spa, including Swedish as well as therapeutic and specialized massages, manicures, pedicures, facials, body treatments, etc. Customers range from children – who can come and enjoy a kid’s spa party – to seniors

“We all need a little space and time to be away,” explains the onsite massage therapist “Totto’s philosophy has always been that this is a place for the client to enjoy – not just a conveyor belt where you come and leave.”

Other features include a rain shower room where you enjoy your massage while basking in a warm “shower”, and the services of a top hair salon, directed by Yuki, one of Toronto’s best known hair stylists.





Are you ready for winter roads?

A gentle snowstorm can quickly make roads and highways treacherous. Follow these safety tips for a happy, healthy season.

1. Wear your seatbelt and make sure everyone else in the vehicle does too.
2. Slow down!
3. Keep your gas tank at least half full.
4. If possible, tell someone where you are going and when you expect to arrive.

Winter Emergency Kit

- ✓ windshield-washer fluid
- ✓ a candle & matches
- ✓ extra hats & mitts
- ✓ extra antifreeze
- ✓ hazard markers or flares
- ✓ blankets
- ✓ a flashlight & batteries
- ✓ a snow shovel
- ✓ chocolate/granola bars

(from Transport Canada)

coming, going and on the move

Welcome new neighbours

- Chino Locos – 4 Greenwood Ave.
- Ciao Bella – 986A Kingston Rd.
- Hipo – 161 Main St.
- New Concepts – 2026 Queen St. E.
- The Purple Thumb – 1887 Queen St. E.

On the move

- Fitness Works for Women – 2171 Queen St. E., 2nd Floor

Re-Opening

- Cry If I Want To – 1175 Queen St. E.

Thank you and best wishes

- Zilberschmuck – 1852 Queen St. E.
- Studio 786 – 2194 Queen St. E.
- Happy Sailor – 2026 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or reopening, 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.



Beautiful Skin for Life

Now Available in the the Beaches

Maryjo Koschel celebrated a year on Queen Street this past July. Her business at Paramedical Skin Care has grown because of its success helping patients achieve attractive, healthy skin.

As owner and clinic director, Mary Jo emphasizes that the clinic offers medical aesthetic services formerly not available in the Beaches. These include permanent hair removal, various rejuvenation and skin treatments for damaged and troubled skin, as well as permanent makeup and teeth whitening. Treatments are used to enhance beauty as well as address serious skin issues such as scarring and pigmentation. For those who request it, a doctor can be present during any treatment

Clients come through referrals from doctors or on their own. The initial assessment is complimentary. Most popular these days are permanent laser hair removal, followed by rejuvenation treatments like microdermabrasion, and “injectables” such as Botox.

Clients leave happy with their treatments and often comment on the “gentle” approach of the staff.

“My reward is seeing the customers after treatment,” explains Maryjo, “I’ve never seen it not work.”

“My reward is seeing the customers after treatment... I’ve never seen it not work.”

Maryjo and her staff are all trained in medical aesthetics. Before opening her clinic, she worked directly with doctors and surgeons.

Maryjo says she doesn’t promote anything that she hasn’t seen produce a positive result, or tried herself. Additional products sold at the clinic are the Susan Posnick mineral based cosmetics and Vitamin A formulated Environs skin care products.

Maryjo is also thrilled with the business she’s received since advertising with *Beaches Living*. “The best advertising we do,” she says, “is *Beaches Living Guide*, *Beaches|Life* and our sandwich board at the door!”

Catering Menu

SALADS

Small Tray Serves 8-10, Large Tray 18-20

CAESAR	SML 27.50 LRG 53.95
Romaine lettuce, bacon bits, croutons, parmesan cheese homemade dressing	
GREEK	SML 27.50 LRG 53.95
Mixed greens, feta cheese, tomatoes, cucumber, onions, mixed peppers, Kalamata olives in a balsamic olive oil dressing	
CAPRESE	SML 35.95 LRG 68.95
Sliced tomatoes, bocconcini cheese on a bed of mixed greens, drizzled with extra virgin olive oil and fresh basil	
INSALATA ALLA GRIGLIA	SML 49.50 LRG 98.95
Mixed greens, grilled vegetables, roasted red peppers, goat cheese, balsamic olive oil dressing	
MEDITERRANEAN	SML 30.00 LRG 58.95
Feta cheese, tomatoes, cucumber, green peppers, Kalamata olives, red onions, oregano extra virgin olive oil dressing	
INSALATA DI SPINACI	SML 35.00 LRG 68.95
Baby organic spinach, dried cranberries, pecans, sliced mushrooms, in a Dijon mustard dressing	
INSALATA RUSTICA	SML 35.00 LRG 68.95
Baby organic arugula, walnuts, fresh pear, shaved parmesan cheese, balsamic olive oil dressing	
INSALATA GIORGIO	SML 29.50 LRG 58.95
Mixed greens, roasted red peppers, red onions, tomatoes, cucumbers, asiago cheese balsamic olive oil dressing	
INSALATA CANTINA	SML 35.00 LRG 68.95
Baby organic arugula, figs, fresh pear, shaved parmesan cheese, prosciutto, balsamic olive oil dressing	
VERDE	SML 25.00 LRG 50.00
Mixed greens, tomato, cucumber, red onions, mixed peppers in a balsamic olive oil dressing	

PLATTERS

Small Tray Serves 10, Large Tray 20

GRILLED VEGETABLES	BRUSHETTA
SML 39.95 LRG 77.95	SML 24.95 LRG 39.95
Zucchini, eggplant, red peppers, green peppers	
GRILLED VEGETABLE TOWERS	GARLIC CHEESE BREAD
SML 45.00 LRG 97.95	SML 24.95 LRG 39.95
Zucchini, eggplant, red peppers, green peppers, bocconcini cheese	
	GRILLED SAUSAGES & PEPPERS
	SML 39.95 LRG 75.95

MEAT & FISH

Small Tray Serves 10, Large Tray 20

VEAL or CHICKEN PARMESAN	CHICKEN SCALOPPINI
SML 99.50 LRG 180.95	SML 99.95 LRG 180.95
Veal or Chicken Cutlet topped with tomato sauce and mozzarella cheese	
VEAL MARSALA	EGGPLANT PARMESAN
SML 109.50 LRG 195.00	SML 79.50 LRG 155.95
Veal medallions in a Marsala wine sauce	
VEAL AL LIMMONE	FRESH ATLANTIC SALMON
SML 109.50 LRG 195.00	SML 109.50 LRG 210.95
Veal medallions in a lemon butter white wine sauce	
	NEW YORK CUT SIRLOIN STEAK 10 OZ
	SML 199.50 LRG 385.95

PASTA

Small Tray Serves 10, Large Tray 20

LASAGNA MEAT or VEGETARIAN	TORTELLINI ALLA CREAMA
SML 59.95 LRG 115.95	SML 49.95 LRG 97.95
Cheese filled Tortellini in a cream sauce	
PENNE ARABIATA	CAPPELINI
SML 49.95 LRG 95.95	SML 59.95 LRG 116.95
tomato sauce, spices and crushed chilies	
SPAGHETTI, PENNE, RIGATONI	ANGEL HAIR PASTA, GOAT CHEESE, SUN DRIED TOMATOES, TOMATO SAUCE
SML 39.95 LRG 75.95	
Choice of Tomato sauce or Meat sauce	
WHOLE WHEAT PENNE	RIGATONI ALLA VODKA
SML 69.95 LRG 135.95	SML 59.95 LRG 116.95
Arugula, roasted garlic, sundried tomatoes, bocconcini cheese, tomato sauce	
MANICOTTI	RIGATONI ALLA PONTE VECCHIO
SML 49.95 LRG 95.95	SML 59.95 LRG 116.95
Spinach, ricotta cheese, mozzarella cheese, tomato sauce	
PENNE PRIMAVERA	PASTA GIORGIO
SML 49.95 LRG 97.95	SML 69.50 LRG 136.95
Fresh garden vegetables in tomato sauce	
GNOCCHI GORGONZOLA	SEAFOOD FETTUCCINE
SML 59.50 LRG 116.95	SML 89.50 LRG 175.95
Gorgonzola cheese, mushrooms, cream	

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