What fabulous what can do for you!

a Neighbourhood Holiday Season

Festive Gifting
You: Decide how much BODY HAIR to keep.

We: Remove the rest. Permanently. Painlessly.

Using light, not lasers.
- Painless
- Best Technology
- Safest Equipment
- Fastest Results
- Most Affordable

FREE TREATMENT Invitation
To prove it works! No purchase necessary. No obligation.

Experience: Improved hygiene
Freedom from clipping, shaving, waxing & creams
Ultimate attractiveness
Comfort & confidence

FABULOUS Holiday Tips Made Easy with Steven & Chris

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

Discover the World

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

Arrive alive, don’t drink and drive

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21 Beautiful Skin for Life
My PASS is for one person.
My Family PASS is for 2 adults & 2 children.

For Advertising Call
416-690-4269
info@beachesliving.ca
Feb/March 09 issue
deadline Jan. 19, 2009

GIVE the GIFT of BEACHES ENTERTAINMENT PASS
Finding the perfect gift has never been easier!

The perfect gift to give to family, friends, neighbours, employees, coaches or teachers.

✔ it’s easy to buy
✔ it fits your budget
✔ everyone loves movies, dining & shopping

Each pass includes a movie and a voucher for shopping or dining at your choice of many participating local businesses.

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.

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.

Fabulous Holiday Tips Made Easy with Steven & Chris

• 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.

...continues on page 6
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.

...continued from page 5

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.

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 0-18) 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.

An Excuse to Dress Up

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Totto, Beautiful Spa, Beautiful You

Season’s Greetings
15% off Gift Certificate before Dec. 24, 2008
www.tottospa.com
2271 Queen St. E. 416-691-9116

Add a Dream to Your Wish List
For kids making a gift list, ask them to add a “Dream Wish” – not what they will get today, but something they wish to achieve during their lif-
CHRISTMAS SPECIAL
25% TO 50% OFF
ON ALL MERCHANDISE
From Past To Present
992 #1 Kingston Rd.
416.690.0511
Quality Antiques and Fine Furniture
Rugs • Crystals • Lamps

Visit Ivory Parade for great gift ideas.
2096 Queen Street E. | 416 699 2626 | www.ivoryparade.com
Bring in this coupon to receive 20% off your purchase

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.

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.

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.

Email your answer to: info@beachesliving.ca

Protect your home & loved ones.
Receive 50% off the Safe Door Systems when you purchase a door system.
Present this coupon at time of purchase. Not valid with any other offer. Minimum purchase must be $1,000 before taxes. Offer valid one per household between Nov. 28 to Jan. 31, 2009.

Our retail store is located in the beaches:
631 Kingston Road Tel: (416) 691-7070 www.jaimco.com

First Impressions by Jaimco
Sales & Installation of all types of doors & windows. Custom Work – Our Specialty

.answer to Win

Santa
Please Stop Here
We Have Been Good
Visit www.clubink.ca with your banner ideas

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

www.jaimco.com
631 Kingston Road Tel: (416) 691-7070

Beaches | life Holiday 2008
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 tiramisu, 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.

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.

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 (59-$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 Beaches Entertainment Pass ($40) at Fox Theatre; Himalayan salt chystal 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 ($50) at Living Lighting.

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

Beacheslife Gift Suggestions & Ideas at Local Shops
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.

Try Our Handmade. Just heat and serve

Pies: Chicken pot pie, Steak & mushroom, Steak & kidney, Quebec tortiere
Quiches: Lorraine, Roasted veg, Proscuitto, Asparagus
Soups: 16 Different Flavours

Entrees: Veal and Veg Lasagnas, Veal and Cheese Cannelloni, Sheppard pie, Cabbage rolls

416.690.1228
1860 Queen Street E. Toronto

Store Hours
Mon - Thu 7 am - 7 pm
Fri 7 am - 8 pm
Sat - Sun 7 am - 6 pm

Holiday Hours
Dec 24: 6 am - 4 pm; Dec 25, 26: closed; Dec 31: 7 am - 4 pm; Jan 1st, 2009: closed

IT’S COLD AND FLU SEASON.

This Season, Try Oscillo For Symptoms of Flu.

Twelve doses for $14.95 with this coupon.

We have a large assortment of natural, homeopathic or traditional remedies to strengthen your immune system and lessen your misery.

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.

TIME FOR YOURSELF
Treat you and your family, or friends, to a meal out. No cooking, no dishes and time to relax.

DRIVE SAFE
Don’t drink and drive… the impact will affect you and someone’s life forever.

SAVE SOME FOR THE NEW YEAR
Schedule gatherings in January and February when everything is quieter and guests are ready to eat again!

CREATE A BETTER FUTURE FOR YOUR BUSINESS.
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.
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 rooftop 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.
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)*

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 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.”

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 Environ 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
Romaine lettuce, bacon bits, croutons, parmesan cheese, homemade dressing

GREEK
Sliced tomatoes, bocconcini cheese on a bed of mixed greens, drizzled with extra virgin olive oil and fresh basil

CAPIRESE
Sliced tomatoes, bocconcini cheese on a bed of mixed greens, drizzled with extra virgin olive oil and fresh basil

GREEK
Mixed greens, feta cheese, tomatoes, cucumber, onions, mixed peppers, Kalamata olives in a balsamic olive oil dressing

LASALATA ALLA GRIGLIA
Mixed greens, grilled vegetables, roasted red peppers, goat cheese, balsamic olive oil dressing

MEDITERRANEAN
Mixed greens, grilled vegetables, roasted red peppers, goat cheese, balsamic olive oil dressing

INSALATA DI SPINACI
Baby organic spinach, dried cranberries, pecans, sliced mushrooms, in a Dijon mustard dressing

INSALATA RUSTICA
Baby organic arugula, walnuts, fresh pear, shaved parmesan cheese, balsamic olive oil dressing

INSALATA GIORGIO
Mixed greens, roasted red peppers, red onions, tomatoes, cucumbers, asiago cheese balsamic olive oil dressing

INSALATA CANTINA
Baby organic arugula, figs, fresh peas, shaved parmesan cheese, prosciutto, balsamic olive oil dressing

VERDE
Mixed greens, tomatoes, cucumber, red onions, mixed peppers in a balsamic olive oil dressing

PLATTERS Small Tray Serves 10, Large Tray 20

GRILLED VEGETABLES
Zucchini, eggplant, red peppers, green peppers

BRUSHETTA
Sliced tomatoes, bocconcini cheese, fresh basil

GARLIC CHEESE BREAD
Garlic cheese, fresh basil

GRILLED VEGETABLE TOWERS
Smoked tomato, zucchini, eggplant, red peppers

GRILLED SAUSAGES & PEPPERS
SMoked tomato, zucchini, eggplant, red peppers

10% off when you order catering in January, offer ends January 31, 2009.

* Prices don't include taxes * Place your order 48 hours in advance * FREE delivery * Utensils available on request

Pizza also available for Take-Out or Delivery!
Valid from Dec. 1st to Dec. 23, 08

Store Hours:
Mon - Wed: 10 - 6 p, Thurs - Fri: 10 - 8 pm, Saturday: 10 - 6 pm, Sunday: 12 - 5 pm


NO GST EVENT Sat. Dec. 13 - Tue. Dec. 16, 08
Sat. Dec. 20 - Tue. Dec. 23, 08

the MAYTAG store.

Luxury Home Appliances

SAVE 10%
off msrp on any 4 Pc kitchen suite with this coupon.

Valid from Dec. 1st to Dec. 23, 08

Come visit our showroom

Depend on us.