



#RIVERSIDEto

# RIVERSIDE *magazine*

TORONTO | 2018

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**EAST END**

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in photos*

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# INSIDE *riverside*



## PUT ON YOUR DANCING SHOES

**Jam Factory** T.O.'s Kristin Light gives a lesson in Lindy Hop



## PERSONALIZE YOUR HEALTH PRACTICE

Expert tips from **Oma** to help keep your health & wellness top of mind



## NOT YOUR AVERAGE CYCLE SHOP

Social Enterprise **Switchback Cyclery** tells their story



## BEER + FOOD – THE PERFECT MARRIAGE

Food & Drink tips and trends from **Eastbound Brewing Co.**'s husband & wife team



## THEN & NOW

See the evolution on the street from 1800s to 2018

8  
10  
18  
19  
34

# RIVERSIDE *events*

2018

### Riverside Walks

May - Oct, 2018

### Riverside Walks for Doors Open Toronto 2018

Sat, May 26 & Sun, May 27

### Riverside Eats & Beats Streetfest

Sat, June 2, 2018

### Sounds of Leslieville & Riverside

Fri, July 6 - Sun, July 8, 2018

### Riverside Halloween Fest

Sat, October 27, 2018

### Shop the Neighbourhood & Light Up Riverside

Sat, Nov 24, 2018

### Riverside Antler Breakfast

Fri, Dec 14, 2018



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# GOOD TIMES IN THE EAST END

GIANCARLO PAWELEC  
PHOTOS: GIANCARLO PAWELEC

Crossing into Toronto's East End brings you over the iconic Riverside Bridge (Queen Street Viaduct) – just away from the bustling downtown core. While this landmark is the gateway to Riverside, it's just the beginning of what the neighborhood has to offer. The sheer variety of dining, shops, art, green spaces, and entertainment in just 10 blocks is incredible and perfectly suited for a full day-trip, weekend experience or staycation.

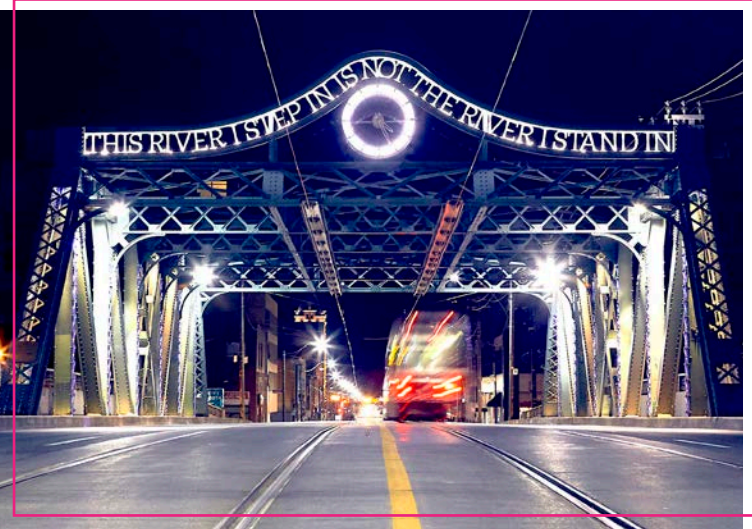
A great stay in Riverside begins with a delicious breakfast or brunch. Start with a fresh cuppa (Cannonball, Dark Horse, Boxcar Social) and then check out White Lily Diner (fermented-greens southern-style breakfast) or The Civic (cheesecake stuffed French toast!) to name just a couple of the 20+ eateries with special morning menus in the 'hood.

Continue your journey at the unique, independent shops along Riverside's Queen St East. The area's a hub for artisans and designers: for hand-crafted gifts visit the Arts Market and Brika; for home décor, visit Dimensions Custom Framing & Gallery and Quince Flowers; for fancy threads, browse at Bergstrom Originals (new, designer) or Common Sort (pre-loved, vintage).

Then refresh yourself! Within steps of each other you'll find three new breweries: Eastbound Brewing Co., Brickworks Ciderhouse, and Saulter Street Brewery. Each has a unique feel and some of Toronto's best craft beverages. For wines, Chez Nous Wine Bar is tops. For cocktails or mocktails, check out Tabule or The Comrade.

While taking an afternoon stroll, keep an eye out for the 10+ public art pieces in Riverside - murals, sculptures, and heritage plaques – each with a story to tell about the area's history. And explore one of the area's parks (Joel Weeks Park, Bruce Mackey Park on famous De Grassi Street).

As the sun sets, entertainment venues open their doors for a fun-filled night. A staple of Toronto's music scene is The Opera House, a legendary concert hall. Head over to I'll Be Seeing You Bar for a chill atmosphere. The Underground has burlesque and variety comedy.



After an evening of amusing antics, finish off the night at The Broadview Hotel. This revitalized historic Toronto landmark offers dining, drinks, and stellar views of the city skyline. Stay in one of the boutique-style rooms – be sure to book ahead.

Can life get any better? So, if you are looking for a great neighbourhood to spend the day, take your friends for some "good times," or create beautiful memories with the family - the East End's Riverside is the place to be! 📍



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# EDITOR'S *note*



A few years ago, I changed my life and fulfilled a lifelong dream by moving my studio to Riverside. Since childhood, I'd wanted my workspace in this eclectic and historic neighbourhood. Fast forward to today and not only am I in love with the community atmosphere, but also the proud Managing Editor of this issue of Riverside Magazine.

They say that change is the only constant in life. This theme resonates through each page of this magazine. We've unveiled a completely new look and feel. The result is modern, eye-catching and enjoyable to navigate, with editorial sections catering to many different interests.

We've gathered the voices of local writers to showcase Riverside's diversity and small-town-in-the-big-city charm.

From the origin of Riverside in the 1880s until today, change has truly been a constant. Whether you're reading this issue while having a bite or a pint, awaiting an appointment, sitting in your hotel suite, or taking transit, I hope you thoroughly enjoy it and pass it on!

**Giancarlo Pawelec**  
Managing Editor

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# PUT ON YOUR DANCING SHOES AND GET HOPPING IN RIVERSIDE

TRACEY COVEART  
PHOTOS: DAVID TOM PHOTOGRAPHY

In a stunning 150-year-old exposed brick and beam industrial loft above Riverside's Merchants of Green Coffee on Matilda Street, the Jam Factory is home to one of Toronto's best kept – and most infectious – secrets: a swinging renaissance of jazz-era dance.

## LOOKING BACK

Swing dancing was born with the Charleston in the roaring '20s. In the 1930s, partners began to 'break-away' or 'swing-out' and social dancing was revolutionized. This was Lindy Hop – or Jitterbug – and it originated in the ballrooms of New York City.

Like all swing dances, Lindy Hop was rhythm driven: an exhilarating fusion dance created to move with the big band music of the day. Characterized by its thrilling tempo, daring lifts, quick spins and partner tricks, Lindy Hop was joyful, acrobatic, inclusive and irresistible.

Lindy Hop dominated dance halls throughout the Great Depression and flourished until the end of WWII, when lifestyles changed and musical tastes shifted. Although this marked the end of the Swing Era, the steps of the earlier



dances were adapted to suit the new rhythms of the time and Rock 'n' Roll dance.

## FLASH FORWARD

Today, swing dancing is making a dizzying comeback around the world – and what better place than Riverside, a community that has long been supportive of the creative and expressive arts. Driven in part by the entertainment industry and period pieces like Baz Luhrmann's *The Great Gatsby*, last year's smash hit *La La Land*, and reality shows like *So You Think You Can Dance*, dancing has become 'cool' again, says Kristin Light, half of the management duo that runs Jam Factory and a co-owner/instructor at Bees' Knees Dance, which specializes in Lindy Hop.

Part of Lindy Hop's broad appeal is the significant crossover between original swing and modern hip hop or street. Both styles started in the black community and are rooted in African dance. "And both are strongly dependent on rhythm and pulse," says Kristin, who spent 30 years in the ballet and modern jazz world before crossing over to Lindy Hop. "It's hard to stand still. You actually feel the music moving through you."

Both swing and hip hop reward creativity, expression and improvisation, with modern hip hop sampling the old music and incorporating many swing moves. "You can actually track the progression of swing through the decades", says Kristin, citing Go-Go dancing in the '60s, and the popular Roger Rabbit, Running Man and Kid 'n' Play of the '90s.

At the centre of swing dance is live music, and there has been a similar resurgence of swinging jazz bands in the city. Even young musicians are tripping out to the music of big

band greats like Duke Ellington and Count Basie.

"A large part of the appeal of swing dance is its social focus. "Unlike ballroom dancing," says Kristin, "you aren't expected to arrive with a partner. Everyone dances with everyone else. There are no traditional gender-based roles and nobody ever feels like a fifth wheel."

With a focus on equality, the Lindy Hop community encourages and embraces everyone. "It's completely inclusive and supportive," says Kristin, and that goes back to the original spirit of swing dance. "Even if you were competing, everyone admired what was being thrown down."

People who try Lindy Hop generally surprise themselves, Kristin says. "They arrive expecting to have two left feet – afraid no one will want to dance with them – and they leave with new moves and new friends." Which generally leads to a lifelong, healthy love affair with swing dance. "It's a great cardio workout, and despite the way it looks, it's gentle," Kristin says. "You don't muscle through Lindy Hop. It's all about stretch and release and shared kinetic energy between partners, which makes it great exercise for folks who have a nagging football injury or any physical limitations.

"Once people discover Lindy Hop, they're usually hooked," says Kristin. "It blows their mind." 📺



## LOOKING FOR A PLACE TO LINDY HOP?

In addition to Riverside's **Jam Factory**, check out **Dovercourt House**, **Grossman's Tavern**, **Cameron House**, **Monarch Tavern** and **University of Toronto** (with **UT-Swing**)

For event listings, follow **Toronto Lindy Hop** on Facebook

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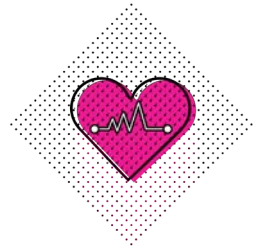
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# PERSONALIZE YOUR HEALTH PRACTICE

ADRIENNE MCRUVIE | PHOTOS: EMILY DOUKOGIANNIS

As a health and wellness practitioner, I'm interested in providing excellence in care and also trends in the future of healthcare.

Following a trip to Japan, a client came to me looking to be measured for a custom pillow. After careful measurements, he got his perfect pillow, designed specifically for him. Not long after, another client told me about a time she had been at a hotel in Vancouver where she was offered a pillow menu (!) by the concierge to help her choose the perfect pillow for her, for a perfect night sleep. No, this article is not about custom pillows. It's about the way healthcare is heading toward customizing our experiences. Here are a few of the main trends:

## DATA, DATA, DATA

If you own any wearable device, you know that you already have a ton of data at the tip of your fingers, about how deep you sleep or what your heart rate is at any given moment. With the growth of personal data comes the ability to personalize your healthcare experience. Instead of accepting a cookie cutter approach to health and everyone being treated the same, health care practitioners will be able use data to treat based on past health history and client preferences.

“With the growth of personal data comes the ability to personalize your healthcare experience.”



## PATIENT ENGAGEMENT & EXPERIENCE

Today, people expect customer service excellence in health care. People are not shy to shop around for new health care practitioners if they are looking for care that better suits their lifestyle and needs. This means health care teams are developing creative ways to keep clients engaged and to keep customer service satisfaction high. For example, by offering engaging, yet easy to use tools to help change habits, sign up for free personalized challenges, and provide communications that help manage specific health problems.

## FUNCTIONAL MEDICINE APPROACH

One of the most powerful models of care, is the one adopted by the Functional Medicine approach. A person is assessed in all of their facets - structural integrity, physiological assimilation and communication, as well as assessing sleep and even taking the role of relationships into consideration. With this view, health care practitioners can look at designing a model that will help clients see where they sit in their 'wellness atmosphere' and how an integrated approach to care is important to the totality of their health.

“...health care practitioners can look at designing a model that will help clients see where they sit in their 'wellness atmosphere'.”

The future of healthcare is so promising and with more information comes the challenge of using it smartly and with integrity. What I wish for us all is a perfect night's sleep on our own custom pillow! 🛏️

**Adrienne McRuvie** is a Family Chiropractor, Yoga Therapist, Doula, and owner of **Oma Chiropractic & Wellness Centre** in Riverside



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# ACCESSIBILITY IN RIVERSIDE AND BEYOND

LYNNE PATTERSON  
PHOTOS: GIANCARLO PAWELEC

## HOW STOPGAP BEGAN

You may have seen the brightly coloured ramps at the front of shops and restaurants in Riverside and other parts of Toronto, but do you know how they got there? The answer is StopGap. Luke Anderson founded StopGap after a mountain-biking accident in 2002 caused his spinal cord injury. Navigating using a wheelchair, he found he was unable to enter many everyday places like coffee shops, restaurants and retail shops. Luke came up with StopGap ramps: a cheap and simple solution for business owners and a boon to anyone using a mobility aid, the elderly, delivery people, and caregivers with strollers.

Since starting with a few experiments and the help of friends and family, there are now over a thousand ramps across Canada. Riverside businesses were early ramp adopters and many businesses, in the course of doing renovations, have eliminated that pesky one step and replaced it with a gentle slope.

Luke says “The ramps start a conversation”. It’s true - since learning about StopGap and meeting Luke, I find myself looking at the world differently. Now, I am always checking out building entrances, steps, and access to toilets. Some places claim to be “accessible” because there is access into the building and to a washroom, but the washroom may not be conducive for use by anyone with mobility issues. As



Luke says, “It is the spaces we inhabit that are disabling.”

StopGap’s mission is to raise awareness about barriers in our built environment. In 2011, they launched the Community Ramp Project in Toronto. Through donations from local hardware stores and volunteer labour from community residents, the Project provided ramps to 12 businesses with single step entries. Since then, a Handbook has been created so communities can run a project themselves; StopGap provides consultation as needed.

StopGap also runs projects in elementary schools, supported by the Province of Ontario. Students survey a neighbourhood, identify opportunities for ramps, and make a proposal to business owners. When accepted, they paint and deliver the custom-made ramps. This raises awareness, teaches students valuable skills, and has a tangible outcome in the community.

To bring about the changes Luke envisages, language and attitudes have to change too. Luke has been working with other advocacy groups and the City of Toronto to improve accessibility signage, as well as with condominium developers to include more accessible units in new buildings.

We can all do our part in raising awareness. The next

time you notice a step at the entrance to your favorite café or shop, mention StopGap to the manager/owner and point them to StopGap.ca. StopGap always welcomes volunteers and donations.

## THE SAGA OF THE RALPH THORNTON COMMUNITY CENTRE (RTCC) ELEVATOR

A new elevator had been a long time coming to the RTCC at 765 Queen Street East (ralphthornton.org) in Riverside, I spoke with John Campey, Executive Director, and Glenn Gustafson, Business Manager, to find out the back story.

Completed in 1913, the building was originally a Postal Station by famed Toronto architect E.J. Lennox. With tall ceilings and a long stair climb, the building can be difficult to negotiate for many people. The old elevator dated to 1979 and has been “temperamental” for many years. When out of service, it made the upper floors off-limits. John and Glenn mentioned incidents of people trapped inside the old elevator, and if it stopped working, people on the upper floors would sometimes have to be carried down.

The City of Toronto owns the building and has had the elevator replacement on its budget list for a while. But the

project was not actioned until Councillor Paula Fletcher weighed in, making a strong case for the impacts on the thousands of people who use programming, spaces, and work in the building.

The City’s Accessibilities Standards for buildings include easy touch and braille elevator buttons at accessible levels, and audible floor announcements. Beyond elevators, the Standards require fire alarms to produce visible and audible alerts. There is more to come as the City conducts an Accessibility Audit of their 400+ buildings. Glenn describes the Accessibility Standards as “a combination of good design and common sense”. There will be challenges to implement them while protecting the heritage aspects of the 100+ year-old RTCC building, but John and Glenn are up for the task.

Meanwhile, John is anticipating being able to attract more space rentals to RTCC thanks to a reliable, as opposed to temperamental, elevator ride! 🙌



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# THE STRENGTH OF TWO

JENNIFER LAY | PHOTOS: GIANCARLO PAWELEC

The big real estate story of 2017/18 all started as an ‘affordability driven correction’ triggered by legislation, the Fair Housing Act. But what did that really mean?

It means both buyers and sellers need to adjust - whether that is to save more for a down payment on a home, find ways to meet new stress tests from institutions, or re-thinking the selling price of their home.

Now, more than ever, it’s an important time to have a realtor team for buyers and sellers, and to choose one with experience. That’s why I sat down with realtors Patrick Gillis and Dianna Kennedy, the team behind Gillis & Kennedy RE/MAX Hallmark, to get the real scoop on real estate in the GTA and Riverside.

With a combined 50 years experience in real estate, unshakeable trust and mutual respect for each other, Patrick and Dianna have come together as a dynamic real estate team. The two of them bring high energy, intuition and compassion.

Together, they create a buying and selling experience that is unlike any other in Toronto. As Dianna states,

“Our pursuit of excellence is to help our clients navigate through the complexities and nuances of a deal.” As full time realtors, it is no surprise that Gillis & Kennedy’s root method is simply to connect with their client and be attentive to their needs – through thick and thin.

It’s all about helping people transition from one chapter to the next whether it’s first time buyers, investors, or families selling their home. In working with an 80-year old client who is selling her family home in Riverside, it was important to work through the process of securing a new home first to make this delicate and emotional transition as comfortable as possible. “With so many memories attached to the family home, this process always needs patience, compassion and hands on support,” says Dianna.

“It’s not about making a sale, it’s about listening to the needs of our clients” says Patrick, to which Dianna adds, “...it’s always about the need of the client before anyone else’s.”

Being proud East-Enders, they share an affinity for the beautiful diversity and evolving features of each unique Toronto neighbourhood, having a particular soft

“It’s not about making a sale, it’s about listening to the needs of our clients”




spot for Riverside. And what’s not to love? The Riverside neighbourhood boasts an enchanting history, spectacular Victorian/Edwardian architecture, a variety of public green spaces (Joel Weeks Park, Thompson Street Parkette, Jimmie Simpson Park), and heritage streets. Did You Know? the Riverdale Heritage Conservation District was designated under the Ontario Heritage Act in 2008 to protect portions of First Ave, Tiverton Ave. and West Ave. applying to 224 properties. It is the ideal location for singles, new families, and anyone who seeking a great community to be active in.

“It’s a lot of fun meeting up with clients in local cafes and restaurants, like Bonjour Brioche at the corner of the world-famous De Grassi Street,” says Patrick, “People want to live in Riverside because they have everything at their doorstep: restaurants, breweries, shops, TTC, the DVP and of course quality schools. The proximity to downtown Toronto is fabulous.”

Their fondness for the area has led to their direct support for the Riverside community and involvement in the Riverside BIA. This commitment to excellence in the neighbourhoods they’re involved in is key to personal and professional growth. Their philanthropic work ranges from volunteering, to sponsoring great events such as Light Up Riverside during the winter season, supporting a fundraising pancake breakfast event for Nellie’s, a shelter for women and children, and the Dundas School Fun Fair.

With community support in focus and a client’s dreams of home ownership becoming a reality, there’s not much that

Gillis & Kennedy can’t do – even during these changing times in the housing market.

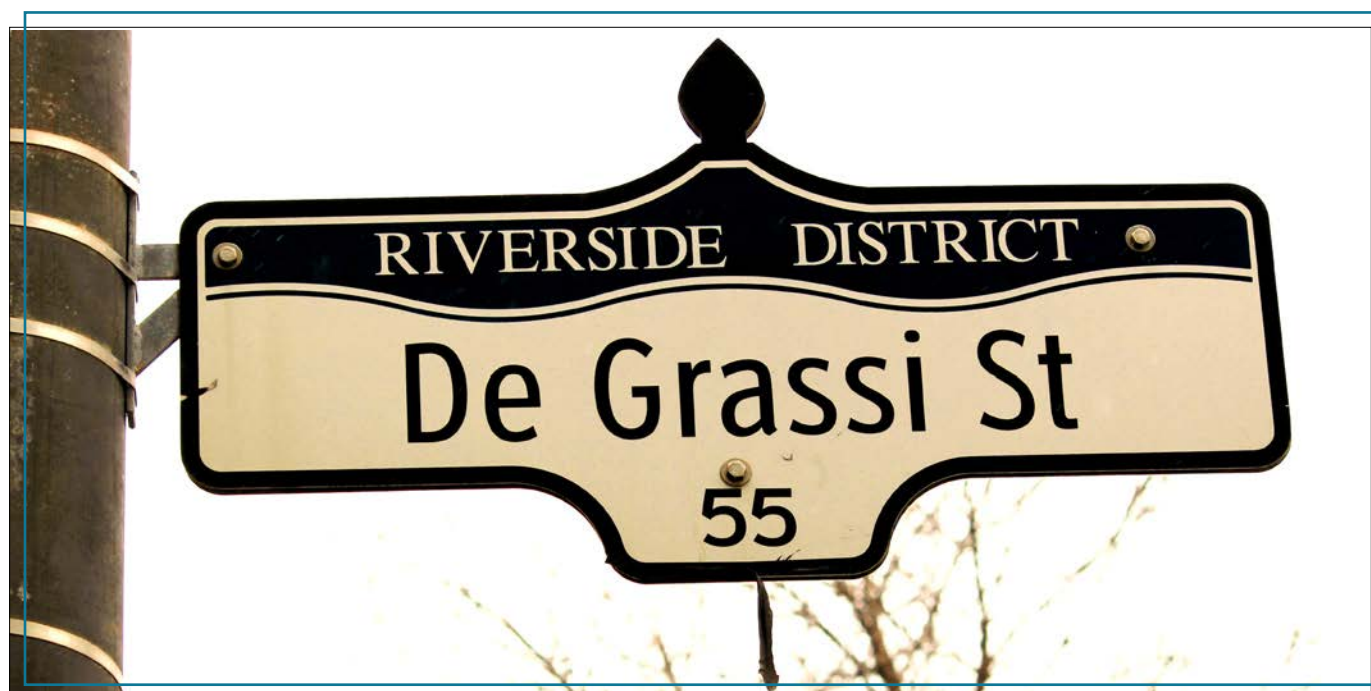
Their market outlook for the near future is one to note, as Patrick and Dianna say, “we continue to see a lack of supply in some areas within the GTA. The economy and population is expected to remain strong, making home ownership a quality long term investment.” If the past few years is indicative of what’s to come, then rest assured this power-duos’ perspective is spot on. 

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## TASTE THE WORLD

GIANCARLO PAWELEC  
PHOTOS: EASTBOUND BREWING CO.



Where there's culture, there's food and Toronto is without question a foodie's paradise. With 230 diverse nationalities, it's no surprise that T.O. is the most multicultural city in the world.

Riverside, just east of Toronto's downtown core, has everything from luscious Italian to savoury Asian – all along Queen Street East from the Riverside Bridge to the famous De Grassi St. Here's a rundown of what you'll find in this foodie paradise:

**Il Ponte** – This fine dining Italian restaurant, named for its location at the eastern foot of the bridge, focuses on authentic and contemporary dishes and premium wines. The setting is modern-elegant, perfectly suited for a formal dinner or special celebration.

**White Lily Diner** – This true diner caters to the all-day breakfast/ brunch crowd, quick lunches, or anyone who appreciates food made with fresh local ingredients.

**BQM Burger Shoppe** – One of the most underrated hamburger joints in Toronto. Everything is made to-order, using never frozen meat. Try the RIVERSIDE Burger; it comes with a panko-encrusted onion ring, bacon, BBQ sauce, mozzarella, and a dollop of garlic aioli.

**Prohibition Gastrohouse** – The perfect modern pub with a dark setting (as it should be) and a cheerful atmosphere. Try

their special Mac n' Cheese and a variety of beer specials.

**Eastbound Brewing Co.** – Riverside's first craft brew pub. Aside from the large selection of made-in-house craft beers on tap, the food is hearty and distinctive. Great lunch specials and perfect for a weekend bite.

**Brickworks Ciderhouse** – This is Toronto's first cidery, right at Queen and Broadview. It's also a restaurant with a beautiful open kitchen and live apple pressings in the dining area.

**The Civic** – The newest restaurant inside The Broadview Hotel, located on the main floor. The menu features Canadiana dishes like Red Deer Tartare. Let's not forget their brunch - Cheesecake Stuffed French Toast is on the menu.

**Liberty Shawarma** – Fancy a quick bite? Get your shawarma fix here. There's nothing better than juicy meat on a spit basting itself for full flavour.

**Kaboom Chicken** – If you've never had Korean-style fried chicken, try this crispy take on the traditional. Sweet, savoury, tart, and every other taste with each bite.

**Lan Restaurant** – Authentic Vietnamese, you'll feel as if you've taken a trip there. Try their signature Shaking Beef.

**La Carnita** – Looking for a hip Mexican place to grab a bite? This awesome taco bar includes treats like Agua Fresca, Carnita Confit Pork, and tangy Margaritas.

**The Peasant Table** – For fans of hearty meals, this modern home-style cooking spot offers a mix of Italian dishes with Eastern European twists, including amazing pizza in their wood-fired oven.

**Tabule** – For Middle Eastern cuisine, try this falafel heaven with great vegetarian options. The menu is as beautiful as the décor. Signature drinks like their mint-lemonade to be had!

**Caribbean Sunset** – Vibrant spices make this Caribbean eatery a great spot to be introduced to the soulful culture. Eat in or take-out, their staple dishes include chicken, seafood, a variety of curry, and veggie options.

Try one, try them all - you'll surely be coming back for more! 🍷

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Photo: R. WATSON





# NOT YOUR AVERAGE CYCLE SHOP

TRACEY COVEART  
PHOTOS: JENNIFER LAY

If you're in the market for a new bicycle, brand name gear or a little TLC for your trusty two-wheeler, Riverside's Switchback Cyclery is your one stop bike shop. But there's a lot more going on behind the door than expert sales, service and repair. Switchback is a non-profit social enterprise which means it's a business with a conscience – and a mission.

Under the umbrella of Sanctuary Toronto - a Christian charitable organization that offers safety, security and respect to some of the city's most marginalized citizens - and with seed money from the Toronto Enterprise Fund, Switchback opened in 2013. It was granted funding to become a business that offers meaningful employment to people who have encountered significant barriers to entering the workforce.

Five years later, Switchback is thriving with nine staff, five of them from the barriered community. Four of those have been with the shop since it opened. Each barriered staff member has a mentor from among the other staff. They meet regularly to develop a strategy for positive change. "Pairing up supports them in meeting their goals such as getting a cell phone, bank account, or securing housing. They initiate the contract and the mentor helps them stick to it."

All staff are fully trained and certified bike mechanics. "We are big on equipping," Steve says. "We have online courses and in our quiet season we pay our staff to come in and study."

Outside of repairing bikes, the crew spends time talking through issues. Some spend their days off at Switchback. "This is their home," says Steve. "It's a safe space for many who have never had a healthy social structure before, and they build good relationships with the people they are working with."

And Switchback isn't a stepping stone. "This is a real




job: real work with real pay and all the dignity that goes along with it." When Switchback first opened, the term social enterprise wasn't necessarily viewed positively. "We buried it a bit." But attitudes have changed and today it's right at the top of their website. "People not only care about products and services, but also how you treat people."

And Switchback definitely has the goods. "Our ratings speak for themselves. Our guys are the real deal."

Steve loves the social enterprise model, and would like to mentor other businesses to hire people who have been marginalized by life.

So how can everyone become part of the solution?

Donate to social enterprises. (Switchback is constantly fundraising to keep its doors open.) "More funding is great," says Steve. "But what would really make a difference is feet on the ground: people trying social enterprise themselves. If more businesses hired a marginalized person, we could change the face of this city." 

**switchbackcyclery.ca**  
416 466 6776



## BEER AND FOOD, THE PERFECT MARRIAGE

DAVID WATSON  
PHOTOS: EASTBOUND BREWING CO.

Ever since the invention of beer over 5,000 years ago, the beverage has been celebrated for bringing people together around food and drink. However, never in its history has brewing been as exciting as it is today. With many neighbourhoods having their own breweries and huge variety and creativity coming from the industry, beer is an adventure to be explored. And what better way to enjoy it than paired with amazing food? To find out a little more about beer, food, and the marriage between them, I sat down with the perfect pair: Brewmaster Dave Lee and Chef Tara Lee, the local husband and wife team behind Riverside's own Eastbound Brewing Co.

*Wine has always been praised for its food pairing abilities. How does beer compare and why does it work so well with food?*

**Dave Lee** - Wine has definitely been the gold standard when it comes to pairings, but as people become more exposed to the growing varieties of beer available to them we are seeing a shift. In the past beer has had an image problem, but, as we elevate the idea of beer pairings, we are seeing it pop up on more and more menus. One of the main reasons it's such a great option to pair with food is that its flavour profile and carbonation hold up well to heat and spice. This gives Chefs and Cicrones [the beer equivalent to a wine Sommelier] more flavour combinations to play with. Carbonation also lightens up heavier foods and helps to cleanse the palate with its scrubbing action from the bubbles. This is why beer goes so well with cheese and pâtés.

*How do you determine what beer pairs well with certain dishes?*



### BEER STEAMED MUSSELS

Recipe by  
Eastbound Brewing Company

#### Serves 4

You will need a pot (with a lid) large enough to hold 2 lbs of mussels

**2 lbs PEI mussels**  
**2 shallots, sliced**  
**2 garlic cloves, minced**  
**Handful of your favourite herbs (parsley, tarragon, and dill)**  
**1 355mL can of beer (Eastbound's Hidden Lake Hefeweizen or a traditional German wheat beer)**  
**1/2 lemon**  
**salt/pepper**  
**4 tablespoons butter**

#### Instructions:

Heat 2 tablespoons of butter in the pot. When it starts to foam add the shallots and garlic. Make sure to stir while they cook, you don't want them to burn!

Add your mussels, herbs, salt and pepper and half the can of beer. Put on the lid to hold in all that steam. Pour yourself the other half of the can, you deserve it!

After 2-3 minutes, lift lid carefully and give the pot a stir. Mussels are fully cooked when they have all opened. Give a squeeze of lemon, and the remaining 2 tablespoons of butter. Swirl until the butter has melted into the sauce.

Divide into 4 bowls, discarding any mussels that have not opened fully.

Enjoy!



**Tara Lee** - There are three ways to go about it - contrast, complement, or cut the flavours. I try to take into consideration one or two prominent flavours. For example, if we have jerk wings on the menu, the sauce we make has lots of allspice, thyme, and some habanero peppers to give it warmth and a spicy kick. This dish is perfect with our Let's Go Exploring IPA. The hops match the piney spiciness that the herbs and peppers bring forward on the palate and the effervescence helps cleanse that palate before it gets too spicy.


*Tell us about seasonal beers.*

**Dave Lee** - Seasonal beers give the brewer room to play and get creative while representing the season and the ingredients that are a part of it. Traditional examples are pumpkin beer in the fall, higher alcohol Christmas ales in winter, followed by spring and summer seasonal brews that often showcase fruit and sometimes vegetables. But like a lot of present day craft beer, seasonal beers are starting to get more adventurous. All sorts of different fruits and flavourings are being used in styles of beer that never saw these flavours before. Porters and Stouts are getting dosed with raspberries, cherries, maple syrup and vanilla. Pale ales are seeing additions of lactose and fruit purée

that give the beer a sweet taste with a creamy mouthfeel that differs from the hop bitterness that was so prevalent before. Different grains are being mashed in like spelt, rye, and heritage varieties of barley, in a return to old brewing techniques. Modern brewing techniques are creating new takes on sour beers - a style that is introducing wine lovers to the possibilities in beer.

*Talk to us about your collaborative creative process on the food and beer menus.*

**Tara Lee** - This year we are really looking forward to collaborating more on menu items. In the kitchen, I have plans to grow the items that are available alongside our beer in the retail store, like beer mustard, pickles and spent grain granola. We are also going to focus more on events , including special pairing dinners and educational sessions.

**Dave Lee** - We're looking at expanding our horizons into more experimental brewing with a focus on collaboration between the kitchen and the brewhouse. We'll be using seasonal ingredients to bring our customers many more great craft beers and dishes. 



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# FRESH HAIRSTYLES OF 2018

TRACEY COVEART  
PHOTOS: HAIR CODE



Styles come and go, but one thing never falls out of fashion when it comes to hair. Change. In the salon world, change is the only constant – and that keeps stylists like Stavros of Hair Code in Riverside on his toes. I caught up to Stavros behind his chair at 743 Queen Street East to find out about the latest and greatest in the world of cuts, coifs and colour.

**What is the hottest thing in hair right now?**

Healthy, structured haircuts with subtle natural highlights. For the most daring: pastel – hints of pink and orange added to the roots and fading to pink at the tips, for example – and smokey/silver tones.

**Tell me more about colour.**

Neutral tones have been trending the last little while and we will be seeing that in the future, too.

**In terms of styles, what do you see being big this year?**

A lot of ‘just below the shoulder’ lengths with texture and beachy waves that showcase the dimension of your colour. If you’ve got the nerve, French bobs and pixies are always fashionable.

**Are Hollywood celebs influencing style/colour choices?**

Celebrities used to be the major fashion influence, from the red carpet to magazines and film and TV. Today, the tables have turned. Social media has made it possible for anyone exert their influence on style. Whether they’re posting to YouTube videos or pics on Facebook, Tweeting or uploading photos to Instagram or Pinterest, anyone can attract media attention, catch the eye of designers and even inspire celebrities to adopt styles that allow them to remain current with their fanbase.



**So what do your clients need to know when they say: I want Katy Perry’s hair?**

Trusting your hair stylist is key. Part of our job is to talk people out of bad decisions so we can deliver the best results. I am very keen on consulting with clients to understand exactly what they want and how that will suit their physical features and their lifestyle.

**My hair always looks great when I walk out the door of the salon. Why is it so hard to get that same look at home?**

As professionals, we preset the hair (such as with rollers, hot sticks or large curlers) before we use any finishing products. We always suggest our clients do the same at home.

**While we’re talking about product, are there any natural alternatives out there?**

Most salon products are made with more natural ingredients. Companies have cut down on or eliminated harsh chemicals.

**Let’s talk about men.**

For the gents, mid-length cuts are in. There is little to no skin showing for more definition; the hair is swept away but not too cooped up.


**To beard or not to beard?**

Beard all the way. Groomed, naturally blended and not too long.

**I see a lot more men going to salons for their grooming needs. Are you surprised?**

It’s great to see that men are becoming more conscious about their appearance. Besides, hair is a man’s best accessory!

**Does Toronto – and Riverside especially – have a signature style?**

Toronto is one of the most versatile cities in the world. Riverside, in particular, has become a trend-setting centre with clients being brave enough to experience, experiment and innovate at the salon. 

## Cool Hair Hacks:

Use eyeshadow to fill in your part and hairline. It will make your hair look fuller and thicker, with more dimension.

Tame flyaways without losing volume by spraying a flat edged toothbrush with hairspray and combing down through your frizz.

Add natural shine to your hair. Seal your cuticles (the outermost part of the hair shaft) by rinsing with cool (not cold) water.

# HAIR CODE

743 Queen Street East | Toronto, M4M 1H3 | T: 416-750-1234  
info@haircode.ca | www.haircode.ca

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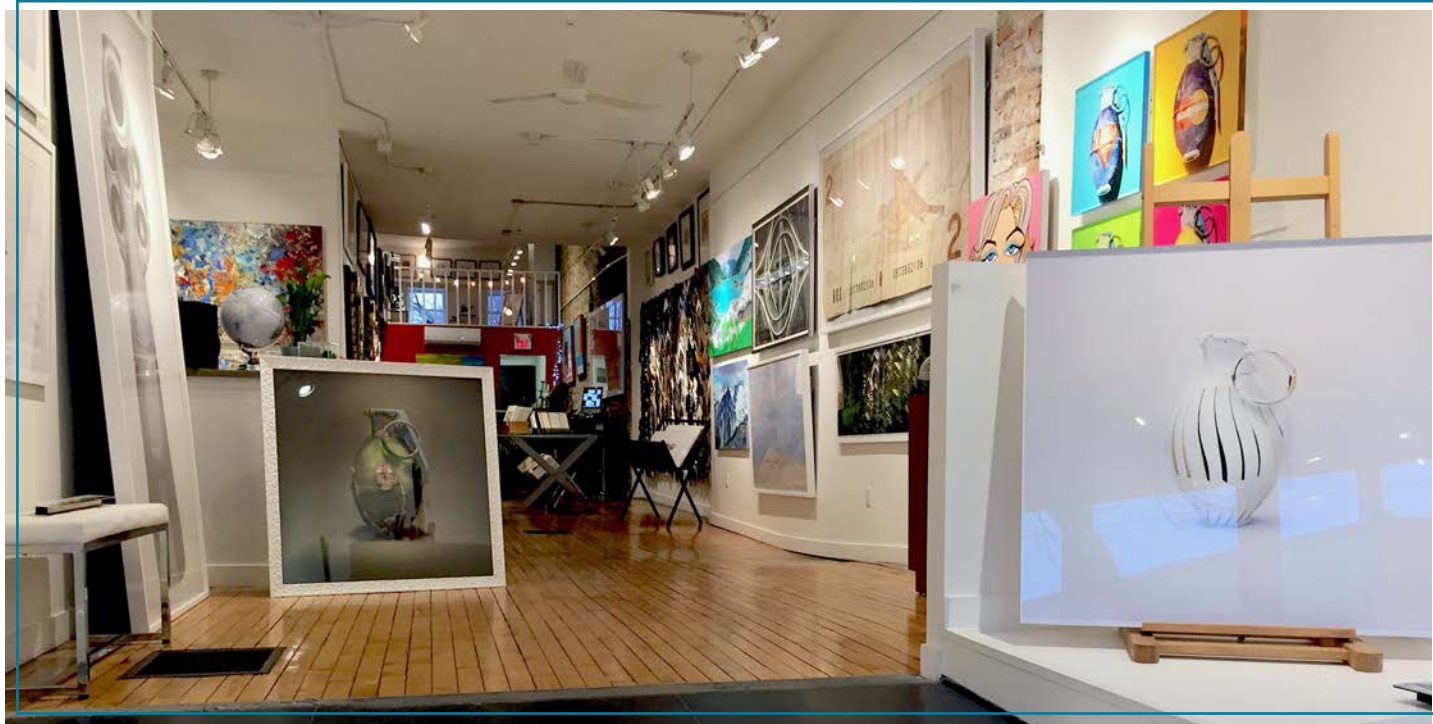
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# THE ART OF DIMENSIONS

TRACEY COVEART | PHOTOS: GIANCARLO PAWELEC



Nestled in the heart of Riverside is a bright and colourful cultural oasis. Warm and welcoming, diverse and dynamic, Dimensions Custom Framing and Gallery is a window into the world of art and creativity.

Dimensions owners, Ellen Davidson and Wendy Palmer, celebrated 18 years in business this April, a testimony of their dedication to their community, their clients and their passion.

“We love what we do,” says Ellen. “We love our customers, we love being part of what makes Riverside such a vibrant neighbourhood and we love visual art: the pieces we curate for our gallery and those we are framing for our clients.”

As its name implies, Dimensions is equal parts framing shop and gallery space. Wendy and Ellen curate the gallery – a revolving canvas for North American artists (many of them local) and a permanent collection of Inuit art. They consult with clients to help select the perfect finish for each project from hundreds of custom options.

“With so many choices and so much riding on those

choices, we know that custom framing can be intimidating,” says Wendy. “But we are here to help make the process fun and rewarding.” Each piece their clients brings in for framing – whether it’s a painting, a photograph or a prized memento – “speaks in its own way, and we are expert listeners!”

Often perceived as cost prohibitive, custom framing is a service that is widely misunderstood. “Part of our job is to make sure our clients understand the value of what we are providing,” Wendy says. She compares a custom frame to other made-for-you items: eyeglasses, tailored suits and upholstered furniture, for example. The associated cost of custom framing reflects the craftsmanship involved and the quality and longevity of the product.

“Custom framing is a very personalized service – one that reflects a client’s individual design aesthetic,” adds Ellen. “The piece will be a part of their home and life for years to come, so getting it right is critically important.”

After almost two decades in business, Ellen says, “we still have clients coming to us – some of our very first clients! – telling us how much they love the custom framing we did for them all those years ago.”

One of the aspects of the business that brings Ellen and Wendy the greatest joy is giving new life to old art. “A painting might have been in a family for decades – even centuries – and it’s tucked away out of sight because it’s dated,” says Wendy. “We reframe it to suit the current owner’s style and taste. It’s the same painting, but once the frame and mat are renewed, the owners often fall in love with it and are proud to hang it in their home.”

Inexpensive garage sale and thrift shop finds can be similarly elevated. “It’s like buying a house,” Ellen says. “You have to focus on the room and forget the furniture. If it has good bones – if you like the room – we can help you to furnish it.”

Another exciting part of the business is seeing customers take pride in their own creative endeavours. “Whether it’s a cross-stitch, a painting, a drawing, a photograph or an old pair of ballet slippers, we love it when people have their hard work framed with us so they can show it off,” Wendy says.

While many people who walk

through the door are returning customers, everyone is greeted as a friend. “You don’t need an art degree to come into our gallery,” says Ellen. Whether you’re there to browse, to buy or simply to enjoy, everybody is welcome to wander and wonder, and no pressure to purchase.

If a visitor should be drawn to a painting, it is a wonderful confluence. Falling in love with a piece of art is an intensely personal, visceral attraction. “It’s a gut feeling,” says Ellen. “The perfect piece speaks to you from a place of nostalgia, design, colour or subject.”

That original piece of art will likely cost more than a mass-produced picture in a big box store, but it is an investment in something utterly and fabulously unique. And a purchase not only supports artists and their extraordinary work, but also Riverside itself, as Ellen and Wendy are deeply committed to giving back to their community.

The fact that Dimensions is constantly rotating its art to keep things fresh and exciting means there is

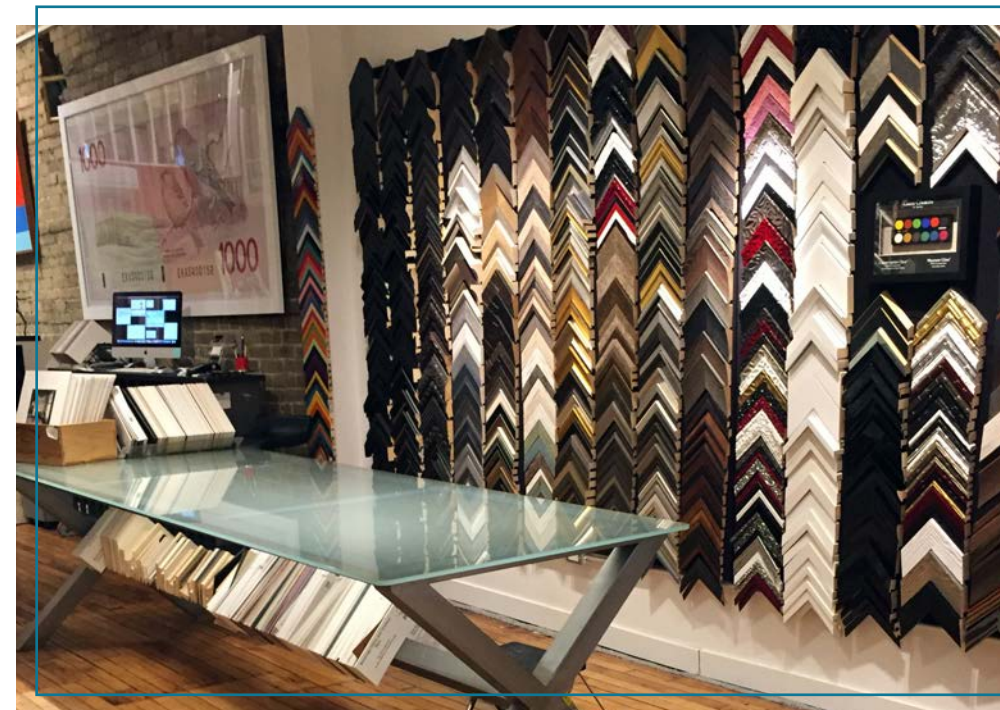
something that will appeal to just about everyone. “We carry everything from photography to sculpture to works on paper and canvas,” Ellen says, “from abstracts to scenes from nature; from the profoundly moving to the quirky and political.”

A new feature upstairs at Dimensions is a permanent exhibit of Inuit art by the artists of Cape Dorset, Nunavut, including limited edition prints, original drawings and sculptures. “We are very proud to be one of a select few galleries chosen to exhibit pieces from this exquisite and iconic collection,” Ellen says.

Whether enjoying the art on display, buying that special piece, framing a treasure or just having a chat and visiting with Hudson, Dimensions’ diminutive Yorkie ambassador, “we love it when people spend time with us and enjoy the space we have created for them.”

“We feel very connected to Riverside,” says Ellen. “Our greatest wish is that every Torontonians visits our incredible community and walks through our door at least once.”

If the past 18 years are any indicator, they will be back. 



## Dimensions Custom Framing

732 Queen St E  
416 463 7263

[dimensionsframing.com](http://dimensionsframing.com)  
[@dimensionsgallery](https://www.instagram.com/dimensionsgallery)





# LITTLE CHANGES BIG BOOST

TRACEY COVEART | PHOTOS: JENNIFER LAY

Is your home getting a little stale? Are you less than enthusiastic with your current decor? You're not alone. And you're in good company.

According to scientists, boredom is a negative feeling that pushes us toward change. Our brain digs the kick it gets from new stuff and it's hardwired to want more. Fortunately, we don't have to make big changes in our liveable spaces to stimulate our brains. Small adjustments – mini-makeovers that don't require a significant investment of time, money and energy – can be just as satisfying.

## FABULOUS FLORA

One of the quickest ways to breathe new life into a space is to invite the natural world indoors. "Plants and flowers are absolutely the most joy-giving way to redecorate," says Rosemary Little Jeffares, owner of Quince Flowers in Riverside.

Orchids are easy keepers and they come in an astonishing variety of colours. "They have aerial roots, which means they pull moisture from the air," says Rosemary. "They do best in a moist environment – like a kitchen or bathroom – but they'll bloom anywhere if you mist them frequently."

Trailing plants – like ivy – are perfect higher up, on a bookshelf for example. Anything with tendrils should be situated above your furniture, closer to the ceiling so it draws the eyes upwards. Not only will the vine beautify your room, it will also help to purify the air!

Cut flowers are a great way to add instant colour to your



palette. "You can buy a single bloom for about as much as you'd spend on a good cup of coffee," says Rosemary, "and single blooms on a night table or washstand can instantly change the look of a small space like a bedroom or powder room."

Cut flowers should last a week to 10 days, and keeping them in a room with a sink – like the kitchen – makes it easy to change their water regularly. Buying locally – in season – will keep the price down.

Pots are another great way to change things up with a pop of colour or texture. Found articles – like jars and bottles – remain popular. "Decorative pots are 'in', but the shapes are simple and geometric," says Rosemary. When mixing and matching, "try to keep one element the same: all milk glass or tin or cut crystal."

If you're not sure how to work some blooms or greenery into your home, "bring us photos of your interior and we can help," says Rosemary. "Plants and flowers are responsive and forgiving, they love you back, and it's impossible to make the wrong choice."

## THE OLD SWITCHEROO

Once your decor is perfect – a place for everything and everything in its place – it can be hard to think about moving things around. But make a few small changes and your brain will thank you. Rearranging and repurposing what you've already got is one way to make small changes that won't cost you a dime:

- Replace the photos in your picture frames. And, while you're at it, cluster a few frames on a table or wall for a gallery effect.

- Rearrange your bookshelves. Organize volumes by size, colour, alphabetically – or even (gasp!) – turn the spines to the wall with the pages out for a natural, neutral look.

- Refinish a favourite dresser when the passage of time dulls its lustre. Strip off those old layers and expose the beauty of the wood beneath. Or freshen with a new coat of paint. A neutral shade will present tons of opportunity for styling.

- Restyle your horizontal surfaces – tables, consoles, fireplace mantles, window sills – with things you already have on hand: a bowl of nuts, a beautiful book, an arrangement of candles. To ensure your decorating doesn't look like disorganized clutter, accessorize with intention. What you display isn't as important as how you display it. Arrange items in groups, stick to odd numbers (good things come in threes!) and play with size, colour and texture.

## FRAME IT UP AND SHOW IT OFF

If you're like most people, you've got at least one drawer full of priceless pieces of paper. Whether it's your

kids' artwork, your hard-earned diploma/degree/certificate, a pretty picture you cut out of a magazine or a special note from a loved one, it's time to bring these treasures into the light of day. Pop them into frames and group them together on an empty wall – or fireplace mantle! – to instantly declare a space your own.

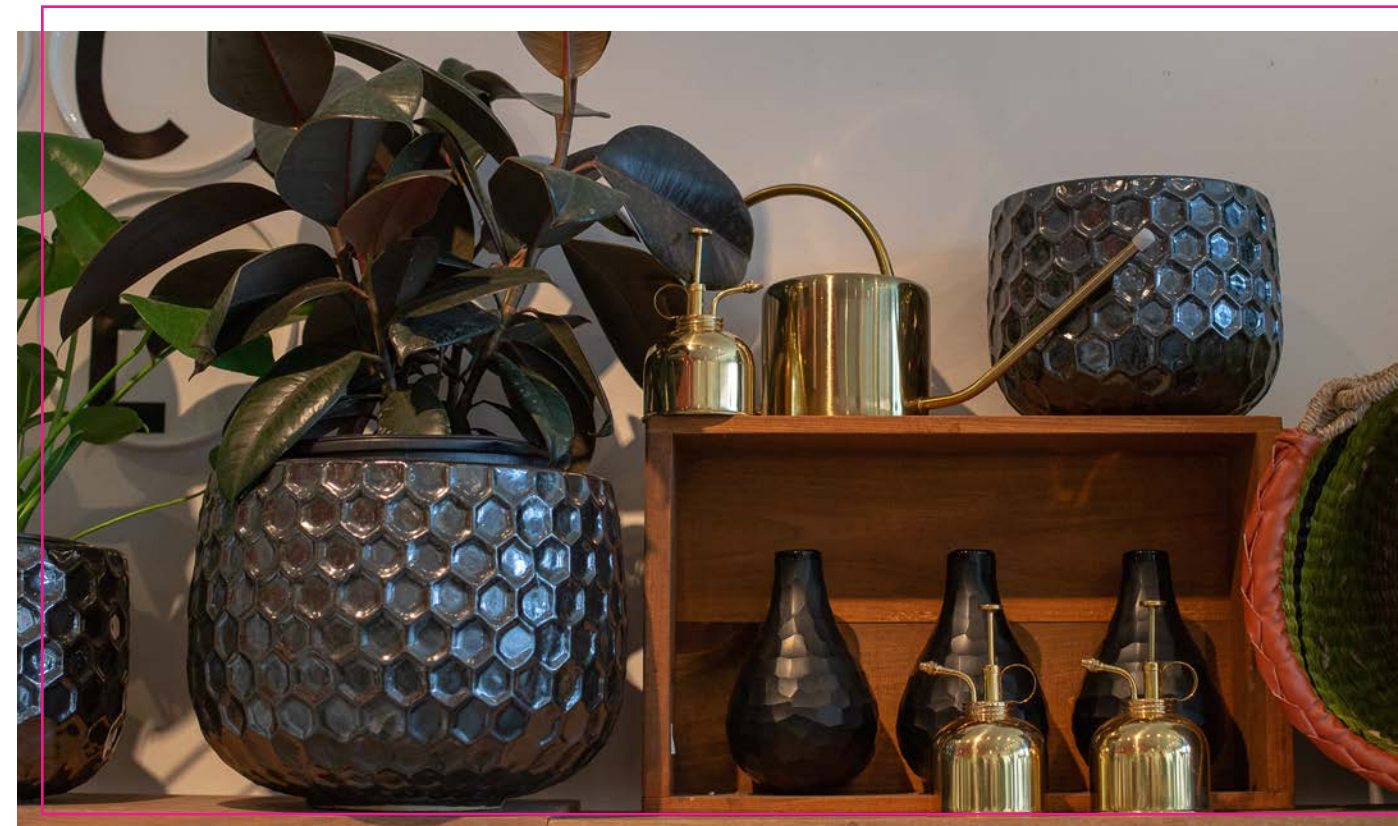
Self-conscious about displaying your own less-than-masterful artwork? We're not all Michelangelo. Be especially proud of anything you have created yourself. Frame your photos and paintings and display them proudly. You will make your home – and the world – a brighter, better place.

If you've got a really special piece, splurge and go to the professionals at Dimensions (see p. 24) in Riverside. Spending money on custom framing will elevate your art – as well as any priceless personal item – to its highest potential and keep it safe for generations to come.

And if you've run out of wall space? No problem! Lean pieces against the wall.

## THE LAST WORD

Change doesn't have to be big to be beneficial. A little addition here, a little subtraction there and you can rejuvenate your home and your grey matter. [R](#)







# QUIZZES, QUAFFS, AND COMEDY

LYNNE PATTERSON  
PHOTOS: GIANCARLO PAWELEC

*There is so much happening in Riverside that you may be missing out. We're here to help you get a little taste of what you'll find.*

## QUIZZES

Saulter Street Brewery hosts Quiz Club the first Wednesday of each month. There's usually a theme beyond the usual trivia such as 'Yappy Hour Bring Your Dog' night. Arrive by 6:30pm, the quizzing starts at 7pm sharp! Bring a group or come on your own. Or join in their Jenga competition the last Thursday of each month. If you don't know what Jenga is, just come and find out (Clue - it requires a steady hand and tactical thinking). There are also board games available every night.

Plus, the Toronto band Yukon Cigar plays the second Saturday of every second month starting June 8th 6:30pm to 9pm.

**Saulter Street Brewery**  
1-31 Saulter Street  
saulterstreetbrewery.com  
Instagram:  
@saulterstreetbrewery

Eastbound Brewing Co. has a collection of board games, which is attracting people to drop in and set up games. "Board games and beer

just seem to go together" one of the staff told me.

**Eastbound Brewing Co.**  
700 Queen St East  
eastboundbeer.com  
Instagram:  
@eastboundbeer

## QUAFFS\*

You're bound to be able to find your quaff of choice or try something new in Riverside's amazing selection of 20+ restaurants and bars, two breweries, a ciderhouse, and a hotel.

## COMEDY

Sisters Natasha and Vanessa, owners of I'll Be Seeing You Bar, hold a Comedy Night every Tuesday. The host, Cara Conners, a local comedian and producer, arranges a line-up of four or five comedians for the evening. It's a different line-up each week. The place is usually packed, so make a reservation or arrive early; comedy starts at 8:30pm.

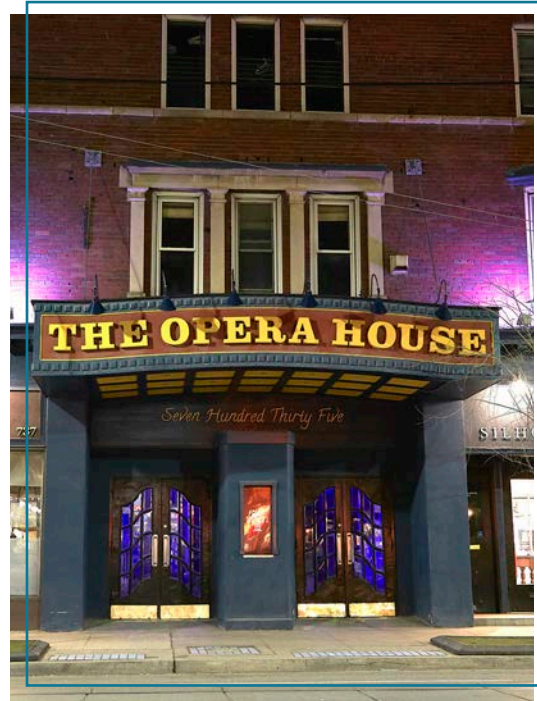
There are other occasional special evenings at I'll Be Seeing You such as 'True Crime Trivia'. When there's no event, you can set up your own game with their collection of popular board games.

**I'll Be Seeing You Bar**  
747 Queen St East  
illbeseeingyou.ca  
Instagram:  
@\_illbeseeingyou\_

The Opera House has an interesting history. It opened in 1909 and has since been a vaudeville house, a cinema and, more recently, the venue where many of our greatest Canadian bands have played. The Opera House also hosts an eclectic variety of events, including comedy, burlesque and charity fundraisers. Events can sell out very quickly, so book your tickets in advance!

**The Opera House**  
735 Queen St East  
theoperahousetoronto.com  
Instagram:  
@operahouseto

\*quaff – an alcoholic drink – English word from the 16th century



# HEALTHY MIND, BODY AND SPIRIT

TRACEY COVEART  
PHOTOS: EMILY DOUKOGIANNIS



We have become experts at compartmentalization, conditioned to put everything into its own separate box. In Western medicine we have specialists for everything: cardiologists treat our heart ailments, psychiatrists work on our depression and anxiety. The problem with this approach is that we are not a collection of separate organs, but rather our body, mind and spirit are all intricately interconnected. Each affects the other and they cannot be separated.

Recent Canadian research is showing a very clear connection between our physical and mental health. For example, poor sleep can cause serious health issues like depression and heart problems. Depriving healthy people of sleep for just one night significantly raises their blood pressure. As for depression, it often comes hand in hand with sleep disturbance. These issues have two-way relationships.

To enjoy overall health, "the mind, body and spirit must resonate with one another and work together," says Dr. Adrienne McRuvie, a chiropractor and clinical director of Oma Chiropractic and Wellness in Riverside. "You can't pull them apart and you have to pay equal attention to all."

Our lives are full of so many competing demands and distractions, and it is so difficult – yet so essential – to carve out time to nourish body, mind and spirit. "You must find time to sit quietly and look inwards. Pay attention to your intuition. Listen to what your heart is telling you – even if it scares the heck out of you", says Dr. McRuvie. A healthy spirit helps us to live with purpose – and encourages us to keep our mind and body healthy so we can achieve our highest potential.

As for the body, being pain free doesn't necessarily mean you are healthy. "Health is more than the absence of pain," says Dr. McRuvie. "Do you feel good in your body? Do you have enough energy to do the things that make your heart sing? Are you adaptable (do you bounce back easily or does every little challenge bring you low)? Do you have the endurance and the resiliency to navigate the curves that life inevitably throws at us?" The way you answer these questions is the real indicator of your overall health.

Caring for your mind, body and spirit can be broken down into four 'macro' areas: sleep (get lots of it), food (put good things in your body), mental wellness (don't get bogged down in your problems, look forward to what lies ahead) and physical wellness (find an enjoyable, healthy way to move – walk, run, bike, swim, climb, do yoga). If you want to create "deeper connections", Dr. McRuvie says, call in the experts: chiropractors, massage therapists, nutritionists, naturopathic care providers. "These professionals will help you take the nourishment of your mind, body and spirit to the next level."

## 10 'BIG PICTURE' TIPS FOR ACHIEVING OVERALL HEALTH

1. Make time to build meaningful relationships.
2. Have fun. Incorporate play into your life.
3. Embrace levity. Laugh often.
4. Put things into perspective.
5. Find ways to make your heart sing. Pursue a passion.
6. Choose mindfulness over mindlessness.
7. Keep moving.
8. Let food be your medicine.
9. Ground yourself. Connect with nature.
10. Walk barefoot on the earth.





# RIVERSIDE *directory*

## ARTS & ENTERTAINMENT

### ARTISTS' NETWORK & GALLERY

638 Queen St. E.  
(Studio within Dark Horse)  
M4M 1G3  
416 465 0302  
artistsnetwork.ca

### THE OPERA HOUSE

735 Queen St. E.  
M4M 1H1  
416 466 0313  
theoperahousetoronto.com

### TINY RECORD SHOP

804 Queen St. E.  
M4M 1H7  
416 479 4363  
tinyrecordshop.com

### THE UNDERGROUND CAFÉ & SOCIAL CLUB

670 Queen St. E.  
M4M 1G4  
416 450 9125  
clandestinity.ca

## AUTOMOTIVE

### DOWNTOWN TOYOTA

667 Queen St. E.  
M4M 1G6  
416 465 5471  
downtowntoyota.ca

### GENESIS DOWNTOWN

630 Queen St. E.  
M4M 1G3  
416 613 9685  
genesisdowntown.ca

### J & B AUTO

89 Lewis St.  
M4M 2H2  
416 864 0909

### MOTOCADÉ AUTO PARTS

600 Queen St. E.  
M4M 1G4  
416 461 8852

## BEAUTY

### ALBUM HAIR

639 Queen St. E.  
416 778 8892  
M4M 1G4  
albumhair.com

### BAREFOOT BEAUTY

643 Queen St. E.  
M4M 1G4  
416 792 4420  
barefootbeauty.ca

### CLINIQUE DE MODE

750 Queen St. E.  
M4M 1H4  
416 551 3551  
cliniquedemode.com

### DREAMY BEAUTY BAR

717 Queen St. E.  
M4M 1H1  
647 299 4277  
dreamybeautybar.com

### GEORGE'S BARBER SHOP

741 Queen St. E.  
M4M 1H2  
416 466 6568  
broadviewbeauty.ca

### HAIR CODE

743 Queen St. E.  
M4M 1H3  
416 750 1234  
haircode.ca

### HILL STUDIO

639 Queen St E, 2nd Fl  
647 771 4454  
M4M 1G4  
info@hillstudio.ca

### LONE & CO.

717 Queen St. E.  
M4M 1H1  
647 351 8480  
loneandco.com

### UNTITLED BY FLAUNT BOUTIQUE

792 Queen St. E.  
M4M 2J3  
416 469 5454  
untitledtoronto.ca

### WAXON WAXBAR

766 Queen St. E.  
M4M 1H4  
647 350 7929  
waxon.ca

## BREWERIES

### EASTBOUND BREWING CO.

700 Queen St. E.  
M4M 1G9  
416 901 1299  
eastboundbeer.com

### SAULTER STREET BREWERY

1-31 Saulter Street  
M4M 2HB  
416 463 9379  
saulterstreetbrewery.com

## CAFÉ & BAKERY

### BONJOUR BRIOCHE

812 Queen St. E.  
M4M 1H7  
416 406 1250  
bonjourbrioche.com

### BROADVIEW BAKERY & DELI

728 Queen St. E.  
M4M 1H2  
416 466 2118

### CANNONBALL

641 Queen St. E  
M4M 1G4  
416 463 0500  
fcoffee@rogers.com

### DARK HORSE ESPRESSO

630 Queen St. E.  
M4M 1G3  
647 436 3460  
darkhorseespresso.com

### SUGAR LOAF BAKERY & CAFÉ

729 Queen St. E.  
M4M 1H1  
647 847 6122  
sugarloafbakery.ca

### ST JOHN'S BAKERY

153 Broadview Ave.  
M4M 2E9  
416 850 7413  
stjohnsbakery.com

## COMMUNITY SERVICES

### BOULTON AVENUE CHILD CARE CENTER

131 Broadview Ave.  
M4M 2E9  
416 463 7625  
boultonchildcare.com

### FONTBONNE MINISTRIES /MUSTARD SEED

791 Queen St. E.  
M4M 1H6  
416 465 6069  
fontbonnemministries.ca

### JIMMIE SIMPSON RECREATION CENTRE

870 Queen St. E.  
M4M 1H9  
416 392 0751  
pstone@toronto.ca

### NELLIE'S

754 Queen St. E.  
M4M 1H4  
416 461 3404  
outreach@nellies.org  
nellies.org

### RALPH THORNTON COMMUNITY CENTRE

765 Queen St. E.  
M4M 1H3  
416 392 6810  
ralphthornton.org

### RIVERSIDE BIA OFFICE

638 Queen St. E  
(Studio inside Dark Horse)  
M4M 1H3  
416 466 8167  
riverside-to.com

### RIVERSIDE GREEN INITIATIVE

Joel Weeks Park  
riversidegreeninitiative@gmail.com

### THE EDWIN/ WOODGREEN

650 Queen St. E.  
M4M 1G5  
416 645 6000  
woodgreen.org

### TORONTO PUBLIC LIBRARY QUEEN/ SAULTER BRANCH

765 Queen St. E.  
M4M 1H3  
416 393 7723  
torontopubliclibrary.ca

### ST. JOHN THE COMPASSIONATE MISSION

155 Broadview Avenue  
M4M 2E9  
416 466 1357  
stjohnsmmission.com

## DENTAL/MEDICAL PHARMACY

### MAGENTA HEALTH

625 Queen St. E.Unit 108  
M4M 1G7  
magentahealth.ca

### RIVERSIDE DENTAL

690B Queen St. E.  
M4M 1G9  
647 348 6900  
riversidedentalcenter.ca

### TRAVEL VACCINE CLINIC

690 Queen St. E.  
M4M 1H7  
416 461 2419  
travelmedicalclinic.com

### WHOLESOME PHARMACY

811A Queen St. E.  
M4M 1H8  
416 461 3889

### YOURS PHARMACY

796 Queen St. E.  
M4M 1H4  
416 778 0078

## FASHION & ACCESSORIES

### BERGSTROM ORIGINALS

781 Queen St. E.  
M4M 1H5  
416 595 7320  
berstromoriginals.com

### COMMON SORT

800 Queen St. E.  
M4M 1H7  
416 463 7678  
commonsort.com

### HERE & NOW

770 Queen St. E.  
M4M 1H4  
416 461 3144

### IRISH DESIGN HOUSE

756 Queen St. E.  
M4M 1H4  
416 388 0479  
hi@theirishdesignhouse.com  
theirishdesignhouse.com

### LITTLE PEEPS

742 Queen St. E.  
M4M 1H2  
416 406 KIDS (5437)  
littlepeeps.ca

### SILHOUETTE TAILORING

733 Queen St. E.  
M4M 1H1  
416 465 9898  
silhouettetailoring.com

### STEPHAN CARAS DESIGN INC

744 Queen St. E.  
M4M 1H4  
416 703 6929  
caras@stephancaras.com  
stephancaras.com

## FINANCIAL SERVICE

### BANK OF MONTREAL QUEEN & SAULTER BRANCH

774 Queen St. E.  
M4M 1H4  
416 461 0801  
bmo.com

## FLORAL

### QUEEN GARDEN CENTRE

771 Queen St. E.  
M4M 1K3  
416 271 2001  
info@queengarden.ca  
queengarden.ca

### QUINCE FLOWERS

660 Queen St. E.  
M4M 1G5  
416 594 1414  
info@quinceflowers.com  
quinceflowers.com

## HEALTH & FITNESS

### CHI JUNKY YOGA & WELLNESS

70 McGee St.  
M4M 2K9  
416 670 4403  
getaddicted@chijunky.com  
chijunky.com

### DIAMOND MUAY THAI & FITNESS

740 Queen St. E.  
M4M 1H4  
416 546 0559  
info@diamondmuaythai.ca  
diamondmuaythai.ca

### OMA CHIROPRACTIC & WELLNESS

1 Munro St.  
M4M 2B7  
416 469 0369  
omachiropatric.com

### ROYAL CANADIAN CURLING CLUB

131 Broadview Ave.  
M4M 2E9  
416 461 0251  
manager@rccc.on.ca  
rccc.on.ca

### SWITCHBACK CYCLERY

651 Queen St. E.  
M4M 1G4  
416 466 6776  
propel@switchbackcyclery.ca  
switchbackcyclery.ca

### TORONTO COMMUNITY ACUPUNCTURE

27 Davies St.  
M4M 2A9  
416 405 8222  
communityacupunctoretoronto.com

## HOME DÉCOR & DESIGN

### BEAUPARLANT DESIGN

3 Munro St.  
M4M 2B7  
416 479 4102  
studio@beuparlant.ca  
beuparlant.ca

### CRY IF I WANT TO

696 Queen St. E. Ste. 2C  
M4M 1G9  
416 466 2797  
cryifiwantto.com  
info@cryifiwantto.com

### DIMENSIONS CUSTOM FRAMING & GALLERY

732 Queen St. E.  
M4M 1H2  
416 463 7263  
art@dimensionsframing.com  
dimensionsframing.com

### ELBERS ANTIQUES & REFINISHING

777 Queen St. E.  
M4M 1H5  
416 466 3938  
ronelbers@rogers.com  
elbersrefinishing.com

### GUFF FURNITURE

1 Davies St.  
M4M 2A6  
416 913 8025  
info@guffonline.com



HOTEL

**THE BROADVIEW HOTEL**  
106 Broadview Ave.  
M4M 1G9  
416 362 8439  
info@thebroadviewhotel.ca  
thebroadviewhotel.ca

LAUNDRY/  
CLEANERS

**BETTERWAY DRY  
CLEANERS**  
724 Queen St. E.  
M4M 1H2  
416 466 4000

**PAPAS LAUNDRY**  
786 -788 Queen St. E.  
M4M 1H4

LEGAL /  
INSURANCE

**BAIRD MACGREGOR  
INSURANCE BROKERS**  
825 Queen St. E.  
M4M 1H8  
416 778 8000  
cduncan@bairdmacgregor.com  
bairdmacgregor.com

**DAVID MAUBACH-  
BARRISTER**  
810 Queen St. E.  
M4M 1H7  
416 469 1115  
davidmaubach@on.aibn.com

**KORMAN & COMPANY  
BARRISTERS  
& SOLICITORS**  
721 Queen St. E.  
M4M 1H1  
416 465 4232  
info@kormancompany.com  
kormancompany.com

**LEWIS BIRNBERG  
HANET - MEDIA &  
ENTERTAINMENT  
LAWYER**  
693 Queen St. E.  
M4M 1G6  
416 865 9444  
info@lbhmedialaw.com  
lbhmedialaw.com

**WAGMAN & SHERKIN  
LAW OFFICES**  
756A Queen St. E.  
M4M 1H4  
416 465 1102  
admin@wagmansherkin.ca

MARKETING  
SERVICES

**LAB CREATIVE**  
3 Munro St.  
M4M 2B7  
647 361 4293  
labcreative.com

**LAUGHING VIKINGS**  
696 B Queen St. E  
M4M 1G9  
647 391 1713  
lol@laughingviking.com  
laughingviking.com

**PAWELEC PHOTO AND  
STUDIO 311**  
9 Davies Ave., Suite 311  
M4M 2A6  
416 932 7337  
info@pawelecphoto.com  
pawelecphoto.com

**SATORI  
COMMUNICATIONS  
GROUP**  
696A Queen St. E.  
M4M 1G9  
416 639 6219  
info@satoricgi.com  
satoricgi.com

REAL ESTATE &  
DEVELOPMENT

**CORE REALTY**  
747 Queen St. E.  
M4M 1H3  
416 406 0000

**GILLIS & KENNEDY  
RE/MAX HALLMARK**  
785 Queen St. E.  
M4M 3G9  
416 465 7850  
gillisandkennedy.com

**NELL AND NATASHA  
REAL ESTATE  
HOMEWARD  
BROKERAGE**  
807 A Queen St. E.  
M4M 1H8  
416 833 2580  
nellandnatasha.com

**RE/MAX HALLMARK  
REALTY LTD.  
BROKERAGE**  
785 Queen St. E.  
M4M 3G9  
416 465 7850  
mygreateroronto.com

**TEAM SHEPPARD  
RE/MAX HALLMARK  
REALTY LTD.**  
785 Queen St. E.  
M4M 3G9  
416 465 7850  
teamsheppard.com

**TEMPLEHOUSE RENO**  
745 Queen St. E.  
M1M 1H3  
416 932 9099  
templehouse.com

RECRUITMENT

**YORK SEARCH GROUP**  
711-B Queen St. E.  
M4M 1H1  
416 366 9675  
yorksearchgroup.com

RESTAURANT /  
PUBS / BARS

**BOXCAR SOCIAL**  
4 Boulton Ave.  
M4M 2J3  
647 344 4530  
boxcarsocial.ca

**BRICKWORKS  
CIDERHOUSE**  
709 Queen St. E.  
M4M 1H1  
647 341 4500  
theciderhouse.ca

**BURGER SHOPPE**  
688 Queen St. E.  
M4M 1G9  
416 850 7026  
burgershoppe.com

**CARIBBEAN  
SUNSET**  
753A Queen St. E.  
M4M 1H3  
647 340 7607

**CHEZ NOUS**  
798 Queen St. E.  
M4M 1H4  
647 909 7208  
cheznouswinebar@gmail.com  
cheznouswinebar.com

**HI-LO**  
753 Queen St. E.  
M4M 1H3  
416 551 3459

**I'LL BE SEEING  
YOU BAR**  
747 Queen St. E.  
M4M 1H3  
416 778 9988  
info@illbeseeingyou.ca  
illbeseeingyou.ca

**IL PONTE**  
625 Queen St. E.  
M4M 1G7  
416 778 0404  
info@ilponte.ca  
ilponte.ca

**JASPER DANDY**  
725 Queen St. E.  
M4M 2H5  
jasperdandy.ca

**KABOOM  
CHICKEN**  
722 Queen St. E.  
M4M 1H2  
416 546 9899  
kaboomchicken.com

**KT SPORTS BAR**  
682 Queen St. E.  
M4M 1G9  
647 346 6541

**LA CARNITA**  
780 Queen St. E.  
M4M 1H4  
647 344 0780  
lacarnita.com

**LAN VIETNAMESE  
RESTAURANT**  
755 Queen St. E.  
M4M 1H3  
647 748 7388  
lanrestaurant.ca

**LIBERTY SHAWARMA**  
716 Queen St. E.  
M4M 2H5  
416 462 3644

**LUCKY STAR  
RESTAURANT**  
739 Queen St.  
M4M 1H3  
416 466 8688

**MAZZ JAPANESE  
BISTRO**  
806 Queen St. E.  
M4M 1H7  
647 347 8744  
mazzbistro.com

**PIZZA PIZZA**  
680- 678 Queen St. E.  
M4M 1G8  
416 967 1111

**PIZZAIOLO**  
698 Queen St. E.  
M4M 1G9  
416 406 3456  
pizzaiolo.ca

**PROHIBITION  
GASTROHOUSE**  
696 Queen St. E.  
M4M 1G9  
416 406 2669  
myprohibition.com

**PULP KITCHEN**  
689 Queen St. E.  
416 461 4612  
pulpkitchen.ca

**RUBY WATCHCO**  
730 Queen St. E.  
M4M 1H2  
416 465 0100  
info@rubywatchco.ca

**SIDDHARTHA**  
734 Queen St. E.  
M4M 1H2  
416 463 4200

**SMASH! PING PONG  
LOUNGE**  
672 Queen St. E.  
M4M 1G8  
647 748 7664  
smashpingpong.ca

**SUBWAY**  
727 Queen St. E.  
M4M 1H1  
647 435 8673

**SUSHI BAR**  
701-703 Queen St. E.  
M4M 1G6  
647 351 3138

**TABULE**  
810 Queen St. E.  
M4M 1H7  
416 465 2500  
tabule.ca

**THE COMRADE**  
758 Queen St. E.  
M4M 1H4  
416 778 9449

**THE OPERA HOUSE  
GRILL & PATIO**  
737 Queen St. E.  
M4M 1H1  
647 348 7717  
theoperahousetoronto.com

**THE PEASANT TABLE**  
782 Queen St. E.  
M4M 1H4  
647 343 7022  
thepeasanttable.com

**WHITE LILY DINER**  
678 Queen St. E.  
M4M 1G8  
416 901 7800  
whitelilydiner.ca

SPECIALTY  
FOOD &  
VARIETY

**BUTCHERS OF  
DISTINCTION**  
738 Queen St. E.  
M4M 1H6  
416 466 9191  
butchersofdistinction.ca

**FORTUNE SMOKE  
& GIFT STORE**  
736 Queen St. E.  
M4M 1H2  
416 465 1988

**STARBANK  
CONVENIENCE**  
705 Queen St. E.  
M4M 1G6  
416 461 0430

**THE WINE RACK**  
731 Queen St. E.  
M4M 1H3  
416 465 5454  
winerack.com

**RIVERSIDE MARKET**  
720 Queen St. E.  
M4M 1H2  
416 466 0821

SPECIALTY  
RETAIL

**ARTS MARKET  
RIVERSIDE**  
790 Queen St. E.  
M4M 1H4  
416 778 9533  
artsmarket.ca

**BRIKA**  
768 Queen St. E.  
M4M 1H4  
1 844 472 7452  
brika.com

**DOLLARAMA**  
772 Queen St. E.  
M4M 1H4  
dollarama.com

**FREEDOM MOBILE**  
750 Queen St. E  
M4M 1H4  
416 463 2345  
freedommobile.ca

**K.L. COINS CO.RARE  
COIN DEALERS**  
817A Queen St. E  
M4M 1H8  
416 461 5252

**LCBO**  
772 Queen St. E  
M4M 1H4  
416 465 6943  
lcbo.com

**RIVERDALE TRADING  
COMPANY**  
760 Queen St. E.  
M4M 1H4  
647 715 9333

**SASH & BUSTLE**  
779 Queen St. E.  
M4M 1H5  
647 340 5850  
sashandbustle.com

**TOKEN**  
804 Queen St. E.  
M4M 1H7  
416 479 4363  
tokentoronto.com



# RIVERSIDE THEN AND NOW

GIANCARLO PAWELEC



Toronto's east end is changing so fast and Riverside is no exception. Rich in history as well as dynamic and diverse in demographics, this was a blue-collar and industrial area of east Toronto in the 1880s. Today the local population of nearly 25,000 people enjoys a broad and eclectic mix of retailers, eateries, and entertainment venues.

Now it's time to take a trip down memory lane (thanks to City of Toronto Archives) to the late-1800s and into the 1970s, contrasted with fresh photos from 2018 - let's take a look at the Then and the Now of Riverside:

Queen St. E,  
east of Don Bridge  
June 5, 1923



City of Toronto Archives, Fonds 16, Series 71, Item 2217  
2217. Queen St. E. of Don Bridge June 5/23.

Queen St. E,  
east of Riverside Bridge



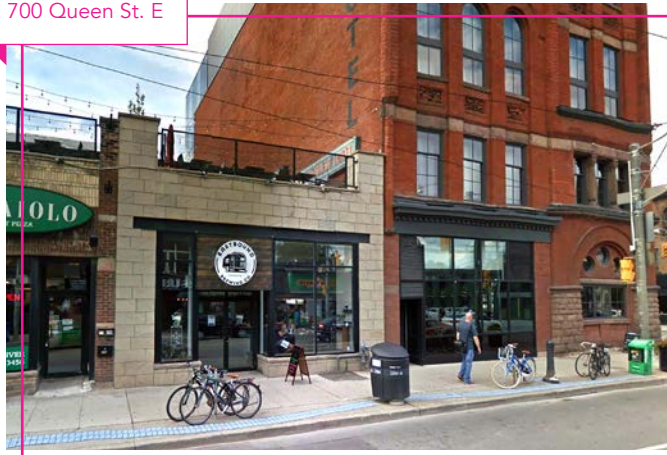
Laying down railways (1923) for some of the first street cars, two years after the **Toronto Transportation Commission (TTC)** was created and nearly a decade after the area was annexed by the City. The original buildings of **Coleman Lamp Co.** (2-storey red brick, at left), now **Motorcade Auto Parts** and the historic **Dingman's Hall** (peaked tower in the distance), now **The Broadview Hotel**, still stand today.

Teck Theatre - 700 Queen St. E  
March 21, 1932



City of Toronto Archives, Fonds 1231, Item 0641

700 Queen St. E



One of Toronto's earliest movie houses opened in 1931 during the Great Depression and at a time when films were transitioning from silent movies to sound – known as “talkies”. Today, folks can enjoy a cold craft brew and great food at **Eastbound Brewing Co.**

Royal Canadian Bicycle Club  
131 Broadview Ave.  
Sept 30, 1929



City of Toronto Archives, Fonds 1266, Item 18066

Boulton Ave. Daycare & Royal  
Canadian Curling Club  
(in buidling behind)



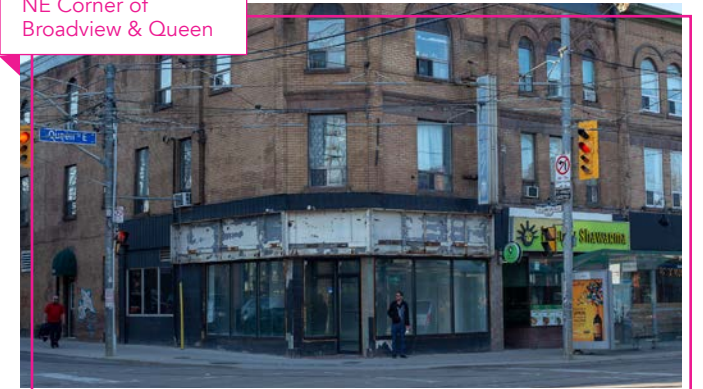
Since 1906, the Royals have been active, first as a Bicycle Club and then a Curling Club. Their original building still stands today and is mixed-use with the portion on Broadview housing a daycare, and curling club in the back building with modern ice rink and curlers lounge.

NE Corner of  
Broadview & Queen  
1972



City of Toronto Archives, Fonds 2032, Series 841, File 25, Item 19

NE Corner of  
Broadview & Queen



This corner housed Toronto's last newsstand, and has also been home to a flower shop and various other small businesses throughout the 50s-70s. It was the long-time home to **Dangerous Dan's Diner** and is now owned by **Pizza Nova**.

SE Corner of  
Broadview & Queen  
1972



City of Toronto Archives, Fonds 2032, Series 841, File 25, Item 20

SE Corner of  
Broadview & Queen



Originally, the 'banker's corner', this corner has since been home to a variety of well-known eateries such as **The Real Jerk** and **An Sibin Pub**. Now it is home to the new **Brickworks Ciderhouse**, Toronto's first cidery, with neighbours including an HR recruitment firm and hair and beauty salons - how times have changed!



Wow! Thanks for the support over the past year. We feel so fortunate to be part of such a dynamic community, and look forward to seeing you soon!

# Charismatic gathering spot since 1891

## THE BROADVIEW HOTEL

THEBROADVIEWHOTEL.CA  
106 BROADVIEW AVENUE

@BROADVIEWHOTEL  
TORONTO ON M4M 2G1

#BROADVIEWHOTEL  
416 362 8439