



#riversideTO

# RIVERSIDE

*magazine*

TORONTO | 2019

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THE  
FUTURE OF  
**RIVERSIDE**

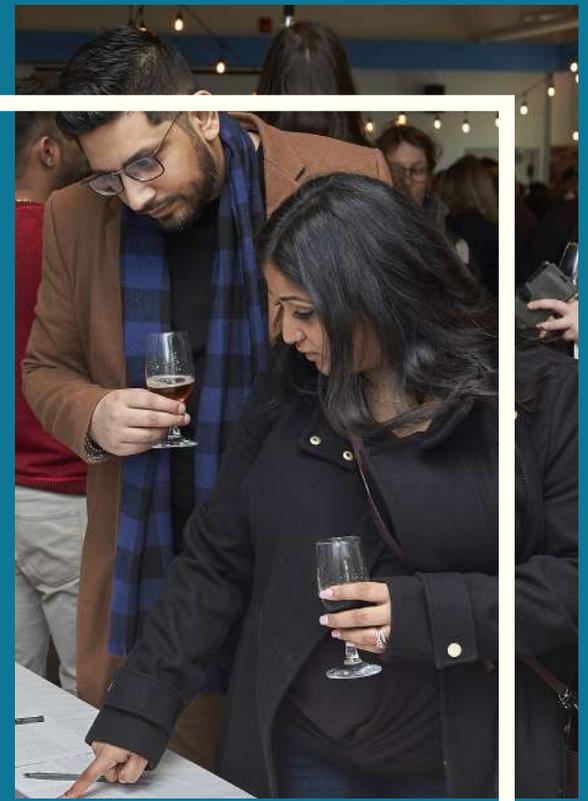
**VEGAN  
TOUR**

GOOD  
FOOD  
FOR THE  
GREATER  
GOOD

**BEST  
DISHERS**  
IN THE  
'HOOD

**110  
YEARS**  
OF MUSIC

**FAQ  
OF  
CANNABIS**



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# EDITOR'S note



*Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody.*

*-Jane Jacobs*

Our world is a beautiful place and there's no better time to be alive. Technology has made mundane tasks more efficient, our life spans have increased, and the capabilities of communication are essentially limitless. With such changes, gone are the days of dated and restrictive traditions in favour of the broader social mindset of equity, inclusivity, and eco-consciousness - the essence of modern life.

For this issue of *Riverside Magazine* we reveal a fresh contemporary style and features from our local modern wordsmiths. Immerse yourself in learning about The Future of Riverside (pg. 8) or explore the last 110 Years of Music & Entertainment (pg. 11). Eclectic dining is on the menu - check out the

Vegan Tour, Good Food for The Greater Good (pg. 17) and if you're still feeling peckish, read up on the made-from-scratch goodness in the Best Dishes In The Hood (pg. 18). With the recent legalization of Cannabis we've also included a special section, FAQs of Cannabis (pg. 26).

Having over a century of history, Riverside has seen it all. Thankfully, the past has paved a way for the future. We now have the opportunity to explore possibilities and try something new. Flip through the pages and take a leap. Riverside has something for you!

**Giancarlo Pawelec / Managing Editor**

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Questions / Comments - please contact:

**Riverside Business Improvement Area**

[riverside-to.com](http://riverside-to.com)

[editor@riverside-to.com](mailto:editor@riverside-to.com)

[office@riverside-to.com](mailto:office@riverside-to.com)



# THIS IS THE YEAR I'LL BE FIT & HEALTHY

Like clockwork, every January we all set out our good intentions to get in shape, lead a healthier lifestyle, and be more productive. Time to check up on that. Although we can all appreciate the enthusiasm the reality is that many of us get stuck and end up back on the same stressful cycle of life as before. Let's face it, attempting the latest diet trend, blindly signing up with a trainer, or even doing a 30-day challenge will not get you the results you truly seek. The key is to keep things simple as it's an overall mindset-lifestyle change and like most things, done in moderation – you still have to live a little after all.

a local socially minded running club. These simple things will make you feel better right away and have a lasting positive impact, allowing you to increase your goals as you move forward.

For anyone looking for a fun and friendly run crew to either help get you started or keep you going, join **Eastbound Run Crew** (or #EBRC for short), on Mondays leaving at 6:30pm from Riverside's **Eastbound Brewing Company** (700 Queen St. E.) and wind down after with catch-ups over a pint!

### SET SIMPLE CLEAR GOALS

We all have motivation to be fit and healthy, but it's the realistic goal setting and accountability that is genuinely most challenging. When targets aren't met we just shrug it off and go back to our old ways. The only way to usher in a new healthier lifestyle is to set small and attainable mile-markers like eating one salad a day or going for a walk around the neighbourhood every evening. Although small in effort, the satisfaction from achieving them and being held accountable to yourself or your support group (partner, family, or friends) goes a long way!

### FUEL THE BODY

Being healthy doesn't mean being boring, especially when it comes to food. We all love a good cheat-day, so long as it's done in moderation. Aside from the obvious of maintaining a fitness routine, a key essential to a fit physique and healthier lifestyle is all in how you fuel your body. Living in a culturally diverse city like Toronto offers us access to some incredible products, produce, and alternative food options. Instead of limiting yourself on what you can eat, change your mindset and focus on abundance, in a healthy way. Indulge in colourful produce or try making new ethnic dishes. The sky's the limit with the delicious and nutritious flavours of the world, so experiment.

### MAKE SMALL CHANGES

Like most things in life there is no quick solution. Progress takes dedication and time, but with enough perseverance anything is possible. In order to maintain interest in the long journey to a better body and health, start with the small stuff. Instead of taking the elevator every day try the stairs – even if it's just once per day. If soft drinks are your vice, switch it up with carbonated water. If exercising alone isn't your thing, join up with

There is no clear cut solution to improving one's health and physique. Everything takes time and dedication, but it only takes one step to start the journey in turning a dream into reality. Regardless of wanting to live a healthier life – be it medical or personal reasons – we can all do better by starting with small steps. 

*Written By: Giancarlo Pawelec, Photo By: Joshua Roy*

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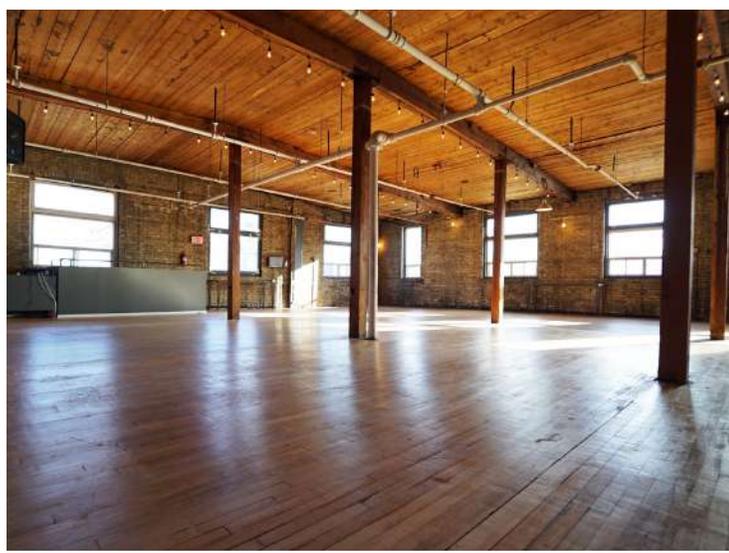
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# THE FUTURE OF RIVERSIDE

*Pictured above: Proposal photo for Riverside Parkette at the Streetscape Master Plan*

Riverside has seen dramatic changes over the last twenty years. Now, moving forward into the next twenty years, what kind of changes might we expect? We've now seen a whole generation grow up with online shopping. Will the small bricks and mortar shops be able to compete? What makes Riverside an attractive location to run a business? And how will new young families interact with these businesses?

Historically, the area over the Don River was one of Toronto's first suburbs. In the 1890s, streetcars allowed people to live here and get to work quickly. Built before the prominence of the automobile, few properties had driveways or garages. In the heyday of the area people walked on Queen Street to bank, to grocery shop, and to buy everyday items. Grand buildings like the Bank of Commerce (now repurposed as Stephen Caras Design) and the Post Office (now the Ralph Thornton Centre) were nearby. In an age before television, you could even be entertained

locally. La Plaza (now The Opera House) had vaudeville variety shows several times a day.

With the completion of the Bloor Street Viaduct and the craze for automobiles in the past century, populations moved further and further out. Recently, however,

beaver, squirrel and fox sculptures has added another charming place to stroll.

Massive change is coming to this area. Only a few hundred metres south of Queen Street lie the 24 hectares of the Unilever lands. This site is Canada's largest commercial

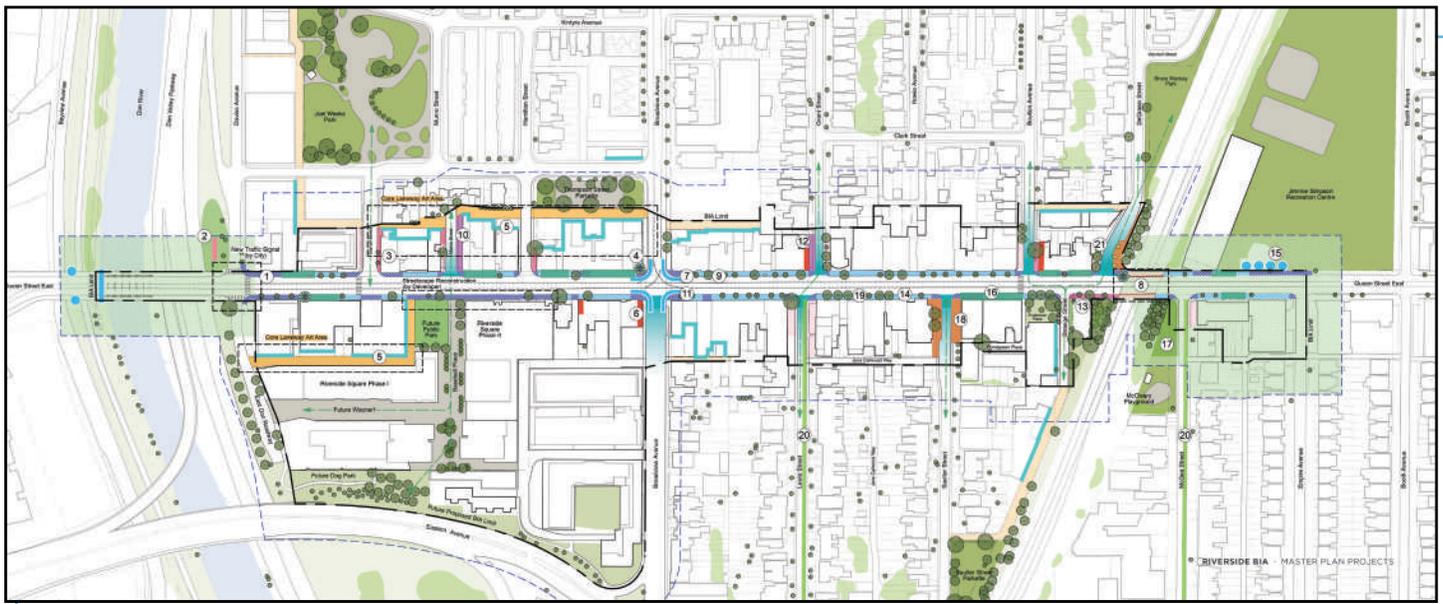


*Pictured above: Additional concept for Boulevard Parkette at the Streetscape Master Plan*

that allure has faded. There is a reaction against the exhausting long commute and many young people do not even own cars as they can take public transit if they need to get around. Even better, why not walk the few minutes it takes to shop locally? Real Estate companies rate the walkability of a neighbourhood. In Riverside, the beautiful Joel Weeks Park with its

real estate development designated as employment lands with over 50,000 jobs expected. Will these people want to live near where they work? Many will, and the Riverside Square development underway in the neighbourhood adds nearly one thousand new local residential units.

Another large influence will be



the major new East Harbour transportation hub on the adjacent railway lands. A new subway station on the Downtown Relief Line and a new station on the Smart Track Commuter Corridor will make this a bustling area. Also suggested is a connecting extension of the Broadview Streetcar line into the hub.

Thankfully, the Riverside Business Improvement Area (Riverside BIA) wants to stay ahead of these changes and has a new Streetscape Master Plan that proposes 21 new projects between the Don River and Empire Ave. The projects will improve the walking experience along Queen Street with enhanced greenery, benches, artwork and street lighting. Details of these projects may be seen on the BIA's website ([riverside-to.com](http://riverside-to.com)). One challenge will be to integrate the stock of heritage buildings that add interest to the area. Designation as a Heritage Conservation District would help ensure a continuity with the area's vibrant past and the sympathetic preservation of these facades.

Have you heard of a Woonerf? If you are from Holland you will

know what this is as they have thousands of them. Riverside Square will have one of Canada's first - a Woonerf is a street where people rule, not cars. Cars must not move faster than the slowest users. Riverside Square's woonerf will be called "Baseball Place," paying homage to the baseball park located here in the 1890s and site of Toronto's first international baseball championship. Done properly this should help integrate the new residences with Queen Street.

The future of this area is exciting. But what do people in the neighbourhood think? Elizabeth Abbott, a long-time resident never thought she would love condos, but now she feels that she could happily sell her house and move into a local condo. "I'm grateful I won't have to leave this wonderful community." A more recent resident with three daughters in their twenties imagines Riverside of the future will be "family-centered, sustainable, and filled with multi-use living options. My children desire the ability to live environmentally consciously, live close to family and live affordably. Their focus is less on ownership

and more on conscious living."

On the business side, George Iliades, known as "George the Barber," has the longest standing small business in Riverside at 55 years on Queen St. East and welcomes the "new blood" that an increased population will bring. Sinead Clarke of the Irish Design House, one of the newer businesses in the area at 756 Queen St. East, is showing her confidence by renewing her lease. She hopes the small independent shops will be able to stay as "people like the personal attention they receive."

Yes, changes are coming and as the quote above the Don River Bridge says, "This river I step in is not the river I stand in." The passage of time is inevitable and everyone's looking forward to seeing what it brings in Riverside. 

*Written By: Ron Fletcher, Photos By: ©PLANT 2019*

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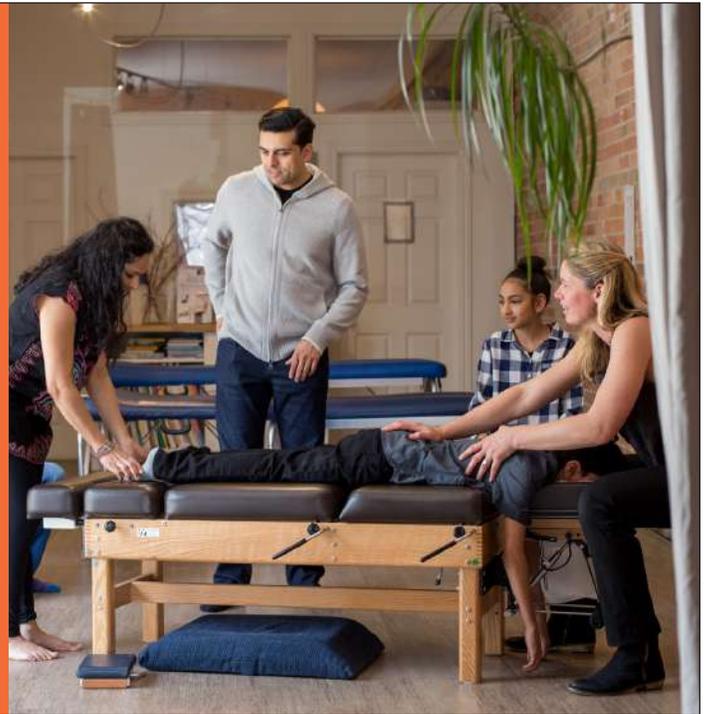
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**A**t the height of the vaudeville theatre era, Toronto – an important stop on the entertainment circuit – boasted more than 50 venues. It was a grind. Most theatres pumped out five full-length shows a day. But cheaper entertainment was on the horizon.

Movies were a much more affordable diversion to the masses, and with the growth of Hollywood and the film industry most vaudeville theatres were converted to movie houses, including The Opera House. It operated as La Plaza Theatre during the 1930s and a movie theatre through to the 60s, variously known as the Acropolis, Dundas, and Cinema Ellas. The skeletons of a few ancient movie projectors remain in the back balcony as testimony to its cinematic years.

But “grease paint and spectacle are built into the bones of this building,” says current owner, Gus Ellinas, and when the property went on the market in 1989, he, with the help of his sister, General Manager of Facilities Athena Ellinas-Towers, jumped at the opportunity to bring the old Vaudeville theatre back to life.

Today, The Opera House stage is once again home to live entertainment, playing host to bands, DJs, comedians, variety shows, charity fundraisers, movie

launches, film/television/video/commercial shoots and a diverse array of ethnic celebrations from around the world.

What makes The Opera House such an attraction for talent is its intimacy and uniqueness as a performance venue. In 1993, fans saw Rage Against The Machine for \$6 a ticket and, six years later, Robbie Williams made a special appearance that had enthusiasts flying in from England for a rare chance to see him up close and personal. Meticulously renovated to retain all the charm of its original 1900s vaudeville theatre architecture, The Opera House offers concert-goers and performers the luxury of modern stage amenities. As a result, this historic full-service venue – with a standing room capacity of 950 – has hosted some of the most original shows ever held in the city. The list of bands that have played at The Opera House is a veritable who’s who of rock and roll. With nearly 1,000 concerts staged to date, fans have flocked to see Barenaked Ladies, Black Eyed Peas, Bjork, Blur, Buzzcocks, Cheap Trick, Cyndi Lauper, Colin James, Daniel Lanois, The Foo Fighters, Goo Goo Dolls, Henry Rollins, Eminem, Green Day, James Taylor, The Killers, Kings of Leon, Living Colour, Marianas Trench, Marilyn Manson, Maroon 5, Metric, Moist, Radiohead, Rickie Lee Jones, Ron Sexsmith, Nirvana, Public Enemy, Third Eye Blind, The Tragically Hip and Weezer to name just a few. The list goes on and on.

“It’s all about making people happy,” says Athena, “offering audiences a few hours of entertainment and escape and discriminating against no one.” With a reputation in the music scene as a venue for rising

“THIS IS ONE OF MY FAVORITE PLACES TO ENJOY A SHOW. IT’S GOT A GREAT INTIMATE VIBE – LIKE YOU’RE IN A **1900S MOSH PIT!** -VH1

stars of all genres, “we have been privileged to host innumerable up-and-comers on their way to fame, including a full calendar of garage bands in the 90’s.” Athena says she’s lost track of all the bands that have come through The Opera House in the past three decades. “I’m way too busy to update the catalogue, but the fans keep reminding me!” At the top of her list is a concert by Metallica two years ago. “This artist chose to host a surprise show at our small venue and the lucky few who managed to get tickets will never forget that night.” All the money raised was donated to the Daily Bread Food Bank.

In an era before movies, before television, before commercial radio, there was live theatre. And, dating back to 1909, there was The Opera House. Long may it live. 

Written By: Tracy Coveart, Photos By: Giancarlo Pawelec

## A NIGHT WITH NIRVANA

September 20, 1991 - Four days before the release of *Nevermind*, the album that would skyrocket Nirvana to fame: After a handful of European dates and a warmup show in their home town of Aberdeen, Washington, Nirvana came to Toronto and took the stage at 735 Queen St. E., kicking off what would become the most important tour of their career. Caught on tape, that night at The Opera House is one of the most famous Nirvana bootlegs of all time.

## BIG SOUNDS AT TINY RECORD SHOP

There is no substitute for the experience of a concert, but live music is neither available nor affordable seven days a week. Fortunately for music lovers, Tiny Record Shop is. Tiny Record Shop opened in Riverside in 2014. Co-owned by Trevor Larocque and Maude Fallon-Davesne, the shop proffers a thoughtful floor-to-ceiling collection of vintage and new vinyl, specializing in rare and hard to source titles. Bright and spacious with lots of wood, soaring ceilings and a higher-end boutique vibe, the shop slogan, *Not your average record shop*, represents the uniqueness of what is on offer at 777 Queen St. E., which shares a space with Token gift shop. “It’s a small collection of highly curated, quality pressings, sourced from around the world,” says Trevor. “We certainly offer new – and we highlight a lot of Canadian bands – but our focus is vintage.”

Tiny Record Shop “reflects the kind of music I want to have in my own record collection.” Trevor says. “We offer fellow collectors a wide variety of vinyl from a wide variety of genres, specializing in hard to source 90’s indie rock and hip-hop but also metal, reggae, soul, jazz and soundtracks.” The shop also carries the largest collection of Japanese pressings in the GTA, and the owners frequently travel to Japan to bring home rare gems.

## JAMMIN’ AT JAM FACTORY

The beautifully renovated Jam Factory in Riverside occupies another of the city’s historic buildings. What many people might not know about the second floor of the former Shirriff Jam factory at 2 Matilda St., however, is that this gorgeous brick and beam industrial space is now a spectacular venue for live music. With so much exposed wood – including refinished floors that are perfect for dancing – the acoustics are extraordinary, and Jam Factory’s sound system has been carefully positioned to carry good vibrations out over the highway and not into neighbouring residential areas.

“Along with our own musical nights,” says Kristin Light, Head of Relations and Revelry, “we’ve hosted events for promoters such as Live Nation, Burn Down the Capital and Venus Fest.” World Lindy Hop Day takes place at Jam Factory each year with Martin Loomer and His Orange Devils, “and we’ve held two roaring Mardi Gras parties in recent years.” Regular swing dance classes take place on Monday and Tuesday evenings.

Shannon Refvik, Head of Parties and Particulars, agrees. “We’re always thrilled to work with local talent, and we’re expecting lots of exciting things this year.”

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# Q&A

## BUILDING FOR THE FUTURE

WITH  
MICHAEL  
BROCCOLINI

### WHEN DID BROCCOLINI START BUILDING IN ONTARIO?

My grandfather founded Broccolini initially as a family-run construction company in Montreal. Over the last 70 years, the portfolio grew to include industrial, commercial and residential projects. In 2004 we expanded to the Ontario market, building out many WeWork offices as well as stores and fulfillment centres for major retailers such as Amazon, Mountain Equipment Co-Op, IKEA, Telus and Canadian Tire. We also led the construction on a number of high-profile projects in the GTA, including SAKS at Sherway Gardens and 155 Redpath at Yonge and Eglinton.

During that time our focus as a developer grew in the high-end residential market with several

iconic projects in Montreal, Ottawa and Toronto.

We are a family-based company. Not just in ownership, but also in the way we treat our employees, clients, suppliers and purchasers. We believe you are only as good as your last project. We put our family name on every building that we build and want to be sure whatever we are doing, we are doing it well and with integrity.

### WHAT DREW YOU TO TORONTO?

Many of our clients and relationships are based in Toronto, so over the years, we were able to experience the city's rapidly changing energy and cosmopolitan culture first hand. It quickly became clear that Toronto is thriving and in growth mode, with



a huge demand for more places for people to live. Our approach as residential developers is to help shape urban communities with unique projects and we felt we had a lot to contribute. Torontonians' expectations are high and the level of quality and craftsmanship we adhere to matches the expectations of people living in this city.

### WHAT ATTRACTED BROCCOLINI TO THE NEIGHBOURHOOD?

It's as if Toronto kept the east end of downtown a secret for years, but word is finally out. It's so close to downtown yet offers so much on its own. The neighbourhood provides an ideal combination of city and nature, with connections to the Don Valley Trail, the Leslie Spit and the Corktown Commons where you can temporarily retreat from the hustle and bustle. Especially, we see Riverside as a destination with some of Toronto's best restaurants, boutique shopping, bakeries,

design and decor – and there's a sentiment towards sustainability and eco-awareness which we admire.

The neighbourhood is aligned with all of our community building values and we wanted to be part of its renewed urban energy and growth.

### FAVOURITE PLACES TO VISIT IN RIVERSIDE?

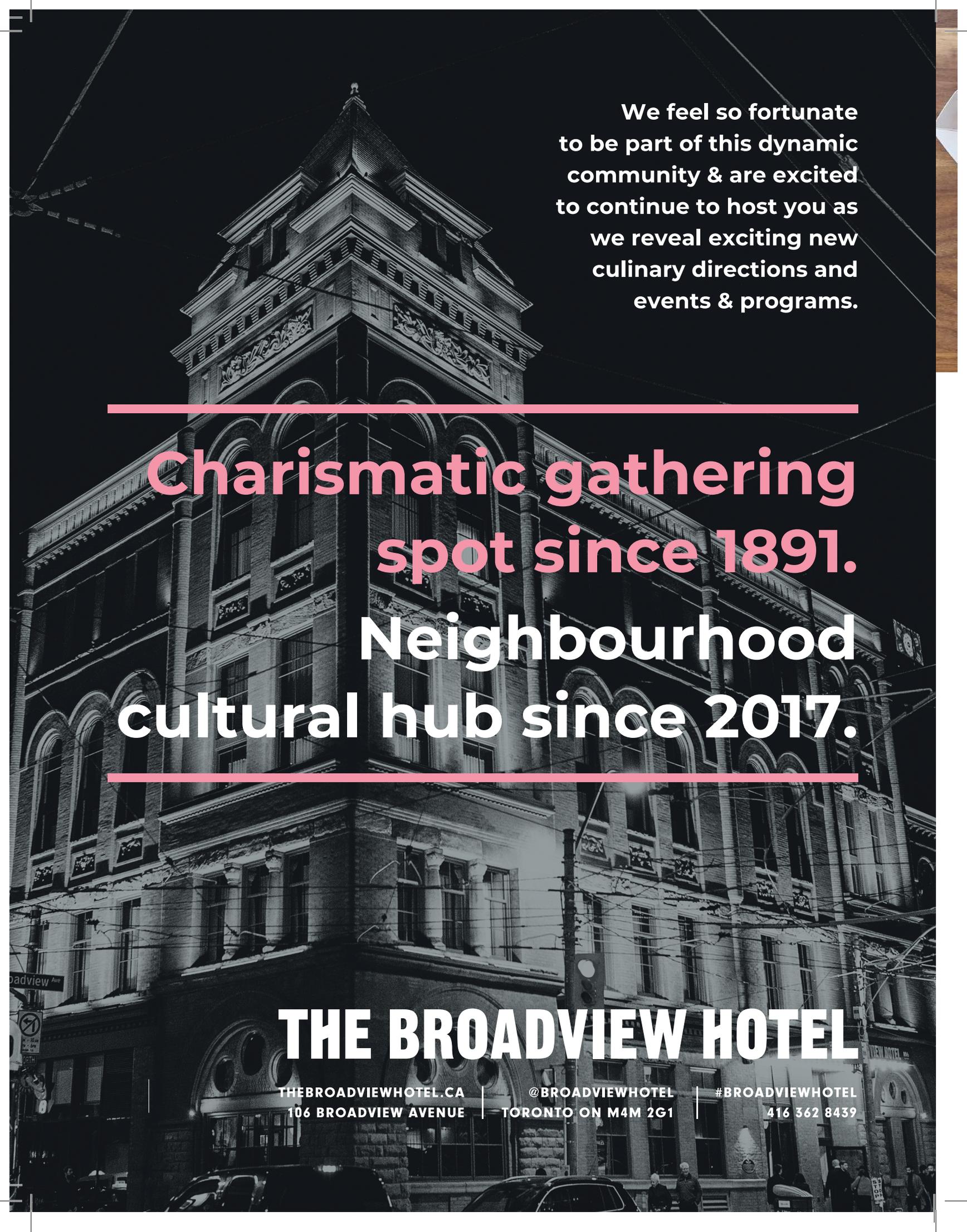
In no particular order, we're a fan of Cannonball Coffee (a family-friendly mainstay), Tabule as it's a staple of the community (with incredible food and hospitality),

and Prohibition Gastrohouse (their duck confit poutine is superb!)

### WHAT IS THE VISION BEHIND RIVER&FIFTH?

Taking inspiration from the neighbourhood, River&Fifth is based on the idea of city and nature colliding. You have walkable urban lifestyle all around you with the Don River and Trail in your backyard, connecting the entire city. This marriage of urban and nature is reflected throughout the buildings' design, interior details and lifestyle amenities. We can't wait for it to take shape. 





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# VEGAN TOUR

## GOOD FOOD FOR THE GREATER GOOD

**P**lant-based eating has found a loud voice and the Riverside community has listened. The new kid on the block is Animal Liberation Kitchen (ALK) at 717 Queen St. East. ALK might be new to the neighbourhood, but certainly not to the Toronto food scene. We dive into their philosophy with Tanya (owner and fellow vegan) to learn a bit more about this new vegan food hotspot and some others.

### TELL US A BIT ABOUT THE INSPIRATION FOR YOUR BUSINESS.

ALK was founded in 2012. Since then we've served plant-based food at many events and farmers markets across Toronto. We're committed to bringing affordable vegan options that are inspired by a push to support the environment and maintaining a green footprint wherever possible. ALK is passionate about giving back to the community and advocating for a healthy lifestyle through plant-based eating.

We partner with many like-minded groups, such as the non-profit *Building Roots*. We get fresh vegetables from their urban garden at Ashbridges Bay Estate, keeping their project sustainable and allowing our customers to enjoy organic veggies that travelled less

than a kilometre to their plate! We are also a partner in the *Burrito Project TO*, a food justice initiative where volunteers come together once a month to make burritos and hand them out to people experiencing food insecurity on the streets - currently operating in Moss Park. When we are not at the store, you can find us this summer at Promise Cherry Beach events every Sunday.

### WHY DO YOU THINK MORE PEOPLE ARE BECOMING VEGETARIAN AND VEGAN?

Today more young people go vegan because they realize what they choose to eat has an impact not just on their health, but also on the environment and ultimately their future. They see the choice they make towards a vegan lifestyle has an impact on social justice, human rights and more sustainable living without harming animals.

### ANY TIPS FOR PEOPLE GOING VEGAN?

You need to understand that going vegan is not going on a diet, it's a moral (lifestyle) choice. It comes from within yourself and the decision is all yours. Keeping a positive attitude, trying new food, experimenting with recipes and seeking support from vegan social

groups can help you stay motivated.

Stop by ALK and try some of the healthy, affordable and delicious food available - hint: their jackfruit soup is a favourite! You don't have to go to a strictly vegan or vegetarian restaurant to find delicious plant-powered meals. After a bit of tasteful digging, we've compiled a few of our favourites here.

**LAN RESTAURANT** (Vietnamese)  
755 Queen Street E.  
Lan's famous vegan vermicelli bowl comes with sautéed tofu and one of their popular deep-fried vegan spring rolls. Vegan noodle soups and stir-fries are also available, with everything clearly labelled as such in their menu.

**BQM (BEER & QUALITY MEATS)**  
688 Queen Street E.  
Don't shy away from the name, the veggie patty at BQM is completely vegan (including the gluten-free bun), so be sure to request the swap when ordering (the standard bun contains egg).

**SAULTER STREET BREWERY**  
(Craft Beer) 31 Saulter Street #1  
Their small snack menu features none other than plant based 'pepperoni' sticks, the perfect companion snack to Saulter Street Brewery's in-house conveniently-vegan suds.

The Riverside neighbourhood has so much to offer for those enamoured with plant-based living or others who casually dabble in it. Whether you're experimenting with the cuisine, or are a fully committed vegan, just know that you'll find plenty of the city's best options right here in Riverside! 🌱

Written By: Kris Light, Photo By: Giancarlo Pawelec

# BEST DISHES IN THE HOOD

Written By: Giancarlo Pawelec, Photos By: Giancarlo Pawelec,  
& Submission

It's no surprise, our beautiful city of Toronto ranks among the best in the world according to food reviewers, chefs, celebrities, food apps, and travel websites. There are over 15,000 restaurants, according to *Yelp*, and coupled with the diversity of 200+ cultures, one can only imagine the deliciousness that awaits the taste buds.

Not trying to brag, but Riverside truly has some of the best eats in the city and conveniently the neighbourhood is only a few minutes east of the downtown core. Whether you're looking to satiate your sweet and savoury cravings or that foodie itch for something different, there's definitely something to leave you smiling. Here's some of our favourite dishes, enjoy!



**PROHIBITION GASTROHOUSE**

**WHAT:** T.O.'s Best Truffle Mac & Cheese! Pasta di Gagnano with l'Ermitte Bleu, gruyère, emmental cheeses, with clack truffle paste, biscuit crust and truffle oil.

**PRICE:** Sm. \$15.95 **WHERE:** 709 Queen St. E.



**EASTBOUND BREWING CO.**

**WHAT:** Fork and Knife Buffalo Chicken 'Sandwich', a brunch go-to since the doors opened. It's saucy buffalo chicken with smoked mozzarella and an omlette between two bacon pancakes!

**PRICE:** \$16 **WHERE:** 700 Queen St. E.



**WHITE LILY DINER**

**WHAT:** Patty Melt, a savoury 6oz beef patty, topped with American cheese sauce and poblano relish.

**PRICE:** \$15 **WHERE:** 678 Queen St. E.



**KABOOM CHICKEN**

**WHAT:** Korean Fried Chicken (KFC) Sandwich, medium-hard bun filled with a Korean fried boneless thigh, topped with sweet chilli sauce, Kaboom slaw, and a side of fries.

**PRICE:** \$11 **WHERE:** 722 Queen St. E.



**THE CIVIC**

**WHAT:** Avocado Toast with thick cut sourdough, chunky smashed avocado, supple scrambled eggs, braised peppers, bomba and greens.

**PRICE:** \$17.50 **WHERE:** 106 Broadview Ave.



**THE OPERA HOUSE GRILL**

**WHAT:** Greek salad and homemade chicken souvlaki served with Pita bread and Tzatziki. Need we say more?

**PRICE:** \$10.40 **WHERE:** 737 Queen St. E.

# EASTBOUND BREWING'S BEER CAN CHICKEN

## INGREDIENTS:

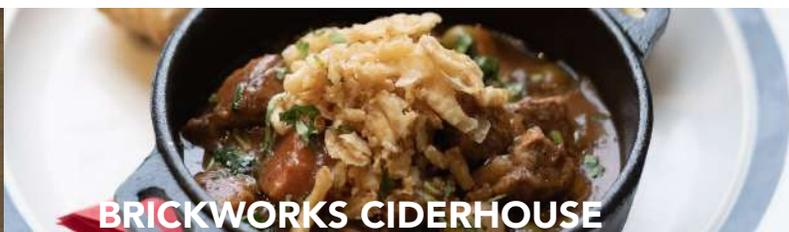
1 whole chicken (approx. 2lbs)  
1 cup kosher salt (for brine)  
1 cup white sugar (for brine)  
2 tbsp kosher salt  
2 tbsp black pepper  
2 tbsp garlic powder  
2 tbsp smoked paprika  
1 x 355ml can Eastbound Brewing  
Co.'s Let's Go Exploring IPA

## BAKING SHEET METHOD:

- Mix together salt and sugar for brine.
- Rub mixture all over whole chicken. Place in the refrigerator overnight.
- Preheat oven to 425 degrees F.
- Place rack on lowest level in oven.
- Rinse salt and sugar mixture off chicken. Dry thoroughly.

- Mix together salt, pepper, garlic powder and smoked paprika.
- Season outside of chicken with spice mix.
- Open beer can and pour half into a glass for enjoying while you cook, keeping the other half in the can.
- Place beer can onto baking sheet.
- Place the seasoned chicken standing onto the beer can, securing the legs by tying twine around them to keep them in place.
- Place chicken into preheated oven.
- Cook for 20-25 minutes – the skin will start to get golden brown.
- Turn oven down to 375 degrees and continue cooking until internal temperature is 160 degrees and juices run clear, approximately another 40 minutes.
- Carefully remove from oven and allow to rest for 10 minutes.
- Be careful when removing the chicken from the beer can as the liquid inside will still be very hot!

**Enjoy thoroughly with a tasty local beer.  
Makes 4 portions.**



## BRICKWORKS CIDERHOUSE

**WHAT:** Chef's Beef Stew, a classic take on locally sourced beef from Guelph, braised in Batch 1904 cider served with house-made hard cider bread and maple butter.

**PRICE:** \$16 **WHERE:** 709 Queen St. E.



## M'EAT RESTO BUTCHER

**WHAT:** Lasagne Bolognese with 18 layers, the ground beef in the sauce comes from their full animal program, and is made with organic tomatoes and a secret cheese blend. **PRICE:** \$18 **WHERE:** 806 Queen St. E.



## LAN VIETNAMESE

**WHAT:** Southern Vietnamese Pancakes, Lan's famous pancakes (Vegan option available) includes: rice flour, stuffed with mushrooms, bean sprouts, chicken, and shrimp. **PRICE:** \$11.95 **WHERE:** 755 Queen St. E.



## TABULE MIDDLE EASTERN RIVERSIDE

**WHAT:** Kefta Bandadura, spiced ground beef and lamb on a bed of garlic tomatoes, sumac onions and Lebanese vermacelli rice with grilled vegetables. **PRICE:** \$18.95 **WHERE:** 810 Queen St. E.

# HOT BREWS & SWEET TREATS

Written By: Tracy Coveart, Photos By: Giancarlo Pawelec

If you're in the mood for a cuppa joe and a little something to satisfy your cravings, you don't have far to go. Step out onto Queen Street East and enjoy what these Riverside neighbourhood cafes have on offer.

## BOXCAR SOCIAL

4 BOULTON AVE.  
BOXCARSOCIAL.CA



Bright, lofty, warm, and inviting, Boxcar Social is a delightful rustic-chic coffee house and bar where curiosity, innovation, and excellence meet. "Everything on the menu has been chosen because it teaches us about the place it came from and the people who helped it along the way. We work with premium coffee roasters from around the world so we can share a lively, dynamic menu with our guests" says co-owner Alex Castellani. Distinguished by "a continued curiosity in expanding our understanding of coffee, wine, beer and whiskey," the list rotates regularly, which builds upheaval into Boxcar's philosophy. The best way to taste these singular beans and unique brews? Boxcar's signature side-by-side coffee flight, of course!

## MERCHANTS RESTORATION CAFE

2 MATILDA ST.  
416-741-5369  
MERCHANTSOFGREENCOFFEE.COM



Off the beaten path in the 150-year-old Shirrif Jam Factory, Merchants Restoration Cafe (formerly Merchants of Green Coffee) is rustic by nature and warm by design. With a sophisticated yet down-to-earth vibe, this is a place to experience coffee from around the world at its best and freshest. Try Merchants' Method brewed coffee: made to order with single-origin beans that are fresh-roasted in-house daily, ground fresh before brewing, brewed manually and filtered through an organic cotton filter. "The whole process takes about two-and-a-half minutes," says Meagan Thibeault, marketing manager. This local establishment puts quality, process, and green-conscious values at the top of everything they do. To round out the fresh experience, a selection of sweet and savoury scones and cookies are baked in-house and regularly throughout the day.

## DARK HORSE ESPRESSO BAR

630 QUEEN ST. E.  
647-436-3460  
DARKHORSEESPRESSO.COM



Dark Horse Espresso Bar is Riverside's espresso specialist. Striving to provide the most delicious, balanced espresso that Toronto has to offer, Dark Horse is a community meeting place, connecting people over coffee, conversation and confections. Baristas/owners Deanna Zunde and Ed Lynds brew the coffee themselves and bake their own pastries at their Geary location. Dark Horse offers a range of savoury and sweet goods, including gluten-free delectables delivered every morning. Paninis are prepared in-house. Cold brew coffee is available at the counter as well as cold-pressed, 100% organic, raw, vegan and small batch juices made fresh daily.



## TERTULIA

711 QUEEN ST. E.  
TERTULIALIFE.COM

In Spanish, a tertulia is a gathering of friends. In Riverside, Tertulia is just that and more: a warm, laid-back space where people get together to eat, drink and talk. "In Europe, cafes are the hubs of the neighbourhood," says owner Dave Kennedy and "Tertulia is one of those hubs." Situated in one of Riverside's landmark historical buildings near the corner of Queen and Broadview, Tertulia offers up premium quality coffee and espresso beverages paired with local baked goods and healthy food options. Beans are locally sourced from Pilot Coffee Roasters and the sweet treats are provided by Andrea's Gerrard Street Bakery, and Fantail. Everyone loves Andrea's traditional scones and Fantail's Innocent Muffins – a blend of flax, chia, coconut and dried fruit that made it onto BlogTO's 2019 Best Muffins list.

## BONJOUR BRIOCHE

812 QUEEN ST. E.  
416-406-1250  
BONJOURBRIOCHE.COM

At the corner of Queen East and De Grassi streets, beneath its iconic bright blue awning sits glorious Bonjour Brioche, the French bakery/cafe owned by Henri and Lori Feasson. A neighbourhood favourite for 22 years, passion, expertise and quality is what sets this charming patisserie apart. "We use the very best meats, eggs, cheeses and 100% butter in our loaves of bread and pastries," says Lori - all made in-house. Specializing in flaky croissants that are three days in the making, and tender-crustured baguettes, fan favourites also include the lemon tart (11 lemons squeezed in each!) and the flourless chocolate cake – both reportedly the best in the city. Lori's favourite is the pear and almond tart or the signature sour cherry clafoutis (French fruit custard). It's all to die for.



## CANNONBALL COFFEE AND BAR

641 QUEEN ST. E.  
416-463-0500  
@THECANNONBALL641

The word most often used to describe The Cannonball Coffee and Bar is cozy. "Folks often say it reminds them of a spot back in their home town out east or west," says proprietor and 'chief dishwasher' Rob "Bobby P." Think Europe or old New York - homey and comfortable. For 13 years people have been coming in for a freshly made breakfast bagel on their way into work and dropping by for their coveted homemade oatmeal chocolate chip cookies. "The phone rings a few times a day asking if they're ready at the counter or on their way out of the oven," says Rob. Sandwiches are crafted using fresh meats and cheeses from St. Lawrence Market – often with a side of Cannonball's long-standing spicy special: Chili Sin Carné. Rob sums up "Good tunes. Good tastes. It's that simple."



*The*  
**CANNONBALL**  
*COFFEE AND BAR*

**BREAKFAST BAGELS  
ALL DAY!**



## RALPH THORNTON COMMUNITY CENTRE

We welcome, connect and engage the community in all its diversity!



**COMMUNITY SPACE** Over 200 community groups use the Riverdale Auditorium, Betsy Swift Community Kitchen, Multi-Purpose Room, Community Meeting Room, Foundation Room, and Computer Lab. Space is available at reasonable rates.



**CHILDREN'S PROGRAMS** Our After School Program, March Break and PA Day Programs offer safe, high quality, fun for children 6 to 12.



**COMMUNITY SERVICES** RTCC houses the Queen/Saulter Toronto Public Library and the South Riverdale Child-Parent Centre. The Lewis Pearsall Exchange Loft offers public access computers, internet, copying, fax, and telephone. RTCC holds a free Tax-filer clinic, and hosts community events like the Craft Beer and Wine Festival, the Antler Breakfast, "Community Matters" public forums, and our annual Open House and Cornerstone Gala events.



**GET INVOLVED** We depend on volunteers to make the RTCC and its programs come alive. There is a volunteer opportunity to suit every interest, skill, and schedule!

### Find out more!

For more information, visit our website, follow us on Twitter and Facebook. Call us or drop by!

RECEPTION IS OPEN 9:30 – 8:30 PM 7 DAYS A WEEK

Ralph Thornton Community Centre  
765 Queen Street East (at Saulter Street)

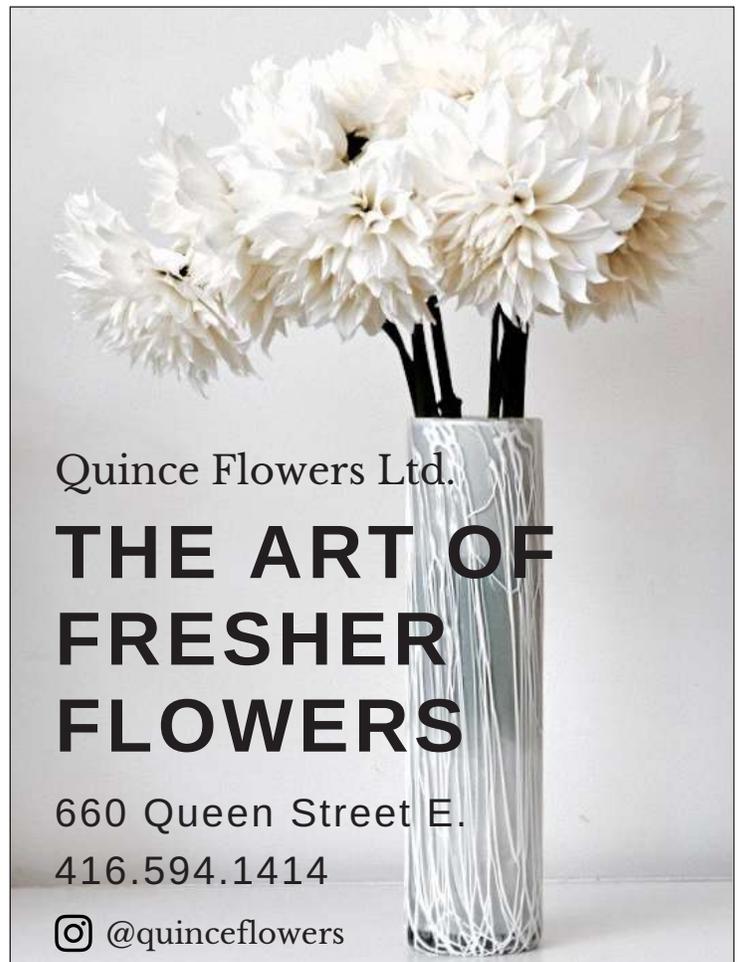
416-392-6810 [www.ralphthornton.org](http://www.ralphthornton.org)

[f /RalphThorntonCommunityCentre](https://www.facebook.com/RalphThorntonCommunityCentre) [@ralphthornton](https://twitter.com/ralphthornton)



[dimensionsframing.com](http://dimensionsframing.com)

732 queen street east



Quince Flowers Ltd.

## THE ART OF FRESHER FLOWERS

660 Queen Street E.

416.594.1414

[@quinceflowers](https://www.instagram.com/quinceflowers)

# 2019'S

# WEDDINGS

# TIME TO GET PERSONAL

**W**eddings today are all about personalization. Your big day is all about you and your celebration should be a perfect reflection of that. What sets you apart - as individuals and as a couple - will set your wedding apart. From your invitations, attire, vows, favours, and everything in between, there are an infinite number of ways to make your wedding an unforgettable experience for all.

## ILLUMINATING INVITATIONS

“Your wedding invitations are the first chance to tantalize your guests with what’s in store for the big day, and personalization,” says Allison Straker co-owner of Riverside’s Cry If I Want To, is very much in demand. Couples are using their wedding stationery to make a statement with size, colour, typography, texture, original artwork (illustrations of the couple and/or venue) and even scent.

Hand-illustrated designs are a popular way to truly personalize your invitations, sketched by the couple or commissioned. “We have cartoon illustrations that we can tweak to better represent each couple,” says Allison’s sister and co-owner Rochelle Straker, “or we can design them from scratch.”

“There are so many ways to make a personal statement,” says Allison, “and creative elements are constantly evolving.” Popular this year are laser cut, velvet and vellum, digital foiling, wax seals, letterpress, calligraphy and personalized monograms. Your wedding invitations can even be printed on plantable paper (handmade paper that contains wildflower seeds), so your guests can be reminded of your wedding every time they look in their garden.

## DEFINITIVE DRESSES

When it comes to wedding dresses, this is the year for refined minimalism and the return of classic designs thanks to the ‘Meghan Markle Effect’ - but that look is nothing new for Riverside bridal boutique owners Andrea and Vanessa Dineen. “Sleek and simple will always be alive for bridal fashion,” says Andrea. “Meghan’s gown was a simple crepe fabric with matte texture, we love how it highlighted a beautiful silhouette and let her natural beauty shine. We are all about that at Sash & Bustle.”

“This season,” says Vanessa, “we’re seeing texture and emphasis on the fine details in wedding gowns.



## #FUNFACT:

IN CANADA,  
THE AVERAGE  
SPENT ON AN  
ENGAGEMENT  
RING IS

**\$3,125**

Lots of floral applique trickling down soft a-line skirts, whimsical pearl beading sewn directly into fabrics, and ballet style bodices with scoop necks, thin straps and low backs.”

With today’s brides sourcing gowns that are both gorgeous and practical, many value comfort over aesthetic. Some designers like Sash and Bustle’s Tara La-Tour are including pockets in their dresses for cell phones, lipstick, and tissues. “There is something fabulous about a dress with pockets,” says Andrea. “And they’re a great juxtaposition to a fancy garment. You’re beautifully dressed up, but you’re comfortable and you always have a place to put your hands. Pockets give a wedding dress a bit of an edge and we love that.”

### UNFORGETTABLE FAVOURS

When it comes to guest takeaways, couples are looking for wedding favours that leave a lasting impression and speak directly to who they are.

Do you love to cook together? Choose your favourite artisan olive oil, hot sauce or spice blend and affix your own custom label. Enjoy the outdoors? Bundle up saplings for planting later. The way you package and display your favours also says a lot about who you are and how you want guests to feel at your celebration.

If you want to make your favours more experiential, choose something you enjoy as a couple and hire a professional to attend your event and make gifts-while-you-wait, like a cigar roller, fortune teller or caricaturist.

If it’s a destination wedding, you can skip the takeaways altogether and arrange a bonus thank-you activity for your guests such as a sunset boat cruise, a horseback trail ride, or a guided mountain hike.

### BREAKING WITH TRADITION

Getting personal often means breaking with tradition when it comes to weddings. Here are a few non-traditional trends that today’s couples are embracing:

#### ALTERNATIVE ENGAGEMENT RINGS:

Diamonds are no longer the go-to choice. Some want to wear something on their finger that is a little closer to their heart. Today’s engagement rings (often custom designed or one-of-a-kind) feature asymmetrical designs, filigree, hammered metals and a wide variety of gemstones from a single centre (think Princess Eugenie’s pink sapphire) to a rainbow of gemstones.

**REJIGGED REGISTRY:** Forget the fine china and even the cash! Today’s couples can ask for pretty much anything. From swimming with the dolphins on your honeymoon to pottery classes, and hang-gliding lessons when you get back home. It’s about you and your life together, so the sky’s the limit.

**ALTERNATIVE ATTENDANTS:** These days, there are no rules when it comes to wedding roles. Couples want the people they love closest to them on their wedding day, regardless of gender or age. From best women to brides-men, grooms-girls and even flower grandmas, couples are choosing their nearest

and dearest to play a key role in the celebration.

**AU NATUREL:** The minimal look is in, with barely-there make-up and simple hairstyles: natural curls, unfussy updos and messy buns. Many are preparing their skin to get rid of toxins by exfoliating nightly and splurging on microblading for perfect brows and microneedling for a fresh glow.

**WHISPERED WORDS:** Instead of swapping vows in front of a crowd, some couples are opting to exchange intimate words in private before the start of the ceremony or even whispering secret promises into the ear of their beloved at the altar. Many are getting the legalities out of the way before their big day and having the main event officiated by a friend to keep formalities to a minimum and make the ceremony more personal.

**ECO AFFAIRS:** Many couples are factoring sustainability into their wedding plans, thinking about the welfare of the planet by purchasing (or better yet, renting) items like: earth friendly gowns donated to charitable organizations like The Brides' Project after the big day, made from fair-trade, organic bamboo; linen napkins and glass straws; dye-free biodegradable dried petal confetti; and cakes made from ethically produced, locally sourced ingredients. "One lovely idea is to incorporate succulents into bouquets," says Rosemary Jeffares of Quince Flowers in Riverside. "Echeverias (also known as hens and chicks), for example, are super hardy and are easy to grow after the big day."

**SENSIBLE SEATING:** Instead of round tables and tall centrepieces, couples are opting for long banquet tables with low floral arrangements. This way guests can see each other, the couple can sit among their loved ones, and the photo opportunities are fantastic.

**CREATIVE CAKES:** Forget the

## WEDDINGS BY THE NUMBERS

IN CANADA, THE  
AVERAGE COST OF  
A WEDDING IS

**\$30,717**

### BIG BUDGET ITEMS INCLUDE:

**VENUE**  
**\$11,046**

(30% of the budget)

**CATERING**  
**\$63 per guest**

**PHOTO & VIDEO**  
Photography **\$2,135**  
Videography **\$1,781**

**DAY-OF  
WEDDING  
PLANNER**  
**\$3,535**

**DRESS**  
**\$1,779**

**FLOWERS**  
**\$1,674**

**DJ**  
**\$1,442**

**CAKE**  
**\$353**

\*Courtesy of Canada's Better  
Business Bureau

three-tiered iced fruit cake. Confections are also all about creativity and the couple. Meghan Markle's rustic lemon and elderflower cake set the stage for a year of bespoke treats. Sculptural is the new buzz word, with bakers indulging in unexpected shapes and different sized tiers; finishes that feature stunning designs rich in colour and texture. This year will also see a rise in alternatives to the wedding cake: signature creations that represent the couple. Non-cakes are taking centre stage: alternative tiers featuring pies, waffles, pancakes, donuts, brownies, Rice Krispies, meringues, macaroons, ice cream – whatever the couple love the most.

**BUD BARS:** As cannabis is legalized and the laws around its use evolve, an increasing number of couples will likely augment or replace the traditional booze bar with a bud bar, swapping alcohol for weed (which offers more buzz for the buck). Bud bars feature a variety of pre-rolled joints, apothecary jars of product, vapes, glass pipes and bongs, with a dispensary professional (budtender) on hand to answer questions and offer advice. Other worthy weed additions include a variety of edibles (from baked goods to gummies), cannabis mocktails, marijuana-infused ice cream and CBD chocolate fountains.

### SIGNATURE SCENTS

Since smell is the sense most closely linked to memory – the merest whiff of a familiar aroma can whisk you back in time – many couples are personalizing their big day with a signature scent. Everything from your invitations (which can be infused with fragrance) to the candles on the table and take away favours (personalized tea lights and soaps) can link your big day to a scent that is quintessentially yours and help make memories that last a lifetime.



*Written By: Tracy Coveart, Photos By: Evollylla Photography, Olive Photography and Trent Sluiter (Fedora Media)*



# CANNABIS IN TORONTO

Similar to the end of the alcohol prohibition era in the early 1930s, so has been the same for recreational cannabis recently. Regardless of what side you take with the on-going debate, the fact of the matter is that it's officially legal in Canada. This legalization brings forth new strict rules and guidelines that govern everything from the production, distribution, marketing, and even the use of the products. There's no better way to broaden one's mindset on this smoking topic than by diving into some key elements. Try if you will or avoid altogether, but here's what you need to know.

## WHAT IS THE MINIMUM AGE OF USE?

Anyone that is the legal age of 19 years or older is able to purchase, consume, and grow.

## WHAT ARE THE HEALTH EFFECTS?

There are no conclusive health effects for either end of the spectrum – benefits and risks. It is always wise to check with a registered medical professional for advice and recommendations before any use.

## WHERE CAN IT BE LEGALLY PURCHASED?

Currently, it can only be purchased online at the Ontario Cannabis Store (OCS.ca). For brick-and-mortar shops check the AGCO website at [agco.ca/sites/default/files/map/ONT\\_CN\\_ST\\_E.html](http://agco.ca/sites/default/files/map/ONT_CN_ST_E.html)

## HOW MUCH CAN I POSSESS?

Each person is allowed to carry up to 30 grams of dried cannabis in public.

## WHERE CAN I CONSUME IT?

You should treat it as a tobacco product. Private residences and many outdoor public places are allowed.

## WHERE CAN I NOT CONSUME IT?

Cannabis consumption is not allowed in common areas, educational facilities, health care centres, government buildings, any enclosed public and workspace areas, schools and places where children gather and in motorized vehicles (cars, motorcycles, boats, etc).

## HOW DOES IT WORK AT THE BORDER?

If flying within Canada, each person is able to pack up to 30 grams of cannabis. However, it is illegal to bring any cannabis product to international flights, including the US.

Regardless of one's use of cannabis (be it for recreational or medicinal purposes), the legalization of it reflects a change in society. Aside from the obvious peak in interest, some feel that the change isn't for the better as Joanne Baker (of the Underground Cafe 420) explains, "...I'm not completely happy about it, the government has not given full access to people and by closing the dispensaries down, it means a lot of people are without or they are buying on the black market." On the other side of it, the emergence of cannabis products in the health and wellness community is being received in a positive light. Arguably, the benefits are vast with new treatments using CBD to reduce a child's battle with epilepsy and helping PTSD patients with anxiety. Although the sustainable long-term effects are unknown, many are beginning to educate themselves so as to incorporate the use of cannabis with existing therapeutic routines and western medicine. As Dr. Adrienne McRuvie, Chiropractor and Clinic Director at Oma Chiropractic, put it, "If my 80-year old father is comfortable with it for his arthritis (applying a topical cream with CBD), then times are certainly changing." For pleasure or pain, this once illegal plant is now a mainstay and like with most things in life, the key is always moderation. 🍃

*Written By: Giancarlo Pawelec*



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# TRENDS FOR THE MODERN HOME

Each new year opens the door of opportunity to reboot and embrace positive change. These simple on-trend decor and tech tweaks to your favourite space will take it from the past days of this decade and bring it gracefully into modern times. There's no need for big budgets or luxurious rarities for this refresh, just some thoughtfulness and openness to tuning into our natural surroundings and bringing forth a progressive state of living for an efficient lifestyle.

## NATURAL & ORGANIC ELEMENTS

The rustic style and bold use of metals (especially rose gold) from last year are gone, as is the techie decor. Moving in a fresh direction is the use of natural materials such as concrete and natural rock (granite), as well as organic elements like wood, and of course live plants (check out Riverside's Quince Flowers for quality finds and advice). Incorporating any of these textures in either full scale or as a simple accent furniture pieces is a simple way to modernize a space, providing a serene zen-like ambience (check out Riverside's GUFF for high quality and vintage goods used furniture finds).

## SUSTAINABILITY & ECO-CONSCIOUS

With the growing focus on the world's pollution problems and global warming, the overall mindset has shifted to achieving a sustainable and ecologically-friendly ethos. It is becoming less about fast consumption and more about knowing the who, what, where and when of the things you buy. Instead of splurging for something mass-produced, seek items produced by an artisan or found locally (check out

local shops Arts Market, Token, BRIKA, and The Irish Design House). The use of eco materials like hemp, rice paper, clay, or even recycled plastics are not only unique, but also provide that do-good feel-good experience.

## BOLD, CHIC, MAXIMALIST

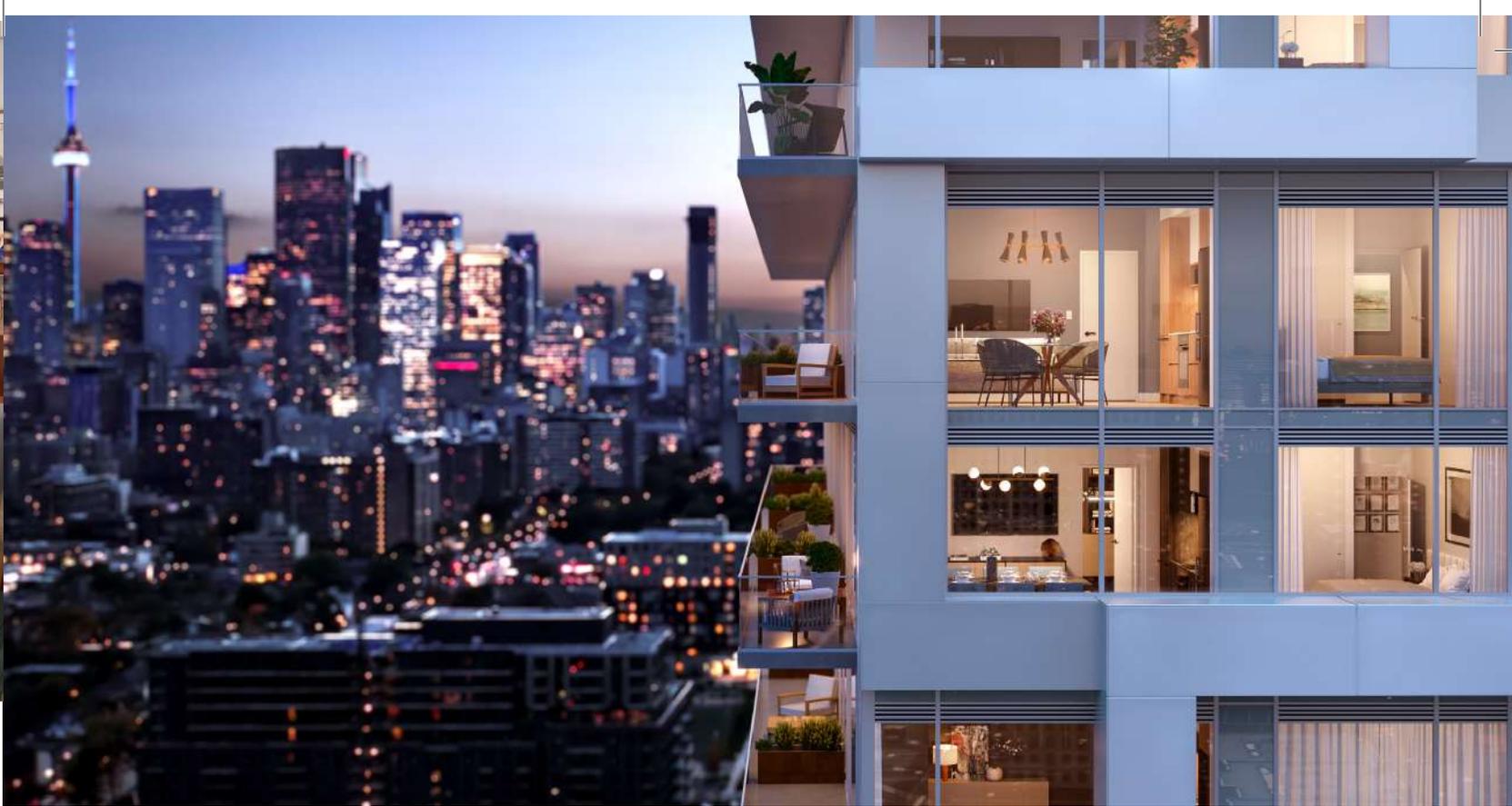
Out with the neutral and in with the bold. The simplistic and minimalist design trend of this modern decade is fading in favour of the counter - bright palettes, rich textures, and large scale. There's no more room to play it safe, so energize any space by mixing colours and patterns, even when they contrast. For added drama, fill an entire wall with a large statement piece of artwork (and/or get your custom pieces framed at local shop Dimensions). Life is meant to be lived, so give some personality to an empty space.

## THE SMART HOME

The modern world is all about efficiency and there's no better way than that of home automation - thanks to gadgets like Google Home and Amazon Alexa. The ability of remote access via smart-devices allows you to set everything from the thermostat temperature to turning the lights on before you get home after a long day. For safety and security, there are plenty of options like that of doorbells fitted with high-definition cameras and two-way communication that can be monitored via a smartphone app. There is no one-size-fits-all solution for the modern home, but adding any of these devices can lower your stress levels and allow you to focus on the things that truly matter. 📺

---

*Written By: Giancarlo Pawelec, Photos by: Lais Fabricio*



# RIVER & FIFTH TORONTO

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# 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

777 Queen St. E.  
M4M 1H5  
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

### MOTOCAD AUTO PARTS

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

## BEAUTY

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

### BAREFOOT BEAUTY

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

### BROADVIEW BEAUTY PARLOUR

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

### CLINIQUE DE MODE

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

### COMFY BEAUTY NAIL SALON

734 Queen St. E.  
M4M 1H2  
647 748 8833

### DREAMY BEAUTY BAR

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

### HAIR CODE

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

### HILL STUDIO

639 Queen St. E., 2nd Fl  
M4M 1G4  
647 771 4454

### 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

### SAULTER STREET BREWERY

1-31 Saulter St.  
M4M 2HB  
416 463 9379  
saulterstreebrewery.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

### DARK HORSE ESPRESSO

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

### ST. JOHN'S BAKERY

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

### TERTULIA

711 Queen St. E.  
M4M 1H1  
tertulialife.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

### **NELLIE'S**

754 Queen St. E.  
M4M 1H4  
416 461 3404  
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

### **ST. JOHN THE COMPASSIONATE MISSION**

155 Broadview Ave.  
M4M 2E9  
416 466 1357  
stjohnsmission.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

## **MEDICAL/HEALTH**

### **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

### **DRESDEN VISION**

733 Queen St. E.  
M4M 1H1  
416 461 2211  
ca.dresden.vision

### **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  
416 388 047

### **LITTLE PEEPS**

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

### **STEPHAN CARAS DESIGN INC**

744 Queen St. E.  
M4M 1H4  
416 703 6929  
stephancararas.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  
queengarden.ca

### **QUINCE FLOWERS**

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

## **HEALTH & FITNESS**

### **CHI JUNKY YOGA & WELLNESS**

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

### **KOMplete STRENGTH**

740 Queen St. E.  
M4M 1H2  
437 230 2600

### **OMA CHIROPRACTIC & WELLNESS**

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

### **ROYAL CANADIAN CURLING CLUB**

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

### **SWITCHBACK CYCLERY**

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

### **TORONTO COMMUNITY ACUPUNCTURE**

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

## **HOME DÉCOR & DESIGN**

### **BEAUPARLANT DESIGN**

3 Munro St.  
M4M 2B7  
416 479 4102  
beauparlant.ca

### **CRY IF I WANT TO**

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

### **DIMENSIONS CUSTOM FRAMING & GALLERY**

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

### **ELBERS ANTIQUES & REFINISHING**

416 466 3938  
elbersfinishing.com

## **GUFF FURNITURE**

1 Davies St.  
M4M 2A6  
416 913 8025  
guffurniture.com

## **HOTEL**

### **THE BROADVIEW HOTEL**

106 Broadview Ave.  
M4M 1G9  
416 362 8439  
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  
bairdmacgregor.com

### **DAVID MAUBACH- BARRISTER**

810 Queen St. E.  
M4M 1H7  
416 469 1115

### **KORMAN & COMPANY BARRISTERS & SOLICITORS**

721 Queen St. E.  
M4M 1H1  
416 465 4232  
kormancompany.com

### **LEWIS BIRNBERG HANET - MEDIA & ENTERTAINMENT LAWYER**

693 Queen St. E.  
M4M 1G6  
416 865 9444  
lbhmedialaw.com

### **WAGMAN & SHERKIN LAW OFFICES**

756A Queen St. E.  
M4M 1H4  
416 465 1102

## **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  
laughingviking.com

### **PAWELEC PHOTO AND STUDIO 311**

9 Davies Ave., Suite 311  
M4M 2A6  
416 932 7337  
pawelecphoto.com

### **STACY NAGLIE PHOTOGRAPHY**

678 Queen St. E.  
M4M 1G8  
416 554 2510  
stacynaglie.com

## **REAL ESTATE & DEVELOPMENT**

### **CORE REALTY**

747 Queen St. E.  
M4M 1H3  
416 406 0000

## **EAST ROOM**

50 Caroll St.  
M4M 3G3  
416 628 5333  
eastroom.com

### **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

### **BQM-BURGER SHOPPE**

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

### **CHEZ NOUS**

798 Queen St. E.  
M4M 1H4  
647 909 7208  
cheznouswinebar.com

### **EASTBOUND BREWING CO.**

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

### **EST.**

729 Queen St. E.  
M4M 1H1

### **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  
illbeseeingyou.ca

### **IL PONTE**

625 Queen St. E.  
M4M 1G7  
416 778 0404  
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. E.  
M4M 1H3  
416 466 8688

**M'EAT RESTO**

806 Queen St. E.  
M4M 1H7  
647 348 0077  
meatrestobutcher.com

**NOMADS RESTOBAR**

701 Queen St. E.  
M4M 1G6  
647 342 7666  
nomadsrestobar.com

**PIZZA NOVA**

714 Queen St. E.  
M2M 1H2  
pizzanova.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

**RUBY WATCHCO**

730 Queen St. E.  
M4M 1H2  
416 465 0100

**SIDDHARTHA**

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

**SUBWAY**

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

**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

**URBAN HOUSE CAFE**

718 Queen St. E.  
M4M 1H2  
416 901 9718  
urbanhousecafe.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

**M'EAT RESTO**

806 Queen St. E.  
M4M 1H7  
647 348 0077  
meatrestobutcher.com

**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

**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

**FREEDOM MOBILE**

750 Queen St. E.  
M4M 1H4  
416 463 2345

**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

**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**

777 Queen St. E.  
M4M 1H5  
416 479 4363  
tokentoronto.com



## IS RIVERSIDE GOING TO THE DOGS?

The perception of what makes a family has changed dramatically over the past few decades and part of that has been how we dogs are increasingly viewed as more than just pets – we’re family members. One in three Canadian households now includes a dog, and almost 80% of those households view us as family.

Riverside is a great place to be a dog, either as a resident or visitor. It’s easy to get to if you’re walking, being within half an hour of downtown Toronto, as well as Leslieville, Cabbagetown, the Beaches, and other great neighbourhoods. It’s also easy to get to by TTC (dogs ride free during off-peak hours – you just need to be accompanied by a human), and if you’re traveling by taxi, just call in advance – not all taxis are dog-friendly, but we’ve seen progress!

The Thompson Street Parkette (behind the Broadview Hotel) has an off-leash area, and the Saulters Street Parkette, Jimmie Simpson Park, and Bruce Mackey Park offer more ‘restrained’ options to make and meet new friends. If you’re more athletically inclined, there are great spaces where you can ‘unleash’ pent-up energy – Riverdale Park and Withrow Park have large off-leash areas. If you like to combine sun and sand, the off-leash park at Cherry Beach is a great place to see and be seen! The Don Valley Trail offers great running and walking, and adventurous canines can find spaces to run wild and even skinny-dip in the Don River! If the Don River isn’t your idea of a great swim (I’m not a big fan in February), “Fit Dogs” on Broadview offers an indoor pool. If you overdo it or are suffering from other aches and pains, you can visit Dr. Mishka at Oma Chiropractic – on Tuesday mornings, she treats dogs, as well as cats and rabbits (could make for an interesting time in the waiting room!).

There are so many social opportunities for the ‘dog about town’ in and around Riverside. Here’s a top list

of more dog options, activities, and things to sniff out that are also owner-friendly:

A number of outdoor patios, such as **THE OPERA HOUSE** allow dogs just outside and the **SAULTER STREET BREWERY** allows us inside.

“**WOOFSTOCK**,” North America’s largest outdoor festival for dogs, takes place in nearby Woodbine Park in late May.

**DIMENSIONS CUSTOM FRAMING** is one of many local businesses that use pet-friendly salt on their icy sidewalks (a personal ‘sore point’ with me, as I HATE wearing winter boots).

**RE/MAX HALLMARK** (785 Queen St. E.) has water and treats outside. Many others like the **WINE RACK**, **COMMON SORT**, **STUDIO 311**, and **WAXON** are pet friendly, offering treats inside (an afternoon stroll down Queen Street would be a great way to ‘sniff them out’).

The lawyers at **KORMAN AND COMPANY** not only offer treats, but their staff will look after dogs during client meetings.

**FINNUGOR MCM** at the **ARTS MARKET** sells handmade dog beds and accessories.

**DIRTY PAWZ** is a self-serve dog wash and a welcomed addition to the neighbourhood.

**THE BROADVIEW HOTEL** offers their canine guests ‘turn down service’ including dog treats, a toy, bed, food, and water bowl!

**WOODGREEN COMMUNITY SERVICES** (841 Queen St. E.) and the **TORONTO HUMANE SOCIETY** have pet food banks.

**SAINT JOHN AMBULANCE** therapy dogs make regular visits to the **QUEEN/SAULTER LIBRARY**, **MUSTARD SEED**, and the **RALPH THORNTON COMMUNITY CENTRE** (where I keep regular “office hours”), where children from the after-school program regularly assist with the evaluation of “child-friendly” therapy dogs.

While only service dogs are allowed in Toronto restaurants, don’t forget that many local eateries will provide ‘doggy bags’ for delicious leftovers. So, if anyone tells you that Riverside has ‘gone to the dogs’ – tell them it’s not a bad thing! 🐾

*Written By: Copper Campey Guzman, Photo By: John Campey*

2019

B I A

#riversideTO

# EVENTS

**Riverside Walks**

May - Oct

**Riverside Walks  
for Doors Open Toronto 2019**

Sat, May 25 & Sun, May 26

**Riverside Eats & Beats  
Streetfest**

Sat, June 1

**Sounds of Leslieville &  
Riverside**

Fri, July 5 - Sun, July 7

**Riverside Halloween Fest**

Sat, October 26

**Shop the Neighbourhood &  
Light Up Riverside**

Sat, Nov 30

**Riverside Antler Breakfast**

Fri, Dec 14



RiversideTO



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Details & RSVP at [riverside-to.com](http://riverside-to.com)

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