

NEIGHBOURS OF

JULY 2025

# THE KINGSWAY

AN EXCLUSIVE MAGAZINE SERVING THE WEST  
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**Sherry McKeown**  
Designing a Magical,  
Meaningful Journey

Photo by Catherine Cachia



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# NEIGHBOURS OF THE KINGSWAY

## LETTER TO RESIDENTS

Love The Kingsway but thinking about a getaway this summer? Perhaps you'll be inspired by our Resident Feature this month, Sherry McKeown. Read Sherry's story, "Designing a Magical, Meaningful Journey" on page 8 to find out how she is supporting others, especially those 50+, in making their travel dreams a reality!

You can also learn about something special in the community on page 5. Find out what the recent opening of Bryan's Place means to families in the area.

Our team is passionate about sharing local stories. Do you know someone who would make a great feature in an upcoming issue? Please email us with your suggestions. Your recommendations help strengthen our community bonds and ensure the continued success of *Neighbours of The Kingsway*.

Happy Canada Day! We hope everyone has a chance to get together with family, friends, and neighbours to celebrate!

Enjoy this month's edition!



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# Bryan's Place In The Neighbourhood

By Alecsandra Maciel, Photos Courtesy of Annemarie Parente-Manion

The recent grand opening of the nonprofit organization "Bryan's Place" in the neighbourhood was a milestone for the community, especially for a group of mothers who have been dreaming of it for many years.

It all began when Lorena Sinato, mother of Bryan—a neurodiverse 21-year-old youth whose name is an inspiration for the organization—started to struggle to find services for her son when he turned 18 years old. She decided that she would do whatever she could to provide that to Bryan, as well as to other families whose struggle was the same.

The first services and events promoted by the organization were offered in 2022 in places such as churches, parks, and



even at Lorena's house. Since then, the search for their own place was a long journey. Luckily they found the perfect place and got established on 102-2238 Dundas St West.

The goal of Bryan's Place is to provide a safe, engaging, and nurturing environment where children and adults with special needs can thrive through structured activities, social interaction and specialized support. Some of the services which have already been provided are:

- One Sunday per month Respite (all ages), 11am-4pm
- Beyond 21 Day Program (for adults), 9am-3pm
- Caregivers support by offering special brunches
- Special Days celebrations, such as Mothers' Day and Fathers' Day—Moms' Summer Camp, in Gabanaraska Center

For more information on how to support Bryan's Place and the programs offered, as well as to learn about volunteer opportunities, follow on social media: <http://facebook.com/bryansplace2022> and <http://www.instagram.com/bryansplace.ca>.

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# Canada Day Trivia

Submitted by Lexi Breunig

1. In which year did Canada officially become a country?
2. What is the original name of Canada Day?
3. Which iconic national symbol is often displayed during Canada Day celebrations?
4. What color is prominently associated with Canada Day celebrations?
5. Which city hosts the largest Canada Day celebration in the country?
6. True or False: Canada Day is a statutory holiday in all provinces and territories of Canada.
7. How many points does the maple leaf have?
8. Which Canadian province was the last to join Confederation and celebrate Canada Day?
9. What is the oldest city in Canada?
10. Of Canada's three largest cities, which one is an island?

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# FUN SPORTS

Submitted by Lucinda Hahn

# FOR YOUR DOG'S BODY AND BRAIN

*Looking for a new way to bond with your dog while keeping them physically and mentally fit? Dog sports are a fun, energetic option—and there's something for every breed, energy level, and personality.*



## NOSEWORK

If your dog loves sniffing on your daily walks, nosework might be their calling. Inspired by scent-detection dogs used by the police and other professionals, nosework trains dogs to identify and locate specific smells hidden in boxes, rooms or even vehicles. Handlers give a cue like “find it,” and the dog gets to work. (It's one of the few sports where the dog gets to take the lead.) This low-impact, high-reward sport builds confidence, especially for shy or anxious dogs.

— **Perfect for:** hounds, beagles



## RALLY

Think of rally as obedience with a twist. Instead of performing static commands in a straight line, you and your dog navigate a course with signs that prompt specific actions—sit, turn left, lie down, and more. Unlike traditional obedience trials, rally emphasizes teamwork and allows you to encourage your dog throughout the course. It's a great sport for dogs who thrive on structure and enjoy staying close to their humans.

— **Perfect for:** German shepherds, golden retrievers



## DOCK DIVING

Got a water-loving dog and access to a big body of water? Dock diving might be your new favourite weekend activity. The sport is exactly what it sounds like: dogs sprint down a dock and leap into the water after a favourite toy. Distance and height are measured, and the biggest splash often draws the most applause. With the right motivation (and maybe a tennis ball), just about any dog can make a splash.

— **Perfect for:** Labrador retrievers, Belgian Malinois



## FLYBALL

Imagine a relay race for dogs, complete with hurdles, a spring-loaded ball box, and full-speed sprints. That's flyball in a nutshell. Teams of four dogs race one at a time over hurdles, trigger a box that launches a tennis ball, catch it mid-bounce, and dash back to the start so the next teammate can go. It's fast, loud, and incredibly high-energy—ideal for ball-obsessed pups and owners who thrive in a team environment. It's also one of the most inclusive sports, often featuring mixed breeds and rescue dogs.

— **Perfect for:** Jack Russell terriers, whippets



## AGILITY

Perhaps the most well-known dog sport, agility combines speed, coordination, and obedience. Dogs run through a timed obstacle course filled with tunnels, weave poles, jumps, and more—guided by the handler's voice and body language. It's like parkour for pups, and it builds an incredible bond between you and your dog. Compete or do it for fun; either way, agility provides the exercise and challenge that many dogs crave.

**P— effect for:** Border collies, Australian shepherds





# Sherry McKeown:

## Designing a Magical, Meaningful Journey

By Kathryn Lekas, Photos by Catherine Cachia



To say Sherry McKeown likes travelling is an understatement. At last count, she has explored over 90 countries, and all seven continents. "I'll go anywhere, anytime, just give me an hour's notice and I'll have a bag packed!" Sherry insists.

"Although I've explored all over the world, it's the places that feel like a part of me that stay with me the most. Like Bermuda, where I lived and worked for a year, or Croatia, where I've returned time and again for the seaside magic," Sherry says. "New Mexico also holds a special place in my heart, with its art towns, desert skies, and sense of space."

Sherry credits her mom with instilling a passion for seeing the world within her. "I think it's in my DNA! My mom was quite the adventurer in her younger years, travelling solo before she got married, full of curiosity and bold ideas," Sherry explains. "Later, her adventures turned into careful planning and responsibility, but I know that spark was still in her, and I like to think I picked it up and carried it



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***"Success always circles back to creating connection."***

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forward—one suitcase, one story, one leap at a time.” Now, Sherry helps other women do the same.

With a BA Hons in Political Science from Carleton University, and a Diploma in Sports Admin from Durham College, Sherry has found herself working at some interesting, exciting, and fun places over the years, including NHL (in Public Relations and Central Scouting), and TSN (in Brand Partnerships/Business Development). But being on the water with Norwegian Cruise Line (managing future cruise sales onboard), and working in Tourism in Bermuda, is where she felt most aligned and that’s helped Sherry navigate current moves. While she works part time for MLSE (as an usher) and in film and TV (doing background work), this experienced explorer has her sights set on making waves with “Sherry On Shore”—her personal brand that brings her passion for luxury travel, Bermuda, and cruises into a business that feels authentic to her. “Through Sherry On Shore, I create unforgettable Bespoke itinerary design, soulful inspiration, and a community of travellers (especially solo travellers 50+) who crave adventure their way. I love helping other women design journeys that feel magical and meaningful through beautiful details, and stories worth telling because it’s not just about the destination, it’s about how the journey makes you feel,” she says.

For Sherry, success always circles back to creating connection. It’s why she co-authored *Unreserved* (available on Amazon)—a book dedicated to rewriting the rules of business through powerful stories shared by fearless women like herself who are shattering barriers, breaking



the rules of business, and inspiring a new generation of leaders. “I’m passionate about bringing people together through shared experiences, whether it’s helping women rediscover their sense of adventure or reinvention through travel, speaking at events, or hosting storytelling workshops that invite others to reflect on their journeys,” she says.

As for her own? “I still have a lot of globetrotting to do! I’m planning adventures across oceans as always, but this summer I’m leaning into local exploration more than ever, too, because whether near or far, I’m drawn to travel that feels unforgettable,” Sherry says. “We live in such a

***“It’s not just about the destination, it’s about how the journey makes you feel.”***



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beautiful part of the world—there's so much to see right here in Ontario! From the charm of Prince Edward County to the vineyards of Niagara, farm-to-table finds, and peaceful waterfront escapes. I want to (finally) take that ride on the Chi-Cheemaun ferry! It's not about the miles, it's about the moments."

Planning travel around Ontario, for her own personal getaways or for other explorers, also allows Sherry to feel proud about her efforts. "I love supporting local, from travel finds to independent bookstores, hidden gem restaurants, and connecting with others at markets, community fundraisers, or walking groups right in my neighbourhood," she says. "For me, it's less about geography and more about the people who make a place feel like home. I love being part of a neighbourhood where there's always something to look forward to—morning walks by the water, local shops that feel like old friends, and cafés where you can sit for hours and feel welcome. I just love a strong sense of community, where people look out for each other, support local, and take pride in the place we all call home," says Sherry, who also volunteers with Easter Seals and Friends of We Care (an organization through the food service industry that raises funds for Easter Seals). "Whether it's a quick hello on the sidewalk or a shared laugh at the market, those little moments make a big difference to help a place feel warm and vibrant." For Sherry, remembering a few key things always helps: Pack snacks, tell the truth, and always make 'em laugh! "That pretty much sums up my dad—practical, honest, and always ready with a great one-liner," she explains.

This summer, while folks are out and about, Sherry encourages neighbours to keep greeting and supporting each other, and making space for both big dreams and everyday magic. "Whether we're trading travel tips, out walking together, or just waving from across the street, connection matters. Life moves fast, but kindness, curiosity, and a good cup of tea can go a long way," she says. "Here's to neighbours who feel like community, and to the adventures waiting just outside our front doors!"



Sherry in Bermuda, photo courtesy Sherry McKeown.

***"Little moments make a big difference to help a place feel warm and vibrant."***



@sherryonshore

***Do you know a local resident who has a story to share? Submit your neighbour? Or even, yourself!***

It's easy to do. Nominate your neighbour (or yourself!) to be featured in one of our upcoming issues of *Neighbours of The Kingsway* Magazine by simply emailing your suggestion for an individual, couple, or family to be featured to: [klekas@bestversionmedia.com](mailto:klekas@bestversionmedia.com). We accept submissions for Resident Features all year long!



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# Canada Day Trivia Answer Key

Submitted by Lexi Breunig

1. July 1, 1867
2. Dominion Day
3. The Maple Leaf flag
4. Red
5. Ottawa
6. True
7. 11
8. Newfoundland and Labrador
9. St John's, NFL
10. Montreal




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# BBQ Chicken Flatbread

A QUICK & DELICIOUS FAVOURITE

By Erin Vander Weele



After trying this recipe, BBQ chicken flatbread might be your next go-to dinner for those busy days. This dish is simple to prepare, loaded with flavour, and convenient for a weeknight meal. Plus, it's versatile enough to please the whole family.



## INGREDIENTS

- 2 flatbreads
- Olive oil
- 2 cups shredded rotisserie chicken
- 3/4 cup BBQ sauce
- 1 cup shredded mozzarella cheese
- 1 small red onion, thinly sliced (optional)
- 1/4 cup fresh cilantro, chopped (optional)
- Sliced avocado (optional)

## INSTRUCTIONS

1. Preheat oven to 425°F. In a bowl, combine the shredded chicken with the BBQ sauce and mix until the chicken is fully coated.
2. Place your flatbreads on a baking sheet lined with foil. Brush a light amount of olive oil over the top of the bread to help crisp and add flavour. Spread the BBQ chicken mixture evenly over the flatbreads. Sprinkle the shredded mozzarella cheese and sliced red onion on top, as desired.
3. Place the baking sheet in the oven and bake for about 10-12 minutes, or until the cheese begins to brown, and the edges of the flatbreads are crisp.
4. Remove flatbreads from the oven and cut into slices. For added flavour, sprinkle fresh cilantro (chopped) and avocado slices over the top. Drizzle with additional BBQ sauce as desired.

BBQ chicken flatbread is a quick way to enjoy a variety of flavours in one delicious meal. Perfect for busy weeknights or casual gatherings, this dish will have everyone asking for seconds!



# July Events

**July 2-13**

**Toronto Fringe Festival**

@ The Fringe of Toronto Theatre (100 Broadview Ave. Suite 322)

This festival brings independent theatre, comedy, and experimental performances to various venues across the city. Since the lineup is chosen by lottery, the creativity is unpredictable and exciting. Street performances and pop-up shows make the experience even more dynamic.

**Time:** Varies

**Cost:** TBD

fringetoronto.com

**July 3, 11, 18**

**Brewery Takeover: Beers & Cheers**

@ Old Mill (21 Old Mill Rd)

Sip, Savor, and Support Local! Join us on the 21 West Patio for a beer tasting series that celebrates the best of Ontario's craft beer scene! Whether you're a seasoned beer lover or just looking for a relaxed evening outdoors, this is your chance to enjoy fresh air, great company, and a rotating selection of top-notch local brews.

**Time:** 6-8pm

**Cost:** \$15-\$17

oldmilltoronto.com

**July 4-20**

**Summerlicious**

@ Varies

This year, Summerlicious is more than just great food — it's about supporting the locally owned restaurants that give Toronto its flavour. More than 220 restaurants are serving up three-course prix fixe menus that celebrate everything from comforting classics to exciting global dishes. With something for every palate and price point, now is the time to explore new tastes, revisit

old favourites and love local with every delicious bite.

**Time:** Varies

**Cost:** \$20-\$75

toronto.ca

**July 4-27**

**Beaches Jazz Festival**

@ Beaches (along Queen St E)

The Beaches International Jazz Festival is a month-long music festival held each year in the lakeside Beaches community of Toronto in July. It's now one of Canada's largest free jazz festivals with nearly 1,000,000 attendees, throughout its month-long span. The Festival takes place across a number of venues; stage concerts are held in several different parks within the area and also along a two kilometre stretch of the Beach mainstreet during StreetFest.

**Time:** Varies

**Cost:** TBD

beachesjazz.com

**July 4, 5, 11, 18, 19, 26, 31**

**Musical Garden**

@ Old Mill (21 Old Mill Rd)

Musical Garden is our live music summer series, featuring performances by exceptionally talented musicians in the tranquil setting of our patio oasis. We warmly invite you to indulge in live music, beautiful weather, refreshing cocktails, and delicious cuisine, all while basking in the sun. Escape the hustle and bustle of the city and join us for an unforgettable, serene summer experience designed to soothe the soul and unwind from the week.

**Time:** 6:30-8:30pm

**Cost:** TBD

oldmilltoronto.com





**July 11-13**

## **Toronto Art Fair**

@ Nathan Phillips Square

Nathan Phillips Square becomes an open-air gallery during this annual event. With hundreds of artists showcasing their work, you'll find paintings, sculptures, photography, and more. It's the largest outdoor art fair in Canada, offering a chance to meet the artists and browse unique pieces.

**Time:** Varies

**Cost:** Free

toaf.ca

**July 12**

## **Fight Night**

@ Kingsway Boxing Club (265 Norseman St)

This is a boxing event sanctioned by Boxing Ontario. This contest is sanctioned by an organization officially recognized by the Province of Ontario.

**Time:** 7pm

**Cost:** TBD

boxingontario.com

**July 12**

## **Importfest**

@ Metro Toronto Convention Centre (255 Front St W)

See hundreds of highly modified cars from across Canada and the USA and so much more! Exhibitors will be on site offering the latest in Performance, Tuning, and Lifestyle! Kids under 7 years old are free!

**Time:** 11am-10pm

**Cost:** \$37.50-\$45

importfest.com

**July 19, 20**

## **Big On Bloor**

@ Bloor Street West (between Dufferin to Lansdowne)

BIG on Bloor; Bloordale's Festival of Art and Culture features a weekend street closure and site-based activations for a week after, with 100,000+ visitors participating in multidisciplinary art projects, presented by over 100 local artists from various backgrounds, identities and groups.

**Time:** Varies

**Cost:** Free

bigonbloorfestival.com

**July 31-August 4**

## **Toronto Caribbean Carnival**

@ Varies

Also known as Caribana, this festival is a massive celebration of Caribbean culture. The city comes alive with colourful parades, soca and calypso music, steelpan performances, and Caribbean cuisine. The Grand Parade is the highlight, where masqueraders dance through the streets in extravagant costumes.

**Time:** Varies

**Cost:** Varies

torontocarnival.ca

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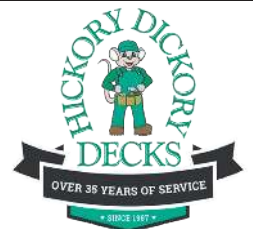
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