

**WELCOME NEW BUSINESSES!**

**CDK FAMILY MEDICINE & WALK-IN CLINIC** 175 Princess Street, 613-766-0318. The clinic opened on June 1, 2010 and is currently accepting new patients. Clinic hours are 7am to 7pm, 7 days per week.

**CHRIS JAMES** 253 Ontario Street, 613-541-0707. Chris James, a mens and womens clothing shop carrying designers from around the world, casual daywear to elegant evening wear... brands include, Kenneth Cole, Michael Kors, Sandwich, Ben Sherman, laundry and many more.

**GET FUNKY BOUTIQUE** 39-1 Montreal Street, 613-766-5970. "Alternative Finds for Original Minds". Get Funky Boutique features an exclusive selection of footwear, accessories, natural skin care and cosmetics for men and women. The store's emphasis is on Canadian designers and small, art-house brands. [www.getfunky.ca](http://www.getfunky.ca)

**JOANNE GERVAIS VISUAL ARTIST** 109 Princess Street, 613-542-8451. Specializing in portraits, sports, landscapes, abstracts in oils, pastels, inks, acrylics, watercolour and mixed media. [www.joannegervais.com](http://www.joannegervais.com)

**KINGSTON SCHOOL OF DANCE** 110 Princess Street, 613-548-8272. With over 40 years of promoting and creating dance in Kingston, the Kingston School of Dance provides high standards of dance education in a training facility that promotes technical, musical and artistic development. Dance programs are available for all ages, preschoolers to adults! [www.kingstonschoolofdance.com](http://www.kingstonschoolofdance.com)

**MIA GELATO** 178 Ontario Street, 613-546-4053. Offering homemade gelato and sorbetto in a wide array of varieties and your own choice of flavour combinations. Come on in and get a cup to eat, or select a few flavours and get a litre prepared to go! Monday-Friday: 10-10, Weekends: 10 - 11

**MR. DONAIR** 163 Division Street, 613-507-1234. Donairs, shawarmas, pitas and more! Take-out and delivery are available.

**NOVA HEALTH NATUROPATHIC CENTRE** Dr. Kimberly Oxbro, BSc, MSc, ND, 67 Brock Street 3rd Floor, 613-546-9995. Nova Health Naturopathic Centre focuses on providing primary medical care including full physical examinations, blood work on site, intravenous therapy for the treatment of cancer and other chronic diseases, acupuncture, diabetes management, nutritional guidance including a weight loss program, and botanical and nutraceutical therapies. [www.novahealthnaturopathic.com](http://www.novahealthnaturopathic.com)

**ROSS CRICHTON FINANCIAL SERVICES** 303 Bagot Street, Suite 107, 613-542-0085 or toll free 1-866-752-3494. We are a full service financial planning office providing a variety of investment and insurance solutions to protect your family and your future. Our partners have over 65 years of experience. We are accepting new clients. Please feel free to contact us [www.sunlife.ca/bob.crichton](http://www.sunlife.ca/bob.crichton)

**ZAPPAS LOUNGE** 178 Ontario Street, 613-507-7000. With its authentic tapas and extensive wine and martini list, Zappas is redefining the Kingston eating experience. Its warm mood lighting & upbeat music create a vibrant lounge that is bound to provide an experience Kingston has never seen. Come by for lunch on our patio; for dinner with that special someone; enjoy some tapas and martini's with friends or take it to the dance floor Thursdays, Fridays and Saturdays! [www.zappaslounge.com](http://www.zappaslounge.com)

**NEW NAME - CAFÉ LA MATIN** (formerly Coffey's Cafe) 137 Princess Street, Suite 7, 613-546-9074.

**NEW NAME - SMOKE SIGNALS** (formerly Kingston Hemporium) 346A Princess Street, 613- 549-3669.

**FRUITALICIOUS HAS MOVED** 328 Queen Street, 613-542-0658

**DOWNTOWN KINGSTON!  
IT'S THE REAL DEAL****CONTACT****NIGHT HOURS 2010**

Our Night Hours program is now underway with over 40 retail business participants. These stores have committed to being open until at least 8pm on Thursdays & Fridays from June

24 until September 24. If you would like to be included in upcoming Night Hours promotions please email [arden@downtownkingston.ca](mailto:arden@downtownkingston.ca). Visit [www.downtownkingston.ca](http://www.downtownkingston.ca) to view list of participating merchants.

**THANKS FOR ANOTHER GREAT BUSKERS RENDEZVOUS!**

It's hard to believe it's almost the middle of summer and the 22nd edition of Kingston Buskers Rendezvous has come and gone. This year's festival was blessed with great weather (almost!), a very congenial and talented group of performers and great support from our members. We had many performers from Australia and Europe who had never been to Canada before - and who fell absolutely head over heels for Kingston. People's Choice was awarded to the Checkerboard Guy who returned to what he termed a "rocking" festival and over \$1800 was raised at the Grand Finale for the United Way's Success by Six program. Thanks so much to all of our sponsors who make this event possible: The Kingston Whig-Standard, OLG, K-Rock, Tim Hortons, StarTek, Pepsi, Gilmore Reproductions, Discount, Tyroute/Telus, The Hub, Four Points by Sheraton, Yellowtail, DAB, Flor de Cana, Kingston Frameworks, Fancy That, Roundstone, The Kingston Brewing Company, Hatley, Quarry Medical Pharmacy, On LaRocks Bar & Grill, Atomica, Brandees, Bubba's Pizza, Chez Piggy, Fanatics, Grizzly Grill, King Street Sizzle, Lonestar, The Merchant, Mia Gelato, Olivea, Pan Chanco, Sima Sushi, Subway, The Brass, Queen's Inn, Raging Bull, Tango, The Ale House, The Toucan, Golden Rooster, Tir Nan Og, Windmills, Woodenheads, and Zappas Lounge.

**LIMESTONE CITY BLUES FESTIVAL - AUGUST 26 -29, 2010**

The Limestone City Blues Festival is shaping up to be another great summer long weekend of the best in the blues. Legendary Hubert Sumlin will be headlining the Saturday night Springer Market Square concert. Mr. Sumlin was Howlin' Wolf's original guitar player and Rolling Stone Magazine has voted him into the Top 100 Guitar Players of all time. Opening acts are The Lincolns (Kingston favourites from the old PG days) and Matt Andersen. Opening the festival on Thursday will be Carlos del Junco in Confederation Park while Friday night's Princess Street stage features Bryan Lee and the Blues Power Band. We also plan outdoor concerts daily in Confederation Park and more than a dozen nightclubs and restaurants will feature live blues nightly. We are in the throes of planning and will be updating the website as we go along - [www.kingstonblues.com](http://www.kingstonblues.com). Bracelets for the four day festival remain at the wonderful price of \$10 each. Also note that the very popular Blues Bucks will be back again this year (\$10 off purchases of \$50 or more at participating businesses) - please call 613-542-8677 or email [arden@downtownkingston.ca](mailto:arden@downtownkingston.ca) if you are interested in this program.

**DOWNTOWN KINGSTON!  
IT'S THE REAL DEAL**

177 Wellington Street, Suite #202  
Kingston, Ontario, Canada K7L 3E3

Phone: (613)542-8677

Fax: (613)542-0274

Email: [info@downtownkingston.ca](mailto:info@downtownkingston.ca)

[www.downtownkingston.ca](http://www.downtownkingston.ca)



**UPCOMING DATES**

**PICNIC DAY SIDEWALK SALE  
JULY 30 - AUGUST 2**

Downtown merchants take to the streets offering tremendous savings! With over 80 participating merchants in our last Sidewalk Sale sign up now to take advantage of this one - email arden@downtownkingston.ca. Saturday July 31 will be extra special as it coincides with the Princess Street Promenade!

**PRINCESS STREET PROMENADE -  
SATURDAY, JULY 31**

Join us as we close Princess Street for an active, fun & entertaining experience right in the middle of our Picnic Day Sidewalk Sale! Downtown businesses and the City invite Kingstonians and visitors to shop, dine and enjoy downtown. We also wish to promote "active transportation" by encouraging people to take a stroll down the middle of Princess Street which will be closed to vehicular traffic from 8am - 7pm during the Princess Street Promenade (the public event runs 10am - 6pm). The event will feature street activities, merchandise and outdoor patios provided by participating downtown businesses. Marshmallow roasting, live DJ's, giant chess sets, Clifford the Big Red Dog, fashion shows, yoga demonstrations and the Kingston Derby Girls are only a few of the activities planned by downtown shops, restaurants and community groups. [www.princessstreetpromenade.ca](http://www.princessstreetpromenade.ca)

**SHRINE CIRCUS** - August 4  
4pm and 7:30pm, K-Rock Centre

**1000 ISLANDS POKER RUN** - August 6 -8  
For On Shore activity details please visit [www.downtownkingston.ca](http://www.downtownkingston.ca)

**FARE ON THE SQUARE- SEPTEMBER 4**

On Saturday September 4 in Springer Market Square our finest downtown restaurants will serve food made from locally grown ingredients- straight from the farmers' fields!

**KINGSTON FRONTENACS** - September 24  
Season Home Opener, 7:30pm, K-Rock Centre

**THE CANADIAN BRASS** - September 25  
7:30pm, The Grand Theatre

**MICKEY ROONEY** - September 29  
8pm, The Grand Theatre

**THE EAGLES EXPERIENCE** - October 9  
8pm, The Grand Theatre

**SKATE CANADA** - October 28-31  
K-Rock Centre

**MOVIES IN THE SQUARE**

Grab your lawn chair and come out for free classic movies under the stars every Thursday night! Coming up: Finding Nemo, Pirates of the Caribbean, the Princess and the Frog and more! Check out [www.downtownkingston.ca](http://www.downtownkingston.ca) for a full list of upcoming movies.

**CHEF COOKING DEMONSTRATIONS AT THE KINGSTON MARKET**

Every Saturday in July and August, there will be free chef cooking demos at the Kingston Public Market (samples are \$2 each while supplies last). The demos will happen in the courtyard of Springer Market Square at 11am. The cooking demos are all about Kingston's best chefs sharing their knowledge and passion for local food with the public. There will be a different local chef every



© Hanhan Zhang

Saturday talking about what's in season in our area, how to pick the best products and demonstrating a simple local food recipe that people can make at home. Participating restaurants include: King Street Sizzle, Olivea, DOX, Atomica, Iron Duke, Kingston Brewing Company, Le Chien Noir, Aqua Terra, and Tango.

The Kingston Market is the largest one stop shopping spot for local food in Kingston and all of the products featured in the demos will come straight from the Market's producers. The public can watch the demo, and then turn around and buy all the ingredients to make the recipe at home right there on Springer Market Square.

The demos are being organized by our Local Food Local Chefs initiative. For a cooking demo schedule and other information visit [www.kingstonfood.ca](http://www.kingstonfood.ca).

**GARBAGE SURVEY**

The office will be conducting a survey soon to get your feedback on garbage pickup downtown. An offer has been made by the City to change the pickup time that garbage downtown is currently being collected. As you know, the majority of the garbage is placed outside at the close of business Monday night for pickup early Tuesday morning. Having the garbage out over night can be problematic - leading to issues that can have a significant effect on people's enjoyment of downtown (smell, leaking/staining, ripped open, strewn about, etc.). Our initial thoughts would be to have an early evening pickup on Tuesday, thereby alleviating the issue of the garbage staying out overnight. Please keep watching for the survey and let us know your thoughts.



**SHOP. DINE. ENJOY.**

**LOWER BURIAL GROUND RESTORATION SOCIETY NEEDS YOUR HELP!**

Located at the corner of Queen and Montreal Streets is the Lower Burial Ground, one of the oldest English cemeteries west of Montreal. The Lower Burial Ground Restoration Society is looking for the community's help in restoring and conserving this Heritage Gem for future generations. It is the stone wall bounding the burial ground, the second oldest structure in Kingston, which is in need of restoration. The society hopes to have support for this project through many modest or generous donations. Tax receipts will be issued for donations over \$25. Please send your contributions to:

The Lower Burial Ground Restoration Society, c/o Doug Thompson  
207-115 Barrett Ct.,  
Kingston, ON K7L 5H6

**GRAND RENOVATIONS**

The Grand Theatre is currently undergoing plans to retrofit its physical space to become more accessible. The renovations completed in May 2008 met the Accessibility Standards at the time, but the standards have changed and the new upgrades will meet the updated standards. Improvements will be made to flooring, counters, washrooms, lifts, lighting and other identified areas.

The construction has begun and will be complete by September 3rd. During this

time, the box office will be open from Monday to Friday, noon until 5pm. Tickets for Grand Theatre Presents, Kingston Symphony, Domino Theatre and Kingston WritersFest will be available in person or over the phone at 613-530-2050 during business hours.

During the construction period, there may be some challenges to access the Grand Theatre Box Office in person. As well, access from the Chown Garage exit to Princess St. through the Whig Walk will be limited during this time. Please visit [www.kingstongrand.ca/accessibility](http://www.kingstongrand.ca/accessibility) for updates and more information.

**BIG DIG**

June 30 saw the end of the major portion of the Princess/King reconstruction project. While spot work continued this month on some sections of the sidewalks and planters, the bulk of the project was finished and the streets and sidewalks opened to vehicles and pedestrians on time, as promised.

While the project wasn't without its challenges, a big thank-you goes to both the City and to the team at Corcoran for trying to minimize those challenges and for all the great work and effort that went into the project overall. Those of us who lived it daily know what a major project it was - the fact that it went well bodes well for future years.



"Sewer Visors" from Phnom-Penh Restaurant at 335 King Street East sport their Big Dig gear.

So now that this phase of the Downtown Action Plan has been completed the big question is what's next? As has been said numerous times by city staff, there are no plans for any major reconstruction work in the downtown in 2011. Work is being contemplated to take place in 2012 - however, the number of blocks and what type of work that is going to be done has not yet been finalized. We will be doing a wrap up session with our construction working group shortly and will have some more answers for you in the fall. As part of that wrap, we will be conducting a brief survey of the businesses in the construction zone about the impact the work had on their business and to get more feedback on how they felt the project went and what we should be keeping and/or doing differently for the next phase.

