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Neighbours of The
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**Elizabeth
Naumovski**
– **itality in
the Kingsway**
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Elizabeth Naumovski – Vitality in the Kingsway

The journey that led her to find her home may have been winding, but it's a journey that ends well. Elizabeth Naumovski had already been living in the west end for some years when she decided it was time for her to recognize her dream to buy a home in the Kingsway. She says, "When I was looking to purchase a house, mine was for sale and I always drove past it. Initially, I told my real estate agent that I didn't want to see the house. She convinced me to at least look at it, so I agreed. Oddly enough, when I walked in, I knew this was my home."

Elizabeth now loves both her home and her neighbourhood, and takes every advantage of what the Kingsway has to offer: "I am truly blessed to be able to live here. I can walk to the subway, and to the friendly neighbourhood stores and shops. The restaurants are all fantastic. Everything I need is here."

Elizabeth is an excellent ambassador for the Kingsway, and celebrates where she lives at every opportunity. She has developed rituals in her life, and with her friends, that incorporate the unique culture of the Kingsway: "Once a year, my friend and her two daughters will come over for a "Pyjamas and Tiaras" night. We get mani-pedis at Zen Nails and Spa, and then go to Demetre's for dessert. We walk back to my house and order Romi's pizza. We throw on our pyjamas, wear tiaras, watch movies and eat snacks until we go to sleep."

It doesn't take more than five minutes





of speaking with Elizabeth to realize that this is a woman who loves life, loves people, and seizes every opportunity for adventure and fun. She is gregarious and outgoing. Her vitality is obvious, and her enthusiasm is infectious. Her personal philosophy is quite simple – to live life to the fullest: “I always try to incorporate new experiences. Because life is short - it can be taken away tomorrow, and I want to live with no regrets.”

Not surprisingly, Elizabeth has a laundry list of experiences to rival any adventure-seeker. She runs 5km and 10km races annually. She has climbed

Stromboli, an active volcano in Sicily. She has gone hiking through the Dolomites. Just this April, she went hiking through volcanic caves and on glaciers, and went snorkeling through fissures in Reykjavik, Iceland.

To Elizabeth, these adventures have a deeper significance beyond mere “thrill-seeking.” They are a means to explore new aspects of her character, and to push herself towards personal growth: “I think that it’s important that, as women, we challenge ourselves and find out what we can do. It makes us better people, and allows us to



become more spiritual, since we have to face our fears. It also provides an extreme sense of accomplishment and, of course, fuels our passions.”

And one of Elizabeth’s passions has been her work. She has had an extensive career in broadcasting. Among her achievements, Elizabeth was the host, writer and researcher of *Money Line*, a weekly live, business call-in television show. However, for the past several years, Elizabeth has worked at Caldwell Securities Ltd., an independent investment management/brokerage firm, where she is currently

the Vice-President of Marketing. What does she loves best about her job? Of course, it’s the people: “We function like a gang; we have each other’s back. This is important because it opens you up to being more giving, and to being nicer to one another.”

But Elizabeth has not focused exclusively on her career. She has made it a point to turn her attention to the needs of the global community. She donates blood every fifty-six days. She has also been a part of numerous charitable organizations. For example, she is a member of the NATO Council of Canada. She is the past board director and co-chair for the Pink Bedroom Charity Gala, a fundraising event to benefit the Princess Margaret Hospital Foundation. And she is also a past board director for the Canadian Motorsport Hall of Fame. However, this is by no means an exhaustive list.

Elizabeth also looks for opportunities where she can give back through her role as a mentor, so that she can inspire others, particularly young women, to pursue their dreams. She currently counsels a young woman from Macedonia, and has recently returned to her high school to speak to the students and encourage them towards a career in broadcasting.

Despite the long list of personal and professional accomplishments, Elizabeth remains humble about her success, and credits it, in great part, to the people with whom she surrounds herself: “I have an army of girlfriends and we are all there for each other. I surround myself with so many brilliant women, if there is something that I don’t know, one of them will.”

So what’s next for Elizabeth? Given her track record, you can expect to find her embracing any new and exciting challenge or opportunity that comes her way. Only time will tell. ♦