

# The South Etobicoke News

thesouthetobiconews@gmail.com

Number 14

Buy local. Live local.

## Uplifting news for the community in 2020

Many residents and business leaders are predicting 2020 will bring a safer and more prosperous community in which more people will shop at their local stores to help improve the economy of the area.

Community leaders say 2019 was a good year but 2020 promises to bring a financial uptick for the area due to the many major construction and building projects underway in South Etobicoke.

They point to a 15 high-rise condo complex at the former Mr. Christie's lands in Mimico; planned demolition of a former Royal Canadian Legion site on Eighth Street for homes; also going is the BiWay Dollar store and office building next door in Lakeshore Village and the more than 400 townhomes being built on the former Marino's Automotive lands in Long Branch.

"Last year was good but this year will be even better," promises Chris Korwin Kuczynski, chair of the Lakeshore Village BIA. "There are many projects coming



**BIG CHANGES TO OUR LANDSCAPE** as major construction projects get underway bringing back jobs and support for our local stores in the community. The developments include condos at Mr. Christie lands, BiWay and office next door, former Legion hall, Marino's Auto lands and hi-rise at Royal York Go station.

on board that will have a positive effect on the community." BIA Treasurer Rattan Gandhi says the developments hire local residents and attract new businesses to the area.

"We have had many businesses showing interest in moving into the area," Gandhi says. "We expect 2020 to be a great year for us."

They warn the community is in transition as some more established firms as Faulkner's Appliances in Lake Shore Village shut its doors after more than 70

years. Owner Gord Faulkner, who is retiring, says sales began to dip about 10-years ago with the popularity of large "box" stores and online shopping.

"People have to support their local stores," Faulkner urges. "If we

don't get the support from the community many will have no choice but to close."

Long-time realtor Carl Porritt, a member of the Long Branch BIA, says the area remains hot from all the development taking place.

"This is still a very affordable and attractive area for people to live in," Porritt says. "It is close to downtown, safe and it is a very friendly neighbourhood."

Helen Reis, co-owner of Rhea Flower Shop, says they've been able to stay blooming due to online deliveries from customers across Canada and the world.

**Please donate to help Sizi see again!**

## Family, friends raise funds to cure Sizi's blindness

Friends and local agencies are helping to raise badly-needed funds to cover the medical treatment for Sizi Modeira, who went blind after suffering from meningitis.

Modeira, 35, lost her eyesight and suffered brain damage at the age of 30 after incurring bacterial meningitis in 2014.

"I thought I had the flu at first," Sizi told CTV in an interview. "I woke up and tried to see but couldn't. I had to learn to do everything all over again." She cannot wait to again see her mom, Yolande, who has been "her eyes" since she went blind. Yolande recalls a 'harrowing 24-hour period' in October 2014

as doctors and her family battled to save Sizi's life. The family has launched a GoFundMe.com site to try and raise \$200,000 for vision restoration surgeries in Israel.

So far they've raised about \$6,000.

They say doctors in Canada won't perform the operation because of the low odds of success.

"We are calling people and working hard to raise the funds," Yolande insists. "We hope to raise enough money by the



**FAMILY AND FRIENDS ARE** raising funds to help Sizi Modeira, who went blind after suffering from meningitis.

Spring so Sizi can have the operation in Israel." She has had to put her life and career as a therapist on hold to care for her 'creative and talented' daughter.

"I am her eyes right now," Yolande warns.

"She was in the prime of her life when she became blind."

Sizi, who now lives in Ottawa, was studying at Algonquin College to become a chef when her mom found her on the floor of her apartment.

She claimed her singer-songwriter daughter was suffering from what ap-

peared to be rashes and had been allegedly misdiagnosed by Ottawa doctors. "She had a lot going for her but now all is on hold," Yolande says. "Sizi is simply one of the strongest human beings we have ever known."

A fundraiser to help Sizi and the Meningitis Research Foundation of Canada is planned for World Meningitis Day on April 24 at Toronto's Clay Restaurant, 111 Queen's Park Drive, 3rd Floor, Gardiner Museum. Gospel singer Liberty Silver will perform. You can donate at [www.gofundme.com/f/save-sizi039s-sight-2020](http://www.gofundme.com/f/save-sizi039s-sight-2020), by e-transfer to [sizibenefitfund@gmail.com](mailto:sizibenefitfund@gmail.com) or contact 1-613-851-7335 or 1-437-990-6568.

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# Police collect race data in stops

Toronto Police officers have begun collecting information about a person's race as part of initiative to identify, monitor and eliminate potential systemic racism in the force. The TPS is one of the first to collect race-based data as part of a revised Use of Force and physical strip search records.

"The Toronto Police Service is not immune to bias and racism, and we have been working diligently over

the past several years to make positive changes to address both overt and implicit bias within the Service," Chief Mark Saunders says.

"The Race-Based Data Collection initiative will help the Service recognize how bias and racism might influence how we interact with racialized communities within Toronto, and help us eliminate systemic racism," the Chief said in a press release.

The Ontario government in 2017 passed the Anti-Racism Act, which mandated the collection of race-based data by organizations in the public sector.

Officers on January 1 began collecting race-based data as part of a phased-in approach. The TPS have been working with a number of community groups to design the initiative in a way that respects human rights and dignity.

# Dog walkers alerted of food threat to their pets

Toronto Police are warning dog owners in the Lake Shore Blvd. W. and Palace Pier Court area to be cautious after ground meat containing some sort of pills was found near a walking path.

Area residents say the ground meat, which contained white pills and an unknown substance, was found in an area where dogs are generally walked.

There have been no reports of dogs getting sick as a result of the substance. Anyone with information is asked to call 416-808-2200.



AN ALDERWOOD BUSINESSMAN HAS HAD enough after his pharmacy was broken into recently for the seventh time in 10-years. Emad Mankarous (above left) was being consoled by customer Bill Reutsny after his Sav-On Drug Mart, at 880 Brown's Line, was robbed again with the crooks stealing a quantity of drugs. "The robberies take place around this time of the year," he says. "Last year we had to undergo same thing." He estimates it will cost about \$7,000 to repair both plate glass doors. Toronto Police forensic officers spent hours examining and collecting evidence at the scene. Police say the thief, or thieves, gained entry into the store by smashing the doors. Officers said on December 14 around 8:30 a.m. a quantity of medication was stolen, including Oxycodone and Percocets, which "may be harmful or fatal if ingested by children." Anyone with information is asked to call police at 416-808-1100 or Crime Stoppers at 416-222-TIPS (8477).

South Etobicoke News photo.

# 22 Division officers, TTC join Santa in delivering toys to children and families in our community



TORONTO POLICE OFFICERS ON TOY DUTY are Const. Rodney Praheim (left), Sgt. Lhawang Jongdong and Const. David Purvis (right) with students taking toys to the community. Photos by Tom Godfrey..

Toronto Police 22 Division officers joined Santa Claus in his work by delivering a busload of donated toys and other goodies to at-risk children and their families in the community.

Members of the Community Response Unit (CREW) along with the TTC Queensway/Arrow Road Division, Toys "R" Us and Sobey's took part in a "Stuff the Bus" toy campaign which delivered

the busload of items to children in time for Christmas.

"All these toys were donated by generous residents for families in the community," says Sgt. Lhawang Jongdong. "We are giving back and making inroads in the community."

Officers took bags of toys and other items to children who live in the James Garnett Rd. neighbourhood. They also took items to LAMP, Salvation Army, men

and women shelters and others in need in the community.

Consts. Rodney Praheim and David Purvis say residents were very generous and filled the bus with hundreds of toys. TTC driver Jessica Caramanico says they collected a record-amount of toys to help the children.

"We received more than last year," she notes. "People were very generous with their gifts."

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*Former MP Michael Ignatieff represented the area from 2006-2011*

# Ex-MP Ignatieff was better author, academic than politician



**FORMER MP AND LIBERAL LEADER** Michael Ignatieff taking part in the annual Lake Shore Santa Claus Parade (above) and meeting with then U.S. President Barack Obama (right). **File photos.**

Author, academic and former MP Michael Ignatieff represented Etobicoke-Lakeshore for five years as he tried unsuccessfully to become Prime Minister of Canada. Ignatieff, 72, moved, or some say was 'parachuted' into the community months before being elected MP for Etobicoke-Lakeshore in 2006.

That year he ran for leadership of the Liberal Party but lost to Stephane Dion. He then served as the party's interim leader before being elected leader in 2009. Ignatieff was an able politician who attended many events in

the community including the Lakeshore Santa Claus Parade in 2009. At the time speculation was rife that Ignatieff, who came from a family of intellectuals, would easily defeat Conservative Prime Minister Stephen Harper who had been in power since February 2006. Ignatieff ran against a politically saavy Harper in the 2011 federal elections, only to be receive a shellacking in which he even lost his riding in what was called the party's worst showing in history. The Liberal party that year won only 34 seats and lost its position as the Official Opposition after placing a distant third behind the NDP. Ignatieff, who previously held senior academic posts at the Universities of Cambridge, Oxford, Harvard and Toronto, never knew our community, even by the time he retired in May 2011. He and wife, Zsuzsanna, packed up and left the community as quietly as they came. He is currently rector and President of Central European University. Before returning to Canada to take part in politics, the scholar had lived in Britain from 1978 to 2000, where he was well-known as a TV and radio broadcaster and

as an editorial columnist for *The Observer*. His memoir, *The Russian Album*, won Canada's Governor General's Literary Award and the British Royal Society of Literature's Heinemann Prize in 1988. Ignatieff was the elder son of Russian-born Canadian Rhodes Scholar and diplomat George Ignatieff, and his Canadian wife, Jessie Alison. The family moved abroad regularly in his early childhood as his father rose in the diplomatic ranks. Ignatieff Sr. also served as Chief of staff to the prime minister under Lester Bowles Pearson. He also worked for Pearson's leadership campaigns. His MP son was named a Member of the Order of Canada in December 2016.



# Great Mimico Mail robbery unsolved after 91-years

The Great Mimico Mail Robbery some 91-years ago was like a scene from an old Al Capone Hollywood movie and it still remains unsolved today.

The armed stick-up and police dragnet for three well-dressed, fedora-wearing robbers made major headlines back in March 1929. It began when a truck rushing mail from the Mimico Post Office to the Canadian National Railways, on Judson St., was heisted by thugs who pulled a car in front of the truck as it turned left under the bridge from Royal York Rd. "Come on, stick 'em up!" one bandit is said to have yelled. The truck was driven by Harold Douglas, 19, whose dad Thomas, had been ferrying mail from Long Branch, New Toronto, Mimico Beach and Mimico to the train station for 17-years. The three men in the truck were ordered to lay on the floor of the car. The crooks were in search of a mail bag containing gold bullion, which they were told would be in the truck. They opened a number of bags only to find about \$5. The victims had guns pointed at them, their hats drawn over their heads and driven around for several hours before being dropped



**MEMBERS OF THE DOUGLAS FAMILY** and their mail truck (above) which was heisted at gunpoint in the March 1929 unsolved theft. **File Photos.**

off at High Park. They hurried to the Cowan Ave. police station to file a report. Soon a massive manhunt was underway involving Mimico Police, Toronto Police, provincial cops and Post Office investigators.

"I don't think they were foreigners. They spoke like Canadians or Americans; not like Polacks or Italians. But then you can't tell," one of the victims told police, describing the men as seasoned professionals. It wasn't long before police arrested John Miller and Fred Haight, both 28, in the U.S.






The career bandits had escaped from Toronto Brick and Tile Company, a satellite prison later called the Mimico Reformatory and later Toronto South Detention Centre, on Horner Ave., while serving time for weapons charges and attempted murder of a Windsor cop. Soon George Brown, 24, was arrested in Orillia, along with George Little, in Detroit. Police learned the caper was hatched while the men were serving time with a former postal employee who had masterminded several large mail truck robberies. A trial for the high-profile robbery and kidnapping began in mid-May and in two weeks a jury ruled they were not-guilty due to circumstantial evidence. Charges were dropped against the men and the incident remains unsolved in police blotters.



**NO GOLD BARS WERE FOUND** in the postal truck when it left Mimico Post Office (above). The getaway truck (above right) and a wanted poster of suspect.

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**HARVEY'S PAINT & WALLPAPER** Lidia (right) with Giovanni, and Jane.

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# Popular barber says goodbye after 56-years



**LONGEST-SERVING BARBER FILIPPO ROMANO** is surrounded by daughter Rosemary, son-in-law and some of his grandchildren on his last day on the job. **Photos by Tom Godfrey.**

One of the area's longest-serving barber Filippo Romano is cleaning his prized scissors after completing his last haircut in more than 56-years and seven-months of styling hair in Lakeshore Village.

Romano turned 80 last month and was surrounded by family members and customers, who are now friends, after cutting their hair for generations.

Today Frank is in the chair, saddened that he won't be seeing his barber friend any more.

"I have been coming here for my cut for over 50-years," he laments. "My kids come here and so do their children."

Romano opened his Philip & Frank Barber shop in May 1963 and it has been at the same 2906 Lake Shore Blvd. W. vicinity since.

"I started to work as a barber the very next day after I arrived in Canada from Italy," he says proudly. "I haven't stopped working since."

He did miss two Saturdays to attend the weddings of his daughters Rosemary and Pina. He and Rosa, his wife of more than 50-years, have four grandchildren. "I will miss many of the people in the community," Romano says. "I know many of them and their children and their children. I cut all their hair."

He is in good shape and plans to keep busy gardening, housekeeping and doing other projects he never had time for.

"Me and the wife love dancing and we go out dancing often," Romano lets on. He loves the attention and on his final day with friends dropping by to say goodbye or take photos.

"I remember when I started it cost \$1 for a haircut," the barber says. "There used to be lineups when Goodyear, Anaconda, Campbell's and others were here." "Everybody in the area knows him," daughter Rosemary smiles. "He is like the King of the Lakeshore."

Happy retirement Filippo from the thousands of men you've made look better in almost 57-years.



## Foreign students from now on will require biometrics to remain in Canada to study



**FEDERAL IMMIGRATION OFFICIALS** say students, visitors and others will now require biometric screening to renew their visas. **IRCC photos.**

Foreign students at Humber College or elsewhere requiring permits or renewals to study in Canada will now have to provide biometrics as part of their application in a final phase of an immigration program.

People applying from within Canada as of last December 3 to renew or extend their visitor visa, study permit or work permit, or those applying for temporary or permanent residence will need to give their biometrics before they can be processed, officials say.

The biometrics includes leaving their fingerprints and a photo of themselves as part of their application process, according to Immigration, Refugees and Citizenship Canada (IRCC) officials.

Having biometrics helps immigration officers verify people's identity, which makes processing applications easier and simplifies entry for legitimate travellers, the IRCC warns, adding it also makes it easier for officers to stop in-



dividuals who pose a risk to the safety and security of Canadians.

Applicants who receive a biometrics instruction letter will be able to give their fingerprints and photo at 58 designated Service Canada locations across the country by appointment.

This same rule has applied to most foreign nationals applying for temporary or permanent residence from outside the country since December 2018.

It will cost about \$85 for an individual applicant; \$170 for a family and \$255 for groups of three or more.

No biometrics are required from applicants under 14 or over 79-years-old; U.S. nationals coming to visit, work or study temporarily in Canada; and lawful permanent residents of the U.S. coming to visit only.

Appointments can be made in advance at [canada.ca/biometrics](http://canada.ca/biometrics)

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We live in the community and cover local news, amateur sports, business and civic life while honouring those who gave so much of themselves so we can have the lives we enjoy today.

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*-Lakeside Pharmasave, 2438 Lake Shore Blvd. W., Our Walk In Closet, 625 The Queensway.*



# Faulkner retires closing his family store



LAKESHORE VILLAGE RESIDENTS WILL MISS Gord Faulkner (left) and 29-year employee, Bob Khan, who retired after closing Faulkner Appliance Centre, (bottom right) which has graced the Lake Shore Strip for 72 years. **South Etobicoke News photo.**

This month will mark the first time in 72-years that there isn't a member of the Faulkner family conducting business in Lakeshore Village. The straight-talking Gord Faulkner is retiring and shutting his family's iconic Faulkner Appliance Centre, at 2880 Lake Shore Blvd., after seven decades on the strip. He is the third generation of the family to run the store which was started by dad Alex and grandfather, Gord, in 1947. "Things have changed and there is a lot of competition in the industry now," Gord says. "We have been here so long that this will always be our neighbourhood." He thanks their many loyal customers and friends who supported them over the years. "I will miss the people and the community," he gestures. "We have staff here who are 'lif-ers,' in that they have been here for 25 to 30-years."

The store was a mecca for quality name products before



the Internet and big box stores became so prominent. It was here that residents came to purchase name-brand fridges, freezers, stoves, dishwashers, washers, dryers and so on. "Things started to change about 10-years ago with the popularity of online shopping and big box stores," he reflects. "Service and knowledge to customers is not a valued relationship as it once was."

Bob Khan, a 29-year employee, warns that local businesses are hit hard by the popularity of online shopping and area malls. "The prices have decreased and people want to pay less and get more," Khan says. "These are challenging times with a lot more competition than before."



The landmark store was at one time operated by his dad Alex, who represented the area as an alderman and was a founder of the New Toronto Business Association.

The Alex Faulkner Laneway behind the store that runs from Fifth to Sixth Street was named after the politician. The store in its heyday had about a dozen employees servicing or selling from a large showroom name brands as Samsung, Whirlpool, Frigidaire, Bosch and Kitchen Aid. Happy retirement Gord.

## Lucky reader is ...



**CONGRATULATIONS TO JULIE LEE**, the fifth person to send us an e-mail in our prize contest to win a beautiful Loonie watch which was made by The Clock Factory here in Lakeshore Village. "I love this community and all the nice people," says Lee, an avid photographer. The watch was made in 1987 to mark an end of the dollar bill for a coin, which created some controversy at the time from citizens against change. The timepiece is on sale at The Clock Factory, 2881 Lake Shore Blvd. W., 416-251-1225 or visit [theclockfactory@hotmail.com](mailto:theclockfactory@hotmail.com)



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**MAYOR JOHN TORY LEADS MEMBERS** of the Etobicoke Community Concert Band at a Christmas concert on December 20 at Etobicoke Collegiate. Also in the crowd were MP Yvan Baker and former MP Jean Augustine. The band is getting ready to celebrate its 25<sup>th</sup> anniversary. **Photo by Bruce Barton.**

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### Local students help respond to letters to Santa from Filipino kids



**SANTA POSING WITH SOME CHILDREN** of the Bay Bay Central School in the Philippines.

More than 100 Etobicoke high school students generously gave their time to answer some 600 Christmas letters sent to Santa Claus at his North Pole address by excited Filipino school kids. The bags of letters destined to Santa arrived from the Philippines last month and were taken to the Long Branch Charitable Foundation, which sponsors the Bay Bay Central School in Ozamiz City. Foundation founder Phillip Barker and Patti Wright, of the Rotary Club of Toronto West, managed to recruit more than 100 Grades 9 to 12 students from Richview and Etobicoke Collegiate Institutes, who spent hours reading and responding by hand to the letters.

The foundation has been sponsoring the letter-writing campaign involving students from both countries for about five years.

“It was a wonderful, exciting and compassionate experience for the students,” Wright says. “I think we all totally enjoyed the experience.”

She says many of the Filipino children wrote of their lives, family, schools and toys or other items they wanted for Christmas.

“Some of the letters were really sad and touching,” Wright recalls. “The parents of some of the students had died and many others were in need.”

No toys were returned with the letters, but at some point Barker, or others, will return to the school with presents, books and treat all 600 children to lunch. There was also a Christmas pageant. Barker is disappointed that this is the first Christmas in years he hadn't returned as Santa to entertain kids at Bay Bay school.

“I missed not playing Santa to these children who have very little,” he says. “We have a big Christmas tree at the school and the students have fun.”

The foundation has been active helping students in the Philippines. They have sent printers, books, computers, toys, food and other items; many which were donated by generous area residents and businesses.



**WITH LETTERS TO SANTA** are Phillip Barker, of the Long Branch Charitable Foundation, and Patti Wright, of the Rotary Club of Toronto West.

## 29th Christmas Parade a big hit



**THE GRAHAM FAMILY** have fun along the colourful parade route. **South Etobicoke News photos.**

The 29th annual Lake Shore Santa Claus Parade was again a big hit with businesses and thousands of area residents who lined Lake Shore Blvd. W., to cheer on Santa and his friends on their floats.



**NAV “Superfan” BHATIA**

Bundled up families, with young ones waved and cheered Santa and his helpers in dozens of colourful floats that make up the yearly extravaganza, which went off without a hitch with hundreds of volunteers and the closure of some local roads.

This year residents were thrilled to see Toronto Raptors “Superfan” Nav Bhatia, who walked the route greeting enthusiastic basketball fans.

“This is a very important milestone for us because next year the parade will be 30-years-old,” says Chris Korwin Kuczynski, chair of the Lake Shore Village BIA. “It is the second largest Santa Claus parade in Ontario, with Toronto being the largest.”

BIA Treasurer Rattan Gandhi says the parade is “extremely important” for the community and is the number one event in South Etobicoke.

“It is something that the whole community looks forward to every year,” he says. Resident Bernard Graham has been bringing his family to the event for the last six years.

“We have been coming here before my daughter Zayla was born,” Graham says. “We support our neighbourhood and this is a tradition for us.”

This year staff at St. Stanislaus-St. Casimir's Polish Parishes Credit Union, at 3055 Lake Shore Blvd. W., was awarded an elaborate trophy for having the Best Decorated Christmas tree, which was selected from more than 20 others lining the strip that were sponsored by businesses.

“It was a great surprise and honour and we were very happy to take part in the competition,” says credit union official Matthew Lozinski. “This was our first year and it took a lot of effort by our entire staff.”

Branch Manager Renata Sajdyk is proud of her staff who worked hard and went beyond the call of duty.



**BEST TREE WINNERS** Matthew Lozinski and Renata Sajdyk of St. Stanislaus-St. Casimir's Polish Parishes Credit Union.



**THE ELVIS IMPERSONATORS** were a hit with Santa's many fans.

# HAPPY NEW YEAR!!



**From your hard-working Board Members of the Lakeshore Village Business Improvement Area.**

From left to right: Chris Korwin Kuczynski, (Chair), Danuta Gumienik, Rattan Gandhi (Treasurer), Eleni Makikostas, Laura Baughman and Peter Kearns, (Vice-chair, Secretary)

**South Etobicoke News photos.**





# Rhea Flowers blooming with love



**SISTERS PAULA (left) AND HELEN** co-own Rhea Flower Shop, one of the longest-running flower shops in the area. The sisters (right) when they bought the store 23-years-ago. **Photo by Tom Godfrey.**

Helen Reis and her sister Paula love flowers so much they bought their New Toronto business 23-years ago and things are still blooming.

The sisters are co-owners of Rhea Flower Shop, at 2872 Lake Shore Blvd. W., which they say is the longest-serving flower shop in the community having served the area for 84-years.

"I love flowers and have been working with flowers since I was 16," Helen smiles. "We have been in the business for a long time." Paula visits a Brampton flower market four times weekly during this busy time to bid on the best blooms for their loyal customers, many who have been shopping at Rhea for years.

They are proud that theirs is the oldest community flower shop which has seen generations of customers.

"We have the most beautiful and loyal customers," Helen says. "It is a lot of work but it also rewarding to see our happy customers."

She recalls that daughter Jessica was six-months-old when they purchased the business. "It is a good



business but it comes with a lot of hard work," Helen swears. "Customer service is our number one priority at the store."

Most of her business these days, especially around Christmas and New Years, are deliveries from orders from customers in other countries who want arrangements delivered to family or loved ones in Etobicoke, or across the city.

The company has a fleet of vans and six drivers who can make up to 100 deliveries daily at this time of the year. They belong to an international flower delivery association which receives orders from around the world.

Today Paula is on a delivery as Helen and Jessica are making arrangements needed to send out to an event the following day, since they also cater to funeral, weddings, church services and other events.

Helen says some staff usually work through the day and night to process orders leading up to huge flower-buying days like Valentine's Day, Christmas or for the New Year.

"I would say at least 60% of our work is "wired" to us from international customers,"

Helen says proudly. "People know that we use the best flowers and they love that."

The shop can be reached at 41-259-6346 or orders placed at [rheafloreshop@live.com](mailto:rheafloreshop@live.com)



**APPRECIATIVE OFFICIALS OF THE WOMEN'S HABITAT** are presented donations totalling more than \$3,000 in cash, cards and online funds raised in a Christmas fundraiser organized by Graham Rowlands, of Blue Elephant Realty, and members of the South Etobicoke Community Facebook Group for the agency's hamper program. **South Etobicoke News photo.**



**MARIA OF THE FLOWER BAR WAS** busy selling seasonal favourites to the hundreds of people attending the second annual Great Lakes Brewery Christmas market, which featured many vendors, food, fun and entertainment including (inset) the Etobicoke Community Concert Band. **South Etobicoke News photo.**



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# Some great places to eat in the area

By Wayne Gibson



## Merlot Restaurant

2994 Bloor St. W., 416-236-0081



**FRANCOIS DUPRIX, OWNER OF MERLOT**, provides a simple yet elegant French dining experience that has received rave reviews. His dining room (below) and attention to detail has earned top honours. **South Etobicoke News photos.**

Good French cuisine is usually an appealing combination of simplicity and elegance: when executed well it means a most satisfying dining experience. For over two decades, Merlot has been achieving this goal in South Etobicoke.

With fin-de-siècle framed posters adorning its walls, this bistro delivers amazing food and drink at a reasonable price.

My favourite lunch special is the mushroom and Swiss cheese omelette and salad for \$13.50: for those who think omelettes are a breakfast item, try this for lunch and you will be a convert. Airiness is a trademark feature of a good French omelette.

Soups are superb: usually a pureed vegetable one as a special, but always on the menu is a fish soup, which with bread becomes a pleasant, satisfying lunch.

The lunch menu runs to a page, plus there are three of four specials listed; the dinner menu, two pages. Flexibility is key since you can order from either at lunch. The kitchen is also fine with some substitutions since I've been known to replace a salad with frites!

This is a kitchen that knows exactly what it is doing:

they even make sure the plates themselves come out of the kitchen hot, which is simple, but often overlooked by many restaurants.

I've dined here, hundreds of times over two decades and have never once been disappointed: A must try!



**FRIENDLY SERVER PINA** says she makes the best cheese cake.

## TICH Modern Indian Cuisine

2314 Lake Shore Blvd. W. 647-349-8424



**SUNIL KALIA AND WIFE KARAN OWN THE** popular TICH Modern Indian Cuisine (right) which brought their skills and taste here from their native New Delhi. **Courtesy photos.**

When TICH Modern Indian Cuisine opened a few years ago, it was hailed in one national newspaper as the best new Indian restaurant in Toronto. Predictably, the crowds were large in those years, as all the Toronto foodies wanted to give it a try.

Today, nothing has changed in terms of the food quality and taste - both great - and with friendly, warm service, but, as happens so often, much of the crowd moved on to the latest trendy establishment.

What remains though is a loyal following who, once they find a comfortable restaurant

with very good food, keep coming back to enjoy that experience.

This is TICH now, the exciting tastes of various regions of India still thrill the palate: their flavourful dishes deserve a revisit if you haven't been for some time, and a 'first try' if you have not as yet experienced this unique establishment.

Lots of variety in both appetizers and mains: my three favourites include: goan prawn curry, dal bukhara - wonderfully spiced dark lentils, and a new dish, saag lamb. You'll likely discover your own favourites!

If you desire one single dish in an appetizing matrix of rice, the biryanis are all excellent: these include vegetarian, chicken, shrimp and lamb, starting at \$14.95.

My personal goal with TICH is to taste each and every dish that they prepare, given the distinctive flavours of those I've tried to date.

Delicious naan bread and Kingfisher Indian Beer, or wine, will complement your dinner at this exceptional Mimico establishment.





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**Health and Wellness**

By **ADRIANNE SZABO-PAYNE**

It is often said that New Years resolutions are made to be broken. Let's be honest, giving up chocolate, cheese, red wine, and only eating celery and kale for the rest of your life, is frankly, a little nuts. What if, rather than setting unrealistic goals for yourself, likely to be abandoned by January, you chose to reflect on the areas of your health that need a boost and you decide to set achievable milestones that can be tracked on a weekly basis. This shift may be as simple as adding more greens to your plate than you did the week before, or committing to go for a walk two to three times a week with a friend. The little goals you set for yourself will help remove focus from the big goal, which today you may feel is unachievable. Every month set yourself one fitness and one nutrition related goal. If you're new to this, start small. Mount Everest was not conquered in a day, and achieving your health goals will not be either. If the gym is not for you, create some space in your home where you can work out. Invest in a yoga mat, some resistance/tension bands, and find some workouts that you enjoy; variety is key to maintain interest. Personally, I enjoy Beachbody On Demand and my sister enjoys Tracy Campoli – Total Body Transformers and Heather Roberston workouts. There are hundreds of free and paid workouts available on the Internet that you can try. Make small changes to your eating habits. Perhaps you could consider consuming your larger meals earlier in the day and avoid eating two hours before bed. Add fermented vegetables to your plate to help break down sugars and heavier foods. Go meatless a few days a week and replace with protein rich veggies and legumes. Whatever changes you embrace for 2020, encourage them to come from a place of love. With the right energy, you can achieve anything.

**Adrienne Szabo-Payne, is owner of Monkey Tree Fitness & Wellness, 800 Islington Ave., Suite 5-6, Phone 416-233-3400. Visit [monkeytreewellness.com](http://monkeytreewellness.com)**



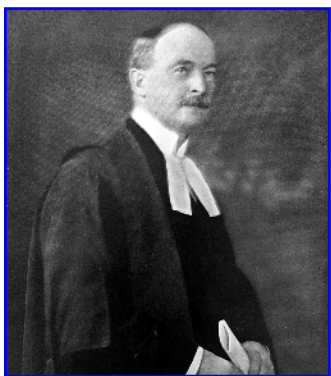
**Money Matters**

By **TYLER POPE**

This may be the season for giving and for many of us it was a time for spending money. It is surprising that many people don't realize how important their credit score is. We all need credit to rent a place, buy a car or house, get a loan to just to name a few things. If you feel your credit is not good there are things you can do to fix it. Here are some proven tips by money experts that are designed to help people looking to repair their credit. Please note that everyone's situation is unique and your first step is probably to consult with a professional as a mortgage broker or financial advisor for advice tailored specifically to your situation. Start by reducing your debt and paying down any credit cards or loans that you have. You may want to pay your highest interest debt first, which is usually your credit cards. Try to make more than the minimum payment each month. If your cash flow is tight be sure to make the minimum payment but do not miss a payment and avoid late payments. Avoid high credit utilization because constantly maxing out all sources of credit has a negative impact on your credit score. Consider that lenders like to see at least two credit lines, which can be a credit card, loan, secured or unsecured debt, lease or car payment on your credit bureau with very low or declining monthly balances showing your responsible use of credit. Look into debt consolidation and work with a professional to review and restructure your current debt load into more manageable, lower interest payments. It is important to live within your financial means by eliminating discretionary spending and to make and stick to a reasonable budget. By following these simple and straightforward steps you will be able to gradually repair your credit rating and greatly improve your overall financial picture. Try to make a plan now and stick with it throughout the year and you will be thankful with your cash flow come December. **Realtor and community resident Tyler Pope is a member of the Long Branch Neighbourhood Association, Long Branch Heritage Committee and can be reached at Tyler Pope Realty at 416-837-7797 or at [info@tylerpoperealty.com](mailto:info@tylerpoperealty.com)**

**Happy New Year!!**  
From the Staff of The South Etobicoke News

# Well-heeled Mimico lawyer built "The Tower" and Canada's first electric car showcased at the CNE and on an early \$100 coin



**LAWYER FB FETHERSTONHAUGH IS CREDITED** with building the first electric car in Canada (right) and 'The Tower' (below) a guest home next to his Mimico lakefront mansion (middle). **City of Toronto photos.**



was designed in Queen Anne style, with a mix of towers, windows, dormers and cladding.

The late Frederick Barnard Fetherstonhaugh was a top lawyer who lived in a huge Mimico waterfront home and is best known for owning the first electric car in Canada. Known to his friends as 'Fred' or 'FB,' he founded Fetherstonhaugh and Company, an international law firm specializing in patents that had offices in 10 Canadian and U.S. cities including Toronto, Montreal, Vancouver, New York and Washington.

FB lived large and by 1899, he with wife, Marion Arabella Rutledge, had purchased a large property on the Mimico waterfront and built a huge home, called *Lynne Lodge*, after his mother's home in Ireland, which

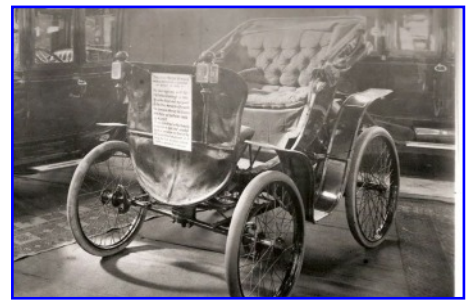
The couple on their estate at Royal York Rd., and Lake Shore Blvd., built a stone guest house called "The Tower," or sometimes dubbed the 'castle' by area residents. Fred is best remembered for his electric vehicle, the first



that was built in this country. It was featured at the 1893 CNE and later commemorated in 1993 on a Canadian \$100 gold coin. "The car could go only 14 miles on one charge, with a top speed of 15 mph, and it frequently broke down, but nevertheless, Fred used the car for 15 years," according to researcher and historian Denise Harris. Harris wrote that after Fred moved to Mimico, power to recharge the battery was "stepped down" from the line used to power the Toronto and Mimico Electric Railway that ran past his home. The vehicle came about in the early 1890s after William Still approached Fred to patent a lightweight, high-efficiency storage battery he had invented. A car lover, Fred loved the project and soon became a partner in developing the vehicle. FB had rich friends and was a member of the Board of Trade, the Manufacturers' Association, the Masonic Order, St. James Cathedral, the Royal Canadian Yacht Club and the Argonaut Rowing Club.

He was presented to King Edward VII at Windsor Castle in 1905 for being a founding member of the Empire Club and represented the club at the Coronation of King George V in 1911. After his wife died in 1930, Fred married Audrey Victoria Emaygh, who was 32 years younger, who left him and took most of his fortune. He fell into debt and his law firm was seized. He also lost some of his property and when Fred died in 1945, his estate was valued at only \$13,000.

His waterfront property was sold in 1947 for use as a restaurant that was shut in 1955. The house was demolished around 1957 and an apartment building erected on its site at 2667 Lake Shore Blvd. W.



A "MADE IN CANADA" CAR, 1905. Advertised as having "power, good lines, is luxurious in finish, but best of all it can stand the rack and wear of Canadian Roads. Price \$1,500". Canada's first automobile was an electric car resembling a large baby carriage, built in Toronto just forty years ago (1893) by F. B. Fetherstonhaugh. John Meade of Hamilton imported the first gasoline automobile in 1898.



# Exciting things to do as we start a brand new year

**EVERY FRIDAY MORNING** the Long Branch Baptist Church, at 3381 Lake Shore Blvd. W., offers a free clothing outlet from 9:30 a.m. to 11 a.m. for those in need of clothing for themselves or their families. You can also donate gently used clothes that others can use. Contact 416-251-1525.

**UNTIL JANUARY 6 CENTENNIAL PARK CONSERVATORY WINTER FLOWER SHOW** features thousands of flowering plants with over 30 varieties of poinsettia. Show is free and is open daily from 10 a.m. to 5 p.m., at the Centennial Park and Conservatory, 151 Elmcrest Rd.

**JANUARY 7 DEMENTIA 101 WORKSHOPS BY ALZHEIMER SOCIETY** to provide an overview of Alzheimer's disease focusing on early diagnosis, from 6 p.m. to 7:30 p.m. at LAMP, 185 Fifth Street. Call 416-252-6471 to register.

**JANUARY 8 FOOD WITH FRIENDS GREAT MEAL** every Wednesday at noon at Franklin Horner Community Centre, 432 Horner Ave. All is welcome. Today is board games; January 15 is cards; January 22 BINGO and January 29 Movie. Call 416-252-6822.

**JANUARY 14 LAMP PURE HEALTH AND WELLNESS** first in series to improve your mental health and well-being. January 14 looks at worry; January 28 examines mood irritability, from 7 p.m. to 9 p.m. in the community room at LAMP, 185 Fifth Street. Contact 416-252-6471 ext. 308.

**MONDAY NIGHTS LAKESHORE OUT OF THE COLD** ministry that provides a hot meal and emergency overnight shelter to people who are homeless or hungry. Every Monday at 6 p.m. until April. Volunteers prepare dinner plus bag lunch. To volunteer contact Cara at 416-255-5224.

**JANUARY 16 HOT PASTA NIGHT** with Primo spaghetti and meat sauce, salad and garlic bread, 5 p.m. in Senior's Lounge at the Franklin Horner Community Centre, 432 Horner Ave. Call 416-252-6822.

**JANUARY 17 FREE MONTHLY COMMUNITY DINNER** at St. Margaret's New Toronto church, 156 Sixth



**THE NOVI SINGERS WILL BE IN CONCERT** on January 5 performing English and Polish carols at Islington United Church, 25 Burnamthorpe Rd., at 4 p.m. Call 647-686-3806 for tickets.

Street, for a pay-what-you-can home cooked meal, with live music and fellowship. Arrive at 4:30 p.m., volunteers needed call 647-213-4143 or to sponsor a dinner.

**JANUARY 18 TORONTO PUBLIC LIBRARY NEW TORONTO BRANCH**, at 110 Eleventh Street, is celebrating its 25<sup>th</sup> birthday and opening a time capsule that has been buried for 25 years under the Steam Whistle Train Bell. A new time capsule will be installed. From 1 p.m. to 3 p.m. and for more call 416-394-5350.

**JANUARY 20 MINDFULNESS WORKSHOPS** and learn of a Wellness Recovery Action Plan, identify your stressors and ways to keep yourself well, from 4:30 p.m. to 6 p.m., at the Jean Augustine Centre for Young Womens' Empowerment, 101 Portland St. Call 416-253-9797, open to girls 12 to 17.

**JANUARY 21 BRAIN HEALTH BY ALZHEIMER SOCIETY OF TORONTO** learn the risk factors of Alzheimer's disease and how to maintain the health of the brain, from 6 p.m. to 7:30 p.m., at LAMP, 185 Fifth Street. Call 416-252-6471 to register.

**JANUARY 22 LIVING WELL WITH HIP AND KNEE OSTEOARTHRITIS** a free workshop on how to live a better life, with strategies to manage your arthritis, from 10 a.m. to 1 p.m. at LAMP, 185 Fifth Street. Contact 416-979-7228 ext. 3381.

**JANUARY 22 ACTING FOR FILM & TV** learn the fundamentals by Kadelburg Productions every Wednesday until February 12 from 6:30 p.m. to 8:30 p.m. For beginners who want to get into acting. Ages 16 and up with \$200 tuition at the Assembly Hall, 1 Col. Samuel Smith Park Dr., Call 416-338-7255 or visit kadelburg.com for more details.

**JANUARY 25 FREE COMMUNITY MONTHLY HOT DINNER** at The Branch Church, at 85 Thirty First Street, near Long Branch Park, from 4:30 p.m. to 6 p.m. Everyone welcome. For more information call 416-640-2005.

**JANUARY 25 VOLUNTEER APPRECIATION DAY** at the Jean Augustine Centre, 101 Portland St., to honour past, present and future volunteers who work so hard, from 11 a.m. to 1 p.m. Volunteers invited. For more contact info@jeanaugustincentre.ca

**JANUARY 27 ETOBICOKE CAMERA CLUB** presents professional photographer Kim Manley Ort to their meeting at Humber Valley United Church, 76 Anglesey Blvd., from 7 p.m. to 9:30 p.m. Contact www.etobicokecameraclub.org

**JANUARY 29 CRAVING CHANGE & CHANGING RELATIONSHIP WITH FOOD** a free how-to workshop to understand why you eat the way you do, comforting yourself without comfort food, from 6 p.m. to 8 p.m. at LAMP, 185 Fifth Street. Contact 416-252-6471 ext. 308.

**JANUARY 30 OSTEOARTHRITIS OF THE HAND** a free workshop for those who suffer from osteoarthritis in which everyday actions is a chore. Led by an Arthritis Society Occupational therapist you will learn simple exercises to manage pain, from 1 p.m. to 4 p.m., at LAMP, 185 Fifth Street. Contact 416-979-7228 ext. 3381.

**ADULT DAY PROGRAM** at Storefront Humber, 2445 Lake Shore Blvd. W., Monday to Friday from 9 a.m. to 2:30 p.m. Call 416-259-4207.

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# Hockey gear to help kids McNeil skates to raise funds across Canada to help Alzheimer research

At-risk children up north are scoring big with tonnes of hockey equipment that were kindly donated by players and supporters of the game in our community. "Every year we collect tonnes of hockey equipment that are sent to the children in remote communities," says Jamie Coon, coach of the Mimico Pee Wee Select Team. "The equipment is sorted by volunteers and packed on skids for the journey."

He says the gently used, or sometimes new gear, is better than what the northern kids have, if they have any at all. The items were dropped off at Mimico Arena last month, in addition to other drop-off sites in Brampton and Paris, Ont.

"This is our fourth year and we expect to be sending up 40 or 50 skids of equipment," Coon estimates. "Its' all donated gear that goes to the community and they decide who receives it."

The drive was organized by the Mimico Canadiens Hockey Association and The Rotary Club, whose members make sure the shipment gets to players in northern First Nations and Inuit communities. The much-needed equipment included jerseys, helmets, sticks, skates, socks, goalie gear, tape and other in-demand items sought by players.



**COACH JAMIE COON WITH SOME OF HIS PLAYERS** collect hockey gear donated by the community for use up north by Indigenous children in Inuit communities and the First Nations. **Photo by Tom Godfrey.**

Volunteer Ian Anderson, 12, says he is helping to sort out the gear. He was also part of a hockey exchange program between Etobicoke kids and northern youths.

"I know what it is like up there and they do not have a lot of hockey equipment," Anderson recalls. "It feels good that I am able to help them."

Another volunteer, Marcos, 12, who was also part of the exchange, says the children lacked proper equipment or sticks to play with.

"The people are nice but there is little hockey equipment for kids," he says.



**ETOBICOKE POSTIE STEVE McNEIL** is skating to raise money for Alzheimer Society Toronto research. He has raised more than \$60,000 so far. McNeil with MPP Christine Hogarth (right) at a pre-Christmas skate. **South Etobicoke News photos.**

Area resident and former mailman Steve McNeil is skating in 10-cities this month as part of his charity 1926 Skate to help raise funds and awareness for Alzheimer's disease. McNeil, 58, launched 1926 Skate eight years ago to raise money and public awareness of Alzheimer's, which his mom and moth-

er-in-law suffered from for many years. He began his 19-hour and 26-minute skate on December 15 at Nathan Phillips Square. All donations and proceeds go to the Alzheimer Society Toronto. His mom was born in 1926.

"This year I am hoping to raise \$100,000 for Alzheimer research," McNeil says during a break. "I would like to see December 15 declared a national skate day to bring awareness to the disease."

McNeil will hold fundraising skates for 19-hours and 26-minutes in 10 provinces to raise money for the different Alzheimer Chapters across the country.

The postal worker estimates he's raised about \$60,000 so far to battle the ailment.

The amateur hockey referee remains pumped for his long skates by listening to AC/DC, his favourite rock

band, who are always playing in the background. "I listen to my AC/DC for 19 hours and 26 minutes," adds McNeil. "It's a tribute to Malcolm Young who passed away from dementia last year. So it all kind of ties together." Members of the band



heard about McNeil's fundraiser and to honour Young donated almost \$20,000 to the cause. MPP Christine Hogarth, who was congratulating McNeil, says he is a motivation to the community. "Steve helps to bring the community together and shows community support," Hogarth says. Donations can be made to [www.1926skate.com](http://www.1926skate.com)

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