

The South Etobicoke News

thesouthetobiconews@gmail.com

Number 13

Buy local. Live local.

Charity books for Filipino schools missing



A THANK YOU POSTER FROM students in the Philippines for school items is shown by Phillip Barker, of the Lakeshore Charitable Foundation. Courtesy photo.

Members of a Long Branch charity are outraged and still shaking their heads after 35,000 text books and a container of badly-needed items went ‘missing’ after being shipped to schools in the Philippines.

The items, which were donated by area residents, groups and school boards, were destined to help students at several public schools in Ozamiz City, the Philippines. The missing used goods included: two wheelchairs, two sewing machines, an organ, three boxes of toys, 54 desks and chairs, new diapers and baby clothes. The shipment was gathered and shipped at a cost of almost \$6,500 (Cdn) by members of the Lakeshore Charitable Foundation, who had to pay for drivers and a truck to take the goods to a Mississauga office for a Montreal-based custom broker. “We are very disappointed that the items we worked so hard to collect did not get to the students,” says



PUBLIC SCHOOL STUDENTS IN THE Philippines, many waving Canadian flags, are thankful for school items sent by South Etobicoke volunteers and agencies.

Phillip Barker, co-founder of the charity. “We know that the container arrived at a port in Cebu and just disappeared.” The charity has launched a legal action against the broker to try and recoup some of their expenses and cost of the items.

A manifest of the items show the donations were made by generous Canadians, the Rotary Club of Etobicoke, Toronto Board of Education; which sent boxes of books and paper decoration: and the Catholic Board of Education that sent boxes of used text books and desks and chairs. “These items are badly needed by the students at the schools that we help sponsor,” Barker explains. “The students are poor and they lack proper text books at the schools.” Documents filed in court show the container was shipped three years ago, on Decem-

ber 2016, to the BayBay Central School in Ozamiz City. The documents show the container arrived in the Philippines, but was not delivered to Bay-Bay school.

At one point Barker travelled to Cebu to help find and deliver the container but was unsuccessful.

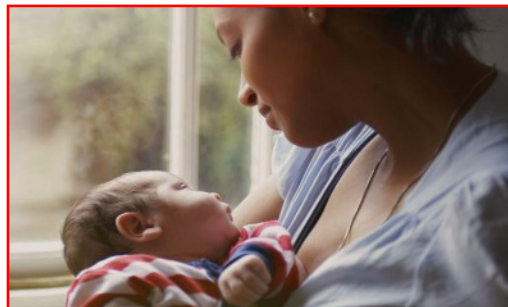
He was told by a local transportation agent “the container was missing and no longer at the port of entry.”

The charity has been active for many years helping students in the Philippines. They have provided printers, books, computers, toys, Christmas trees and even a Santa for students over the years.

Uber and community groups helping many at-risk women and families

Area women and their children fleeing abuse or violence are breathing easier today thanks to a much-needed grant and cash donation from Uber to help keep families together and safe.

Officials of Women’s Habitat of Etobicoke, at 140 Islington Ave., have received from Uber some \$20,000 in free rides and \$4,000 in cash to help women in need. “The grant is for this upcoming year



AT RISK WOMEN AND THEIR FAMILIES are helped daily by the Women’s Habitat of Etobicoke.

understands that transportation has the power to transform the everyday life of people,” she notes. Women’s

Habitat has provided emergency shelter for women and their dependents who are survivors of violence since 1978. Its outreach centre provide services as group and individual counselling, parenting support and housing assistance. Meanwhile, members of the South Etobicoke Community Facebook Group are organizing a Holiday Social fundraiser and hamper-fill to aid the Women’s Habitat Holiday Hamper program on December 5 at Of-

Shelter Director Julia Fiddes says the support from Uber “will help ensure transportation is no longer a barrier to women who are escaping violence and who need access to our services.” “One of the greatest barriers we face when supporting a woman to come to our shelter is figuring out how she will arrive here,” Fiddes explains. Uber official Sarah Freed says her firm uses their technology and resources to support organizations delivering “meaningful, positive change.” “We are proud to support their great work because Women’s Habitat un-

SOUTH ETOBICOKE COMMUNITY GROUP HOLIDAY SOCIAL
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Event Details at: facebook.com/groups/etobicoke

and we are thrilled that we will be able to provide this gift of transportation to the women we serve,” says Sojie Tate, of Women’s Habitat.

Tate says Habitat will use the cash to buy Presto cards for use by clients at their shelter and outreach locations.

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office 146, at 146 Thirtieth St., from 6:30. p.m. to 9:30 p.m. RSVP for the event at Facebook.com/groups/etobicoke or email graham@ElevateRE.ca. Items in need includes: new women’s personal items, waterproof gloves, mitts, toiletries, shampoo, body wash, hair accessories or household items. Also sought are gift cards from Walmart, No Frills or Shoppers Drug Mart.



22 Division officers collect toys for children

Area youths are the big winners of a toy drive by 22 Division Community Response Unit officers who went beyond the call of duty. Officers say they hope their efforts will help at-risk children in the community this Christmas. A number of area businessmen, such as Joe Lattanzi, of Incredible Novelties, donated toys to make the program a success, police say. The toys were added to a "Stuff the Bus" toy drive by 22 Division and



22 DIVISION TOY DRIVE with Insp. Tim Crone, Joe Lattanzi (middle) and Staff Sgt. Mario Teixeira.

the TTC – Queen-sway-Arrow Rd. Division. "We are hoping to have lots of toys distributed

to the needy families if all goes well," says Sgt. Lhawang Jong-dong, of the CRU Unit. "This is a

time of the year to give back to the community." The toy bus will be parked all day outside ToysRus, at 655 Evans Ave., on December 14 for people to drop off unwrapped items. The toys will be distributed on December 15 to residents of 10 and 20 Garnett James Rd., at their Christmas party and at LAMP, at Sixth St., on December 17. You can also drop off toys at 22 Division, at 3699 Bloor St. W.

Popular Captain retire from Cadets



CPTN. Mercado

We salute your service Captain! Captain Christine Mercado (Hannan) is passing on the torch and has retired from an instructor position at the Royal Cadet Support Unit (RCSU)

Central after 23-years of service. The full-time fire fighter was also involved in the Expedition program at Cadet Support Training Centres, National and Regional Expeditions and Expedition Centre Training Centres for more than two decades.

"It has been an excellent career and it is now time to pass the baton to someone else," says Mercado, who works as a Fire Suppression Captain for Vaughan Fire and Rescue and volunteers as Chair of the Long Branch Neighbourhood Association (LBNA.) She is married to husband, Richard, and live with son, Ethan, in the Long Branch community.



CADET COLOUR PARTY FROM 2824 Army Cadets take part in a wreath-laying ceremony at the Long Branch Cenotaph, on Long Branch Ave., on Remembrance Day. This intimate ceremony involved families, residents and members of all three levels of government. The Cenotaph stands in memory of those who gave their lives in WWI, WWII and the Korean War. It was built in 1933 by Royal Canadian Legion Long Branch, Branch 101. Photo by **RICHARD MERCADO.**

Remembering all our vets in the community



PAYING THEIR RESPECTS FOR REMEMBRANCE DAY at the Royal Canadian Legion Branch 101 are MPP Christine Hogarth, MP James Maloney (right) and Councillor Mark Grimes (left).



MEMBERS OF THE LONG BRANCH COMMUNITY including students and officials of the Elementary School Micheline-Saint-Cyr, on Forty-First St., helped to plant some of 100 trees at their school as part of a 'Long Branch Remembers' initiative by the Long Branch Neighborhood Association (LBNA) to honour vets of WW1 and WW11. School principal Mirela Lonian says students will receive shade from the trees to protect them in years to come. More than 100 students took part in the event. Photos by **TOM GODFREY**

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WED, DEC. 4, 2019 | 7PM | THE ASSEMBLY HALL
1 Colonel Samuel Smith Park Drive (Located at the South end of Kipling Ave.)

Former MPP Doug Ford Sr. served under Mike Harris from 1995-1999

Ford Sr. was the patriarch of family of Etobicoke politicians



THE FORD POLITICAL DYNASTY with Douglas Bruce Ford, (In photo) overlooking sons Randy, the late Rob and Doug. Courtesy pic.

The late MPP Douglas Bruce Ford would be happy today with the political and business successes of his Premier son Doug and his youngest, the late Rob, a

former Mayor of the City of Toronto.

Ford Sr., who died in September 2006 at the age of 73, was the co-founder of the successful Deco Labels in 1962, which is operated by family members. He was elected as an MPP from 1995 to 1999 to represent the riding of Etobicoke-Humber. The businessman was part of the so-called Common Sense Revolution that swept the Progressive Conservatives into office and made Mike Harris premier. "We just look at it this way; damn the guns, damn

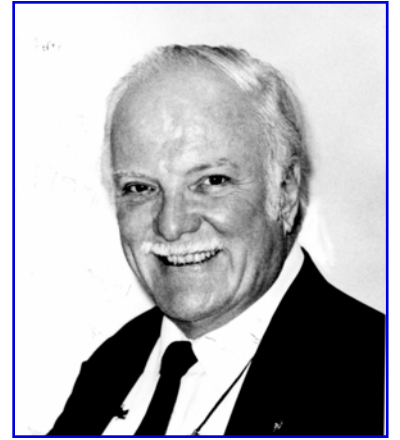
the newspapers, damn everybody, because we're dedicated people," Ford Sr. told the CBC in 1998.

Born in Toronto in 1933 to parents who emigrated from England, Ford Sr. was the youngest of nine children. They were raised by single mom, Celia, in the Danforth area, after dad Ernest passed away the same year Doug was born.

The family moved to spacious Etobicoke, where the Ford children grew up. Politics ran deep in the family and by 2000 a popular Rob was elected to represent Ward 2, Etobicoke North on Toronto City Council. The voters loved him for his hands-on service and he represented the riding from 2010 and again from 2014 until his death in 2016.

The older Doug represented Ward 2 on Toronto Council from 2010 to 2014, at the same time Rob was serving as Mayor. Doug later sought the mayoral chair in 2014 losing out to Mayor John Tory. Doug was elected leader to the PC Party of Ontario in 2018 and led the Conservatives to a majority government in a general election the same year. Ford Sr.'s grandson Michael was elected to the Ward 2 council seat following Rob's death.

The family patriarch was elected to the legislature in the 1995 provincial election, defeating incumbent Liberal Jim Henderson for the Etobicoke-Humber riding. Premier Harris reduced the number of ridings in 1996 from 130 to 103 forcing some MPPs to fight one another for re-nomination. Ford Sr. was defeated by Chris Stockwell for the nomination in a new riding of Etobicoke-Centre. He retired from politics soon after and returned to his first love, running his business. After he died, a park on Royal York Rd., was renamed Douglas B. Ford Park in his honour.



THE LATE Douglas Bruce Ford

Homes being built on car dealership site



REALTORS ARE GEARING UP FOR sale next year of townhomes being built on the former Marino's Auto Group four hectare site. South Etobicoke News photo.

"These upmarket homes make for a luxurious and convenient homeowner experience," Minto says in its sales materials. "Investors should not wait to take advantage of this great opportunity."

It is estimated more than 2,000 new residents will be moving into the development once it is completed late next year or in 2021.

Outdoor amenities include a 3,020-square-metre park and 935-square-metres of commercial units.

The four-hectare property is bounded to the north by the CNR-Metrolinx Lakeshore W. rail corridor, and Brown's Line to the west. It was deemed industrial and has been the home of Marino's Automotive for more than 50-years prior to their move.

"These 16-block brick townhomes are more than beautiful," Minto says in its materials. "These homes are set close to the region's most important transit hub and residents can easily access many close-by amenities."

The developer maintains the complex would make for a "great off-campus residence" since students can easily walk to Humber College Lakeshore Campus, at Kipling Ave. Area residents say they love Long Branch because it is an "exciting, vibrant neighbourhood that is full of services and conveniences."

The neighbourhood is described as a "close-knit, welcoming community that is full of life."

It is home of some of the oldest trees in Canada with several of them listed on a national registry of protected trees.

Judson St. plant to move in a year

Residents of Judson St. in Mimico are fuming that a concrete batching plant, which has been a source of dust and pollution in the area, has been sold but will not be moving for a year.

ML Ready Mix, at 29 Judson St., has been purchased by the City for almost \$5 million and will be moved to 545 Commissioners St., in the Port Lands, in the coming year, officials say.

Resident Dan Irwin and Judson St. residents have been fighting for years to have the dust-making plant moved.

"This is another year of torture," Irwin says. Area residents want the empty plant lands to be designated a park.

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Many Long Branch residents are looking forward to a new stacked townhouse complex now under construction at the former Marino's Automotive Group site at 3526 Lake Shore Blvd. W.

The project by Minto Communities Canada will contain 415 residential units, which includes 380 stacked two-storey townhomes and 35 three-storey townhomes, according to the developer. Minto, in its information, says the 10 of the 380 stacked townhomes will be one-bedroom, 338 will be two-bedrooms and 32 three-bedroom units.

Lidia (right) with Giovanni, and Jane.

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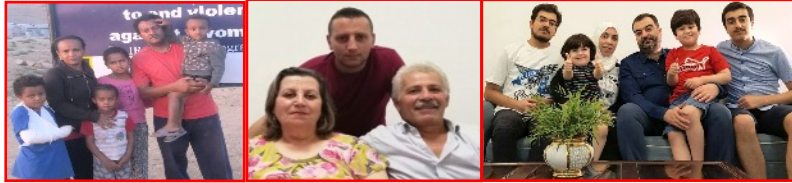
2 FULL PAIRS \$150.00

Concert at Mimico church to help refugee families

A fundraising concert was held at a Mimico church to help three refugee families who are trying to get to Canada to escape persecution and save their lives. The Refugee Fundraiser Concert took place on December 1 at the Martin Luther Evangelical Lutheran Church, at 2379 Lake Shore Blvd. W.

The world-renowned Toronto Welsh Male Voice Choir took to the stage to help raise much-needed funds.

The choir, which has performed in Wales and throughout North America, sing songs 'born of the mountains and valleys of Wales,' according to their promotional materials. They perform spirituals, opera, Broadway tunes and Christmas favourites. The proceeds of the show went to help the refugee families when they start new lives in Canada. Some of the funds will go to the Barsoum family, who in-



COMMUNITY RAISING FUNDS TO HELP MEMBERS of the Kifle family (left,) who fled Eritrea to Ethiopia; the Barsoum family who fled Syria to Lebanon and the Younes family (right) who fled Syria to Kuwait. Courtesy photos.

cludes Lahdo, Nayl and Fadi; who fled for their safety from Syria to Lebanon.

Funds will also go to the Kifle family, who includes Goitom, Salina, Miryam, Edmond, Naemi and Petros; who fled for their lives from Eritrea to Ethiopia. Also being helped are the Younes family, who includes Ibrahim, Dounia, Marwan, Omar, Nor and Sami: who escaped with the clothes on their backs from Syria to Kuwait.

There was also a Christmas Bazaar before the show, with crafts, silent auction and tasty baked goods of the holiday season.

The church also held a refugee fundraiser last September to help members of the community.

There are more than 70 million people displaced around the world. A UN report this year estimated the number of refugees worldwide at nearly 26 million.

Some 8,000 refugees became Canadian citizens last year, when 55,400 claims for asylum were filed. Canada accepts roughly 30,000 refugees yearly. Donations can be made online at www.canadahelps.org/en/dn/29127 or by email at refugeesupport@martinluther.ca or by calling 416-251-8293.

Best-selling booze, vodka and spirits made in New Toronto for generations by Gilbey



New Toronto was at one time Canada's top producer of some of the world's best-selling gins, whiskies and other fine brands of liquor and spirits.

The aroma of fermenting whiskey, exotic rums and liquors filled the air over New Toronto some 86-years ago

originating from what was the sprawling plant of W.A. Gilbey (Canada) Ltd., which for almost 50-years stood where the Ford Performance Centre is today.

The three-acre site where the arena stands at Kipling Ave. and New Toronto St., back in 1933 was famous for producing the wildly popular Gilbey's London Dry Gin and Gilbey's Spey Royal Scotch.

The alcoholic spirits from the British-based Gilbey was first sold in Canada in 1905 and the plant was opened in 1933. At the time it employed about 50 area residents, records show.

Within three years an addition was built to the building to cater to rising booze sales. The plant at the time was very busy with trucks arriving with raw products and then taking the finished spirits to market.

The company would produce and market more than 50 brands for the Canadian market, including best-seller Smirnoff Vodka, which outsold their other products; including Harvey's fine line of imported Spanish Sherry. Gilbey's Black Velvet was the most famous of five Ca-



THE W.A. GILBEY PLANT produced famous booze for almost 50-years on a site where the Ford Performance Centre now stands. City of Toronto photo.

nadian whiskies made at the New Toronto plant. The others produced here included: Very Best, Golden Velvet, Old Gold, Special Old and Governor General Rums.

"Gilbey products vary from Italian Vermouth to excellent French table wines and champagnes," according to the firm's promotional materials. "The Gilbey line of domestic liqueur gins are unequalled in sales anywhere." The company started in England in 1857 and is still managed by descendants of the original partners.

The initials "W & A" in the Gilbey Company name stand for the brothers Walter and Alfred Gilbey, who upon returning from the Crimean War in 1856, decided to open a retail wine business.

Gilbey became part of International Distillers & Vintners, a spirits distribution company. In 1998 IDV merged with United Distillers to create United Distillers & Vintners, the spirits division of giant Diageo.

Win a Loon watch



THE ICONIC CANADIAN LOON WATCH will make an excellent Christmas gift and one that has history. Be the fifth reader to drop us a line at thesouthetobicokenews@gmail.com and win this lovely specially-made timepiece that was made right here in Lakeshore Village. Hundreds of the Loon Watches were made by The Clock Factory, at 2881 Lake Shore Blvd. W., for watch lovers in 1987 after Ottawa ended the Canadian one-dollar paper bills and opted for the Loonie coin, which was met with great controversy at the time. The popular Loon Watches sold well over the years and are still available at the Clock Factory. Call them at 416-251-1225 or shop online at theclockfactory.ca

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The South Etobicoke News is a free, independent hometown monthly newspaper that serves Humber Bay Shores, Mimico, Lake Shore Village, Long Branch and Alderwood areas.

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.

Please feel free to drop us a line if you would like to advertise your business or leave any comments, tips or news of upcoming events and we will tell the community.

REACH US AT 647-739-2235 or Email thesouthetobicokenews@gmail.com

Publisher: Tom Godfrey

Community Journalists: Wayne Gibson, Bob Summers

Sports: Rejean Cantlon

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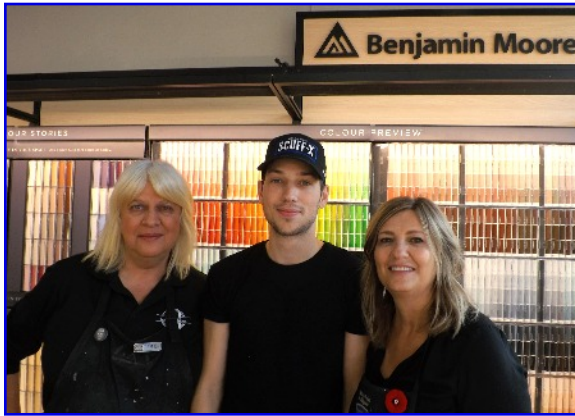
-Tim Hortons, Beer Stores, Starbucks

-Ducky's Roti, 3296 Lake Shore Blvd. W.

-Browns Line Donuts, 744 Browns Line

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

Longest serving paint store celebrates



JANE, GIOVANNI OR LIDIA are willing to offer tips and expertise on their entire line of Benjamin Moore paints. South Etobicoke News photo.

17-years with the help of their sons and technician Jane Dalmas. "The store has been here for generations and is a pillar of the community," Lidia says. "Our paints over the years have painted many of the homes in the area." The family live in the area and are well-known for providing painting tips or help to generations of residents. They often provide free paint for community projects, including some of

Its 8 a.m. on a workday and already the area's longest-serving paint store, Benjamin Moore Toronto Harvey's Paint & Wallpaper, is a hive of activity.

Owners Lidia and John Miele have invited more than a dozen contractors for coffee and pastries to recognize their hard work and thank them for their ongoing business. The store at 2908 Lake Shore Blvd. W., has been selling quality paints since being founded by Gord Harvey in 1950. The Miele family are the third owners of the business, which they have been operating for about

the many large wall murals in the area. "We are now serving another generation of customers who come in," she explains. "We have served their parents or family members and now the younger ones are coming in." Several times yearly they hold these Customers Appreciation Days to acknowledge and thank their contractors, painters and others in the business. Long-time employee Dalmas, who is dubbed a 'paint diva,' has been in the business for 38-years and is more than willing to share her wealth of information.

"I like the paint business and the people in particular," she says. "I love this community and the many generations of customers we have served."

Customer Carol Paterson, of CP Design Inc., at 208 Evans Ave., says she's been shopping at the store for more than 20-years. "I love the people and it is a one-stop shop for me," Paterson explains. "This is a very family-oriented business and I send many family and friends here."

"When it comes to premium paints and stains for your home, we have set the standard for excellence," according to store information, which state they 'manufacture our own resins and proprietary Gennex colourants, for superior performance.' The store is part of the U.S. paint company founded in 1883 by the Moore Brothers and is based in Montvale, New Jersey. For more information call 416-259-2961.



Lucky reader is ...



CONGRATULATIONS TO ANELIA JOHNSON, the fifth person to send us an e-mail from our last issue to win a beautiful stuffed Yeti and novel by former Toronto Argos football star William 'Zeke' O'Connor, which she plans to read 'from cover to cover.' "I love this community and always read the South Etobicoke News," Johnson says. She plans to learn more about Zeke, who has made 45 trips to Nepal to help the Sherpas. A member of the Ontario Sports Hall of Fame, Zeke ran the Sir Edmund Hillary Foundation in Canada for more than 30-years.

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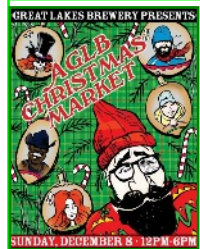


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DOZENS OF LETTERS IN SUPPORT OF OUR VETS from residents of the community are being held by Lee-Anne Soper, a co-owner of The Emerald Isle, at 374 Brown's Line, as part of a Remembrance Day promotion, that also raised \$200, which was donated to the Royal Canadian Legion, Branch 101, in Long Branch. Members of the Legion were appreciative of the recognition and support. The store is also accepting new toys as part of CTV'S Toy Mountain drive to help children. It is one of three selling cannabis-related goods in the area.

10th Annual GLB Hops for Hunger Campaign



Great Lakes Brewery (GLB) is once again "fighting to end hunger in our communities" with the 10th Annual Hops for Hunger Food Drive in support of the Daily Bread Food Bank.

Any customer this month who purchases a can of 'Grandpa's Ol' White Eggnog Stout', a beer brewed and labelled specifically for Daily Bread, will help contribute as \$1 from each can sold will be donated to Daily Bread.

Cans are available to purchase at the GLB retail store at 30 Queen Elizabeth Blvd., beginning on December 4. The beer will also be available on draught in the brewery taproom and \$1 from each pour will be donated.

"We are thrilled to kick-off our 10th annual Hops for Hunger campaign with the release of our very much sought-after seasonal beer, Grandpa's Ol' White Eggnog Stout," says Peter Bulut, owner and president of GLB.

He said the 5% alcohol beer sells for \$4 each and will be available in the taproom.

GLB is encouraging patrons to donate any non-perishable food items, along with baby food and diapers. Customers can drop items in the yellow Daily Bread collection bin in the store and GLB will provide a free 5-oz sample.

"The holidays is a particularly hard time for families experiencing food insecurity," says Neil Hetherington, CEO of Daily Bread Food Bank. Last year, GLB donated \$3,600 and many boxes of food to Daily Bread thanks to their generous brew lovers.

Help for Kenyan children



KENYAN GIRLS ABOVE ARE being helped by generous volunteers in Canada, including those attending Alderwood United Church. Courtesy photo.

"We believe in providing a "hand up not a hand out" by providing appropriate resources, knowledge and training so the people can lift themselves out of poverty," according to MCOH material. The group is run by volunteers in Canada and Kenya, where they partner with two local organizations. Thackray and another member from Alderwood will be travelling to Kenya in June to work on a medical mission to help local people.

A fundraiser is underway to help at-risk children and families in Kenya. An event was held on November 24 at Alderwood United Church, with all proceeds of a bake sale and luncheon going to the Mikinduri Children of Hope (MCOH), which has been helping people in Kenya for more than 15-years. Organizer George Thackray says Mikinduri's work has improved the lives of Kenyan children, families and communities 'for generations to come.' The group has introduced children school feeding programs, education, agriculture, clean water access and medical assistance. MCOH was co-founded in 2003 by Ted and Rita Grant and Makena Ambassa to relieve the effects of poverty in Kenya by working with local leaders, churches, government agencies and international groups.

The group's website says the people they serve in Kenya have little access to clean water, food, education, healthcare and safety. "Employment opportunities are limited and the future can be bleak," according to MCOH. "Despite this, the Kenyan people we serve are hard working." MCOH says members are dedicated to improving the basic necessities of life for Kenyans. More than two million meals are served to needy kids every year as a result of their feeding programs. They also make sanitary kits for girls so they can stay in school during their periods. The group helps with sponsorships and almost 300 children have been sponsored by Canadians, who donate \$33 a month. Donations can be made through their website at: <https://mikinduri.com>



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CONGRATS DR. GEORGE! A proud Dr. George Vouronikos, (left) of North Queen Dental, is being awarded one of the highest fellowship honours in Canada from the Academy of Dentistry International (ADI) for 'sharing knowledge in order to serve the dental needs and improve the quality of life of people worldwide.' Only a few such fellowships are awarded yearly. Courtesy photo.

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Local author Sibó thrills crowds

Up-and-coming South Etobicoke author Raissa N., whose pen name is Sibó, is making a name for herself in the literary world.

Sibó last month held a successful reading of her latest book before several dozen supporters at the African restaurant “Da 6 Spot,” at 2979 Lakeshore Blvd. W.

“It was a great show and people are very supportive of my work,” says the author of two books. “My latest book about life in its purest form.”

Sibó read passages of the e-book “*Would you read a book sans titre?*” which is available free for those who love reading.

“It is an imperfect book written by an imperfect writer,” she explains. “It’s written in French-English or Franglais. But whether you speak English or French you can understand the book.”

The work follows the author from the streets of Kigali, the capital of her birthplace Rwanda, to a new life and culture in Sherbrooke, Quebec, as a teenager.

“I talk about the hot wings at London Fried Chicken on Lake Shore and Islington,” she notes. “I talk about my neighbourhood and how amazing people are here.”

Sibó describes the work as “raw and not filtered.”

“I talk about the innocence of childhood, the rebellion of teenage-hood and the challenges of adulthood, mixing joy and pain,” says the writer. “I talk about



LOCAL WRITER SIBO IS GIVING readings in the community and copies of her latest work are available free. Courtesy photo.

fighting to belong in a place that doesn’t want me to fit in.”

Sibó ended up in South Etobicoke several years ago and now lives on Fifth Street. She works as a life coach.

“I love living in Etobicoke and appreciate the people here,” she says. “I love the water, small-town feel and community in general.” She is also the co-author, with Randi Goodman, of a previous book called “*365 Empowering Stories*,” which Sibó says is a ‘Number 1 International Best seller in Canada.’”

She says writing is in her blood and will be publishing more books in the future.

“I write everywhere and anytime,” Sibó insists. “When I wake up, before I go to bed, in the subway, when I walk around Fifth Street or sitting under the trees around the lake.”

You can obtain a free copy of her e-book by downloading it from dearsibo.com



MEMBERS AND SUPPORTERS OF MIMICO SNAP (Special Needs Adults Program) raised more than \$27,000 in a fundraiser at Calli Meadows Farm, in Milton. Standing here are SNAP officials who include (from left to right) Eric Kohlfurst, founder Jim Croteau, program coordinator Laura Barron, community coach Connor Babin, member Lee Croteau, program director Denise Cummings and SNAP member Ryan Finlayson. Mimico SNAP is a one-of-a-kind, non-profit day program for adults with special needs. For more information contact Denise by phone at 905-580-7937 or by email at denise@mimicosnap.com



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Some mouth-watering places to eat in the area

By Wayne Gibson



Everest Hakka House

2356 Lake Shore Blvd. W., 416-640-1015

The Cellar Door

3003 Lake Shore Blvd. W., 416-253-0303



MANY AREA RESIDENTS love the food at *The Cellar Door*, a former bank, with lots of space (above) and praised by foodies.

Decorated in a minimalist, yet elegant style, there is a warm and inviting feel as you enter. Lots of windows on two sides, remember this was once a bank-on-the-corner, with a classic wood-burning pizza oven occupying a back wall.

And what tasty pizza it is: Reasonably priced between \$13-16, my favorite is

called the 3 Musketeers, that includes tomato, mozzarella, artichoke, mushroom, cooked prosciutto.

This is a kitchen that knows quality food preparation and how to make great tasting meals. The pastas are home-made and delicious: try the rigatoni with lamb.

Usually, a pasta for me is a full meal but for those who see it as a 'primi,' there are at least two 'secondi' to choose from: one meat and one fish.

Vegetarians take heart: you won't be disappointed with some fine choices as well.

Equally enchanting are some unique appetizers; one exciting example: grilled Spanish octopus, with wilted dandelions, Yukon potato, romesco, and concord grape.

Beverages include cocktails, a choice of two craft beers, and an extensive yet, reasonably-priced wine list.

It has been said that there was once a bank on every corner in Toronto: that has now changed but often the actual buildings, usually many decades, or even a century old, continue to exist.

Good news: many have been re-purposed for other commercial uses and often make great locations for restaurants. Such is the case for a lovely spot on the Lake Shore in New Toronto called *The Cellar Door*.

Decorated in a minimalist, yet elegant style, there is a warm and inviting feel as



Hakka-Style represents the marrying of two ancient cuisine traditions, depending on the country that the Hakka people of China originally settled in. Our Canadian Hakka Restaurants tend towards the Indian-Chinese fusion of styles.

You'll find a number of Hakka restaurants in northern Etobicoke and extending into the Malton area, but they are hard to find in South Etobicoke with one delicious exception: Everest Hakka House along the Mimico Lake Shore strip.

Serving delicious lunches and dinners for a number of years now, Everest has built up a loyal clientele for both 'dine-in' and take-out, and of course, now expanded to on-line delivery service.

Upon being seated, you are immediately given a large copper pitcher of water along with copper cups: a good idea since the copper helps keep the water cool. The a-la-carte menu is incredible extensive and runs to many pages. Its on-line version is 15 pages long, so your choices are virtually unlimited. The lunch menu, however, is a simple one-page and these lunch specials come in at an incredible \$10.50: this includes a soup, spring-roll, main with rice or noodles, and a small Indian sweet for dessert.

A favourite lunch of mine is the Chili Shrimp accompanied by a Cheetah Beer, which is Indian-style, but brewed in the GTA.

The large number of offerings mean that vegetarians also have many amazing choices.

I highly recommend you give Everest a try; especially those incredibly-priced lunch specials!



HAPPY STAFF AT EVEREST HAKKA HOUSE includes Chef Adi Sundar (left), hostess Nagma and owner Venkatesh Rajamannar (right.) South Etobicoke News photo.

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Health and Wellness

By ADRIANNE SZABO-PAYNE

It's no secret that many of us really struggle health wise as we navigate through the long dark months of winter

We tend to get depressed, apathetic and easily fall prey to pesky colds and flu, coughs and general malaise. This is mainly due to the lack of Vitamin D, along with limited access to fresh local produce, and fresh air.

Here are a few tips to consider that may help ease the winter blues and keep you strong and healthy until the arrival of Spring.

Add a little sunshine into your daily routine with Vitamin D.

Vitamin D a.k.a the "sunshine vitamin" is one of the most important vitamins that contributes to the betterment of our health. It plays a key role in so many functions of the body ranging from hormone balance, to bone and muscle health, to immunity and good brain function. Therefore, we must maintain an optimal level of D.

Include foods rich in vitamin D such as fatty fish like salmon, cod liver, mackerel and sardines; beef liver; eggs and mushrooms.

You may also opt to supplement. When choosing a supplement, please consult a nutritionist. Also consider using a full spectrum LED light or SAD light for 5-30 minutes daily.

Get moving. Adding 20-45 minutes of heart pumping exercise to your weekly routine (3-4 workouts per week) will help promote good blood flow which boosts your immunity to infections.

Going for a brisk walk outside will do the trick if you're not a gym person; be sure to wear appropriate footwear to avoid slips and falls.

Breathe and meditate. Practicing 10-15 minutes of focused breathing exercises and, or meditation, not only helps to improve your oxygen and CO2 exchange, but has been clinically proven to uplift your mood, improve mental focus and relieve stress and anxiety.

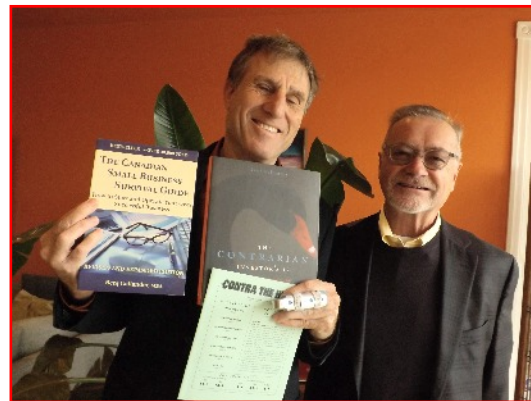
Be kind to yourself. You can't take care of others if you are not taking care of yourself first. Take time to do something enjoyable to help regenerate and rejuvenate.

As the season changes, so do we. Embrace flexibility and change and you will notice the warm weather will return sooner than you realize.

Adrienne Szabo-Payne, Owner of Monkey Tree Fitness & Wellness, 800 Islington Ave., Suite 5-6, Phone 416-233-3400. Visit monkeytreewellness.com

Investor Gallander produces 'Contra the Heard' and has a large following

By WAYNE GIBSON



INVESTOR BENJ GALLANDER showing some of his many publications to *South Etobicoke News'* community journalist Wayne Gibson.

In the South Etobicoke community of Stonegate, renowned 'contrarian' investor Benj Gallander, from his home office overlooking the Humber, generates original research designed to assist other investment decision-makers.

"Contrary Investing" requires hard work, patience, and sometimes nerves of steel: Gallander displays all of these in spades.

He and partner, Ben Stadelmann, produce a quarterly newsletter – "Contra the Heard" - summarizing their research on companies that are currently out of favour, but, importantly, look as if they contain enough qualities to stage a 'comeback.' These elements might include, 'new management,' 'better discipline in business execution' or, sometimes just 'sticking to their knitting' while the market comes around to seeing them in a new and better light. Other world-renowned 'contrarians' include Warren Buffett (US) and Prem Watsa (Canada). This approach means that 'fad stocks,' such as cannabis companies and 'never-able-to-make-a-profit' technology firms, are generally avoided.

Gallander is not giving investment advice per se; rather he is displaying to his readers the research and analysis that 'go into' his own investment decisions. Along with the newsletters, subscribers are also alerted whenever a position is BOUGHT or SOLD. In effect, should his readers so decide, they can invest alongside Gallander (according to their own individual financial circumstances and investment objectives).

One example here: in 2011 as the World Economy was coming out of a very deep recession, Gallander purchased a position in Bank of America. His purchase price was \$6.76 (per share); today the company trades around \$33! He has a potential 'stock-price' SELL target of \$38.74 (all prices in US dollars). Not all picks work out so well of course, since no one investing in stocks will ever bat a thousand.

While Gallander spends much of his time analyzing companies and meeting with management teams, he has many other interests: he's authored a few books including his first, "*The Canadian Small Business Survival Guide*" and his newest "*The Contrarian Investor*." Guest appearances on BNN Bloomberg and the occasional column in the *Globe and Mail* round out his investment work.

Just to keep both sides of his brain 'well-oiled' he has also written plays and a novel!

Legendary investor Buffett has famously been referred to as "The Oracle of Omaha"; an appropriate moniker for South Etobicoke's own Benj Gallander might just be "The Stock Picker of Stonegate"

For more information on Gallander's newsletter please see visit www.contraheard.com



Bringing hockey to all Canadian kids

A hockey equipment drive will be taking place on December 8 to collect badly-needed gear that will be shipped to remote northern First Nations and Inuit communities.

New and gently used hockey equipment is being collected at the Mimico Arena, at 31 Drummond St., on Dec. 8 from 8 a.m. to 2:30 p.m.

Organizers are working "to make hockey possible for every Canadian kid."

The Rotary Club and Mimico Canadiens Hockey Association are hoping to exceed 60-tons of gear which have been collected in the last five years.

For more information call Zark at 416-997-9275.

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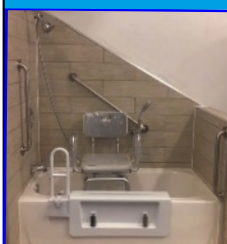
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Fun things to do here at this time of the year

ANNUAL TOY DRIVE BY TORONTO POLICE & THE GRILLE runs until December 23 to help less fortunate families at Haven on the Queensway. Unwrapped toys can be dropped off at The Grille Restaurant & Bar, 1596 The Queensway. Call 416-255-7455.

DECEMBER 2 ETOBICOKE CAMERA CLUB presents professional photographer Neil Ever Osbourne at Humber Valley United Church, 76 Anglesey Blvd., from 7 p.m. to 9 p.m. Neil will speak about importance of storytelling through photography. Cost \$10. Visit etobicokecameraclub.org

DECEMBER 3 LOCAL VOCALS SING FOR THE JOY OF IT and support the Children's choir and join in song from 7:30 p.m. to 8:30 p.m. at Mimico Baptist Church, 80 Hillside Ave. **NOTE** that Christmas Concert is on December 8. Contact lakeshorearts.ca

DECEMBER 4 BEREAVED FAMILIES & FRIENDS are invited to Ridley Funeral Home's Annual Holidays and Hope Candlelight Service of Remembrance at 7 p.m. at The Assembly Hall, 1 Col. Samuel Smith Park Dr., for an opportunity for families to draw strength and support from their community to memorialize their loved ones. Call 416-259-3705.

DECEMBER 5 FREE WORKSHOP OSTEOARTHRITIS OF THE HAND and learn strategies to cope, reduce symptoms and protect joints from 1 p.m. to 4 p.m. at LAMP, 185 Fifth St. Pre-register by calling 1-800-321-1433 ext. 3381 or 416-979-7228 ext. 3381.

DECEMBER 5 SOUTH ETOBICOKE GROUP HOLIDAY SOCIAL at Office 146, at 146 Thirtieth St., 6:30 p.m. to 9:30 p.m., to fill hampers and raise funds for the Women's Habitat Holiday Hamper. You are asked to bring items to fill hampers and also sought are gift cards from Walmart, No Frills or Shoppers Drug Mart. Hosted by Elevate Real Estate. Contact graham@elevate.ca

DECEMBER 6 CHRISTMAS TREE LIGHTING @ MEET SANTA the Night Before the Parade from 5 p.m. to 8 p.m. at the corner of Islington Ave. and Lake Shore Blvd. W., for carolling, free cocoa and candy canes, by the Lakeshore Village BIA.

DECEMBER 7 ETOBICOKE CENTENNIAL CHOIR SWEET REJOICING with Vivaldi's uplifting Gloria and Father John Redmond Concert Choir at 7:30 p.m. at Humber Valley United Church, 76 Anglesey Blvd. For tickets call 417-779-2258.

DECEMBER 7 IS 29th ANNUAL ETOBICOKE LAKESHORE SANTA CLAUS parade runs from 10 a.m. to 12 p.m. from 1st Street to 35th Street. Watch dozens of floats including one with Santa. Also **Skate with Santa** event from 12 p.m. to 4 p.m. at Col. Samuel Smith Park.

DECEMBER 7 CHRISTMAS BAKE & CRAFTERS' SALE at Mimico Presbyterian Church, 119 Mimico Ave., 9 a.m. to 3 p.m. Lots of homemade goodies, including Christmas cake, mincemeat tarts and vendors' booths.

DECEMBER 7 HOLIDAY MARKET BY GOOD & GOODER at The Assembly Hall, 1 Col. Samuel Smith Park Dr., from 10 a.m. to 3 p.m. in support of more than 50 local makers, artisans and small business owners selling unique handmade items. Live music. Visit goodandgooder.com

DECEMBER 9 IS 2nd ANNUAL LAKESHORE VILLAGES CHRISTMAS market from 4 p.m. to 9 p.m. at 2976 Lake Shore Blvd. W., brought to you by Kitchen on Sixth restaurant with Liaison College. Featuring unique vendors from across the GTA. Licenced, dog friendly event.

DECEMBER 14 THE SOUNDS OF CHRISTMAS CONCERT at Humber Valley United Church, 76 Anglesey Blvd., 8 p.m., with Christmas faves like Tchaikovsky's Nutcracker Suite, How the Grinch Stole Christmas and Ave Maria; featuring artists such as Gabrielle Turgeon & James Moffett. Visit www.ontariopops.com for tickets.

DECEMBER 14 JEAN AUGUSTINE CENTRE HOLIDAY party for participants, volunteers and families with treats and gifts from 12 a.m. to 2 p.m. at the Jean Augustine Centre, 101 Portland St. Winter Market also taking place. Contact 416-253-9797.

DECEMBER 14 NEW TORONTO HOLIDAY MARKET at Lakeshore Grounds Interpretive Centre, 2 Col. Samuel Smith Park Dr., from 10 a.m. to 3 p.m. in support of LAMP. Featuring local vendors, homemade gifts, kids craft station and more.

DECEMBER 15 THE HARMONY SINGERS IT'S CHRISTMAS TIME with Special Guest Cailin Bodnar at 3 p.m. at the Humber Valley United Church, 76 Anglesey Blvd. Contact 416-239-5821.

DECEMBER 15 POLICE TOY DRIVE delivery for residents at 10 @ 20 James Garnett Rd. For info call 416-808-2200.

COMMUNITY CONCERT BAND presents *It's a Wonderful Life in Etobicoke* Christmas Concert at 8 p.m. at the Etobicoke Collegiate auditorium, 86 Montgomery Rd., featuring The Harmony Singers. Tickets \$15. Under 12 free. Call 416-410-1570.

UNTIL DECEMBER 20 WOMEN'S WORK The Lakeshore during Wartime art exhibit promoting the history of women who answered the call during the war. The free exhibit is at the Lakeshore Interpretive Centre, 2 Col. Samuel Smith Park Dr.

DECEMBER 25 FREE TRADITIONAL CHRISTMAS DINNER with all the fixings at St. Margarets' Church from 12 noon to 3:30 p.m. for those alone or in need meet at the church at 156 Sixth St. Volunteers required. To donate, volunteer or help call 416-255-5224.

DECEMBER 29 LAKESHORE LIONS CLUB presents a free skate for the community at the Ford Performance Centre, 400 Kipling Ave., from 1:45 p.m. to 3:30 p.m. Helmets are required for those under the age of 12.



CAFFE

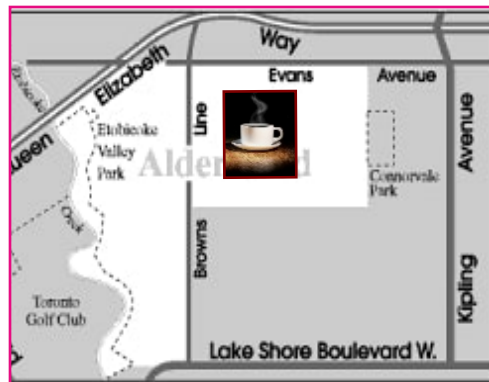
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Sledge hockey is great team building

Local hockey tourney nixed

By REJEAN CANTLON



SLEDGE HOCKEY UNITES players and helps teams improve.

As the holiday season approaches, many companies try to find unique and fun ways to foster team-building. Some innovative leaders have turned to sledge hockey to unite their teams on the ice and experience a Paralympic sport. At the recreational level, everyone can play, disabled and able-bodied.

At the International level, sledge hockey is a version of ice hockey played by athletes with a lower-extremity disability. Players sit and ride on a two-bladed sled, carry two sticks with spikes at one end for propulsion and curved blades at the other end for shooting.

The sport was introduced in Sweden in 1961 and was brought to Canada in the 1980's, where Team Canada has now become a dominant force, most recently securing the silver-medal at the 2018 Paralympic Winter Games in PyeongChang, South Korea.

Kevin Rempel, 2014 Paralympic Bronze Medalist for Team Canada and founder of *Sledge Hockey*

Experience says it will certainly get you... what he likes to call, "Buttdown for a new perspective", and "an engagement that will provide an immediate shift in unconscious bias."

The on-ice events are hosted out of the Ford Performance Centre, on Kipling Ave. Rempel goes on to explain that after the half-day event, "participants leave feeling rejuvenated about team spirit and have a newfound understanding about what it means to experience life with a disability. More exposure leads to more awareness and more impact," he says.

If you are interested in finding out more or having your team participate, please visit: www.playsledgehockey.com

LONG-TIME ETOBICOKE RESIDENT

Brian 'Shanny' Shanahan became one of newest members of the Etobicoke Sports Hall of Fame. Shanny has over 40 years of lacrosse experience, including 5 straight Mann Cups (1992-1996). In 1999 he started his TV career as an analyst for the National Lacrosse League broadcasts and has been seen on TSN, The Score, Sportsnet, CBC, NBC, FoxSports, ESPN and VERSUS. Along with Shanny, Hugh Bolton, Judy Ilcio, Dave Pouline, Alan Waffle and West Mall Minor Hockey, were all



inducted into the Hall of Fame for having achieved the highest standard of excellence in sport. Congratulations to all the inductees!

For over 20 years local minor hockey players from Minor Novice, at 7-years old to Midget Sr, 17-years-old, have played in the annual Faustina Carl Gordaneer Memorial Select Christmas Tournament which took place between Christmas and New Years. This year, the tournament will not take place.

The Christmas tournament was a long standing tradition in South Etobicoke for not only local Faustina players but for many competing hockey clubs in the area.

Officials pulled the plug on the event last month due to weak pre-registration numbers. Faustina Tournament Chair, Don LeGree, said "the main two reasons I hear from teams are they want Christmas off for a break or they are missing too many kids who are away on holidays to field a team. It has been a struggle the last few years to get teams (in all divisions), so we decided to cancel it so everyone can make other plans." He said "next year, Faustina will have to make a decision if we want to continue, with the tournament, or maybe with a different format." - Cantlon



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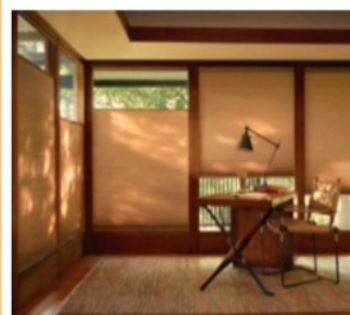


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