

The South Etobicoke News

Web: www.torontonewswire.com Email: thesouthetobicokenews@gmail.com Number 16

Buy local. Live local.

City passes Transit Corridor for Lakeshore

By TOM GODFREY

Despite anxiety by many residents, Toronto City Council have approved a Higher Order Transit Corridor, or dedicated transit lines, to run along Lake Shore Blvd. W., through Mimico, New Toronto and Long Branch.

A vote by Council on February 25 designated Lake Shore Blvd., from Park Lawn Rd., to Etobicoke Creek a “higher order transit corridor” (HOTC), which means there would be dedicated lanes for trains, streetcars or buses at some point in the next 20-years.

A meeting to change the City’s Official plan, or Amendment 456, was attended by residents concerned that Light Rail Transit (LRTs) would be used along the Lake Shore, but it is not being considered.

The HOTC along Lakeshore ‘does not imply anything specific about the nature or timing of transit projects



CHRISTINE MERCADO AND MEMBERS OF THE LONG BRANCH Neighbourhood Association have been keeping track of a Council approved Higher Order Transit Corridor to run along Lake Shore Blvd. W. File photos.

that may be built in the corridors,” according to a City report.

“The corridors are simply identified for general protection,” the report states, adding they will be consistent with Metrolinx’s The Big Move and Regional Transportation Plan.

“Enhancements in the corridors could take many forms and the details would be subject to public consultation,” according to the report. Some residents believe

the plan will have a negative impact on Mimico, New Toronto and Long Branch claiming the HOTC lacked proper consultation with the affected communities. “The Lake Shore communities already have higher order transit,” says Christine Mercado, chair of the Long Branch Neighbourhood Association (LBNA). “We have the GO which moves people along Lake Ontario towards downtown Toronto.”

She says the Waterfront Transit Reset Plan, in which the dedicated transit ends at Park Lawn Rd., but improves service west of Legion Rd., was approved in 2018 after many consultations.

The LBNA say studies have shown that Lake Shore Blvd. is not wide enough for dedicated lanes for an LRT, streetcars; car traffic; bicycles; parking for retail and pedestrian sidewalks.

Current growth is directed by the Official Plan to Strategic Growth Areas. In Long Branch, that is north of Lake Shore where the Minto Development is and along Lake Shore Blvd W.

Long Branch church helps the needy!

Church a busy hub for clothing and spiritual needs

A 105-year-old Long Branch church has been proudly outfitting many needy residents and newcomer families for free for more than three decades.

Every Friday morning a large room in the basement of the Long Branch Baptist Church is turned into a clothing outlet where new or gently used clothing, toys, or household items and necessities are available at no cost to those who live in the community.

Most residents in need know the Long Branch church is a place to go for clothing, or services to cater to their spiritual needs.

It is a freezing Friday morning and already a line of people has formed inside the lobby of the 3381 Lake Shore Blvd. W. church



AREA VOLUNTEERS (left) AID OLGA SHEVCHENKO, (middle) of the Long Branch Baptist Church, as they get ready to greet residents attending their clothing outlet as kids (right) have fun with the toys. Photos by Tom Godfrey.

A group of people sit on a staircase waiting for the outlet to open at 9 a.m. It closes at 11 a.m.

Downstairs Olga Shevchenko, an outreach director of the church, and a group of volunteers await the first eight or nine people. They can get up to 100 people or more looking for items during the two hours.. Sometimes it gets really packed in here,” Olga says.

“Many of the people who we see are newcomers to Canada or those facing difficulties in their lives,” Olga explains. “They are from all over and speak different languages.”

Residents can arrange to leave their new or gently used clothing or other items at the church, by ringing a bell on the door. Dozens of volunteers will sort and place the items on shelves or racks. “We can always use more mens’ clothing, gloves, boots, socks or underwear,” Olga says. “There is always a shortage of items for men.”

The outlet also accepts dishes, pots, blankets, children’s items and toys, pillows, other household goods and there is a demand for strollers. The users are allowed to take home with them a large garbage bag filled with clothing and other items.

“Some people do need everything,” she says. “There is a big demand for the clothing and other items.”

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Six of TO's finest retire .. Page 2



MP-Col. JEL Streight tough as nails .. Page 3

Six 22 Div. officers with 200-years of experience retire from the force

More than 200-years of combined police experience from 22 Division have been lost as six well-liked officers are among those to recently retire from the Toronto Police Service.

“We salute and wish our well-deserving retirees the best of health, happiness and peace in the next chapter of their lives,” officers said of their departing colleagues on a retirement poster. A private retirement gala is planned for April 16.

Among those who’ve left include the popular Staff Sgt. Doug MacDonald, who has 30-years of service, and was thanked online by dozens of colleagues, including community residents from the Mimico By The Lake BIA and Lakeshore Village BIA. “So glad to have worked with you in this great community,” according to a post by the Lakeshore Village BIA. “We look



HAPPY RETIREMENT and thanks for the 205-years of service.

forward to seeing you in your new civilian role. Thank you and congratulations.” Also gone is Det. Sgt. Joanne Rudnick, who served 31-years and 11-months on the force; many spent investigating and collaring some vicious sex crime offenders. We also miss Det. Barb Kohl, who over the years has helped to search for a number of missing people in the area.

Sgt. Lisa Ferris, a former bike cop, is being congratulated on her retirement after many years in a series of roles on the TPS.

Long-time Sgt. John Clarke, an avid skier, has also moved on. Clarke and four Toronto Police officers in 2017 represented city, country, and service at the North American Police Ski-Snowboard Championships in Snowmass, Colorado. Thank you also goes out to Booker Ed Taylor and SDO Cindy Dodardo for serving the residents of our community.

MOU signed with police and Somali moms to fight gangs



TORONTO POLICE SIGN Memorandum of Understanding with mothers from the Somali community to help improve safety. TPS photo.

Toronto Police have signed a Memorandum of Understanding with a group of mothers from the Somali community to help improve safety and better serve residents.

Some mothers of Midaynta Community Services (MCS) signed the MOU on February 8 with police officials and dignitaries, including Jim Hart, chair of the Toronto Police Services Board.

“This MOU represents an important opportunity to demonstrate through action a commitment to partnership in an effort to enhance community safety,” says Hart. Police say the MOU establishes a formal and equal working relationship between the Board, Toronto Police Services and Midaynta, who has a mandate to improve the safety of young Somali males and

curb gun violence ‘currently impacting the Somali-Canadian community.’ The mothers form the Mending a Crack in the Sky (MCIS) initiative. Many are survivors of acute trauma, who organize immediate support to youth and families. MCS stresses that the violence they respond to is concentrated among Canadian-born Somali youth whose communities face disproportionate levels of homicide, gun and gang violence, mental illness, and incarceration. They propose culturally sensitive programming and healing which align to the city’s guidelines in addressing anti-Black racism and mental health. The proposal is unprecedented and innovated to be effective for members of the Somali-Canadian community in Toronto, officials say.



Coffee with Cops a success

COMMUNITY RESPONSE OFFICERS FROM 22 Division (with baby left) held a ‘Coffee with the Cops’ session to open a dialogue with members of the Bloor St. W. area. The attendance for the last February 23 forum was very high as residents and businesses talked to officers about their concerns, which included everything from traffic issues to petty thefts.

The meeting was held at Starbucks, at 3079 Bloor St. W. The coffee chain has a long history of working with local police officers and businesses in keeping our communities safe. Photos courtesy of Toronto Police.

TORONTO POLICE WELCOME more than 90 Humber College students (right) who were invested into a Scouts Canada Rovers program, which is designed to prepare young people for careers in law enforcement and to give back to the community by volunteering.



Deputy Chief James Ramer (left) did the honours last February 24 at Toronto Police College, which was witnessed by many family members in attendance.

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Former MP Col. John Everett Streight represented the area from 1935-1940

MP Col. Streight escaped from seven German POW camps

By TOM GODFREY

Col. John Everett Lyle Streight was a tough man and probably the most courageous and adventurous Member of Parliament to ever represent our area. Streight, who died in 1955 at the age of 75, is remembered for his bravery and notoriety for escaping, and then being recaptured, from seven German Prisoner of War (POW) camps of 13 in which he was held and sometimes beaten by enemy forces.



Col. JOHN EVERETT STREIGHT and in full uniform (right). File photos.

He was serving as a Captain with the 3rd Battalion in France, when he was first captured at the Battle of Ypres. While being moved as a prisoner at the Bishofswerda camp from 1915 to 1917, Streight jumped from a moving train and made a dash for freedom, which lasted

until reaching the Dutch border where he was recaptured. "Upon recapture he was beaten and clubbed by the guards and remained unconscious for two days," military records show. He "received a blow in the face, smashing his forehead breaking his nose and fracturing his jaw." He was placed in solitary confinement for about three months. The tough Etobicoke native was repatriated to Switzerland in 1917, having spent two years and eight months as a prisoner. He had joined the army at 18 and had a successful 46-year military career. He was later decorated by King George V with the Military Cross for his service at Vimy and promoted to Major. Streight returned to his Cordova Ave., home to resume his lumber business and serve in the Governor General's Body Guard. He was appointed Lieutenant Colonel in 1927 and full Colonel in 1933. A staunch Liberal, in 1921 he ran for the federal riding of York West and was defeated by Henry Lumley Drayton. The riding at the time included Mimico, New

Toronto, Long Branch and Swansea. He ran again in 1935 and won by 60 votes. While in office he was appointed to command the Canadian contingent attending the 1937 Coronation of King George VI in London. That year he famously refused an invitation from Adolf Hitler to speak to German youth. He retired from politics in 1940 after one term and left the military soon after to marry a teacher. Streight passed away in 1955, and was eulogized for having led "one of the most adventurous careers of any man in Canada's public life" while "never forgetting his roots in Islington."



Col. STREIGHT served for 46-years in the military.

Alderwood's famed Singing O'Connors



VAUDEVILLE STARS THE Singing O'Connors grew up in Alderwood. Plaque (centre) outside their former Connorvale Ave. home. City of Toronto Archives.

A City of Toronto heritage plaque stands outside a Connorvale Ave., home where the famous Alderwood Singing O'Connor Sisters vaudeville stars grew up. The sisters, who were at one time billed as the Six Singing O'Connor Sisters, included Vera, Kathleen, Madeleine and Geraldine. They were the daughters of farmers, who never lost their roots, even as they became a hit at vaudeville dance halls and theatres in Canada and the U.S. from 1910 to 1937.

The six girls were part of nine children of John Jr.

and Ellen, who both loved music. Ellen was a professional singer and John Jr. played the violin, so there was always music at the O'Connor home and it is said that harmony singing came naturally to the girls, who would often perform at area banquets and concerts.

It wasn't until 1910 when they received a big break. A family friend arranged for them to sing for Michael Shea, the owner of the Shea Theatre Chain, who was so impressed with their singing that he signed them on the spot.

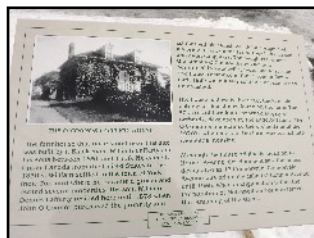
By 1912 the singers, who were dubbed 'the only authentic six sister group ever in show business,' were performing on stages

across North America with stars of the day, who included Jimmie Durante, Al Jolson, Sophie Tucker and Eddie Cantor.

The group grew popular packing shows and receiving rave reviews. But by 1925, three of the girls had married and the group became a quartet. The sisters retired in 1937, but continued to sing close to home for private parties and wartime benefits. They last appeared on stage in 1973 for a CBC show. In 1989, the last



THE SINGING O'CONNORS performed with many top stars from 1910 to 1937.



surviving sister, Geraldine, moved out of the house, and it was sold and demolished. The plaque was installed in 2009 in front of a new house that now sits at 12 Connorvale Ave.

The Singing O'Connors became known as the "Greatest Singing Voices in Vaudeville," and some of their earliest numbers were arranged by a young George Gershwin, who was just beginning his career as a composer. Their 12-minute act featured comedy and fans loved the expensive costumes that they wore.




It is said the girls returned home every summer from touring to help with the family's 80-hectare farm on the west side of Brown's Line, between Horner Ave. and Lake Shore Blvd. W.



AUTUMN PELTIER OF THE WIKWEMKOONG UNCEDED TERRITORY and recognized advocate for clean water addressed the UN at age of 13 on the protection of water and continues to be a woman of influence. She is speaking on March 5 at an International Women's Day luncheon and auction for LAMP programs held from 12 a.m. to 3 p.m. at the Mimico Cruising Club, 200 Humber Bay Park Rd. W. Tickets are \$40 and available by email from jasmind@lampchc.org or call 416-252 6471 ext. 308

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

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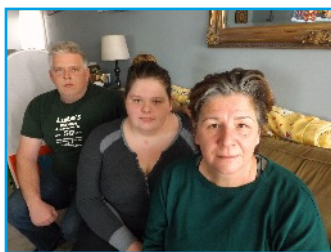


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Family facing removal in immigration scam

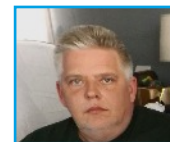
The hard-working Lang family loves Canada and toil as landscapers from sunrise to sunset to make ends meet. They dished out almost \$100,000 to a licensed immigration consultant to obtain residency in Canada only to find out the man was charged with fraud and no applications were ever filed on their behalf.



THE LANG FAMILY includes husband Gyorgy (rear) daughter Agnes (centre) and mom Andrea. **South Etobicoke News photos.**

They are now facing deportation to their native Hungary and have been given until next month to leave the country. "We have done everything that was required from us," says Gyorgy Lang. "This man (consultant) wanted us gone and did not do anything to help us." Gyorgy, with wife Andrea and their daughter Agnes, arrived in Canada as refugees in 2011, and have since started a successful landscaping company. Documents filed in court allege they were defrauded by a consultant for about \$95,000 over a nine-year period. He "manipulated both the immigration and border services process and system to ensure the applicants would have no status to remain in Canada," court filings

state. He ensured the family "would have no prospect of ever gaining status." The suspect sought a speedy deportation to defraud the family and escape criminal or civil liability, so they couldn't appear in court proceedings against him, documents state. Lawyer Amina Sherazee says the family has been given until late March to put their affairs in order and show up at Pearson airport with airline tickets to leave. The family has since filed documents to remain here on Temporary Residents Permits or on humanitarian and compassionate grounds. "My clients are victims of crime," Sherazee says. "They are the



GYORGY wants justice

main witnesses and complainants in a significant and serious criminal prosecution."

She says the family is required by police to remain here to testify in court. Peel Regional Police, in a release, say between 2016 and 2019 several victims paid money to a registered immigration consultant who agreed to file applications on behalf of themselves and family members.

"Victims were encouraged to pay in cash," police say. "The victims learned that no work was ever completed and the consultant ceased all communication with them."

Police have charged Artem Djukic, 55, of Brampton, with defrauding the public. He returns to court March 16.

Shop local and show civic pride with 'Our Neighbourhood' line of T-shirts and gear

Printers Jeff and Katrina Lockhart show some of their new Our Neighbourhood line of T-shirts and other customized items which was introduced to spark civic pride and urge residents to shop locally.



KATRINA AND JEFF show off their new line of *Our Neighbourhood* tote bags, T-Shirts, ornaments and other items. **South Etobicoke News photos.**

Each shirt has printed the area where the person lives; Mimico, New Toronto, Long Branch, Alderwood etc. and their latitude and longitude; rather than street addresses.

"We have been Etobicoke's local printer since 1994," Katrina says. "We work hard and will do our best to see your project through from start to finish." Two years ago they introduced their *Our Neighbourhood* customized laser-cut wood ornaments; with the most popular ones being: I love Mimico, I love New Toronto

The couple own Graphic Print and Copies, at 142 Islington Ave., which has been serving the community with a range of printing services for about 26-years.

"We are a mom-and-pop shop that started in 1994 with my uncle Allan Fry and father John Wilms," says Katrina, who took over the business in 2001. "It has always been a family-run business."

etc. The ornaments sell for \$9 each or three for \$20.

The line became so popular that last year they added stainless steel mugs, cotton tote bags and their most popular item, T-Shirts featuring Mimico, Alderwood, Long branch or New Toronto, Katrina says. "The unique feature of the T-Shirts, is you have the option of providing us with your business or personal address," she says. "We change the address to your latitude/longitude coordinates to add to the bottom of your shirt for a personalized touch."

The shirts are available for \$20 each or two for \$30 plus tax and come in a variety of colours. They are available on Instagram, Facebook or the company's website at graphicprintandcopies.com

Residents can message or e-mail the couple to place an order, which normally takes from three to five days. They will receive a message as to when the items can be picked up.

They can also be reached at 416-255-1381.



THE COUPLE with their tote bags and T-shirts on which they can print your community.

Win lovely items!



One lucky reader stands to win this beautiful summer tote bag with the name of your community and map that is being offered by Katrina and Jeff, of Graphic Print and Copies Inc., at 142 Islington Ave. Be the tenth (10th) reader to send us an email at thesouthetobiconews@gmail.com and win this lovely bag which contains the *Our Neighbourhood* line of wooden ornaments, bag and T-shirt, with customized printing of the name of your community in South Etobicoke. Graphic Print and Copies can be reached by phone at 416-255-1381, or send them your request to graphicprintandcopies@gmail.com **The winner of last month's CBD prize pack is on Page 6. South Etobicoke News photos.**

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World-famous Oscar Peterson loved the community and is a Lakeshore Legend hero with eight Grammys

Many of us walk by a portrait of celebrated jazz pianist Oscar Peterson who helped to transform music and is one of the Lakeshore Legends heroes whose mural grace a Sixth Street wall. Many residents didn't realize the Montreal-born musician had long ties to our community and had lived in Mimico for a number of years in the 1960s and 70s'.

Peterson, who was born in 1925 and composed more than 400 pieces, during the 1960s lived at Amadeo Garden Court Complex in two apartments overlooking Lake Ontario, according to local historians and residents.



OSCAR PETERSON MURAL among Lakeshore Legend heroes.

"For years Peterson frequented the mom-and-pop stores along the Lakeshore," and according to his widow, Kelly Peterson "loved spending time by the water." He was often seen in Marie Curtis Park, which he loved, before moving to Mississauga.

The portrait of Peterson made it into Lakeshore Legends due

to his love for the area and its residents, according to the Lakeshore Village BIA, which sponsored the artwork.

Peterson died of kidney failure at his Mississauga home in December 23, 2007.

He loved the area because some of his musician friends as Horace Lapp, a silent film accompanist, and trombonist pal Butch Watanabe also lived in the area. The world-renowned pianist was the winner of eight Grammy Awards and worked with top musicians as Ray Brown, Ella

Fitzgerald and many others. His song "Hymn To Freedom" rose to become one of the top crusade songs of the civil rights movement led by Martin Luther King Jr.

He loved York University and served as the university's fifth chancellor and was involved in the York music program.

Peterson was recognized by the City of Mississauga in 2003 when a street was named for him and he was presented with a Civic Award of Merit. He had postage stamp unveiled in his honour, along with his name on plaques and numerous schools. He was also inducted to the Order of Canada in 1972.

The mural, by Toronto artist Chris Irvine, pays tribute to fellow Lakeshore Legends like NHL star Dave Bolland, marathoner Jerome Drayton, skater Petra Burka, swimmer Lou Gamble and others who led extraordinary lives and contributed to the rich cultural fabric of our community.



OSCAR PETERSON LOVED ETOBICOKE and composed many tunes here. **File photo.**

The Singing of Birds is great



THE SINGING OF BIRDS (above) IS CREATED by renowned educator Dr. Warwick Dobson. The unique theatre-in-education program exposes audiences to the joys and struggles of two young immigrants: Rose, a servant who fled the Irish famine, and Clara, an African American, who escaped U.S. slavery with the help of the Underground Railroad in the 19th century U.S. with its terminus at the Canadian border. Audience members followed the drama as the two women find friendship and hope in a new country. Viewers also had a chance to become active collaborators with program techniques such as thought tracking and questioning strategies. The show was presented during Black History Month at Montgomery's Inn, at 4709 Dundas St W.

THE ASSEMBLY HALL WAS PACKED (right) for a Black History Month event held last month by the Jean Augustine Centre for Women's Empowerment, which attracted many young people who had a good time learning history.



Photo by Bob Hodge.

LAKESHORE VILLAGE BIA

What's Happening in 2020!



Lakeshore Village BIA
Annual Community Clean-Up
Saturday April 25, 2020



Grilled Cheese Challenge
Saturday June 13, 2020



HALLOWEEN TREAT CORNER
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Saturday December 5, 2020

Well-liked, popular hairdresser retires after 50-years of making community women feel glamorous and attractive

Hairdresser Claire Bedogni will be missed by thousands of women whom she made feel and look better during her 50-years as a popular stylist in the community.

It was a shock when Bedogni, who is 74, retired last month after working for the last 23-years at Creative Image Hair Salon, at 2995 Lake Shore Blvd. W.

“I would like to thank Anthony and his team and all the nice people, many who are now my friends,” a smiling Bedogni says. “It has been a good ride.”

She has always worked in the community and previously owned a shop in Mimico called Chiari Hairdressers.

On this day a long-time customer stops by with a Tim Hortons coffee for Bedogni as she styles the hair of another customer, now friend, named Bernice.

“I come here once a week and I don’t know what I will do now,” says a saddened Bernice. “I have been coming here for at least 10-



MUCH-LOVED HAIRDRESSER CLAIRE BEDOGNI is packing it in after 50-years of making Lakeshore women feel better about themselves. **Photos by Tom Godfrey.**



HAPPY RETIREMENT CLAIRE, you deserve it.

years and we have become friends.”

Bedogni says she will miss her customers and the social atmosphere of the salon.

“But at some point you have to retire,” she says. “I love the job and the people but I want to leave on my own will.”

She plans to spend some time babysitting her two-year-old twin grandchildren, travel and keep busy.

Another customer stops by the shop to chat a little about Bedogni’s retirement and promises to return.

“This has been like a dream for me to be working as a hairstylist,” she reflects. “I feel lucky to be meeting all these interesting people.” Creative Image owner Anthony Dibiase says Bedogni is still passionate about the craft.

“She has many customers who have been coming to see her for years,” he says. “We will miss her and we wish her a happy retirement.”

Lucky readers ...



CONGRATS TO BEATRIZ LEDEZMA, of Alderwood, who was the 10th person to send us an e-mail in our *South Etobicoke News* drop-a-line prize contest to cop a beautiful gift box with enjoyable CBD teas, creams and other wellness products. “This is so nice since I have never won anything before,” she says. “I can’t wait to try some of the products.” The gift box was donated by Cloudheads, 3341 Lake Shore Blvd. W., They can be reached at 647-245-4438 or visit www.cloudheads.ca



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Bluesman Meeker loves the strip

Former Mimico area bluesman Donnie Meeker has sang for a list of who's who in Canadian blues and soul and claims to have performed in just about every bar on the Lake Shore strip in South Etobicoke. "You name a bar and I've played in it," Meeker says proudly. "I have played in every bar along the Lake Shore and beyond." He started performing at age 15 for other students at high schools in Mimico, New Toronto, Long Branch and Alderwood and soon "began to build a following." The singer says the club scene in Etobicoke in the 1960s and 70s was pretty active, with

Over the years he played with a number of bands including Donnie Meeker and The Collective, Donnie Meeker and



WELL-KNOWN BLUES SINGER Donnie Meeker.



DONNIE MEEKER AND HIS BAND THE COLLECTIVE getting ready for a gig. Courtesy photos.

many bars offering live music in venues which were mostly packed. "The gigs were steady at clubs back in the day," Meeker recalls. "There were many clubs that featured good live bands back then."

He played gigs in the west-end circuit performing at the former Blue Goose, Club OV's, Harnett's, Slip Mahoney, The Precinct, Waves, Bert & Ernie's, Head or Tails, Adam's Rib, Happy's Bar, Rose & Thorne, Toozers, Timothy's Pub and others.

The Crew, Donnie Meeker & The Fish Bar House Band and Memphis North All-Stars which was known for its unique four horn players.

Meeker is best known from the R&B, soul band Sweet Blindness, which was formed in the 1970s, and gained some fame and travelled across the country. Sweet Blindness was originally named The Statlers, but they changed their name after American guitarist Curtis Lee joined them in 1974. Between '74 and '77 they released a number of singles and two LPs "Sweet Blindness" ("Music You Can Ride On") and "Energize" before breaking up.

He is also known as "Downtown Donnie," when he performs a Blues Brothers show with his own blues brother "Dirty Bertie." Meeker and The Collective will be performing next month at the Dakota's Sports Bar & Grill, at 2814 Lake Shore Blvd. W.

He says the club live music scene has dipped over the years due to the Internet and other forms of entertainment.



MEMBERS OF THE ETOBICOKE COMMUNITY CONCERT BAND will be performing at their (silver) 25th Anniversary gala on March 27 at 8 p.m. at Etobicoke Collegiate Institute, 86 Montgomery Rd. Tickets are available at the door. Photo by Bruce Barton.

Clarification In New Homes article

In an article "New homes for Birmingham St.," in February's issue of the South Etobicoke News a reference was made that the builder will make improvements to the Franklin Horner Community Centre as part of the issuance of a first above-grade building permit. The article stated that the owner shall provide a cash contribution of \$3 million to relocate the Eight Street cenotaph, for improvements to the Franklin Horner Community Centre and park improvements within Ward 3 in the vicinity of the site as part of a Section 37 agreement.

Franklin Horner Centre officials point out that any work being conducted to their Centre, will be performed by unionized trade members since the centre is owned by the City of Toronto.

We apologize for the misunderstanding.

FREE NALOXONE TRAINING CLASSES are taking place every Wednesday for those who are able to help others in the community. There are two time slots available for the Wednesday sessions that take place from 9:30 a.m. to 11 a.m., or 4:30 p.m. to 6 p.m. at LAMP, at 150 Sixth Street.

Each class accommodates 10 persons and there are limited spots available on a first-come-first-serve basis.

Anyone who wishes to attend the training is asked to email nikhila@lampchc.org at least a week in advance..

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Some spots to check out in our community



Reviews by Wayne Gibson

EDEN TRATTORIA, 58 Marine Parade Drive, 416-255-5588



A true ‘pioneer’ in the newer condo-neighbourhood of Humber Bay Shores, Eden Trattoria got things right from Day One, right from their opening a number of years ago!

Experienced restaurateurs, the owners realized that great food and service were both needed to keep customers coming back after the lovely surroundings of lake and nature first bring them through the door! And what surroundings: simple elegance inside, on

two levels, along with a large outside patio, all with spectacular views of the water and city skyline. With an extensive menu that highlights both traditional and modern Italian cuisine, all choices are a delight. Try the cozze—mussels—in tomato sauce, along with their fresh bread for a solid lunch and any of their seafood dinners for an evening meal. Should you wish pasta or pizza, you will also have many options, including ‘create-your-own.’ Open for breakfast, lunch and dinner, its easy to see why Eden has developed a large and loyal following: although often busy, the efficient, friendly service never disappoints. Offerings of beers and wines, all at reasonable prices, complement the many food choices and there is a long bar for those who just wish to have a cocktail, espresso or gelato. A welcome feature: should you not finish your wine-by-the-bottle, they will expertly re-cork it so you can take it home for later. Most first try Eden because of the view, but the excellent menu choices and service keep them coming back. The staff is very friendly and the restaurant is very popular in the warmer weather due to its prime lakefront location.



BUSY PATIO OF EDEN TRATTORIA (above) is a crowd favourite. The spacious restaurant offers a great view of the lake and the food (above) is outstanding.

GOLDEN COOK CARIBBEAN RESTAURANT:
2955 Lakeshore Blvd. W.
416-259-3003

Golden Cook’s owner Garnett has held down this corner of Islington Ave. and Lakeshore Blvd. W. for almost 20-years with her tasty Caribbean styled cooking.

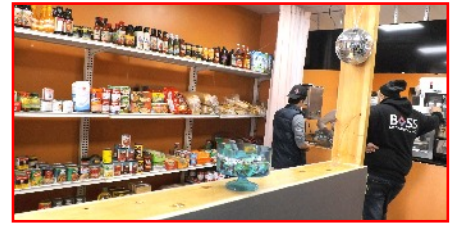


GOLDEN COOK OWNER GARNETT with Grammy winning reggae star, Koffee, at her restaurant (bottom) and mini-store (right). **Courtesy photos.**

On her walls are photos with youngest Grammy Award winner Koffee, aka Mikayla Simpson, a top-selling rapper from Jamaica, who stopped by for a bite last year.

You know you are at the right place when you see the small Jamaican flag on a table by the window and the Bob Marley poster on the wall as you enter. As with so many small businesses in the Caribbean, Golden Cook is part restaurant and part grocery store: the restaurant occupies a large space at the

front and the groceries line one wall. While you wait for your jerk chicken, curried goat or shrimp to arrive at the



front counter, you can enjoy perusing the many shelf offerings: canned ackee, or ‘Johnny cake’ dough, as examples. Even cans of Vienna sausages are on display, these used to be a local favourite in the Newfoundland grocery stores, now all closed, that once dotted the Lakeshore--another island ‘nation’, albeit much colder than any in the Caribbean.

Try the curry shrimp: even if they are not on the menu that day, Garnett, who is also the chef, will likely cook it up for you. Main meals come with a heaping portion of rice and beans and home-made cole slaw.

Grab a cold drink out of the cooler: lots of Caribbean fruit drinks available as is strong, great-tasting Jamaican ginger beer that is great for washing down the tasty jerk chicken or curry goat dishes. A visit to Golden Cook is a sure way to escape our snow-covered streets.




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Health and Wellness

By **ADRIANNE SZABO-PAYNE**

March Madness and travel

March is a busy time of year from those looking to get away from the city.

Whether you're preparing for March Break travel with the family, or getting away to escape the winter blues: aside from plenty of hand washing, preparing your immune system for the increased exposure to bacteria and viruses is key to an enjoyable trip.

So what are some simple ways you can build your defenses against nasty viruses and bacteria?

Start by looking at your current intake of Vitamin C and D. Consider increasing your dosage during this time.

Vitamin C is widely used to build immunity because of its innate ability to fight free radicals. Taking it as a preventative or when you're already sick are both beneficial to supporting your immune system. Take note that Vitamin C is water soluble and should be taken throughout the day to remain effective.

Vitamin D3 is probably one of the most important vitamins to include in your daily routine as it not only, helps strengthen the immune system, but also helps to regulate hormones and build bone health, among its many benefits. Supplementing this vitamin is extra important for those of us living in the northern hemisphere with limited exposure to the sun.

Other things to consider include the use of colloidal silver, Thieves Oil, and increased probiotic intake.

Probiotics boost good gut flora to help fight bad bacteria, which can help combat bacterial infections.

Colloidal silver has been used for centuries to fight bacterial and viral infections, aid in wound healing, and preserve food. It is great as a spray and travels well. Take note when purchasing that you're buying true colloidal silver, as lesser quality products containing ionic silver and silver protein are also less effective.

And lastly, consider using Thieves Oil to ward off the bugs. This unique oil blend was first used during the Black Plague era by thieves to steal the riches off those who were sick or had already passed from the plague. The thieves did not get sick. I think that speaks for itself. Wherever you're off to this March, may your plans be free from illness and filled with fun and relaxation.

Adrienne Szabo-Payne is owner of Monkey Tree Fitness & Wellness, 800 Islington Ave., Suites 5-6. Phone 416-233-3400 or visit monkeytreewellness.com Adrienne is a certified Holistic and Wellness Practitioner who left the corporate world to pursue her passion for helping others find their path to wellness.



Money Matters

By **RATTAN GANDHI**

Buying RRSPs

For those who have missed the 2019 tax deadline in buying RRSPs, it's better being late and purchase them now to better position yourself and your family down the road.

The acronym RRSP stands for Registered Retirement Savings Plan. An RRSP is a powerful tool, not only does it give you an immediate tax relief but can be used to plot strategies for your well-designed retirement plan. It has other benefits and uses like being used as a tool to help put a roof over your head through the Home Buyers Plan (HBP) and to pursue further studies through the Lifelong Learning Plan (LLP). Both these plans require repayment in future years so be sure to ask your financial institution about all the parameters and requirements. High income earners may also use this option to lower your tax bracket.

Another important aspect of RRSP's, or spousal RRSP's, can also be construed as income splitting. Under this option, the contributor gets the tax break and the monies are in the name of the spouse (if cashed early the money will accrue to the initial taxpayer.) The aim of the spousal RRSP is for couples to have a similar amount of retirement savings and when they start utilizing them in retirement, they can take advantage of earning in a lower tax bracket. The other issue with preparing your RRSP's and retirement strategy is to decide whether to use RRSP or TFSA (Tax Free Savings Account). The TFSA option will depend on your individual situation, if you have good pension plan it may likely be more fitting for you.

Another often debated point among accountants and financial advisors is whether one should pay off the mortgage or invest in a RRSP. I would just like to point out that you are paying mortgage interest in after tax dollars but your personal financial situation and dialogue with financial professionals should determine your course of action.

Lastly if you are borrowing to take out a RRSP, again you may consider that you are paying after tax interest on your borrowings. Ideally you want to start a monthly contribution without having to resort to borrowing at the last minute.

Rattan Gandhi is owner of Quick Refund Tax, 133 Sixth St. His opinions stem from 15 years of experience in helping clients in the tax area. He can be reached at 905-616-5253 or rattangandhi@gmail.com.

Two private ambulance services ferried the sick in South Etobicoke before attendants were amalgamated in 1975



TWO PAY-FOR-USE PRIVATE AMBULANCE firms took the sick in South Etobicoke to local hospitals. Some of the ambulances (top and right) waiting to ferry patients. **Toronto Archives photos.**

By **DAVE KOSONIC**

Before city-wide service, South Etobicoke was served by two main private ambulance companies from the late 1950s to the early 1970s.

Bell Ambulance and Lakeshore-Queensway Ambulance ferried the sick in our area, back in the pre-1975 days before Toronto paramedics became organized and highly-trained as they are today. Back then, there was no 911 or central ambulance dispatch phone number. People who required an ambulance would often go through a Bell Telephone operator or by calling the police or fire department. And it was not free. The usual charge for an ambulance call then was \$5 to \$7.

Sometimes there was an extra charge if first-aid items such as wound dressings and bandages were used on the patient.

The drivers or attendants were required to have a basic first-aid certificate, a chauffeurs' and ambulance driver's licenses. Lakeshore-Queensway, which was located near Lake Shore Blvd. W., and Eighth Street, was owned and operated by the late Dr. Milton Stolove, who also owned Kingsway Ambulance.

Bell, which was owned and operated by Jack Moran, had several locations in the area.

Back then the ambulance driver/attendants used the 'load-and-go or stoop-and-scoop' technique when dealing with patients, in which they loaded a sick or injured patient into the back of the ambulance, as quickly as possible, and drove speedily to the hospital with lights and sirens going.

Allan Harvey, a driver-attendant who worked with Bell in the mid-1960s, recalls they had to live at the station and be ready to go when a call or the emergency phone rang.

"At the beginning, working on the ambulance was a novelty, but the novelty wore off quickly," says Harvey. "You learned as you went along." Ben Brown, who was a long-time driver for Kingsway, once commented that "nobody wants the job of working on an ambulance so we have to go and offer it to guys coming out of prison."

Times have changed and a job with the today's Toronto Paramedic Services is very challenging. They

can earn more than \$100,000 per year if they do some overtime hours or extra shifts.

The Ministry of Health and the City of Toronto start-



ed taking control of the private ambulance services in the 1960s and up to 1975. Now all ambulances in Toronto are dispatched through one central phone center that is staffed 24 hours daily.

Area resident Dave Kosonic is a former journalist and historian who is active in the community.

Fun and great things to do to celebrate this month

ADULT DAY PROGRAM at Storefront Humber, 2445 Lake Shore Blvd. W., Monday to Friday from 9 a.m. to 2:30 p.m. is a supervised program for those who are frail, cognitively impaired or physically disabled. Call 416-259-4207. There is also a hot lunch program from 11:30 a.m. to 1:30 p.m.

FREE INCOME TAX CLINIC TUESDAYS & THURSDAYS during March and April 2020 at LAMP, 185 Fifth Street. To be eligible singles must be earning \$35,000 or less and couples \$45,000 or less. They do not assist those who are self-employed, have a business, rental income or declared bankruptcy. For appointment call 416-252-9701 ext. 280 or 281.

MARCH 2 FREE MINDFULNESS SERIES OF FOUR WORKSHOPS takes place from 3 p.m.-4 p.m. at LAMP, 185 Fifth Street. Call 416-252-6471 ext. 308 to register.

MARCH 4 BACK BY POPULAR DEMAND OSTEO ARTHRITIS of the hip and knee and how to cope from 9:30 p.m.-12:30 p.m., at LAMP, 185 Fifth Street. Call 416-979-7228 ext. 3381 to register. Very informative and well-received workshop.

MARCH 5 IS INTERNATIONAL WOMEN'S DAY luncheon at the Mimico Cruising Club, 200 Humber Bay Park Rd. W., doors open at noon and lunch at 12:30 p.m. Tickets \$40 and in support of LAMP programs. Call 416-252-6471 ext. 308 to reserve a spot.

MARCH 5 & 6 FREE MENTAL HEALTH WELLNESS last of two-part series based on the wellness toolbox and recovery action plan, from 6 p.m.-8 p.m., in community room of LAMP, 185 Fifth Street. Call 416-252-6471 ext. 308 to register.

MARCH 8 BLACK & WHITE REMIX PHOTO EXHIBITION by f8 Photography public reception from 1 p.m.-3 p.m., at the Assembly Hall, 1 Colonel Samuel Smith Park Dr. Email assembly@toronto.ca or call 416-338-7255 for tickets. Exhibition runs until March 21.

MARCH 10 BY THE LAKE BOOK CLUB presented by Humber College, Faculty of Media & Creative Arts: authors Giles Blunt (*The Hesitation Cut*) and Nathan

Ripley (*Your Life Is Mine*) take a peek behind the pages of their latest books; at 7 p.m., the Assembly Hall, 1 Colonel Samuel Smith Park Dr. Email assembly@toronto.ca or call 416-338-7255 for tickets.

MARCH 5, 12, 19, 26, COMMUNITY KITCHEN join LAMP dietician and students from Humber College Food and Nutrition program to make easy and affordable recipes at Daily Bread, 191 New Toronto St., from 5 p.m.-7 p.m. on Thursdays to April 2. Call 416-252-9701 ext. 239 or email sandrav@lampchc.org

ENDING MARCH 13 CELEBRATE ETOBICOKE SENIOR WOMEN Gallery Show Feb. 18-March 13 at The Storefront Gallery at Arts Etobicoke, 4893A Dundas St. W., Free Parking. www.artsetobicoke.com

MARCH 15 FELLOWSHIP LUNCH AT LONG BRANCH BAPTIST CHURCH from 12:30 p.m. to 2 p.m. that is open for all in the community at the 105-year-old church at 3381 Lake Shore Blvd. W. The free lunches take place on the third Sunday of each month. For more info call 416-251-1525.

MARCH 16 ETOBICOKE CAMERA CLUB presents professional photographer **Darren Creighton** and *For the Love of Black and White*, from 7 p.m. - 9:30 p.m., at Humber Bay United Church, 76 Anglesey Blvd. Visit www.etobicokecameraclub.org

MARCH 16 DEMENTIA 101 FOCUSING on the importance of early diagnosis and the progression of the disease, from 4 p.m.-6 p.m., in Community Room of LAMP, at 185 Fifth Street. Call 416-252-6471.

MARCH 16-20 EMPOWERMENT THROUGH EXPLORATION March Break for girls aged 7-12 at Jean Augustine Centre for Young Women Empowerment, 101 Portland St., from 10 a.m.-4 p.m. Visit www.jeanaugustinecentre.ca or call 416-253-9797.

MARCH 18 FREE WORKSHOP FOOT ATHRITIS to increase mobility from 10 a.m.-1 p.m., at LAMP, 185 Fifth Street. Call 416-979-7228 ext. 3381 to register for this popular workshop.

MONDAY NIGHTS LAKESHORE OUT OF THE COLD ministry that provides a hot meal and emergency overnight shelter to people who are homeless or hungry. Takes place every Monday at 6 p.m., at St. Margarets' Church, 156 Sixth Street. To volunteer contact Cara at 416-255-5224.

MARCH 20 FREE COMMUNITY MONTHLY HOT DINNER for pay what-you-can home-cooked meal, with fellowship at St. Margaret's Church, 156 Sixth St., from 4:30 p.m. to 6 p.m. Volunteers and sponsors needed. For more information call 416-259-2659.

UNTIL MARCH 23 FALL PREVENTION PROGRAM Strong & Steady every Monday from 10 a.m.-11:30 a.m., at LAMP, 185 Fifth Street. Call 416-252-1928 to register. Light refreshments to be provided.

MARCH 25 THE LAKESHORE AFFORDABLE HOUSING ADVOCACY and Action Group meet for its monthly community meeting at 7 p.m. at LAMP, 185 Fifth Street. Call 416-252-6471 ext. 308.

MARCH 25 SENIORS HEALTH FAIR and Seniors' Self-defense, physical, mental and social with Toronto Police from 11 a.m.-3 p.m., with lunch and door prizes at Franklin Horner Community Centre, 432 Horner Ave. For more info call 416-252-6822.

MARCH 27 IS THE ETOBICOKE COMMUNITY CONCERT BAND 25th (Silver) Anniversary Gala, taking place at 8 p.m., at Etobicoke Collegiate Institute, 86 Montgomery Rd.

MARCH 28 ONTARIO POPS ORCHESTRA PRESENT SPANISH FLAIR with Conductor Carlos Bastidas featuring Spanish dance from Swan Lake, Huapango, West Side Story, Habanera and more at 8 p.m., Humber Bay United Church, 76 Anglesey Blvd. Tickets \$25 at www.ontariopops.com

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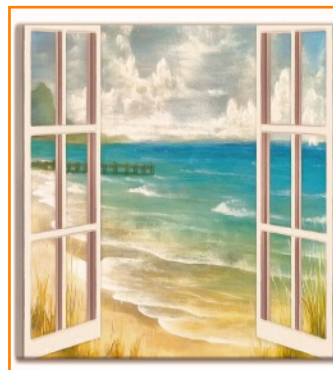
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ETOBICOKE DOLPHINS DS PEE WEE team wins silver at Orangeville Winter Classic event. *Courtesy photo.*



Members of the Etobicoke Dolphins are having a meeting on March 9 at Mimico Arena, at 31 Drummond St., to obtain feedback from players

and fans on how to increase their membership.

“We would like to get your feedback on what changes you think we need to make to get current and former players to return to play hockey with us on Monday nights,” Colleen Muise, the Senior House league Covenor, wrote on the Dolphin’s website. She says there’s been fluctuations in registration in the ladies 18-plus division on Monday nights and their goal is to increase the number of participants.

“We are inviting all current and past players to come out to this open meeting,” she wrote. They can share their ideas on what we should consider doing for next year to make changes to increase participation and enjoyment.” With 20 rep teams playing in the Lower Lakes Female Hockey League and over 30 House League teams, the Etobicoke Dolphins offers all levels of hockey from beginner to experienced players. The league has more than 800 players in their programs and recently celebrated their 20th year, in which they have seen countless girls and women who have enjoyed hockey through the Dolphins become leaders and pillars in our community. The meeting is 6:45 p.m.-7:45 p.m. Visit www.etobicokedolphins.ca for more info.

Alderwood Teddy Bares Master Swim club treading water for almost 50-years



MEMBERS OF THE ALDERWOOD TEDDY BARES MASTER SWIM CLUB at a recent meet at the Alderwood Pool. The group has about 60-members aged from 18 to more than 90-years-old. The first Alderwood Masters meet took place in 1975 and it holds the distinction of being the longest running masters swim meet in Canada. In October 1975 Alderwood hosted the first Ontario Provincial Championships. Their mascot is a large teddy bear to honour club’s founder Ted Roach. To incorporate the mascot and recognize the skimpy attire worn in their sport, the club became the Alderwood Teddy

Bares. Social events like a monthly pizza night, Christmas party and Sports Day give members and their families a chance to interact. They annually host the longest running swim meet in Ontario and the only short course yards meet in the province, in which races are 10 per cent shorter than at other meets. Members have won the Mountbatten Medal, age group at the Boston Marathon and annual Sports Day awards. The athletes come from all backgrounds, with some former Olympians, tri-athletes, and others with no competitive experience. *Courtesy photo.*

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