

The South Etobicoke News

Web: www.torontonewswire.com Email: thesouthetobicokenews@gmail.com Number 17

Buy local. Live local.

Crooks preying on seniors in COVID scams

By TOM GODFREY

They are the lowest of the low. Police are warning residents to be on alert for scammers going online and door-to-door peddling a range of fake COVID-19 test kits, face masks, hand sanitizers, gloves and miracle cures to try and defraud members of our community. The conmen may advertise on what appear to be government programs or fake charity appeals to try and steal money from residents. They usually target seniors.

“Beware of unsolicited calls, texts and emails offering ‘free’ medical or health products, and those with links or attachments,” police say, adding residents should not respond to suspicious messages. “Clicking on the link will take you to a scam website and that’s where the hack begins,” officers say. There have been warnings about the scam issued by the Canadian Anti-Fraud Centre (CAFC), the Better Business Bureau (BBB), City of Toronto and a list of police forces.



TORONTO FIRE CHIEF MATTHEW PEGG joins police in warning residents of various online and doorstep scams in which a range of fake or non-existent COVID-19 products and services are being sold. Courtesy photos.

The CAFC say people should be wary of private companies offering face masks or COVID-19 tests, which are currently only available at hospitals.

“Fraudsters are creative and want to profit from consumers’ fears, uncertainties and misinformation,” the CAFC said in a release. They say people going door-to-door offering de-contamination services should be avoided. Police say one hacker even went as far as creating a fake Public Health Agency of Canada website to try and defraud residents.

The BBB have received complaints about alleged scam websites selling masks and other goods online. They are urging residents to be vigilant and avoid “fake cures, phony prevention measures and other coronavirus cons.”

“The best way to avoid getting scammed is to buy the goods directly from a seller you know and trust,” the BBB stated. Even Fire Chief Matthew Pegg, General Manager for Emergency Management for the City of Toronto, is warning of the crooks preying on residents by selling COVID-19 test kits.

“This is a total scam,” Pegg says. City officials can be reached by dialling 311, or at toronto.ca. Toronto Public Health is at 416-338-7600 and their email is publichealth@toronto.ca

“The new park design was created in consultation with the community, and residents expressed their appreciation for the green space and trees,” Duguid wrote. “The City is obliged to remove a layer of contaminated soil and replace it with clean soil. This means the existing trees in that section will need to be removed.”

Dozens of healthy trees to be axed: residents

Grand Ave. residents try to save trees in their park

Some residents in the Grand Ave. area are complaining about the removal of ‘a couple dozen’ trees to rehabilitate a section of Grand Ave. park to install a water play facility, sports field and washrooms. Work was slated to begin last month to expand the 2.5 hectare park to five hectares (12-acres) of green space on the east side of Grand Ave. and north of the Metrolinx Lakeshore Rail Corridor. City officials have been holding consultations with the community since 2016, and Phase 1 will include remedial work as site grading, construction of the multi-use sports field, splash pad/water play facility, temporary dogs’ off-leash area, parking lot, walkways, lighting, turf and tree planting. Phase 2 will include the construction of a playground and a washroom.

The City says at the northern section of the park stood a former Metro Incinerator and Waste Treatment Site, where trees will have to be removed and new soil added. “Unfortunately the existing trees cannot survive the extent and depth of soil removal required to make the grounds safe for park use,” City planners wrote. “The new park design will include new tree plantings and the creation of natural wooded areas.”



GRAND AVE. AREA RESIDENT PETER RIEDEL Shows some of the trees slated for removal as their local park (right) is expanded to include splash pad, sports field, washrooms and off-leash area for dogs. Photos by Tom Godfrey.

Area resident Peter Riedel is lobbying to save the trees slated to be axed, which he claims are healthy and green. “This the only area of the park with any sort of density of trees,” Riedel says. “With these cut and killed this will become a totally shade-less park for many years to come. “Cutting down large healthy pine trees that are 40-to-50-

years-old is quite outrageous,” he warns. “This cluster of healthy trees can be saved by fencing them off to humans and animals.”

Riedel is a community activist who has attended a number of meetings in relation to condo projects in the area. Bob Duguid, a senior project coordinator, says the City acquired additional land to create a new five-hectare park on the site.

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COVID take-out pubs bust .. Page 2



Gretzky-Horton ad shot in Alderwood .. Page 3



Police checking area restaurants for more than take-out under COVID-19 emergency

Some people just never learn. Officers from 22 Division are busy checking some area bars, restaurants and cafes after complaints of booze being sold to patrons awaiting their take-out orders. The Ontario government last March 17 declared a State of Emergency to help contain the spread of COVID-19, which meant only take-out food can be served in restaurants and coffee shops, which were ordered to remove their tables so customers could not gather to avoid spreading the virus. Also shut were parks, recreation centres, private schools, public libraries, bars, movie theatres, concert venues and places of worship until April 5 at least. "It has been pretty hectic in dealing with some establishments," says Sgt. Lhawang JongDong, of the Community Response Unit. Police say a number of establishments have been charged under the Emergency Management and Civil Protection Act, which allows only five persons to gather in one place. Officers say the enforcement effort is to protect the public and reduce the harmful spread of COVID-19.



POLICE ARE PROBING a number of businesses allegedly selling booze to those awaiting take-out orders.

OFFICERS OF 22 DIVISION investigate one of a number of break and enters that has been occurring along the Lake Shore Blvd. W. and Brown's Line area in recent weeks causing thousands in damages. No one was arrested for this incident at one business. **South Etobicoke News photo.**



Merchants warned to be on the lookout for fake \$50 bills

A Long Branch merchant is warning other small businesses to be on the lookout for thieves trying to circulate fake \$50 bills in a bid to defraud local store and business owners. The well-known fast food store owner says he has intercepted three fake Canadian orange \$50s in the last month from alleged customers. He shows one of the fake \$50, in which you can feel a clear piece of plastic tape wrapped around the transparent, plastic section of the bill. Community officers from 22 Division say they're coming across many phoney bills and merchants and others have to look closely at the bills that they are accepting from customers. **South Etobicoke News photo**

The establishments have been charged with; fail to comply with an order made during declared emergency, obstruct any person exercising a power in accordance with an order made during declared emergency and obstruct any person performing a duty in accordance with an order made during declared emergency. The fines for the offences if convicted range from \$880 to \$1,130.

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Tips for staying safe from COVID

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are ill
- Stay home when you are ill
- Cover your cough or sneeze with a tissue, then throw the tissue in the garbage and wash your hands
- If you don't have a tissue, sneeze or cough into your sleeve or arm
- Clean, disinfect frequently touched objects and surfaces
- Use skype or other device for staying in touch with family or friends.
- If you are experiencing COVID-19 symptoms, call your doctor, Toronto Public Health at 416-338-7600 and self-isolate.



GRIMES

Municipal Elections Act charges have been dropped against Councillor Mark Grimes. The Ward 3 Etobicoke-Lakeshore Councillor was accused of not disclosing thousands of dollars worth of spending on research and polling ahead of the 2014 municipal election. The 2018 charges were withdrawn in early February with the Crown saying it could not prove the allegations made by an OPP anti-rackets unit.

"From the beginning, I have maintained that there was no wrongdoing on my part and that there was no basis for the charge," Grimes said in a statement. "The Crown attorney's decision today confirms this, and I am pleased that the record is now clear." Grimes has always said he did nothing wrong and is glad the matter is resolved. He was first elected as Councillor of Ward 3 in 2003. His co-accused ex-councillor Justin DiCiano is still before the courts.

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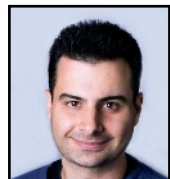
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A COVID-19 SIGN HAS BEEN INSTALLED and some park equipment taped off by City officials at Amos Waites Park in Mimico to prevent residents from gathering and possibly spreading the virus. **Photos by Bob Summers.**



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Late Reeve Marie Curtis represented Long Branch from 1953-1962

Marie Curtis loved Long Branch and fought for community

By TOM GODFREY



LONG BRANCH REEVE MARIE CURTIS after whom a local park (centre) was named after. **File photos.**

Ann Marie Curtis was the first female Reeve of Long Branch and is best known for the beautiful Long Branch waterfront park that is named in her honour. Curtis served as Reeve from 1953 to her retirement in 1962, and was the only woman to hold the job. She was also a member of the Metro Toronto Council and the first woman on its executive.

She worked hard to improve the life of Long Branch residents and oversaw improvements as the installation of

storm sewers, the paving of roads and planting of crab apple trees to help curb floods. A proud housewife, Curtis, who was one of seven children, was raised in St. Louis, Miss., and moved back to



Toronto and worked in a hat factory. She was colourful and friends say her "political commentary was as crusty as the scrumptious apple pies she loved to bake." She did not attend high school or college, but did take some university extension courses.

Curtis became involved in activism after seven teachers in her community were fired. She became president of the Home and School Association and successfully lobbied for more kindergarten classes.

Frustrated that the incumbent reeve was "rubber-stamping" the decisions of others, she challenged him and won the election.

Curtis made a name for herself during Hurricane Hazel, which struck in October 1954, killed seven people and left 700 evacuated from their trailers and streets.

She oversaw the relocation of flood victims and advocated for the conversion of a flood plain on which the devastated homes stood into parkland. She even delivered compensation checks personally to the flood victims.

Curtis retired from politics in 1962 and with her husband moved to Flesherton, where she was a president and secretary of the Association of Mayors and Reeves in Ontario. She is still remembered by some for arguing in 1962 for the amalgamation of Long Branch with neighbouring villages Mimico and New Toronto, because the three communities had three votes on Metro Council, more votes than larger municipalities. The proposal went to the Ontario Municipal Board, which left the villages in place. The Ontario government amalgamated the three communities into Etobicoke in 1967.

Curtis died in 2006 at the age of 94 and the 35-acre park was dedicated to her in 1959. It was marked with a plaque and cairn. She was inducted into the Etobicoke Hall of Fame in 1988.



MARIE CURTIS AT WORK during her popular heyday. **File shot.**

Gretzky-Hortons ad shot in Alderwood



WAYNE WITH DAD WALTER GRETZKY holding his hero Tim Horton's autograph in TV commercial, that was partially filmed at Brown's Line Donuts. **Photo courtesy of Tim Hortons.**

Many residents are still shedding tears after watching a young Wayne Gretzky meet his hero Tim Horton for an autograph in an emotional TV commercial that was mainly filmed at Brown's Line Donuts in Alderwood.

"The Autograph" portrays a young Gretzky, played by Gordie Gilders, visiting a Tim Hortons location in 1968 in Brantford and getting an autograph from Hortons, the late Toronto Maple Leafs defenceman and restaurant co-founder.

The Great One would say he was inspired to become a professional hockey player after that meeting.

"They were filming here for two days last summer," says Rina, who with her husband own the 744 Brown's Line 1950s-style eatery. "Thousands of people have seen that commercial. It is very famous and people are still talking about it today."

Many of the regular customers say they did not recognize their favourite restaurant at first.

"They (producers) did a great job transforming this place," says Stan. "I come here every day and I still didn't recognize the place. Someone had to tell me."

The extras and actors in the commercial were dressed in 1960s clothing with '60s hair and makeup, officials said.

The ad was shot "in an old diner off of Brown's Line that they had converted into an original Tim Hortons with stools inside and tables. I couldn't believe it," one of those involved recalled.

Gretzky, or his dad, Walter, were not at the diner because their scene was filmed elsewhere.

At the end of the commercial, Gretzky is shown with tears welling in his eyes.

The story is an emotional tribute to Horton, who was one of the greatest defencemen of all-time. Horton spent 24 seasons in the NHL with the Toronto Maple Leafs, New York Rangers, Pittsburgh Penguins, and Buffalo Sabres.

His career tragically ended in 1974 when he crashed his sports car in St. Catherines. Horton, a member of the Sabres at the time, had played against his famous former team, the Leafs, the night before and was driving back to Buffalo. He was 44.

Horton opened his first doughnut shop in Hamilton in 1964. By 1968, Tim Hortons had become a multi-million dollar franchise. After Horton died, Ron Joyce, Horton's business partner, bought the Horton's family's shares for \$1 million becoming sole owner. Today there are almost 5,000 Tim Hortons stores in Canada.



BROWN'S LINE DONUTS



Officials of the Toronto Public Library: New Toronto Branch are happy to recover a cherished wooden art sculpture of a screaming eagle by talented Canadian wood-sculptor Frederick 'Freddie' Kempf. The lovely wooden artwork had been stored in a library supply room for many years until it was recently found. A new home at the New Toronto Branch, on 110 Eleventh Street, is planned for the long-lost sculpture of the screaming eagle. "We are so very happy to have this precious sculpture returned to us and we will find it a nice home," says Branch supervisor Anna Carmela Mann.

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Community love our movies and theatres

Area residents have a long love affair with the movies and long before filming began here there were three bustling air conditioned theatres that entertained the community for decades. Adults and their children during the movie-crazed heyday, which ran from 1910 to the 1970s, would pay from 10 to 75-cents to purchase a ticket to attend a Saturday matinee or feature and relax in air condi-



THE ODEON LAKESHORE THEATRE began as the Biltmore New Toronto in 1947. **City of Toronto Archives.**

tioned comfort, which they didn't have at home. New Toronto fans after a week of work would flock to the Odeon Lakeshore Theatre at Lake Shore Blvd. W., between Second and Third Streets, to catch the latest offerings from Hollywood and indulge in large amounts of popcorn and cola. The Odeon began life as the former Biltmore New Toronto, which opened in 1947 and had 676 seats. It is now the Copeland McKenna law firm. Long Branch resident Philip Barker was an usher at the Odeon as a student. "Back then the movies were a big thing," Barker recalls. "It was afford-



THE CLEAN HEART MOVIE made its debut at the Long Branch Royal Theatre in 1924. **Courtesy of Bill Zufelt.**

able entertainment and people loved the air conditioning." Across the street was the Capitol Theatre, which stood for 45-years at the corner of Lake Shore Blvd. W., and Fourth Street. The large 1,042-seat movie house was opened in 1929 and showed flicks until 1975, when the last projector went dark. It is now a high-rise apartment building for seniors with a variety store. Just west the busy Royal Theatre stood at Long Branch Ave., and Thirty Fifth St., and was always packed with movie lovers. It was one of the earlier theatres in the area dating back to the 1910s and had

619 seats. Movies were screened there until 1960, when it was closed. "We were there every Saturday for the matinees," recalls Barker. He says the Royal, with 400 seats, had a small lobby and concession stand. Most of the theatres played two features during the week and three, including an animated cartoon, on the weekend. Barker says it cost 75-cents to watch a flick when he was at the Odeon. The area over the years has been a location of choice for U.S. and Canadian movie and TV production firms.



THE CAPITOL THEATRE

Concord In The City program provides on-the-job training for adults with autism



LEARNING LIFE-CHANGING SKILLS FOR THOSE WITH AUTISM - Above Katherine Martins, an interim co-program director at Concord In The City, with Jason, who suffers from autism, at their organization's coffee shop at 3407 Lake Shore Blvd. W. The charity operates a day-program for adults with autism that provides work and on-the-job training for about 10 adults who suffer from autism. The shop is opened at different hours on Monday, Tuesday and Wednesday. The program, which was founded by two area residents, teach the adults money handling skills, food handling, stocking and their expiry dates. "This is a wonderful program," Elizabeth Whitwell wrote. "The staff is very caring and provide a very interesting program for the participants. My daughter loves coming to Concord." All coffee shop items as lids, cups, sleeves and stir sticks are compostable and Canadian-made. Their beans are free trade and roasted in Barry's Bay, Ontario, by Madawaska Coffee. **South Etobicoke News photos.**

Win My Wine kit!



One lucky reader stands to win this must-have wine making kit being offered by Carson Majors, owner of Wine Kitz, at Six Points Plaza. The popular white wine will make a nice gift for someone as we search for activities. Be the tenth (10th) reader to drop us an email at thesouthetobicokenews@gmail.com and win this 'crispy, lively white wine' Pinot Grigio kit that can make four tasty litres of quality wine in just three weeks. It is valued at about \$30. Wine Kitz is located at 5230 Dundas St. W., and can be reached by phone at 416-233-8226 or at winekitz.sixpoints@gmail.com This can be the start of a new hobby. The winner of last month's 'Our Community' T-shirt prize pack is on Page 6. **Photo by Susanna Basheir**

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Parklawn Transportation Plan



A long-awaited community meeting to give input into the massive Park Lawn Lake Shore Transportation Master Plan (TMP) was called off last month due to the COVID-19 virus. The meeting, which was slated for March 24 at Trident Banquet Hall, on Evans Ave., was the second being held to examine the

the early planning stage. A business case was completed in February 2018, showing the location has positive benefits.

City planners say service at Mimico station will continue to improve as the GO Expansion Program is delivered to provide all-day two-way service every 15 minutes, or better, along the Lakeshore West Corridor.

The plan includes dedicated transit priority lanes for Park Lawn Rd. and Lake Shore Blvd. W., which will have integrated TTC streetcar and bus service with the GO Station to create a new transit hub.



CITY MAP OF TRANSIT ONLY line on Lake Shore Blvd. W.

multi-year TMP process to evaluate options to improve the area's transportation network.

A proposed Park Lawn GO station slated for the Parklawn Rd. and Lake Shore Blvd. W. area is in

A widening of the bridge at Mimico Creek to handle more traffic is also proposed, including improved pedestrian and cycling facilities. The plan will also add two new roads to help traffic flow in the area, in-

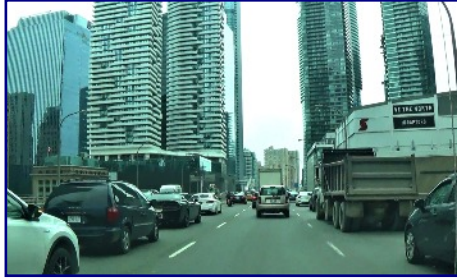
clude a new connection from Brookers Lane to the Lake Shore Blvd. east-bound off-ramp.

The Park Lawn Road and Lake Shore Boulevard W., area has grown significantly over the past 20 years.

During this time, the area's transportation network has remained relatively unchanged. Limited options to connect to destinations has resulted in increased traffic congestion. With more growth expected in the future, transportation improvements are needed to support better travel options for walking, cycling, taking transit and driving.

The TMP provides the first step in a multi-year process to evaluate options to im-

prove the area's transportation network, including: better access to street, transit and active transportation networks, more safe and convenient transportation connections across major physical barriers, planning for future invest-



THE PARKLAWN LAKE SHORE Transportation Master Plan is expected to decrease traffic congestion. Courtesy photo.

ment in public transit, pedestrian and cycling networks and high-quality streetscape design. The study area where potential improvements are being considered is bound by Ellis Ave. to the east, Legion Rd. to the west, The Queensway to the north and Lake Ontario to the south. No date has been set for another meeting. Visit toronto.ca/parklawnlakeshore



Many mouth-watering residents miss San Remo Bakery which has temporarily shut its doors due to COVID-19. The beloved Italian bakery, on Royal York Rd., which has been part of the community for more than 50-years



has been on the front lines in trying to serve its customers in the safest way possible during the pandemic.

Head baker and co-owner Ed Bozzo announced to stunned regulars and foodies on Instagram that they were temporarily closing on March 22. The iconic restaurant was opened by his father, Natale Bozzo, after he immigrated from Consenza, Italy with his family at the age of 15. He opened the store with his brothers. Natale began his journey working at Sicilia Bakery on College St., then moved to Royal York Rd. Natale purchased the bakery and named it San Remo in 1969 with his brothers Giuseppe, Peter, and John.

The business started out with only a couple of employees and now has 160 workers. In the late 1990s, Natale bought the business from his brothers and passed it down to sons Rob, Nick and Ed.



THE PARKING LOTS AT HUMBER BAY West Park were forced to be shut by City officials after people rushed outside to enjoy a nice day rather than practising safe distance and other precautions to avert the spread of COVID-19. Courtesy of Facebook.

Lakeshore Village BIA

Annual Community Clean Up



Community Clean Up taking place on Saturday April 25, 2020 has been postponed due to concerns regarding COVID-19. **POSTPONED**

Important COVID-19 contacts:

Toronto Public Health Hotline
Telephone: 416-338-7600
E-mail: publichealth@toronto.ca

Telehealth Ontario
Telephone: 1-866-797-0000
Visit: Ontario.ca

Public Health Agency of Canada
Telephone: 1-833-784-4397
E-mail: phac.covid19.aspc@canada.ca



The Board of the Lakeshore Village BIA is working hard on your behalf in these trying times. We urge residents to check up on their neighbours, stay inside, wash their hands, keep their distance and follow other safety precautions due to COVID-19. Be safe.

Fine food lovers in Mimico help two girls in India succeed from the sale of a delicious spicy appetizer



INDIAN SISTERS JYOTI AND ANJALI are helped financially with their studies by food lovers ordering Onion Bhaji at Tich Modern Indian Cuisine in Mimico. **Photos by Tom Godfrey.**

GTA-area Indian food lovers are helping to educate two aspiring young girls across the world through the purchase of a tasty snack.

Karan Kalia, owner of Tich Modern Indian Cuisine, at 2314 Lake Shore Blvd. W., has been putting aside about 25-cents for the Indian teens from the sale of every tasty Onion Bhaji appetizer, which are a favourite of many customers.

Kalia says the change works out to a princely sum when converted into Indian rupees.

She says the funds help sisters Jyoti, 17, and Anjali, 15, who live a difficult life in New Delhi.

The teens help their mom, who works as an ironing lady, or "press wali," for their village. They daily help to pick up

the clothing, with the ironing and then return the items to their customers. Most villages in India have a "press wali," who acts as the local ironing lady. "Jyoti is passionate about dance and hopes to pursue a career within the field," she says. "Anjali is inclined towards finance and wishes to work in the banking industry."

Her daughter Shanaya, 19, befriended the girls while on a trip to India and vowed to help them with their education.

"My daughter was surprised to see them studying under a lamp-post in New Delhi at night," Kalia recalls. "They started a friendship and she wanted to help them."

She says many customers order the appetizers once they learn that part of the price goes to help the girls with their education.

"Every couple months we exchange into rupees the money we have collected and send it to them," Kalia says. "It may not sound like much but it is a fair bit after we convert it to rupees."

She estimate they've sent more than 5,000 rupees to help the girls, which is more than \$100 Canadian.

"It is a small gesture but it is a start in giving back to the community," Kalia says. "Thanks to our customers here who are helping these girls in India."



TICH OWNER KARAN KALIA (above) says the small gesture helps the girls and gives back to the community.

Tich restaurant just celebrated its fifth anniversary and has customers from across the city who love their good Indian cuisine.

The restaurant is open for takeout and delivery and can be reached at 647-349-8424 to place an order.

Lucky readers ...



CONGRATULATIONS TO ALEX, KATHERINE AND BABY EMILIA, who were the 10th persons to send us an e-mail in our *South Etobicoke News* **drop-us-a-line** contest to score an "Our Neighbourhood" line of wooden ornaments and a gift bag containing a one-of-a-kind Mimico T-shirt, and ornaments with Long Branch and New Toronto. "We enjoy your paper and love reading it," says Katherine. The family live in the Six Points area. The "Our Neighbourhood" line is made by Graphic Print and Copies, at 142 Islington Ave. The shirts features customized printing of the name of your community in South Etobicoke and your address in latitude and longitude. They can be reached by phone at 416-255-1381 or send them your shirt request to graphicprintandcopies@gmail.com

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Outrage that trees being axed



Some residents of Humber Bay Shores Park have taken to social media in a bid to save 200 trees which they claim are slated to be cut down near the amphitheatre and butterfly garden area.

Outraged members of the community are circulating an online petition and demanding Councillor Mark Grimes and other city officials halt the removal of the estimated 200 trees from the park.

Some people on social media say the deforestation of the waterfront park can lead to a loss of habitat of animals and plant species, increased greenhouse gases, less water in the atmosphere,

soil erosion, flooding, increasing traffic and sound pollution.

"I am firmly against killing these trees and also against spending taxpayer money to do so," one angry resident

wrote on social media.

Grimes in a letter says 'the state of the Humber Bay Shores Park amphitheatre area has been a concern for a number of years now.'

He did not "order the removal" of the trees but asked City staff to come up with some options to clean up the overgrown area, an initiative supported by the Humber Bay Shoes Condo Association.

"The plan for this space has always been to have it manicured and maintained, however

due to budgetary restrictions, this has not been achieved," Grimes wrote, adding a lack of maintenance has left the site overgrown with invasive species.



SOME HUMBER BAY SHORES residents say they stand to lose 200 trees as part of a City pruning drive, near the butterfly garden (above) and amphitheatre areas. **Courtesy photos.**

He says City staff have identified about 113 trees which require pruning to elevate lower hanging limbs and clear the pathways.

"We are told by Forestry staff that any tree marked for removal is generally smaller invasive species, or trees that are no longer viable to be maintained," according to Grimes. The letter states "over 75% of the trees recommended for removal are under 5-cm in diameter, with the rest being under 10-cm and under 15-cm."

"The current condition of the site has led to the area being used for illegal activity as the coverage area in the area hides these activities from public view," he says.

Humber Bay Park East covers 19-hectares, or 47 acres, while Humber Bay Park West extends on 120 hectares, or about 300 acres. The park, which was opened in June 1984, has a 27% tree canopy growth.

Residents on social media say they haven't given up their fight to save the trees.

South Etobicoke has large population of seniors and we have to help them

South Etobicoke has probably the most seniors in the City of Toronto and officials say they require our help as we fend off COVID-19.

Residents are being asked to check up on their elderly neighbours and see if there is anything that they can do for them such as going to the grocery or drug stores.

Pharmacist Soroush Nejati, of Lakeside Pharmasave Pharmacy, says many residents are suffering from loneliness and are encouraged to check up on friends, family, and loved ones by phone or online.

Nejati says residents have to continue hand-wiping, cleaning surfaces, staying indoors and distancing themselves to avoid a spread of the virus. Some agencies like Storefront Humber pre-COVID offered support to seniors including Meals on Wheels, transportation to appointments, personal support, and adult day programs. Seniors and caregivers should check with the agencies to find out about service delivery.

Help is available at Toronto Seniors Helpline at 416-217-2077 or 1-877-621-2077 for support and referral to services. Or the Seniors Safety Line (Elder Abuse Ontario) is at 1-866-299-1011.



NEJATI



A NORTH MISSISSAUGA FACTORY is being investigated after about 400 litres of red ink was spilled into the Etobicoke Creek on March 25. This Toronto Police Service photo shows the ink in the creek at Marie Curtis Park, just before it enters Lake Ontario. The Ministry of Environment and Conservation and Parks and Forestry were called to help clean up the spill. Officials did not find any dead fish or harmed wildlife. No charges have been laid at this time.

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More great take-out spots in our community



Reviews by [Wayne Gibson](#)

Sushi 2 Go

892 The Queensway (and two other locations)
416-259-4246

This dine-in, full-service restaurant is now fully takeout as the name suggests. While fresh ingredients are always desirable, they are especially important in a sushi establishment, where raw fish is the speciality.

Despite Toronto's inland location, Sushi 2 Go does a great job at accessing the freshest ocean fish available, so both sushi--raw fish with rice-- and sashimi--raw fish by itself--, lovers will not be disappointed. Japanese cuisine extends much beyond just sushi however and there are many hot lunches and dinners also available: try a Bento Box that provides you with small amounts of a number of items such as Tempura or Teriyaki—chicken, beef, or shrimp--plus vegetables combined with a tasty salad and rice.

This restaurant is fully-licensed: my usual accompaniment is a hot sake—rice wine—served in a traditional flask and cup, both matching porcelain. Three Japanese beers are also available as are some wines, now for takeout.

At lunch, select from many offerings all reasonably priced: try the spicy bulgogi—shredded beef-- for a lively, filling treat.

Large platters of sushi and sashimi are ideal for sharing if you are in a small group; these are also perfect for home entertaining as appetizers and many of these do leave the restaurant '2-go'. So much of Japanese cuisine focuses on not just great tastes but also on presentation and Sushi 2 Go delivers on both. Highly recommended for a pleasant meal, lunch or dinner! Sushi 2 Go is open for delivery and take-out orders.



SUSHI 2 GO IS A MUST for lovers of fresh Japanese cuisine and some of the finest sushi in the city.



SOME OF THE FINE JAPANESE cuisine (above and bottom) made fresh at Sushi 2 Go.



Dino's Wood Burning Pizza

4923 Dundas St. W. (and two other locations)
647-348-6612



POPULAR PIZZA-MAKER DINO with a piping-hot beauty made at one of his three area locations. **Photos by Tom Godfrey.**

With a long history of being on The Queensway, Dino's has expanded to a couple of new locations, one on Dundas Street West, the other on Kipling Ave.

Dino is well known for both delivering great tasting pizza, done in a wood-burning oven—he was one of the first in Toronto—and his extensive charitable work on behalf of the homeless and others.

With his new location in a space formerly occupied by Via Napoli he is now able to deliver the same great 'wood-oven' pizza he's famous for, but with expanded 'gourmet' offerings and also full LLBO-service.

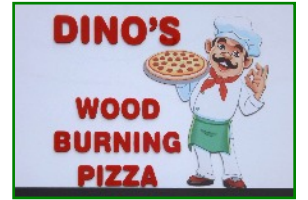
The new space offers an expanded dining experience that wasn't allowed for given his space limitations at the original Queensway location.

Ever the edgy marketer, Dino has even named a few pizzas after Toronto personalities: Amy Pataki, Gill Deacon, and famously, Mayor John Tory (which was also a great way to entice Mr. Tory to attend the opening of his new Kipling location last month!).

But Dino's is most about great tasting wood-oven pizza, along with an assortment of 'pide' offerings—'pide' being a pizza-like Turkish dish. Available for pasta lovers are a couple of penne offerings and a rigatoni; three traditional salads are also on the menu. Make it a full lunch or dinner dining experience at Dino's on Dundas: a choice of 31 different pizzas, or a pasta dish, along with wine or beer in a very pleasant dining room, which is now closed to takeout.

The pizza maker donates many pies to charities, including now free pizza to front-line emergency COVID-19 workers.

He plans to travel across Canada giving away pizza to celebrate the success of immigrants in this country.



SKILLED PIZZA MAKER Arsim Veseli pulls out a steaming pie for a customer.

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Health and Wellness

By ADRIANNE SZABO-PAYNE

It's no question that pretty much every single person in the world is feeling the effects of COVID-19.

Whether you're at home in self-isolation, or still required to go to work to provide essential products and services for the rest of us, we have to take this time to pay extra attention to our health.

So beyond washing your hands every five-minutes and wiping every surface you touch with a disinfectant, how can you keep your immune system strong?

Firstly, we have to look at our immune system from all sides; physical, mental and spiritual. When we look at ourselves as a whole, we'll have a much better chance at keeping ourselves healthy. Here's a holistic approach to helping boost your immune system as we navigate through these times.

Feed your physical body with good food and exercise. It is easy to give up on the healthy regime during times like this, but don't fall prey to apathy and fast food. Since getting to the grocery might not be as easy as you're used to, when do you go, make good choices by picking fresh leafy greens, colourful fruits and vegetables and lots of protein rich foods. If you're trying to eat less meat, remember to soak your beans and legumes and wash them through often to get rid of most of the lectins which can upset your digestive system.

Set an intention to exercise for at least 20-minutes daily. Go for a walk or bike ride through your neighbourhood. If walking or biking isn't your thing, the Internet is loaded with free exercise videos to choose from.

Try something new every week. It's good for the body and the brain. And don't forget to stretch! Supplementing can help those who need a little extra help. Probiotics, Vitamin C, D and good fats will help reduce inflammation and boost your immune system's ability to fight off viruses and bacteria. For your mental and spiritual health, set daily goals to keep you feeling productive. Include things like calling a friend who might live alone and talk about COVID-free news; learn a new skill, the Internet is a wealthy resource; take 5-10 minutes to laugh out loud daily, funny animal videos are great. These might be unsettling times, but the silver lining is that we are in control of how we react to it all. Be a champion of positive energy. We will get through this together.

Adrienne Szabo-Payne, is owner of Monkey Tree Fitness & Wellness, 800 Islington Ave., Suites 5-6, Phone 416-233-3400. Visit monkeytreewellness.com. Adrienne is a certified Holistic Nutrition 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

Consumers generally go about their day to day banking activities without giving much thought as to the amount of service fees and other charges are being incurred during each point of contact.

Service fees on these day-to-day banking activities include the monthly charge for chequing or savings accounts, bank statement charges, e-transfer charges, debit card/Interac use charges, ATM withdrawal charges, overdraft fees etc. Other charges you may incur are for money order or bank draft or wire transfer charges if you need to use these services.

Management fees are generally included if you purchase mutual fund product from your financial institution and last is the interest rate on your mortgage. Make a list of all of them and look for alternatives which can reduce your monthly expenses.

Many smaller financial institutions like credit unions and smaller or foreign banks will likely be able to offer similar services at lower costs. Your current financial institution will have other options available for you as well so speak to representatives and explore all your options.

On occasion financial institutions will extend promotional offers which can offer lots of savings or value to consumers, yet aren't taken advantage of nearly enough. Consumers drive from one store to another to take advantage of savings or promos from grocery or restaurants chains yet offers from financial institutions are largely ignored.

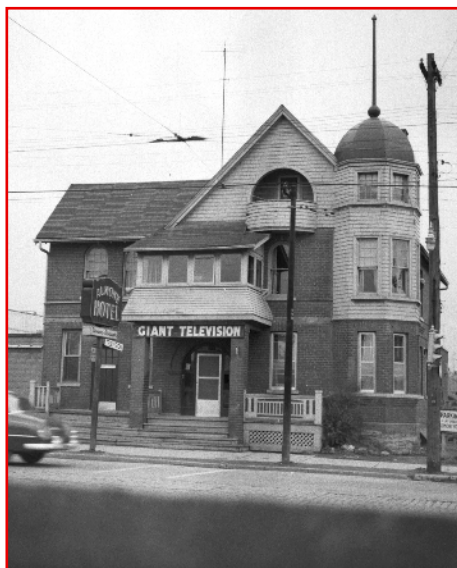
Even if it means changing your bank every few months it is likely worth it the effort required to do so. Banks also offer teaser rates on credit cards and consumers should use them as when they are available. Interest rates on credit cards are generally very high, read your statements closely and if you are not paying off balance every month you are paying a very heavy cost in after-tax dollars. Use the teaser rates or ask your representative if there is any low interest card available to take advantage of.

The onus is on you to ask and the question could as simple as "what other options do I have?" often you will find there is a lot to consider. Don't be shy to have these discussions with both your bank and others in the market to get the best out of your personal finances.

Rattan Gandhi is owner of Quick Refund Tax, 133 Sixth St. His opinions stem from 15-years of experience in the tax field. If you have any questions, he can be reached at 905-616-5253 or rattangandhi@gmail.com

Former horse & buggy Almont Hotel now part of Humber College celebrates 130-years at the same iconic location

By DAVE KOSONIC



THE ICONIC ALMONT HOTEL WAS built in 1890 when the horse and buggy was your ride. It has gone through a number of transformations (right) over the many years. **City of Toronto Archives.**

College and is used as a fashion design facility by students.

It is chronicled that the pub was built in 1890 by John Sheene, an Irishman, who always wanted to own a hotel in New Toronto.

"Being across the street from the asylum, young people were often sent invitations to dances held to give the patients a chance to socialize," according to records. Its location was halfway between Peel region and Toronto and farmers would often stop overnight for a toddy on their trips to the market.

There were many horse-drawn buggies in front of the hotel as travelers on their way to Toronto and beyond slept, ate and drank. As the years passed, the second level at the west-end of the hotel was removed after the horse-and-buggy days were overtaken by the motor car and drove off into history.

In 1924 when the Long Branch Race Track came into operation business at the Almont was booming and featured a shuttle service between the Horner Ave., racetrack and the hotel.

If the tavern in the Almont could talk it would have stories to tell, says resident John Surmachynski, who recalls going to the mens' beverage room during the

early 1960's after work to drink cold beer with his co-workers "Draught beer cost 10-cents a glass and you could only be served one glass at a time," he says, adding the beverage room could get rowdy at times if some of the guys had a bit too much to drink.

During the 1950's, a large sign above the front entrance advertised 'Giant Television' which was a luxury then. Apparently there was also a ladies and escorts section at the Almont and it is said that teachers-in-training from the nearby Lakeshore Teachers' College would drop by for a few pints now-and-then. It began life as the John Sheene Hotel and was later known as The New Toronto Hotel, The Almont Hotel, Chatter's and The Phantom Lounge.

Still this building and its distinctive spire constructed at the front corner 130-years-ago remains intact as a symbol of a historic and happy place.

Kosonic is a former journalist who is active in the community.



Looking after yourself and others in the community



SHOW YOUR CANADIAN FLAGS TO SUPPORT health, emergency personnel and other front-line workers fighting to save lives in the war against COVID-19. Area residents are

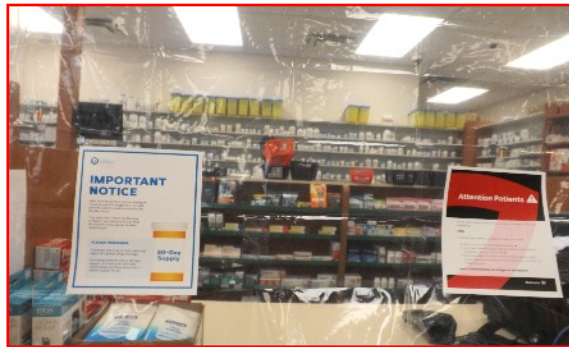
urged by some community leaders to adorn their windows or outside of their homes with our glorious flag. Kids at home from school can make their own Canadian flags rather than going outside to purchase one and risk exposure to the virus.

MOST ELDERLY PROGRAMS AT STOREFRONT HUMBER, 2445 Lake Shore Blvd. W., are cancelled with only essential services, like personal care, support, respite and maintenance coordination provided. All dining, foot clinic, adult day programs and elderly programs cancelled until April 20. For more info call 416-259-4207 or visit sfh@storefronthumber.ca
COVID-19 CHECK UP CENTRES get screened for COVID-19. An Assessment Centre is open at St. Joseph's Health Centre in the Sunnyside building, 1st floor (entrance available on Sunnyside Ave.) There is also a centre at the Mississauga Hospital 15 Bronte College Court. If you have a dry cough, a temperature, feeling sick, tired or out of breath call your doctor for instructions and do not show up at the emergency ward of your hospital.

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

APRIL 4 JAPANESE PAPER PLACE WORKSHOP: 3D Washi with **Cybele Young**. Come try something new in the community. Tickets required. Workshop takes place from 10 a.m. to 5 p.m. at 14 Sousa Mendes St. Contact 416-538-9669 or visit www.japanesepaperplace.com

APRIL 19 FOR 16th ANNUAL COLONEL SAM SMITH PARK CLEAN-UP from 9 a.m. to 3 p.m. and join Watershed Champion **Alan Roy**, for the annual litter cleanup to help get rid of plastic bags, bottles, cans and other



SIGN OF THE TIMES as a local pharmacy is sealed off with clear plastic wrap to prevent the spread of COVID-19 to workers. **South Etobicoke News photo.**

refuse along the trail. Event goes rain or shine and dress appropriately. Contact 416-661-6600 ext. 5575. *Subject to cancellation due to COVID-19.*

APRIL 26 SPRING LITTER CLEANUP AT MARIE CURTIS PARK for all ages takes place from 10 a.m. to 12 p.m. at Marie Curtis Park, 2 Forty Second Street. Join the Toronto Regional Conservation Authority and Friends of Marie Curtis Park for a nature hike and cleanup. Meet in the large parking lot near the lake on the west side of the creek. *Subject to cancellation due to COVID-19.*

MARCH 28 ONTARIO POPS ORCHESTRA CONCERT nixed and rest of season cancelled due to the COVID-19 situation. Programs will be incorporated in the upcoming season. Visit ontariopops.com for further information or queries.

APRIL 30 HISTORY WALKING TOUR OF COL. SAM SMITH PARK, at 29 Colonel Samuel Smith Park Drive, traces the history of the traditional lands of the **Ojibwe Anishinabe**, which was home of the Lakeshore Psychiatric Hospital before it became the Humber College Lakeshore Campus. Tour runs from 6 p.m. to 7 p.m. *Subject to cancellation due to COVID-19.*

MAY 5 LANDSCAPING FOR BIRDS FROM 6:30 p.m. to 8 p.m. at Small Arms Inspection Building, 1352

Lake Shore Rd. E., with expert **Melissa Creasey** to discover the most common and unique birds in your area. Learn how to attract them to your yard and how to keep them safe. For more information call 647-646-9695. *Subject to cancellation due to COVID-19.*

MAY 9 SPRING LITTER CLEANUP AT HUMBER BAY PARK from 10 a.m. to 1 p.m. at Humber Bay Park, 2225 Lake Shore Blvd. W., with Friends of Humber Bay Park and Toronto and Region Conservation Authority to clean up plastic bags, bottles and other items from the trail and shoreline. Goes rain or shine and dress appropriately. *Subject to cancellation due to COVID-19.*

MAY 23 SPRING BIRD FESTIVAL at Colonel Samuel Smith Park at Kipling Ave. and Lake Shore Blvd. W. Register to receive free trees to plant on private property. All is welcome to come out and enjoy the outdoors.

HAVEN ON THE QUEENSWAY HAS SHUT MOST of its programs and services due to COVID-19 but will continue to serve its food bank users by appointment and pick-up at their 1533 The Queensway office. Call 416-640-2005 to make arrangements to access the Haven food bank, First Care or other services still open.

LAMP COMMUNITY HEALTH CENTRE LAKESHORE SITE open for essential services from Monday to Friday from 8:30 a.m. to 5 p.m. Single point of entry, screening protocol in place, routine and non-essential services booked at least 14-days prior. Telephone support as needed such as prescription renewals. Take away meals provided Monday to Thursdays at 9:30 a.m., 11:30 a.m. and on Saturdays. Harm reduction supplies available. Tax clinic suspended. information, newcomer services by phone. For more info call 416-252-6471 ext. 280 or 281 or visit www.lampchc.org.

FRANKLIN HORNER COMMUNITY CENTRE is cancelled until further notice due to COVID-19. Will reassess, like many other City agencies in April.



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Chase aims to win in U.S. Organized amateur sports in our community at stand-still due to virus



By CRAIG CHRISTIE

Etobicoke native Raeven Chase is making a name for herself in Michigan. The numbers from Chase's freshman season playing volleyball at Eastern Michigan University (EMU) jump off the page: 147.5 points, 108 kills and 69 blocks. On top of that the graduate of Michael Power/St. Joseph High School was voted to the Mid-American Conference (MAC) All-Freshman team. But there is one award she is most proud of. "I made the Academic team and I'm on the Dean's List so that's exciting," Chase says. She arrived at EMU in 2018 but sat out the first year. It allowed her to prac-

tice and learn from her coaches and more experienced teammates. "I got into the recruiting process super late and didn't sign with EMU until late April (2018)," Chase says. At the time there was only one other school in the running for her talent but she attended a showcase tournament and received about 13 scholarship offers, primarily from Division 2 or 3 schools. EMU head volleyball coach Darcy Dorton first saw Chase on a YouTube video. "My first impression from the video was, 'Wow, this kid has some serious potential,'" Dorton recalls. "Raeven has a lot of physical strengths: she is very tall (6'3"), surprisingly quick ... light on her feet and has a very good vertical leap." "Off the court I feel I can be a better teammate by providing positive feedback and communicating with my teammates," she says. Dorton believes that having a young team will be an



ETOBICOKE STUDENT RAEVEN CHASE (above and left) is making all the right moves. Courtesy photos.

opportunity for Raeven since her teammates and the coaching staff will expect her to play a bigger role next year. Chase will be heading to Vancouver to attend the Canadian women's NextGen selection camp this summer. The tryout is for athletes who aspire to qualify for the 2024 Olympics. "Raeven is a promising young athlete who has the size to compete internationally," says Shannon Winzer, Head Coach, NextGen National Team. "We hope to evaluate her against the top talent from across the country."

By REJEAN CANTLON

As COVID-19 continue to spread, organized amateur sports in South Etobicoke have come to a stand-still. This includes the outright cancellation of practices, games, tournaments and other sporting events which sadly means the end of the remainder of the season for some. Here's a look at how the virus is affecting amateur sports in our area.



Baseball executives are monitoring Public Health and Baseball Ontario's websites. The outdoor season is scheduled to begin early May and that remains unchanged. Pre-season training and other team events are cancelled until April 5 when organizations will reassess the situation. All Etobicoke Basketball Association programming is cancelled or postponed until further notice. The Toronto and Peel CPA (Canadian Poolplayers Association) has postponed league play and cancelled tournaments.

Cricket Canada has suspended all practices and events until further notice. And, Etobicoke Gymnastics Club has delayed their Spring session to April 5. All Hockey Canada sanctioned activities including games, practices, playoffs, try-outs for next season, camps and team activities (includes team parties and banquets) are cancelled. The Ford Performance Centre is closed until

April 6. Mimico Lacrosse Club has paused until April 5 all sanctioned in-person lacrosse activities, including try-outs, training sessions, scrimmages, practices and games. Martial arts clubs are closed until April 5. Toronto Nomads Rugby has suspended all activities until April 10. The Ontario Soccer Association has cancelled all activities until further notice. The Lakeshore Swim Club has cancelled all competitive program swim practices and dry-land practices until April 5 and no swim meets will be held before April 20, including the Marilyn Bell Swim Classic that was to take place at the Etobicoke Olympian.

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- Jane Barber
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