

# The South Etobicoke News

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Buy local. Live local.

## More hospital beds coming to community

By TOM GODFREY

More badly-needed hospital beds may soon be coming to our community.

A proposal by Trillium Health Partners to build a major redevelopment and expansion of the Queensway Health Centre has been given the green light by Etobicoke York Community Council.

Community Council members on June 17 approved the plan for a nine-storey inpatient hospital wing at 150 Sherway Dr., which will contain 416 beds to the north of the existing hospital. There will also be a new eight-storey parking structure with 910 parking spots.

Councillor Stephen Holyday says the added beds will improve the lives of residents in the area.

“It is very good for the community,” he says. “We have to take advantage of an opportunity like this.”

Trillium’s Senior Communications Advisor Lyndsay Carter says the Queensway redevelopment will include the creation of a centre for rehabilitation and complex continuing care. This new wing would be connected by



**PUBLIC CONSULTATIONS ARE TO BEGIN SOON** for a proposal by Queensway Health Centre to add a nine-storey inpatient hospital wing with 416 beds to its 150 Sherway Dr. Trillium Health Partners property. **Courtesy photos.**

a covered walkway to the existing hospital building and pedestrian entrances would be from The West Mall side.

In addition to the 910 new spots, some 527 existing surface parking would remain bringing the total number of parking spaces to 1,437 for the entire site, which will include 124 bicycle parking spaces.

Lakeshore residents helping others in need

“The project aims to increase the capacity of health care services for the community,” Queensway Health Centre materials say. Organizers have raised \$38.8 million for the extension, which will be located at the southwest corner of The Queensway and The West Mall, where some small hospital buildings stand. The hospital is gearing up for the next 20-years and to meet its demand, officials are also planning major expansion projects at the Mississauga Hospital.

Trillium Health Partners is one of the largest community-based hospital systems in Canada, which includes the Credit Valley Hospital, the Mississauga Hospital and the Queensway Health Centre.

The hospital last year received over 1.7 million patient visits and 276,003 visits to the hospital’s Emergency Departments and Urgent Care Centre.



## Funds from Lakeshore charity helps poor Filipinos

Free money from a Lakeshore charity is being given to some of the poorest families in the Philippines.

The free funds would make Long Branch accountant, the late Phillip Barker, a happy man.

Barker, who passed away in May, was founder of the Lakeshore Charitable Foundation (LCF) and four-decade owner of Lakeshore

Accounting. He was also a long-time Treasurer, of the Long Branch BIA.

The foundation, which sponsored the Bay Bay Central School in the Philippines, has over the years sent hundreds of text books, schools supplies, laptop computers, printers and other supplies to help the poor students. They also repaired the school buildings and added a new roof, shade protection and sent



**THE LATE PHILLIP BARKER (left) FOUNDED THE LAKESHORE CHARITABLE FOUNDATION (LCF),** with the help of volunteers in the Philippines, are handing out cash money to help poor Filipinos whose families attend a school sponsored by the charity. **LCF photos.**

desks from Canada. In addition, they established a breakfast club feeding hundreds of pupils daily.

“A lot has changed in the world since the passing of the President of the Foundation,” says LCF director Rosemary Smart. With the invaluable help from rural community leaders in that country,

the group was able to identify some of the poorest families with kids attending the LCF-sponsored school, and distributed cash pesos to dozens of needy families.

“The LCF gave the sum of 2,000 Philippine peso (or about \$50 Cdn) to each recipient’s family who were suffering

without jobs or government support,” she says in an email, adding they assisted 40 families with cash to purchase food and other supplies.

She says a list of needy families was provided to the foundation and it used advocates in the Philippines who travelled to remote areas to locate the recipients and hand over the money.

“They went to the remote places where the poorest of the poor families lived,” Smart says of the search party. “One by one they searched for their homes.”

It took the search team four hours to find the recipients.

“We cried watching these poorest of the poor families suffer with no food,” she recalls. “Some of them lived in a space smaller than a pig’s house.”

Donations for the charity are still needed.

# Patio

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**BRUNCH LUNCH DINNER DRINKS**



Quarantine Puppy scam .. Page 2



Traffic cameras in our community .. Page 3



### Seniors warned about Quarantine Puppy online scam as people search for pets



BEWARE IF YOU ARE buying pups online.

Area residents are being warned of the 'Quarantine Puppy' scam in which families affected by COVID-19 are ripped off while trying to purchase non-existent pets on the Internet. The Better Business Bureau (BBB) says the puppy scam has led to many pet-owners losing huge amounts of money as they try to purchase pets to help them cope with quarantine or self-isolation.

Families obeying stay-at-home orders have taken to the Web to look for a pet. Many have come across scammers who advertise on websites for animals that don't exist and

are never shipped. The BBB is warning that the coronavirus has led to scammers asking for money up front, or to make virus-related excuses as to why buyers can't see the pet in person. The perspective pet purchasers are left devastated and heartbroken when they find out that they have been conned. "Scammers frequently take advantage of the news to find new avenues for targeting victims," BBB officials say. "The uncertainty surrounding the pandemic, along with some quarantined families' decision to adopt a pet sight unseen, has created fertile ground for fraudsters." Victims tell the BBB they wanted a puppy to help them cope with isolation and brighten their lives during the pandemic. The victims were often told that they have to send money for climate-controlled crates, insurance and a (non-existent) COVID-19 vaccine. Police are also warning of fraudsters who may claim to be police and contact you by phone or email warning that you have been exposed to the virus and must take precautions or send money for tests or medications.

### Local officer charged in radio theft

An 11-year Toronto Police officer based at 22 Division is facing charges after an encrypted radio was allegedly stolen from the service.

Toronto Police say the radio was taken from the Bloor St. W. Division between Sept. 12 and Oct. 7, 2019.

It was recovered by police in May 2020.

The circumstances surrounding the theft, use and recovery of the radio had not been disclosed due to an ongoing investigation. Police allege the suspect received kick-

backs from a network of tow truck drivers for the provision of stolen police radios, and got referrals to his car rental agency from people involved in collisions. Police said the officer charged owned a car rental agency and two tow trucks. They allege the radios were cloned and calls from them were sold on the Internet to competing drivers. Const. Ronald Joseph was arrested on June 15 and charged with breach of trust and theft over \$5,000.

### Our Armed Forces soldiers thanked for helping seniors



**POLICE AND EMERGENCY PERSONNEL HELD A GRATITUDE PARADE** In support of the Canadian Armed Forces (CAF) and frontline healthcare workers at Eatonville Care Centre. Members of the Canadian Armed Forces have returned to their bases after being deployed at several long-term care centers in Ontario including Eatonville, at 420 The East Mall in Etobicoke, since April 27. A number of seniors passed away from the virus at the centre. Taking part were officers from 22 Division: Toronto Fire Service, Toronto Paramedic Service, Peel Regional Police Services, Canadian Border Services Agency, Toronto Transit Commission Special Constables and TTC Queensway Division, Toronto Community Housing Authority, Toronto Municipal Licensing Standard and Blue Knights. **Courtesy photo**

### Probe into racist flyers and posters



Residents are breathing a sigh of relief after some racist posters and stickers,

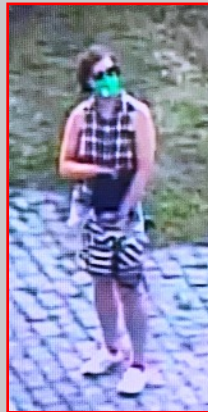
which appear to be promoting white supremacy, were quickly removed by concerned citizens. Police are investigating a number of posters and stickers promoting white nationalism which were found in the Dundas St. W. and Royal York Rd. area on June 20.

The posters, which angered many, was aimed at white people, and contained messages such as: "Never apologise for being white," and "There is a war on whites" and "It's okay to be white."

The stickers said: "Think Green Buy Local," and included a website address for a Canadian white nationalist movement.

Councillor Mark Grimes said his office reported the posters and stickers to city staff for removal as soon as possible. Anyone with information can call police at 416-808-1100 or CrimeStoppers..

### Police need your help



**POLICE ARE SEEKING THE PUBLIC'S HELP IN LOCATING** A person of interest who they believe is responsible for vandalizing the Ontario Police Memorial. Police believe the attack to the memorial, located near Queen's Park, occurred on June 20 around 7:42 p.m. The memorial was created to honour Ontario police officers who have died in the line of duty. The OPP have released an image of a person of interest. Anyone with information is urged to call investigators at 1-888-310-1122.

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Ozzie Waffle served as Reeve of Etobicoke from 1957 to 1962

# Former Reeve Ozzie Waffle was Etobicoke's top salesman

By TOM GODFREY



REEVE OZZIE Waffle

Former Etobicoke Reeve H. O. (Ozzie) Waffle was a Royal Canadian Air Force veteran, car salesman

and top booster of our community in a time of expansion. Waffle, the owner of Islington Ford dealership at Dundas St. W. and Islington Ave. for more than 40-years, was a Reeve for the township of Etobicoke from 1957 to 1962, when things were booming. He is timely today since during his two terms, Etobicoke was busy catering to a post-war population explosion that led to the township offices being moved to a new civic centre at 399 The West Mall,



QUEEN ELIZABETH visits Etobicoke

which served us well for more than 50-years. The Etobicoke centre is being moved again to the former Westwood Theatre site at Six Points. The new location will be closer to transit and is slated to include a recreation centre, library, child care centre, public square and improved office space. Waffle loved flight and served as chair of the Metro Civil Defence Organization and Queensway Hospital. It was under his tenure in 1958 that a young Queen Eliza-

beth visited Etobicoke to be met by thousands of her adoring subjects. He is described 'as a self-appointed leader of his community,' for helping others during Hurricane Hazel in October 1954, when he organized a shortwave radio communications centre during the flooding to help others obtain clothing, food supplies and fuel. "He helped to provide emergency heating for the children's hospital and as one of Etobicoke's leading auto dealers, got a truck convoy system working," according to news at the time. Waffle made a name for himself in 1958 by voting for a monorail system, rather than a subway, which was approved by Metro Council. Then Toronto Mayor Nathan Phillips was pushing for a subway which council approved 16 to 8. Waffle, and partner, George Ledingham, started Islington Ford in 1946 after returning from military service in WWII. The dealership was merged with others in

1985 to create Thorncrest Sherway Inc. He passed away in March 1980 and a tribute was paid to him in the Ontario Legislature for his love for Etobicoke. "He was a great salesman for Etobicoke," MPP John Palmer MacBeth said in the House. "He put Etobicoke on the map in the days of its expansion." MacBeth said: "I guess there wasn't a conference around Canada he didn't attend and make well known where he was from. He was a builder in Etobicoke, a man of optimism." He said Waffle suffered from a debilitating disease that kept him handicapped for the last 10 years of his life, and yet continued to contribute to the community.



WAFFLE AT aircraft plant

## Locations for traffic cams in the area



MAYOR Tory

Be wary of your driving fellow South Etobicoke motorists. Starting July 6 the City of Toronto will begin issuing speeding tickets using Automated Speed

issuing tickets to lead-footed drivers who speed. "If you ignore the clearly posted warning signs [and] speed limits, you will get a ticket for speeding in these zones," Tory warned. The program was halted due to the COVID-19 pandemic which began in mid-March. However, over the last few months although car traffic has decreased, there has been a spike in speeding and stunt driving. He said between March 23 and April 27, the Toronto police saw a 600 per cent

increase in stunt driving. Ironically one of the worst strips in our area for racing is Horner Ave., near Sir Adam Beck Jr. School, where there has been more than 6,000 incidents, according to police statistics. The new ASE systems were installed in community safety zones or near school zones. There are about 16 or more traffic cams in our community. Their locations include:

- Bloor St. W. and The East Mall
- Bloor St. W. and The West Mall
- Burmanthorpe Rd. and The East Mall
- Bloor St.W. and Islington Ave.
- Islington Ave. and Evans Ave.
- Kipling Ave. and Horner Ave.
- Horner Ave. east of Foch Ave
- The Queensway and Royal York Rd.
- The Queensway and The West Mall
- The Queensway and The East Mall
- The Queensway and North Queen St.
- The Queensway and Kipling Ave.
- The Queensway and Islington Ave.
- Lake Shore Blvd. W. & Thirty Seventh St.
- Lake Shore Blvd W and Park Lawn Rd.
- Lake Shore Blvd W and Windermere Ave.



**HAPPY 153rd BIRTHDAY CANADA.** On July 1, 1867 Canada became a new federation with its own Constitution. We now have a population of 37.5 million people, who speak more than 120 languages and who came here from about 140 countries. Many residents want Canada Flag Day on Feb. 15 declared a public holiday to show love of family and country.

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Lidia (right) with son, Giovanni, and Jane.

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# Finding love on the dance floor of Palais Royale

By DAVE KOSONIC



EDWARD & WINNIFRED

As recalled by loving son Dave Kosonic. My parents Edward and Winnifred were among the

countless military romances which blossomed at the legendary Palais Royale ballroom during WWII.

My father met my mom at the iconic live music club in 1944

while he was on leave as a crew member on the Royal Canadian Navy warship *HMCS Buckingham* that operated out of Halifax.

The Palais Royale featured famous entertainers from the Big Band era including Duke Ellington, Count Basie and the Dorsey Brothers. Even Canada's King of Swing, Bert Niosi graced the stage.

My mom Winnifred McConkey was born in 1922 in the small town of Priceville, just west of Flesherton. After completing high school she moved to Toronto and worked as a mail sorter for Canada Post. My father Edward was born in 1924 in La

Vallee, in western Ontario near the Manitoba border. Dad joined the Royal Canadian Navy in 1942. He underwent intensive training in New Brunswick where he became an expert on the use of a new anti-German submarine locating radar called Asdic. He was the radar supervisor on his ship and was on call 24 hours in the event his ship or others in his convoy detected German U-boats. He used the Asdic radar to pinpoint the location and depth of enemy U-boats.

The convoy of Navy warships that included the Buckingham attacked many German submarines and was credited for the



DUKE ELLINGTON and his band

destruction of a number of deadly U-boats.

While on R&R my dad came to Toronto and decided to check out the Palais Royale. Dad looked dapper in his official off-duty Navy uniform. A short time later, he spotted a pretty young girl, Winnifred, at a table with some friends. Dad got his nerve

up to ask her for a dance. She accepted and they danced the evening away. You can say the rest is history.

Mom left her job at Canada Post and accompanied dad to Halifax, where she waited for him to return from the war in 1945. The young couple moved to Toronto, got

married and established a successful electronics business in the Six Points area.

They both lived long lives with my mom passing away in 2006 at 84, and dad in 2011 at 85.

To this day, whenever I drive by the Palais Royale, I think about my mom and dad and say: "That is where it all began."

## More cannabis retail stores to open in the community

At least six cannabis retail stores have applied to set up shop in south Etobicoke if all goes well with City Hall. The applications are under public notice and some of the proposals are listed on an Alcohol and Gaming Commission of Ontario (AGCO) site. There is an application to open a store at 4 Mimico Ave., called Lakeview Cannabis, which is being reviewed by the AGCO. Another is slated to go at 5160 Dundas St. W., near Kipling Ave., and is undergoing the scrutiny process as well.

The deadline for both stores was June 30 for the public to object or lodge complaints. There are also proposals to open three other cannabis stores in Ward 2 that was adopted with amendments on June 17 by Etobicoke York Community Council. The motion by Councillor Stephen Holyday calls for retail pot stores at 418 The Westway, near Martingrove Rd.,



MORE CANNABIS stores to open

at 1735 Kipling Ave., near Dixon Rd., and 3112A Bloor St. W., near Brentwood Rd. "There are new cannabis retail locations proposed in every ward of the district," the motion states. Holyday says he has been contacted by numerous residents who have raised concerns. Concerns "about the poor suitability of the locations, and the increased risk of access to cannabis

by minors," he notes. "Some locations are very close to more than one school, and they are located at or near strip plazas and parks which are frequented by youth."

The provincial regulations require "a separation distance of 150 metres between the retailer and a school."

Meanwhile, another pot accessory store, Aim High Cda., has opened at 2781 Lake Shore Blvd. W., near Second Street.

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

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

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

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# Legion masks saving lives



SOME VETERANS OF THE ROYAL CANADIAN LEGION BRANCH 101 are making much-needed masks for sale so the Branch can help raise funds. **Photos by Tom Godfrey**

Volunteers of the cash-strapped Royal Canadian Legion Branch 101 are busy these days making face masks to help save lives and raise funds for their programs. Branch 101, at 3850 Lake Shore Blvd. W., near Brown's Line, has released a great selection of styles and colours of cotton masks which are for sale on their website. The masks cost \$10 each and

can be delivered to your door. Local president Jeff Ankenmann says 101, like most Branches, have lost all their revenue this year from hall rentals and events which were cancelled due to the COVID-19.

Most of the Legion branches are shut and programs cancelled.

"We had to do something to raise funds and get back on our feet," Ankenmann says. "Now we have about six volunteers sewing from their homes to make all the masks." He says the masks will be available on what would normally be their biggest day for generating funds, which is Canada Day on July 1. This year though all programming for Canada Day is cancelled or scaled back due to the pandemic.

Ankenmann says a large selection of pre-packaged masks were available for sale in a "drive-through" service in the parking lot of the Legion on July 1. "There were tables set up with the well-made, safe cotton masks," he says.



BEAUTIFUL LEGION MADE MASKS on sale.

"They are available in various colours and sizes that are made to order."

The Branch hopes to raise about \$5,000 from the sale of the masks to continue with some of their much-needed programs.

The Legion has sold more than 100 of the facial coverings and are producing hundreds more for sale on Canada Day.

You can also order your mask by visiting their website at [www.legion101.com](http://www.legion101.com) or by email at [legion101@rogers.com](mailto:legion101@rogers.com) or call Jeff at 647-523-8555.

# This lucky turtle is rarin' to swim again after hit by car

Born free to swim again! This female snapping turtle that was hit by a car and admitted to the Ontario Turtle Conservation Centre for treatment and is now healthy and has been released into friendly surroundings. The turtle was admitted to the Centre one year ago due to injuries sustained



MYRTLE THE TURTLE back in freedom. **Photo by OTCC.**

while trying to cross a busy road, according to officials of the Ontario Turtle Conservation Centre (OTCC). "She was still gravid with eggs," the OTCC says in a post on Facebook. "Here she is being released back to her habitat!" Centre workers say

11 eggs that the turtle was carrying were successfully hatched and the hatchlings were released in the area with 'a coverage of aquatic vegetation that will provide safety from predators.' The release of the turtle, which was shared by Friends of Sam Smith Park, had many area residents cheering for the animal as she settled in her new surroundings. "That's so great," wrote

Elizabeth Jones. "Thanks to all involved. This beauty was bathing at my dock yesterday." "Yeah! Happy dance for this awesome turtle,"

says an excited Liz Burroughs. "Thank you for all you do each and every one of you."

"That is a good ending story," says Gary Hrystak.

"Thank you Drew for making this photo and outcome possible."

If you have an injured turtle please call the OTCC at 705-741-5000. If you are inquiring about eggs, nest protectors, or anything else please email them at [info@ontarioturtle.ca](mailto:info@ontarioturtle.ca) or [volunteer@ontarioturtle.ca](mailto:volunteer@ontarioturtle.ca). The hospital is open 8 a.m. to 8 p.m. seven days a week. It is open during the COVID-19 pandemic and will admit injured turtles and have procedures to ensure no human to human contact. OTCC is the only wildlife rehabilitation centre dedicated to providing medical and rehabilitative care to Ontario turtles. Once healed these turtles are released back into their natural habitat to continue to reproduce for many decades. In 2017 the hospital admitted 920 turtles.

## POP UP SALE

Help support your local legion through COVID-19.

Masks of various colours, designs, and sizes on sale for \$10 each

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**AT THE LEGION 101 PARKING LOT**  
**BETWEEN 12PM - 4PM**

3850 Lake Shore Blvd W, Etobicoke

MAY THIS BE A DAY OF UNITY AND NATIONAL PRIDE FOR US ALL.

# Lakeshore Village BIA



**HAPPY 153rd BIRTHDAY CANADA!**  
Kids 'lets get creative' and **WIN** in an amazing **BIA** poster contest. See Page 9.

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, wear a mask where necessary, wash their hands, keep their distance as we enter Stage 2 of re-opening in the fight against COVID-19.



**SHOP LOCAL BUY CANADIAN**

When you buy local products, you support the local economy, including farmers and other producers.



**WE SUPPORT OUR FRONTLINE HEROES**

Put up a Canadian flag or a drawing of our flag in your window in support of our frontline workers fighting COVID-19.



**COVID-19 contacts:**

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**E-mail: [publichealth@toronto.ca](mailto:publichealth@toronto.ca)**

**Telehealth Ontario**

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**Visit: [Ontario.ca](http://Ontario.ca)**

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# The progressive Pompeys and Great Lakes raising funds for much-needed gear for frontline workers

The Pompeys' are raising funds for protective gear for frontline workers. Well-known Toronto 'Dancing Cowboy' Ken Pompey and his famous baseball player son, Dalton, are on a mission to help frontline workers obtain much-needed personal protective equipment. The elder Pompey is Co-founder and Managing Director of No Wait Walk-in, an online gateway to total health care under one integrated network. He is well known as the 'Dancing Cowboy,' some 30-years ago when he was a top dancer on the Electric Circus TV show that ran on MuchMusic



**KEN POMPEY** and as Dancing Cowboy

and Citytv from 1988 to 2003 and was filmed at the station's Queen St. W. studios. Dalton, who was born in Mississauga, is no slouch either and played major league baseball as a centre fielder for the Toronto Blue Jays from 2014 to 2016.



**SON DALTON POMPEY**

Today Ken and Dalton have teamed up to get hospitals, and other healthcare workers, protective equipment through their No Wait Medical Foundation. They are taking part in a campaign with Great Lakes Brewery to raise funds to purchase hospital grade masks, gloves, gowns and goggles for

Mississauga's Credit Valley Hospital to protect their medical professionals. For every can of Electric Circus Tropical Pale Ale sold, Great Lakes will donate 75-cents to Ken and Dalton to help them obtain the much-needed gear.



"Our brewery is extremely grateful to all the hardworking women and men in our terrific healthcare system who continue to help battle COVID-19 day in and day out," GLB officials say. You can help them reach their goal by purchasing cans or cases of Electric Circus from [info@greatlakesbeer.com](mailto:info@greatlakesbeer.com) or by visiting [nowaitwalkin.com](http://nowaitwalkin.com) to make a donation.

# Young girls have to focus during these trying times

It is a stressful time for young girls having to watch racial equality and police brutality protests on TV every day. "Many parents have been confronted with troublesome questions from their children based on what they have seen or heard from a variety of sources," say officials of The Jean Augustine Centre for Young Women's Empowerment, who are reminding young girls that they have rights, skill and can think critically. "Many parents have a hard time explaining to their kids that a Black man was killed by a white police officer," they explained. "How to explain that this was not unusual, but rather the last straw that propelled first the city where it happened, then many cities in the U.S."



**AUGUSTINE**

How does a parent explain to a child who asks about the violence occurring at these peaceful demonstrations, the statement asks. The Centre, which has programs online and has launched a Go Fund Me page after losing a sponsor, says young girls are having a tough time due to the COVID-19 and a lack of school, sports, cultural activities or maybe parents having lost jobs.

Systemic racism, they say, can only be overcome with knowledge of history, understanding of social dynamics, respect and empathy for others. "This is a time for us to have the uncomfortable conversations with our friends, neighbours and colleagues," they told the young women. "We commit to the ongoing work this requires because Black Lives Matter."

The Centre offers a variety of free after-school programs for girls ages 7-17 living in South Etobicoke. Programs run between September to June. They can be reached at [jeanagustinecentre.ca](http://jeanagustinecentre.ca)

# Nagy to retire from Lakeshore Arts



**SUSAN NAGY**

A search is underway to find a new executive director of Lakeshore Arts after long-time member Susan Nagy

announced her retirement. Lakeshore Arts officials say applications are being reviewed and interviews were to take place last month to find a successor. Nagy, who has

served Lakeshore Arts and the community for the past 20-years, says she is stepping down on July 31.

"I have been so fortunate to work in the neighbourhood where I live and contribute to its vibrancy and the arts community at large," she says. "I will miss everyone very much, but I am ready and excited to start the next phase of my life."

"Leaving is very bittersweet but Lakeshore Arts has a talented and committed team of staff members and active Board and I leave in confidence."

She thanked the many volunteers who have helped and supported the program over the years. Under Susan's leadership, Lakeshore Arts has grown in size and strength; from a small grassroots organization to a Local Arts Service Organization that is known as a key player in the community arts sector in the City of Toronto," according to their website.

Lakeshore Arts' budget in two decades jumped from \$27,000 to more than \$500,000 annually.



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# Grieving for Air India victims



**WOMAN WITH CHILD GRIEVING** At name of her loved ones at the Air India Flight 182 Memorial cenotaph (bottom) Courtesy photos.

Canadian flags were flown at half-staff near an Air India Flight 182 memorial cenotaph at Humber Bay Park East and elsewhere as families mourned the 35<sup>th</sup> anniversary loss of their loved ones on the ill-fated flight that was destroyed in mid-air.

Many family members returned to place rocks on the spot on the Air India memorial to mark the names of their loved ones who died when a bomb exploded on Flight 182, off the coast of Ireland, on June 23, 1985.

Among the 329 victims were 280 Canadians and 86 children.

This year due to COVID-19, victims mourned in small, private gatherings and online condolences as they remembered the worst mass murder in Canadian history.

Physical distancing rules and restrictions on gatherings of more than 50 people have resulted in a shift from the in-person memorial services that are attended by hundreds of families yearly in Toronto, Ottawa, Montreal and Vancouver.

Only one man, Inderjit Singh Reyat, has been convicted in relation to the bombing and is now free, having served 30 years for lying at trial and for his role in the crime.

Crown lawyers alleged the bombing was a terrorist attack against state-owned Air India, an act of revenge by B.C.-based Sikh extremists against the Indian government for ordering the army to raid Sikhism's holiest shrine, the Golden Temple in Amritsar, in June 1984.

Reyat, a mechanic, pleaded guilty to reduced charges of helping to make the bombs at his home in Duncan, B.C. He was also convicted of committing perjury at the trials of two other B.C. men, Ajaib Singh Bagri and Ripudaman Singh Malik, who were acquitted of murder and conspiracy charges in the two bombings. The man who Canadian authorities suspected of being the mastermind of the bomb plot, Talwinder Singh Parmar, was killed in India by police. In 2005, the federal government proclaimed June 23 National Day of Remembrance for Victims of Terrorism.

“The attack was an act of unspeakable malice and remains the deadliest terrorist attack in Canadian history,” Prime Minister Justin Trudeau said in a statement. “It was a shock to our country, and a threat to our collective sense of security.”



# Groups working hard to clean up litter in our parks and community

It is warm weather time which means more litter to clean up in our community.

Teams of residents have been working hard to do their part in cleaning up cigarette butts, pieces of plastic, including tons of coffee cups and other litter which is an eyesore for many.

Long-time New Toronto realtor Trish Buchanan and neighbour Carol Cormier are finishing a 30-day litter clean up challenge targeting lakefront parks and green spaces. They regularly take plastic bags and would spend up to two hours several times weekly picking up litter at Col. Samuel Smith Park, Cliff Lumsdon Park, Prince of Wales Park and sometimes Marie Curtis Park.

“We have spent weeks working on Sam Smith Park because it is the largest,” says Buchanan. “Prince of Wales on Second Street is the worst because it is constant due to the parking lot.” She says they also pick up bags of litter from other areas, which are usually cleaned by the City but that service has been reduced due to COVID-19.



**TRISH BUCHANAN (right) WITH** neighbour Carol Cormier cleaning up our parks.

# New and fun Etobicoke-Opoly board game is fun and getting good reviews



## Etobicoke-Opoly game

Community residents and so-

cial media are buzzing over our new board game.

Yes, we have our own board game called Etobicoke-Opoly, which allows players to buy famous landmarks across our beautiful community. “If you love Etobicoke, you’ll love this game,” the makers say. Help spread the word about everything great that is Etobicoke.

For those who have dreamed about buying The Kingsway, The Old Mill, or another Etobicoke landmark, now you can own and have fun with Etobicoke-Opoly!

The game was created by Outset Media Corp., of Brampton, which says it plays much like the traditional board game. You can trade iconic Etobicoke landmarks and attractions as Sherway Gardens, Woodbine Racetrack, Etobicoke School of the Arts and more.

It is available at Walmart at Sherway Mall and cost about \$30.

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# Top tasty Black-owned take-outs in the area



Members of the community have been asking for some Black-owned restaurants in our area that they can support in these challenging times.

South Etobicoke is rich with dozens of African, West Indian, Hakka, Indian curries, Spanish and other restaurants whose chefs take pride in their food,

skills and facilities. Here are a few Black-owned eateries that are tried, tested and good:

## MANGOES RESTAURANT, 2491 Lake Shore Blvd. W., 416-253-1920

Co-owner Shoan Baker's passion for cooking led to her starting Mangoes in Mimico four-years ago.

"It took some time but we are getting the support of the community and they love our food," Baker says of her daily hot meals of curry goat, stew and jerk chicken and oxtail with recipes from her native Jamaica.

I like the stew chicken, but all the food is fresh, tasty and steaming hot. Lunch is about \$7 and up.



Owner Eva has been making and selling her delicious Trinidad-style rotis for almost 20-years at the same location. She too has many regular customers who love her well-cooked and fresh doubles or rotis filled with curry goat, stew chicken or tasty beef. Add a little pepper, with a soft or alcoholic drink as the venue is licensed. The rotis are great and cost about \$10. Like most, it is still take-out service at this time.

## MICHAEL'S WEST INDIAN FLAVOUR, 3067 Lake Shore Blvd. W., 647-343-3611.

Yes, there is a Michael and his flavourful jerk chicken seems to be a favourite at this small take-out restaurant. You can expect to find a lineup here at lunchtime as area workers, in buses, trucks or taxis pull in for some of his delicious takeout.

"People know that they are getting good, honest, home-made food here," Michael boasts. "We take pride in all the food we cook."

The Lake Shore Blvd., and Eleventh Street eatery carries nice-tasting jerk chicken, curry goat, curry or stew chicken and tasty oxtail. It is worth checking out if the line-up is not too long. Lunch will cost you about \$7 and up.



## GOLDEN COOK CARIBBEAN RESTAURANT, 2955 Lake Shore Blvd. W., 416-259-3003.

Owner Garnell knows all her loyal customers since she has been at the same corner for two decades and was one of the first Caribbean style restaurants in the area. "People keep coming back for our good food," she says. "We use fresh products to make our food."

The restaurant carries 'real Jamaican' ackee and saltfish, curry goat, stew, jerk and curry chicken, oxtail and other dishes. The curry goat is a fave here since you can taste the assortment of flavours and spices. Lunch is about \$10.

## CARIBBEAN QUEEN ROTI HUT, 2957 Lake Shore Blvd. W., 416-503-3419

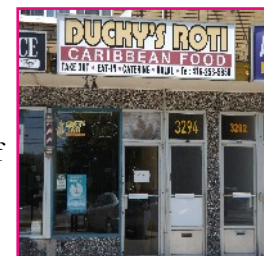


## TRINI GARDENS RESTAURANT, 3266 Lake Shore Blvd. W., 416-252-0794

Hard-working owner Elsie takes pride in her restaurant and her customers, many who have been returning for 20-plus years. The licensed establishment is known for its good food, whether it may be the standard fare of curry goat, stew, jerk or pepper chicken. It also carries some great soups and chow mein. Trini Gardens has many fine reviews and people dub it a "little gem in the west end," with many returning customers. Takeout lunch about \$11.

## DUCKY'S ROTI, 3296 Lake Shore Blvd. W., 416-252-5858

This iconic roti shop has been around for quite a while and is known for its consistent, top-quality food. Ducky and his staff work hard to make fresh roti that can be filled with curry goat, shrimp, stew or jerk chicken, fish or beef. Also home-made currants roll. The shop is closed for COVID-19 and is worth a try when it reopens..



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## Health and Wellness

By ADRIANNE SZABO-PAYNE

What is it about Spring or Fall cleaning that gets you excited? Do you feel uplifted, lighter, freer?

Now consider how cleansing your body periodically would make you feel. I'm not talking about the obvious showering, brushing your teeth, etc. I'm talking about a nutritional cleanse to help move out toxins and provide the body with a good reset. Unless you engage in daily self-care and eat a super clean diet, overtime your body will retaliate and show signs of early aging, chronic illness, or disease.

The environmental, physical and psychological stress and toxins that we are exposed to on a daily basis take a toll on our organs and systems. Periodic cleansing can lead to clearer thinking, elimination of allergies, better energy levels and sleep quality, and releases stubborn fat.

You can start with the basics – removal of processed foods, refined sugars, artificial foods, caffeine, etc. Anything that is deprived of nutrients should be eliminated. From there you can take a number of different paths. There are kits you can pick up at your local health food store that can support your major organs through the cleanse, but these aren't specifically necessary. Most cleanses incorporate an element of fasting and tend to be comprised of juiced fruits, vegetables, roots and herbs, so they are nutrient dense and loaded with vitamins and minerals. Depending on the cleanse you select, be mindful of the number of calories you are taking in. Most

cleanses can be low in protein and fat, leaving you feeling hungry, craving sweets, and low on energy.

You may also experience headaches and spontaneous 24-hour colds if your body is detoxing too quickly.

Therefore, it is important to drink lots of cleansing fluids like water, lemon juice, and herbal teas. You can also consider adding a spoonful of chia to your cleanse drink to help boost fibre for better elimination, and provide protein and fat for energy.

Whichever path you choose, make sure to consult your family physician or a nutritionist if you are already living with compromised health.

Completing a cleanse 1-2 times a year is a good idea. Cleansing and supporting your organs and systems makes it easier to fight infection, handle stress, and can help prevent more serious issues down the road. If you would like more information on nutritional cleanse programs, or would like to join our cleansing community, feel free to drop us an email at [info@monkeytreewellness.com](mailto:info@monkeytreewellness.com).

**Adrienne Szabo-Payne can be found at Monkey Tree Fitness & Wellness at 800 Islington Ave. As a certified holistic nutrition and wellness practitioner, her passion for helping others find their path to wellness drives her to bring unique tools and methods for healing. Reach her @monkeytreefitness on Facebook or #monkeytreefitnesswellness on Instagram or [www.monkeytreewellness.com](http://www.monkeytreewellness.com)**



## Money Matters

By RATTAN GANDHI

This pandemic has presented an opportunity for income generating households to increase savings if they are being diligent in budgeting and reviewing spending patterns.

Changes in usual personal expenditures; whether it is child care, personal grooming, entertainment, car related expenses – gasoline and insurance, vacations and to certain extent reduced business attire.

The question will be, what to do with this additional cash? To conserve, invest or debt reduction are all viable options.

Reduction or paying down debt should take precedence over other options, assuming that one has access to some sort of emergency fund. Credit card debt should be addressed primarily followed by car loans, PLCs, and lastly HELOCs and prepayments on mortgage balance (if possible).

Investing is another option which will have various instruments available to you. GICs (negligible interest rates), stocks and bonds (if one has the risk tolerance to take the ups and downs like we are currently witnessing), gold and precious metals (no yields or dividends but has its benefits, good investment for small amount of portfolio).

These investments can be made through direct holding, ETFs and mutual funds. Evaluate all the op-

tions, know the fees and associated with each, and ask your financial advisor to see which is the right option for you.

Conserving cash is important as well, it can be kept as part of an emergency fund or it can be kept on hand for future investment opportunities.

Each person's unique situation will help dictate what is the best financial plan for themselves.

I strongly advise against spending hard earned cash on superfluous items. An example of this could be trading your car for a newer or better one, especially if your current car is in working order.

These are trying times as the economy is going to go through significant changes. More people working from homes, less large gatherings, less need for office space, cruises and travel business will be reduced etc. Almost all industries will be affected by these changes so we need to recognize and adapt our lifestyles to these continuing changes.

**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. If you have questions, he can be reached at 905-616-5253 or [rattangandhi@gmail.com](mailto:rattangandhi@gmail.com).**



**A PLAQUE CELEBRATING LONG BRANCH AS A POPULAR SUMMER resort has been placed at Lake Shore Blvd. W. and Thirty-First Street to help mark our history.** "These days people head north to what is now cottage country, but in the late 1800's Long Branch was the choice summer destination for many." The plaque commemorates how the 'Long Branch Summer Resort' became the Village of Long Branch. Many Toronto residents were attracted to the resort, which was 45 minutes by steamship from Yonge St., and featured a fountain, hotel, carousel, games, picnic grounds and dance pavilion. The plaque was made by the City of Toronto, the Long Branch BIA, Long Branch Neighbourhood Association and local historian Ray Cole.

## Let's Get Creative! Kids Poster Contest



The Lakeshore Village BIA would like to invite our neighborhood kids to help us celebrate the

strength and resilience of the South Etobicoke community.

We are looking for ways you had to 'get creative' in the time of COVID-19. Did you and your family find fun new activities or return to old ones you had forgotten about? Did you learn a new skill or gain new expertise at a favourite hobby?

Maybe science class was in the backyard instead of the lab. From July 1 to July 31 we will be accepting entries into our "Let's GET CREATIVE" poster contest. Winners will have a chance to win prizes from their favourite spot in the area, and have their artwork printed on posters to be displayed around town.

Show us how you've been spending your time during the pandemic or a special message for our frontline workers.

How our South Etobicoke community has come together during this difficult time has been especially admirable. Families helping one another all while trying to keep physically distanced. Kids relying on video chats to see friends and family members. Volunteers helping

restaurants keep going, business owners adapting to moving online. Supportive community members promoting businesses they love and want to see survive through social media, and business directories. We have all had to find ways to adapt and change.

Our medical community on the front lines, continues showing up day after day despite the personal risk, many sacrificing time with their own families to keep us safe. Grocery store and pharmacy workers continue showing up day after day despite the risks and we now recognize that they are essential workers.

As of this writing we continue to live under stage 2 of reopening. Let's support one another and keep this community strong.

Draw us a picture of your favourite activity or a special message for those on the front lines and drop it off at the mail slot at:

**Quick Refund Tax**  
ATTN: Poster Contest Entry,  
133 Sixth St, Etobicoke, ON M8V 1J2  
Email us at [lakeshorebia@gmail.com](mailto:lakeshorebia@gmail.com)

-Entries accepted from July 1 to July 31  
-Open to ages 12 and under  
-1st, 2nd, and 3rd prizes will be awarded as \$100, \$50, \$25 gift cards to businesses of winner's choice in the Lakeshore Village BIA (First to Twelfth Sts.)  
-Hard copies should be 8.5"x11"  
-Please include your name, age, phone number and an email address. Open to South Etobicoke residents only.

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47 Densley Ave., Toronto, ONT. M6M 3A1.

You can also email [Ahagiyusuf@cupw-sttp.ca](mailto:Ahagiyusuf@cupw-sttp.ca)



# Looking after yourself and others in the community

**JEAN AUGUSTINE CENTRE FOR YOUNG WOMEN EMPOWERMENT** is operating virtual programs. ALSO, Program Assistant wanted to work from July to next February. Call 416-253-9797 or send resume to info@jeanaugustinecentre.ca

**LAMP COMMUNITY HEALTH CENTRE** launching their Awards of Merit nominations in July and the deadline for nominations will be in August 21.

LAMP is open and scaling up in-person essential health and clinical services but all group programs are still cancelled. Many appointments are by phone or virtual but some face to face screened appointments are continuing. All clients must be screened and must wear a face covering or mask when entering any LAMP building and when receiving services onsite. Operating hours in July will include evening hours on Monday, Tuesday and Wednesday: 8:30 a.m. to 8 p.m. and Thursday and Friday hours will remain 830 a.m. to 5 p.m. at the Lakeshore site. Monday through Saturday where people can pick up a free takeaway meal at

the Birmingham entrance. To register email jasmind@lampchc.org or call 416-252-6471 ext. 308.

**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, **MOST PROGRAMS AT STOREFRONT HUMBER**, at 2445 Lake Shore Blvd. W., are cancelled with only essential services, like personal care, support or respite provided. For more call 416-257-4207 or visit sfh@storefronthumber.ca

**JOIN THE TD SUMMER READING CLUB** for kids of all ages to engage in the joy of reading, while championing Canadian writers and illustrators. Kids can register online at tdsummerreadingclub.ca to access free e-books, comics, jokes and silly stories and works from children nationwide. Kids can also vote for their favourite summer read as part of a Battle of the Books feature.

**FOOD FOR FARAWAY FRIENDS PROGRAM** underway by Franklin Horner Community Centre for food delivery and curbside meal program for older adults. Their Big Top Cafe for daily coffee, cookies, sandwiches and muffins opens on July 2. The Centre is located at 432 Horner Ave., and can be reached at 416-252-6822.

**NEW BIKE SHARE STANDS** open 24/7 with access to 6,850 bikes and 625 stations across 200 square miles of the city. **NEW locations:**  
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 -Lake Shore Blvd. W. @ Kipling Ave.,  
 -Royal York Rd. @ Mimico Ave.,  
 -Amos Waites Park  
 -Windsor St. @ Newcastle St.,  
 -Lake Shore Blvd. W. @ Louisa St.  
 -Humber Bay Shores Park West,  
 -Humber Bay Shores Park @ Marine Parade Dr.  
 -The Queensway @ High St. - Berry Rd. @ Dell Manor Rd. - Humber Bay Shores Park East  
 - Lake Shore Blvd. @ Windermere Ave.

**STARTING JULY 13 SUMMER CAMPS BY THE City's CampTO** begins. The camp will offer more than 32,000 registered spaces for children between the ages of 6 and 12, over eight weeks of camps at some 150 locations. To provide traditional day camp experiences, dance, drama and more. Register online at efun.toronto.ca or phone 416-396-7378.

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# Peterson loves New TO

By TOM GODFREY

We love Oscar Peterson in New Toronto but his hometown of Montreal is calling.

Peterson lived in the community in the 1960s and 70s' and his portrait is among six Lakeshore Legends heroes whose mural grace a wall at Sixth Street. Peterson, who was born in 1925 and composed more than 400 pieces, lived at one time at Amadeo Garden Court Complex in two apartments overlooking Lake Ontario, according to local historians and residents.

Now, his hometown of Montreal wants to name a subway station after him. An online petition is circulating to change the name of the Lionel-Groulx Metro Station to the Oscar Peterson station, to honor that city's celebrated jazz legend.

More than 17,500 signatures have been obtained in a petition to try and place the musician's name on the Little Burgundy station.

"I believe our city should honour his incredible accomplishments by renaming Lionel Groulx Metro Station as Oscar Peterson Metro Station," the petition states. "He is considered one of the greatest jazz pianists of our time with a ca-



OSCAR PETERSON

reer that lasted more than 60-years."

Peterson was an eight-time Grammy Award winner who was a virtuoso in the international jazz community. He was born and raised in the City of Montréal, where he grew up and learned his craft. Peterson died in December 2007 as an international star and one of the great jazz pianists and composers of the genre.

Lionel Groulx died in 1967 and was a Catholic priest, historian and Quebec nationalist.

The word-renowned pianist 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.

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 a 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: NHL star Dave Bolland, marathoner Jerome Drayton, skater Petra Burka, swimmer Lou Gamble and others who contributed to the rich fabric of our community. The petition is at [change.org](http://change.org)

# A sports questions for the ages as the careers for some top athletes to finish

By REJEAN CANTLON



LACROSSE players. Photo by John Lang.

Some South Etobicoke's top summer sport athletes playing careers have come, sadly, to an end at the pinnacle of their amateur sports lives because of the coronavirus outbreak. For these players, it's been a bitter pill to swallow. Sean O'Callaghan, President Mimico Junior A Lacrosse, has taken up the cause and is going to bat for his senior players. "I'm in favour of 5th year players being afforded the opportunity to finish their lacrosse careers on the floor in 2021, rather than the sidelines this year," O'Callaghan said. He plans to work with other clubs to lobby the CLA (Canadian Lacrosse Association) membership to make this adjustment a reality." He said "the OLA (Ontario Lacrosse Association) should follow what the CLA has already voted on by adding an additional year to the Midget age group, to be known as 17U. Mimico is in favour of allowing all Junior age players another year of eligibility. Bottom line, we need to put our players first and do the right thing."

There is a concern that allowing an extra year for fifth year players would have a negative "trickle-down effect" on future players for years to come and could dilute the talent pool. Some feel that blocking younger, deserving players in their quest to join the ranks of Junior A in 2021 to benefit the older 22 year-old age group to stay on is just not the right answer despite the empathy felt for the graduating players. They also conceded that there are many factors in play and they could not see any long or short term benefits where the club might benefit.

Other summer outdoor sports (box lacrosse is a summer sport played indoors in an arena) such as soccer and baseball are also looking at options for their senior players. Looking beyond this summer, Ontario Baseball Association's Director of Operations, Mary-Ann Smith explained that, "our Rep Council will need to decide if they will make any adjustments for 2021 and the Commissioner, Justin Snively, has indicated he will be looking at the various options closer to the fall." John Mисley, Ontario Soccer Cheer Executive Officer added, "as we navigate through these uncertain times, our organization is reviewing the competitive structure for 2020 and beyond." Putting our young athletes first is certainly a question for the ages for all amateur sports. Let's hope the answer makes everyone happy.

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# SENIORS! CALL 1-833-410-HELP

Who else needs support around the home & yard this spring and summer?



*Yard Cleanups & Lawn Maintenance*

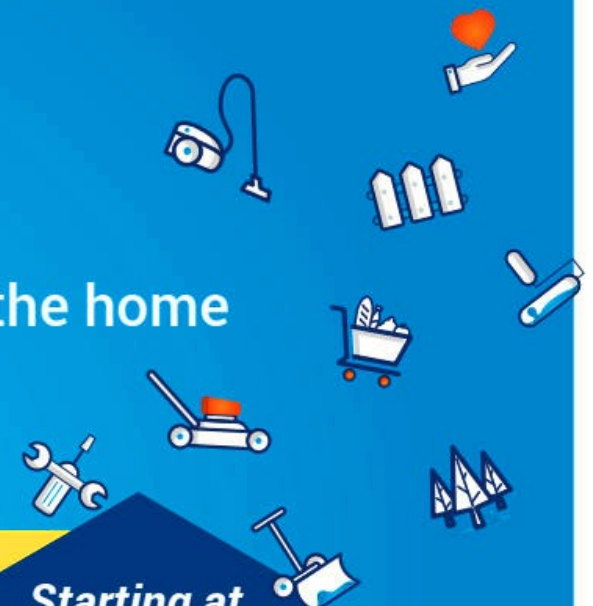
*No Contract - No Obligation*

*Trained, Insured & Reliable*

*Friendly & Affordable*

Starting at **\$19** a week.

Seniors get a low-cost, reliable helper and a plan to manage their home over the long term.



**GET \$50** off your annual home management plan

**JAN** Snow & Safety Check

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

• House Plant Appreciation Day

**FEB** Snow, Ice & Safety Check

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

• Groundhog Day

**MAR** Clean Gutters & Windows

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

• International Women's Day

**APR** Spring Yard Cleanup

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

• April Fools Day

**MAY** Lawn & Power Wash House

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

• Mother's Day

**JUN** Lawn & Home Maintenance

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

• Father's Day

**JUL** Lawn, Weeds & Hedge

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

• Canada Day

**AUG** Lawn, Weeds & Hedge

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

• Left Handers Day

**SEP** Lawn & Home Maintenance

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

• Grandparent's Day

**OCT** Fall & Winter Prep

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

• International Day for the Elderly

**NOV** Yard Cleanup & Gutters

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

• Caregiver Appreciation Day

**DEC** Snow & Winter Maintenance

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

• National Fruitcake Day



Free lightbulbs & batteries with all seasonal plans.\*

\*1. You must be 60 yrs or older 2. \$19 a week plans include bi-weekly lawn maintenance for under 2,000 sq/ft lawn and unlimited snow removal for 2-car driveway. 3. 4-LED Bulbs and 4-AA Batteries are supplied as needed through the season.

We are serving hundreds of seniors in your area, call us today or visit us online.

**1-833-410-HELP www.custodia.com**