

The South Etobicoke News

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Buy local. Live local.

City Council to vote on shelter next month

By TOM GODFREY

Members of the Lakeshore Village BIA, residents and some groups will face City Council next month to fight a homeless shelter from being opened in a prime area of New Toronto.

Some 26 Councillors have voted in favour of the Lakeshore Blvd. W., and Eighth St. proposal that was delayed in a July 28 meeting so public consultations can be held with the community.

Council agreed with a BIA motion that there has to be consultations with local groups, agencies, residential and other bodies before the matter returns for a vote on September 30.

Councillor Mark Grimes is hoping the site, that is now a vacant office building and BiWay store, can be used as a womens' centre since there are similar groups in the area like the Jean Augustine Centre for Young-



MEMBERS OF THE LAKESHORE VILLAGE BIA (right) and other groups will appear before City Council on Sept. 30 after community consultations for a vote on if a controversial shelter (top left) will be opened in New Toronto. South Etobicoke News photos.

Women's Empowerment, Women's Habitat, LAMP and Jane Tweed Centre for Women and Their Families. Grimes told Council he's received dozens of emails and hundreds of phone calls from concerned residents who want to know what is going on at the site. The acquisition of the properties has been underway since last November, but was only discovered by the BIA in late July. "There is a lot of concern in the community and

we are cautiously optimistic," says Chris Korwin Kuczynski, Chair of the Board of the BIA. "Many people have made investments to their residences or businesses and want public hearings."

Many local businesspeople are against the shelter, claiming it does not bring in revenue or encourage spending to help local stores or attract others, which have been struggling due to COVID-19.

Still, many others welcome the site with more than 600 residents taking part in an online discussion.

The shelter will be equipped for now with about 100 beds, including some that will be specially outfitted to treat those suspected of having the virus.

If approved, work will begin in the next few months, with funds already set aside, to convert the buildings and bring them up to standards. The site will open for patients in 2022. It allows flexibility for use as a shelter that can be used to treat the pandemic.

Pubes and restaurants love Stage 3 business

Businesses bouncing back as we hit Stage 3

The owners of South Etobicoke bars and restaurants are breathing a sigh of relief that Stage 3 of Ontario's recovery plan is underway so they can begin inside dining again.

Toronto was last month given the Stage 3 green light by the Ministry of Health, which reported the fewest number of new COVID-19 cases since last March, when many bars were forced to reduce hours and offer take-out dining.

Stage 3 allows for activities such as indoor dining in restaurants, live performing arts shows and the re-opening of movie theatres, playgrounds and gyms. Restaurants can offer dine-in service, provided that all patrons are seated when eating or drinking and that tables are separated by at least two metres or have plexiglass or other barriers separating



RESTAURANT AND PUB OWNERS AS Darlene Simpson, of Dakota Sports Bar & Grill, and Adrian Stolaj, of Adriano's Pizza; Sloppy Joe's Bar & Grill patio and such others are starting to earn a living with Stage 3 dining-in or out. South Etobicoke News photos.

them. "We have made tremendous progress that allows us to return to something a little closer to our normal lives this summer, but we are not out of the woods yet," Premier Doug Ford said in a statement. Residents can participate in expanded social gatherings and organized public events, in which gatherings of up to 50 people and outdoor gatherings of up

to 100 people are permitted. These gatherings remain subject to compliance with provincial physical distancing requirements of mask-wearing and two-metre distance from anyone outside your household or 10-person social circle. Museums, zoos, arcades, bowling alleys and pool halls are now back in business with tours and guide service.

Members of the Lakeshore Village BIA say their stores, bars and restaurants have been hurting due to the pandemic.

"The opening to Stage 3 is great news for some area businesses," says Chris Korwin Kuczynski, Chair of the Lakeshore Village BIA. "This is great news for our bars, restaurants and other businesses."

The City's bylaws on physical distancing in City parks and squares remains in effect, as does the mandatory mask or face covering bylaw for indoor public spaces. More than 800 City playgrounds and play structures, community and recreation centres, and libraries will also be open for on-site services.

Many bars will have to gather contact information for patrons in the event of contact tracing. Staff must maintain sanitary conditions for patrons.

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Police target park rowdies .. Page 2



Historic cannon at Marie Curtis Park .. Page 3

Police cracking down on partiers and the raging bonfires at our lakefront parks



OFFICER ON ATV in search of park rowdies and fire-setters. Courtesy photo.

Toronto Police officers have been out in force to upkeep bylaws that ban partying and bonfires being lit on our lakefront parks by unruly visitors.

Police say dozens of residents, many who are drinking alcohol, are lighting illegal fires or setting off fireworks along our lake-side parks, which stretches from Humber Bay Park to Prince of Wales Park, Colonel Samuel Smith and Marie Cutis Park. Officers say most of the partiers do not wear masks and there's a threat of spreading COVID-19.

Insp. Timothy Crone and his officers on July 6 were able to visit some of the hotspots where they say "fires and disorder-

ly behaviors are being displayed by unruly visitors."

"Residents may not see our officers at their front window," police say. "We are out there every day including weekends, patrolling on bike, car and on foot."

Police are working with officials of Municipal Licensing Standards, Parking Enforcement and others to educate and ticket visitors while putting out simmering fires with their water bottles.

They want the City to change its entry policy requiring visitors to pay the vehicle parking fee at the main gate, and prevent entry once the allotted parking spaces are full. They have also been closing the parking lots earlier and issuing more tickets. Officers will continue to enforce no alcohol, open fire, non-permitted tents and other violations. Residents have taken to social media to complain about bonfires, fireworks and unruly behaviour. Officers say many people do not know the rules and that they can receive a \$300 fine for setting a fire in the park.

Chief Saunders retires after 38-years of policing this city



THANK YOU FOR THE 38-YEARS OF SERVICE FOR RETIRED CHIEF MARK SAUNDERS who was the head of the force's Homicide Squad for many years before being selected to head Canada's largest municipal police force, with a budget of more than \$1 billion and in charge of more than 5,500 officers, 2,200 civilians and almost 2,000 police cars. He is the first Black person to lead the force in its 184-year history and by most accounts he did an outstanding job and was well-liked by rank-and-file members. Also retiring is Mike McCormack, head of the Toronto Police Association, with more than 30-years of service, with many spent at 51 Division where he helped to start a youth basketball teams. Courtesy photo.

Police warn of a Service Ontario scam

Police are warning the public of an ongoing fraud in which a person claiming to be from Service Ontario may get in touch by phone or email. The caller claims the person's Social Insurance Number has been compromised and "used in fraudulent criminal activity."

The caller asks the victim for the local police number. In a short time a person claiming to be from police calls back continuing the story of the fraudulent activity and advises the victim to deposit money to a specific Bitcoin ATM.

Police say the scammers are able to spoof the police phone number on the victim's caller ID telephone.

"Toronto Police Service is reminding the public to be vigilant, especially in these times of uncertainty," detectives said. "Government agencies will not ask the public to deposit money using Bitcoin machines."

Anyone with information is asked to call police at 416-808-5500 or Crime Stoppers anonymously at 416-222-TIPS (8477).

Supt. Corrigan retires after 33-years with TPS



A popular Superintendent. Neil Corrigan was led out of his 22 Division for the last time by a marching band after 33-years. "It has been a wonderful experience to serve this city. Thank you. Please support the officers who continue to work to keep our community safe and protect your families. They are great people," he said. Corrigan was also Commander of Professional Standards Unit, 14 Division, 33 Division, Professional Standards Investigative Unit and 54 Division among others.



TPS HOMICIDE SQUAD INSP. HANK IDSINGA (in white) was among other cops cycling with Matthew Cuesta for #46forGeorge, who rode 46-km daily for 46 days to raise awareness for George Floyd, 46, a Black man who was killed by Minneapolis police. The cycle was the start of an uncomfortable conversation of racism in Canada and in policing. Courtesy photo.

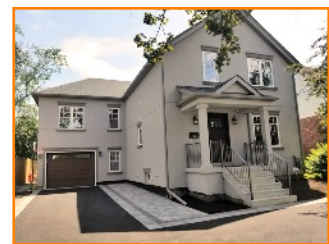
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Former Reeve John P. MacBeth served as MPP from 1971 to 1981

MacBeth was an eccentric and beloved Etobicoke politician

By TOM GODFREY

An energetic John P. MacBeth was the last Reeve of the Township of Etobicoke and only Canadian politician we know of to have set foot in all 50 U.S. states. MacBeth passed away in 1991 at the age of 69 while in Tulsa, Oklahoma, as part of his cross-U.S. Tour. The Etobicoke-born lawyer graduated from Osgoode Hall Law School and joined his father's law firm.



MPP JOHN MacBETH (above) took great pride in visiting all 50 U.S. States. **File photos.**

He served in the Royal Canadian Navy during the Second World War from 1943 to 1945 on the corvette 'Orangeville' and reached the rank of Petty Officer. On returning home, he became a member of the Etobicoke Board of Education from 1952 to 1958 and served as Chairman in 1955. He entered local politics and was elected the last Reeve of the Township of Etobicoke from 1963 to 1966 when we became part of Metro and then the City of Toronto. MacBeth loved politics and was elected MPP to represent York West and Humber from 1971 to 1981. He served as Minister of Labour and as Solicitor General from 1975 to 1978 in the government of Bill Davis. He served briefly as the Minister of Correctional Services in 1977. One of MacBeth's greatest accomplishments as MPP was the introduction of mandatory store closings on Sundays,

which he piloted through the Legislature during 1976 and 1977. "I still get letters from people who are thankful that they do not have to work on those days," he said back then. "The legislation proved to be unwieldy and was eventually repealed in 1992." He retired from politics in 1981 to spend more time with wife, Ruth, and their three children. Friends say he enjoyed clothes and cheap cigars. In retirement, MacBeth served as Vice-Chairman of the Ontario Police Commission from 1981 to 1987. Under his guidance, the commission recommended tougher controls of police chases in 1985. The eccentric politician was fascinated by the movie 'Mutiny on the Bounty,' which starred Marlon Brando, and led him to visit Pitcairn Islands later in life, where some of the mutineers settled. He even wore the kilt of his ancestors for family gatherings every Christmas, ac-

ording to records. MacBeth was very active locally and belonged to the Etobicoke Red Cross, the Kiwanis Club, and served on the Boards of the Etobicoke General Hospital, the Canadian National Exhibition, the Empire Club, Masons Lodge 655 and was president of the Ontario Cancer Society.



MacBETH WAS ONE OF THE FIRST to fight and briefly obtain Sunday store closings.

Marie Curtis cannon older than C'da

It's older than Canada eh!. A 32-pound cannon overseeing the beach of Marie Curtis Park was built in Scotland more than 200-years ago and is 47-years older than this country. The heavy guns manufactured by the Carron Company, of Falkirk, Scotland, saw years of action in the battlefields before being retired due to use and installed in parks and museums as a reminder of the past and for decorative purposes. The Marie Curtis cannon was one of five retired and sent to Riverdale Park after a Toronto alderman in 1881 requested some cannons to beautify the expansive park. Soon after A.P. Carron, Scotland's Minister of Militia and Defense, visited Toronto with five cannons on carriages which ar-

rived from Quebec City at the Yonge St. wharf, where they were hauled to Riverdale. Some have since been moved to other parks. The gun at Marie Curtis was placed at the mouth of the Etobicoke Creek right at the point where Hurricane Hazel swept a cottage community out into Lake Ontario in 1954. It has over the years brought joy and memories for many people. The Carron Company was well managed and survived in the weapons trade for almost 200 years. The company thrived making large cooking ranges for ship's galleys and kitchens and even made iron tiles for the British Houses of Parliament and castings for the Admiralty and Volvo cars.



HISTORIC CANNON AT Marie Curtis Park is 200-years old.

During both world wars the company produced munitions while meeting the demands of peacetime reconstruction in the building industry, supplying a large range of domestic products including fire grates, gas and electric cook-

ers and baths. Carron at one time was involved in the production of stainless steel and plastic goods, had its own coal mines, a fleet of ships carrying goods and passengers, agencies worldwide, showrooms in major cities and its own railway. The firm went into receivership in 1982.



MEMBERS OF THE LAKESHORE VILLAGE BIA POST SIGNS and banners on July 25 to welcome the NHL Eastern Conference players to Toronto at the Maple Leaf House Grill & Lounge, at First St. The BIA welcomed back our beloved Toronto Maple Leafs in what will be a short and exciting seasons. Teams will be 'in a bubble' to prevent the spread of COVID-19. Some players will train at the Ford Centre for Excellence on Kipling Ave.

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

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800 condo units for Kipling & Queensway area

A major condo development that will provide more than 800 residential units and dozens of stores is coming to the Kipling and Queensway Aves. area.

A proposal was considered on July 14 at Etobicoke York Community Council and needed to get a green light.

Council will have to vote if a parcel of land at 1306 to 1310 The Queensway should be deemed residential for the construction of the development to begin.

Architect Giannone Petridcone Associates says the 1306 The Queensway Condos "will be un-

like anything we have ever seen."

"The development will be built in all white materials," the architects say on their website. "The first six floors will have dark brown panels and tinted visors on the sixth floor to protect residents from the sun."

The complex will feature two high-rises connected by shared podiums reaching 31 and 24-storeys.

A total of 845 residential units are proposed, comprised of: 95 studio units; 491 one-bedroom units; 167 two-bedroom units; and 92 three-bedroom units. A mid-rise building would contain



ARTIST RENDITIONS OF MAJOR condo complex being proposed for the Kipling and Queensway Aves. area, **Handout.**

241 residential units and the towers and base building would contain 604 residential units.

Tower A will be 31-storeys high and face The Queensway and Tower B will be 24-storeys and overlook Kipling Ave., according to the plan.

The developer, KingSett Capital, is known for creating residential suites that offer space and the most modern features and finishes, which give residents the chance to enjoy a high-end living experience.

The application also proposes a public park at the southeast corner of the site, a stratified park and landscaped courtyard. The site consists of two lots that are each occupied by a 1-storey commercial building used for an automobile dealership.

A total of 835 parking spaces would be located, of which 709 are proposed for resident



use and 126 for commercial and visitor parking. A total of 636 bicycle parking spaces are proposed.

The plan will have to undergo input from the community in public meetings.

New plan for Campbell's Soup as hub for small firms

Campbell's Soup has been in our community for almost 90-years and plans are being made to reconvert the old soup plant



SAME CAMPBELL'S PLANT but with different businesses.

to last another century. Officials of QuadReal Property Group, of Vancouver, B.C., on July 4

filed a Site Plan Approval Application to Community Planning Section of the Etobicoke York Community Council for the redevelopment of the former Campbell Soup site at 60 Birmingham Ave.

The plant was a major soup producer that employed hundreds of area residents when constructed in 1931. It was purchased by QuadReal in 2018.

The 18.8 acre property is designated Core Employment Area, which permits a range

of manufacturing, warehousing and other office type uses.

QuadReal plans to install three large warehouses that will provide manufacturing and office space, which can be rented out to entrepreneurs or small companies who want to be close to Toronto.

The company says a "rapid densification of Toronto has put stress on supply chains seeking to meet increasing urban demand from traditional suburban and rural distribution hubs." It said evolving consumer expectations in terms of "just-

in-time" delivery and e-commerce has fueled tenant requirements to locate closer to their urban consumer bases, reducing total transportation costs and minimizing variability of delivery times.

The plan is calling for three massive single storey warehouse buildings, two of which will be connected by 36,954-square-metres of floor area along with the retention of portions of the existing 1931 and 1944 building facades along Birmingham St. The plan has to be approved by City Council.

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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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Long Branch pizza maker with a heart of dough aids charities and kids with slices Traffic camera on Renforth Rd. spits out the most tickets



PIZZA MAKER ADRIAN is well-respected by kids and adults in the Long Branch area. **South Etobicoke News photos.**

A Long Branch pizza maker is receiving high praise on social media for his treatment of local school kids with little or no money to their names. Adrian Stolaj, of Adriano's Pizza, at 3329 Lake Shore Blvd. W., is known to hand out bottles of cold water, or maybe a few slices or other goodies to area kids as they walk by. "It's all about the little things we do in life," Adrian says. "You treat the kids good now and you will have a friend for life." He regularly donates his tasty pies to a range of charities, which has been slow lately due to COVID-19. Adrian has presented at-risk children with expensive running

shoes or items of clothing given to him by others. "One time I saw one kid and his shoes had holes and his feet was wet," he recalls. "I had a nice shoe here at the store and I gave it to him. He still comes back." Area resident Jenn Samson says a "gaggle of teens were walking by" when they were called into Adrian's shop and left a few minutes later with candies in their hands and giggles on their faces. "That man is the best guy ever!" one kid said, with the other agreeing. "Teens aren't always the most top-paying customers," Samson says in an online post. "A lot of restaurants accept the business, but find teens loud and annoying." She recalls a Mimico restaurant where kids were treated fondly in the 1980s and they still talk about the place lovingly to this day. "It makes a huge impact on them in a world that rolls their eyes on this stage of life," she says.

It's nostalgic to see a business owner not only take pride in their business, but looking out for our kids and being there for them to even just put a smile on their faces, she wrote. "Bunch of teens laughing and chatting and eating lollipops," Samson notes. "It was a sight to see." "Absolutely best pizza and reasonably price," Helena Walker-Macinnis wrote about Adriano's



Pizza on social media. "This lakeshore pizza is delicious." The social media posting obtained more than 100 comments from area residents who have declared their love for Adriano's Pizza. Adrian gets a 'like' for sharing his care and respect with our younger citizens in these trying times. The pizza itself is quite good and tasty: each cooked until ready.



A TRAFFIC CAMERA LIKE THIS has ticketed almost 1,000 motorists on a prime stretch of Renforth Rd. **Courtesy photo.**

A new radar camera installed on Renforth Rd. is spitting out money. The South Etobicoke Automated Speed Enforcement (ASE) camera has proven to be the most productive in issuing tickets of 50 installed in hotspots across the city. A total of 7,645 tickets were issued by the Toronto radar cameras from July 6 to 20, according to a news release from the City. City officials say the highest speed detected was 89 km/h on Renforth Dr., near Lafferty St., which is in Ward 2 - Etobicoke Centre, where the posted speed limit is 40 km/h. That same camera on Renforth Dr. issued the highest fine at \$718 and the most tickets of all the cameras, which represents

12 per cent, or more than 900, of all tickets issued. A nearby camera caught the most amounts of repeat offenders with a total of eight tickets for speeding at Trehorne Dr., near Duffield Rd. The number of repeat offenders during the first two weeks following the start of issuing tick-

ets was 591. There were about 299 erroneous tickets issued by the City during the time period which have been withdrawn. And the penalties are expensive if caught. A driver caught speeding between 1 and 19 km/h over the posted speed limit will receive a set fine of \$5 per kilometre. If travelling between 20 and 29 km/h over the posted speed limit, the set fine will be \$7.50 per kilometre. For anything between 30 and 49 km/h over the limit, the set fine will be \$12 per kilometre. If a vehicle is detected speeding 49 km/h over the posted speed limit, the total payable fine amount would be \$718. This includes a set fine of \$588, a victim surcharge of \$125 and \$5 inapplicable court costs.

Lakeshore Village BIA



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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 3 of re-opening in the fight against COVID-19.

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Residents sign online petition to help save the Van Dusen pedestrian bridge which has been closed

Residents have banded together online to save the Van Dusen bridge. A petition with more than 600 names is being circulated by some residents to Save the Van Dusen Pedestrian Bridge.

Irate residents of the Norseman Heights, Sunnylea, Kingsway and Thompson Orchard areas say they regularly use the popular pedestrian bridge that crosses Mimico Creek at Van Dusen, which has been closed indefinitely.

“This bridge is always very, very busy with pedestrians and cyclists at all times of the year,” the residents said in a petition to Mayor John Tory and Councillor Mark Grimes. “This bridge connects our community and gives an alternative to walking or biking along busy Bloor Road bridge or Royal York bridge.”



Residents say there has been no communication from the City or Grimes. They were told by a local parent group that the bridge ‘has been condemned and maybe closed for a year or two.’ “We have heard nothing from the city nor has any signage been erected,” they claim.

They say the bridge should be a part of ActiveTO, which was developed as part of the pandemic response. The residents want the City to notify the community about the repair and when it will be completed, for the repair to be expedited and proper maintenance to ensure the bridge remains in order.

The closure also impacts cyclists, pedestrians and families during this time of social distancing, and increased walks by children to their local schools.

An official at Grimes’ office says the Councillor had a call scheduled with the staff responsible for the bridge closure, during which he would request measures be taken to inform the community about the bridge.

“This bridge is a main artery for our neighbourhood,” Michelle wrote on social media. “There is no indication or information as to why the bridge was closed and two years is an insane time to get this done.”

Diana says ‘the bridge has been a main focal point for getting to the shops at Royal York Rd. and Bloor St. W.’

The petition is at you.leadnow.ca

Popular paint seller now on the mend

A New Toronto businessman is lucky to be alive after suffering a bad six-foot fall from a ladder outside his paint store.

John Miele, owner of Harvey’s Paint and Wallpaper, was



JOHN MIELE

left with large bruises to his feet, arm and other areas, after his step-ladder broke a plastic sewer clean-out cap which stood flat on the ground outside his 2908 Lake Shore Blvd. W., business. It is one of the oldest paint stores in the area.

High-quality video from a security camera shows Miele setting up then climbing the ladder as he performed some work outside the front door.

Minutes later the video showed the ladder collapsing as the popular paint seller takes a solid fall to the ground. He lay there briefly in shock. “I was stunned and it hurt a lot,” he says as he shows scars from the fall. “I was in pain for weeks and I am still in pain.”

He has since filed a complaint with the City of Toronto, which led to a City crew replacing the demolished plastic cap for a large metal one, which appears to be solid.

Miele says over the years the City has had to replace the plastic caps, which he claims become weak when salted over the winter.

“All the plastic caps in the area here should be replaced with metal ones,” he swears. “We have complained many times and it could be a senior next time.”

He said no one would have believed his story or witnessed his fall if it was not for the video.

BIA welcoming NHL Eastern Conference



MEMBERS OF THE LAKESHORE VILLAGE BIA with posters and banners welcome to Toronto the NHL Eastern Conference players for a short and exciting playoff run. Fans have had little luck catching a glimpse of their hockey heroes who are being isolated in a bubble to avert the spread of COVID-19. The other teams of the NHL are competing in Edmonton. Posters were placed in stores in the Lake Shore Blvd. W. area and large banners were hung to honour the beloved Toronto Maple Leafs so hopefully the team can see them enroute to practice at the Ford Performance Centre, on Kipling Ave. **South Etobicoke News photo.**

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Sandy Peterson had ties here



SANDY PETERSON (above) AND Oscar on a Canadian stamp (right). *File photos.*

Oscar Peterson's first wife Sandy, who had roots in the community, died recently. Sandra Cynthia Andrews Peterson, the former wife of the acclaimed musician, died after an accidental fall down a flight of stairs. Sandy, who had strong links to south Etobicoke, was 83.

Born in Kirkland Lake, she was a graduate of Etobicoke Collegiate and Toronto General Hospital School of Nursing, according to her obituary, which states she passed away on June 27. Sandy worked at Toronto General as an Operating Room (OR) nurse during the beginning of open heart surgeries. She became Head OR nurse there and at Grace Hospital in Toronto. "Soon thereafter, she met, fell in love with and married jazz pianist, Oscar Peterson, and she travelled most of the world with him from the 60's and first part of the 1970's," according to the family.

It was during that time that Sandy and soon-to-be eight-time Grammy Awards winner Peterson lived at Amadeo Garden Court in Mimico for a

number of years, where they spent a lot of time at the local stores and at Marie Curtis and area parks.

A mural of Oscar is now in the Lake Shore Village Wall of Legends with others who helped to transform the area.

The couple divorced in 1974 and she began working in the customer service department of Sears Canada.

Sandy later married James Andrews and moved to Nashville for 12 years before returning to Canada, to re-qualify as a registered nurse before joining Collingwood General and Marine Hospital from which she retired on her 80th birthday.

A busy person, she was an avid golfer and bridge player and was very involved with Probus, the Cinema Club and book clubs, as she was a voracious reader and a lover of all music, especially jazz. She was a philanthropist, a wonderful cook and fabulous baker.

"Always there to help any and all of her friends and family she was an extremely generous woman loved by all," according to her obituary. "She had incredible presence in any situation with a smile and infectious laugh that could be heard everywhere."

The family wish to thank the medical staff at both Collingwood General and Marine Hospital and Sunnybrook Hospital Critical Care Unit for the extraordinary care given to Sandy. Collingwood Hospital, in particular, went above and beyond in both the care and kindness given to Sandy and that shown to the family.



Five top Lakeshore community students offered scholarships

Five up-and-coming top south Etobicoke students have been awarded scholarships to continue their studies next semester.

The students were selected as 2020 Penny Bethke Scholarship recipients, which is part of the of the Co-operative Housing Federation of Toronto (CHFT) Diversity Scholarship Program that was founded in 2004. Some 30 students are selected for scholarships providing they live in CHFT co-ops.



Ramamurthy and Kafele-Green (below)



Madhumitha Ramamurthy, of Mimico Co-operative Homes, volunteered at St. Joseph's Health Centre in the summers and at Lakeshore Lodge on weekends.

At the hospital, she welcomed and directed visitors. At Lakeshore Lodge, she planned and assisted in recreation activities in arts and music for the residents. She is starting a second year of a life sciences program at the University of Toronto this fall.

Alia Omar-Bujak is graduating from Richview Collegiate Institute. She is a First Aider with MedVents Canada and a youth leader and mentor at her church, who has helped with a teen drop-in night. She plans to attend the University of Toronto to study paramedicine.

Raquelle Johnson is graduating from Wexford Collegiate School for the Arts, and helped with fundraisers and events at the school's Antilleans Culture Club. She was a Healthy Schools representative at Wexford, promoting good nutrition. She will be starting a forensic science program at the University of Toronto.



Omar-Bujak and Johnson, Seichter (below)



Makeda Kafele-Green is graduating this year from Oakwood Collegiate Institute. She has been active at Oakwood as an Ambassador. As a member of Afro-Can, she started the Black Youth Book Club, aiming to break stereotypes about black students and literacy. She will attend Wilfrid Laurier University to study Community Music.

Taylor Seichter is graduating this year from Winston Churchill Collegiate Institute, where she has been involved in a range of social justice activities. She has provided 400-hours of service over two years to Rosalie Hall, an agency that assists young parents and children. She enters Centennial College this fall. to study child and youth care.

Public Notice

I Simran daughter of Mukesh Kumar Ralli, holder of Indian Passport Number J3915822, issued at Shimla, Himachal Pradesh on 17/10/2011, permanent resident of House Number 23 Ground Floor, Sector 38 A, Chandigarh-160014, India and presently residing at 53 Clipstone Court, Brampton, Ontario, L6X4J5, do hereby wish to change my name from Simran to Simran Ralli with immediate effect for all purposes. Aug.4.2020

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Bars and Patios busy with Stage 3 @ CafeTO



DARLENE SIMPSON

Darlene Simpson is doing a lot better these days. The owner of **Dakota's Sports Bar & Grill**, at 2814 Lake Shore Blvd. W., is applauding Stage 3 and the return of inside dining. But on this hot day customers want the sun and she is welcoming them to her large roadside patio she shares with **Halibut House Fish and Chips**, that is part of the City's CafeTO program, which is credited with helping many area companies stay afloat.

More people were ducking under the tents for a cold drink to escape from today's heat.

"It has been a long time since we have had this many people in here," Simpson says. "The outdoor patio has made a tremendous difference for us."



DAKOTA's PATIO is always filled



RUBEN PIRES

At hers, and all the outdoor patios along Lake Shore Blvd. W., people are ordering meals and glad to be outside again with their friends.

At **The Big Guy's Little Coffee Shop**, at 2861 Lake Shore Blvd. W., the patio has helped the 'Big Guy' stay in business as the outdoor area always has customers.

Ruben Pires, of **Delicia Bakery and Pastry**, at 2864 Lake Shore Blvd. W., is bustling as his side patio is always filled

with coffee and snack lovers. "We had seen about 33 bakeries and loved this area right away," recalls Pires. "We loved the people and the sense of community that exists in the area."



SOUTHSIDE Johnny's

In Long Branch people love **T.J. O'Shea's Irish Snug**, at 3481 Lake Shore Blvd. W., which boasts a large back patio and a loyal following due to the good food and vibes.



At T.J. O'Shea's Irish Snug

Also rocking is **Southside Johnny's Bar & Grill**, at 3653 Lake Shore Blvd. W., which features a great side patio that is popular with locals.

Just west at the **Pulcinella Ristorante and Wine Bar**, at 3687 Lake Shore Blvd. W. Staff say their business has picked up in Stage 3 and with the opening of their street patio that seems to be always packed.



PULCINELLA Ristorante



SLOPPY JOE's PATIOS and wings are always a crowd favourite for many in Long Branch. **South Etobicoke News photos.**

Many local residents love **Sloppy Joe's Bar & Grill**, at 3527 Lake Shore Blvd. W., which has developed quite a loyal following who love the chicken wings and other pub eats. The bar which has its popular outdoor patio in front of the building, has installed another that runs along its side on Thirty Third St. Also **Timothy's Pub**, at 344 Brown's Line, offers a welcoming patio and is the pub of choice for many folks in Alderwood, who keep coming back for the food or to see their friends.



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Health and Wellness

By ADRIANNE SZABO-PAYNE

Adaptogens and why they are so vital in this season

I don't know about you but this season has pushed my stress levels to the max. With this endless waiting game we are playing, and the uncertainty of what is to come in our future, it's hard not to get caught up in the frenzy. How will we all get accustomed to the new "norm"? Will our business survive? Will we still have a job tomorrow? It's enough to drive anyone a bit sideways. It's obvious we need all the help we can get to manage this stressful time.

So, there are the well-known stress-busting techniques that you can employ – meditation, exercise, singing at the top of your lungs while driving, etc. Albeit helpful, these techniques provide short-term relief. Adding nutritional support to help combat stress should be incorporated into everyone's daily regime at every age. We know that antioxidant rich foods like berries, fish oils, greens, nuts and seeds, and dark chocolate are great for fighting oxidative stress, but there is another group of foods and botanicals that really helps the body manage mental and physical stress over a longer period. These are called adaptogens.

Adaptogens are herbs and botanicals that increase bodily resistance to physical, chemical, and biological noxious agents, and encourage homeostasis in the body without disturbing body functions at a normal level – well that's the more scientific explanation any way. In a nutshell, these botanicals and herbs help the mind and body deal with stress in a way that prevents exhaustion and over-

release of stress hormones like cortisol, that keep us in a constant state of fight or flight. The negative side-effects of consistent over-release of cortisol include weight gain specifically around the belly area, mental and physical exhaustion, and a number of other undesirable conditions.

It must be noted that adaptogens must be taken over a period of time to be effective, so if you're looking for quick solution, you may need to try something different.

Which adaptogens should we look to add to our diet? Depending on what you're trying to achieve health-wise, there is no wrong choice. Adaptogens are found in botanicals and herbs like – ashwagandha, ginseng, reishi mushrooms, aloe vera, rosemary and milk thistle, to name a few. They are able to help the body balance out in a number of ways such as soothing exhausted adrenal glands, boosting energy levels and cognitive function, lowering blood sugar, boosting mental performance and physical stamina, and so on. The possibilities are truly endless. If you would like to learn more about adaptogens and which ones are the best for your needs, feel free to send us an email to info@monkeytreewellness.com.

Until then, we wish everyone a peace and tranquility, and a positive outlook for tomorrow. Namaste.

Reach her @monkeytreefitness on Facebook, #monkeytreefitnesswellness on Instagram or www.monkeytreewellness.com



Money Matters

By RATTAN GANDHI

Hello readers, I would like to thank you all for your support and patronage for the tax year. This week's article is going to reflect on some of my observations which I have noticed during the year.

First, I am going to reflect on late filing and the impact it can have on the taxpayer. If you are entitled to benefits like GST and Ontario Trillium, you will not be entitled to them until you file your Return. A significant number of the Returns that get filed are getting a refund so there is generally little reason to delay. For taxpayer who has a tax liability, late filing means nondeductible interest and penalty. This year the CERB bought out many late filers who were happy with the outcome, including a payout of the Climate Action Initiative (in 2019 the amount is \$224). Second comment will be on the deductions available that taxpayers ignore. These include: RRSP slips, charitable donations, tuition credits (some part of this can be transferred to a spouse and/or a parent), student loan interest, first time Home Buyer credit and medical expenses (generally this has to be a significant amount] and lastly rent and/or property tax which results in Ontario Trillium Benefits. Third observation relates to request for documentation from the Canada Revenue Agency (CRA). If one does not comply with

the request it will result in a reassessment, result the taxpayer will owe money.

My fourth comment relates to a taxpayer who has/was working in two or more jobs. When it is time to file, it is likely they will be required to pay additional taxes at the time of your tax return. Taxpayers can avoid this situation by having additional taxes deducted at source with the primary employer or taking out an RRSP.

This happens because every employer will only deduct the mandatory tax deduction as required, but the taxpayer must pay taxes on the total income earned in the year.

My fifth comment relates to RRSP withdrawals, this withdrawal adds to one's total income and may result in a tax liability. If the amount is significant and it is towards the end of the year, it may be wise to withdraw some in the current year and the remainder the following year (January). Lastly if you have got a refund enjoy the money or better still invest wisely and/or pay down your debt.

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.



LAMP COMMUNITY HEALTH CENTRE PRESENTS:

21st Annual Awards of Merit Event

Who is making a difference in the Lakeshore & LAMP Communities? Help us to recognize them and celebrate their contributions!

Do you know someone who has helped to build a healthy community?
To nominate someone fill out the nomination form on the back and drop it off by Friday, August 28th, 2020 - 5pm.

Winners will be recognized at the annual LAMP Awards of Merit (Date to be announced)

See over for nomination form →

FOR MORE INFORMATION VISIT: WWW.LAMPCHC.ORG OR CALL: JASMIN DOOH 416.252.6471 EXT. 308



TELL US HOW YOUR NOMINEE'S CONTRIBUTION HAS HELPED BUILD A HEALTHY COMMUNITY

VOLUNTEERS - LOCAL COMMUNITY LEADERS - STUDENTS - TEACHERS - NURSES - DOCTORS - GOOD NEIGHBOURS - COACHES - HISTORICAL PRESERVATION - DIVERSITY SERVICE GROUPS - COMMUNITY GROUPS - BUSINESSES - ARTISTS - MUSICIANS - HEALTHY/SOCIAL SERVICES AGENCIES - LONG TERM CARE/HOME SUPPORT SERVICES

PLEASE PRINT!

Name of Nominee: _____
 Address: _____
 Phone Number and Email Address: _____
 Contact Person (if organization or business): _____

Area of Service (describe area of service that the Nominee has been active in & why they deserve this award) You can add more information with an attachment.

Nominated by: _____
 Address: _____
 Phone Number and email address: _____

NOMINATIONS CLOSE FRIDAY, AUGUST 28, 2020 AT 5 P.M.

For Information Call: Jasmin Dooh 416.252.6471 ext. 308



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Looking after yourself and others in the community

GOOD FOOD MARKET OPEN EVERY WEDNESDAY from 4 p.m. to 6:30 p.m. in Lakeshore Village Park. Get fresh fruits and vegetables at affordable prices. The Gardens Lakeshore is hosting several workshops Harvesting 101, August 10-14 Food Sustainability. Contact christianaz@lampchc.org

COACH CORIN IS BACK AT LAMP with workshops on Wednesdays **August 5, 12, 19 and 26** at 3 pm. Coach Corin De Sousa is a graduate of the Mindfulness Based Stress Reduction program and the Cognitive Behavioural Therapy program from the Toronto Academic Pain Medicine Institute at Women's College. This series will focus on mindfulness meditation on ZOOM. Call or email Jasmin Dooch to register jasmind@lampchc.org 416 252 6471

AUGUST 6 GENTLE GIANTS: A BIKE TOUR OF GIANT TREES in Long Branch from 8 a.m. To 10 a.m. Meet at Long Branch Park, 245 Lake Promenade, and learn how trees grow and their benefits to the community. If you live in Long Branch and want to get the trees on your property

inventoried email Trees40@LBNA.ca

AUGUST 9 JAMAICA INDEPENDENCE DAY VIRTUAL FUNDRAISER from 2 p.m. to 3:30 p.m. Sponsored by the St. Margarets' Church and Black Lives Matter Canada. Tickets \$20 at smnt.ca Speakers Olympian and Head Coach **Tamara Tatham**, of U of T basketball and Rev. **Michael Blair**, Executive Minister, United Church of Canada. Visit stmargaretsnewtoronto@gmail.com or contact 416-259-2659.

TENANTS RIGHTS WORKSHOPS and eviction prevention August 11 and 18 at 2 p.m. on ZOOM. The Centre for Equality Rights in Accommodation will be reviewing their latest housing rights resource, Eviction Prevention and Navigating the Landlord and Tenant Board for Community Workers. For more contact LAMP.

THE LAKESHORE AFFORDABLE HOUSING ADVOCACY ACTION group continues to meet. Contact jasmind@lampchc.org.

THE ETOBICOKE PRAISE CENTRE YOUTH OUTREACH is seeking performers for

its online Showcase to be broadcasted August 14 at 6 p.m. Please send in your audition video by August 8. Send to 416-252-2463 or by email at epc_cogop@outlook.com

LAMP COMMUNITY HEALTH CENTRE deadline for their Awards of Merit nominations is August 21. Also Emergency Food take out meals offered Monday through Saturday from 9:30 am to 11:30 am through LAMP's adult drop-in program. Their food relief voucher program continues

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 them at 416-259-4207 or visit sfh@storefronthumber.ca

MOVIE NIGHTS AT SHERWAY GARDENS runs every weekend until August 15 as a parking lot at Sherway transforms into an outdoor movie theatre if you're looking for a fun

family or a date night. Tickets are first come first served at \$10 a car. Come see movies for all ages. For more info and to buy tickets <https://www.cfshops.com/>

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Long Branch author cops prize

By TOM GODFREY

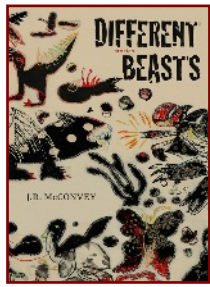
Congratulations to Long Branch author J.R. McConvey whose book of short stories won a 2020 Rakuten Kobo Emerging Writer Prize. The prize supports Canadian debut authors by helping to kick-start their careers, according to a news release. Three Canadian authors were selected this year.



McCONVEY and his book *Different Beasts* (inset).

McConvey, an area screenwriter, has been published in Malahat Review, Joyland and the Dal-

housie Review. He was also long-listed for the 2016 CBC Poetry Prize.



His first book, a short-story collection, *Different Beasts*, which is being recognized, was published in 2019. It takes the prize in the

speculative fiction category. Judge Andrew Pyper says this is the 'kind of storytelling that burns certain images into the reader's mind.' "McConvey's imagination is curious and ready for travel," Pyper wrote. "It was a difficult task choosing a winner for this year's shortlist, which is good news for

everyone." *Different Beasts* is a short story collection that explores the beastly side of humanity and the human side of monsters. The characters are both otherworldly and earth-bound, ranging from mutant angels and insectoid demon-gods to politicians and parents.

The 12 stories in *Different Beasts* ask what it means to be both human and monster. Shape-shifting waifs, haunted stuffies, scavenging drones, insectoid demon-gods, and mutant angels all come to life in this wildly imagined debut, according to the release.

"In this wild, fantastical, viscerally memorable debut, J.R. McConvey explores the power dynamics that undergird social relationships and crystallize into structures of fealty and worship, fear and control, aspiration and desire," according to reviewers.

The Rakuten Kobo Emerging Writer Prize is now in its sixth year. The winners were selected from a shortlist of talented Canadian writers. The shortlist was chosen by Kobo's team of booksellers, with book completion rates, customer ratings, and reviews taken into consideration along with our specialists' collective gift for spotting unique stories, new voices and under-the-radar talent.

The book is now available at Amazon.ca.



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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
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27	28	29	30	31		

● House Plant Appreciation Day

FEB Snow, Ice & Safety Check

Mo	Tu	We	Th	Fr	Sa	Su
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● Groundhog Day

MAR Clean Gutters & Windows

Mo	Tu	We	Th	Fr	Sa	Su
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● International Women's Day

APR Spring Yard Cleanup

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27	28	29	30			

● April Fools Day

MAY Lawn & Power Wash House

Mo	Tu	We	Th	Fr	Sa	Su
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● 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
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22	23	24	25	26	27	28
29	30					

● Father's Day

JUL Lawn, Weeds & Hedge

Mo	Tu	We	Th	Fr	Sa	Su
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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
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30	31					

● Left Handers Day

SEP Lawn & Home Maintenance

Mo	Tu	We	Th	Fr	Sa	Su
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30	31					

● Grandparent's Day

OCT Fall & Winter Prep

Mo	Tu	We	Th	Fr	Sa	Su
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● International Day for the Elderly

NOV Yard Cleanup & Gutters

Mo	Tu	We	Th	Fr	Sa	Su
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

● 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



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*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.

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