January 2022



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Number 38

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### times for everyone

Just when we though we were getting ahead of the virus.

Most small businesses were just picking up sales for Christmas and New Year's losses when the fast-moving Omicron variant blind-sided them into taking another financial hit.

Premier Doug Ford on January 3 all gyms are shut. We are back to destined to the needy. Staff and courtesy photos. takeout service, outdoor dining or de-

Students are back to remote learning.

The capacity limit has been reduced to five people indoors and 10 people outdoors. Retail stores, malls



slammed the brakes saying there will IT WILL BE ANOTHER CHALLENGING year with residents helping each other as (left) a Toronto be no dining in restaurants or bars and presented to high school students with prize-winning art and (right) officers with turkeys

public libraries and personal care services are limited to 50 per cent capacity.

Saunas, steam rooms and oxygen bars are closed. Museums, galleries, zoos, science centres, historic sites,

amusement parks, festivals and other attractions closed. Outdoor establishments allowed with restrictions and capacity limits. Indoor meeting and event spaces closed with limited exceptions. Non-urgent surgeries paused.

Many owners of mom and pop stores say they have been barely managing for the past two years of COVID-19 and are wondering how much longer they can keep their doors open. There are dozens of empty stores in South Etobicoke as owners have walked away from their businesses.

Clubs like Dakota's Bar and Grill, on Lakeshore Blvd. W., have had to lay off some of their bands, or have them perform earlier for those who enjoy live music.

### Mimico church helps poor, needy with soup

Christmas may be a time for giving, but the folks at Mimico's Martin Luther Evangelical Lutheran Church have been feeding the needy all year round. On a recent morning, members of the church's Bowls and Blessings program were providing free piping hot Turkish Lentil Soup from a table outside their 2379 Lake Shore Blvd. church to those who are homeless or hungry.

Program coordinator Emma Latham says the soup is dished out twice a week, usually on Tuesdays, from 12 p.m. to 1 p.m. It continues through January.

"We give out soup, bread, donations and clothing to anyone who needs it," she says. "We would like members of the community to know that they can come to the church for help."

Volunteers Andrea, William and church secretary Marlena Muller were filling containers with steaming soup for a



GIVING BACK TO THE COMMUNITY as volunteers of Mimico's Martin Luther Lutheran Church (left, centre) dishes out free, hot soup for those homeless or hungry. Romanie (right) of Rendezvous Hair salon and helpers with their food donation to St. Margaret's Church.

steady stream of residents, both men and women of all ages.

Many of those seeking soup are on a first-name basis with the servers and there is a friendly exchange of banter and belly laughs that fills the air.

Muller says residents are encouraged to take a new winter jacket from a rack that hangs next to a food pantry in which

items can be obtained or left for those in need.

"Sometimes we are the only ones that these people may know or can talk to," she explains. "Many of the clients are alone and have no one at home so they come here."

Earlier there was a 90-year-old regular who stopped by to chat.

The volunteers say the senior is estranged from his family and attends the Bowls and Blessings program whose members are his adopted family. The spirit of giving is also not far away from stylist Romanie Persaud, owner of Rendezvous Hair Salon, at 3693 B Lake Shore Blvd. W., near Thirty Seventh

Street, in Long Branch. Persaud organized a successful food drive at her salon and encouraged her many loyal customers to bring a non perishable food item.

With the help of friends, she carted in about 20 large plastic bags of much-needed food items that will help fill the pantry and feed those at risk at St. Margarets New Toronto Anglican Church, on Sixth Street, in New Toronto.

"This is something that I always wanted to do," Persaud says. "There are many people in the community who need help."



Wishing all in our community a Happy New Year!

### Suspect charged by police for videotaping another man using a college bathroom stall

Toronto Police are alerting the public of an arrest made in a voyeurism investigation in a school. Police said they received a complaint on November 1 last year about a suspected case of voyeurism at Humber College. "It is alleged a man attended Humber College North Campus, at 205 Humber College Blvd.," police said in a press release. "A 21-year-old man was using the washroom. He saw a cell phone camera recording him from



SUSPECT arrested but police say there are other victims.

Jushawn Henderson, 19, of Brampton, with voyeurism.

He is slated to appear at a 2201 Finch Avenue West court on January 14 at 2 p.m. in room 2022. Police believe there are other victims and would like them to come for-

is asked to contact police at 416-808-2300. People can also contact Crime Stoppers anonymously at 416-222-TIPS

at www.222tips.com or text TOR and your message to CRIMES (274637).

(8477), online

### **Fatal night in Long Branch as** three people shot, two dead

It was a deadly night in Long Branch.

Two men are dead and a woman is suffering from gunshot wounds after a brazen multiple shooting that took place at a popular office share company in Long Branch.



**POLICE OUTSIDE Office 146** searching for clues. CBC photo.

Police had the parking lot and area surrounding Office 146, at 146 Thirtieth Street, just north of Lake Shore Blvd. W., taped off as officers of the force's Homicide Squad searched for clues. The sounds of gunfire erupted on January 3 around 9 p.m. at the building, which houses

dozens of small offices that are rented by small firms and business people.

The facility is busy at that time of the evening and witnesses said the incident could have been

much worst.

Once officers arrived at the scene they located three victims suffering from gunshot wounds. There were two males and a female, police said. Their names and ages have not been released. Police are trying to determine what happened prior to the fatal shooting or if the shooting happened inside a building or out-

side. Shell casings were found in the area.

Roads nearby were closed as officers investigated. No description of a suspect or suspects have been released.

The large two-storey building is often used by gig workers, people with small businesses and entrepreneurs. There were a number of radio stations, which streams music, that broadcasted from the building.

There has been no reports of past trouble at that address. Office manager Kam S. said on social media that Office 146 helps businesses, start-ups, artists and others realize their dreams. Kam said the spaces "are designed to provide a sense of community while having optimum productivity."



All police

stations shut

All Toronto Police stations and buildings are closed to the public this holiday season due to the Omicron variant of COVID-19, officials say. The force temporarily shut all its buildings to the public on December 17, until further notice, according to a Toronto Police media release. Members of the public can contact their local Divisions online or by dialling a non-emergency line at 416-808-2222. As always, anyone in a life or death emergency should always call 9-1-1. The closure does not apply to those attending a Service facility for providing fingerprints. They will be screened upon arrival and, if necessary, an appointment will be rescheduled, police said. The online system can be used to report incidents as damage to vehicle or property under \$5,000, driving or parking complaints, traffic issues, theft or fraud.

### Victim robbed at ATM machine



above the stall." Police have charged

**SUSPECT** sought by police

A thief is being sought by Toronto Police for ripping off a man using an ATM machine in The Queensway and Kipling Ave. mall area. Police said on December 6 about 9:10 a.m. they responded to the theft.

"A man was using the ATM," according to police. "The suspect approached the man and tapped him on the shoulder."

Detectives said "when the man turned to face the suspect, the suspect took the man's scarf and wallet." The culprit sped away on foot. A security camera photograph has been re-

Anyone with information is asked to contact police at 416-808-1100, Crime Stoppers anonymously at 416-222-TIPS (8477), online at www.222tips.com.

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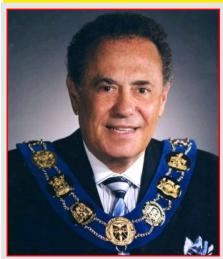


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### The late Mayor Mel had strong ties to New Toronto



THE LATE MAYOR MEL LASTMAN had strong ties to New Toronto with one of his first Lastman's Bad Boy stores (centre) and left in front of City Hall.

The late Mayor Mel Lastman had a long-lasting relationship with the residents of South Etobicoke. A young Lastman back in the early 1970s started one of his early Lastman's Bad Boy Furniture stores in New Toronto as his business career was taking off. Residents said

the former furniture store is now Halibut House Fish and Chips, at 2814 Lake Shore Blvd. W.

"The store was there in the early 1970s," recalls former long- time area resident Brian Grehan. "It was there for quite a few years."

Grehan says back then the Lakeshore was busy with residents as Goodyear Tire, Continental Can, Anaconda Steel and other large industrial plants were open and thriving, hiring many local residents.

"They hired many local people from the area,' he said. "It was good times."



Lastman founded the Bad Boy chain almost 55 years ago and at one time there were 40 stores in southern Ontario. The business is now owned by son Blayne.

As beloved as he was brash, Lastman served as mayor of North York for 25 years before the suburb was amalgamated into Toronto in 1998.

He was popular, larger than life and well-loved by residents in Toronto.

Lastman spent six years as mayor of the megacity Toronto, winning re-election in 2000 with 80 per cent of the vote, before retiring in 2003.

Hundreds gathered for his funeral service last month. He died on December 11 at the age of 88.

Mayor Mel, as he popularly known, was dubbed a "People's Mayor," who was there for all citizens, even members of the Hells Angels motorcycle club whom he not-knowingly shook hands with and received criticism from the media.

In attendance at Benjamin's Park Memorial Chapel were Premier Doug Ford, Federal Public Safety Minister Mar-



co Mendicino, former mayor David Miller and Mayor John Tory.

"People liked him because they knew what they saw is what they got," Tory said. "He maintained the confidence of the people and I think that's because he was real, he was authentic."

The politician made headlines throughout his career for a series of gaffes and scandals, pleading with the Spice Girls to stay together. He weathered criticism for calling in the military after a massive 1999 snowstorm crippled Toronto, and for joking about "natives" in Kenya putting him in a pot of boiling water.

Friend and politician Paul Godfrey said "he wasn't a natural politician. He was a salesman. He started a furniture store, and he talked the language of the common guy."



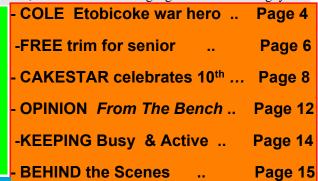


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# <u>Inside</u>



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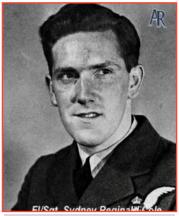
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Hometown Hero January 2022 www.torontonewswire.com.

# ght Sgt. Sydney Cole was Etobicoke war hero



FLIGHT SGT. Sydney Cole

Flight Sergeant Sydney Reginald Cole was a valiant, fearless and true Etobicoke war hero. Cole was born in 1923 and grew up in the Lake Promenade area in Long Branch, where decades later his exploits were celebrated by hundreds of residents on his return home from fighting overseas.

He died in 1991 at the age of 68. Cole enlisted in the war effort and became a Flight Sergeant and Wireless Operator in the 192 Squadron of the Royal Canadian Air Force in World War II. He was awarded a Distinguished Flying Medal for "great devotion to duty and exceptional courage." On June 24 1944, Cole was on duty during an attack from a German U-Boat in the North Atlantic in which he and his crew faced intense anti-aircraft fire and engine failure.

Records show the aircraft was being 'pelted with intense anti-aircraft fire and was repeatedly hit on its starboard engine which had failed and was on fire,' soon thereafter

The pilot of the PBY Canso, Flight Lieutenant David Ernest "Bud" Hornell managed to drop two depth charges on the U-boat and was able to land his stricken aircraft in the choppy north Atlantic Ocean.



CANADA ISSUED a 35-cent stamp in 1979 depicting the Canso flying over the German submarine U-1225 before the RCAF crew successfully bombed and sank the U-Boat. Canada Post photo.

After being wounded by shrapnel, Cole abandoned the aircraft and escaped in a dinghy, where he spent the next

21 hours in freezing waters, assisting others. He was ultimately able to save the Flight Navigator's life, but famed pilot, Hornell, did not survive.

Hornell, who was from Mimico and attended Mimico High School, was commander of the aircraft. He was blinded

and weak from exposure and cold when rescued 21 hours later. He died shortly after being picked up. Hornell was a recipient of a posthumous Victoria Cross, the highest and most prestigious award for gallantry in the face of the enemy that can be awarded to British and Commonwealth forces."Flight Sergeant Cole coolly and courageously continued sending a sighting report

until he was wounded by shrapnel and stunned momentarily," according to his memoir, War and Innocence, a Time Remembered, by H.J. Cole, which is available online. "He collected a tin of water and rations at the time when the petrol tanks were in danger of exploding and even when in the dingy leaving the aircraft had to be restrained from going



Victoria Cross recipient.

back to get a dinghy radio," the book explains. There were hundreds of area residents who showed up to meet him on his return home in July 1944. He was

placed on a fire truck as people waved and shouted and driven home on Lake Promenade Avenue to meet his family.

A local park in 2017 was named 'Syd Cole Park,' in honour of the hometown war hero, near his home at 60 Eastwood park Park Gardens, at the corner of Long Branch Avenue.

The Squadron lost 14 Canadian airmen and three aircraft in that fight with the enemy. Cole was later made a Canadian recipient of

the prestigious Distinguished Flying Medal Award. Tim Stewart, historian for the Toronto Scottish Regiment, said it is unusual to have crew members living so close before the war, Cole in Long Branch and Hornell in Mimico, being on the same crew overseas. "I do not know if they knew each other before the war," Stewart asked.



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

See John & Lidia for

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### Students shine at fine art show

By Suzy Broderick



AREA HIGH SCHOOL Students were recognized with certificates at an art show held at the Assembly Hall.

Photos by Tom Godfrey.

Up-and-coming student artists were recognized with certificates and gifts at an exhibition last month at Assembly Hall.

The 19<sup>th</sup> Annual 'Tis the Season Children's Art Show was presented by Assembly Hall, City of Toronto and sponsored by the Long Branch Business Improvement Area.

The exhibition featured artworks by students from local schools and spoke to the seasonal change to winter from autumn, the shift to colder temperatures, snowfalls and its significance in various cultures and traditions.

There were 72 beautiful pieces of art on display that were created by students from The Holy Trinity Catholic School, John English Middle School, St. Leo Catholic School, Seventh Street Junior School, Sir Adam Beck Junior School, St. and Josaphat Cathedral Catholic School.

More than 200 students, teachers, family and friends visited the Assembly Hall Art Gallery to show their support. Those who visited the gallery from November 16 to 26 had the opportunity to vote for the favourite piece of artwork in a People's Choice Awards in five categories: Most Festive, Most Wintry, Most Imaginative, Most Amusing and My Favourite.

The winners and honourable mentions were celebrated at a small awards ceremony at the Hall on Destude



cember 15, where they received a

**ANOTHER** proud student

certificate, their framed artwork and art-related gift so that they may continue to explore their creativity. Each year I am amazed by the talent of these students and it is wonderful to see the diversity of our community through the creative lens of a child. It was a great pleasure to wel-



**LIZ PORRITT**, (centre) an official of the Long Branch BIA presents a certificate to young art winner.

come everyone back to the Assembly Hall and to see all of the students' smiling faces and excitement when they saw their artwork hanging in a professional gallery space!

Long Branch BIA official Liz and Carl Porritt said the quality and calibre of the art was excellent.

"This is our 19th year of sponsoring this event," Liz said. "The amazing art being created by some of these young artists amazes us every year." Assembly Hall staff thanks the schools, students and teachers, as well as the Long Branch BIA for their continued support.

Visit assemblyhall.ca for information on upcoming programs.

Suzy Broderick is a Community Cultural Coordinator at Assembly Hall, City of Toronto.

# New Etobicoke Civic Centre to have all the bells and whistles



A proposed Etobicoke Civic Centre planned for the Six Points area will be world-class and filled with all the bells and whistles.

The proposed Civic Centre, to be located at the north-east corner of Dundas Street West and Kipling Avenue, will have municipal offices, market office space, an outdoor civic square, a community recreation centre, medical clinic, childcare centre, a café, public art gallery and brand new Toronto Public Library district branch, according to a final report from the City Planning Division to the Planning and Housing Committee.

The centre will be located at 3755 Bloor Street West. The community recreation centre is proposed to have a gymnasium, aquatic centre, multi-purpose and fitness rooms. The proposal that came before City Council on December 15 is seeking to amend the former City of Etobicoke zoning bylaws to permit the building, which will have heights varying from three storeys to 16 storeys and with a gross floor area of 44,677 square metres. The building, with two levels of underground parking, will have 420 parking spaces that will be managed by the Toronto Parking Authority, according to the city. The glass building will face Bloor Street West and Kipling Avenue . The new Civic Centre will replace an older building at 399 The West Mall. See more on Six Points Page 15.

### Winners of our book contest



Proud winners Karen (left), Catherine, (centre) Lydia, (right) of Harvey's Paint and Wallpaper, and Tim Longboat, of Ohsweken, Ont., not in photo, scored all four copies of the latest mystery thriller by New Toronto author Elizabeth J. Duncan. The books were gone in days. Sorry for those who did not win. The latest novel in the award-winning Penny Brannigan mystery series, is called *A Killer's Christmas in Wales*, where the stories are set. The first book in the series, *A Cold Light of Mourning*, was nominated for the Agatha Award and Arthur Ellis Award in 2009.

Thank you for taking part and happy reading.





### Area senior gains new friends and haircut courtesy of some New Toronto businesses



CUSTOMER RICK gets a free haircut from Andy Dinner at Your Neighbourhood Barbershop, below, with gifts. Courtesy photos.

Thanks to some kind New Toronto small businesses, a Christmas day in the life of a 'lonely and hermit-like' senior named Rick was livened up with a fashionable haircut and gifts from newfound friends. Rick was depressed and never left home, according to an e-mail sent just days before Christmas to Andy Dinner, of Your Neighbourhood Barbershop, by the man's sister, Dianne, who lives in Tillsonburg. Dianne said her 68-year-old younger brother Rick is alone and badly needed a haircut but couldn't afford one. "I am more than willing to pay if you allow me by Mastercard," Dianne wrote in the e-mail that posted on social media. "He (brother) is very depressed being alone and we are hermits right now due to our age and vulnerability to COVID our-

selves," she explained. "He has had two COVID vaccinations." Dianne said Rick did not have access

to an iPhone, email or the Internet. "We would love to do this for him and can you help us facilitate that," she asked.

A generous Dinner told Dianne that he had booked in her brother for a cut, which he would do for free.

"It was a real pleasure for me to help out this family and give the man a cut," Dinner said afterwards. "Other merchants found out and donated gifts to him as well."

The barber still wonders how the senior's sister in Tillsonburg found out about his shop.

presented with some meat pies and other goodies by Restaurant on Sixth, after owner Jenny found out about his plight. "I'm gonna do it for free," Dinner told the family. "Merry Christmas."



### Community pressure help sway City Council to save trees on Dwight Ave.



THESE HEALTHY GREEN trees (top, bottom) were saved from removal for a sidewalk The senior, with a fashionable trim, was due to pressure from area residents.

It's a New Year's present to the community. The dozen or so mature trees on Dwight Avenue which were meant to be removed to build a new sidewalk, have been saved from being

City Council on December 15 voted unanimously in favour of a motion to save the trees along Dwight.

Councillor Mark Grimes said on social media he moved a motion requesting that City staff postpone the sidewalk installation along the west side of Dwight, between Birmingham Street and Maple Avenue.

He hopes any "future reconstruction of Dwight does not impact the mature trees."

There was much outrage in the community after it was learned that the healthy trees were to be cut down to build a sidewalk. There were protests and letters written to lobby politicians

to save the trees.

Almost 1,800 people signed an online petition to save the mature trees on Dwight. City officials said the growth of tree canopy is a priority for the city.

"From 2009 to 2018, the tree canopy in New Toronto nearly doubled, increasing from 8.7% to 15.2%," Grimes wrote. "While this is one of the highest growth percentages in our Ward, I agree that removing these trees is contrary to our goal of further increasing our tree canopy across the city.'

Council voted to reaffirm its commitment to reaching a 40% tree canopy cover by 2050.

It did not take long before nature lovers took to online media to express their joy and appreciation that the trees were saved.

"Wonderful! Such good news! Great Christmas present for South Etobicoke," wrote Miria Mcadam.

"Thank you to everyone who advocated for the trees to stay," said Barbara Hansen. "Good job South Etobicoke."



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## The changing face of Mimico as developers move in

The changing face of Mimico.

A former Mimico Studebaker car dealership is among a number of buildings that developers want to tear down to construct condos in the Lakeshore Blvd. W., and Mimico Avenue area.

Plans for two massive developments are being considered that would change the face of Mimico and there is fear by a growing number of residents that some of the village's rich history may be lost.

An application was submitted in September 2021 pro-



**FORMER STUDEBAKER** dealership at 2491 Lake Shore Blvd. W. Mall to be destroyed for mid rise condos. A 33-storey tower is being planned for near Birds and Beans coffee shop.

posing a mixed use mid-rise building and a 33-storey tower on the site of what is now 2405, 2407, 2409 and 2417 Lakeshore Blvd. W.

The proposal, if it goes through, would alter the land-scape around Mimico Avenue as it would mean a 10-and 33-storey apartment buildings being built on prime lake-front properties that are now occupied by residents of 2405, 2407, 2409 and to 2417 Lakeshore Blvd. W. The well-known Birds and Beans Coffee Roasters, at 2413 Lake Shore Blvd. W., which has supplied java to area residents for years is one of the properties proposed to be redeveloped. A six storey apartment building is planned to go up in its place.



A 33-STOREY TOWER like this (above) is planned for Mimico and bottom; green strip of land where some buildings will take place.



manufacturer based in South Bend, Indiana. The company was founded in 1852, started making cars in 1902 and the last vehicle rolled out of its Hamilton, Ontario, plant in December 1963.

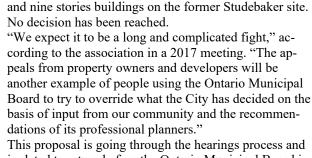
A second proposal by a different group is being considered that will redevelop a small ailing outdoor plaza at 2491 Lakeshore Blvd. W., which is directly across from a Seven Eleven store. There is a large real estate sign outside the NEW MID RISE condos are planned for mall at 2491 plaza, which some Lake Shore Blvd. W., near Mimico Avenue. residents years ago had tried to register as The site 2418 and 2491 Lakeshore Blvd. W. is part of a a heritage site since it Secondary Plan for Mimico-by-the-Lake and is deemed was a Studebaker of an integral part of the community. Canada Ltd. dealer-Despite appeals filed by the Mimico Residents Associaship more than 70 tion a proposal is now being considered to build three

The dealership was operated as Roly-Wright Motors Ltd., when built in 1948. It

years ago.

was one of the few and successful Studebaker dealerships in Toronto. It did business in Mimico for a number of years until they stopped making the iconic vehicle.

Studebaker was an American wagon and automobile



is slated to return before the Ontario Municipal Board in a meeting slated for February.



**PLANS ARE** being made to redevelop this lakefront strip of Lake Shore Blvd. W. with condos .

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### Lakeshore Charitable Foundation



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# loly Cannoli from Sicily with love Store catering to



VANNESSA CHIARA is founder of Holy Cannoli, in Long Branch. She shows off some of her lovely tasty treats that people love. Photos by Tom Godfrey.

Vannessa Chiara loves cannolis so much that she decided to make it her business. Her Holy Cannoli Toronto store has only been open for about two months and is located at 1-Thirtieth Street, in Long Branch.

She and husband, Tom, have been making and selling cannolis for about seven years, and only decided to open an outlet now due to popular demand.

Chiara boasts that hers is "Toronto's best fresh-filled cannoli," and is out to prove it one treat at a time.

The tasty cream-filled treat, which hails from the Sicily region of Italy, is cherished by Italians and others worldwide.

"My parents operated the Bon Via bakery in Scarborough for almost 30 years," Chiara says. "My dad always believed that making cannolis would be a good niche business."

On this day the small store, which is just east of Dollarama, is busy as customers stock up on cannolis for the holidays. The tasty treats come in eight flavours, in large and small sizes, and can be ordered and delivered to your door. "Our cannolis are made with love and passion," Chiara says. "People love them and come from all over the region for the treats."She is the third of the Chiara sisters, who grew up in their parents'



bakery, to open a business on Lake Shore Blvd. W. Sister Monja is the owner of nearby Cakestar and another has a deli in Port Credit.

"The community has been really good to us," she says. "Their support for us has been overwhelming."

They were touched and held an appreciation day, with free treats, for customers in early December.

"All people have to do is taste our cannolis and they will be back," she smiles. One customer who was purchasing a dozen cannolis said she returns several times weekly to get her fix of the treats and to share with her family.

Husband Tom recalls that a customer posted a photo of the cannolis on a local Facebook page led to new customers. "We will be featuring more monthly promotions as we go on," he says. "We have some plans for this year.

You can reach Holy Cannoli to place orders at 647-401-5505 or e-mail them at info@holy-cannoli.com or visit them at www.holy-cannoli.com

The store will reopen in late January.

# **West Indian foods**



Many Long Branch residents are talking about a store that caters to the local and Caribbean communities.

The Lakeshore Grocery and Convenience Store, at 3391 Lake Shore Blvd. W., near Twenty Eight Street, has peaked interest with the sale of West Indian food items.

The owner stocks a large selection of Caribbean grocery items from Trinidad, Guyana and Jamaica.

A former butcher, he plans to carry a selections of meats, including muscovy ducks.

The store carries most items a convenience store should including fresh and frozen meats and seafood, coconuts, deli sandwiches and Jamaican patties made fresh daily. "I'm so excited about this new business!," one woman said on social media. "Spices and cooking ingredients from Trinidad, Guyana and Jamaica." You can reach the store at 647-859-9120.

# Royal York Baseball League



### Girls and Sport



Just 26% of girls aged 5-17 are getting enough physical exercise to benefit their health

- > Girls involved in sports:
  - Report higher levels of confidence higher GPAS
  - Use social media at lower rates
  - Experience less sadness and depression

➤ 25% of girls are not committed to return to sport post COVID-19.

At Royal York Baseball League Inc, our volunteers are committed to the importance of keeping girls in sport.

#### Come home to baseball

Registration opens on Sunday, January 16th, 2022 Find out more at https://rybl.com/girls-baseball/

### Long Branch baker of fine custom cakes marked her Tenth Anniversary with party for loyal customers and supporters



**CAKESTAR OWNER** Monja Chiara recently celebrated her 10th year of business in Long Branch, with staff (bottom, right) and customers. Photos by Tom Godfrey.

Monja Chiara is like a rock star in the custom 3-D cake-baking community. Her Long Branch bakery, CakeStar, at 3431 Lake Shore Blvd. W., recently celebrated its 10th anniversary of making top-of-the-line custom and 3-D cakes which are a hit with cake lovers in the area.

Chiara has had orders to bake cakes in the shape of all kinds of musical equipment, racing cars, sports legends, outdoor scenes, exotic body parts and for more than a dozen Hollywood movies, for use as props or for parties. Most of the movies were being filmed in the

She gained a following after taking part in a number of television baking compe-

> tition shows, in which she has judged or showed her culinary

Chiara has operated CakeStars since 2011 and recently celebrated her renovated bakery on December 18. One of her sisters was involved in the store when it opened, but left.

Many of her friends and supporters attended the event, along with many children who showed their cake decorating skills.

"We absolutely love our hood and want to celebrate in the best way possible with our customers," she says. "It has been a great adventure running the shop and being part of this community for so many years.'

Chiara and her two sisters grew up in the kitchen helping out in their family's Scarborough bakery, called Bona Via, which was open for many years. Her bakery has hundreds of fans who have left glowing reviews on social media. "I am touched by all the local support we have had over the years," Chiara says. "The community has really stood by us." Just then Lily, a long-time customer, walked into the store to find a snack. "The cakes here are delicious and are quality

cakes," Lily says. "I love

MONJA AT THE party and some of her custom cakes (below) including lovable pups and Yoda, a favourite Star Wars character (centre) that you can eat.

their cakes because I am sensitive to certain ingredients."

"Great selection and friendly staff, impressive cake-decorating skills," wrote Stella on social media. "







"This is my go-to bakery in Toronto for awesome custom cakes," Mary wrote. 'I usually get them every year and every year CakeStar never disappoints." CakeStar is open Tuesday to Saturday and customers are asked to book by email or appointment. They can be reached at 416-259-9053 or at cakestar.ca

# Have a Safe & Happy New Year!

## Lakeshore Village BIA



We would like to thank the many residents for supporting our stores and merchants, who have been working long

and challenging hours to make ends meet during this pandemic. Thank you **Excalibur Trophy and Toronto Fire** Services for your contribution to our Xmas program.





### **Mel Lastman loved New Toronto**



1933 - 2021

The late Toronto and North York Mayor Mel Lastman had a special place in his heart for New Toronto; as he opened one of his first Lastman's Bad Boy stores here in the early 1970s. The company hired many from the community and brought many

customers to the area. Members of the Lakeshore Village BIA are forever grateful.

R.I.P. Mel Lastman.

# st Ontario Polish Heritage Month i

www.torontonewswire.com.



POLITICIANS and members of the Polish community are happy to have a Polish Heritage Month, which starts in May. Staff photos.

Members of the Polish community have lived in Canada for more than 100 years and will only celebrate their first Polish Heritage Month next May in Ontario. Etobicoke Lakeshore MPP Christine Hogarth tabled legislation that passed third reading December 6 and has received Royal Assent by Ontario's Lieut.-Governor Elizabeth Dowdeswell.

Polish Heritage Month in May recognizes the Polish community's historic contribution to building Ontario and will forever mark the month as Polish Heritage Month in this province, according to the legislation. Polish Heritage Month will be celebrated each May, commemorating Constitution Day

in Poland, the implementation of the first democratic and progressive constitution in

Europe on May 3rd 1791, the Ontario government said. "This is the one of the most important dates in Poland's history and marks the centuries long struggle for freedom and independence by the Polish people." Hogarth said. "Poland has always had a democratic tradition and a desire for freedom."

She was 'inspired by the many accomplishments and contributions of Polish-Ontarians to the diverse cultural and economic fabric of this province.'

Hogarth's riding is home to several Polish Catholic churches, the Polish

Cultural organization, Polish National Union in Canada including the Consulate of the Republic of Poland.

"This May and every May afterward, all of Ontario will share in the celebration of Polish Heritage," she said.

Officials said Polish Heritage Month is an opportunity to educate



MPPs CHRISTINE Hogarth and Natalia Kusendova have been seeking a Polish Heritage Month for a long time.

\*Hot table

\*Empanada

\*Sandwich de miga

\*Medias

Lunas

\*Deli

Ontarians about the hardships that Polish Canadians went through to achieve their liberty, and underscore the significance of the Polish Canadian community in Ontario's history. Ontario is home to nearly 524,000 Polish Canadians, who have lived in Ontario ever since the 19th century. Nearly 12,000 live in the Etobicoke-Lakeshore area alone.

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#### LAMP CHC IS LOOKING FOR BOARD MEMBERS!

Are you looking for a meaningful way to contribute to your community?

#### JOIN OUR BOARD OF DIRECTORS

Who should apply? If you live or work in the South Etobicoke area and are interested in shaping the future work and direction of LAMP – your local health care community service centre this is a perfect opportunity to share your insight and expertise. We are particularly looking for individuals with knowledge or work experience in the areas of finance, public relations, and



marketing. We are also deeply committed to diversity and inclusion and are dedicated to building a Board of Directors that reflect the diversity and unique life experiences of the community in which we live and serve. We highly encourage applications from Indigenous, Black, and racialized individuals, those who are part of the LGBTQ2S+ community and all other who would contribute to a diverse and inclusive community at LAMP.

#### What does the Board of Directors Do? The

Board of Directors at LAMP is responsible for

setting the overall direction and vision of the organization. This is achieved by attending monthly meetings to monitor, implement, and track goals to guide success at LAMP, as well participating in smaller sub-committees which are tasked with specific duties to guide and support the Board of Directors as a whole.

What is the time commitment? Board members will be expected to commit an average of 8-10 hours a month (evenings and occasional weekends) and are expected to commit to a two-year term.

**How do I apply?** If you are interested in applying for a position on LAMP's Board of Directors, please send your cover letter and resume to brendak@lampchc.org.

In your cover letter please detail your interest and the experience you would bring to the position, including insights on what you find most compelling about the work that LAMP does in the community and why.

The deadline for applications is January 31, 2022 at 11:59 p.m. EST.

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### **In the Community**

By TOM GODFREY

The more things change the more they remain the same is a timely saying these days. It applies to the ongoing pandemic, Omicron and the last two trying years that we have suffered from COVID-19.

Just when residents and businesses thought the virus situation was improving, we got slammed by the Omicron variant, which sets us back to the beginning. Now there is no dining at restaurants, bars and all gyms are shut as part of government guidelines. Many seniors and others are frustrated by being locked inside and fear going outside or even meeting with friends due to the fast-moving Omicron.

There are long lineups at most places to get the booster vaccine shots or to obtain a test kit, if you can get one. An uneventful New Year's Eve came and went with all the virtual fanfare.

You know things were bad when Toronto Police Chief James Ramer contracted the virus and all police stations in the city are shut tight as investigative work stemmed from online complaints. The only person being allowed in the stations these days are those seeking fingerprints.

It seems more people are outside walking, as many more now have dogs and other pets to keep them company during these long and dark wintry days.

Local business owners complain about their stores, bars and restaurants again only open for takeout. They say all hopes of making up for losses suffered during Christmas and the New Years seasons were dashed as people stay indoors, and the lockdown that is taking place now, for fear of Omicron.

Some store owners claim they have only now received Christmas goods that were stuck in the transportation grid. The stock is neatly packed on shelves until residents decide to leave their homes again to shop.

These days it seems seniors only leave their homes to wait in line for a shot or booster. There are many ailing elderly in or community who are lonely, desperate and trying hard to stay alive. Many have no visitors, even from family members who fear the virus. Area churches are partially filled and most activities are reduced, streamed or held virtually. Festivities were again scaled back, with less Christmas dinners for the homeless and those at risk due to the pandemic. There were cancelled New Year's Eve parties and celebrations, but the famous ball did drop in New York City to mark the new year.

We have to take all the precautions we can, be careful and continue with our lives. Many experts agree that this pandemic will be with us for most of this year or longer.

It has changed the way we respond and interact with people and our friends. Some of us have become withdrawn and reclusive. Many are unsure as to how long this will last or when it may return to "normal," so we can continue with our lives.

Still, there is also a lot of hope and spirit of rebuilding, vitality and business that is alive. We see new businesses starting to come back to fill some empty storefronts in our commercial areas. There are new business ventures forging ahead on the ashes of others. The Omicron variant may slow us physically, but it will not hold back our dreams and

We have lost hundreds of members of our community due to the virus. Family, friends and loved ones gone without proper burial services due to guidelines. All that is left for us and them are the precious memories that we hold on to.

We wish everyone a safe and healthy New Year.

Tom Godfrey is Publisher of The South Etobicoke News, who lives in the community. He was a reporter at the Toronto Sun for many years before deciding to use his skills to work in community journalism.





### Your Health

By MONIKA MEULMAN

January stillness awaits your rejuvenation time.

A brand new year has begun for those of us following the Gregorian calendar. Isn't this exciting?

But, it's still cold outside and my hands are freezing, Monika! (you say)

I agree with you, I wholeheartedly agree! Yes, it's still a time of slumber and stillness and quiet outside. This month, let us focus on the well-deserved rest that is around us in nature, and invite it into our life. It is monumental to our health and our well-being to have adequate rest. By adequate rest I mean exceptional sleep, deep sleep, rest with feet up, reduced or eliminated running around and good old-fashioned 'zone out' time for the mind, maybe even a nap or two!

With every action, there is a reaction. This is a universal law. With every inhale there's an exhale. In every cycle, there's an up-and-down. There are two sides to every coin. There's always a day and night. Ah, you get the picture. It is wonderfully and refreshingly 'normal' and natural for us to have cold dark resting days, even weeks and months in every calendar year. The earth has that balance built-in. Our December was a flurry of activities and get together's and last-minute changes (oh boy, the many changes and shifts!) especially with the pandemic adjustments still all around. That is all the more reason to allow this January to nourish you in the most regenerative and beneficial way: in stillness and abundant rest.

As I walk among the brambles and the foliage in the woods and explore the forest along the river, I take solace in knowing that on the surface there is quiet but beneath the surface, there is a flurry of activity. (After all, nothing is truly ever at rest is it?) So much of the forest: the critters and tiny micro-organisms are fully alive. Like the snow-covered forest, on the surface, we may be quiet and take time to get outside, stroll on a leisurely walk or may just stay indoors for longer periods this January. We allow our bodies to rest, recuperate and patiently await the warming weather of spring.

But, deep within, our bodies are teeming with extraordinary cellular and microscopic life all the time. This microscopic life is what helps you excel, rebuild, cleanse and grow healthy cells. When you give your-



self time to slow down and rest in stillness, you are promoting these extraordinary changes and growth within you. You are inviting health biome, to repair your joints and your muscles, nourish your skin and detox your organs, and even rebuild

your brain. You choosing stillness and rest the season. is choosing your body to restore and re-

Now isn't this a wonderful way to celebrate all of January?

But don't take my word for it. You can research all the amazing feats your body accomplishes during rest. Here are just a few numbers to get you started:

When we sleep soundly, our brain can waste being reduced in the brain!

12 hours or more), our body begins a waste cleansing program and also breaks down fat cells for fuel!

While we sleep we grow longer hair, renew skin cells, rewire our brains, incorporate new skills from the day, create white blood cells (that fight off infections), and increase production of the hormone that helps us feel full (leptin)!

On the other hand, reducing one or more hours of sleep per night leads to hypertension, obesity, fogginess, increased infections and illnesses, diabetes and car accidents (due to impaired brain function).

embrace a slowing down this month. Embrace a gentle pace. Bring on the relaxed hibernation, be like the big brown bear, and take it easy. Be content and at peace knowing that deep down, in every fibre of your being, you are growing stronger with every day (err with every sleep and nap,

"In the middle of winter I at last discovered that there was in me an invincible summer."

— Albert Camus

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### **From the Bench**

By Retired JUDGE LLOYD BUDZINSKI

trust you all survived Christmas and its range of emotions. For many it's a happy time and for others it brings back memories of childhood or lost relationships - some good, some bad. It is like a New Year's event, where the expectation exceeds the reality. It can be nerve wracking to think that every party will be a smash, the meal award-worthy and every wrapped gift a perfection. Contrary to beliefs it is not the peak period for self-harm. A 2011 study found everything associated with poor mental health dropped off at holiday time. to bloom within your micro- There are other times, after the holidays with greater suicide rates. It may take time for

> Lawyers sometimes try to use the spirit of forgiveness to reduce jail-time. They schedule sentencing to be heard near Christmas. Judges understand victims have feelings too and realize accused often make promises they are incapable of keeping in order to get home for

> For the elderly it can be a time of loneliness. Children have moved away and friends gone. They have lost purpose. 'The Sandwich Generation' may find it challenging to please both the needs of parents and children. Families, separated by space, time, and shared experiences may have difficulties to find topics for friendly conversations. This causes strain between generations discovering they no longer have much in common.

can offer some advice based on personal experience on how to reduce the holiday stress with your children. The parent-child relationship is subconsciously one of the lasting and strongest impediments to better relationships as the family ages. You still think of yourself as the parent teaching your children. They on the other hand want you to see and treat them independent, grown-up adults. This generates suppressed resentment for each other. The shrink up to 30% - that's inflammation and offensive parent phrase here is "YOU SHOULD". Think of your feelings the next time parents or an in-law says "You should...!" The elder parent must learn to avoid the instruction When we take a break from eating (fasting unless asked. The adult child must have confidence within themselves to appreciate they are grown up, have free will and can overlook the advice. I witnessed this event at dinner. My mom, a kind woman, was telling me that I, a lawyer, SHOULD consult a lawyer before signing a contract. My muscles tensed. I said nothing.

Later, I said to my son he SHOULD take a certain course. Suddenly, I noticed him rolling his eyes. I understood. We all must learn.

What's important for seniors is that they remain relevant as an adult. Parenting your mom or dad may satisfy you but can demean the parent. The senior must feel significant or independent to maintain their identity or worth. Their self-image is based on their hierarchy in the family, knowledge and disseminating wisdom by grandparenting, teaching or

It's important that our children understand our feelings as we age. We too have responsibilities. I tended to get upset as my mother in her 80s would sometime forget historical events, present them inaccurately or repeat herself. I do that now. I forgot that short term memory declines with age. I found myself reversing roles, correcting her as a parent speaking to a child. I felt frustrated that she couldn't remember. My voice showed So take science AND nature as your guide: impatience. My wife, a wise woman, quietly told me to be gentle and let her believe in her memories. It didn't matter that her recollections were inaccurate. My spouse was right. Confronting the parent with corrections isn't helpful. You are reminding them of their frailties and lack of relevancy.

Relevancy, is a necessary ingredient to belonging, the antidote for loneliness. Sharing or discovery of experiences is important to generate new sources of conversation. The older we get, the less shared experiences we have with the younger generations. Fortunately, some grandparents live near and can be involved with their children's children. Without sharing events we lack topics for discussion. Notice when we older folk gather, our only topics are: the good old days, our grand-kids, and our aches. When the grand kids go, as they should, we have only the past to share. It isn't that exciting to our children to hear forty-year-old stories repeated at every get together. Seniors are okay with it because they forgot they heard the stories before.

I try to stop the "Shoulds," respect my children's decisions and let go. That's hard for a

Judge Lloyd Budzinski retired after 28 years and was a former Crown Attorney, Defence Counsel and Ontario's Assistant Deputy Minister of Criminal Law. He was Chief Prosecutor in the trial of ex-RCMP officer Patrick Michael Kelly, found guilty of murder for throwing his wife from a 17th floor balcony



### Online auction raises more than \$20,000 for charities

Kudos to area realtor Graham Rowlands, of the South Etobicoke Community Group, for more than \$20,200 raised in an annual online auction to help charities in the community. Rowlands in a final tally on social media said

\$20,205 was raised for area charities. "Special thank you to our platinum sponsors Financial Health

Management Group and Lakeshore Smiles Dentistry," according to a post. "Thank you all prize donors, Jenny



from Kitchen on Sixth for all the pies, all the bidders and everyone who donated money for all



Community Health Centre

these awesome organizations." When it was divvied up, some \$3,362 was donated to LAMP Community Health Centre, \$4,010 to Women's Habitat of Etobicoke, Lakeshore Arts received \$2,885, Haven on the Queensway \$3,295, Jean Augustine Centre for Young Women's Empowerment obtained \$2,937

and some \$3,715 was donated to the Etobicoke Humane Society. Social media was quick to thank the organizers, donors and those who purchased items for sale. "Thank you

Graham for another successful fundraiser. Love seeing all the love and support in the community,' said Laura Robinson.

"What a fantastic job," said Terry Gibson said thanking Rowlands.. "The community is lucky to have you." The event raises funds online from an auction of goods and services provided by area businesses.

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## Looking after yourself and others in the community

STARTING IN JANUARY 2022 community wellness series, the power of positivity on Zoom at 2 p.m. every Tuesday on January 4, 11, 18 and 25, for good vibes only and to reduce stress. To register email jasmind@lampchc.org

**Getting Involved** 

or call call 416 252 6471 ext. 308.

STARTS JANUARY 6 TO FEBRUARY 24, BABY TIME LAMP Early On. Come join us for songs and rhymes while you get to connect with other parents. This program is great for babies up to 6 months. Every Tuesday 9:30 am -11:30 am. At Second Street school. To register, please email klmt@lampchc.org Proof of double vaccination is required.

BUSY BABIES THURSDAY Starts January 6 TO FEB-RUARY 24 for four weeks. Join us for our Busy Babies Thursday program for children age 12 months and over. A fun filled adventure with crafts, stories and lots of songs. The program runs every Thursday from 9:30 am - 11:30 am. For more information email lshrats@lampchc.org

FREE EMERGENCY FOOD TAKEOUT MEALS offered Monday to Wednesday from 9:30 a.m. to 11:30 a.m. through LAMP's adult drop-in program. Thursday harm reduction supports from 9:30 a.m. to 11:30 a.m. COMMUNITY SUPPORT CENTRE operating from St. Margaret's Church on Saturdays from 11 a.m. to 3 p.m. Meals, snacks, washrooms, showers, and laundry available for folks who are unhoused.

JANUARY 26 WEST TORONTO DIABETES EDUCATION PROGRAM (virtual workshop) An online introduction to diabetes program runs from 5 p.m. to 6:30 p.m. It is important to understand the cause of diabetes, the symptoms and how to manage it. The program is subdivided into two parts: The Intro to Diabetes and Healthy Eating. To register call 416-252-1928 ext. 100.

LAMP's COMMUNITY CHIROPODIST is now taking new patients for foot care services for people who are pre-diabetic or diabetic. For more information on call 416-252-6471 ext. 264.

EVERY WEDNESDAY from 2 p.m. to 3 p.m. Stonegate Community Health Centre presents Everything Baby Discussion with Barbara and Larissa to discuss prenatal, post-natal and parenting topics on Facebook Live on the Stonegate CHC Family Program Facebook page at facebook.com

**EVERY THURSDAY** The Good Food Market from 12 to 4 p.m. at Stonegate CHC at 10 Neighbourhood Lane for affordable produce, outdoor market and bring your own bags. COVID-19 protocols are in place. For more information call 416-231-7070 ext

STARTING IN JANUARY 2022 craving change, a how-to workshop for changing your relationship with food. Understand why you eat the way you do; change your thinking and change your eating. Six 15-hour sessions over Zoom in six weeks. Contact Calla at Calla@lampchc.org or phone 416-252-9701 ext.

THE SNYP TRUCK a mobile clinic of Toronto Animal Services will be at LAMP Community Health Centre, at 185 Fifth Street, from 9:30 a.m. to 4 p.m. on January 18, February 8 and March 8 to spay or neuter your pets. Free or low cost pet services to LAMP clients, staff, community and family members. Contact 416-338-6281.

**SUMMER YOUTH JOB CONNECTION** for students aged 15 to 18 to obtain 20-hours of paid pre-employment training, free certification, training and work-related supports. Must be eligible to work in Ontario and be ready and willing to work during COVID-19, March Break and Summer 2022. Contact Sheroni at 416-405-5259 or email schristian@woodgreen.org

PHYSIOTHERAPY-BACK TO MOVEMENT (virtual program) Are you experiencing chronic low back pain? Join our online Back to Movement Physiotherapy program. The program is designed to help you reduce your lower back pain and keep you in shape! Runs Wednesdays from 2:30 p.m. to 3:45 p.m. until the end of March 2022. To register, call 416-252-6471 ext. 264.

PHYSIOTHERAPY-STRONG AND STEADY FALLS PRE-**VENTION** (Virtual Program) Winter weather means slippery sidewalks and falls. LAMP's physiotherapy department is offering a free program to help prevent falls. Register for our upcoming Strong &

Steady physiotherapy program online runs Tuesdays at 10:30 am through the end of March 2022. Improve your balance through simple exercises. To register, call 416-252-6471 ext. 264.

VOLUNTEERS NEEDED TO help plan a community leadership program. The purpose is to build community capacity and involvement. Need your ideas! For more contact jasmind@lampchc.org or call 416 252 6471 ext. 308

STARTING JANUARY 12 TO FEBRUARY 23 MINDFUL PAR-ENTS AND BABIES YOGA for parents with babies up to six months old. There will be yoga stretches, baby rhymes and mindful strategies in every session. The program runs from 10:00 a.m. to 12:00 p.m. To join seven week program fill out the sign-in form at https://forms.gle/oNJR8cA3tqFu2BEo9

JANUARY 10 to FEBRUARY 28 Early On, Our Little Preschool Learners program from 10 a.m. to 12 p.m. This program is for ages 2 - 5 and up. All families must register to participate in this program. For further information contact ishrats@lampchc.org SPECIAL THANKS TO IVAN DAWNS, of the International Union of Painters & Allied Trades for staging a successful Christmas dinner that fed more than 250 people at the Back Door Mission in Oshawa. Thank you all and have a Happy New Year!



#### **FOR SALE NEW** TORONTO COOKBOOK

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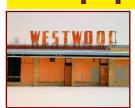
Larry J. Kourtis, CPA, CMA



John Soares, CFP®, CIM®

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### More condo towers to take over the once popular Six Points Plaza area



The former Six Points Plaza is fondly remembered by many today for the iconic Westwood

Theatre (above) that screened top movies for almost 50 years during its many glory days.

The theatre was built in 1951 at the Six Points intersection where Kipling Avenue meets both Bloor and Dundas Streets W.

The famed movie house, where a number of movies were filmed, shut its doors in 1998 and sat vacant until 2013. It is now the site of a new development hub that will feature a new Etobicoke Civic Hall,

public library branch, gym and health centre. Many residents have great memories watching movies at the olden and comfortable theatre back in the day with family and friends. It was a more laid back time. An application is

now underway for a zoning by-law amendment from the City of Toronto to permit the redevelopment of the

Six Points Plaza to include four mixed-use blocks of land for high-density and medium-density buildings and parkland. The park will be located on the south side of Bloor Street West, between Jopling Avenue South and Beamish Drive, and

Liberty Development has proposed seven towers ranging from 10 to 45 stories, of mostly residential space on the 13.8 acres (5.6 hectare) site.

north of Dundas Street West.

Block 1 is east of Jopling and when completed will consist of a 45-storey and 42-storey condo towers that would provide 918 residential units, of which 572 would be one-bedrooms, 175 are two-bedrooms and 127 three-bedrooms.



A NEW ETOBICOKE CIVIC Centre, library, gym and health centre are also being constructed.

Block 2 consists of a 30-storey residential tower and 10-storey building with 451 resi dential units, 287 one-bedrooms and 93 two-bedrooms.

Block 3 is south of Bloor Street and consists of a 10-storey mixed use building and

25-storey tower that would provide 333 units. Block 4 consists of a 35-storey residential building with 428 units. Some 914 parking spaces are proposed for the redevelopment of which 645 are for residents, 53 for non-residential uses and 216 for visitors. Also planned are 1,652 bicycle parking spaces.

The site is about 300 metres from Kipling subway and GO stations, including the Kipling Metrolinx Transit Hub, from where trains and buses across the Greater Toronto Area can be accessed. See Page 5 for more on a world-class Etobicoke Civic Centre.



### Giving back to the community!



MEMBERS OF SANDWICH SISTERS from Christ the Good Shepherd Parish St. Michael's Ukrainian Catholic Church preparing to deliver a food donation gift to Haven on the Queensway to help those in need. They have also donated 150 hams, stuffing mix, 150 Panettone bread and provided hundreds of lunches for the hungry. The Sandwich Sisters are active feeding people in the community. Courtesy photo.



ABOVE A TOY COLLECTION OFFICER of 22 Division take turns packing a TTC bus with donated toys outside Toys R us store at Sherway Gardens Mall. The annual event collects toys for children in the community who are at risk or in need. BELOW Romaine (left) of Rendezvous Hair Salon, in Long Branch, and volunteers donate food items collected from customers to St. Margaret's New Toronto Church, on Sixth Street. The items will be handed out to those in need. Photo by Tom Godfrey.



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