

The South Etobicoke News

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Party time in T.O. as most virus steps lifted

Etobicoke residents and merchants are breathing a sigh of relief as most anti-pandemic guidelines have been lifted or will be soon be gone. Last month anti-COVID-19 capacity limits were lifted in bars, restaurants, gyms, cinemas, casinos, bingo halls, meeting spaces or convention centres and other venues.

This month the use of a dreaded vaccine passport was canned and the use of masks is being reviewed in a few weeks by health officials.

“This is great news and a sign of just how far we've come together in our fight against the virus,” Premier Doug Ford said. “While we aren't out of the woods just yet we are moving in the right direction.” The measures are being applauded by many struggling South Etobicoke



STREET PARTIES ARE BACK as well as the annual New Toronto's Grilled Cheese Challenge in June, along with the Toronto Indy (left,) and the Blue Jays. See more on Page 2. It has been a while and we miss all the fun and action.

business owners who have been losing revenue while calling for an end to the limits.

Patricia Delfin, the owner of Clock Factory, in New Toronto, said she can now make plans and work to regain her customers, who have been staying at home

shopping online for goods. “We are pleased to reopen for our customers,” Delfin said. “It has been a long time.”

The Premier said all social gathering limits have been increased to 50 people indoors and 100 outdoors. Fans can return to hockey or ball games without a vaccine passport.

There is also no capacity limits for indoor weddings, funerals or religious services, rites or ceremonies. “Ontario intends to take steps to

ease public health measures if public health and health system indicators continue to improve,” Ford said. A steady decline in COVID-19 hospitalizations and Intensive Care Unit admissions, led to a resumption of non-urgent and non-emergency surgeries and procedures.

Ukrainians protest Russian attack on homeland

Outraged members of Toronto's Ukrainian community have been staging demonstrations in Etobicoke and across the country to protest the Russian invasion of their homeland.

Yellow and blue flags waved in the air as Ukrainian Canadians denounced Russia's attack and urged Ottawa and the world to act swiftly to defend their homeland.

About 10 per cent of the Ukrainian community in Toronto live in the Mimico, New Toronto and Long Branch areas of South Etobicoke, according to surveys. More than 122,000 residents of Ukraine heritage live in Toronto with more than 1.35 million residing across Canada. A majority of them are Canadian-born citizens.

Ukrainians have settled in Canada for more than 100 years. The first Ukrainians came here in the early 1890s. Between



UKRAINIANS AROUND THE WORLD, including here in Toronto, are protesting the invasion of their homeland by Russian forces. Donations are being accepted (left) to help fleeing Ukrainians at Barrel House Korchma, in Mimico. Photo by Christina Murie.

1896 and 1914, some 170,000 Ukrainians made the trip to Canada, according to research. Many resettled in the western prairies due to land opportunities. Ukrainians make up Canada's 11th largest ethnic group and Canada is home to the third-largest Ukrainian population behind Ukraine and Russia.

There are thousands of Ukrainians who attend ongoing protests outside the Co

nsulate General of Ukraine, at 2775 Lake Shore Blvd. W., and City Hall.

Protestors are asking for Canada and Allies to implement a no-fly zone over Ukraine, for more anti-aircraft, anti-rock-et and naval weapons systems, a trade embargo against Russia and since removal from the SWIFT International Payments System. “The Ukrainian Armed Forces and the Ukrainian people are cou-

rageously defending their homeland from Russia's brutal and unprovoked attack,” according to the Ukrainian Canadian Congress. “But they need our help now.” Officials of several Canadian cities, including Calgary, Montreal and North Bay, said they would fly the Ukrainian flag over municipal buildings.

And the Liquor Control Board of Ontario (LCBO) is removing all Russian booze from the shelves of its stores.

Donations are being accepted to help Ukrainians in need who are fleeing with their families for their lives. Donations can be made at the Barrel House Korchma restaurant, at 2385 Blvd. W., Mimico. Most Ukrainians at the protests say they are heartbroken by the Russian attack and are concerned about their friends and family back at home.

See Page 14 for charities to donate to.



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Toronto's many fun events return this summer



GRILL CHEESE FUN returns on June 11 after a two year COVID hiatus. All our favourite street festivals are back including St. Patrick Day Parade (centre), Toronto Caribbean Carnival and Pride Toronto with PM Justin Trudeau having fun. (below) The Beaches Jazz Festival, Taste of Danforth and the CNE (right).

Feels like a summer of fun in the sun!

All of Toronto's many popular street parties and large outdoor events are returning this summer after a two-year hiatus due to COVID-19.

Here at home, organizers are planning the *Fifth Annual Grill Cheese Challenge* for June 11, which will include two stages and featuring live bands.

Chris Korwin Kuczynski, of the Lake Shore Village Business Improvement Association (BIA), said there will be many booths set up from Second Street to Islington Avenue, which will be packed with delicious food. There will also be a beer tent.

He said organizers will take their anti COVID-19 guidance from public health officials.

"The event has been on hiatus for two years due to COVID-19," Korwin-Kuczynski said. "It will be a great event and it will be a lot of fun for the family."

The Challenge attracted as many as 30,000 residents before it was cancelled by the pandemic two years ago.

Organizers of the *Toronto St. Patrick's Day Parade* is also going full steam ahead for their annual downtown parade that will take place on March 20.

The organizers said many people have been vaccinated and most events have been given the green light by the Ontario government and City of Toronto.

This year, the parade will begin at Bloor Street West and St. George Street, heading east to Yonge Street, south to the Queen Street and then past a review stand at Nathan Phillips Square.

Also returning is *The Toronto Caribbean Car-*



nival, also formerly known as Caribana, which will celebrate its 55th anniversary with a series of events leading up to the final weekend of July 28 to August 1 and the annual Grand Parade.

This year marks the festival's Emerald Anniversary and revellers are celebrating freedom, diversity and inclusion that makes up the carnival arts, according to organizers.

Pride Toronto is planning a month-long series of events for June, with the highlight being Pride Weekend from June 24 to 26, which will include the Trans March, the



Dyke March and the Pride parade.

The *TD Toronto Jazz Festival* will celebrate its 35th anni-



versary from June 24 to July 3 with new stages at the Victoria College Quad at the University of Toronto and an installation at Yorkville's Cumberland Park.

Luminato, the arts festival featuring local and international talent, is expected to announce its events anywhere from June 9 to 19.



Doors Open Toronto, which offers walking tours of more than 150 properties of architectural, historic and

cultural significance, will run the weekend of May 28 and 29.

Car buffs can head to the roaring *Honda Indy Toronto* at Exhibition Place on the weekend of July 15 to 17.

The Beaches International Jazz Festival, which held its first event in 1989, will offer performances from July 2 to 24.



Krinos Taste of Danforth, which is always packed and popular, expects to return for the weekend of August 6 and 7. The *Canadian National Exhibition*, one of Toronto's oldest and most celebrated summer events, will run from August 19 to September 5.

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Private Eyres fought for Canada and is Alderwood hero



PRIVATE Ardwell "Art" Eyres, top and right, loved Alderwood and had many friends. Courtesy photos.

One of the oldest WWII veterans in Canada has passed away. Private Ardwell "Art" Eyres, died on February 16. He would have been 98 in April. Eyres loved Alderwood and lived most of his adult life there, where he raised his family. He lived independently in his home until a few months ago. During the Second World War, Eyres served on a troopship that was responsible for bringing thousands of soldiers across the Atlantic to fight in Europe on D-Day.

Born in Cameron, Ontario, Eyres enlisted for the army on April 29, 1943—the same day he turned 19. When asked why he decided to join, his answer is simple. "That's what you did." He was stationed in Halifax to serve on the troopship *Ile de France* as part of the Embarkation Transit Unit. "Troops would exit one train, do a roll call before loading onto the ship. Then another train would pull up and load more soldiers. This process continued until the boat was full." Eyres made 17 round trips across the Atlantic to transport thousands of troops, and at one point they were joined by performer Bing Crosby. Every trip was made without an armed convoy escort. "We could go fast enough to outrun German subs," Eyres recalled. "We had to change course every three minutes or so to help confuse the enemy." He was dubbed "Laddie" by his Regimental Sergeant Major while serving on a hospital ship called *The Lady Nelson*. Eyres served for a year after the war ended. The *Ile de France* was responsible for bringing back 10,000 troops, which included the wounded. "People think that when the war was over, we just all left and went back to our previous lives, but there was a lot more to do," he says. On discharge from the army, Eyres settled in Alderwood, married and started a family. He went to night school and eventually became an accountant. Eyres joined the Upper Canada Railway Society and would serve as club president.

He became interested in recording his family history and worked on his family tree, recording more than 1,000 names and going as far back as 1770. Eyres returned to Halifax in June 2019 to mark the 75th anniversary of D Day and the Battle of Normandy. "Canadians need to remember how important that day was" he said then. "For all the servicemen who landed on the beaches and flew over them. We had to honour the job they did."



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Stewart was among Canadians serving in Russia

By Timothy J. Stewart C.D.,
Private Arnold Stewart's great-nephew
Piper, Historian and Curator
The Toronto Scottish Regiment



PRIVATE ARNOLD STEWART, also of Alderwood, served in Siberia and a Christmas card (centre) he sent home while stationed in Russia. Stewart family photos.

Private Arnold Stewart was a valiant Alderwood veteran who served in Siberia with the Canadian Siberian Expeditionary Force (CSEF) in 1918 and 1919 during World War I. Stewart was in one of nine Canadian troopships that headed to Russia's Port of Vladivostok from Victoria, B.C., carrying 680 soldiers of all ranks, according to his surviving relatives.

Stewart, who would make Alderwood his home, was part of the 20th Machine Gun Company which left B.C. three days before Christmas in 1918 as part of a WW I deployment. These brave soldiers survived the cold and arrived in Vladivostok three weeks later on January 12, 1919.

They were sent there during the Russian Revolution to bolster the Allied presence, oppose the Bolshevik Revolution and attempt to keep Russia in the fight against Germany. The Canadian contingent was made up of 4,192 soldiers, who returned to Canada between April and June 1919.

"Private Stewart spent three days in sick bay onboard, probably sea sickness or it may have been influenza," wrote his great-nephew Timothy J. Stewart C.D., a Department Head at St. Basil the Great College School and piper, historian and curator for The Toronto Scottish Regiment.

"The CSEF did not see action against any German forces or Bolsheviks, however none of the war material and supplies shipped to Russia before it withdrew from the war fell into the wrong hands," according to historian Stewart.

He said the multinational force had a 'stabilizing effect on the political situation and the spread of Bolshevism had been slowed.'

"The 20th Canadian Machine Gun Company (CMGC) spent four months on the ground in Vladivostok before it and the rest of the Canadian contingent were ordered home," Stewart wrote.

Members of the CMGC embarked on the SS (steamship) *Monteagle* and headed home, with Private Stewart being discharged from service in May 1919.

He was awarded the British War Medal and Victory Medal pressed with his number 3031549, rank, name and posting.



FILE PHOTOS of Canadian troops during World War 1 stationed in Siberia.

"Depending on the source, anywhere between 16 and 19 Canadian soldiers died in Siberia, due to accidents and sickness," Stewart said. "That is not to downplay their role. They were there to serve and fight if called upon."

In the early 1930s, Stewart bought a house on Gamma Street in Alderwood to be closer to his brother, Frank Stewart, who lived on Rimilton Ave.

Stewart then worked for Heintzman Pianos as a finisher.

He also helped Frank, who had established a successful market gardening business in Alderwood, selling flowers to florist shops, which the veteran would deliver. He then worked at the former Long Branch Race-track, where he fed, watered and walked the horses. He loved the job and stayed there for 20 years until the track closed in 1955.

Arnold Stewart passed away in 1957. RIP Private.



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

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Pharmacist Emad loves working with his patients



EMAD Mankaruos has expanded Alderwood Medical Clinic Sav-On Drug Mart and is hiring staff. Photos by Tom Godfrey.

Good-natured pharmacist Emad Mankaruos is adding a range of health services to help community residents with the expansion of his Alderwood Medical Clinic..

His Sav-On Drug Mart, at 880 Brown's Line, just south of Evans Avenue, has been serving the area, under three different owners, for 65 years. He took over in 2003.

"We are the longest-serving pharmacy in the community," Mankaruos says.

"We are now expanding to better serve our clientele who love that we are in the area."

He recently opened a 'four-room mini-clinic' and is making space available for a nutritionist, physiotherapist, chiropractor, optometrist, hearing aid specialist, massage, medical spa and other specialists. Call him at a phone number listed if you have working experience in any of the fields.

More than 500 patients weekly, mostly seniors, depend on the pharmacy for a range of services to maintain their health.

Mankaruos, who lives in Mississauga, loves his customers and they love him.

"I love the people and area," he insists. "The people are nice and I know many of the families."

The father of three has one daughter who is a pharmacist, and another interning to become one. His wife is also a pharmacist with her own store.

A pharmacist for 35 years, Mankaruos was trained back home in Egypt and in Saudi Arabia before moving to Canada on June 6, 1995.

"That was the happiest day in my life," he says. "I chose Canada because it is a land of opportunity. I am very grateful to God and Canada for my success."

He studied pharmacy because 'I love to help people relieve their pains and complaints.'

The store finances an internship program with students from a local high school and helps many local hockey teams and other charities.

Gifts to him from his many clients are proudly displayed on shelves along with his medicine. The store is busy and many patients and their families have been shopping there for decades. Many are from the Alderwood area.



EMAD (centre, below) and his team keeps their customers happy.

The pharmacy was located at the Farm Boy mall across the street and relocated many years ago. It has many loyal customers whose families love the laid back service.

It takes about a dozen employees (photographed above) to keep the clinic running smoothly and that their customers are well-looked after.

Many long-time customers say they like the service and good-natured banter that takes place as they get served.

The druggist says one of their doctors has been at the clinic for two decades.

Sav-On Drug Mart can be reached at 647-FLU-4444 or visit www.savon.supplies



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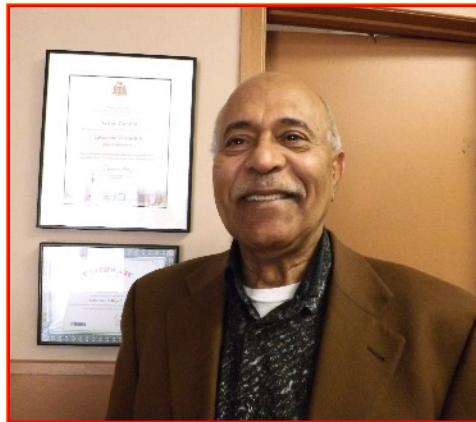
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Accountant Gandhi won't let a busted ankle keep him at home and away from clients



ACCOUNTANT GANDHI is quite well known after 15 years of service in the New Toronto community. Photos by Tom Godfrey,

"She has been my customer for 23 years," he says. "I enjoy going out there to see her. It is expected." He gives back to the community by acting as a former treasurer, now accountant, of the Lakeshore Village Business Improvement Area (BIA). In his spare time, Gandhi offers free financial advice for groups of three to five people. "I enjoy going out there and helping people," he offers. "I like it when people come back and ask me financial questions." He lives in the area and will be celebrating his 50th year in Canada next year. Not bad for a guy who arrived here from Delhi, India, in 1973.

New Toronto accountant Rattan Gandhi loves his job so much that even a painful fractured ankle injury from falling cannot keep him away. "Haven't miss a day," says Gandhi, the owner of Quick Refund Tax, at 133 Sixth Street. "Through ice and snowstorms I have been here every day." The friendly tax preparer is celebrating his 15th year in the New Toronto area. He has prepared the taxes of thousands of residents; many who have become friends over the years. Friends including a client-turned-pal, has offered to drive him to work. "I love the interaction with the people," Gandhi says. "Many clients travel from all over the city for me to do their taxes." He drives to Burlington every year around this time to prepare the returns of an 89-year-old woman, who cannot make the trip to his office.



Gandhi warns that taxes are to be filed by the end of April and residents should be collecting all their expenses in an envelope, including obtaining a printout from their pharmacy for prescription drugs. Quick Refund Tax can be reached at 647- 340-2627 or e-mail quicktaxservices@gmail.com.

Area barber Compton known as the 'Mayor of Mimico' by some residents



BARBER Jonathan Compton, at work, centre, knows just about everyone in Mimico. Photos by Tom Godfrey.

Good-natured barber Jonathan Compton has trimmed so many area residents and their families that he is dubbed the unofficial "Mayor of Mimico."

Compton owns and has been a stylist at the popular Elevate Barber Shop, at 2383 Lake Shore Blvd. W., near Superior Avenue, for seven years and is well-known for his good deeds in the community.

Many residents stop by his salon for a trim or to say hello while on their rounds. The native of St. Lucia worked for a number of years as a trucker when he arrived in Canada in 1994. Compton returned to his love of hair cutting and styling, a trade he learned at home. In time the stylist opened his Mimico salon and hasn't looked back.



"I was spending too much time on the road as a trucker," Compton says. "I always wanted to own my own business and there was an opportunity." He, like many others, is seeing an uptick in business as some COVID-19 guidelines are lifted. He knows all his customers and most area residents.

"I have been receiving a lot of support from the community," Compton explains. "Mimico has been great to me and I am glad that I opened in this neighbourhood."

He lives in the area and his small shop is busy as more men return to their "long-time barber." A visit for a cut here is like visiting an old friend.

"The business and styles have changed over the years," he notes. "Most people know they will get a great cut here and they always come back."



He has customers from across the City who have been returning to his chair for years.

Opening a business these days can be a daunting and overwhelming task and he warns enterprising barbers to stay focused on their career.

"Keep your eyes on your dream and don't let anyone hold you back," Compton offers.

His salon is comfortable, friendly and provides some good conversations. On this day the music of Jamaican reggae icon Bob Marley is jamming as Compton and customer celebrate the musician's February 6 birthday. Elevate Barber Shop can be reached at 647-347-6008. Appointments not required.

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Slowdowns on Lake Shore Blvd. W. as watermain pipes replaced



EXPECT SOME DELAYS as a watermain replacement project clogs up Lake Shore Blvd. W., in Long Branch.

Motorists are being asked to have patience as a construction project underway until April on Lake Shore Blvd. W. will cause traffic issues.

Long Branch residents and merchants are bracing up for months of construction work and noise as a major watermain replacement project takes place.

Some business owners are worried about suffering another financial hit as the Lake Shore Blvd. W. will be reduced to two lanes, with little or no parking for customers, in some areas. They are already hurting from COVID-19 closures.

The construction activity will affect businesses and residents from Twenty Fourth Street to just west of Thirty Second Street, according to the City.

"First customers were staying away because of COVID-19," a frustrated Long Branch merchant said. "Now the road will be re-

duced and no parking, which is great for business."

The City in a January 25 Construction Notice said the watermain construction will begin on February 7 and end on April 1, which is roughly seven weeks.

"The City of Toronto will replace the watermain and the city-owned portion of standard water services on Lake Shore Blvd. W. from Twenty Fourth Street to 56-meters west of Thirty Second Street," according to the Notice.

City officials said the homeowner is responsible for the pipe that leads to their home from the watermain. The City owns from the end of the property to the watermain.



The Notice said if you live on Lake Shore Blvd. W., in the area where work is being conducted, your home was quite likely built before the mid 1950s and the pipes are made out of lead, which can be dangerous to your

health and that of your family.

The lead pipes and other heavy work are being conducted by a team of City workers. The City sent out a Pre-Construction Notice on January 26 detailing a Sewer Upgrade program that will be taking place for 10 months affecting Twenty Fifth Street, Twenty Seventh Street and others.

"The project is part of the Council-approved Capital Works Program to renew aging infrastructure, reduce the risk of leaks and ensure continued long-term reliable sewer service," the City said.

Four condo towers planned for Sherway Gardens Mall



CHANGING FACE of Sherway Gardens Mall with more high-rises. Courtesy photos.

Parking will not be getting any easier at Sherway Gardens Mall as pre-construction is underway for a massive three-phase redevelopment to build four towers.

Urban Strategies Inc. has applied to the City of Toronto on behalf of Diamond Corp and Cadillac Fairview for the rezoning of Sherway Gardens.

The application includes a master planned, mixed-use development for the parking lots around the enclosed shopping mall, proposed in three phases.

The proposal includes approximately 6,278 new residential units, 14,000 square metres of non-residential uses, new public parks and open spaces, a combination of public and private roads and community amenities.

The Sherway Gardens Mall would remain, its

position as a shopping destination reinforced as a centrally located retail and social hub, according to the developers. The mall, which sits on 30-hectares at 25 The West Mall, will remain untouched.

The first phase of development is the north side of the mall, fronting The Queensway, and consists of four new condo towers that sit on podiums and range in height from 30 storeys to 45 storeys.

Some 1,578 residential units are proposed for the four towers, in a mix of rental and condominium units. Tower 4 is connected to the mall by a new entrance and a daycare facility is proposed in the base of Tower 1.

As part of Phase 1, a new public 3,061 square metre park would be conveyed to the City. An open space would be also be provided, consisting of a pedestrian plaza and several landscaped setbacks.

Phase 2 would consist of several new mid-rise podiums with towers above, and would accommodate a range of residential, office and retail uses. Some 2,800 residential units are proposed, in addition to office and commercial space.

Phase 2 will widen up to 9.5-metres of the south edge of The Queensway for a multi-use path and boulevard enhancements. Phase 3 would consist of two blocks of development, containing mid-rise podium elements with taller buildings above.



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Koshaa for home-made and healthy North Indian cuisine

Chef Ushmeet Bhutani learned to cook by watching his mother when he was a child in the kitchen of their home in Bangalore, India. Bhutani since cooked for large hotel chains before founding Koshaa, at 2314 Lake Shore Blvd. W., near Burlington Street, which specializes in tasty North Indian cuisine.

“We wanted to open our restaurant in West Toronto,” Bhutani explains. “We have our own recipes and our food is traditional North Indian flavour.”

He previously worked at the Bangalore Hilton Hotel before arriving in Canada in 2016. Bhutani then worked at Toronto’s Four Seasons before founding Koshaa.

“We use the freshest vegetables and spices,” he insists. “Everything is produced locally and made from scratch.”



CHEF Ushmeet Bhutani with some of his mouth-watering traditional northern Indian cuisine. Photos by Tom Godfrey.

and extract more flavour from our ingredients.” A graduate of the George Brown College Culinary program, the chef hopes to have his regulars return for more healthy home-inspired meals, just like his mom made in Bangalore.

Popular dishes

include: Amritsar fish fry, North-Indian-style fried fish fritters marinated in tangy masala; Chicken 65, a Southern Indian style crispy chicken tempered with curry leaves and mustard seeds. People also enjoy the sizzling chicken tikka; chicken morsels marinated overnight in Balkan yogurt with authentic Indian spices; Tandoori Shrimps, flavoured with ginger, garlic and grilled to perfection.

The Seekh Kebab, is made from a minced lamb mixture and seasoned with onions, tomatoes, and a combination of spices and Classic Paneer Tikka, from Indian cottage cheese cubes, pepper and onions marinated with tandoori masala. Koshaa can be reached by phone at 647-349-8424 or online www.koshaa.ca.



THE CHEF outside on a lovely patio of his Koshaa Fine Indian Cuisine, at 2314 Lake Shore Blvd. W. In Mimico.

The restaurant is licensed for alcohol, is clean and comfortable. A lot of effort and finances went into restoring the interior. It has a nice outdoor patio that faces Lake Shore Blvd. W.

“I always liked cooking for people,” he says. “I get satisfaction from looking at peoples’ faces after they have had a nice home-cooked meal.”

He likes the area and has been getting support from Mimico residents.

“People like our food because it is healthy and a home-cooked style that is modern,” Bhutani says. “We use less oil and butter



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Ukrainian traditional cuisine at Barrel House Korchma



the recipes from our menu have been passed down in our family for many generations." A 'Korchma' is a Ukrainian tavern or pub where food, beer or ale can be consumed by travelers, many back then who were Cossacks, or soldiers who fought for Ukraine's freedom. She said the bright and comfortable eatery has 'played a pivotal role in solidifying their Ukrainian roots in Canada.'

"We believe this is the first dine-in Ukrainian restaurant in Toronto," Barylko says. "A large section of people in this area of Ukrainian, Polish or European descent."

She says customers are worried about the Russian attack of Ukraine since many have family members back at home.



BARYLKO with Cossack soldier and child from another era in Ukrainian history. Photos by Tom Godfrey

HOSTESS Tetyana Barylko says the Barrel House Korchma restaurant is accepting donations as well as helping to feed the local Ukrainian community in these challenging times.

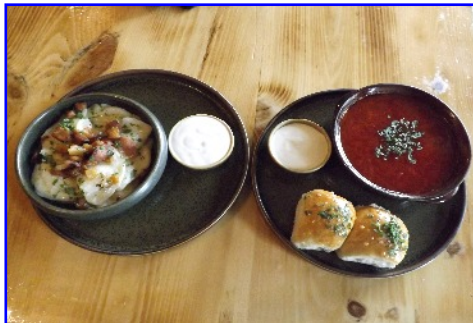
The Russian military attack of Ukraine has been a huge source of concern for diners at Mimico's Barrel House Korchma family-owned restaurant.

Barrel House Korchma, at 2385 Lake Shore Blvd. W., near Superior Avenue, has been opened for about a year and prides itself in serving traditional and authentic Ukrainian dishes with high-quality ingredients. "People love the food," says Tetyana Barylko, whose parents own the business. "Visitors will experience the culture of our ancestors and what makes Ukraine special." The rustic restaurant, which features many pieces of cultural artwork, was founded by Mykhaylo Barylko and wife, Nadiya, after they arrived in Canada in 2002 from the village of Verkhnia Lypytsia, Ukraine, to start a better life for their family.

"We are proud of our heritage and want to continue serving our history to our customers," Barylko says. "Most of

"It is something that people are very concerned about and they talk about it," Barylko agrees. "Many people have friends and family back home." Their menu includes homemade pierogis, pelmeni, palushky, varenyky, cabbage rolls, dumpling filled with either chicken, pork or beef and topped with sour cream; along with potato pancakes and chicken and pork schnitzels.

"It warms my heart seeing people enjoy the food that I grew up with," she explains. "I grew up with almost all the food on our menu, so to me



that's what authentic Ukrainian food is." The Barrel House Korchma features a private patio and can be reached by phone at 647-797-5625 or visit them on Facebook @barrelhousekorchma See Page 14 for charities to donate to help Ukraine.



DONATIONS TO HELP Ukrainians suffering at home are being accepted at the Barrel House. All proceeds will go to help those fleeing or suffering. Photo by Christina Murie.

Grill Cheese Challenge returns on June 11



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Ontario funds aid for addictions, gambling



MORE FUNDING to help those suffering from addictions and mental health issues. File photos.

More help is coming for those seeking aid from addictions in these challenging times.

The Ontario government is investing \$90 million over three years through a new Addictions Recovery Fund to expand addictions services and increase the number of treatment beds in the province.

This funding will help thousands of Ontarians access enhanced specialized services for mental health and addic-

tions treatment, including in rural, Northern and Indigenous communities. "During the pandemic, many Ontarians have witnessed or experienced the devastating impacts of mental health and addictions challenges," said MPP Christine Hogarth. "This investment is crucial in protecting the progress that we have made." The funding has helped local groups like the Jean Tweed Centre obtain necessary tools to provide families and individuals with the help they need. The Centre provides quality counselling and care to nearly 2,000 women and their families each year. The mission of the agency is to offer innovative, accessible, and effective services to those who experience substance use, mental health issues or suffer from gambling. "The investment will create critically needed supports for women with substance use concerns," said officials of the Centre. "We know that gender plays a part in the health and social impacts of substance use on women and we need solutions to address these needs."

The funding will provide treatment beds, withdrawal management and transitional housing that will enhance a vital part of the care that women rely on to support their healing. Studies show that opioid-related deaths surged by 79 per cent during the first two waves of the pandemic, with Ontarians at risk of overdose facing significant barriers to treatment.

To meet the demand for treatment, funds will support 396 addictions treatment beds for adults who need intensive supports, helping to stabilize and provide care for approximately 7,000 clients yearly.

Investments in other services and supports include: six new Youth Wellness Hubs offering tailored primary care and mental health and addictions treatment for youth ages 12 to 25.



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In the Community

By TOM GODFREY

Many across the City agree that residents expect better snow clearing operations from city officials especially with the high taxes we pay. At least one City Councillor has gone as far as asking for a review of what went wrong with the slow removal of tonnes of snow that fell during a snowstorm last January. Councillor Josh Matlow, of Ward 12, says his office received more than 700 complaints over the slow removal of snow from the January storm and he wants something done about it.

Matlow has moved an urgent motion before City Council called 'Clearing the path toward a safe and accessible winter,' that was seconded by Councillor Mike Layton, calling for a Major Snow Event Post-Operational Report to include: quality of service delivery on sidewalks, roads and cycling infrastructure; timeliness of snow clearing and removal activities.

They want the prioritizing of snow removal from community safety zones, access to public transit and the clearing of windrows.

The storm dumped about 55 centimetres of snow on Toronto in just over 16 hours, crippling large sections of the city. It shut both major highways leading in and out of Toronto.

"By the end of the week, too many local streets were still impassible in North York, Scarborough, East York, Etobicoke and downtown," the politician said. "Sidewalks and parking in front of long-term care homes left many seniors and caregivers homebound." Here in South Etobicoke many seniors were forced to cancel Wheel Trans service, trips to their doctors or hospitals and to remain at home.

"Pick-up or drop-off areas and sidewalks around schools left many students and parents with no choice but to walk in live lanes of traffic to and from school," he said.

Matlow said many residents reported getting mixed messages from 311 saying that a request could not be filed as crews hadn't started snow clearing on their street or having their requests closed with no action or explanation at all.

"The City's snow communications primarily focused on boasting about the tons of snow removed, rather than actively working to resolve the concerns that residents shared via 311 or through my office," Matlow noted.

He said even an online PlowTO map that gave real-time data on the progress of clearing and salting operations was wrong.

It left Mayor John Tory calling for a post-operational report on various City Divisions reaction and handling of the major snow event.

"I believed that it (report) did not go far enough to address to the very real and underlying problems that many were experiencing in the moment," Matlow warned.

"The service standards the City of Toronto provides for snow clearing and removal isn't good enough," he complained. "I also believe residents deserve accountability and answers to exactly what went wrong."

There are some side streets in the South Etobicoke area that still hasn't undergone a full snow removal since the storm.

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.

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Without counsel plans fail, but with many advisors they succeed. Proverbs 15:22

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Your Health

By MONIKA MEULMAN

M is for Action.

Yes, you read that right. (Ok, March is for Action!) This March, let M stand for 'make things happen'.

As the weather warms up and the days get longer, you'll notice that the birds and the bees AND the squirrel activities are well

underway. They are making things happen. It's time for you to do the same. Let's make things happen!

Too often we wait for approval or an invite or a date on the calendar to tell us what to do. 'Oh, it's spring, March 20th, time to get ready to garden...' I say: sit down right now (well after you finish reading this column) and make a list of five things you've been putting off that you wish to make happen this year. What? It's not the new year you say? Well it doesn't matter does it? I say M is for action and making things happen because you decide what happens in your life.

It's easy to forget in our days full of habits and repeating errands. But you are making choices all the time.

Daily, I know that you choose the clothes you wear and the food you eat. You choose how much you eat and you choose who you talk to. You choose what time you go to sleep and you choose what time you get up. But, Monika, I have to go to bed because of work, you say. Sure. Yet, you know very well that you always have one to two or even more extra hours at the end of the day that you fill up with activities other than work. What are they? Are you studying? Are you watching your favourite show? Are you reading? Are you taking care of a family member?

There is no right or wrong answer here. The point is you are choosing how much time each activity takes up in your life. Some people value having an hour-long family dinner. Others may prefer a quick bite and then a game of chess or bocce ball. How about you?

Your day is full of making choices and when you are presented with the idea of planning something bigger and better in your life...I have a feeling that you all of a sudden decide that someone else has to make that decision for you. That someone else is in charge.



But it's hard, you say. Yes, I agree with you. It is hard. Making choices, making things happen in our life is an important decision. You are in control. So, believe me when I say: you can decide to do something on your forgotten list this year.

Start the new year off (I mean March) on the right

foot. Make a list of those five things that you've been putting off and put the rough outline in your calendar and your to-do list. Take six to seven days to review it daily. Your mind loves a good puzzle. Your mind is exceptional at solving problems. Allow your mind to see this list as a new challenge.

Why? Well for starters, our confidence grows with every new task we accomplish. Our belief and our faith in ourselves also grow with every new skill and experience we have. When life gets tough, the more skills and experiences we have, the easier and faster we can recover. That's the ultimate sign of natural health. If you have a desire to grow bigger and better in your life, in your body, in your mind, choose now, choose this year to make some changes. You can do this by adding into your day one new task or lesson that you will accomplish. And get it done. Tell me what you have chosen.

What you will notice after a few days, maybe a couple of weeks is that you have grown tremendously. And since spring is around the corner, you are right right 'on time' with the pace of mother nature. My wish for you is to bloom and expand. I wish for you to thoroughly enjoy your life. This is possible when we take on new skills, new life lessons, new tasks with an open mind, a willing heart and a bold first step forward AND grow this spring.

Nature takes away any faculty that is not used.

- William R. Inge

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From the Bench

By Retired JUDGE LLOYD BUDZINSKI

Who knows the difference between tyranny and freedom?

The answer: UKRAINIANS. Hundreds of thousands are being displaced, threatened and their government close to over throw. Close your eyes for a moment and think, imagine, feel the emotions of a mother in the dark, clutching her child tightly, as bombs drop around you, alone with no hope in hell because a despot threatens the World with a nuclear catastrophe. It is just you, alone, listening to the tanks of an invading army to take away your freedoms. This is not a flashback to the thirties with brown shirts coming to knock on your door. it's now, it's today.

I seem to be getting angry these days. The isolation has exposed the grumpy guy's split personality. In my personal life I have biases like yours. As a Judge, I wear objectivity robes and special glasses that filter out personal beliefs. They allow me to recognize bias and work to suppress them. You need to know that I returned the equipment when I retired. Originally, I intended to write about growing up in Long Branch, my parent's fish and chips store, the thriving lakeshore communities with five movie theatres, and so on. I started to, but I became so disturbed with disrespect and misrepresentation of our Charter by some protesters demanding its protection while ignoring what it says, calling Trudeau a tyrant, a dictator, comparing him to Putin. They know not what these words mean. Ask any Ukrainian. They know! I felt compelled to clarify the debate

Let's talk rights and our privileges. In Canada, we have a Charter. We have elections. We can choose the party and their policies. The NDP and Liberals formed a majority supporting 'mandates.' We have an opposition. If they gain sufficient Parliamentary support, they can call an election or form a new government. To avoid chaos and provide certainty, we have elections but only at certain intervals or conditions—non confidence votes. The Emergency Act was a non-confidence type of vote which was passed by a majority. If one feels their rights are breached, we have the Charter. The Charter guarantees your rights and freedoms SUBJECTED to such unreasonable limits prescribed by law as can be demonstrably justified in a free and democratic society. The spirit is Canadian, one of compromise and accommodation. If you see yourself a victim you use our independent Courts for redress. They are very pro-Charter, Harper thought too much so.

I sympathize with the followers, not their leaders. They were like the Russian soldiers. They thought their cause was to free the Ukrainians from an oppressive government. They were offering a Russian autocracy, In Canada they chanted "I am fighting for your freedom". But what were their leaders offering. Read the Manifesto. It was similar to Putin's claim --telling me our system of Justice is wrong. It was like Trump telling Vice-President Pence, in our case the Governor General, how to take over my Parliament. The followers employed, 'willful blindness,' the source of the millions of dollars donated. Significant amounts came from United States and White Nationalists whose goal is to ignite a supremacists's revolution. They ignore the words of our Charter and the idea of accommodation. They manipulated information by showing the jumpy castles and treats while ignoring the slogans, swearing, name calling, T-shirt slogans, Confederate and Nazi symbols. They were caught up in the party but ignored their need to role model; to use the moment as a teaching event. How many took their children to the Supreme Court building and explain this is how we settle disputes in Canada? Did they say to the young ones, you can't get your way by holding your breath, that we should compromise and share? Did they tell the children that the bad symbols were not Canada's friends.

The protesters forgot that in Canada there are more peaceful alternatives. In the Ukraine there is no such choice. The best the protesters offered was an autocracy, a rule by a few, according to the Manifesto. Some threatened to do or die. Their philosophy would be Their Rights, not yours. I think our Charter is better. The solution sounded very similar to what the Russians were offering – my way or else.

I linked the Ukrainians to the protests because I think there is a mutual solution – a compromise. It benefits us all. The Truckers have collected millions of frozen dollars. Some came from simple honest sympathizers and much from the extreme right. Truckers, show good faith, take several million and hire a team of lawyers. Use the Courts to balance our Freedoms. Donate the remainder of the monies and help real Freedom Fighters, fighting for their lives.

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 in March 1981. He can be reached at lbudzinski@talkjustice.info



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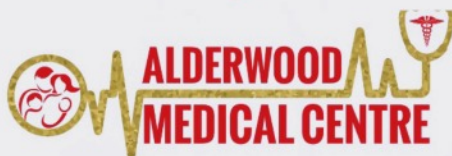
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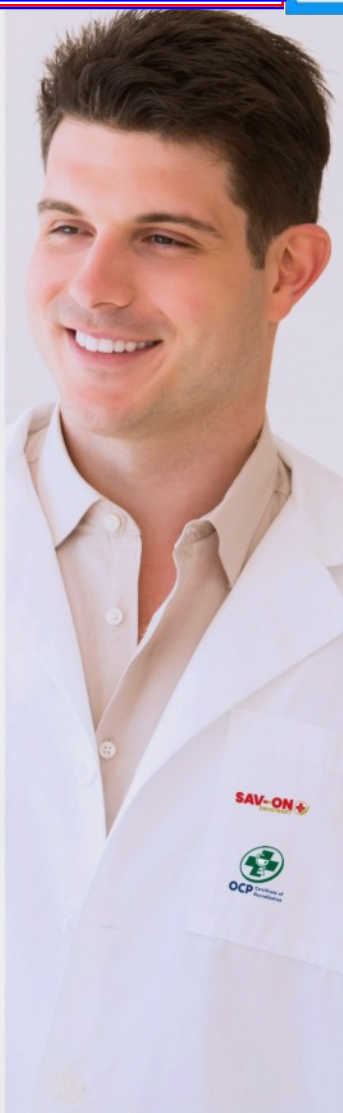
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Looking after yourself and others in the community

MARCH 5 is registration for the City's Spring Recreation Programs in which more than 8,400 registered courses with about 68,000 spaces are offered, including arts, fitness and wellness, general interest, sports and swimming. Virtual recreation workshops will also be available. The best way to register for recreation programs is online. Registration by phone will be available at 416-396-7378, from 7 a.m. To sign up for programs, you will need to have a family and client number.

MARCH 1 most Toronto public libraries reopen due to COVID-19 and staffing challenges. Branches in Humber Bay, Long Branch and New Toronto reopen on March 1. Alderwood Public Library reopened on February 28.

MARCH 14 TO MARCH 18 March Break Camp in person and on line at the Jean Augustine Centre for Young Women's Empowerment, in three age groups; one 7-13 learn about leadership: another 7-17 two hours daily and or two workshops: then 14-17 for leaders in training, which provides you with 30 volunteer hours certificates. Contact 416-253-9797 or email info@jeanaugustinecentre.ca

MARCH 16 MIMICO RESIDENTS ASSOCIATION (MRA) Annual General meeting takes place from 7:30 p.m. to 9 p.m. Councillor Mark Grimes will be there to take some questions from the community. It is a Zoom meeting and interested parties are asked to e-mail the MRA at info@mimicoresidents.ca and they will be provided with a link to the meeting.

UNTIL MARCH 31 SUPPORT THE 138th Toronto Scout Group March fundraiser as they take part in Scoutseed that provides high-quality Canadian sown seeds at a competitive price. Seeds are delivered right to your door ready to plant. The campaign ends March 31. Visit Scoutseeds.ca to see the offerings and 138thTorontoScouts.com to see what the 138th can offer youth aged from 5-14. Help kids in the Mimico, Queensway, Parklawn Roads area.

MARCH 7 CRAFT FOR A CAUSE with Virtual Entrepreneurship workshop series every Monday from 4:30 p.m. to 5:30 p.m. Learn how to start your own business. Contact Jean Augustine Centre at 416-253-9797 or visit at info@jeanaugustinecentre.ca

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.

MARCH 28 ETOBICOKE CAMERA CLUB presents Photographer's Choice Mono Award winners. Free to non-members, register through our website for a zoom link. http://etobicokecameraclub.org.

UNTIL MARCH 31 you can nominate someone for the **Daniel G. Hill Human Rights Awards** to celebrate the 60th anniversary of the Ontario Human Rights Code; sponsored by the Ontario Human Rights Commission. The awards goes to young leaders under the age of 30 for their outstanding contribution to advancing human rights in Ontario. Submit nominations and supporting materials by e-mail to awards@ohrc.on.ca by March 31. You can also write to: Awards @ OHRC 180 Dundas Street West 9th Floor, Toronto, ONT., M7A 2G5.

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 call 416-231-7070 ext 307.

PHYSIOTHERAPY-STRONG AND STEADY FALLS PREVENTION (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 Improve your balance through simple exercises. To register, call 416-252-6471 ext. 264.

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 To register, call 416-252-6471 ext. 264.

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

FREE INCOME TAX CLINIC LAMP CHC is providing a tax clinic for area residents. You can book an appointment to meet a tax worker or drop off your documents at the office screening desk. For more information or to book an appointment call 416-252-9701 ext. 208 and 281.

CATCH MY BREATH-RAY Program. We are running a youth mental health program at LAMP for those aged 14 to 21. Join us every Monday from 6 p.m. to 7:30 p.m. To register contact Isha Green; youth@lampchc.org

DONATE TO UKRAINE



-Canadian Red Cross Crisis Appeal will be matched by the Government of Canada, not exceeding \$100,000, made by individual Canadians until **March 18**, up to a maximum of \$10 million. Donations can be made at www.redcross.ca or call 1-800-418-1111.

-DONATIONS accepted by **Canadian Ukraine Foundation** at www.cufoundation.ca

- UNICEF Ukraine Emergency Fund at www.unicef.org

-Global Medic Ukrainian Conflict Response at www.globalmedic.ca

-Help Us Help at www.helpushelp.charity



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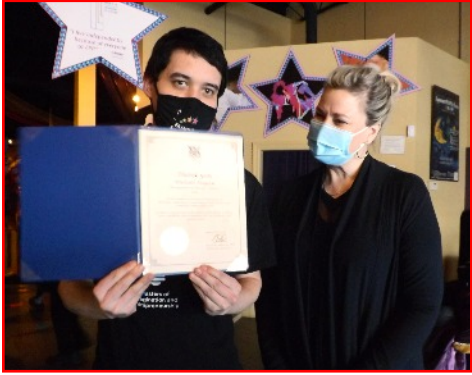
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Famous People Players honoured for good deeds

Members of Etobicoke's Famous People Players, who are known worldwide, have been recognized for outstanding service as they reopen their stage for performances to the public as COVID-19 guidelines are lifted.

The cast of 'Canada's original blacklight theatre' were among 300 workers of local non-profit agencies presented with plaques of appreciation on February 18 by MPP Christine Hogarth



for their work in the community.

The Evans Avenue agency recently received a \$300,000 grant from the Ontario government to carry out their work.

"We are showing our appreciation for the work that they and other non-profits do," said Hogarth, the MPP for Etobicoke Lakeshore. "We are saying thank you to all the non-profit agencies for all their work in the community." Hogarth said she was 'honoured' to be on the famed stage to make the presentations.



MPP HOGARTH presents plaque to member of Famous People Players, (left) and with some delighted cast members above. Staff photo.

The theatre, which has been staging shows for 47 years in Toronto, has framed photos of some of the biggest stars who have graced their stage over the decades. A Famous People Players' Memory Lane contains dozens of photographs of some of Hollywood and Broadway's most iconic stars who have performed there including Liberace, a long-time friend of the theatre; musician Phil Collins, after whom the stage was named after he donated funds for a sound system and actor Paul Newman, after which a Newman's Own kitchen was named. It is the centre of their Culinary Dream program.. Famous People was founded in 1994 by Diane Dupuy, who said they are "dedicated to helping those who are developmentally challenged.." The company, which moved to Etobicoke in 2009 after its Toronto building

was demolished, employs people with physical and intellectual disabilities, who share duties in dining room management, arts administration, and theatrical and visual arts performances.

"Our performances include exceptional achievements from those who have dared to believe in themselves," said Dupuy, a member of the Order of Canada and recipient of the Queen's Jubilee Medal and a U.S. Library of Congress Award.

She said this is the second time that Famous People has opened its stage after being shut due to the pandemic. "We were closed twice due to the virus," Dupuy explained. "We offer inspirational education through a Broadway-class theatre extravaganza. We are glad to return to the stage."

Famous People Players board chair Chris Korwin-Kuczynski said the theatre has been a successful fixture in the community for 13 years and 'people love the shows.' School teacher Brittany Knight said 'it was challenging to find an event that works for all of my class.' Now playing is *Shufflin' on Broadway*, which opened January 15 and runs until May 31. Famous People Players is located at 343 Evans Avenue and tickets can be ordered by phone at 416-532-1137 or visit www.FamousPeoplePlayers.com



Park Lawn Go Station gets the green light to roll

The long-awaited Park Lawn GO Station has been given a green light to go ahead with construction plans. "After examining Metrolinx's Environmental Project Report for their Park Lawn GO station project, our government issued a notice allowing the project to proceed in accordance with the Environmental Project Report," according to an e-mail from MPP Christine Hogarth. Metrolinx is now responsible for implementing the project in accordance with the report, subject to additional permits or approvals that may be required.



PARK LAWN GO Station can finally go ahead with building plans.

The Park Lawn project is a proposed new GO station on the Lake Shore West Rail Line, between Exhibition and Mimico GO Stations. The future depot will include new station buildings and platforms, a pedestrian tunnel and walkways and other associated infrastructure. It is anticipated to evolve into a multi-modal transportation hub that would provide improved local and regional transit access and connectivity. The Proposed GO Station has the opportunity to provide a stop along the Lake



THE STATION and buildings are supposed to be nice to board the mighty GO trains (right). Courtesy photos.

Shore West rail corridor between the Mimico and Exhibition GO Stations. GO service at both a future Park Lawn station and the existing Mimico station would increase in frequency to every 12 minutes in both directions, up from the current 30 minutes, "a significant improvement in the performance of the station," according to one report. The report states that up to 5,000 local residents would take the service daily. It is reported that the station would be under construction until at least 2024, when it would open.



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- 1** **Not understanding the current local and hyper local real estate market.** Housing markets differ widely even within the same city or suburb. Sellers need to understand how much other homes of comparable size and age have sold for, how many other similar homes are on the market, how long they stay on the market, and what features buyers are looking for in your area. In addition, there are several other potential factors such as upcoming developments or community changes that may impact values.
- 2** **Not understanding the importance of pricing right from the start.** Pricing your home right from the start results in more showings, more offers, and ultimately more money for your home. However, it is an art that requires expertise, in-depth research, and old-fashioned street smarts. Price too low, you risk not getting as much as you can for your property. Price too high, you risk losing potential buyers who may think your property is out of their price range, meaning you simply help your competition sell faster.
- 3** **Not understanding the power of staging.** Not understanding the power of staging. According to the NAR, 82% of buyers cited staging made it easier for them to visualize themselves in the home. In addition, 38% of buyers offered between 1 and 10% more staged buyers and 11% offered between 11 and 20% more.

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