

# The South Etobicoke News

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## Ford builds on to his Etobicoke family political dynasty

Ontario Premier Doug Ford only had to show up to win a June 2 majority government and continue a 30-year Ford family dynasty that started when his father Ford Sr. was first elected in 1995.

Douglas Bruce Ford Sr. (1933-2006), also known as Doug Sr., was a popular Progressive Conservative politician who represented the riding of Etobicoke Humber for four years in the Ontario Legislature until 1999.

His youngest son, Rob, served as Mayor of Toronto from 2010 to 2014 and represented Ward 2, Etobicoke North on Toronto City Council, from 2000 to 2010 and again from 2014 until his death in 2016. Rob's older brother, Doug, pulled off a major victory this month, handily defeating Liberal Leader Steven Del Duca



**PREMIER DOUG FORD** (with wife Karla, right) won a majority and will carry on his Etobicoke family political dynasty started by dad Douglas Bruce Ford Sr., and included brother Rob and Michael Ford. MPP Christina Hogarth (left) kept her seat.

and NDP Leader Andrea Horwath, who both promptly stepped down. Del Duca even lost his own seat. Ford's victory was announced just 10 minutes into the vote count on election night. Most of his MPPs across Ontario were

returned by voters, of which a dismal 42 per cent of the population voted.

MPP Christine Hogarth was returned by Etobicoke Lakeshore voters for the second time in a slim victory. Hogarth narrowly won over Liberal Lee Fairclough with NDP Farheen Alim placing third.

"I know they (Ford Sr., and Rob) are up there looking at us and celebrating," Ford said in his victory speech. "We started with an idea that turned into a political movement."

Doug represented Ward 2 on Toronto Council from 2010 to 2014, while Rob was serving as Mayor, then sought the mayoral chair in 2014, finishing second to current Mayor John Tory. Ford was elected leader of the Ontario PCs in a 2018 majority government.

## Windstorm damage & blackouts hit S. Etobicoke

Many South Etobicoke residents are still stunned and picking up branches and litter from a vicious wind storm that shook large parts of the community on May 21.

Fences, shingles, trees and branches were sent flying by the terrible storm that crept up around 1 p.m. as rain and a massive windstorm wreaked havoc.

Hundreds of homes were impacted by falling branches, violent winds and a lack of electricity.

The skies were black as up to 350,000 area residents had their power cut off, with some regaining Hydro after a couple of days of being uncomfortable.

The storm wreaked huge damages across the Greater Toronto Area leaving a "trail of wind and rain damage across Toronto



**DAMAGE WAS EXTENSIVE AND BRUTAL** as a May 21 snap windstorm and heavy rains wreaked havoc to homes in the Alderwood area (above) as mature trees toppled over Hydro lines causing blackouts that lasted several days in some cases. Residents banded together to help the many stranded seniors clear their properties from windblown trees and other items.. Photos by Tom Godfrey.

and most of Southern Ontario," according to reports.

At least 10 people from Ontario were reported dead following the thunderstorm.

Tragedy struck first in Brampton where police said a woman in her 70s was walking alone in the area of Belmont Drive and Birchbank Road when she was struck by a falling tree.

During the height of the storm, Toronto Fire officials said they received nearly 150 calls from people desperate for help. At the same time, the Toronto Police Service was forced to close its non-emergency due to the influx of calls.

One Toronto firefighter was reportedly injured after he was struck by a falling tree while responding to a 911 call and

was transported to hospital in stable condition.

An alert by Environment Canada was dispatched to phones, TV screens, and radio stations across Ontario at approximately 12:45 p.m. warning residents to "take cover" as the threatening weather approached.

At Toronto's Pearson Airport, winds were gusting at 120 kilometers an hour at around 1 p.m.

A state of emergency was in effect in Uxbridge four days after the storm wreaked havoc, downing power lines, destroying property and ripping trees from the ground.

One restaurant owner from the Etobicoke area, Chef Jagger Gordon, travelled to Uxbridge to help those hard hit with food, water or other supplies.

Officials confirmed that a tornado had touched down in the area. Weather officials said the storm's maximum wind speeds reached 195 kms an hour.

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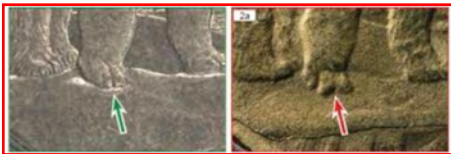
# RCMP nab fake loonies



COUNTERFEIT loonies seized by the RCMP in an undercover operation. Police photos.

A flawed 'split-toe' on the front paw of a famed Polar Bear that graces the Canadian toonie has led to an RCMP arrest and seizure of 10,000 of the counterfeit coins. The Mounties said cheap, counterfeit toonies are being made in China and used to infiltrate the Canadian banking system, which can net a tidy profit for international criminals.

Officers of the RCMP Greater Toronto Area Trans-National Serious & Organized Crime Section (TSOC) identified the fake coins as part of a random sampling process. Police seized some 10,000 fake toonies which were infiltrated in the nation's bank-



POLICE search for clues to determine if a loonie is legit by examining the detailed art work of the bear's claw..

ing system, according to an RCMP release. "It is suspected that there are additional counterfeit coins in the currency system and

that the coins originate from China," according to police. Police allege the criminals are not known for their tidy artwork.

"The seized counterfeit two-dollar coins can be distinguished by their primary characteristic flaw of having a "split-toe" on the right front paw of the Polar Bear which resembles a "claw," police coin experts said. "These criminal charges are a reflection of the RCMP's resolve in preserving the integrity of the Canadian currency system," said Supt. Ann Koenig, District Commander of



TSOC. "The RCMP is committed to working with the Royal Canadian Mint, the Canada Border Services Agency, FINTRAC, banks, and police partners to combat illicit efforts that target Canada's economic system

James Malizia, of the Canadian Mint, said our circulation coins are among the most secure in the world.

"The unique features on Canada's circulation coins make them among the most secure in the world and allowed these counterfeit pieces to be identified and removed from circulation quickly," Malizia said.

Daixiong He, 68, of Richmond Hill, Ontario, has been charged with uttering counterfeit money and possession of counterfeit money. He returns to court this month.

# Long Branch Foundation helps poor students in the Philippines



JAY LLAVE, of Lakeshore Charitable Foundation, is in the Philippines to help needy school kids (right) with rice and school supplies.

Another shipment of rice and school supplies to help poor Filipino students. Long Branch businessman Jay Francis Llave is in the Philippines this week taking bags of rice and school supplies to hundreds of poor students, whose schools are connected with ones in Etobicoke.

The gifts are from the Lakeshore Charitable Foundation, which has been operating since 2008, and was at one time twinned with two public schools in that country.

Llave, the owner of Lakeshore Accounting, at 3421 Lake Shore Blvd. W., helps raise funds which are donated by area residents to the schools in the form of supplies, books, equipment and renovations of the classrooms.

He left in late May on his most recent visit to take supplies for volunteers and students. "This is an important visit since it we haven't been there in two years due

to COVID," Llave said before flying out. "We have to let them know we are still a sponsor and that we are back."

The Foundation is in the process of twinning with a larger second school in Mindanao with 2,800 students. They already help 700 students.

They group also help in obtaining volunteers to help renovate sections of the schools to make it safer for students.

"We have boots on the ground and will continue to help these students," he says. "Donations of funds or school items are very much in demand."

The foundation was founded by the late

Long Branch accountant Phillip Barker who made a dozen trips to the Philippines taking school supplies for two schools, which was one of his passions.

Barker adopted Bay Bay School in 2005 and donated about \$25,000 of his own money and raised about the same amount to make repairs to the school buildings and furnishings and to buy books and supplies.

"It's incredible," Barker once said. "Last year I found out that some of these children had never had a cookie before in their life."

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# Etobicoke cops given Officers of the Year Awards



OFFICERS OF 23 DIVISION who rescued a young child by the legs from falling from a three-storey window, were honoured with the Toronto Police Officer(s) of the Year Award. From left Consts. Kwabena Saffu, Nicholas Ditlof, Deanna Jovanovich and Sgt. Brian James were presented with awards. Photo by Brent Smyth

By RON FANFAIR  
Toronto Police

A group of north Etobicoke officers from 23 Division, who rescued a young child by the legs from falling from a three-storey window, were honoured with the Toronto Police Officers of the Year Award last month. The brave officers are Sgt. Brian James and Consts. Ramandeep Singh, Kwabena Saffu, Deanna Jovanovich and Nicholas Ditlof. In June 2020, they responded to a person in crisis call at a residence. When they arrived, they found a man dangling a crying child – later identified as his six-year-old son – out of the

window. The boy’s grandmother had tried to help him before being punched and choked by her son. The boy managed to pull from his dad and hold onto an adjacent window ledge. Firefighters assembled a safety tarp to catch the child if he dropped. As the officers entered the room, the man jumped from the window, falling three storeys onto a driveway as his son dangled from a nearby window ledge. The officers ran to the window and were able to grab the boy’s arms and bring him to safety. With assistance of other re-

sponding officers, the man was taken into custody and transported to a hospital for psychiatric treatment. He was later charged. Since the incident, officers - who have been impacted by the call for help that day - have visited with the child and his family. James, who is in his 26th year with the Service, credited excellent teamwork for the successful outcome. “A lot of people did very real things,” said James. “There were three officers upstairs who were able to save the kid from falling out the window. There were other officers, who once the accused had jumped, who were able to arrest him.” Each month, an officer or a group of officers is selected for Police Officer(s) of the

Month, based on bravery, humanitarianism, superior or investigative work and outstanding police skills. The Police Officer(s) of the Year is selected by seasoned journalists, community and business members.

Two Toronto Police court officers were honoured with the Civilian Excellence Award for saving the life of a drug overdose victim. On November 25, 2020 at around 2 a.m., Paul Hawke and Harrison Marshall were in a Prison Transportation vehicle heading to Traffic Services headquarters at 9 Hannah Ave. when they saw the victim in the middle of the roadway. “When we got out of our vehicle, it was clear this was a sign of opioid overdose,” he said. Taking the kit from his partner, Marshall delivered two doses to the victim and started to perform CPR. “EMS came a few minutes later and was able to provide the man with the proper help he needed.” Hawke, who joined the Service 30 years ago, acted as the lookout to ensure the area was safe while his partner delivered the Naloxone shots.



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# The Dumbells entertained our Canadian troops



MEMBERS OF THE DUMBELLS entertaining Canadian soldiers in between bullets during WWI. Photos courtesy of Canadian Military Archives.

The Dumbells were a musical troupe of Canadian soldiers who entertained soldiers fighting in the trenches during the First World War.

Wherever Canadian troops were, you would likely find The Dumbells, with their curtains, costumes and upright piano doing a song and dance or cracking jokes.

This talented group of soldiers entertained our troops from 1917 to 1918, and went on to enjoy national and international success at home as a highly popular vaudeville act until 1932.

Many of their patriotic songs were published and the sheet music to their theme song, *The Dumbell Rag*, sold more than 10,000 copies. During WWI the Dumbells and some 30 other comedy-musical troupes entertained the troops in France.

The troupe became so popular that after the war they even had their own show in Canada, performing across the country some 12 times until 1932.

The group was formed in 1917 near Vimy Ridge, France, by 10 members of the Canadian Army's Third

Division. It was under the direction of former YMCA entertainment director Cpt. Merton Plunkett who was assigned to build the morale of the troops.

His instructions were to: "Be ready to put on a show any place, any time."

The musicians in the original Dumbells; included leader Cpt. Plunkett, his brother Cpl. Albert, Sergeant Ted Charter, pianist Corporal Ivor Ayre, Corporal Leonard Young, Howard Fogg, Albert Newman and Privates Ross Hamilton, Allan Murray, Bill Tennent, Bert Langley, Elmer Belding and Frank Brayford.

Other members would come and go over the years.

The shows featured 'blackface comedians' Ben Allan and Jimmy Goode, female impersonator Jock Holland from a Scottish army troupe and baritone Tommy Young. The performed hit tunes like: 'These Wild, Wild Women Are Making a Wild Man of Me' and 'I Know Where the Flies Go,' 'Hello My Dearie' and 'Someday I'll Make You Love Me.'

"With a conceived program of songs of the day and skits about life in the trenches, the Dumbells entertained Canadian soldiers," according to the Canadian military.

At the end of the war, the Dumbells were joined by members of the Princess Patricia's Canadian Light Infantry Comedy Company. The troupes performed in a pro-

duction of *HMS Pinafore* that ran for more than a month. The musical was performed for King Albert of Belgium, who awarded Plunkett with a medal to recognize the group's support of the troops.

Upon their return to Canada in 1919, the Dumbells reformed as a vaudeville troupe and performed as civilians completing 12 cross-Canada tours.

A Dumbells Orchestra was assembled in 1924 that included well-known musicians of the day. It was not until 1928 that the group added women to the troupe and actresses were included for the first time.

The success of their tours and the popularity of their music in Canada led to 27 recordings and the distribution of sheet music songs such as "Come Back, Old Pal" that sold very well.

Some of their hit songs included 'Canada for Canadians, Give Me a Little Cosy Corner, Hahaski Hohoski Wow Wow, K-K-K-Kiss Me Again, Li'l Old Granny Mine, She Must Be a Wonderful Girl,' 'Shufflin' Along and Winter Will Come.'

The Dumbells were forced to disband in 1932 due to financial difficulties from the Depression, by the introduction of the 'talkies,' and by some poor investments, including an attempt to launch a second soldiers' revue, *The Maple Leafs*.



THE DUMBELLS were a talented unit and many members became big stars at home after the war.



MANY OF THE DUMBELLS were professional musicians or dancers.

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

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# Etobicoke Historical Hibbert Award



MIREILLE MACIA, (with hat), President of the Etobicoke Historical Society, presents The Jean Hibbert Memorial Award (left) to Tom Godfrey, Publisher of the *South Etobicoke News*, with Neil Park, of the EHS, at the Montgomery Inn, at 4709 Dundas St.W. There will be a second Community Champions celebration at LAMP CHC, on Fifth St., on June 22 to honour volunteers and businesses in the New Toronto area. Photos by Susanna Basheir.

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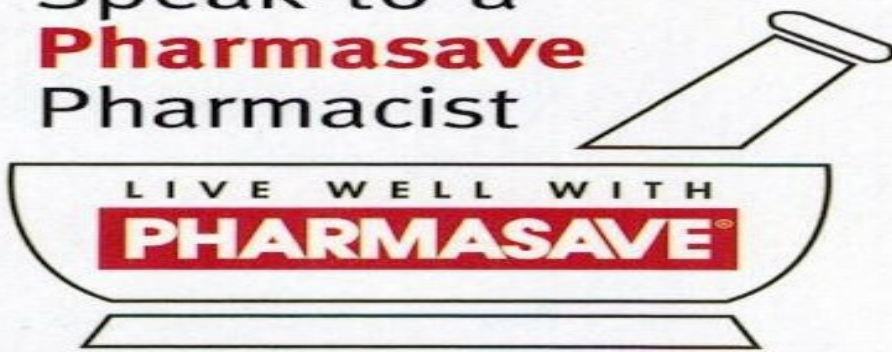


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# Tibetans flock to centre for rare visit by their leader in exile



**TIBETAN LEADER** in exile Sikyong Penpa Tsering

Hundreds of Tibetans gathered last month to welcome their country's leader on his first visit to Canada. The head of the Tibetan government in exile made a rare appearance in Toronto to visit his countrymen at the Tibetan Canadian Cultural Centre, on Titan Road. Many Tibetans waiting to see Sikyong Penpa Tsering were dressed in formal attire as they waited to shake hands with their leader in exile.

Tsering, who is leader of the Central Tibetan Administration, started off his western trip with a visit to Washington, D.C., before visiting Ottawa, Montreal and Toronto. In Ottawa he addressed the Canadians Parliamentary Friends of Tibet, attended a reception and spoke to the Tibetan community of Canada.

He left Canada on May 10. The leader was given the Royal treatment as he was escorted to the Titan Road temple with a motorcycle patrol with sirens blaring. Members of the community cheered and waved as Tsering and his security team arrived.

Community leader Young Doung Tenzin said it is the first time Tibetans in Canada has met the leader.

"It is his first visit to Canada and it is very important," Tenzin says. "It is his first foreign trip since he was elected President of the Tibetan people in exile."

The temple was packed as Tsering gave a public talk to the hundreds of followers.

The former speaker of Tibet's exile parliament, was officially named by the Tibetan Election Commission in April 2021 as Sikyong, or political leader, of the India-based exile government, the Central Tibetan Administration. He won 34,324 votes in a closely fought election held in Tibetan communities worldwide, The Tibetan diaspora is estimated to include about 150,000 people living in 40 countries, mainly India, Nepal, North America, and in Europe.



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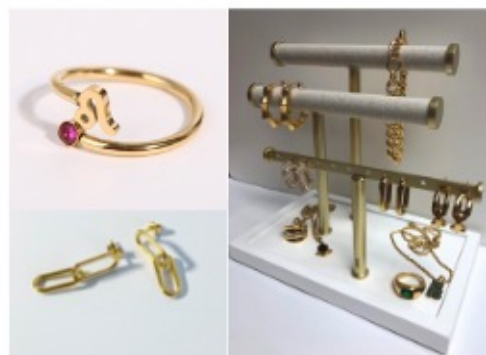
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# Canadiana By The Lake get high marks **Dino is hot for Office**

John and brother, George Poulakos, are getting great reviews for bringing back to life an iconic restaurant that has been a fixture in Mimico for generations. The family-owned eatery, now called Canadiana Grill By The Lake, is located at 2454 Lake Shore Blvd. W., near Mimico Avenue.

The brothers, with dad Pete, operated a long-time Parkdale diner called Peter's Corner Grill, which closed in 2020 after about 13 years. They had been searching for 18 months before finding this location.

"We grew up here and we love it down here," John says. "We were looking for a long time before we found this spot."

The family spent a small fortune renovating the spacious restaurant making it bright and cheerful. They no longer sell booze and, yes, from the grill you can see Lake Ontario across the street. "We were known in Parkdale for our large portions which are sold at reasonable prices," George says. "We are doing the same thing here."

It is a comfortable place serving all day breakfasts, hamburgers, steaks and other tasty foods that sticks to your belly."

"Our most popular dish is liver and onions," says John. "People love our liver and onions dish and it sells fast." He said the dish is served with gravy and mash potatoes,



**JOHN AND GEORGE** Poulakos, with their dad, now own and operate Canadiana By The Lake, in Mimico. Photos by Tom Godfrey.

adding they only use fresh meats and spices for their food. The restaurant is also making a name for its fresh cheese cake, coconut cream pie and homemade soup. The eatery has garnered hundreds of good reviews for its food and service since opening in March. "Food here is consistently good and not overpriced," one reviewer wrote. "This



**THE FOOD** is excellent with many repeat customers.

is not a white tablecloth kind of place but is a great local diner." "What it lacks in 1960's décor, it makes up in prices and solid, stick-to-your rib food," another patron said. "My favourite time is for breakfast: your stomach won't regret it nor will your wallet."

"The wait staff is the old fashion kind with 'Dear and Honey' with a smile," the person said. "Tea is hot, service fast and food is consistently delicious," another food lover wrote. "Serving sizes are on the large side. You won't leave there hungry." The Canadiana Grill By The Lake can be reached by phone at 416 251-5442.



**PIZZA MAKER DINO ARI** says he is running for municipal office to fix things in his community.

Popular Etobicoke pizza maker Dino Ari has donated thousands of his delicious pies to help the hungry, homeless or those down on their luck.

Today he is giving back to the community by running to represent the

constituents of Etobicoke's Ward 3 in the municipal elections in October 24.

"I live here and I have my two stores in Etobicoke," Ari says. "People have been asking me to run for a long time now I am taking the challenge."

He believes he can do a better job than the incumbent in fighting crime and helping small businesses and residents of the blue-collar riding.

"I have donated free pizzas to those in need in Toronto and in this community," Ari says.

"Hunger is a big issue in the community and we have to do something about it."

He will also be lobbying for more police on the streets and affordable housing for Ward 3 residents.

"My store along with others were broken into by thieves about two weeks ago and they left behind thousands of dollars in damages," Ari explains. "The thieves broke by window and cash register."

He said a number of small businesses in the Bloor and Kipling Avenue area were damaged or subject to thefts in incidents that took place during the middle of the day.

Ari notes that crime in the area is getting out of hand and points to the recent armed auto theft of Toronto Maple Leafs star Mitch Marner outside a movie theatre.

It has been a long road for the pizza king, who arrived in Canada more than two decades ago from Turkey.



**DINO** the Crimefighter

## LAMP's 22nd Awards of Merit celebrating Community Champions

Official Ceremony

Wednesday June 22 @ 6 p.m.

LAMP CHC - 185 Fifth St.

Host Alicia Markson

Tribute to Lakeshore Trailblazer Marg Ciupa.

Piper, Etobicoke Jazz Band, BBQ, Silent auction and more

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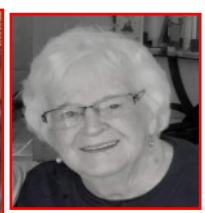
### SOME OF OUR 2022 RECIPIENTS



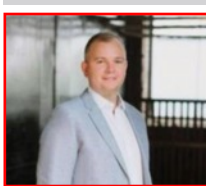
Chef J. Gordon



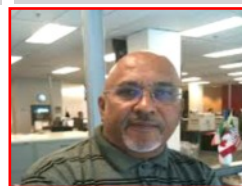
Artist Philip Cote



Marg Ciupa



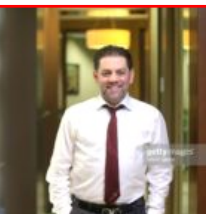
G. Rowlands



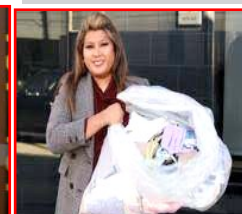
Tom Godfrey



Daniel Lauzon



Mohamad. Fakhri



Vera Lyn Perdon



Don H. Short



# Frames by Angela brings back precious memories to life

Alderwood master custom picture framer Angela Forero has a vision. The owner of Frames by Angela, at 374 Brown's Line, wants to restore your cherished photos that mean so much to area families.

"Many people are bringing in their old and precious family photos for a new frame," Angela says.

"They want a more modern frame for their beloved pictures."

Her spacious store contains more than 3,000 frames and all the work is done on site.

Angela arrived here from Colombia about 16 years ago



ANGELA SHOWS some of the thousands of frames she has accessible for customers.

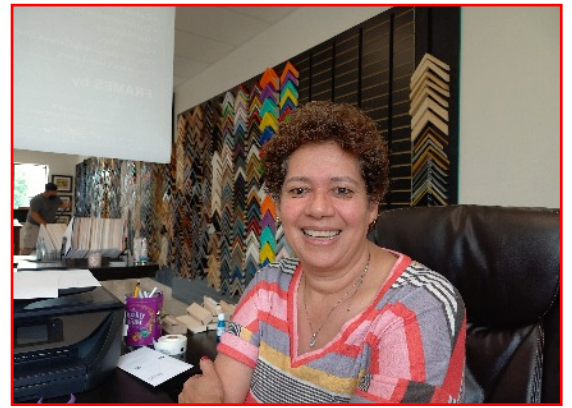
"It takes a lot of patience for this work," she says. "It just so happens that I have a lot of patience and people love the work."

Angela insists that there will always be work for picture framers despite the Internet and technology.

"People have been telling me that this is a dying art are since I was young girl," the framer recalls. "It has been many years and I am still working in the business."

She says people love photos of their family, pets and other loves of their lives and will never get rid of them.

Earlier on this day, a senior came in to bring some cherished momentoes that he would wanted someone to love since he was being placed in a home by his family. Frames by Angela can be reached at 416-251-7474 or by email at info@framesbyangela.com



ALDERWOOD CUSTOM PICTURE framer Angela Forero has been learning her trade for more than 20 years. She decided to open her own shop after seeing the large profits dealers made from her work.

Photos by Tom Godfrey.

"Best of luck to the challengers, and thank you to all the organizers"

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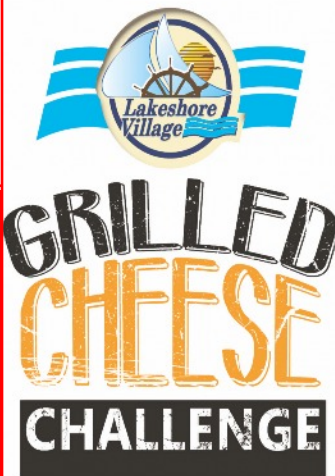
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# Community volunteer Marise passes away



Saddened members of the community are mourning the death of a long-time sewing instructor and super volunteer Marise Audain. Marise, who is well-known in the South Etobicoke area, passed away on April 14. She was 65.

She will be sorely missed by students of the Jean Augustine Centre for Young Women's Empowerment (JAC), where she was a sewing instructor for the past six years for young women and girls.

"She was a popular instructor with both participant and staff," her JAC colleagues said. "Marise sparked creativity and learning through her kind and skillful guidance in various sewing and craft techniques."

Marise, who is originally from the Caribbean island of St. Kitts, spent much of her time giving back to the community. She spent countless volunteer hours supporting JAC with community events.

"Over the years, Marise has instructed JAC participants in making a number of crafts including pillows, bags, cell phone holders, holiday stockings and more," JAC said in a statement. The JAC sewing program will now



**VOLUNTEER** Marise Audain (left, younger right) is missed by sewing students (above) at the Jean Augustine Centre where she worked for six years.

community. She spent countless volunteer hours supporting JAC with community events.

"Over the years, Marise has instructed JAC participants in making a number of crafts including pillows, bags, cell phone holders, holiday stockings and more," JAC said in a statement. The JAC sewing program will now

be called Marise's Sewing Corner and "will focus on the empowerment of young women and girls through development of life skills like sewing and crafts."

"Our sincerest condolences and hearts go out to Marise's family, especially her four children," her colleagues said. "Thank you, Marise, for all that you've done for the JAC community. We will surely miss you."

Marise was also the step mom of three children.

"She used food, laughter, and love to unite the children and helped cultivate a bond that can never be broken," according to her eulogy. "Marise made sure that she was there for others, the way she needed when she first moved to Etobicoke as a single mother."

Marise is survived by her children and stepchildren, two daughters-in-law, five grandchildren and seven siblings and their families.



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MEMBERS OF THE NEW TORONTO LAWN BOWLING CLUB held an Open House on June 4 to mark National Bowl Canada at its 153 Lake Shore Dr. lawn bowling club to attract new members to the fun game played steps from the lake. Many members have been playing for years and love the sport which they say is beneficial for people of all ages. For more information call 416-259-8776 or visit newtorontolawnbowlingclub.ca Photo by Tom Godfrey



# In the Community

By TOM GODFREY

The overkill of high-density development in our community is forcing out many long-time residents who moved here because the area was affordable and filled with green space and opportunity.

There seems to be huge condo towers being built, or planned, for most of our empty lands making it unaffordable for those of us living here or the many seniors with fixed incomes who cannot make ends meet.



I have counted more than 30 developments under various stages of construction in our community. Many are large projects with more than one building.



SOME OF THE NEW development coming to the Cineplex Cinemas Queensway, at Kipling Ave.

Sure, the condos are purchased by working people who pay taxes and are beneficial for the community and require a place to live. It leads to the question; just who is looking after the interest of residents and our neighbourhoods. It seems like we are being sold down the drain to developers, who promise residents a postage-stamp sized parkette or some other so-called benefits for the community, like another basketball hoop.

Very few proposals are appealed, or seem to be refused construction in Etobicoke's Wards 3, which arguably is one of the most beautiful areas in Toronto with the large sweeping lakefront views.

The awesome scenery, beautiful parks, greenery and bicycle pathways are some of the features that brought me here from downtown Toronto more than two decades ago. Other residents were moved by the lovely people and sense of community.

Brad Jones, of Ridley Funeral Home, told me that two developers had visited his business in recent months trying to purchase his prime Lake Shore Blvd. W. lot.

The funeral home has been on the same location for about 100 years and these builders will gladly tear it down to build condos or townhomes.

"I was a little surprised," he said. "I told them that we are not for sale."

The gumption of builders and developers to try and demolish and build over a company with so much history and a pillar of the community is brazen and ignorant at best.

Other developers are already building dozens of towers and townhomes on some of the prized parking spots at Sherway Gardens, Cloverdale Mall and now in the front section of Cineplex Cinemas Queensway, at 1025 The Queensway. (See photos above.)

One thing is for sure is that there will be many construction jobs to last another generation in our community as the development rages on. Which will be last old building standing. More has to be done by civic leaders to protect our area and community before all our green space and beautiful views of Lake Ontario are gone, if we can see them all due to the condos.

We know more immigrants are arriving in Canada in record numbers and there is a lack of affordable housing. We have been told that these newcomers have to live somewhere. Sure enough, but some of our unique community has to be preserved for future generations and cannot just be a field of concrete.

It seems as if our small town communities, one at a time, are disappearing as officials pack more people into our dwindling spaces.

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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## Your Health

By MONIKA MEULMAN

Heart centred harmony grows here.

Live in harmony - forget about work life balance.

It doesn't exist.

Harmony, however, is here waiting for you.

You find it in your heart.

You are magnificent by design. You are complete. You are love in action. That is the definition of each fragrant bloom and green blade of grass this month. That is the definition of all that exists, including you, my dear human. To use Gregg Braden's coined phrase (and his book title), we are Human by Design. May you feel love this month. Each year I teach a six month online course called: Remember Your Human, Body Zen Awareness. It corresponds to our energy cycle from birth (January) to brilliant maturity (July) in our world. Our human skills develop over the years and our wisdom expands. We see more.

June is dedicated to exploring and seeing our truth. Do you see the wonder and beauty of all that you are?

Here we are in full bloom, you and I, enjoying the warmth, splendour and vibrant activities of summer.

Feel the energy, this heat, power of the sun rising. Allow yourself to feel that warmth right in your heart. I mean it. Feel nature expanding within you. We are gifted and we are blessed with so much beauty in June.

Everywhere we look nature is smiling at us. Every flower, every bloom, every bright leaf is unfolding before us as if to say to 'choose a kind, loving feeling in your heart now'. In other words, choose joy.

Why?

Because Joy and Love are our primary path to self-care and healing. Each time you breathe in joy and light you choose healing. Healing how?

It is possible to reduce a variety of symptoms such as anxiety, stress, tension, headaches to so many others. How does this happen?

Basically, this is our human design. We run (live) on love and fuel in the form of nutrition. I

It's no coincidence that our heart is nestled right in the middle of our lungs. It's no coincidence that each time we inspire a breath of fresh air we are empowering our entire body.

We can INSPIRE beauty, wonder and joy of all that exists, with every breath.

This is a superior way to function and live.



When YOU choose with YOUR mind to connect the heart and body, you create harmony in your life. Use your mind wisely: choose.

Direct your mind to inspire a breath full of life supporting and enhancing joy and

wonder. when you combine your body work, with your mind's choices, in your heart space, this harmony leads and guides you throughout the day.

It doesn't mean we eliminate all aches and pains. It doesn't mean that stress disappears. Living in harmony, means we use every resource we have in our personal toolbox of life. We can do our best while also minimizing effort and resources required from outside of us.

It means: you can start today, now. How to do this well? Find yourself a park bench. Yes, outside. Find yourself a comfortable place to sit outdoors where you have a beautiful view of a river flowing, gardens in bloom, a forest or woodland, or any other nature scene that helps you feel relaxed.

With each breath softly gaze upon a part of the scene before you. Inhale the natural growing beauty that unfolds.

Explore every leaf, every shadow, every nuance, every movement in the landscape.

This simple, effective, doable action begins your healing process. It is a natural activity that allows you to restore harmony within your body, heart and mind. Feel your energy flowing, freely like a river.

Your love and health grows.

Test out how this feels for you by doing it every day for seven days in a row.

Look at and assess the stressors in your life before you begin. And then reassess again after this assignment. Tell me what you notice. Increasing your health always begins in your heart.

"The beauty of life is, while we cannot undo what is done, we can see it, understand it, learn from it and change."

--Jennifer Edwards

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## From the Bench

By Retired JUDGE LLOYD BUDZINSKI

The election is finished. Some of you are happy, others not? Some simply do not care. Let's remember, no matter the results we are fortunate to live in a democracy where we can influence our destiny and change governments by peaceful means. We have independent courts and elections to resolve our conflicts.

In our world, that makes us a minority. Let's not lose it. We see Canadians not as 'exceptionalisms' like Americans, so perfect, but as a society constantly examining ourselves trying to improve. We merged as a blend of two cultures and religions but ignored our Indigenous brothers and sisters. We acknowledge our mistakes and constantly try to better respect all the people that make up this great land.

Our glue is not forcing people to change but accepting and accommodating our differences based on our eclectic history.

We are a nation founded not on war but on compromise. The reality is, you get the government you deserve and you, the voter, are accountable for the choice, so don't blame the politicians. We are filled with fears of wars, uncertain economics, climate catastrophes and pandemics. We find the issues difficult to deal with or understand. Yes, they are complicated. They require trustworthy expert advice. Even the experts have no absolute right answer.

In these time people sometimes seek authoritarian leaders to provide simple answers. The Romans use to suspend democratic institutions and appoint a dictator. The Germans during economic strife before the Second War chose Adolf Hitler.

Some say that Trump was a product of fear. January 6, 2021 and the Freedom Movement this March in Ottawa and their Manifesto to replace the government reflected these attitudes. These disruptions can have a counter-effect on our democratic institutions and ignore the thousand years of evolution that gave us the democracy we value.

We often get confused with American imagery and forget our foundation was different. It was founded on compromise and accommodation. American founding fathers placed the individual first, over the collective needs of the community – life, liberty and happiness. We did the opposite.

Our discussion was around the relationship of the government to the people. We use the words "Peace, Order and Good Government." It's interesting to note that the word order was tied in with the term welfare. Writer John Ralston Saul, wrote the meaning of "welfare" through the Middle Ages and into the 20th century connoted ensuring the well-being of an individual within a society (John Ralston Saul, A Fair Country, (Viking Canada, Toronto, ON: 2008), at page 115.) Historically, and more recently Our Charter of Rights in Section 1 reflects this compromise or balance between collective and individual rights.

We value the sharing of responsibilities rather than the indulgence of the individual. We see this in our evolution, where public safety was in the hands of the government rather than the individual's right to arms for protection. Our healthcare shows a shared responsibility for each other and recent advances on childcare encourage the same feeling of community.

Those who seek change of our system are dissatisfied or wish to advance their rights over others have referred to our leaders by names such as tyrant, autocrat, dictator and have threaten politician's personal safety. Do we prefer name calling to dialogue without knowing what those terms mean or what it means to live in such countries.

These titles are inapplicable in a parliamentary system. We do not elect the leader, instead we choose a representative who collectively with other elected representatives choose a PM with the confidence of Parliament.

Personal threats to our leaders discourage intelligent people from running for office, instead we scare away those with ability by encouraging the demagogue. The voter unless they inform themselves has become attracted to 'us and them' politics, a promise of silver bullets and simplistic answers forgetting our roots.

We can only blame ourselves as responsible for this desecration since we choose our representatives. How informed were you. Did you try to make contact? Did you become informed? Did you ask questions? Did you examine their character or the experiences?

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 17<sup>th</sup> floor balcony in March 1981. He can be reached at lbudzinski@talkjustice.info



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*JoAnne Gludish*



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**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 in place. For more information call 416-231-7070 ext 307.

**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

**JUNE 11** celebrating Pride Month with a Pride Picnic for 2SLGBTBQ+ Families and allies at LAMP Community Health Centre from 9 a.m. until 1 p.m. There will be a BBQ, parade and fun activity stations. For more call 416-252-6471.

**JUNE 11 to JUNE 18** The Jean Augustine Center for Young Women's Empowerment is hosting a STEAM (Science, Technology, Engineering, Art and Math) conference Educate to Innovate for young women and girls aged 7 to 17 from 11 a.m. to 2:30 p.m. at 234 Bay Street, Toronto. Contact the centre at 416-253-9797 or e-mail info@jeanaugustinecentre.ca

**JUNE 12 PRIDE MONTH IN ETOBICOKE** at Amos Waite Park and Storefront Humber as staff and volunteers from Pride Toronto visit the community. There will be performers and a DJ, along with remarks from an executive team and elected officials. The event takes place from 12 p.m. to 3 p.m. at the park and Storefront Humber at 2441 Lake Shore Blvd. W. For more info call Bruce Buchanan at 416-259-4207 ext. 232 or e-mail bruce.b@storefronthumber.ca

**JUNE 17-18 MISSISSAUGA CREATIVE CRAFT BEER FESTIVAL** featuring 15 local craft breweries and bands at the Small Arms Inspection Building, at 1352

Lakeshore Road East, Mississauga. There will be food vendors, large format games and top local bands. It runs from 6 p.m. to 11 p.m. on Friday and 12 p.m. to 5 p.m. on Saturday. For tickets and info visit creativecraftbeerfestival.eventbrite.ca or call 905-615-4860.

**JUNE 18 CELEBRATING FATHERS** at a Fathers Summer event for families with children, aged to 6. Celebrating Fathers from 9 a.m. to noon at the Early On family centre, the lawn and childrens' garden area at LAMP, at 185 Fifth Street. There will be pizza, circle time and fun activity stations. For more information contact jasmind@lampchc.org

**JUNE 22 LAMP AWARDS OF MERIT** as 'Community Champions' are honoured for going 'well beyond the call of duty to make a difference.' The 22<sup>nd</sup> annual event takes place on the lawn of LAMP Community Health Centre, starting at 5 p.m., at 185 Fifth Street. There will be music and a BBQ. Awardees include: *South Etobicoke News* Publisher **Tom Godfrey**, Realtor **Graham Rowlands**, Chef **Jagger Gorden**, Indigenous artist **Philip Cote**, activist **Vera Perdon**, **Don Harrison Short**, Food for Now's **Daniel Lauzon** and the late super volunteer **Marg Ciupa** among others. For more information contact jasmind@lampchc.org

**JUNE 23 RUN FOR A GOOD CAUSE** through city streets with Toronto Police 22 Division officers for Special Olympics Ontario. This year Law Enforcement Torch Run for Special Olympics Ontario is celebrating its 35<sup>th</sup> anniversary. A specially-designed Toronto Torch Run shirt has been created to raise funds and remember Const. Jeffery Northrup, of 52 Division, The shirts can be purchased at <https://ontorch.run/toronto-2022>

**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.

**MUSIC & WELLNESS** is a virtual music therapy group designed to use music to bring people together, improve connections and talk about things that are

uplifting. Participants have the opportunity to discover more about themselves within a creative outlet of singing, music listening and encouragement. Wednesdays 11 a.m. to 12 noon on Zoom. To register contact norkyit@lampchc.org or 416 252 6471 ext. 257

**CATCH MY BREATH RAY PROGRAM** is a youth mental health program at LAMP for ages 14 - 21. The past two years have been hectic and we deserve to have a space where we can share how we're feeling and what we're thinking. Let's share a space to support and have one-on-one conversation with youth in the community. Every Monday 6 p.m. to 7:30 pm on Zoom. To register contact Isha Green youth@lampchc.org.

**HAVING A BABY?** Etobicoke Pre and Post-Natal Dietician program on Zoom is being offered with agencies as LAMP, Toronto Public Health, Rexdale community Health Centre and other partners in a free health education and nutrition program with health professionals and food demos. One-to-one prenatal and post-natal support and discussions. Grocery cards and other supports as needed. For more or to register 416-737-9874 or 416-898-1225 or e-mail martha.morales@rexdalechc.com

**FROM JUNE 5 to NOV. 27** Every Sunday Lakeview Farmer's Market from 9 a.m. to 2 p.m. at the Small Arms Inspection Building, 1352 Lakeshore Road E.. Market will take place indoors and outdoors and features vendors with local sustainable, organic and artisanal products. E-mail creativehub1352.ca

**PATTY DAY** Celebrating the Jamaican patty and introducing Toronto Patty Fest at the Afro-Caribbean Farmers Market in the heart of Little Jamaica (Eglinton Ave. W. and Oakdale Rd. area), on August 6. Little Jamaica is recognized as an important 'cultural and culinary destination.

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Investment Advisor  
416-231-3066  
[larry.kourtis@nbpcd.com](mailto:larry.kourtis@nbpcd.com)



**John Soares, CFP®, CIM®**  
Investment Advisor  
416-652-6281  
[john1.soares@nbpcd.com](mailto:john1.soares@nbpcd.com)

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# Master seamstress Gen is busier as people mend



**SEAMSTRESS GENEVEENE** taking a break in her Original Design Shop at 205 Birmingham Street. Photos by Tom Godfrey.

Master seamstress Geneveene Louwe has been an upholsterer for 28 years and loves every minute of her job.

Many of us have driven by her Bespoke Original Design shop, in the Lakeshore Village Artist Coop Building, at 205 Birmingham Street.

The spacious shop which is filled with cushions, fabric, material and a few well-used sewing machines, restores or can make slip-on covers for all sorts and types of chairs, couches and most material that come in contact with humans.

Born in Montreal, she always loved art and creative sewing and ended up in an apprenticeship program, which led to work in restoring the iconic Drake Hotel, on Queen St. W.

"I love the job," Louwe says. "I love coming to work every day. It gives me a lot of joy."

She has owned Bespoke for about 18 years.

"We're a top workshop that ensures all your restoration, and decorating needs are fulfilled," Louwe says on her website.

"With years of experience in Bespoke Custom Design, sewing, upholstery, repairs, and alterations, indoor, outdoor fabrics and more."

The shop, which has always been an upholstery business, was owned by Pat Meikle, a well-known area resident who ran the business for 28 years before retiring.

"Pat lived in the community and is well-known by people here," she says. "She ran a successful business for almost 30 years."

Louwe says she and assistant, Andrew Rho, are busy these days as people restore their old furniture, which are better quality than that now being sold.



**ORIGINALLY FROM MONTREAL**, Geneveene moved here and once worked restoring the Drake Hotel.

"We could be doing more business but there is no staff," she warns. "There is no apprenticeship programs available for young people."

She has had to bring a skilled worker from France on a two-year permit to help with the work.

"Most of the skilled upholsterers are getting up there and are retiring," Louwe explains. "There are no young people getting into the trade. There is no incentive for them to."

The businesswoman recalls that a young man in search of a job, refused hers since he 'didn't want a commitment' and was seeking "an easy job in which he did not have to engage."

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**WELL-LIKED FORMER SHOP** owner Pat Meikle owned the store for 28 years before retiring. Pat is still missed in the community for her good works.

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