

The South Etobicoke News

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Mayor Chow gets staff and hits City Hall with full steam

Mayor Olivia Chow hit the ground running and already meeting with community groups to seek advice on upcoming changes.

Chow has been meeting city leaders to discuss her priorities, including more affordable housing, safety and reducing cuts to the TTC, fighting traffic congestion and for a safer city. She has slammed the federal government for not taking responsibility for housing refugees it brings into the country, but said she's "hopeful" she'll be able to work with them to improve the situation. "The federal government is not paying a cent right now for refugees' housing, period," Chow said after a meeting in



MAYOR OLIVIA CHOW (above) has hit the ground running since being elected to the position last month. She has been meeting with community groups to seek their feedback for upcoming changes. Her priorities include making the TTC and the city safer and getting federal funding for refugee care.

Scarborough. "That is the truth. I am just saying right up front." The city has said that it needs \$97 million from Ottawa this year to help offset the costs of providing shelter for refugees. Chow, who was sworn in as mayor

on July 12, said talks with Prime Minister Justin Trudeau left her "hopeful" that progress can be made. She is also looking forward to meeting with Premier Doug Ford, namely to try and halt the move of the Ontario Science Centre to Exhibition Place.

Born in Hong Kong, Chow moved here with her parents when she was 13. She lived in St. James Town, and her mother's income as a maid supported her family. Her father suffered from mental issues, which led to her moving to her first apartment where her mom slept on a bed and she on the floor. Her first election in 1985, she served on the Toronto Board of Education for six years. She then served as an NDP MP from 2006 to 2014 and as city councillor in Metro Toronto from 1992 until 2005.

Garden for beloved Barker now in Long Branch

A memorial has been established to pay tribute to a beloved accountant and philanthropist who was active in the Long Branch community.

Phillip Barker, who was the owner of Lakeshore Accounting Inc. for decades, passed away in May 2020. He was a founding director and treasurer of the Long Branch Business Improvement Association, which was formed in 1987.

Friends, family and former business colleagues were in attendance to celebrate his life and for the dedication of the Phillip Barker Memorial Garden on June 24 at the north west corner of Lake Shore Blvd., W. and Thirtieth Street.

Carl Porritt, of Royal LePage Porritt Real Estate, said Barker was involved with the Long Branch Festival for about 23 years and with several charitable organizations.



A MEMORIAL GARDEN HAS BEEN CREATED to honour beloved Long Branch businessman and philanthropist Phillip Barker who passed away last May 2020. He was a founding member and treasurer of the Long Branch Business Improvement Association and created the Lakeshore Charitable Foundation to gather and send school supplies to two twinned elementary schools in the Philippines. Courtesy photos.

"He worked hard for the Long Branch community and was involved in our streetscape program initiated the Long Branch BIA," he said. Barker was also involved in the twinning of two elementary schools in the Philippines with ones in Etobicoke and started the Lakeshore Charitable Foundation to gather and send books and

other needy items donated by local residents to help hundreds of students there. He made several trips to that country carrying boxes of books and other school supplies to help the needy students go on to successful lives. He helped with graduation events, education awards and

students. Current foundation president Jay Francis Llave has added a third elementary school to those adopted by Canadians. About 1,000 students are now being helped by donors here. Llave has also established a scholarship in the Philippines in Barkers name for needy students.



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Canada to hand over seized Russian jet to Ukraine

A \$90 million Russian cargo jet that has been parked at Pearson Airport for more than a year is in the process of being handed over to Ukraine.

Prime Minister Justin Trudeau said arrangements are being made for the jet to be turned over to the Ukraine government "so that it cannot be used to support Russia's war effort." The Russian-registered aircraft has been grounded at Pearson for 17-months ever since the war against Ukraine was launched. It was grounded in February 2022 after arriving from China, via the U.S., with a



THIS MASSIVE RUSSIAN CARGO JET has been seized here and will be turned over to Ukraine. Staff photo.

shipment of COVID masks. The Russian government has called the seizure a "cynical theft," and threatened to sever diplomatic ties with Canada if the expensive jet is not returned. The Antonov 124 is believed to be owned by a subsidiary of Volga-Dnepr Airlines LLC and Volga-Dnepr Group, two entities against which Canada has imposed

sanctions due to their actions in the war against Ukraine, according to Global Affairs. The plane had its return flight cancelled when the Canadian government closed the country's airspace to Russian aircraft operators, grounding it indefinitely. The owner of the plane has been billed 74 cents per minute to park at Toronto Pearson, which adds up to \$1,065.60 for each 24-hour period, according to airport officials.

The seizure is the first in the Government of Canada's plan of action to put pressure on Russia to stop its war against Ukraine by straining its economy and limiting its access to resources that fuel the war. The large white and blue jet, which can carry up to 50 tonnes, had arrived in Canada on the same day sanctions were announced. Neither the Greater Toronto Airport Authority nor Transport Canada have said what happened to the pilot or the passengers. Some members of the Russian community said they filed refugee claims to remain in Canada.

The \$90 million jet is the largest military aircraft in the world. It was designed for long-range delivery and dropping heavy cargo, including equipment and troops. It can travel up to 700 kms an hour and carry 400 plus troops about 5,400 kilometres.



34 fire fighters and police officers honoured for bravery and duty

MPP Christine Hogarth is joined by Ontario Lieutenant Governor Elizabeth Dowdeswell in congratulating the recipients of this year's Ontario Medals for Police and Firefighters Bravery. Last month the Ontario government honoured 21 police officers and 13 firefighters with the Ontario Medal for Police Bravery and the Ontario Medal for Firefighter Bravery. The medals are the province's highest honours and are given to police officers and firefighters who have demonstrated great courage in risking their lives to save the lives of others. Five Toronto Police Service officers were among those recognized. They include Consts. Johnny Amatuzio, Steevens Audigé, Rébecca Gaudreau, Mihail Kochankov and Laura Mackasey. One recipient, Fire Chief Stephen Conn of the Blue Mountains Fire Services, last January rescued a family in a dangerous house fire as a couple was unable to reach their two children who were trapped on the second floor. Conn who was nearby and rushed to help, climbed a ladder to rescue the children, with one carried to safety, and the other assisted through the window to escape the fire.

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Police bust stolen vehicle ring on 401 highway



POLICE INTERCEPT STOLEN vehicles from a truck destined to buyers abroad and right some of the stolen cars seized by officers. **Photos from OPP.**

Anti-theft devices led police to the recovery of two stolen high-end vehicles in the process of being shipped overseas in the back of a transport truck on a stretch of Etobicoke highway. OPP Sgt. Kerry Schmidt said police stopped the truck in the westbound lanes of Highway 401, near Dixon Road, just before 11 a.m. on June 23. Police found two Lexus SUVs with Ontario plates inside the truck. Officers said the vehicles were on their way to shipping containers for shipment to buyers abroad. Two lanes of the highway, near Dixon Road, were closed as the OPP towed away the tractor-trailer. "It was reported that inside the trailer was stolen vehicles. The vehicle was stopped. Stolen vehicles were

Middle East. Officers said most thefts happen between midnight and 6 a.m. and warn residents that thieves can enter vehicles in minutes through lock manipulation or electronic methods to steal them from driveways without triggering any alarms. Upon gaining access, the thieves connect an electronic device, commonly utilized by mechanics for reprogramming factory settings or identifying engine error codes, to a port beneath the dashboard. This device then proceeds to program the

located and the investigation is ongoing," Schmidt said on Twitter. The truck driver was taken in custody and it is unknown when or where the SUVs were stolen. Just days before, York Regional police recovered 161 stolen vehicles worth more than \$10 million that were headed overseas following a month-long investigation. Police said the aggressive efforts to combat the rise in vehicle thefts from residential driveways recovered the stolen vehicles destined for locations in Africa and the

vehicle to recognize a key brought by the thieves. Once the new key is successfully programmed, the thieves can start the car and escape. Police said vehicles should be parked in a locked garage when possible, using a steering wheel lock, and installing a lock on the data port. This device can be purchased online and blocks access to the vehicle's computer port, where the thieves gain access to reprogram keys. They also suggest considering purchasing quality video surveillance and ensuring cameras are properly placed and functioning. Anyone with information is asked to contact the York Regional Police Auto Cargo Theft Unit at 1-866-876-5423, ext.6651, Crime Stoppers at 1-800-222-8477, or leave an anonymous tip online.



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Runnymede HC gets funding to help ailing First Responders requiring care

Runnymede Healthcare Centre is receiving \$9.6 million in funding for its Post-Traumatic Stress Injury Centre of Excellence for First Responders.

The Centre will have two main sites: Station No. 3434 in Toronto and the Caledon Wellness Centre in Peel Region. Both will offer a full continuum of care from prevention to intensive treatment and return-to-work programming.

The funding comes through Workplace Safety and Insurance Board (WSIB) premiums, and comes in addition to a previous \$9.6-million announced in the Ontario budget this past March.

"This funding from WSIB represents a significant step forward in connecting our province's front-line heroes to the mental health care they need and deserve," said Premier Doug Ford. "Just as people rely on our first responders, we need to ensure our heroes are taken care of when they need support."

Runnymede President and CEO, Connie Dejak said: "With a total investment of \$19.2-million from the Government of Ontario and with the WSIB investment and support there is truly no stopping us now."

"In our greatest times of need, Ontario's first responders answer the call every day to be by our side on the front lines," said Sylvia Jones, Deputy Premier and Minister of Health. "With investments from both the province and WSIB, the future Centre will provide the world-class care and resources our police officers, firefighters and paramedics deserve."

"Ontario's first responders are everyday heroes who work tirelessly to keep our families and communities safe," said Monte McNaughton, Minister of Labour, Immigration. "This investment will ensure these men and women have access to mental health care, when and where they need it."



RUNNYMEDE HEALTH CENTRE will be helping First Responders in crisis due to new funding. **Photo from Runnymede Health Centre.**

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Friends mark one year tribute for Nyima Dolma



NYIAMA DOLMA WAS described as a joyful and friendly person by family and friends at a memorial service a year after her tragic death. To the bottom right are Tibetan community members marking her death. She was doused with a flammable liquid and set on fire on a TTC bus. *Courtesy photos.*

“Her young and promising life in Canada was cut short due to the tragic incident,” according to her loved ones. “Please remember her in your prayers as the family grieves through this sorrowful time,” said a statement from the Tibetan Canadian Cultural Centre on behalf of Dolma’s family and friends. The bush planting took place at 8 a.m. near the main west entrance of Kipling Station. “We greatly appreciate and express our thanks to all for your support and understanding during this difficult time.” Her sister, Dawa Tsamchoe, wrote on a crowdfunding page “my sister lived a life of service to others and cared for many people.” A prayer service was held at the Tibetan Canadian Cultural Centre to pay tribute to Dolma, who was cremated at Mississauga’s St. John’s Dixie Crematorium. “It’s still a shock for the family,” said Kalsang Phuntsok, current president of the Canadian Tibetan Association of Ontario. “Everyone is shocked. What has happened is beyond belief. No one has any idea why it



COMMUNITY MEMBERS pray for Nyiama and her family. Her death shocked the city. A man was arrested and charged.

A memorial rose bush planting was held to remember Nyima Dolma who was tragically set on fire and died on a TTC bus more than a year ago. Dolma, 28, was doused with a flammable substance and set on fire on a bus outside Kipling Station. Friends remember her as “kind, joyful and friendly.”

happened.” Tenzin Norbu, 33, of Toronto, was charged with a number of offences including first-degree murder. He is before the courts. Some \$40,000 was raised in a Go Fund Me campaign to help with Dolma’s burial costs.

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

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Gatehouse celebrate 25 years of valuable service

The Gatehouse which has helped thousands of children, youth and adults who experienced childhood sexual abuse, recently celebrated 25 years of service in the community.

Dozens of supporters attended the June 24 celebration, which included a BBQ, on the grounds Gatehouse Child Abuse Investigation & Support Site Healing Garden, at 3101 Lake Shore Blvd. W.

“The vision of The Gatehouse and restoration of this



GATEHOUSE executive director Maria Barcelos.

space started with Founder Arthur Raymond Lockhart, listening to a survivor share their story,” said executive director Maria Barcelos in an e-mail.

“He (Lockhart) inspired many people with his idea to reach out to survivors of childhood sexual abuse within this community,” Barcelos said.

“The Gatehouse vision is to give all survivors a place to tell their stories, to give them back their voices, to heal

their wounds, and to inspire them to see their own potential.”

The facility since opening in June 1998 has helped



thousands including children, youth, and adults who have experienced childhood sexual abuse.

“The Gatehouse programs save lives and foster a safe space for survivors to share in group, practice coping and grounding techniques to address stress, anxiety, nightmares, depression, and isolation that occur as a result of childhood sexual abuse,” she said.

The Gatehouse provides a comfortable, non-threatening environment to help survivors of child abuse find their voice during the investigation process. These programs help facilitate a child's disclosure of abuse in a way that



GATEHOUSE SUPPORTERS middle and right celebrate 25 years. **David Hou Photography.**

will be less traumatic by focusing on the needs of the victim and non-perpetrating family members.

It offers a variety of programs including a peer support 15-week group program for adults who have experienced childhood sexual abuse.

The Gatehouse, built in the 1890s, was the original doctor's house for the Lakeshore Psychiatric Hospital. Abandoned for over 30 years, this building holds an important history in the Lakeshore area. Through the efforts of hundreds of volunteers and corporations, this historic building was completely renovated and restored. A renovation at over \$300,000 was completed for under \$30,000 due to support from our community. For more information visit www.thegatehouse.org

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The largest and most expensive hospital is being built nearby and will reduce long wait times



THE NEW HOSPITAL will be one of the largest and most expensive in Canada that will help the community. **Courtesy photos.**

One of the largest and most expensive hospitals in Canada is being built on a Trillium site in Mississauga.

The Peter Gilgan Mississauga Hospital will be part of Trillium Health Partners' plan to build a new kind of health care that serves its growing and diverse community for the decades ahead, officials said.

The new hospital will be a full replacement of the existing 100 Queensway West and Hurontario Street Trillium centre and will redefine a new urban centre focused on health in that part of the city.

The facility will be 22 storeys high and almost triple the size of the current hospital at roughly 2.8 million square feet.

It will have more than 950 beds and the number of operating rooms will increase to 23, up from 14 today.

Officials said 100% of patient rooms will be private rooms and the new and expanded Emergency Department will be one of the largest in the province, which will reduce wait times and improving the patient experience.

The new facility will also include advanced diagnostic imaging facilities and a new pharmacy and clinical laboratory.

The hospital will allow Trillium Health Partners to increase flexibility to respond to future health care challenges, feature modern hospital facilities and technology, and reflect the latest standards in infection prevention and control.

It will continue to deliver highly specialized care through regional programs, such as the regional centre for cancer care, advanced cardiac surgery, and geriatric mental health services among others.

Construction began last year on the adjoining eight-storey parking lot. It is expected to cost about three billion dollars and completed by 2033.

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The Telegram and early Toronto newspaper wars



THE TELEGRAM SIGN at the now closed Thomas Variety brings back memories to many of the daily newspaper wars that existed in early Toronto to gain readership. **Courtesy photo. Other shots from The Telegram.**

A large sign advertising the long-gone *Toronto Telegram* newspaper on a shut Long Branch convenience store is garnering attention these days. The desirable sign at Thomas Variety & Confectionary Store, at 3581 Lake Shore Blvd. W., near Long Branch Ave., has caught the eye of old Toronto newspaper lovers in the community.

The Toronto Evening Telegram was a conservative, broadsheet afternoon newspaper published for almost 100 years from 1876 to 1971. It had a reputation for supporting the Conservative Party at the federal and the provincial levels. The paper competed with *The Toronto Star*, which supported the Liberal Party of Ontario. *The Telegram* strongly supported Canada's connection with the United Kingdom and the rest of the British Empire. The newspaper was the voice of working-class, conservative Protestant Orange Toronto. It was located on Melinda Street, near King and Bay Sts. John R. Robinson was editor-in-chief until he died in 1928.



The battle for daily newspaper readership then was fierce and they employed dozens of newsboys to hawk the publications on city streets for five cents a copy.



CAL MILLAR

The Tely, as it was dubbed, gained notoriety for scuttling away by ambulance South Etobicoke swimmer Marilyn Bell after her 1954 historic Lake Ontario 26-mile swim to a downtown hotel so she could not be interviewed by *The Star* and rival dailies.

Former *Toronto Star*, Tely and *Toronto Sun* reporter Cal Millar joined *The Telegram* in 1967. "... it was the tail end of the newspaper war, the business was still highly competitive," Millar told the *South Etobicoke News*. "You were expected to have a better story than the



Toronto

Star or the *Globe and Mail* with exclusive material that only readers of the Tely would see in print. "He recalled reporters were expected to beat the opposition to the scene of news events and garner as much information as possible before the Tely's deadline.

The paper in its heyday had bureaus across Canada and abroad in Moscow, Tel Aviv, Hong Kong, London and Paris.

A day after *The Tely* sadly shut down, on November 1, 1971, some former Tely staffers led by Doug Creighton, Peter Worthington and Don Hunt introduced *The Toronto Sun*, a tabloid that was heavy on local crime news and its use of photos. It was a success and is still in publication today.

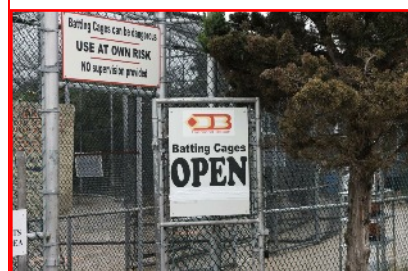
Residents outraged to the changes being made to Centennial Park

Big changes are being made to Centennial Park that has many users outraged. More than 4,200 residents have



MANY ARE UPSET by big changes being made to update Centennial Park with the baseball cages below left, go carts and other attractions being removed. **Courtesy photos.**

we need your help now." The plan is designed to "implement park improvements," which will include additions like a large playground, new water play areas, a skate trail and a baseball hub, which will feature four baseball diamonds in a configuration for



signed a petition as the popular park will soon be losing its batting cages, go-cart track and beach volleyball courts as part of what City Hall is calling the "Centennial Park Master Plan."

"We seek your help convincing the City of Toronto not to demolish Diamond Beach and the Mini-Indy. The City has plans for 2023 to be our final year," according to the petition.

"We've been here for over 20 years welcoming people from Toronto, Mississauga, Oakville, Burlington, Hamilton, Scarborough, Milton, Thornhill, Richmond Hill, Vaughan and

tournaments. Councillor Stephen Holyday said these changes are overdue in that the park is a huge asset for the City of Toronto and it's time to invest in it as a tourist destination and green space.

Existing businesses on the property like the go cart track and batting cages will have to make way for these changes, and no plan has been made for where they will go next.

Ethan Mitchell, president of Diamond Beach, is one business owner who has been told they must vacate his space by November 30. Diamond Beach owns the batting cages and volleyball courts, which are both some of the last facilities of their kind in Toronto.

"I wasn't consulted," Mitchell told CP24 in an interview. "I've been here



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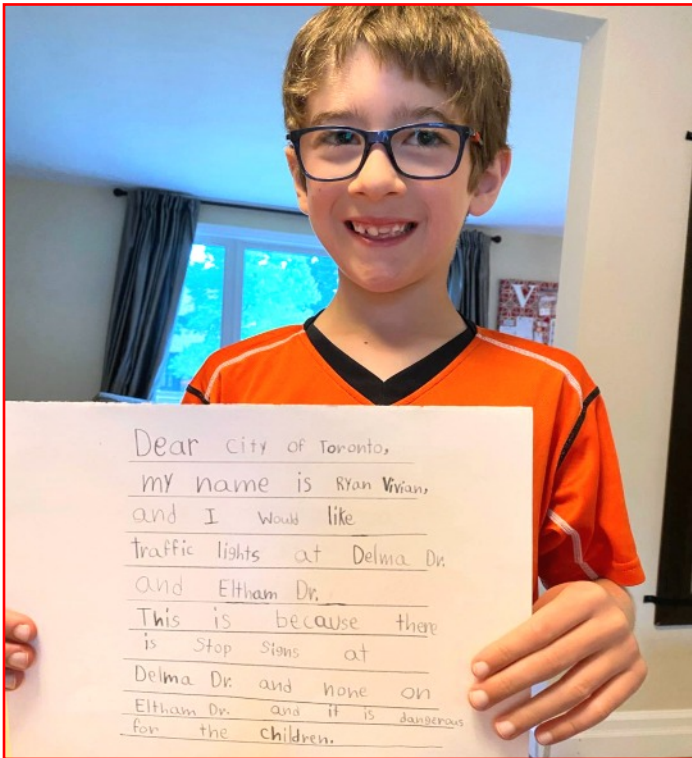
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Alderwood student successfully lobbies city for signs



ALDERWOOD STUDENT Ryan Vivian with a letter he sent to City to have stop signs to the right successfully installed near his school to help keep students safe. **Courtesy photos.**

Student Ryan Vivian is being credited with helping to make it safer for students walking to school in Alderwood. Ryan, 9, was successful in lobbying the City of Toronto for stop signs at the intersection of Delma and Eltham Drives, near his Sir Adam Beck Junior School. The safety measures “will greatly impact walking to school and the ‘Walk on Wednesday,’ for students and the teachers. “Since August of last year, he wanted to contact the city about how dangerous it is crossing the street to go to school,” according to an email from his mom, Gina. “After the city did their traffic evaluation and a few e-mails from us, we got it done.” She said ‘this will help not only with the “Walk on Wednesday” but for all families walking to school.’ A city transportation report proposed stop signs on all corners since ‘currently there are only stop signs at Delma Drive.’ The signs have since been installed. The report was approved by Ward 3 Councillor Amber Morley and other officials last April 27 at Etobicoke York Community Council. The city said some 400 vehicles use Eltham Drive daily and the speed limit is 40 kilometres an hour. “There are sidewalks located on both sides of the street west of the intersection,” according to the city.

“Sidewalks are only present on the south side of the street, east of the intersection.” The report said Community Council authorized all-way compulsory stop control at the intersection of Eltham Drive and Delma Drive. Eltham Drive receives a daily two-way traffic volume is approximately 1,500 vehicles and the speed limit is 40 kilometres an hour. Some 350 students attend the school with most from the Alderwood area.



Arts teacher wins prestigious Loran award for his fine work

A long-time teacher at Etobicoke School of the Arts has been awarded a prestigious award. Kevin Johnson has been awarded the Loran Scholars Foundation’s Teachers Building Leaders Award for his work with students. He was nominated by Tessa Hill, a 2019 Young Fund Loran Scholar, for his dedication to student success. The Loran Teachers Building Leaders Award recognizes primary and secondary school teachers who go above and beyond to develop character, service and leadership in their students. Johnson is one of 35 teachers nationwide who were nominated to receive the award this year. It is valued at over \$100,000 over four years. To receive the award, a teacher must be nominated by a former student who has become a Loran Scholar – a young person selected for Canada's most comprehensive



“The Undertaker”
The midnight hour, the darkest hour
That human grief may know,
Sends forth its hurried summons-
Asks me to come – I go!
I know not when the bell may toll,
I know not where the blow may fall,
I only know that I must go
In answer to the call.
Perhaps a friend – perhaps unknown-
‘Tis fate that turns the wheel
–The tangled skein of human life
Winds slowly on the reel.
And I? – I’m the undertaker,
“Cold-blooded,” you’ll hear them say,
“trained to the shock and chill of death,
With a heart that’s cold and grey.”
Trained – that’s what they call it
How little they know the rest-
I’m human, and know the sorrow
That throbs in the aching breast.

undergraduate award from more than 5,000 applicants based on strength of character, commitment to service and leadership potential. Each year, graduating Loran Scholars are invited to show gratitude to the teachers who impacted their lives by nominating them for a Loran Teachers Building Leaders Award. To date, 126 Loran Scholars have recognized 182 teachers across Canada with the award. The nominating Loran Scholar recognizes each teacher recipient at a local certificate presentation. Up to 36 Loran Scholars are selected annually based on evidence of character, commitment to service, and leadership potential. The selection process involves up to 12 different interviews with community leaders. The Etobicoke School of the Arts is a specialized public arts-academic high school that has been housed in the former Royal York Collegiate Institute facility since 1983. The school was founded in 1981 as a specialized arts-academic high school and has the distinction of being the oldest, freestanding arts focused high school in Canada. Named the best school in Toronto by *Toronto Life* magazine (2006), ESA features Drama, Dance, Visual Arts, Music, Musical Theatre and their newest program, Film which was initiated in 2008-09. ESA is marking the graduation of its first class of film majors this year. Admission to the school is by academic excellence and audition.



ETOBICOKE SCHOOL OF THE ARTS teacher Kevin Johnson has been awarded the Loran Scholars Foundation’s Teachers Building Leaders Award after being nominated by student Tessa Hill. **Courtesy photo.**

Red Moon Bakery facing heat for gun mural beef



A CONTROVERSIAL MURAL on the wall of a local bakery has been ordered by the City to be removed following complaints from the community about a gun in the hand of one of those in the image. An image of an old train at Islington Station to the right was painted over for the new mural. **Photo by Christina Murie,**

A New Toronto bakery has been ordered by the City to revise a controversial mural following complaints from the community that it encourages gun violence. Toronto Municipal Licensing & Standards is investigating the mural and has served a notice of violation against the Red Moon Bakery. The drawing on a wall of the newly-opened bakery, at 2864 Lake Shore Blvd. W., at the corner of Fifth Street, features Punjabi rapper Shubhdeep Singh Sidhu, better known by his stage name Sidhu Moose Wala, holding a gun.

Association said a previous mural of an old train stopping at Islington Station was on the wall for decades. The association is concerned about a lack of community consultation on the project. The artist, who is known as David Ji, said many people are happy with his work. "The negative stuff which everyone talks about is just a small minority, they are very vocal, they are very rude, it's a specific demographic. I don't want to get into it," he told CTV News. "The positive people have come up, taken pictures, bought me lunch, bought me drinks."

The former Humber College foreign student was a rising artist in the South Asian music scene and lived, for a time, in Brampton, before being fatally shot in India last year. Also depicted on the mural are U.S. rappers Tupac Shakur, Biggie Smalls, who were both also shot and killed, Al Pacino as Tony Montana from "Scarface" and Marlon Brando as Vito Corleone from "The Godfather." The Long Branch Neighbourhood

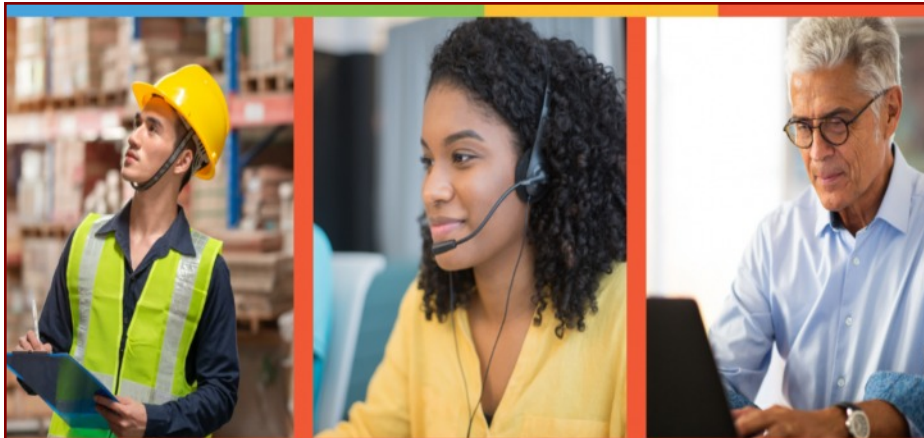
Artist Greg Hughes who painted the former train mural is not happy with the new art.

"I'm clearly not happy ... mine showed no signs of aging or tags," he wrote. "... it is a real shame because our neighbourhood needs more nice stuff and less gangster influence."

Chris Korwin Kuczynski, of the Lakeshore Village Business Improvement Association, said his board has been looking into the new mural.

"The BIA was not made aware in advance that the train station mural would be replaced," the BIA said by email. "The mural agreement with the property owner was for five years. As that has since passed they are at liberty to change the exterior as they see fit." Many residents in the community have reached out to the BIA with concerns around the image and want to see it gone.

"We want to see the success of Red Moon Bakery, and in revising the mural we are hoping that will contribute to garnering better support in the neighbourhood," the BIA said in its release.



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Popular breakfast restaurant closed

A popular all-day breakfast restaurant in the heart of Etobicoke has shut its doors leaving many residents scrambling elsewhere for their morning fix. The family-style The Grille Restaurant, at 1596 The Queensway, served its final customers on July 10.

"The business will close for renovations and will re-open under new ownership," according to a post on its website by owners, John and Jim. "We thank you for your patronage over the years, and hope to share news of our opening in a new location in the near future."

Located in the heart of Etobicoke, The Grille on The Queensway was a neighborhood staple known for serving a huge variety (and portions) of all-day breakfast items with something for everyone.

"Ahhhh I'm so bummed- this is our fave restaurant!!! Good luck in all you do- thank you for making the best Caesar wrap ever! Anne Rebelo wrote social media.

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MURAL TOUR



Enjoy a tour of the Award Winning murals that animate the Lakeshore Village BIA from First St. to Eleventh St.

Each mural celebrates the unique people, places and natural environment that makes up this vibrant neighbourhood.

www.enjoytheshore.ca

SPECIAL THANKS

The Lakeshore Village BIA would like to thank the BIA Office and City of Toronto for their funding of the yearly Outdoor Mural Grant. As well as the very talented artists that have helped to celebrate and beautify the neighbourhood.

The BIA is currently looking for a mural artist to complete their 2023 project. Email lakeshorebia@gmail.com for full details.

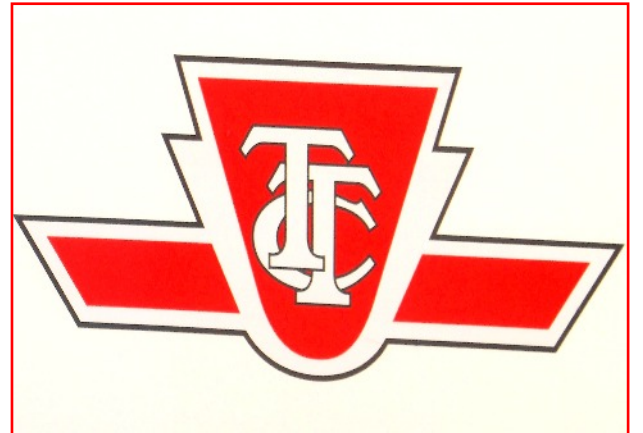
Residents welcome back 501 Queen St. car

Many Lake Shore Blvd. W. residents and businesses are welcoming the return of the 501 Queen streetcar which has been out of service for almost two years. The TTC and City of Toronto said the famed streetcar will return on September 3 for service to the Long Branch Loop following the completion of major infrastructure upgrades. Since January 2021 until May 2023, buses replaced the 504 King between Dundas West Station and Dufferin St., including the intersection at King St. W., and Roncesvalles Ave., to accommodate the construction. This project has long frustrated local businesses, especially those relying on outdoor patio space, made



MANY RESIDENTS WELCOME back the 501 Queen streetcar which resumes service from Neville Park to the Long Branch Loop on September 3 after almost two years of shuttle bus service. **Photos courtesy of TTC.**

At 15.4 miles of double track, the 501 Queen is the longest streetcar route on the TTC, and one of the longest streetcar routes in North America. It runs 24 hours a day, seven days a week, between Long Branch and Neville Park. The Queen streetcar has its origins going back to horse-drawn trams which started running in June 1875 along the Kingston Road Tramway. Electric service arrived in Toronto around 1893.



difficult or impossible by construction noise, dust, and sidewalk restrictions. The 501 Queen was replaced by shuttle bus service due to delays in the construction necessary to divert the

streetcars around the building of the new Ontario Line station at Queen and Yonge Street. The resumed streetcar service comes with several new additions, including replaced tracks, the extension of a dedicated streetcar right-of-way, improved streetcar stops and added safety features for pedestrians and cyclists. This massive infrastructure overhaul, dubbed KQQR for the intersection's initials, includes the rehabilitation of a bridge, replacement of watermains, sewer relining, hydro upgrades, new and modified traffic signals, and other TTC-related work. The line is one of Toronto's busiest and was sorely missed by residents, who have been riding shuttle buses for years. The 501 route starts from Long Branch loop on Lake

Shore Blvd., near the border with Mississauga. Running east, it serves the main commercial streets for Long Branch, New Toronto and Mimico before ducking into private right-of-way beneath the Gardiner Expressway and emerging into the Humber Loop interchange.



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Seniors advocate Buchanan retiring

Long-time advocate for seniors Bruce Buchanan, who is well-known for his work leading Storefront Humber for more than a decade, is packing it in and will be greatly missed in the community.

"I've been kicking around how to best help our seniors and disabled adults I've advocated for the past 13 years with my decision to retire in September," Buchanan said by email.

He said "our community is in flux and many of the most vulnerable are feeling the isolation squeeze."

Another popular seniors support, Village Mosaic, is closing in August due to lack of supports, Buchanan said.

"This has left that group of seniors feel unsure of their future in the community and isolated of the past COVID experience."

"South Etobicoke is one of the most populated with older adults/seniors," he noted, adding that it houses some of the wealthiest seniors and also the lowest income and poorest living conditions.

"My goal is to draw attention and show the need for more social places for those I have come to be friends with," Buchanan stressed. "I turn 67 this year and can see the stress put on those who don't have a strong voice."

To be an advocate and build the importance and awareness of our local service providers, elected officials and maybe just people who have charitable spirit to open/support a location for those who have given their working lives to build this community, he wrote.

"New condos and apartments have further isolated all people. Most people don't know their fellow condo/apartment dwellers."

"We have large Toronto housing buildings with thousands of seniors locked down and isolated. Unable to feel safe to attend and participate," he said. This Baby Boomer cohort is the largest growing segment of our world. This isn't a local issue but a world-wide stress to our economic future, he said.

Buchanan will serve in his position as Manager, Community and Social Activities Programs Volunteers & Transportation Department for West Toronto Community Health Services. He graduated in 2014 with Honours from Lakeshore Humber College "The Gerontology Multidiscipline, Ontario College Graduate Certificate program." The Gerontology Multidiscipline, Ontario College Graduate Certificate program is offered on a part-time basis through the School of Social & Community Services. Storefront Humber provides extensive programs to help seniors and adults with disabilities remain



BRUCE BUCHANAN

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BRUCE BUCHANAN WITH SOME of his seniors from Storefront Humber attending a movie screening in happier times. He has long been active in the community and has always advocated for seniors and their rights, including housing and benefits. Staff photo.

In the Community

By TOM GODFREY



ARTIST RENDITION OF Cloverdale Mall redevelopment in years to come.

Where are we going to shop in the near future as the golden age of big-box shopping may soon be fading away.

We have always been fortunate in South Etobicoke to have large shopping malls like Sherway Gardens, Cloverdale Mall and even Dixie Outlet Mall minutes away by car. Now with the demands of online shopping and sale threats from Amazon and other just-in-time and overnight deliveries; including food, are forcing the massive malls to rethink how they do business and survive in the future.

Just look at what is taking place at Cloverdale, Sherway, Dixie, even Yorkdale Shopping Centre and other huge shopping centres in the Toronto area.

Cloverdale Mall Condos has been proposed as a full redevelopment of Cloverdale Mall into a mixed-use, master-planned community. It will include retail space among an open-air centre, condominium and rental units, and even the possibility of affordable senior housing.

Built in 1956, the 32-acre site, located at Highway 427 and Dundas Street West, will undergo a significant remake including a 4,000-unit in a multiple tower mix of residential units with condo and rental apartment housing; 32,000 square metres of parkland and green space.

At Sherway, a Redevelopment Master-Planned Community is coming to the Gardens and will feature eight mixed-use residential towers built on the large parking area that surrounds the mall.

The south-west corner of this development will have two high-rise towers mainly developed for residential use. To the north is a pair of towers reaching 30 and 33-storeys high with 675 residential suites, connected by a 6-storey podium. A final building will be 28-storeys high with a one-storey podium and 270 residential suites.

And for those of us who like Dixie Outlet Mall, plans for 1,200 residential units in three buildings alongside the mall are moving forward.

Also in the works is a Yorkdale master plan that will include 19 towers ranging in height from 12 to 40 storeys which will feature some 5,126 residential units. The development will be the size of a small city.

There will be less of our favourite stores available and more traffic congestion to dodge as we try to get to them.

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

It's hot! Gardens are in their full glory.

Hopefully, you had a chance last month to visit some new gardens on the ever expanding Long Branch Garden

Tour. There were so many beautiful gardens on display. I was inspired by the variety and innovative plantings. It prompted me to add new plants and features into my own garden. I strive to continually evolve and renew my gardens. This promotes sustainable growth and a healthy garden that responds to the changing environment. The medicine of the garden is not only the plants it holds but also the way it interacts with you. After all, the garden is naturally a healing place to spend time in the summer. It's important for our gardens to adapt, change and respond to their surroundings. That's how they stay healthy.

This month, I invite you to try something entirely new: Feng Shui Gardening. Explore the principles of Feng Shui with me and you will be surprised just how easy it is to add elements of this ancient art of placement, into your garden.

Some people may consider Feng Shui to be a gimmick or an outdated way of designing. It had its heyday in the 80s and 90s. The popularity of Feng Shui waned as new, exciting, modern styled designs took over. But, Feng Shui can never be outdated. It literally means: wind and water. Feng=wind; Shui=water. As the ancient story goes, the five key elements of Feng Shui: water, fire, wood, earth and metal, must be in harmony and balance for you to live a prosperous and healthy life.

Studying the concepts and design principles can keep you occupied for many years. We dig into a few ideas here for a nook in your garden, balcony or patio. On the path of Feng Shui gardens, we meander through a few key design principles. First, we look to create balance. When the five elements of the earth are in balance, energy flows effortlessly in your life and you experience great health, wealth and prosperity.

A balanced garden, just like your life, grows well and thrives. This growth is just an expression of energy in material form. In Feng Shui, a trained master will look at your home and assess the energy flowing through the space. This energy is called Chi. When a home is dark, congested, crowded, or in disrepair, Chi moves very slowly and can be stagnant. You may experience this stagnation in your personal life or maybe your work or relationships. Making changes in the home can be



overwhelming or not possible right away. Testing out Feng Shui principles in garden is a fun way to play and learn hands on. Consider the following ideas and see which is the best addition

to you garden this summer. Try one out and let me know what you notice changing in your garden and in your life.

Fire in the Garden:

Fire element is represented by flames, triangle shape, the colour red. It will speed up energy and growth in your garden. Fire is an element of transformation and rapid change. Adding fire symbols into your space increases energy and helps balance out stagnant, slow moving chi, quickly. To add more fire energy into your garden, add in spiky leaves (Aloe vera or Yucca plants), start a cactus garden, choose red poppies, daylilies or red hot poker plants! They are fiery in every way. If you're not ready to plant more (or have no room!) you can add a sundial or any triangle feature.

Water in the Garden:

Water element is represented by water, waves, flowing lines, movement, the colours blue and black. It will promote flow in your garden. Water in an element of flowing change, movement and adaptation. Adding in water symbols into your garden space helps to move stagnant chi in a gentler and slower way than fire. This is a great element to add when you have too much going on or wish to slowly increase your pace of life. To add more water energy into your garden, add in large moving grasses, giant hostas with rich blue-green leaves, water features (with moving water - not ponds) or bird baths. You can use black pots for patio plants or add in a black wrought iron sculpture. A little goes a long way with Fire and Water elements. We have so many opportunities to improve and strengthen our lives. In the month of July, I encourage you to play around with plants. Move them around if you can. Bring in a few new 'green friends' or try out a new decor item in your potted plants. Whatever you do, take your time and try one change at a time. Choose a steady pace. As in nature, when you embrace sustainable growth and keep resources in balance, you benefit and grow stronger everyday. Thank you for growing with me. To keep learning with me, sign up for my newsletter or say hello online. "There is more to life than increasing its speed." ... Mahatma Gandhi

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From the Bench

By Retired JUDGE LLOYD BUDZINSKI

Will Long Branch be the beginning of a lakefront wall of high rises? Hard to get an answer from the local councillor on her vision of the Lakeshore. Let's hope the new Mayor has one. Much has been written about Toronto's waterfront. Some development has been good, like Sugar Beach and others, not so well, such as the Miami-style wall of high rises blocking visual access to the water along Toronto's waterfront. Is the cancer spreading west?

Five new buildings 12 to 30 stories high are proposed for the end of Thirty Third Street in Long Branch. Two large middle fingers are offered, pointing skyward in the centre of a historic village of homes; many originally were cottages along the Waterfront Trail. Two buildings with 577 rental units on the north of the site on Park Blvd. and three towers of 1444 condo units on the south side are planned. Our historic plans from the days of David Crombie's visions call for "a beautiful active and connected waterfront....efforts to improve the tree canopy....open spaces that provide visual connections to Lake Ontario...and interpret and celebrate the area heritage".

My concern is that this proposed development runs opposite to the waterfront vision we have praised for 30 years. Yes. Long Branch could use more housing, but these giant towers are inconsistent with good planning and the topographies of the area. The highline should put the towers on Lakeshore Boulevard with heights sloping downward consistent with the plan's vision. You don't start by walling off the lake when there are alternatives. This is different from downtown Toronto where we built a wall of costly condos to replace industrial land mixed with some intermittent parks.

The residents of Long Branch appreciate the need for more reasonable housing. This is not Nimbysism. We are a progressive, welcoming community. In the 50s, it became home to many Maritimers and immigrants coming to Toronto to find work. Before gentrification, it was 'blue collar' with industrial centrepieces such as Goodyear Tire and Anaconda. Today, home owners are working with renters in the area to raise issues with this proposal. There are better and more available alternatives. Lakeshore Boulevard is ideal for extra density and building new condominiums and reasonably priced rentals. These problems are being accommodated along the main street. There are apartments already there, and more are being built. Some, like the Clock Tower, fit the historical aspects of the village. Renewing the proposed site to provide more low-cost housing, especially rentals, is okay. A community can tolerate only so much development without breaking down – crime, traffic, infrastructure and sense of community.

These main road developments have heights that represent no dramatic change of character or obstruction. Their profile fits nicely into the neighbourhood and are fairly priced. The proposed condos will attract prices prohibitive to the present tenants. If you want to retain the concepts of our Lake Front Development and the connection with the water, you will build high rises along Lakeshore Blvd., where property prices are more affordable, and the site line looks down to the lake. Property owners south of the high-rise would still see the sky and the openness of the waterfront. Building high rises along the Lake creates a wall-blocking atmosphere and transparency for all those north of the development. Making along Lakeshore resolves traffic problems rather than pushing cars up the village streets to get to Lakeshore Blvd., which could well absorb the product. Building high rises along the lake needs better planning, destroying a village neighbourhood and bringing ad hoc development to Long Branch.

This is a time for vision. A logical redevelopment of the Lakeshore, rather than fingers of giants popping up over the tree lines blocking views. The character of Long Branch south of Lakeshore is a park-like environment unique to Toronto. To To the politicians, this is open to developing and building more housing. It is a logical design and planning approach to allow openness and more accommodation. Near the water, keep it low; near the main road will enable it to go high. That's pure logic If you want to design higher density at reasonable costs. To the local councillor, Amber Morley, who has been somewhat ambiguous on this project...it isn't a question to be debated. It is simply common sense or logic and sensible allocation.

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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Police make arrest for man shot dead in highrise

Toronto police detectives were busy investigating a fatal shooting two weeks ago in South Etobicoke.

A man is in custody after another man was shot dead in an Etobicoke apartment building on evening of June 18, police say.

The shooting occurred in a highrise in the area of Dundas Street West and Avonhurst Road. Police were called to the scene shortly after 7 p.m.



Police said they have recovered a firearm.

"There is no current threat to public safety," she said outside the building.

Redman said officers were speaking to witnesses and combing the building for security camera video following the incident.

There was no word on on the



THE VICTIM WAS FOUND dead from gunshot wounds by police. The suspect was arrested days later and faces murder charges. **Courtesy photos.**



OFFICERS PROBE a highrise murder on Dundas Street W. A gun was found and a suspect who fled was arrested. **Courtesy photos.**

motive for the shooting.

A police forensic identification services vehicle was at the scene. Police's homicide made the arrest.

Toronto police have identified Mohamed Said Mohamed, 55, as the man who was shot dead in the apartment.

Toronto resident Abdi, 64, has been charged with first-degree murder and is before the courts. The shooting was the most recent gunplay in South Etobicoke.

Toronto Police Duty Insp. Suzanne Redman said officers found a person with gunshot wounds when they arrived. The victim was pronounced dead at the scene.

Police are trying to determine if anyone else was in the unit when the shooting occurred, she added.



Royal LePage Porritt Real Estate gave away 250 tree seedlings last month during the Long Branch Garden Tour, which was a success with many visitors. From left to right are Jeremy Lescar, Basak Koksal, Tara Neal McNally, Shelley Porritt, Richard Adach and Anne Thorburn. Photo supplied by Shelley Porritt.

The Neighborhood Tree Giveaway Program supports the City of Toronto's goal of reaching a 40% tree canopy cover by 2050. The city provides all trees, which are native to Toronto's seed zone and suited for our urban environment. A well-cared-for native tree is an amazing asset to the community for many years to come, and more edible trees increase our city's resilience and sustainability. Together we can care for Toronto's tree canopy and grow our urban orchard.

The Long Branch Garden Tour is Toronto's largestst free garden tour with 37 lakefront Etobicoke gardens that green lovers returned to explore on June 24 from Forty-Second to Fourth Street.

Most participating homeowners showcase both their front and back gardens, organizers said. bright yellow Long Branch Garden Tour signs mark each participating garden.

It is estimated hundreds of garden lovers showed up to see and take photos of the lovely gardens.

It's a great opportunity to ask hosts what is or is not working in their garden as they are always changing .



A YOUNG GIRL WITH BALLONS at left at a fundraiser to help Ukraine held at the Birmingham Business Centre that now has a beautiful outdoor patio for rent for special events. A fire entertainer in middle thrills crowds with flames at the annual successful Lakeshore Village Grill Cheese Challenge on June 10 that attracted thousands of residents to check out the food, see bands and visit vendors; including a street market at right. People had a good time during the event which was held on a nice day. **Photos by Christina Murie.**

Looking after yourself and others in the community

JULY 9, JULY 30 FREE COMMUNITY LUNCH from 1 p.m. to 2 p.m. at St. Margaret Church New Toronto, 156 Sixth Street, in partnership with Haven on The Queensway and sponsored by Robert Kerr Foundation. Donations of non-perishable foods, toiletries, shampoo or feminine products are also being accepted. Call St. Margaret at 416-259-2659 for further information.

JULY 12 WORKING GROUP for a land trust in South Etobicoke hosts its first meeting. Join some very progressive residents in taking action to form a land trust. For more information contact brig@lampchc.org. Meeting tentatively set for Wednesday July 12 to 6 p.m. at LAMP in person.

JULY 19 and AUGUST 2 TWILIGHT CONCERTS IN THE PARK at 7 p.m. at Applewood - The Shaver Homestead, at 450 The West Mall. This free event is open to everyone. Bring your own blanket or lawn chair and come enjoy the live music. All concerts are on Wednesday nights, starting at 7 p.m.- a great way to enjoy the warmth of a summer evening and meet new friends in your community.

JUNE 24-JULY 29 OPEN AIR DANCE all Saturdays, various times, Mimico Square.

This festival transforms the neighbourhood through open air dance space with free workshops and community events that celebrate positive and accessible dance experiences. It continues July 8th-29th with open dance workshops in Afro Cuban, West African, Vogue, Brazilian Samba, Popping, Ukrainian Folk, Latin Fusion and Contemporary Indigenous Dance. This year will also feature community mural painting, live music and dance performances on the mural. Open to all ages, levels and abilities.

JULY 24 – 28 HOLIDAY “SPACE CAMP” run by Mimico Baptist church, at 80 Hillside Ave. It is a day camp that runs from 9:30 a.m. to 3:30 p.m. from July 24-28 and August 14-18. Children do a wide range of games, arts and crafts, science, music and more. Registration is \$100 but subsidies are available upon request. Register

at <https://mimicobaptist.ca/holidayclub2023/>. For further information or questions email: holidayclub@mimicobaptist.ca

JULY 24 AN INTRODUCTION to Women’s Self Defence Wen-Do and community safety is being offered from 6 to 8 p.m. Protect yourself and others in vulnerable situations. Learn new ways to deal with unsafe situations. A new in-person community safety program for women is being organized in person. For more information or to register in advance contact jasmind@lampchc.org or 416 252 6471 ext. 308.

UNTIL AUGUST SIGN UP FOR new online Mindful Renewal program at LAMP. It’s free and runs on Wednesdays 3 p.m. to 4 pm to the end of August. *Corin De Sousa* is a certified mindfulness teacher through the Canadian College of Educators and provides evidence-based mindfulness programs throughout the GTA. For more information contact jasmind@lampchc.org or call 416 252 6471 ext. 308

FREE SUMMER CHAIR YOGA SERIES; Join us on Tuesdays at 1 p.m. with *Meaux* for a good workout to strengthen muscles and improve balance.

Wednesdays at 1 p.m. we offer a gentle, seated yoga with certified Hatha Yoga Practitioner *Briar Boake*. Stretch and enjoy some music and movement at the. These sessions are offered both in person and online. For more information contact crystaln@lampchc.org or call 416 252 6471 and ask for Idman

JULY 14 AND AUGUST 18 TORONTO MEMORY PROGRAM; are you noticing some problems hearing? Sign up for hearing screening at LAMP, 185 Fifth Street. Get tested by the Canadian Hearing Services. Screening for hearing loss; check for ear wax. Call reception at 416 252 6471 to register.

JULY 28 FREE MEMORY SCREENING; are you aged 50 - 90 and noticing changes in your memory? Come get a check on July 28 at LAMP, 185 Fifth Street. Sign up at reception 416 252 6471.

SENIORS SOCIAL; Contact brig@lampchc.org for more information and date.

SALVATION ARMY summer camp space still available. Call Jenn at 416-251-8372 ext 101 or visit www.salakeshore.com

JULY 24 JEAN AUGUSTINE CENTRE summer camps and programs are in full swing! Next session of summer camp starts Monday, July 24 to August 4. Programs include Girls In Sports, All About Me. Call 416-253-9797 or email info@jeanaugustinecentre.ca.

Training Tips Corner for Summer Sports;

For Parents and Kids- HYDRATE BEFORE YOU GO

-Drink plenty of water before you head out to the ball game (1-2 hours before)
-Your kids will learn by example and they will play their best game

Why:

Our body takes a few hours to tell us we are dehydrated. Don’t wait until you are thirsty. Dehydration can cause fatigue, poor concentration, reduce muscle power and strength

WARM-UP ON THE SIDELINES

-As your kids warm up on the pitch, warm up as well along the sidelines. Walk and get your steps in. Your cheer will be in good form and your joints will thank you.

Why:

We sit so much every day for work, meetings and commuting. Warming up with walking and active stretching shows your kids support and keeps you healthier. Warming up before cheering also helps reduce injuries!

COOL-DOWN REHASH

-Enjoy going over the practice or game highlights with your kids and their teammates? Sit on the grass and do some stretches with them. Relive some of their best plays and lengthen those hamstrings. Then, head over to the bbq and eat a well deserved dinner!

Why:

Stretching can keep you young in body and young at heart. Taking time to stretch and rehash the game means you are actively supporting your spine, your muscles and your family.

Training Tips Corner by Monika Meulman

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CJ Kirst is Mimico's weapon for the Minto Cup

By: Rejean Cantlon
South Etobicoke News Sports

Mimico gained not only a new 6' foot-1, 190 lb, player with some significant talent. The team welcomed a brother. CJ, Kirst, 20,) only joined the team a month ago. In that short period of time has gained the admiration of team-mates, parents and fans that regularly visit the Drummond Street Bowl to cheer on the local Jr. A lacrosse team on a weekly basis. Fellow Mountaineer, Ethan Brown, shared that from their first meeting at practice, he knew that CJ wanted to make a difference. "He's a great player with high energy and he has a team-first attitude," said Brown.



TEWAARTON AWARD FINALIST CJ. Kirst above and on right in action on the field. *Courtesy photos.*

CJ comes with plenty accolades of his own. He attends Cornell University in Ithaca, NY, where he was a 2023 Tewaarton Award Finalist (an annual award presented to the most outstanding field lacrosse player in the US, similar to football's Heisman Trophy) and he was the 2023 Ivy League Rookie of the Year. Despite the obvious badges of distinction, CJ's demeanor is that of a



C.J. KIRST IS PLAYING with the Mimico Mountaineers Jr. A lacrosse team and fans are in for a treat. **Photo by Rejean Cantlon.**

humble athlete that understands what it takes to make a difference both on and off the floor. Finn Thomson, current team-mate and former team-mate of CJ's older brother, Cole, who captioned the Syracuse University lacrosse team said, "CJ is just like his brother. He is the loudest guy in the room and best friend to everyone on the team." CJ is one of five brothers who are immensely involved in the game of lacrosse at the professional and collegiate levels. Having never played box lacrosse (inside a hockey rink), CJ understands the notable differences between the box and field games. "In box you are in very tight quarters, you have to be tough, use your body more, grip your stick different, and have to find new ways to put the ball in a much smaller net. The art of deception is enhanced in box and you have to trust your team-mates more to find smaller passing lanes. Next to college, this has been a tremendous experience." When asked what his first impression of stepping on the floor



as a Mountaineer for the first time, CJ did not miss a beat. "It was incredible. From fist-pumps with the young fans to the national anthem, you got a sense of pride and know that this is a special place. The fan support here is great." He credits a big part of his success here to Head Coach Dean George and Assistant Coach Tanner Thomson, who also played against a brother of CJ in college. CJ's pre-game activities: chicken parm, tape his stick and get some shots up. Post game: peameal sandwich at the Mimico Snack Bar and to Maple Leaf House for a Great Lakes Mimico lager beer. Mimico can thank the Dalton family who are billeting CJ during his stay here. Andrew Dalton and fellow local lacrosse player Rory Graham are CJ's team-mates at Cornell and room-mates where they share a house with another nine students.



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