

The South Etobicoke News

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Long Branch residents fight mega-condo plan

A decision is expected this month in the fate of a Long Branch megacondo project and the relocation of more than 500 tenants who now live in low rise apartments on the site.

Five residential towers have been proposed by Promenade Co-Tenancy in an application filed with the city in mid-April, which seeks to redevelop 220, 230, and 240 Lake Promenade, and 21 and 31 Park Boulevard, opposite Long Branch Park and gazebo.

The five seven-storey buildings will be demolished and rebuilt by two 12-storey rental buildings, a 14-storey condo and a 30-storey condo building with two 30-storey towers sitting on a six storey podium. There are ongoing meetings to stop or curb the project and more than 100 residents showed up for a site visit on July 15 attended by Councillor



LONG BRANCH RESIDENTS ARE fighting a megacondo development that will demolish low-rises (centre) at 220, 230, 240 Lake Promenade and 21 and 31 Park Blvd., to build 12, 14 and 30 storey towers, across from Long Branch Park.

Amber Morley, city planners and the developer. Christine Mercado, of Long Branch Neighbourhood Association, said city officials have 30 days to make a decision, which can be appealed.

"This is a very divisive issue in the community," Mercado said. "We are concerned about the relocation of tenants in the 548 units as the construction takes place". She said many of the tenants are seniors, who have been living there for a long time, some as long as 50 years.

Resident and an organizer Patti Pokorchak said more than 765 residents have signed a petition and in excess of \$1,500 collected on a Go Fund Me page to fight the development.

Pokorchak said 97 units, or around 200 tenants, at 21 Park Blvd will be temporarily relocated as developers tear that down and double the size of the building. There will be a total of 2,021 suites, of which 1,444 would be market condo suites.

Customer service flying high at Pearson Airport

Great news for Pearson Airport and the thousands of workers employed there.

Canada's largest airport has shot up from last place to first, according to a mid-summer performance update.

"Since last summer, Pearson has improved passenger experience across its operations, implemented digital innovations and bolstered staffing," said Deborah Flint, president and chief executive officer of the Greater Toronto Airports Authority (GTAA.)

"These advancements have expedited check-in and boarding processes, reduced wait times and upgraded baggage infrastructure."

The airport has secured the top position in the Airports Council International (ACI) Large Airport Category.

She said Pearson now ranks 17th in on-time performance global ranking



DEBORAH FLINT CEO OF PEARSON AIRPORT (centre) says the airport has gone from last to first place in customer performance, due to a number of improvements and technology they have invested in. It is now faster to catch your flights and less time is spent waiting for your baggage on arrival or luggage being lost.. Pearson is no longer a worldwide source of bad airport jokes which is excellent for travellers using the massive facility. **Courtesy photos.**

compared to last place a year ago. On time performance has been as high as 75 per cent.

Flint said the average wait time for bags arriving at the carousel from July 3 to 9 was 20 minutes, compared to 26 minutes last year.

"Wait times to enter Canada at Pearson's customs halls are significantly and

noticeably faster than last summer," she said. "Currently, the average wait time for passengers at customs is seven minutes."

There was just one flight where passengers were held on the aircraft for nine minutes. It was a marked improvement over last summer when holding passengers at the gate was a regular. The same week last year saw 34

flights with an average hold time of 10 minutes.

"Security wait times have significantly improved since last summer," she said in a release. "The most recent data indicates that 91 per cent of passengers cleared security in less than 15 minutes."

A recent survey found that 75% of travellers who have passed through the airport in the past year are satisfied with their experience.

These positive feelings are partly driven by increased usage of new digital tools at the airport, including a live wait times dashboard and interactive digital maps. "While the airport does not control every facet of the passenger experience, it remains committed to working with all relevant parties to enhance air travel in Canada," Flint said.



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Sgt. Meech packs in his gun and retires from force



GOODBYE SGT. RAY MEECH (above) and with Supt. Ron Taverner (below) and colleagues.

A Toronto Police officer who served this City and various Divisions for 35 years has packed in his weapon and walked into the sunset. Sgt. Ray Meech was escorted on his last day out of the Bloor Street W. station by a bagpiper as about two dozen of his uniformed colleagues applauded as he left with his partner in arms.

"As much as we are happy to see him retire, we are also sad to see him leave," police wrote

on social media. "He is a great officer and an excellent human being."

"We are honoured to recognize one of the greatest Sergeants, Ray Meech, who served in this great City for 35 years in various capacities within the Toronto Police Service."

Supt. Ron Taverner, a more than 50-year veteran, and other high-ranking officers, were in attendance to mark Meech's last day on the job.

He spent many years patrolling the west-end and previously worked

in 11 Division, which oversees the Parkdale-High Park area.

Meech is among a long line of experienced officers who have retired from the force in recent years.



Police mourn as ace service dog Bingo is gunned down by man on the run from cops



SGT. BRANDON SMITH (above) with service dog Bingo (right) in better days. Photos courtesy CP24, Toronto Police.

Some Toronto police officers were in tears after a service dog, Bingo, was shot and killed by a gunman who was on the run from the law. Police are mourning the death of Bingo, who was two. The canine was shot by a 44-year-old suspect, who was sought for murder, around 8:40 p.m. on July 25 near Dixon Road and Kipling Avenue. The gunman had fled one home and was hiding in the darkened backyard of another when found by Bingo, police said. He was shot by police. Police are rallying around Bingo's partner, Sgt. Brandon Smith, who was also at great risk in this incident. Smith has 25 years of policing with both 12 and 31 Divisions in Toronto. Hundreds of saddened officers formed a procession on July 27 as Bingo was laid to rest. Officers were called to investigate a person known to have a gun when the incident occurred. The suspect was taken to hospital and is in serious condition. The province's Special Investigation's Unit (SIU) is investigating the case as was a

police-involved shooting.

"Bingo, one of our K9s, was killed in the line of duty by gunfire tonight," Chief Myron Demkiw tweeted. "Thank you for keeping our members safe and thank you for your service. My deepest condolences to his partner and to all of our TPSK9 unit."

The Toronto Police Dog Services, which was formed in 1989, consists of 21 handlers and 31 dogs. Many teams are comprised of one handler and one general purpose dog, but many handlers also have a second police dog specializing in search and rescue or detection of narcotics, firearms, explosives or cadavers.

Every handler is responsible for the care and maintenance of their canine partner. The dogs also take part in arrests of persons trying to evade police as well other crucial pieces of evidence leading to criminal charges and arrests. "Well done Sgt.. Smith and PSD Bingo. Thank you for your service," Ernie Dolly wrote. Bingo was the first police dog murdered in the force's almost 200-year history. The service was established in 1834.



SGT. BRANDON SMITH bids goodbye to his partner Bingo.



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VIA Rail breaks ground for new speedier trains

VIA Rail Canada say its new fleet of 32 trains that will service the Québec City-Windsor corridor will be among the 'most environmentally friendly in North America.' Work has begun on VIA's Toronto Maintenance Centre,



WORK HAS BEGUN ON A Drummond Street maintenance centre (below) to accommodate a new fleet of trains (above and right). Photos by CP rail.

at 50 Drummond Street, near Royal York Road, for a state-of-the-art maintenance facility for the shiny new trains that will operate along the 1,150 km corridor. Politicians and company officials broke ground June 10 for the massive project that will create up to 475 jobs in the trade and construction industries until completion in 2026.

The work will include demolition of a portion of the existing structure and construction of state-of-the-art facilities; new addition, removal, and replacement of tracks; and the addition of a wheel lathe facility and

critical infrastructure improvements in the maintenance yard.

"The quality of life of our neighbours and residents in the Etobicoke-Lakeshore borough is important," VIA Rail said on its website.

The company said measures have been implemented to limit the disruptions caused by the upcoming work, including the retaining of an engineering firm as noise and vibration experts.

Monitors have been installed to check noise and vibrations throughout the site and should standards be exceeded, e-mail alerts will be generated to both VIA Rail and the construction company, officials said.



An air-quality and dust control plan includes a review of the planned construction work, methods of demolition,



ONE OF THE new trains that will be travelling through South Etobicoke soon.

dust control procedures and air monitoring requirements at the property lines of the construction site.

Mario Péroquin, VIA Rail's president and chief executive officer, said the modernized maintenance centre will "allow our employees to work with the most modern equipment and will provide them the necessary tools to maintain the new fleet according to VIA Rail's standards of excellence."

VIA Rail has received the first of its fleet to serve the corridor. Contracts have been awarded for the modernization of its Toronto and Montréal maintenance centres, which is an important pillar of the corridor to service and maintain the fleet.

Some \$1.58 billion was granted by Ottawa in the 2018 budget for the new fleet and modernization of the maintenance centres, the implementation and integration of various IT systems as well as the transformation of maintenance processes.

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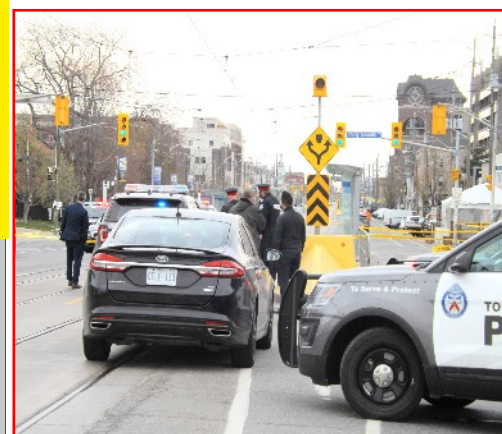
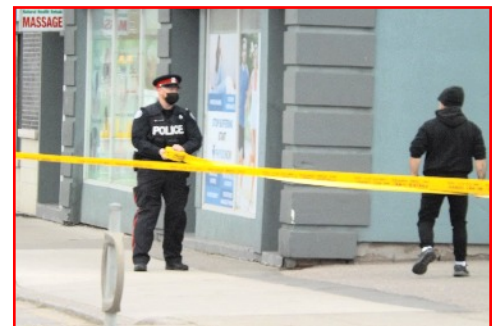
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Police in search of man seen taking photos of young kids

Toronto police are tracking down a man who was spotted taking photos of young children in the community.

The man was allegedly caught by a member of



the public taking photos of children on his cell phone on July 11 at 2:30 p.m. in the Royal York Road and Evans Avenue area. Police in a release said a member of the public approached the man and had him delete the photos. The man then fled the scene by foot.

The suspect is described as an Asian man in his 50s or 60s. He has medium build and had gray hair with a bald spot. At the time of the alleged incident, he was wearing a purple collared shirt, black pants, and gray running shoes. Anyone with information is being asked to contact police at 416-808-2200 or Crime Stoppers anonymously at 416-222-TIPS.

Officers mark Project Hope to welcome Afghanis

By TORONTO POLICE SERVICE

Constables Mustafa Popalzai and Farzad Ghotbi are helping thousands of Afghan refugees who fled to Canada after the Taliban government assumed control of their homeland.



CONST. POPALZAI AND GHOTBI (right)

Both officers, who are refugees to Canada, started Project Hope with the support of colleagues from their downtown 51 Division station.

The officers wanted to meet newcomers to ensure they had essential household items but also advice about the culture and laws of their new home.

They started with a truckload of donations of clothes, baby products and toys they brought to a hotel housing people who left the country with a suitcase at most. Project Hope has since donated more than \$600,000 worth of goods to hundreds of families.

“When I came, there wasn’t a community that reached out to us,”

said Popalzai, who joined the Service seven years ago. “I am so glad this is happening now for these people who are in desperate need of all the assistance they can get. This is a little bit different than when we and few others came. There were about 250 of us on that flight.”

Constable Ghotbi said: “These refugees came here with just the clothes on their backs. They weren’t allowed to bring anything on the military planes because the space was needed to bring as much people as possible. All they have is hope of living a better life in Canada.”

Toronto Police Chief Myron Demkiw in a welcoming event addressed the new arrivals.

“I know that many of you have faced uncertainty and numerous challenges throughout your journey to settlement, including language barriers, finding housing and employment, and adjusting to a new way of life so far from your home,” the Chief said. “On behalf of the Toronto Police Service, I would like to offer every

newcomer here tonight a heartfelt welcome to Canada, your new home.”

Abdul Hadi is a newcomer to Canada who was helped by Project Hope.

Having worked in Afghanistan as a psychotherapist, he moved to Canada with his wife and two young children in June 2022.

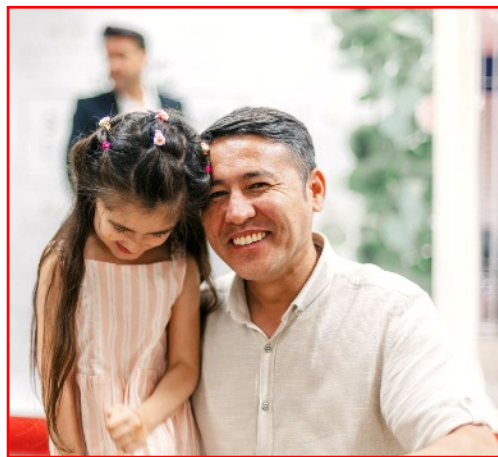
He remembers the police greeting him at the hotel his family was temporarily staying in, and being added to a group chat with other newcomers and members of Project Hope to act as a resource for any needs.

“The police are trying to build a good relationship with the community. They are helping us to know we should not have fear and that they can help us.”

He said the event helped him feel more welcome to the country because of the wide variety of speakers and supporters. Canada has vowed to bring 40,000 vulnerable Afghans to the country after the Taliban's return, and so far over 34,000 Afghans have arrived.



CONSTS. POPALZAI AND GHOTBI (right) with colleague holding some goods donated by the community to help Afghan refugees. Photos courtesy of Toronto Police.



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THE TEAM WITH SOME DONATIONS to help hundreds of refugees from Afghanistan and with young girl (left). Toronto Police photo.

The **South Etobicoke News** is a free, independent monthly newspaper that serves Humber Bay Shores, Mimico, Lake Shore Village, Long Branch and Alderwood areas.

We live in the community and cover local news, amateur sports, business and civic life while honouring those who gave so much of themselves so we can have the lives we enjoy today.

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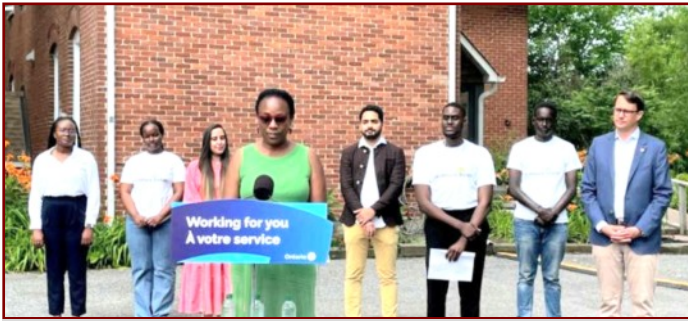
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College trains newcomer women for future jobs



NEWCOMERS RECEIVE TRAINING for jobs at Humber College in program (above, right). **Photos by Humber College.**

Matthew House Ottawa, Newcomer Women's Services Toronto, Toronto Artscape and UTIMUS are among the agencies funded. The programs aim to provide training for careers in manufacturing, finance, administration, communications, hospitality and the arts. Participants will have the chance to explore a range of employment and training options through paid internships, job placements, language training and digital literacy courses. Samuel Nkurunziza, a refugee from Burundi, remembers the cold Ottawa winter and the warm welcome he got from Matthew House.

"They took me under their wings. They showed me everything basically," he told CTV News Ottawa. "I didn't know how to write my resume, so without them, it would have been impossible, basically." Nkurunziza now works at Matthew House, using his own experience to help guide other newcomers. Monte McNaughton, Minister of Labour, Immigration, Training and Skills Development, said businesses in Ontario are struggling to find skilled workers, and job training can help fill those gaps. "We're facing a historic labour shortage with 300,000 jobs going unfilled today," he said. "This money is going to be used to give them practical training and the skills necessary to land in-demand jobs."



He said trainees can obtain jobs in finance, health care, manufacturing, and communications." Groups receiving funds include Newcomer Women's Services Toronto that obtained \$1,522,396 to prepare 230 newcomer women with employment readiness, career coaching and a paid internship. UTIMUS obtained \$833,626 to prepare 60 unemployed or underemployed Afghan and Ukrainian newcomers for work in the manufacturing sector in Ontario. Matthew House Ottawa received \$137,850 to hire and train 15 newcomers at the Refugee Services and Furniture Bank for eight to 10 weeks and assist them in finding longer-term employment opportunities. And Toronto Artscape Inc. with \$123,190 to provide 30 Ukrainian artists with the tools and experience needed to find jobs with local employers in the arts industry.

Humber College is helping to train 230 newcomer women with the core digital competencies in demand by employers across Canada.

The Sister2Sister Advanced Leadership program is a skills and leadership development program that bridges the gap between employer needs and newcomer women skills through training in soft and hard skills capped by a paid internship.

The Ontario government is spending \$2.6 million on four free training projects in the province, which would help around 300 people, including displaced Afghans and Ukrainians.

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Auto thieves cruising our streets looking for expensive cars to steal

Thieves are stealing vehicles in nearly every corner of our community and police are again warning auto owners to lock up and take anti-theft precautions.

Forty vehicles were reported stolen in parts of South Etobicoke during one week, according to Toronto Police Service.

The vehicles were reportedly stolen from July 6 to July 12, according to police statistics. That's up from 33 reported stolen during the previous week.

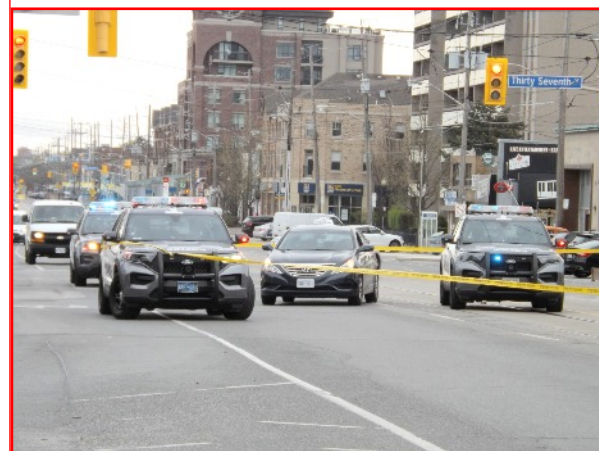
There were 5,705 vehicles reported stolen in Toronto since January 1, which is up 33.6 per cent compared to the same period in 2022.

Closer to home, there were 19 auto thefts reported in Alderwood this year. One vehicle was reported stolen from a curbside near Aldercrest Road and Horner Avenue on July 8.

There were 13 vehicle thefts reported in Long Branch in 2023, with one vehicle swiped from a driveway near Twenty Fifth Street and Meaford Avenue on July 9, police said. Mimico is one of the places hardest hit by thieves with a whopping 63 auto thefts reported this year. One vehicle was stolen from a parking lot around Melrose Street and Royal York Road on July 7.

Kingsway South was up there with 52 autos reported stolen this year. One was reported stolen from a driveway around Jackson Avenue and Tremayne Avenue on July 6. Topping the list is Islington-City Centre West where 192 auto thefts were reported this year. Six alone were heisted from July 6 to July 11. So lock your vehicles if you live in this area.

In second place with 56 auto thefts reported this year was Kingsview Village-The Westway, with one auto swiped from near Islington Avenue and Winnipeg Road on July 11, police said.



Some 19 auto thefts were reported in Humber Heights-Westmount this year, with five vehicles stolen from Royal York Road and Trehorne Drive and Eglinton Avenue West and Scarlett Road on July 11. Some five were reported stolen in Eringate-Centennial-West Deane in 2023, with two each in Elms-Old Rexdale and Edenbridge-Humber Valley. Police suggest security cameras or anti-theft items.

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The old Telegram sign snapped up by local man

By IAN ROBERTSON

Decades after being mounted on the front of a Long Branch convenience store, perhaps the last-known sign advertising *The Toronto Telegram* newspaper headed for a new home in mid-July.

As reported last month, 'The Tely' as the long-gone daily became known in its heyday, was published between April 18, 1876 and Oct. 30, 1971.

It was founded by publisher John Ross Robertson, who bought the assets of *The Liberal*, a defunct newspaper. The last owner of the conservative broadsheet, which became the voice of working-class residents, was media magnate John Bassett (1915-1998).

After his downtown presses produced the last edition, several veteran staffers of *The Toronto Telegram* launched *The Toronto Sun* on Nov. 1, 1971. Like its predecessor, the smaller tabloid-size daily paper competed regularly with *The Toronto Star*.

That large-format, liberal-leaning 'broadsheet' daily overtook 'The Tely' as the city's largest-circulating daily in 1928, according to Wikipedia.

With large raised black lettering, "The Telegram" horizontal white advertising sign above Thomas Variety & Confectionary Store at 3581 Lake Shore Blvd. W., regularly attracted newspaper customers.

With the store's recent closing, it was barely noticed by most passersby, but garnered attention from journalists



FRANK CONDRON WITH HIS prized The Telegram sign which he plans to proudly hang at home. Photo by Ian Robertson.

accompanying his father to the former Beer Store across the street.

"I moved back here after I got married and always saw the sign."

Condron said his career began at *The Toronto Star*, after which he became a reporter in Florida for U.S. business journals before returning to his home town to work for the Southam newspaper chain.

Later, after editing magazines for the Rogers multi-media company, "when it sold its trade division, I worked in corporate communications on Bay Street, and on custom magazines," he

as word spread of the shop's demise.

A former police reporter at *The Toronto Telegram*, Douglas 'Doug' Creighton (1928-2004) — who co-founded *The Toronto Sun* as its first publisher — attempted to buy the sign as an historic relic.

He was unsuccessful.

Not so Frank Condron. On July 12, the veteran journalist and Etobicoke resident bought the prized antique.

"I was born here in 1965," he said in an interview.

Raised in Alderwood, Condron often

said.

Other related work included ghost-writing several books, including one that won him a top award, Condron said, adding: "I played soccer for *The National Post* team."

After recently spotting 'The Telegram' sign above the empty store, beside the red-and-white variety store sign — which was also recently removed — he phoned the realty

company whose leasing notice was posted on the window.

He met the building's owner, whose work crew had started renovating the former store, and a deal was soon reached.

"I paid \$200 for it ... a nominal fee," Condron said, adding he plans to have the well-preserved moulded plastic keepsake framed and hung in his home, as a reminder of the highly-competitive days of Toronto journalism.

As for his future plans, the sign's new owner is pondering the possibility of eventually donating 'The Telegram' artifact to a museum or city archives.

"When I saw the store was closed, I figured a new tenant wouldn't know what the sign meant and would take it down and throw it in the garbage," Condron said.



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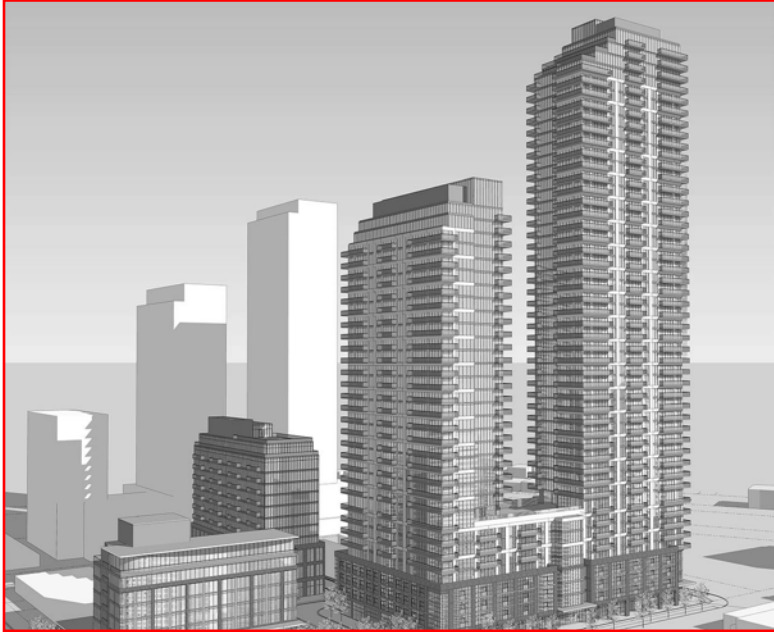
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More towers being built in Portland Road industrial site

Most people driving by Portland Road can see a hive of construction activity without knowing what is being built on the former industrial lands.



TWO MIXED-USE CONDO TOWERS 32 and 48 storeys are being constructed on industrial lands in the Portland Road area, near the Mimico GO Station. **Courtesy photos.**

Two mixed use towers rising to 32 and 48 storeys will be sprouting from the site that is referred as 21 - 25 Windsor, but consists of properties from 21 through 31 Windsor Street, 18 Buckingham Street, 93 Portland Street, and 60 Newcastle Street.

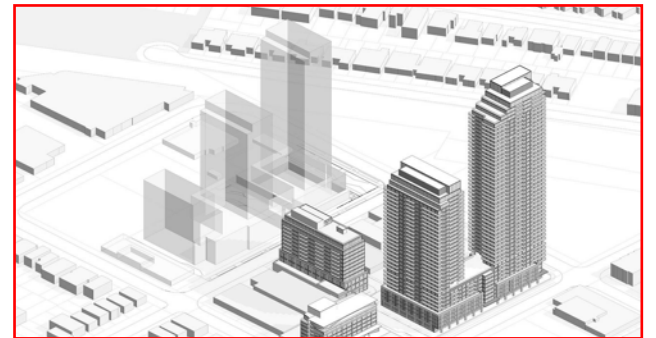
The megaproject is bounded by Portland Street to the north, Buckingham Street to the east, Newcastle Street to the south, Windsor Street to the west. Developer Diamante Development has submitted applications for Official Plan Amendment and Zoning By-law Amendment for the site that is within walking distance of Mimico GO station. It will include an eight storey podium, while a 12-storey mid-rise building also is proposed along with a smaller 7-storey mid-rise building.

The project would replace the existing low-rise light industrial and commercial buildings with a transit-oriented mixed-use development.

It will include 978 units for the two tallest towers and 120 units for the mid-rise buildings.

The podium connecting the high-rises would feature retail and office uses. There will be a park in the northwest corner of the site along with a mid-block section for vehicular and pedestrian movement.

Parking would be in two underground parking garages for the high-rises and mid-rise. There will be 308 residential parking spaces and 877 bicycle parking spots. Other development activity surrounding Mimico GO, includes the multi-phase Grand Park Village and four towers proposed at 39 Newcastle on the south side of Newcastle Street.



ANOTHER ANGLE OF THE work taking place at 21 to 31 Windsor Street, 18 Buckingham Street, 93 Portland Street, and 60 Newcastle Street.

Two more condo towers proposed for Humber Bay Shores

Public consultations are underway for two huge condos planned just west of Humber Bay Shores in Mimico.

Residents there are used to ongoing construction activity as work is underway to build 15 condos on the former Mr. Christie cookie site and large hotel across the street. A plan by Stay Inn Hospitality to build a 13-storey luxury 165-suite hotel at 2157 Lake Shore Blvd. W. is in the books. Mixed use condos have been proposed at

2256 Lake Shore West, at Legion Road, on the site of a large self-storage building beside Beyond the Sea condo highrise.

The 35 and 18-storey highrises are designed by Core Architects for 2589727 Ontario Ltd on the property.



TWO CONDOS ONE AT 35 STORIES and the other at 18 stories are being built at a former self-storage site at Lake Shore Blvd., W. and Legion Road. **Courtesy photos.**



“The Undertaker”

*The midnight hour, the darkest hour
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‘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.*

Bennett Chapple - 1903

The proposal argues that the site is under-utilized, and hopes to create a development that can facilitate the evolution of the area by increasing the residential capacity and improving the public realm. Developers said the area will be serviced by the planned widening of Lake Shore Blvd. W., and a new GO Station on the cookie lands at Park Lawn Road.

The new station will earn Major Transit Station Area (MTSA) designation for the lands within a 500 metre radius, an invaluable designation for prospective developments from a policy standpoint.

The area also boasts an extensive network of cycling infrastructure, as it is tied into the Waterfront Trail.

Part of the proposal includes a widening of the sidewalk on Lake Shore Boulevard creating a patio-style piazza along the southern frontage that would benefit the retail tenants occupying those units.

There are 394 vehicle parking spaces and 474 bicycle parking spaces proposed across three levels of underground parking.



Pazzia Osteria for fresh and tasty Italian cuisine

The folks at Pazzia Osteria say they are open for business and want you to give them a try. The restaurant serves Italian fare and pizza and is located near a handful of eateries at 848 The Queensway, near Highway 427.

Pazzia Osteria claims to be Etobicoke's home for elegant and authentic Italian cuisine, serving freshly prepared meals in its rustic and charming open-kitchen style.

For a tantalizing starter, try the grilled Italian sausage with rapini or the fresh mussels in a spicy marinara sauce, according to its website. Entrée specialties include shrimp and calamari cioppini, the spaghetti alla chitarra with hearty meatballs and the healthy whole wheat fettuccine with beans and sausage in tomato sauce. Pazzia also crafts an array of pizzas, such as the pizza pazza with asiago cheese, sundried tomatoes and spinach.

Pazzia Osteria features menu items that are suitable for vegetarians and those who abstain from gluten.

"You can't go wrong ending your dining experience with a homemade dessert, like the rich tiramisu," the eatery claims.



It is rated 3.4 stars by diners, who love the place.

Both the service and food are top-notch. Franco, the host is always willing to chat and truly cares that you have a great experience, one customer wrote on social media, adding

Chef Vittorio can cook everything - pasta, pizza, fish and it is definitely worth the drive from downtown Toronto.

"Family owned and run it is always a good choice for homemade cooking. We have yet to have a poor meal," another foodie wrote. "It has excellent food and service at reasonable prices. You get a lot of food for the money."

"Pazzia Osteria stands out as a personal favourite. It is always a good choice for homemade cooking," another said.

"We would highly recommend this restaurant if you are looking for great food at reasonable prices and a good time to be had by all."

"We have celebrated all our most precious milestones with Franco and Vittorio. I consider Pazzia to be our first choice in restaurants and always the first recommendation to anyone who is in the

neighbourhood," another customer said.

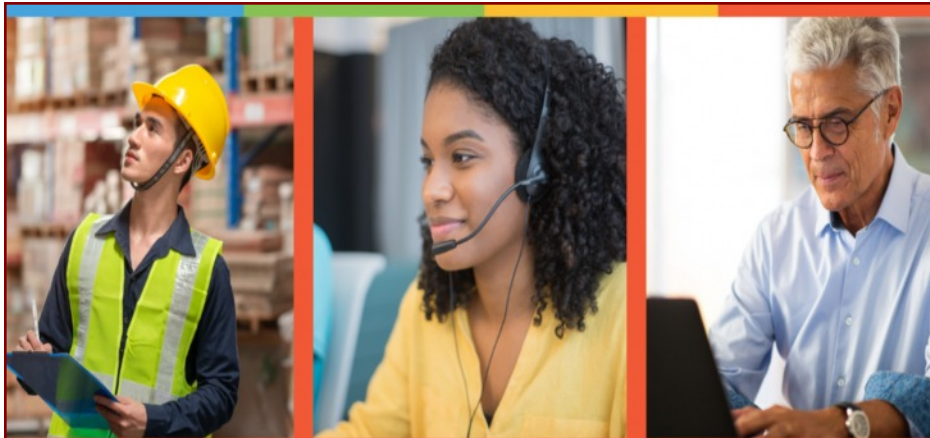
Brothers Vittorio and Franco have owned the restaurant for more than 17 years.

"Together we present an Italian, rustic fine dining atmosphere that you will find as a unique experience."



PAZZIA OSTERIA on The Queensway is known for its fresh Italian cuisine (middle) and its quaint open-style kitchen (below) and friendly staff. **Courtesy photos.**

You can call Pizza Osteria or make reservations at 416-252-1566 or visit pazzia.ca. It is open until 10 p.m. The restaurant has many loyal customers who return.



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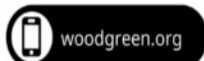
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A GOOD AND TASTY TIME was had by all at the second annual Lakeshore Ribfest.

Nice weather, great tunes and a good time was had by the hundreds of residents who showed up to rib out.

The 2nd Annual Lakeshore Ribfest presented by Ontario Festival Group was in full swing at Colonel Samuel Smith Park, in the Lake Shore Drive W., and Kipling Avenue area, from July 21 to July 23.

The three-day event featured some fine musicians and four of North America's best rib teams who served award-winning mouth-watering BBQ smoked ribs, tender pulled pork, juicy smoked brisket, BBQ chicken, smoked sausage and those huge beef "Dino" Ribs.

Some of the rocking bands included; Ramblin' Soul, Johnson's Creek, Exodus Bob Marley Tribute, Tom Barlow and Hell n Back ACDC Tribute.

There were lots to eat like a variety of festival foods like The Bloomin' Onion, Tiny Tom's mini-donuts, roasted corn, poutines, funnel cakes and of course to wash it all down nice cold beer in the Great Lakes Beer Garden. The ribs had the crowd coming back for more.

Elyanna and other children dreams come true with the aid of Make-A-Wish Canada

A bubbly Elyanna received a double lung transplant for a genetic condition in a life-saving surgery.

Today, she's an active, adventurous, and ambitious 10-year-old girl who is eager to take on the world!

She was excited to head out on a week-long trip to Walt Disney World in Florida, courtesy of Make-A-Wish Canada.

Elyanna, alongside 40 other wish families from across Canada assembled at the Sheraton Gateway Hotel in Toronto on July 17 for a pre-flight party to celebrate families heading off on their dream vacation.

Blue Cross, which is generously providing free travel insurance for each family hosted the party. It was an unforgettable opportunity for families to meet one another and celebrate with the children ahead of their trip the next day.

The lounge party included visits with exotic animals, photo opportunities with mascots and storm troopers, arts and crafts and much more.

Blue Cross has been part of Make-Wish Canada's legacy for the last 30 years and has proudly provided over 30,000 travel wishes covering over 130,000 Canadian families.



ELYANNA getting ready for her lifetime trip with friends. Courtesy photo.

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Free spaces for new paramedics in colleges



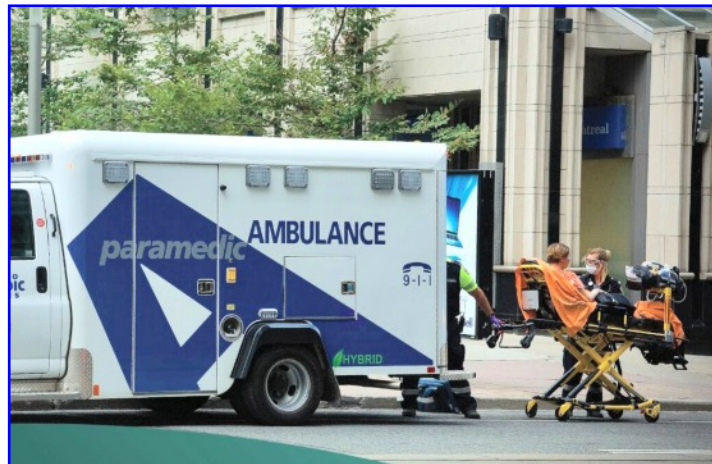
NEW PARAMEDICS ARE IN DEMAND and free spaces are opening in colleges to accept them. **Health Ministry photos.**

The province has taken notice as some municipalities complain about being squeezed for more ambulances and paramedics.

The Ontario government is making it easier for students who want to become badly-needed paramedics. The province is adding more than 300 spaces in paramedic programs in Ontario colleges this year, according to Etobicoke-Lakeshore MPP Christine Hogarth.

An expanded Ontario Learn and Stay Grant will provide students studying in the first year of a paramedic program in 2023-2024 at select post secondary institutions with funding for free tuition, books, compulsory fees and other direct educational costs.

After graduating, students will need to work in the same region they studied for a minimum of six months for every full year of study funded by the grant. "There is a significant demand for paramedics in communities across the province," said Sylvia Jones,



Deputy Premier and Minister of Health. "In partnership with the Ontario Association of Paramedic Chiefs, we are strengthening Ontario's paramedic workforce for years to come."

She said more student spaces in primary care paramedic programs at Ontario colleges will make it easier for future paramedics to access education and training closer to home.

"Expanding the pipeline of talent for the future will also help bolster the paramedic workforce and make sure emergency services are available to respond to emergencies," according to a release.

The province is also giving paramedics the flexibility to treat additional 9-1-1 patients – including those with diabetes and epilepsy – at home, on scene, or in appropriate community-based settings instead of in emergency departments.

"These new spots will play a critical role in addressing the current shortage of paramedics by preparing more highly-skilled health care professionals to enter the workforce and provide the excellent care Ontarians deserve," said Jill Dunlop, Minister of Colleges and Universities.

"This is an incredibly important investment in the paramedic programs at Ontario's public colleges," said Marketa Evans, president and CEO, Colleges Ontario. "It will bolster Ontario's health-care workforce and improve the delivery of emergency services throughout the province."

"The province is making it easier for people and their families to connect to the care they need," Hogarth added. "By helping those who want to train and work in Ontario and hiring more health care workers to help communities build up their own health workforces."

Funding from the 2023 Ontario Budget Dedicated Offload Nurses Program (DONP) increased by \$51 million over three years to support municipalities in reducing ambulance offload delays,



PARAMEDICS ARE IN DEMAND these days at hospitals across the province. More are being trained for free. **Ministry of Health photos.**

providing funding for dedicated nurses to offload patients in hospital emergency rooms. Colleges offering the paramedic program are Algonquin College, Cambrian College, Centennial College, Collège Boréal, Collège La Cité, Conestoga College, Confederation College, Durham College, Fanshawe College, Georgian College, Lambton College, Northern College, St. Clair College and St. Lawrence College.



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September is Scouting Month in the Philippines. Our students at Bay Bay Central School participate in fun and educational events centred around scouting activities.



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Man who sexually assaulted Mimico woman with gun is sought



In the Community

By TOM GODFREY



A MAN WHO sexually assaulted a woman in Mimico with a gun is sought. Staff photo.

Toronto Police officers are hot on the trail of man with a gun who is sought for sexually assaulting a woman in Mimico last month.

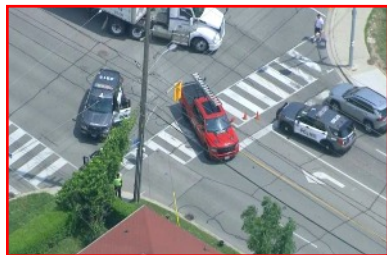
Police said on the morning of July 19 the victim was approached by a man in a vehicle, which she entered. The man then pulled out a black handgun and sexually assault the victim, who was able to exit the vehicle and flee. The vehicle was last seen travelling on Mimico Ave.

The man is described as clean-shaven, white, 5-foot-6 and between 30 and 35 years old with a large build and short, spiked, dark hair with

white tips. He was wearing a black sweater, black track pants and white shoes. The suspects' vehicle is described as an older, red, two-door sedan with a brown passenger door with several dents, rust and peeling paint. Anyone with information can contact police at 416-808-7474 or Crime Stoppers.

Family mourning death of senior on Horner Ave., hit by pick up

Family members are mourning the death of an elderly woman who was fatally struck by a pickup truck at Horner Ave. and Thirtieth Street.



POLICE PROBING death of senior at Horner Ave. Courtesy photos.

The 69-year-old died of her injuries in hospital one day after she was struck on July 11 around 2 p.m. by a driver, who was turning left to Horner from Thirtieth, Toronto Police said.

The woman was crossing from the north side of Homer Avenue to the south side in the west crosswalk when she was struck by a red Dodge Ram.

Toronto paramedics took the woman to a local trauma centre with life-threatening injuries.

There's been no word on charges and police are asking residents, business and drivers who may have security or dashboard camera footage of the area or collision to contact investigators.

One witness who was working nearby said the woman never had a chance.



I was so proud to see some South Etobicoke and west-end leaders step up to advocate on behalf of homeless African refugee claimants sleeping on the sidewalk of a downtown street.

Former MP Jean Augustine and Mohamad Fakhri, founder of Paramount Fine Foods, gave an earful to government officials to release funding so an estimated 100 claimants can be moved to shelters from the elements and for their safety.

That same night buses were hired to transfer the asylum seekers to the Revivaltime Tabernacle on Dufferin Street and Dominion Church International on Sheppard Avenue. Augustine was surrounded by church leaders as they made emotional appeals for the claimants to be moved.

Since then community members have been dropping by to drop off food and other supplies to help the newcomers.

"I am so troubled by what I have seen. This is not the Canada that I know," said Augustine, a long-time Etobicoke Lakeshore resident who was Canada's first Black MP. "I felt un-Canadian, where is the compassion. Where are the leaders who can resolve this," Augustine asked.

She said the refugee seekers, many who held professional positions at home, are healthy people who can be given documents and put to work to help ease the worker shortage that exists.

"This was such a shameful experience for me and many others. Other groups who came here like the Ukrainians did not have to sleep on the sidewalk."

"This was anti-black racism. These people are Black and were not treated with respect," Augustine claimed. "They are not seen as other groups who arrived here seeking status." She said the claimants fled to Canada to escape gender persecution or for their lives in their homeland.

Augustine in 1993 became the first Black Canadian woman elected to the House of Commons, and the first Black woman in Cabinet in 2002. She was named the first Fairness Commissioner by the Government of Ontario in 2007.

She is actively involved in her South Etobicoke namesake Jean Augustine Centre for Young Women's Empowerment that on August 12 will formally launch Cohort 1 of its 'Look Up! Lift Up!' peer-mentorship program for young women and girls.

The project aims to support the mental health and personal development of girls between the ages of 7 to 17 and young women ages 18 to 30 who identify as Black, racialized or belonging to an underrepresented community within the GTA. Alongside weekly one-on-one connections between mentors and mentees, the project will also be supplemented by workshops, field trips, and special events.

Patrice Bigirmana, who had been sleeping outside since he arrived a month ago from Burundi, is now staying at the church. "Now, we have shelter. It's very good," he told the CBC. "We sleep, take a shower. When we need to wash our clothes, it will be good." Businessman Fakhri had offered to pay for hotel costs or for buses to transport the asylum seekers to safety.

The philanthropist had also offered to pick up other costs related to the refugees. This was not his first time.

During a stretch of -30 degree weather in December 2017, when Toronto's housing shelters were at capacity, Fakhri helped pay for dozens of hotel rooms for the homeless and years later, continues to financially support ongoing efforts to get families off the street.

In 2019, he was named the most admired CEO in Canada by Waterstone Human Capital's Most Admired awards, one of the highest accolades a Canadian business leader can receive.

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

Back to School (well almost!)

You hear this phrase often, especially in August: 'back to school'.

I think most of

us are savouring the hazy, orange hues of the August sun and not day dreaming about returning to school, to fall, to cool days. I'm with you. Let's soak up these late summer moments. This month, we stick to the basics. Never mind stocking up on school supplies and dusting off your fall boots and sweaters. Let's get back to basics.

Basics of Life.

Back to true basics means you focus on you. Ah don't be so quick to judge. This is not another 'self-care' column about bubble baths or a must-try self-care routine. Instead, I'm calling you to journey on the road to the essentials, the true basics of life. What is the most basic aspect of who you are? That is the only skill testing question you must answer here. Hint: it starts in the womb and defines much of the life you live. If you guessed your heart beat, you are correct.

And don't be so quick to dismiss the importance, the essence, the simplicity of your beating heart. Your heart is naturally placed at the centre of you. It is literally the pulse of your existence. Why does this matter? Well, everything that has ever happened to you has moved through your heart. That's pretty powerful. Your heart is at the core of your physical health (pumping about 2571 litres of blood every day). It can also (somewhat) predict your life span. Did you know that on average, the larger the animal, the slower the heart beats. The general rule is: the larger the heart, the slower it beats. And often, the slower the heart beats, the longer life span. All the more reason to work on that mindfulness breath practice you keep forgetting. Slower breath leads to slower mind and to a lower heart beat. Think about it this way: the heart works 2x as hard as the legs of a sprinter. Isn't it time your heart had a little recovery time?

So when does your heart truly rest? This is the back to basics part. Embracing the basics of life this month (instead of back to school!) means you allow yourself to



be. I mean that. Just be. Resting heart rate is ideally between 60 and 100. If you exercise regularly, in between workouts, your resting heart rate,

RHR, tends to be lower than that of your sedentary friends. Many studies have shown that the lower the heart rate, the higher your chances of living a healthier, longer life.

Here's your 'lesson' for August back to basics:

Choose a day, a 24 hour period, that will be dedicated to just you. No planning, no workouts, no self-care routine. This day is for being. Ideally, you unplug from technology, refrain from participating in events and avoid planning anything in your agenda. This is called a true day of rest. (Remember those Sundays from the 80s?)

What happens during this 24 hour period of 'just the basics'? You notice what you are eating. You have time to get ready for the day, to stretch, to write in a journal, or go for a walk, with no targets, no timelines, no requirements. This is the beauty of being. This is resting at its finest. Like an athlete having a rest day, I invite you to take a rest in the greatest game of all: the game of life. Training along this game of life requires you to return back to basics from time to time. Listen to your heart. Respect your tired feet. Allow the noise of your busy life to wane into the distance, if only for 24 hours.

Try this simple life training exercise and let me know what you notice. Whether you spend time reminiscing about a long ago friend, or laze around in a hammock, with sangria in hand, counting the clouds, a quiet August day just for you is exactly what you need. Your heart will thank you.

A 'rest day' of just the basics will nourish your heart more than you could ever know.

"Take rest; a field that has rested gives a bountiful crop" - Ovid.

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Retired Judge Speaks

By Retired JUDGE LLOYD BUDZINSKI

I am upset at the incompetency of politicians and the myth they create about cutting the gravy in the public service when they are responsible. I have spent 45 years of my law career working for the public. The people around me, my colleagues, are dedicated people who devote unlimited time to performing their duties honestly and ethically. It's the politicians who create the waste, especially the ones who say they will cut it. Newly elected governments like changing briefing book cover from red to blue or vice versa; reword all projects under development, even if it's a continuation of a bipartisan idea from the last government. This obsession is with reflecting the current government's wording to show change. There is a reluctance to continue developing the sound ideas of an earlier Minister or Deputy, even though they belong to the same party. The new Minister or Deputy wants to make his unique mark. That generates waste. They disregard historical research; everything must be new every four years.

An example in Long Branch is a request to build a few towers on the lake. The developer's pretext is low-cost, higher-density housing as defined by the Provincial Government. The need for such housing is without question, but the Legislation is poorly drafted. I became suspicious when the builder said he didn't know the proposed selling price of the condos. Can you imagine a developer spending millions not knowing his expected profit margins? We agreed that the cost would likely exceed one million each. This is waterfront property; this is gentrification, not low-cost housing. The present law allows developers to reframe the social need as an excuse for more exclusive homes. Long Branch people aren't against increasing densities, but not heights at the expense of a historic community connected to the waterfront. We are pro-development, especially along Lakeshore Boulevard. The prices are more affordable, and infrastructure problems like traffic patterns are less complicated.

Okay, we are in the middle of assessing the proposal. It takes time and money, taxpayers' money. Why are we reinventing the wheel? Its logic seems simple, build low along the water and higher as you move north into the commercial area – No towers, please. Premier Harris, Prime Minister Jean Chretien and the Mayor proposed a waterfront committee that delivered a plan. Both projects were well-researched and written. It ought to have been at least read by all parties since it cost us several million dollars and involved widespread consultation with all interested parties and experts. Why reconsider a good idea? At least read the report before we spend money on repeating prior studies. No politician, planner, architect or developer bothered to read our prepaid million-dollar report. One city person, without reading it, said it wasn't relevant.

Generally, the report spoke about maintaining historic communities, keeping as many people connected to the water and structure heights from four stories near the lake to high rise moving north towards the city core. It's a bit like the Greenbelt development. All levels of government researched the concept, agreed to the plans, and now we spend millions rewriting history. Why are we spending time reconsidering what has already been explored? What is different? Is the next idea to privatize our National Parks? Money plays a role here. Its gentrification of current reasonably cost waterfront rentals. Justice Bellamy's Commission of Corruption Prevention in Ontario Municipalities and an earlier Metro Police Investigation called Project 80: found that municipal politics isn't necessarily corrupt. Still, they recognized that opportunities could be prone to such possibilities because of the ease of big money in land development. The idea of you help me, I'll help you, as an acceptable business ethic is inappropriate in government. I am not alleging corruption; I want to see well-informed politicians and public servants. I want to see the promotion of transparency, the antidote to mistrust. I would like to see people at least read the reports and then disclose any political connections between politicians and the developers before making decisions regarding the proposal. We need to enforce public trust in our institutions. Why is the government opposing the disclosure of the information requested by the Auditor regarding the Green Belt concept? I am concerned that the law lets money go to exclusive developments where the profit lives, rather than where it is needed.

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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Trailblazer Salmon was city's first Black female councillor

Members of the community are mourning the death of Toronto's first Black female city councillor and popular activist. The late Beverly Salmon is described as a true trailblazer and a passionate advocate for inclusive policies. Salmon died in Toronto on July 6 at the age of 92.



THE LATE Beverly Salmon

Her remarkable service earned her prestigious awards, including the Order of Ontario in 2016 and the Order of Canada in 2017. Salmon was also a recipient of the Black Business and Professional Association (BBPA) Harry Jerome Awards in 1998, and board member of the TTC

Commission for five years. The legacy of Beverly Salmon lives on through the Urban Alliance on Race Relations (UARR), an organization she founded. UARR continues to strive for a more inclusive society, echoing her passion for positive change. "As Toronto's first Black woman to become a city councillor and a founding member of UARR, Salmon was an extraordinary trailblazer who tirelessly ignited social change and amplified marginalized voices in our community," the organization said on Twitter. She was also the Ontario Human Rights Commission's first Black commissioner. She will be sorely missed by many in the community.

She left an indelible mark on the Black community. Her tireless work in advancing social change and amplifying marginalized voices has inspired generations. Salmon was born in Toronto to a Jamaican father and a Canadian mother and worked as a nurse in the 1950s. Her experiences during the civil rights movement in the U.S. ignited a lifelong commitment to activism, leading her to become a beacon of hope in Toronto's municipal government. She made history in 1985 as Toronto's first Black female city councillor, representing North York Ward 8 for 12 years until her retirement in 1997.

Ill farm worker can stay

A hard-working seasonal foreign worker from Jamaica who spent the last 25 years working in Ontario agricultural fields has been allowed to stay in Canada after suffering a debilitating stroke.

The Federal Court of Canada blocked the man, who has not been identified, from being deported to Jamaica ruling he would suffer irreparable harm if he was sent back home due to his condition.

The court in a decision said the man's ability to work was cut short by a debilitating stroke, resulting in termination of his employment, medical insurance and removal from his residence.

"This has precluded him from continuing with the rehabilitation program to fully recover from the lasting effects of his stroke, which included impaired motor skills and impaired speech," the decision stated.

Justice Shirzad S. Ahmed said the man has been coming to Canada for 25 years to pick fruit and do other work in the fields. He returned home every season after earning enough funds to support his family.

"He is also currently seeking medical advice regarding ongoing health concerns involving chest pains and is scheduled to see a specialist," Ahmed wrote. "... the evidence demonstrating the mistreatment of and violence against people with disabilities in Jamaica would apply to him."

"... the applicant's profile as a person with disabilities makes him vulnerable to exacerbated hardship in Jamaica as a person with disabilities, where he is at a disproportionate risk of mistreatment," according to the decision.

Ahmed noted the man has been a temporary visitor to Canada and always returned to Jamaica during the off-season.

"I agree with the applicant that he has never had to live in Jamaica as a person with disabilities, considering he suffered his stroke in 2019 and has been in Canada since." Justice Ahmed was appointed to the Federal Court in 2017. He was born in Kirkuk, Southern Kurdistan, and lived in the Middle East and Europe before coming to Canada as a refugee in 1984.

Ahmed was inducted into the Alberta Order of Excellence, and in 2008 received the Canadian Bar Association and the Law Society of Alberta Distinguished Service Award for Pro Bono Legal Service.



MR. JUSTICE Shirzad Ahmed

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Dog Lady was love of life

Billy Meary of Long Branch, ode to the passing of his dog Lady in February 2023.

"I lost my best friend on the seventh of December

And that is a day that I will always remember.

Someone tell me what I will never know
Why the passing of your dog causes so much sorrow.

You never think about it but the day will arrive

When your very best friend will no longer be alive.

Life is so lonely without her
The days are so very long.

Nine years she has been in my life
Her memories have kept me strong.

I have met so many people
It was because of her.

She is missed by so many
My beautiful Lady for sure.

RIP Forever.

P.S. Lady God told me there is baseball in heaven, Please do me a favour and watch the game with Evelyn."



MEARY and his dog Lady

Looking after yourself and others in the community

AUGUST 4, 11 AND 18 FUN IN THE SUN at Bell Manor Park, 1 Bayside Lane, from 9:30 a.m. to 11 a.m. Children up to six-years-old are invited to play in the park while enjoying some rays. Dress for the weather and note the program will be cancelled due to extreme heat or thunderstorms. To register call 416-231-7070 ext. 307 or email health.promotion@stonegatehc.org

AUGUST 4 MAXIMIZE YOUR GARDEN at Bell Manor Park, 1 Bayside Lane, from 9:30 a.m. to 11 a.m. for a free gardening workshop led by *South Etobicoke News* writer *Monika Meulman*. She will show you how to add more edible plants to your garden. Take home a garden care package to continue your learning at home. To register call 416-231-7070 ext. 307 or email health.promotion@stonegatehc.org

AUGUST 9 JOIN US ON ZOOM as we continue work on establishing a land trust to develop affordable housing in South Etobicoke. For more information contact brig@lampchc.org.

AUGUST 9 LINE DANCING is being offered to get you moving. We are holding two free classes with *Allie* our new instructor at 1 p.m. Learn some simple steps and move to both country music and pop tunes to dance to. To register contact jasmind@lampchc.org or crystaln@lampchc.org 416 252 6471 ext. 246 or 308

AUGUST 9 TO OCTOBER 10 the New Toronto Holiday Market is accepting vendor applications for the fourth annual market on November 25 that runs from 10 a.m. to 3 p.m. at the Resource Centre building on Humber College's Lakeshore campus, 2 Colonel Samuel Smith Park Drive. Proceeds from vendor table fees will go to support LAMP Community Health Centre. For more information visit lakeshoregrounds.ca

UNTIL AUGUST SIGN UP FOR new online Mindful Renewal program at LAMP. It's free and runs on Wednesdays 3 p.m. to 4 p.m. 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 with Practitioner *Briar Boake*. 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*.

AUGUST 12 WATERFRONT FESTIVAL 11th Annual Humber Bay Shores Waterfront Festival from 10 a.m. to 7 p.m. at Humber Bay Shores. Loads of family entertainment, food and live music. There will be a farmers and artisan markets, kids zone and live music. For more call 416-357-3899 or visit www.hbsca.ca/events

AUGUST 12 TORONTO POLICE 22 DIVISION COMMUNITY SUMMER FESTIVAL at Bloordale Park South, behind 4258 Bloor St. W., from 10 a.m. to 3 p.m. Free activities for the kids including training by members of pickleball, soccer and tennis teams. Call 22 Division at 416-808-2200.

AUGUST 13 OPEN DANCE REHEARSAL at Assembly Hall, 1 Colonel Samuel Smith Park Dr., from 1:00-2:30 p.m., presented by Assembly Hall and TOES FOR DANCE. Open Rehearsal for the first-ever Process+Practice Dance Residency for a glimpse into the works of inaugural artists, *Rakeem Hardy* (western contemporary dance) and *Tanveer Alam* (Kathak), followed by a discussion. For more information:

<https://www.toesfordance.ca/process-practice>
UNTIL AUGUST 14 SPACE CAMP run by Mimico Baptist Church, at 80 Hillside Ave., is a day camp that runs from 9:30 -3:30 p.m. each day where children do a wide range of games, arts and crafts, science, music and more. Registration is \$100 but subsidies are available upon request.

AUGUST 15 MEDITATION IN THE PARK at Bell Manor Park, 1 Bayside Lane, from 11:30 a.m. a.m. to 12:30 p.m.

Participants are asked to bring their own chairs, mats, sun protection and e-mail health.promotion@stonegatehc.org
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.

AUGUST 18 SIGN UP FOR HEARING screening at LAMP 185 Fifth Street. Canadian Hearing Service. Contact jasmind@lampchc.org or 416 252 6471 ext. 308.

TUESDAYS AT 1 p.m. WITH MEAUX for a gentle workout to strengthen muscles and improve balance. Stretch and enjoy some music and movement. Offered in person or online for more information contact crystaln@lampchc.org or call 416-252-6471 ext. 308 or 246.

WEDNESDAYS UNTIL END OF AUGUST for free online mindful program from 3 to 4 p.m. Experience a calmer and centred version of yourself through mindfulness meditation. Coach *Corin De Sousa* will guide you through our weekly meditation that will help reduce stress and anxiety. Contact jasmind@lampchc.org or crystaln@lampchc.org or call 416 252 6471 ext. 246 or 308.

HOW TO ACCESS RENT-GEARED-TO-INCOME housing in the City of Toronto lead by *Kay Hodge* from Access to Housing Toronto. Kay will go through the application process and let you know what documents you will need. For more information contact jasmind@lampchc.org or 416 252 6471 ext. 308.

SAFETY PROGRAM FOR WOMEN is being organized at LAMP for the Fall. Participate in a women's self defence class to increase your awareness of community safety practices and teach you moves that will keep you protected. It will include an Introduction to Women's Self Defence Wen-Do and community safety. For more or to register call jasmind@lampchc.org or 416 252 6471. ext. 308 or crystaln@lampchc.org ext.246




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Storied Etobicoke Swim Club setting records



A YOUNG ETOBICOKE SWIM CLUB swimmer has her eyes set on gold. Photos courtesy of Etobicoke Swim Club.

Members of the 69-year-old Etobicoke Swim Club keeps getting faster capturing more records at the 2023 Summer Ontario Swimming Championships and other meets. A record was broken in the women's 200 medley relay last month, where Etobicoke swimmers Delia Lloyd, Victoria Edgar, Victoria Raymond and Maya Bezanson combined for a

1:55.27 breaking the old record of 1:55.98 set by another Etobicoke relay in 2009. Etobicoke was the home club of World Champion Summer McIntosh, now 16, before she left to train in Toronto and eventually Florida.

McIntosh retained her world title in the women's 200-metre butterfly final on July 25 at the World Aquatics Championships in Fukuoka, Japan. She finished in two minutes, 4.06 seconds — a new Canadian and world junior record.

Another Etobicoke speedster Ella Jansen, 17, swam 4:40.65 in the 400 metres to become the fastest girl at her age in Ontario's history. That swim broke a record previously set in 2013.

Jansen's record came before a trip to Asia to compete as part of Swimming Canada's team for the 2023 Aquatics Championships held last July 14 to 30.

Etobicoke swimmers Ella Jansen, Hanna Henderson and Ruslan Gaziev were selected to represent Team Canada at the Championships in Japan.

Also members of Toronto's RAMAC Aquatic Club combined to set a new Ontario record in the men's 200 free relay.

Swimmers Eric Ginzburg, Yichi Zhang, Reid Tichy and Dillon Fernando combined to knock half-a-second off the old record set in 2018.

And Madisyn Kryger, 14, from Brock Niagara Aquatics, swam 1:02.21 in the 100 backstroke that knocked half-a-second off her best time from March's Canadian Trials and breaks a provincial record.

Top Etobicoke Swim Club members Kevin Zhang, Delia Lloyd, Ella Jansen, Elan Daley and Victoria Raymond were selected to represent Canada at the 2023 World Jr. Swimming Championships being held September 4 to 9 in Netanya, Israel.

Five of the World Jr. contenders are from Etobicoke Swim Club and one from Toronto. Canada will send 26 swimmers to the Israeli tournament which will feature more than 600 promising young swimmers from more than 100 countries.

At the 2019 World Junior Championships, Canadians including Josh Liendo, Finlay Knox, Emma O'Croinin, and Jade Hannah won individual medals.

Liendo won a silver medal and set a new Canadian record at the World Aquatics Championships in Japan.

The 20-year-old from Markham, finished second in the 100-metre butterfly final in a time of 50.34 seconds. He is the first Black swimmer to capture a silver medal.

The Etobicoke Swim Club has a long and rich history of service to the Etobicoke community. Since 1954 it has been training children and young adults in competitive swimming with outstanding results. The club has produced many national, international and Olympic swimmers and has been provincial and national champions many times over. Today it has more than 270 swimmers competing for Etobicoke.



YOUNG CANADIAN record breaker Summer McIntosh.



SILVER MEDALLIST Josh Liendo



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