

The South Etobicoke News

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Number 60

Police, City begin crack down on noise bylaws

Toronto Police will begin cracking down on loud noise in the City starting this month. Officers with sound meters will visit homes with noise complaints and pull over loud vehicles to check their sound levels. There will also be noise blitzes conducted by police on area roadways following complaints of loud traffic noise. The City is requesting areas from residents where police can conduct joint illegal muffler enforcement events involving by law officers.



STARTING THIS MONTH TORONTO POLICE and City bylaw officers will begin blitzes cracking down on noisy vehicles issuing tickets through the use of portable and static sound meters.

This month new decibel limits for motor vehicles and motorcycles of 92 decibel at idle and 96 decibel at any engine speed greater than idle, measured 50 centimetres from the exhaust, will come into effect. The City is targeting illegally modified vehicles by requesting the province increase fines and demerit points

for noisy vehicles; develop stricter and more specific regulations in regards to vehicle modifications; periodic inspections for vehicle exhausts and modifications. Officials also want to initiate a noise activated camera, automated noise enforcement pilot project, which will automatically issue a ticket for loud noise.

The City has also police conduct joint vehicle enforcement blitzes with bylaw enforcement and explore equipping officers with sound level meters to target vehicle noise. Staff will tell licensed car repair shops that muffler cut-outs, straight exhausts, gutted mufflers, Hollywood mufflers, by-passes and similar devices are banned under the Highway Traffic Act. The City wants to equip and train its Police Traffic Services Unit on sound level meters to support enforcement of excessive motor vehicle noise. Mayor Olivia Chow said in a city as large and vibrant as Toronto, certain levels of noise are reasonable and reflect life in a densely populated city. "The changes to the Noise Bylaw that Council adopted demonstrate that we are listening to residents' concerns."

Residents angry with Long Branch station noise

Some Alderwood residents are complaining about the loud noise from all-night construction and lack of access at the Long Branch GO Station. They say the noise of GO Trains travelling in both directions every 15 minutes will only get worse with crowds attend Blue Jays baseball games, the upcoming CNE and 2026 FIFA World Cup games.



ALDERWOOD RESIDENTS Ruthmarie James (left) and Katryna Tereshchenko complain about the noise, bright lights, lack of accessibility and parking due to the work at Long Branch GO Station.

Residents said the noise, bright lights and parking on area streets are the main issues as Metrolinx work long-hours to rebuild and renovate the station that will not be complete until 2027. Long-time resident Ruthmarie James has mobility issues and requires a stroller to get around and says she and others in her condition cannot use a steep staircase to enter or exit the station.

"The stairs discriminates against seniors or people in wheelchairs, strollers or who have mobility challenges," James said. "We have to go all the way around on the road to get to the train and that's unfair." She and others have been asking for an elevator to take them from trackside to the outside of the station.

Another resident Katryna Tereshchenko has been calling on Metrolinx officials to install a sound barrier to separate noise from homes that line the train track. "I can't sleep at night," she said. "There is loud construction noise and bright lights at night from the work." She is concerned by the many passengers boarding and disembarking the GO Trains, many who use a multi-use pathway behind the homes to get to Alderwood. "There is nowhere to park now because of all the people," Tereshchenko said. "Metrolinx is thinking about everybody else except for the residents who live here." Metrolinx said there are number of changes in place at the station as construction continues.

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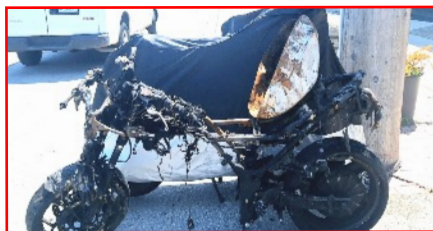
At Brown's Line & Evans Avenue - Beside Petro Canada Station.



Warnings of fires from E-bike batteries

No one was hurt after an e-bike caught on fire in an apartment above a store in Alderwood. And fire officials are warning e-bike users to purchase batteries from the manufacturers and stay away from replica or cheaper brands, which may not be recommended for the devices.

Neighbours said flames were shooting out an apartment window about 10:45 p.m. on May 18 above Sherway Physiotherapy at 324 Brown's Line.



BURNT E-bike

"There was smoke everywhere," said Carrie, who lives a few doors away. "There were about eight fire trucks fighting the fire."

Carrie said three men lived in the apartment and they were not home at the time as the device was being charged.

Neighbours said the men regularly repaired the e-bikes and added parts to them.

The physiotherapy clinic, and those next door, appeared to have suffered major water damage from firefighters attacking the lingering blaze.

There were a number of people from area apartments and a nearby bar checking out the fire.

The burnt out e-bike, and another one, were left outside on the street. The fire blackened window was wide open with the fire damage clearly visible.

"Our apartment was left smelly from the black smoke," Carrie said. "You could smell it from down the street." It is not known if, or how many, residents had to seek shelter elsewhere due to the intense battery blaze.

Flames sparked by lithium-ion batteries are on the rise and pose a "significant risk," the city's Fire Chief said after a blaze aboard a subway train demonstrated how quickly flames sparked by a faulty battery can spread.

There was a major e-bike fire on a TTC subway car on New Year's Eve that led to the bikes banned from GO Trains last March.

Local school worker nabbed by police in a kid luring ring

An Etobicoke Toronto Catholic District School Board (TCDSB) youth worker is among 60 people

arrested in a police online luring investigation. The OPP said the suspect was working at TCDSB as an education assistant. He has since been placed on administrative leave.

Tyler Pennells, 26, was arrested last February by the OPP in an investigation dubbed Project Aquatic that probed an online luring ring. Police said the suspect was working with youth who have developmental disabilities. He was allegedly using the names Tyler Pennells and Tyler Christopher Pennells on "various" social media platforms.

The OPP on May 8 said more than 60 people were arrested, and over 300 charges laid in a province-wide online investigation. The suspects ranged in age from 16 to 89. During the investigation, it's alleged that one individual set up a meeting with

undercover investigators intending to meet with a child in real life for a sexual purpose. Another

person owned approximately 21 terabytes of data containing child sexual abuse material. OPP

Commissioner Thomas Carrique said 34 identified victims were provided victim support, and 30

impacted children were safeguarded. The ages of the victims range from infants to teenagers.

The OPP also named another man from Toronto who allegedly placed hidden cameras inside washrooms at various coffee shops.

The investigation involved 27 police services.

The suspect was charged following a search warrant of a Martin Grove Road and Eglinton Avenue West home and charged with two counts of luring a child under 16, invitation to sexual touching and transmitting sexually explicit material to a person under 16.



TYLER Pennells

Remembering the 80th Anniversary of D-Day



REMEMBERING our soldiers who fell on D-Day.

An annual D-Day and Battle of Normandy parade and memorial service took place on June 2.

The parade and memorial service of the 80th Anniversary of the Allied landing occurred at Sanctuary Park Cemetery Veterans Burial Section, at 1570 Royal York Road.

All was welcomed to join the host at the Royal Canadian Legion, Branch 101, at 3850 Lake Shore Blvd. W.

Also planned was a commemoration of the 80th Anniversary of D-Day on June 6 at Victoria Peace Monument at Coronation Park from 12 p.m. to 1 p.m. at 711 Lake Shore Blvd. W.

Prime Minister Justin Trudeau was slated to attend D-Day events in France including a Canadian ceremony at Juno Beach on June 6, marking 80 years since 14,000 Canadians stormed the beach as part of a massive Allied forces operation.

Royal Canadian Legion branches across the country held Decoration Day on June 2 to remember those who fought in battles that occurred before the First World War, when Canada was finding its footing as a nation.

The first Decoration Day took place in June 1890 when veterans of the Fenian Raids more than 20 years earlier placed decorations at the Canadian Volunteers Monument in Toronto. The following year, the public took notice, with 30,000 people taking part in remembrance ceremonies during the 25th anniversary of the Raids.

D-Day is the beginning of the end of the Second World War, ultimately leading to the Allies liberating Western Europe from the Nazis less than a year later. It came at a heavy cost, with 381 Canadians killed on the first day of the invasion and more than 5,000 by the time the Battle of Normandy concluded three months later.

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Late Mayor Rob Ford immortalized in stadium

The City is marking the late Mayor Rob Ford's 55th birthday by renaming a stadium at Centennial Park the Rob Ford Stadium. City officials, the Ford family and hundreds of well-wishers, gathered at Centennial Park on May 28 to unveil a sign renaming the stadium, where the late politician and Etobicoke native spent many cherished hours.



ROB FORD FAMILY (right) and City staff unveil new stadium sign in tribute to the late Mayor and dedicated football coach. **Courtesy photos.**

Rob was the beloved coach of the Don Bosco Eagles during his time at Toronto's City Hall. City council voted to rename the Etobicoke stadium in honour of the popular mayor in December 2023. Some of his former Eagles players were in attendance. Area councillor Stephen Holyday hosted the unveiling as supporters cheered. Many represented the so-called 'Ford Nation,' who devotedly supported the former Ward 2 Etobicoke North Councillor before he became Toronto Mayor from 2010 to 2014. Rob's daughter Stephanie said her dad spent many wonderful hours at the park coaching his team. "If anything were to be named after my father, this stadium would be the most fitting," Stephanie said. "It represents his love for Etobicoke

and how much he did for the people as mayor, but also what he did for his second love – football."

She remembered her father's dedication to the players, helping them succeed outside of the game.

Premier Doug Ford said Rob loved football and believed in his players.

"A lot of his players went on to succeed in life," Doug recalled. "He knew not

everyone was good at academic skills."

The family will cherish the local park was renamed after Rob and "it just means absolutely everything to us," he said.

Mayor Olivia Chow said Rob sat beside her late husband Jack Layton at City Hall and they loved to talk about football.

"I know how it feels to have someone pass away at a young age," Chow said. "I know how difficult it is to lose someone so prematurely. He was young,"

Rob Ford's tenure as the City of Toronto's 64th Mayor was marred by controversy. He passed away from cancer at the age of 46, in March 2016. He was famed for visiting many Ontario Housing projects and talking to residents and for personally answering his phone and always called back if not available.



ROB'S DAUGHTER Stephanie, wife Renata (centre), son Doug and Mayor Olivia Chow. Below the late Mayor with his Don Bosco Eagles football team. He coached the team while in office at City Hall.

Councillor sits on 10 committees



Ward 3 Councillor Amber Morley sits on about 10 committees and is among four City of Toronto councillors named by the Executive Committee to a FIFA World Cup 26 (FWC26) Financial Oversight Subcommittee, according to the City. The group will provide oversight of the City's FWC26 budget, review and make recommendations on spending plans and expenditures 'to ensure they meet the standards of the residents of Toronto.'

The group will also consider procurement matters and community benefits related to the FWC26, according to the Executive Committee.

The City has dished out more than \$380 million to host six FIFA World Cup matches at Centennial Park and BMO Field in June and July 2026.

Officials said the games are expected to generate about \$393 million for the city, create more than 3,600 jobs, and attract more than 300,000 out-of-town visitors.

Morley is also the Deputy Mayor, who sits on the Executive Committee, Toronto Police Services Board, Toronto Public Library, Board of Health, Budget Committee, Infrastructure and Environment Committee, Toronto and Region Conservation Authority, Television and Digital Media Advisory Board, Etobicoke York Community Council, Toronto Music Advisory Committee and Toronto Seniors Housing Corporation.



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Safety zones being created as Toronto sees record protests

South Etobicoke places of worship, faith-based schools and other vulnerable centres have been the scene of many hate-filled demonstrations and protests of late.

Toronto Police said there has been more than 190 cases of hate crimes reported this year which is an all time high. Nearly half of them were anti-semitic in nature.

Police said there has been increases in anti-LGBTQ hate, anti-Black, anti-Arab, Muslim and Palestinian hate.

Now safety zones to curb hate may soon be in place to protect residents of the many anti-Arab or anti-Jewish demonstrations taking place.

Police said since last October 7 they have responded to 1,270 calls for suspected hate crimes and that they are receiving an average of 159 hate crime calls a month. Since then there has been 94 arrests and 243 hate crime occurrence related charges."

The City is requesting the provincial government create safety zones around places of worship, faith-based school and vulnerable community social infrastructure.



TORONTO POLICE HAVE HAD a record year so far with hate crimes, which has led to major protests in the City (above, below) sparked by war in the Mideast. Courtesy photos.

A motion by Councillor James Pasternak is calling for City Council to request the Attorney General of Ontario to introduce legislation to permit peaceful protests or demonstrations while creating safety zones at facilities, including day cares, community centres, hospitals and museums.

Pasternak said since October last year there has been an increase in protests and demonstrations in Toronto.

"To date no such safety zones have been created," he wrote. "Instead, demonstrations continue to occur close to and target such facilities, creating fear and distress for many Torontonians."

Council said the safety zones should be within a radius of 50 to 150 metres from the affected churches, faith-based schools, day cares and other agencies.

Police have stepped up patrols at some of the centres that attract protestors. The motion states that City residents have a right to safely gather and peacefully co-exist. "All Torontonians have an opportunity to voice their opinion," the motion said. "This must not extend to disturbing protests that target vulnerable locations."

Mayor Olivia Chow last October passed a 'Keeping Toronto Safe from Home' motion for the creation of community safety zones.

Police said they are also bracing up for Pride Month which began on June 1.

In a report, police also noted that there has been a 27 per cent increase in unprovoked assaults targeting members of the 2SLGBTQI+ community.

The rise in hate crime incidents has forced police to increase the number of officers assigned to the Hate Crime Unit (HCU) to 32, up from six, along with an increased visibility and presence in Jewish, Muslim and 2SLGBTQI+ communities.



RED PAINT SPLASHED on a store window in a downtown protest.



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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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We have the oldest trees but half need work

South Etobicoke has some of the oldest trees in the City but more than half require maintenance to keep them alive and healthy, according to a report.

A City Tree Maintenance Review Update has found that more than half of our trees need general maintenance and less than one per cent needs immediate work.

The review that was conducted last year said 109,607 inspection of trees in park and streets found about 60 per cent of City trees needed maintenance and almost 40 per cent did not require any work.

The review was prepared by the City's Parks, Forestry and Recreation (PFR) staff for the Infrastructure and Environment Committee for information purposes.

Toronto's canopy cover and total tree population has increased over the last 10 years, from 26.6% to 28.4% between 2008 and 2018. The City's tree population increased from 10.2 million to 11.5 million trees.

It said the PFR is the steward of Toronto's urban forest of 11.5 million trees, of which 6.1 million are on private property, 3.5 million growing in parks and ravines and 640,000 on public streets and trails.



A CITY TREE MAINTENANCE Review has found more than half of our trees need general maintenance. Below is the iconic Black Barn Maple of Long Branch. **Courtesy photos.**

compensation, including replacement planting.

A City report stated that from May 2022 to the end of 2023, a total of 3,858 tree removal permit applications were considered by PFR, of which 3,335 removal permits were granted by staff, 114 tree permit application were denied, and 409 applications withdrawn by the applicant.

Of the 114 tree permit applications denied by City staff, 60 were appealed by the permit applicant to Community Council. In Etobicoke York alone some 14 tree removals were appealed; six adopted staff recommendations and eight had their applications amended.

The City said it wants to increase its tree canopy - the amount of city streets shaded by trees - to cover 40 per cent of Toronto by 2050. As of a 2018 city review, the canopy covered about 30 per cent. Trees are described as a natural air conditioner. A healthy tree canopy is the only way of cooling entire neighbourhoods,

according to City officials. Trees filter out air pollution, and in other areas, reduce flash floods and landslides. Trees are important in urban areas because crowding, impervious surfaces, and development produce lots of heat. Canopy can also help us reduce our carbon footprints and save on our electric bills.



ABOVE TREE REQUIRES work by City staff as one below looks in good shape.



The City has long recognized the importance of trees and urban forests and the benefits they provide. In 2021, City Council reaffirmed Toronto's canopy cover target of 40 per cent by 2050 to align with the City's Net Zero Strategy.

The intent of the City's tree by-laws are to regulate tree injury and removal, protecting trees from unnecessary harm, while promoting maximum tree protection and



CITY STAFF conducted almost 110,000 tree inspections and found 40 per cent were in healthy condition.



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RIDE TO CONQUER CANCER - Mimico resident Julia Brown (second-row and third-from left) is cycling with 22 of her Johnson & Johnson colleagues in the Ride To Conquer Cancer on June 8 – 9 with all proceeds benefitting The Princess Margaret Cancer Centre (PMCC). Julia was diagnosed with stage-three colorectal cancer five years ago and credits early cancer screening and her amazing oncology care team at PMCC for helping her beat cancer. Every six months she returns to PMCC for monitoring including a colonoscopy, blood work and CT scan. Working at J&J Canada for 20 years, Julia has convinced 20 of her colleagues to join her in the weekend ride. Julia believes age-specific cancer screening – and Princess Margaret Cancer Centre – saved her life. Julia has beaten her cancer and is living her best life. **Photo by Johnson & Johnson.** Donate to their team at: <https://supportthepmcf.ca/ui/Ride24/t/5ceb7467225e41c283b622b27714562b>

Men released in carjacking of Leafs' Marner SUV

Toronto hockey fans are skeptical and weighing in that all charges were dropped against two men who were arrested for the armed carjacking of Mitch Marner's SUV at Cineplex Cinemas Queensway.

The star hockey player and his Toronto Maple Leafs are out of the playoffs now but almost two years ago

he had his expensive Land Rover carjacked as he and his now wife were leaving the theatre.

Police at the time said a black Honda Civic pulled up to block Marner from leaving a parking lot at the Islington Avenue and the Queensway theatre. Three suspects armed with two handguns and a knife demanded the keys of his vehicle and drove off.

Two of the suspects were arrested in March 2023 and charged with robbery with a firearm and disguise with intent. One faced a further charge for failing to comply with a release order.

The men were granted bail that same month.

Court documents show the charges were withdrawn by the Crown in October 2023, according to the *Toronto Star*. The court was told "there's not a reasonable prospect of conviction."



MITCH MARNER and below after his vehicle was carjacked.

The robbery came as a wave of carjackings were increasingly making headlines across the GTA with Marner's experience shining a spotlight on the City's rising auto theft crisis.

There were more than 2,000 car thefts in Toronto last year; with about 10 thefts daily in South Etobicoke alone. There have been 137 carjackings in Toronto so far this year - an increase of more than 60 per cent from the same date last year.

Many hockey fans were skeptical the charges against the men were dropped and took to social media to express their views.

"Someone screwed up and we cannot simply shrug our shoulders," an outraged Kamil wrote. "The outcome of this is that two potentially very dangerous criminals are still out there and so far they've been able to get away with it."

Kamil is asking what really happened and why was the men arrested without sufficient evidence.

"This is a curious outcome," Kim suggested. "Almost always the truth comes out in time."

Wally praised the work of police and the Crown Attorneys.

"It's time this secrecy was done away with," he wrote. "Mistakes were made now as so often in the past."

The theft highlighted the hundreds of armed home break-ins and carjackings as thieves rob owners of their high-end

vehicles, which are then shipped abroad for resale or for use here to commit crimes.

A car was stolen every 40 minutes in Toronto last year. Since then, auto theft



MITCH MARNER TAKING a shot and in happier times (below) with fellow Maple Leafs. Courtesy photos.

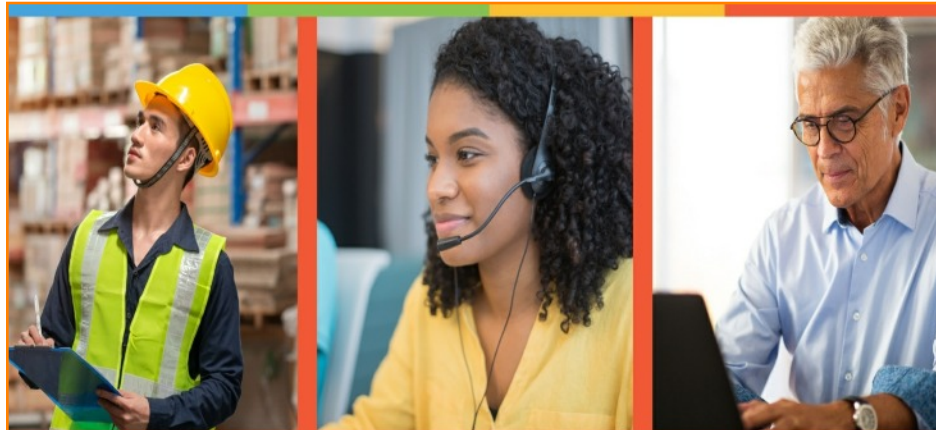
continues to be a problem for the city, despite the best efforts of police, politicians and concerned citizens alike. Last month the OPP and Canada Border Services Agency seized 598 stolen cars destined for export at the Port of Montreal.

Police and border agents have since obtained devices to scan containers leaving country by sea to detect stolen vehicles.

Police did not say why the suspects were released.



POLICE PROBING Marner's carjacking at Queensway Cineplex theatre.



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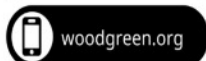
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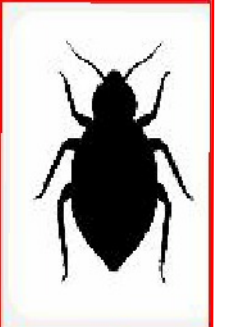
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New TDSB elementary school for the area



NEW SCHOOL LIKE this one is being built in Central Etobicoke on the site of the Etobicoke Secondary Alternative School (below) which will be demolished.

South Etobicoke will soon be getting a new hi-tech elementary school to meet the needs of the community.

A plan by the Ontario government to invest \$33.4 million in the Toronto District School Board for the new Etobicoke City Centre Elementary School was announced by Etobicoke Lakeshore MPP Christine Hogarth on May 10.

The school, which will be located at 160 Silverhill Drive, in the Bloor and Dundas Streets W. area, will have 823 student spaces and 88 licensed child care spaces, she said.

“It is part of the government’s commitment to building state-of-the-art spaces for Ontario students,” she said, adding the school is the fifth school investment for Etobicoke-Lakeshore during her tenure as MPP. “The new school will be a valuable asset for supporting student needs in our fast-growing community,” she noted. “The inclusion of child care spaces will offer reassurance to working families and provide a seamless transition for our youngest learners.”

The school supports the creation of more than 27,000 new student spaces and more than 1,700 licensed child care spaces at schools across Ontario.

Education Minister Stephen Lecce said the project is part of a \$1.3 billion plan that more than doubles funding to build new schools and expansions, including child care spaces.

“We are stepping up with a massive investment to build the homes, schools, and communities our province needs, and to ensure children have access to state-of-the-art schools close to home,” Lecce said.

The province since 2018 has invested more than \$3.6 billion in construction projects in education, including 139 new schools, 109 additions and renovations to existing facilities, creating more than 98,000 student spaces and over 8,000 new licensed child care spaces.

The new school will be on the site of the Etobicoke Secondary Alternative School that was built in 1954. It will be demolished and the new one completed construction by about 2028.

The state-of-the-art facility will include six full-day kindergarten and 27 regular classrooms; art, science and music rooms, meeting rooms, double gymnasium, stage, The three-storey school will also contain a five-room 88-space childcare centre, six full day kindergarten rooms, and enough space for six portables and playgrounds.

“The modern school will help alleviate the space pressures on other local schools that are now over capacity.” said Colleen Russell Rawlins, Director of Education, TDSB.

Rawlins said the new school will provide a welcoming and engaging environment for hundreds of nearby students to achieve, belong and thrive. See Christine Hogarth on Page 11.



THE NEW SCHOOL will have 823 student spaces and 88 licensed child care spaces.

Pharmacy with a twist



OWNER TONY Iskander

There are only a few compounding pharmacies in South Etobicoke. Humber Bay Compounding Pharmacy is one and they play an important role.

Some may not know the difference between a compounding pharmacy and a regular pharmacy.

At a compounding pharmacy the drugs are produced in specific doses and custom made for each patient.

At a regular retail pharmacy it is a one-size fits all approach as a compounding pharmacy takes an individual approach to medicine, according to Tony Iskander, Humber Bay’s owner and manager.

Iskander said compounders cannot make a product that is commercially available unless there is a shortage or lack of supply.

They were busy making COVID-19 fighting drugs during the pandemic because of a shortage of drugs due to supply chain issues.

Compounding pharmacies have access to a large selection of raw active pharmaceutical ingredients and may be able to make a very similar product to what the patient is taking.

Humber Bay Compounding Pharmacy has its own labs and can make and deliver your product free at a good price, he said.

At Humber Bay your medication can be placed in pill organizers for storing scheduled doses or in blister packs for separate doses.

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“We provide minor treatment and prescription of medications for common medical ailments, including rashes, pink eye, insect bites, acne and urinary tract infections,” said Iskander.

They offer non-sterile hazardous compounds as hormone replacement therapy, veterinary compounding, pain management, dermatological, pediatric and allergy compounding.

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Centennial Park upgraded for FIFA

South Etobicoke residents will score gold as the City is spending more than \$13 million to upgrade the Centennial Park Sports Facilities for the FIFA World Cup. Residents will obtain years of use of the facilities after the World Cup has move on. A bid for the work has been awarded to Mopal Construction

Ltd. to upgrade and refresh the facilities, which will be used as a training ground for some of the World Cup teams. The contract award is \$13,046,867, including taxes. The City has already dished out more than \$380 million to host six FIFA World Cup matches at BMO Field in June and July 2026.



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George of Lakeshore Super Sub celebrates 50 years in biz



HAPPY 50TH ANNIVERSARY to beloved New Toronto sub-maker George Kozaris. Photos by Tom Godfrey.

Sub maker George Kozaris has a passion for making his customers happy. Kozaris this month is celebrating his 50th year as owner of Lakeshore Super Submarine, at 2939 Lake Shore Blvd. W., where most people in the area have enjoyed his sandwiches. He's been dubbed the 'Reeve of New Toronto,' since he knows most residents after serving belly-filling subs for half a century to at least 100,000 customers. "I started in the business with my brother when I was 20, and I am now 70," smiles Kozaris, who has a great sense of humour in addition to being a big Montreal Canadiens fan. "I plan to keep on going until I drop."

He and his late brother started the business in 1974 at a store at Third Street and later moved uptown to near Seventh Street.

The avid hockey fan has memorabilia of the sport decorating his store. He takes pride in serving delicious sandwiches served with fresh meats and sliced vegetables; like tomatoes, lettuce, green pepper and other condiments.

"I slice all the meat myself every day," he says. "This way I know that everything is fresh and my customers will enjoy it."

His customers keep on returning and he knows them and their families by name. Many visit the bright roadside eatery at least weekly to get their fill. One man enjoys the sandwiches so much that he has been returning regularly for 47 years.

Long-time resident Jerome Drayton said he's been getting his fill at Lakeshore Super Submarine for about 20 years.

"This is the best sub around," Drayton insists. "I have been coming here for many years and the quality is always great."

Drayton is a former long-distance runner and marathoner eats healthy foods and it is one of the reason he returns. Kozaris know his favourite sub, drink and even where he likes to sit.

Lakeshore Super Submarine has thousands of great reviews online, yet people return for the comradery, quality of sandwich and price.

Most of the sandwiches are still in the \$10 range and are bulging in size with a large portion of meat and condiments. At first I couldn't eat an entire sub because of the size.

Now I can devour it. And as more food products shrink in size, this has not. His shop was made even more famous after appearing in one of the successful Police Academy movies, which were filmed in the area.

Kozaris said there were once lineups at his store in the 1970s to 1990s, when the area was booming with many large plants like Firestone Rubber, Anaconda Steel, Continental Can and Campbells Soup to name a few. The companies hired hundreds of local workers and area businesses were thriving. "Back then there were three of us making subs non-stop," Kozaris recalls. "People were lined-up outside and around the corner."

Then you could purchase a sub and soft drink for \$3 and people loved it.



SUB MASTER GEORGE KOZARIS is affectionately dubbed the Reeve of New Toronto because he knows everyone in the community.



Chris Korwin-Kuczynski, chair of the Lakeshore Village Business Improvement Area (BIA), praised Kozaris for running a successful business for 50-years.

"George is a hard-working man who is well-respected in the community," he says. "Most people who live around here have been in his store at one time or another."

CafeTO to bring Lake Shore Blvd. W. to one lane

Discussions are underway in Mimico to block one lane of traffic on Lake Shore Blvd. W. as part of a CaféTO program.

Mimico activist Don Henderson said the City's Transportation Department has approached merchants on Mimico's Lake Shore Blvd. W. to expand a cafe-type operation.

It's "not just a parking lane but a traffic lane," Henderson posted on social media. "This would essentially leave only one lane of traffic, a TTC track lane."

He said the move would lead to more traffic congestion especially with road construction on

the Gardiner Expressway for the next three years. "Consider the traffic as well as traffic congestion if a proposed modification is implemented along Lake Shore Blvd. W.," Henderson wrote.

"While designated outdoor areas are great for restaurants and cafes, it would be best fit if the sidewalk were wide enough."

CaféTO provides restaurants and bars in Toronto with the opportunity to expand their outdoor dining space through sidewalk cafes, curb lane cafes, or patios on private property.



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Box Lacrosse a hit with the kids at Mimico Arena

By REJEAN CANTLON

Every Saturday morning at Mimico Arena nearly 200 boys and girls aged 3- 8 are being introduced to Canada's official summer sport, "Box Lacrosse".

The introductory free program is run by the Mimico Minor Lacrosse Club and is sponsored by Andy Suboch of Suboch Law.

The Learn to Play program is managed by lead coordinator, Shelby Simons, who along with friend, Colleen Grimes, started a very successful Mimico girls field lacrosse program in 2010.

"Mimico Lacrosse is committed to achieving gender equity in our sport. We do this by striving to offer the same opportunities and experiences for girls in all aspects of our programming," said Simons.

"In 2018 we introduced our free co-ed entry level lacrosse program while recognizing that we need to reshape the delivery of sports for girls, we also offered girl-specific programs. Our goal is to promote the sport of lacrosse and introduce it to new players and families in our community year after year."

Mimico lacrosse player and lead instructor on the floor, Charlie McKeon gets the kids pumped up as they arrive each morning with her enthusiasm and energy.

Charlie plans to attend Saint Joseph's University near Philadelphia on a lacrosse scholarship next fall. He, along with Charlie is Mimico Jr. B player, Ronan Cantlon, who helps on the floor, running drills and other activities. Charlie and Ronan are assisted by a small army of volunteers of current junior Mimico players. Not to be outdone by the administrators and instructors on the floor is the kid's absolute favourite 300 lb, 6'4" mascot... Blue!



BABY PEANUTS KIDS assemble around Blue the Mascot (top, right) at one of their Saturday games. At left they head into the net to score a goal. Top photo by **Melissa Horan Photography** and below **Mimico Minor Lacrosse**.

Blue the Bear has been the official mascot of the Mimico Mountaineers since 2018 and is also the head freezie distributor!

The young players are divided into age groups consisting of 3- and 4-year-olds fondly called Baby Peanuts and 5- and 6-year-olds referred to as Peanuts which is also the first age group in the Ontario Lacrosse Association Rep program.

The last group of the day is the Girls U9 Box, which is becoming very popular alongside the Girls Field Program. Among the helpers in this category are: five-time Mann Cup winner and local lacrosse legend Brian Shanahan, his son Devlin of the Nanaimo Timbermen and daughter Brenna of Team Canada Lacrosse. The kids are taught the basics of the game such as passing, catching, and scooping up the ball through games and drills. The program runs for 8:00 a.m. to 1:00 pm on Saturdays from early May to June 22.

So come on down to the arena at 31 Drummond Street, try one of Mimico Mike's famous peameal sandwiches and see a lot of smiling, sweaty faces.

Since 1890, Mimico Lacrosse has provided a fun, safe and inclusive lacrosse program that is open to players of all ages and skill levels. Mimico Lacrosse is the oldest and largest lacrosse club in the City of Toronto.



BLUE the beloved Mascot is a hit with the kids playing lacrosse at Mimico Arena..



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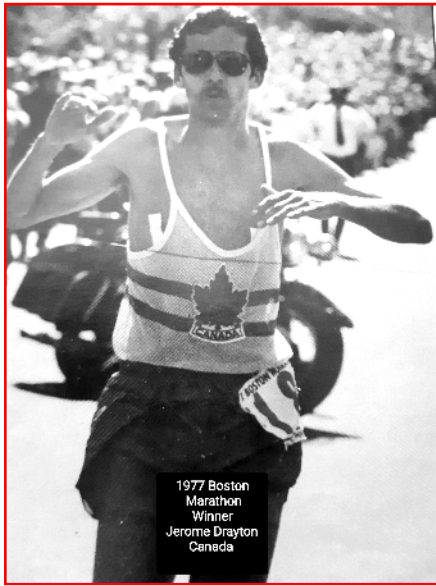
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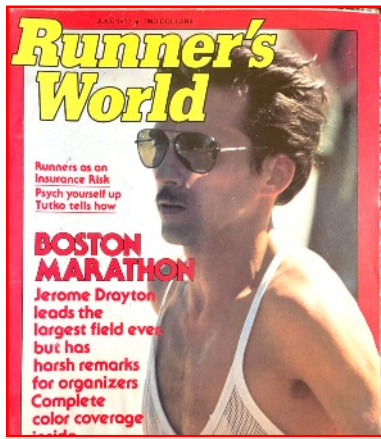
A New Toronto runner won the Boston Marathon



1977 Boston Marathon Winner Jerome Drayton Canada
NEW TORONTO'S Jerome Drayton crossing winner line of the Boston Marathon in 1977. Courtesy photo.

Local marathoner Jerome Drayton's love of a girl led him to a successful career in long-distance running that took him to the Olympics and the famed Boston Marathon. Drayton, 79, became the 16th and last Canadian to win the annual 127-year old Boston Marathon in 1977. The iconic Boston Marathon took place last April 15 with 22,000 runners from 127 countries. In the end the girl, then a student of Mimico High School, spurned him but Drayton kept up his love of competitive running for more than 20 years. Drayton has won dozens of races; including the Fukuoka International Marathon in Japan, which he won three times. He also placed second in the New York City Marathon in 1975 and placed sixth in the 1976 Olympic Games in Montreal.

He has lived in South Etobicoke since 1957, first for decades in Mimico, before moving a couple years ago to New Toronto. You may have passed by his portrait many times as it is painted with other high-achieving residents on a Lake Shore Village BIA Wall of Fame, which graces the side of a pharmacy on Sixth Street. Drayton, originally of Russia, is known around the world for his prowess in running the marathon, which are all the same length of 26.2 miles or 42.2 kilometers. "The Boston Marathon was a tough race," he recalls. "The race often intrigued me as it had not been won by a Canadian since 1948."



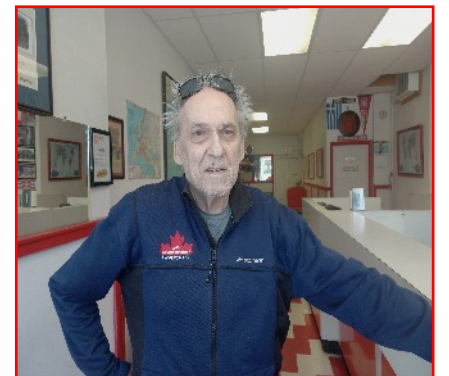
THE FAMED RUNNER on a magazine cover in his heyday as a champ.

The New Toronto resident beat thousands of top runners in the Boston race to make it to the finish line in 2 hours, 14 minutes and 16 seconds. Canadian Gerard Cote won the event four times in the 1940s. Drayton said the Montreal Olympics and the Japanese Marathons were other major and high-profile races which featured many elite runners competing. "I loved the running which I did for enjoyment," he says. "I also loved travelling to different places to race."

Back then there was no prize money for winning races as there is now, he notes. During the day he worked downtown for the Ontario Government as a Sports and Recreation Fitness Consultant, in which he helped organize amateur sports groups and aided them to obtain funding. "I trained for hours twice a day back then," Drayton says. "I would run in the morning for about an hour and go back out in the evening for another hour." He retired from the sport in 1983 after putting in thousands of miles in practice and competitive running. Drayton likes the South Etobicoke area which he says has not changed that much but the people has over the years. "It is a good place to live," he says. "We have a lot of good people down here." Drayton doesn't run these days as he suffers from arthritis in one knee, which makes it painful. The former marathoner is still sharp and remembers his races, when and whom he competed against long ago.



MARATHONER JEROME DRAYTON (center) on the Etobicoke Wall of Fame on Sixth Street and today (below).



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Christine Hogarth
MPP Etobicoke Lakeshore

As your elected representative, I care passionately about supporting our schools to give every child a great start in life. Last May 10, I joined the Minister of Education, Stephen Lecce, to announce an investment of \$33.4 million for a new school in the riding. This investment will create another 823 student spaces and 88 licensed childcare spaces for families in South Etobicoke.

I am happy to note that the new Etobicoke City Centre Elementary School is the fifth major school investment for Etobicoke-Lakeshore during my tenure as MPP. That's over \$135 million invested in schools, and linked childcare spaces, in the community.

Two out of these five schools – St. Leo and Holy Angels – are expected to open in September 2024. The new Holy Angels School will accommodate 600 students and have 88 childcare spaces. There will be room for 500 students at St. Leo, along with 49 childcare spaces. The new and improved Bishop Allen Academy and St. Elizabeth School are anticipated to open in September 2027 with 1,300 and 600 pupil places, respectively.

I was proud to advocate for and deliver these must-needed investments for our fast-growing community to support working families and young learners. Province-wide, our government has invested more than \$3.6 billion since 2018 to create over 98,000 student spaces and more than 8,000 new licensed childcare spaces in schools. But excellence in education demands more. I am thrilled to share that Ontario is doubling down on the fundamentals with a renewed 'back to basics' approach, placing a strong emphasis on foundational skills like reading, writing, and math.

For the 2024-25 school year, we are investing over \$70 million in math and

over \$95 million in literacy supports to improve learning outcomes. To make our learning centres safe and distraction-free, we are cracking down on cellphone usage during class time, as well as banning vaping in all schools.

Overall, our government is investing a historic \$28.6 billion in core education funding which is a 22% increase than the \$23B funding we inherited when we came to office in 2018. During this period, we have also increased staffing in schools by 9,000 additional education workers and 3,000 front-line educators. In fact, while the TDSB has 10,000 fewer students compared to 2018 their funding is up by \$120 million.

We know the importance of prioritizing mental health and wellbeing inside our classrooms. That's why \$118 million is being invested in student mental health supports.

For us, putting students first means delivering the highest level of base funding in provincial history at almost \$14,000 per student. But while delivering that for our students, we are also giving parents a voice in educational choices that impact their children.

In Etobicoke-Lakeshore, and across Ontario, we have invested in our mission to drive up standards in our public funded schools. The graduation rate climbing to 89%, from 85%, under our government is proof that our investments are turning into outcomes, putting students first. You can reach my office at 416-259-2249 or christine.hogarth@pc.ola.org or at www.christinehogarthmpp.ca



In the Community

By TOM GODFREY



SOME OF THE HOMELESS being helped in our community by good Samaritans.

The number of homeless people in our community is growing and more visible than ever.

You may have noticed as you drive around South Etobicoke people camped out at bus stops, in parks or elsewhere.

City workers on May 24 responded to complaints by residents at Coronation Park, in the Royal York Road and Judson Street area, with rakes, bags and a front end loader to take away bags of garbage left by a homeless encampment.

Workers took away a mound of litter left by people who have been living there in tents for months.

The City left the homeless there, until they find beds and accommodation to accept them. Days before I visited a New Toronto social agency where two people were camped out in tents, where they have been living for months.

The men have been allowed to camp out in the parking lot and receive some meals from members of the community. A local church managed to scrape together funds to help them purchase gas for a vehicle to remain warm in the winter.

You cannot blame these folks, many who have been hard working for years before losing their jobs and now trying to survive.

Take Joe for example. He had been living in a box behind a New Toronto store for most of the winter, until kind folks managed to get him a tent. He now sleeps in a quiet area of Colonel Samuel Smith Park and receives some food, a heater and other supplies from good Samaritans like Food For Now.

It turns out that Joe held a job for about 30-years and raised a family until losing it all due to COVID. He was forced to live on the streets, where he is helped by kind folks.

There is also a young man who was sleeping at a busy bus stop at the corner of Lake Shore Blvd. W., and Kipling Avenue. He managed to stay there with two carts of worldly belongings for several days until police moved him due to complaints from students and pedestrians who couldn't access the stop.

The same man surfaced sleeping on a piece of grass outside a grocery store at Brown's Line and Lake Shore Blvd. W. He was forced to move again and hasn't been seen since.

Sure, we always had homeless in the City, but they were never so visible or up front. It just shows how hard and expensive life has become and how desperate these men are to be moving from place to place to obtain shelter.

Thank goodness for those in the community who feed them and help shelter them from the elements.

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

Farmer's markets are in full swing this month.

Luckily, more and more community markets pop up each year. Have you visited your local market yet? It's strawberry season

and these locally grown berries are fragrant, flavourful and exquisite. June is the perfect month for sampling food as medicine.

Food for thought is not just an expression; it is truth in the making (er, digesting). After all, you are what you eat. Eat well and you shall live well and think well.

There are many other reasons to eat fresh, local, non-gmo and pesticide-free grown foods. Just look up 'food for inflammation and pain' and you will get thousands of results plus recommended food guides.

If you have chronic joint pain or flare-ups that linger, arthritis pain relief foods may be the best place to start. Arthritis Society of Canada recommends adding broccoli and garlic into your meals, to slow down osteoarthritis and reduce inflammation in your joints.

Broccoli soup with olive oil, garlic toast sounds delicious! Did you know that virgin olive oil contains oleocanthal that "possesses similar anti-inflammatory properties to ibuprofen" (NIH-National Library of Medicine DOI.10.2174/138161211795428911) Reach for the olive oil this month and your joints will thank you.

The London Pain Clinic suggests a daily diet rich in at least 7 vegetables. If you're not diving into the salad bar at every meal, don't panic. Start slow. Keep it simple. Select no more than 3 new foods to add to your diet this month: fresh from your local farmer's market, of course. But which 3?

Almost all fruits and vegetables have an anti-oxidant effect on your body. Anti-oxidants support your immune system and help reduce inflammation. You can't go wrong when you select 3 home-grown foods in season such as strawberries, broccoli and spinach.

Making healthy food choices can be overwhelming. Grab some walnuts, pistachios and almonds to snack on, since they are excellent brain foods and read on. Side note: you can make your entire neighbourhood healthier by convincing the neighbour with the largest backyard to plant nut trees and share their bounty.

In Canada, we can grow walnuts, hazelnuts and even almonds. Green Barn Nursery has the Canadian Almond, Taylor variety that's hearty to zone 4



(greenbarnnursery.ca). I think it's time to butter up the artisan baguette toast with some locally grown almond butter!

As you munch on your toast, consider how long we wait for farm fresh produce each year. Greenhouses extend the farmers' growing season;

that's true. However, some 'produce' is wild farmed by nature herself. You can't rush a good thing.

Beginning of summer is synonymous with berry season. Canadian lands are endowed with wild berries such as haskap, elderberries, gooseberries, blackberries, bilberries, buffaloberries, currants, chokecherries, saskatoonberries and blueberries (just to name a few).

Some are best eaten fresh of the shrub, but all of these are delicious in jellies and sauces. Extensive research shows that berries can reduce and even delay age-related neurodegenerative diseases. Stock pile that all-berry ice cream, it's good for you!

While blueberries are thought to be the king of the berry kingdom, it is the modest farm-fresh egg that is the superhero of brain health. Egg yolks are rich in choline: an essential nutrient that supports healthy brain function.

An extra egg a day may boost your memory, reduce brain inflammation, help your cells communicate better and even improve your mood. Eggs are high in tryptophan, which is a building block of serotonin, our brain's 'happiness' chemical. Is it the sunshine or the omelet that makes you happy? Maybe it's both! Either way, go get some now.

Food for thought is really about choosing wisely for your body and your mind. Coincidentally, when you choose healthier, locally grown food, you directly and indirectly reduce waste and pollution. That makes our communities healthier too.

This month, I invite you to celebrate the arrival of summer by gathering fresh ingredients from a local farm. Create the most delicious meal or two and know you are the better for it today and for decades to come.

"You don't need a silver fork to eat good food." -Paul Prudhomme

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Retired Judge Speaks

By Retired JUDGE LLOYD BUDZINSKI



A letter to Amber Morley regarding the highrise condo apartment development at 220, 230, 240 Lake Promenade and 21, 31 Park Boulevard. What's up? Where are you on this? What's your vision? Talk to us. Where are you these days?

Dear Ms. Morley,

I am expressing my ongoing concerns about the proposed highrise development at 220 Lake Promenade in Long Branch. As you may recall, I voiced these concerns at a public meeting several months ago, focusing primarily on the project's impact on the neighbourhood's character and adherence to established planning principles.

The proposed tower's significant height has the potential to drastically alter the landscape of Long Branch. Imagine a wall of towering structures like those lining the Miami waterfront, casting a long shadow over our beloved lake and severing the visual connection between Lakeshore Boulevard and the water. This development seems to prioritize high-end luxury condos over much-needed affordable housing options. The future of glass and stone walls creating a canyon of shadows for the homes squeezed between is a significant change of character for an entire community.

Lakeshore Boulevard is a more suitable location for cost-effective high-rise housing. While the proposed development prioritizes gentrification, I believe a high-rise on Lakeshore Boulevard would be a more appropriate location. This bustling section could accommodate increased density while offering residences at a more accessible price point.

This approach would address our community's pressing need for affordable housing instead of catering solely to high-income earners.

During the public meeting, I referenced the recommendations of the Crombie Royal Commission regarding waterfront development. The Commission, backed by various levels of government, advocated for building lower along the water's edge and transitioning to higher structures as you move inland. This ensures a balance between development and preserving the natural waterfront aesthetic.

To my surprise, there seemed to be a lack of awareness or consideration for these established planning principles. My attempt to share the Commission's report as a resource was met with dismissiveness, which raises concerns about the thoroughness of the development's planning process. We need decisions guided by established principles, not solely on short-term economic gains. There was no literature search by your staff or City Planning, and the surprising response was that people without even reading the report said it was too old and irrelevant. Millions of taxpayers' dollars seen as irrelevant? I suggest that rather than just following City Hall directions, be a bit inventive and lead; that attracts voters to you.

This lack of transparency and communication has eroded trust within the community. As our elected representative, we expect you to inform residents of decisions or directions that significantly impact our neighbourhood.

It is critical to provide clear and timely updates regarding your position on the project's height and adherence to established planning principles. Residents deserve to understand the rationale behind such a significant development, especially when it contradicts expert recommendations.

Residents deserve a seat at the table when determining our community's future. Responsible development prioritizes the collective well-being of Long Branch, not merely maximizing developers' profit margins or playing the leader's game to feed your ambitions. Transparency is keeping us apprised and not avoiding the voter. We have the right to be heard and have our concerns addressed. Transparency, open dialogue, and responsible development practices are vital to creating a future that benefits all residents.

Ms. Morley, I urge you to take a leadership role. Communicate your vision for waterfront development in Long Branch. Engage in open dialogue with residents to understand their concerns.

Declare your stance on the Crombie Commission's recommendations or your statement of principles and ideas prioritizing development that fosters a thriving and sustainable Long Branch for future generations. Your leadership can pave the way for a solution that respects our community's character and well-being. I invite you to write to me, and I will present you with my vision for the Lakefront during your ride. We need to see your vision.

Sincerely,

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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OBITUARY

Mr. Oktoberfest George Kash dies

A popular and charismatic long-time Mimico 50-year entertainer who was beloved in the community has passed away.

George Kash, popularly known as Mr. Oktoberfest, passed away on May 20. He was 84.

The self-described professional entertainer was a party icon in Ontario and beyond. He was the undisputed "Mr. Oktoberfest," as leader of the oompah-pah band the Oktoberfest Express and standing MC of Toronto's Festival of Beer.

His characters included Mr. Watermelon Head and Mr. Coffee Bean Head.

"George was my best friend, bandmate and beautiful soul," recalled Leo Sullivan. "He touched the hearts of thousands in his 50-plus years in the entertainment world."

Sullivan said Kash wore many hats and was well-known for playing Santa Claus in the annual downtown parade.

"He always left the people wanting more," he said. "Love you my dear friend."

Long-time Mimico resident Bob Hodge said Kash lived on Lake Shore Blvd. W., for many years and 'was a real character.'

Hodge said the entertainer was always there for tree lightings and drop-in appearances locally.



THE LATE George Kash.

getting right into the audience and bringing people into his act in a way that would make any rock star envious. He also performs his trademark move – drinking two beers while standing on his head. His resume included actor, town crier, disc jockey, auctioneer, clown and product promoter, to name just a few of the hats he wore.

"I'm a professional entertainer, that's what I do," he says with his characteristic, no-nonsense swagger. "It's unbelievable you can make a living this way. I'm just all about a good time."

Kash was loved for his trademark move of drinking two beers while standing on his head. He's been performing this feat since 1978 when he first did it to put a few British upstarts in their place at the Edelweiss Beer Garden at Ontario Place.

He headed The Oktoberfest Express and emerged as Canada's premier Oktoberfest performer and gained the title as the Undisputed Mr. Oktoberfest.

This Lord of the Lederhosen gained international acclaim far from South Etobicoke to countries as Australia, Fiji, Portugal, Morocco, and other hot Oktoberfest areas including Kitchener, Edmonton, Ontario Place and the Canadian National Exhibition. A celebration of life will be held at a later date.



THE LATE GEORGE KASH (above, below) with co-workers at some of his 50 years of performances. RIP George. Courtesy photos.



"He also had a couple of bands including The George Kash Experience and did music ranging from Oom Pa Pa to rock and roll," he said. I first saw Kash many years ago in a performance at Ontario Place where he performed for many years. In this show he was drinking beers while standing on his head.

Kash was arguably one of Toronto's most widely known and versatile performers. He employed his infamous interactive techniques,



GEORGE THE PERFORMER loved Mimico and lived for decades on Lake Shore Blvd. W.

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JUNE 18 to JULY 25 FREE CONCRETE ART EXHIBITION Monday to Friday 10 a.m. to 5 p.m. Saturday until 1 p.m. at the Assembly Hall, 1 Colonel Samuel Smith Park Drive, for a collection of black and white street photography in exhibition by **Ismayil Atmaca**. For more call 416-338-7255 or visit www.toronto.ca

JUNE 20 LAMP CHC 24th ANNUAL AWARDS OF MERIT from 6 p.m. to 8 p.m. on the lawn at LAMP, 185 Fifth Street, for a community BBQ and Awards Celebration to recognize key change makers in South Etobicoke. Music with the Etobicoke Jazz Band, silent auction, nutrition booth, drumming station and art show. Celebrate the power of community. Contact jasmind@lampchc.org or call 416-252-6471 ext. 308.

JUNE 21 FAMILY FEUD from 11 a.m. to 2 p.m. put together your team, join one or join our audience at Franklin Horner Community Centre, at 432 Horner Avenue. Tickets \$10 and include a delicious lunch. Call for details at 416-252-6822.

JUNE 22 LAKESHORE WEST Free Garden tour Canada's largest from 10 a.m. to 4 p.m. with 50 gardens and talk by **Paul Gellatly** of The Tattooed Gardener around 9 a.m. Visit lakeshorewestgt.ca

JUNE 26 ANNUAL STRAWBERRY SOCIAL at 12 noon at Franklin Horner Community Centre, 432 Horner Avenue. Tickets are \$2 and include sandwiches, tea or coffee with strawberry cake and ice cream. One man band Jay Franco will perform so bring your dancing shoes. Call for details 416-252-6822.

JUNE 27 THE ONTARIO POPS ORCHESTRA Brass Ensemble Concert to celebrate Multicultural Day free admission at Humber Valley United Church at 7 p.m. registration online at www.ontariopops.com

MONDAYS WALKING GROUP WITH NIKI at 10:30 a.m. meet at LAMP CHC, 185 Fifth Street, step into a healthier, happier lifestyle. Discover our community while improving your mindfulness and connecting

with others. To register contact Niki at NikiM@lampchc.org or call 416-252-6471 ext. 257.

WEDNESDAYS CHAIR YOGA WITH MEAUX at 1 p.m. in person at LAMP CHC or online for a gentle seated workout to strengthen muscles and mobility and improve balance using bands or light weights. For more contact anthonya@lampchc.org or call 416-252-6471 ext. 246.

WEDNESDAYS UKULELE 101 at LAMP CHC, 185 Fifth Street, at 2:15 p.m. for a crash course on the ukulele. No experience needed. Let's make music together. To register email anthonya@lampchc.org or call 416-252-6471 ext. 246.

WEDNESDAYS MINDFULNESS WITH CORIN at 3 p.m. online via Zoom as **Corin De Sousa** provides evidence-based mindfulness programs and workshops. She is a certified mindfulness teacher through the Canadian College of Educators. To register email Niki at NikiM@lampchc.org or phone 416-252-6471 ext. 257.

THURSDAYS CHAIR YOGA WITH BRIAR in person or online at 10:30 a.m. at LAMP CHC, 185 Fifth Street, to stretch and enjoy some music and movement with certified Hatha Yoga instructor **Briar Boake**. Build our core strength and improve flexibility. For more email anthonya@lampchc.org or call 416-252-6471 ext. 246.

THURSDAYS FREE ART CLASSES UNTIL JUNE 22 in person at LAMP CHC, 185 Fifth Street, join local artist **Nataliya Sydorenko** and experience the health benefits of painting and drawing to enhance creativity, improve memory and reduce stress. Register by email anthonya@lampchc.org or call 416-252-6471 ext. 246.

FRIDAYS FREE DRUMMING WORKSHOPS at 2 p.m. to beat your own drum and let the rhythm take control. No experience required. Come unleash your inner groove and connect with music lovers at LAMP CHC. For more email anthonya@lampchc.org or call 416-252-6471 ext. 246.

FRIDAYS LATIN DANCING AT 4 p.m. to spice up your dance moves and immerse yourself in rhythms of salsa, bachata and more at LAMP. No partner or experience needed, just bring your passion To register email Niki at NikiM@lampchc.org or call 416-252-6471 ext. 257.

JOIN SOUTH ETOBICOKE COMMUNITY Land Trust and become part of a transformative movement. You will have a say in preserving affordable housing, green spaces and community amenities for generations to come. For more contact info@SECLT.ca.

BI-WEEKLY ON THURSDAYS BUS TO NO FRILLS at Queensway and Royal York for those over the age of 55, or with mobility issues. Bus will pick you up and drop you off at home. Call Stonegate CHC, 10 Neighbourhood Lane, Unit 201, at 416-231-7070 ext. 239 to fill out necessary forms.

TUESDAYS SENIORS GENTLE CHAIR EXERCISE from 11:15 a.m. to 12:15 p.m. at Stonegate CHC, 10 Neighbourhood Lane, Unit 201, Trillium Room. Call to register at 416-243-0127 ext. 503.

THURSDAYS GOOD FOOD MARKET 12 p.m. to 3 p.m. at Stonegate CHC, 10 Neighbourhood Lane, 2nd Floor, for affordable produce cash and debit accepted. For more call 416-231-7070 ext. 307.

LAST FRIDAY OF EACH MONTH seniors social game group for those over 55 from 11 a.m. to 2 p.m. at Stonegate CHC, 10 Neighbourhood Lane, Unit 201, to socialize and take part in board games as euchre, bridge, uno or domino. A light lunch is served. To register call 416-231-7070 ext. 307 or email health.promotion@stonegatechc.org

TUESDAYS YOGA INDOORS from 1 p.m. to 2 p.m. at Stonegate CHC, 10 Neighbourhood Lane, Unit 201, Trillium Room, join Stephanie from Yoga Outreach Project for Yoga indoors. Also on Wednesday from 11:30 a.m. to 12:30 p.m. with Kat. Bring your own mat if you have one and water bottle. To register call 416-231-7070 ext. 307 or email health.promotion@stonegatechc.org

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Lakeshore Charitable Foundation



The Lakeshore Charitable Foundation sponsors about 500 students with books, some food and other classroom gear at three schools in the Philippines.

The Lakeshore Charitable Foundation is trying to raise \$10,000 to give our 500 students eight kilos of rice each. Donations can be made at Lakeshore Accounting.



RESIDENTS HAVE LONG-AWAITED a new Krispy Kreme Doughnut Factory outlet being opened at 2458 Lake Shore Blvd. W., at Mimico Avenue. It is one of the few popular doughnut outlets in the South Etobicoke area. Photo by Susie Basheir.

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LAKE SHORE WEST GARDEN TOUR

SAT. JUNE 22, 2024

10AM - 4PM RAIN OR SHINE and FREE

FREE MAP WITH EVENTS DETAILS

VISIT: LAKESHOREWESTGT.CA

9:10-9:50 AM

Join pre-opening festivities including a talk with Paul Gellatly, The Tattooed Gardener plus - one very special kick-off prize!

**OVER 50 GARDENS!
CHILDREN'S ACTIVITIES
ALL AGES WELCOME**



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lakeshorewestgt@gmail.com Lake Shore West Garden Tour @lakeshorewestgt

Special thanks to the Gardeners, Invited Guests, Volunteers and our Sponsors for making this event possible.



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Beautiful character 3 bedroom home. 2 full bath. Detached garage & private drive.
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Lake Shore West Garden Tour



June 22 11am-2pm

Join us in our rear parking lot at 3385 Lake Shore Blvd W (SW corner of 28th St) for a free tree seedling giveaway until supplies last.



Shelley Porritt, Broker of Record
416-259-9639
shelleyporritt@gmail.com



Disclaimer: This document is not intended to solicit properties already listed for sale with another broker.