

The South Etobicoke News

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Number 62

Calls to monitor sewage flowing into the Lake

As many as 500 swimming pools of sewage made its way into Lake Ontario following last month's heavy rains, emergency flooding and power outage. "Raw sewage may contain many diseases and there are several combined sewer overflows that release sewage into the Humber," according to a clean water group, Swim Drink Fish.

The City of Toronto even before the July 16 storms was being urged to notify the public when raw sewage from flooding is released into the Humber River watershed and Lake Ontario so residents can beware.

The group is seeking support for real-time monitoring of the lake to detect sewer overflows to better protect public health and the environment. "The public should be alerted when this (sewage overflows) happen,"



TORONTO WAS FLOODED FOR DAYS due to heavy rains that washed 'swimming pools' of pollutants into Lake Ontario. A group want warnings every time major runoff occurs in the lake.

according to group official Anna Richardson. "It's quick and easy."

The calls come as sections of Toronto rivers and highways are recovering from floods that shut major roadways for several days. Parts of the cycle trail at Etobicoke Creek were damaged from the water. And the

beach at Marie Curtis Park is one of the ones most closed due to health risks.

"Marie Curtis and Sunnyside Beach, both located in the Western Beaches, have historically had significantly higher water quality failure rates due to high E. coli levels than other beaches in the city."

The spillage discharges untreated wastewater and stormwater directly into local waterways during heavy rainfall or other situations where the system reaches maximum capacity.

The group estimates between 2-7 billion litres, or an average of 1875 Olympic swimming pools of raw sewage and household waste yearly enter the city's streams, river, and ultimately, Lake Ontario.

Parents upset that kids playground graffitied

Some New Toronto parents are complaining after vandals scrawled the F-word and other graffiti on a child's playground outside a junior middle school.

The graffiti, with swear words, was found early this month on a kids play set outside Second Street Junior Middle School.

"Whoever did this to a kids playground ... you are disrespectful and disgusting," wrote Lucy Lu. "Leave kids playgrounds alone."

Lu said she returned with bleach and cleaned the some of the F-word from the graffiti, which appeared to be done in black marker.

"I blurred some of the 'F' out of the photo," she posted on social media.



MEMBERS OF THE COMMUNITY ARE UPSET after a kids playground at Second Street Junior Middle School (centre) was scrawled with filthy graffiti. One parent used bleach (right) to try to remove a dirty word.

It wasn't long before dozens of other concerned residents and parents had their say. It is "a shame that someone else's play area was desecrated," said Lisa Sanderson. "The person who has done this is in pain ..."

damage property.

Other residents wanted the police to be called to investigate and for a complaint to be filed with school officials. "Call 22 Division, this needs monitoring," warned Scott Geiger. "Someone might be at risk."

"I hope all the people who had to read the F word came out of this awful tragedy alright," according to Natasha Biondolillo.

"All I can say is wow," wrote Kim Winsor.

Katrina Gill said the culprit who wrote the graffiti should be arrested and charged for vandalism.

"My toddler doesn't need to read this especially on a playground for kids," Gill wrote, adding mental health doesn't give anyone the right to

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Still cleaning up after a terrible storm that left many roads flooded and people stranded

The raging rain and floods last month was too much for this one man who had to be rescued by helicopter from the swollen Etobicoke Creek. A Canadian military helicopter was summoned to airlift the man to safety during a July 16 outburst that flooded highways and knocked off power to 167,000 people.



CANADIAN MILITARY HELICOPTOR rescues man from Etobicoke Creek during storm.

Park area were taken away by the fast-moving flood waters. Toronto Fire Services said several emergency services were called to the creek near Sherway Drive shortly after 5:30 p.m. for a helicopter rescue. "There is no word on the person's condition. It is unknown how the man got stranded on the island," fire officials said. The man was just one of several people who had to be rescued after heavy rainfall caused widespread flooding in Toronto.

"We had a gentleman stranded in the middle of the Etobicoke Creek on a small island. We had a lot of flooding today, and we had high-flowing waves going through the river," Toronto Fire District Chief Tony Rowe told reporters.



VEHICLES FLOATING in the Don Valley, a section which was closed for two days due to flooding.

More than 20 people were rescued by firefighters after being trapped in elevators. Dozens more were trapped in their cars and had to be freed.

Many elderly residents were reminded of the catastrophic Hurricane Hazel, which struck on October 15, 1954, which will be 70 years in three months. Hurricane Hazel killed at least 469 people in Haiti before it struck Canada and the U.S. near the border between North and South Carolina as a Category 4 hurricane. A number of homes in Long Branch and the Marie Curtis

Toronto Fire had to free about a dozen people who were stranded on the Don Valley Parkway, a section which was shut for two days. Fire officials said their crews responded to almost 500 incidents between 6 a.m. and 3 p.m., including elevator rescue and water calls. Fire firefighters perished from the flood waters while tending to Hurricane Hazel calls. Hazel was the deadliest, second-costliest, and most intense hurricane of the 1954 Atlantic hurricane season. The storm killed hundreds of people.



ABOVE AND BELOW are archived shots of Hurricane Hazel families and others whose homes were lost.



Police move to stop parking officer abuse



As many as four Parking Enforcement Officers (PEOs) monthly are being assaulted on the job and it has to stop, warns Toronto Police. Police officers and the Toronto Police Association are concerned for the health and well-being of their members with a rising number of assaults against PEOs. There has been 27 assaults against PEOs as of July, according to police. "One assault on a Parking Enforcement Officer is one too many," said Chief Myron Demkiw. "The Service does not tolerate acts of violence towards our members or any member of the community." He said parking officers have an important and challenging job to keep the City moving. "It is my priority to do everything possible to ensure their safety," Demkiw said. They are encouraging members of the public to think twice about turning to violence when receiving a parking ticket and to learn about their options. "Our members deserve to go home to their families unscathed," said Association President Jon Reid, adding they are cursed, spat on, pushed, or punched. Some members have also been assaulted more than once. He said they rarely require medical treatment for their injuries. "This must stop," Reid said. "If you do get a parking notice, fight the ticket, not our officers." There are 370 uniformed civilian members in the Parking Unit. Unit, Toronto's 158 neighbourhoods.

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Local woman in Canada Transplant Games



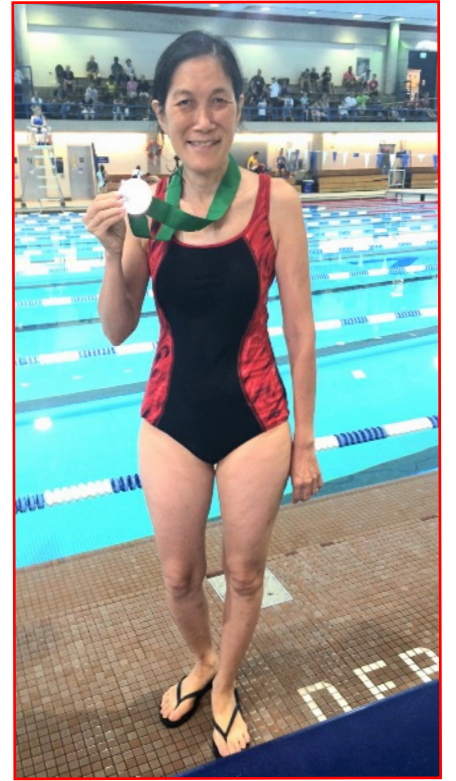
ATHLETE Jennifer Choo Chee

The Olympic Games is not the only big-name sporting event taking place this month. New Toronto's Jennifer Choo Chee would like to let the community know that she is representing Etobicoke at the Canada Transplant Games this month. The games will take



JENNIFER Choo Chee in Toronto.

It brings together hundreds of transplant recipients aged from 4 to 74 and their supporters to 'celebrate their second chance at life' and showcase the power of organ donation. Some of the sporting events includes: bowling, track and field, cycling, road race, tennis, badminton, golf, lawn bowling and swimming. There are also social events as the opening ceremonies, family picnic and gala and a donor family walk.



For more information visit www.canadiantransplant.com

THIS IS NEW TORONTO's Jennifer Choo Chee who will be representing Etobicoke at her third Canada Transplant Games this month in Ottawa. This will be the 13th birthday of her kidney transplant. Jennifer is active which she says is the secret of staying healthy and fit. We wish her well. Courtesy photos.

place from August 3 to August 9 in Ottawa.

Chee wears a number of hats and is a mom, wife, sister, kidney transplant recipient, former waitress, former Canadian soldier and athlete.

She was also a former hospital secretary and president of the parents' council for her son's school.

Her 13th kidney transplant birthday was in 2021.

"I would like to thank the donor family for this kidney transplant because this allowed me to see my son grow up to be an adult and to do a lot of exciting activities with my husband," Chee said.

For more than 15 years she was diagnosed with depression until she spoke to her family.

She's living life to the fullest with husband Steve, her son Jonathan, and dog, Jas. This will be her third Transplant Games, having competed in Toronto in 2016.

The event is the premiere celebration of sport for transplant recipients from across the country.



Fate of historic 108-year old station in Coronation Park limbo



HISTORIC Mimico Train Station was built around 1916

Many of us in the community have lost track of the status of the historic 108-year-old Mimico train station in Coronation Park.

The fate and revitalization of the iconic train station was being considered by City Council on July 24. A motion by Ward 3 Councillor Amber Morley

seconded by Shelley Carroll calls for the City's Parks and Forestry staff to plan for the restoration and activation of the Historic Mimico Train Station. It seeks a building assessment and meetings with the local councillor, residents association, Mimico Village Business Improvement Area and other stakeholders to get their input.

The station was built around 1916, according to the Architectural Conservancy Ontario.

The building was originally owned by the Grand Trunk Railway and later taken over by the Canadian National Railway.

It stopped being used as a station in the late 1960's and was abandoned in 1989 before being sold by Canadian National in 2001.

The new owner of the station applied for a demolition permit, and the



MIMICO TRAIN station at Coronation Park.

Mimico Station Community Organization was formed to fight the demolition. They were successful, and in November 2007 the station was relocated to Coronation Park. City staff said the building has been closed for some time but there is an opportunity to revitalize the station as a local community asset. They said there has been calls from residents to revitalize the area into a community space. The City has to determine what work is required to ensure a safe and functional station building



HISTORIC JOY gas station on Lake Shore Blvd. W., at Windermere.

and identify potential uses and partnership opportunities.

Area residents have also been calling for the preservation of the Joy Gas Station, still standing as a heritage building at Lake Shore Blvd. W., and Windermere Avenue. At one time there were 16 of the U.S. owned stations in the Toronto area.

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THESE REVELLERS WERE AMONG THE THOUSANDS OF VISITORS enjoying the annual Toronto Caribbean Festival Grand Parade on August 3 on Lake Shore Blvd. at the CNE. There were lots of Caribbean food, music and dance as part of the parade which has been taking place for more than 50 years. There were dozens of floats and hundreds of colourful dancers.



Finding shelter for the many homeless in our community



CITY OFFICIALS are trying to find shelter for those sleeping in our parks (above) alley ways (right), parking lots and bus shelters.

A meeting is being held to determine what happens to a homeless encampment living in tents in a New Toronto parking lot.

There are also reports of people living in two area parks that residents want cleaned up.

A virtual meeting is planned for July 29 for a community update into the two or three men who have sought refuge in the parking lot of LAMP CHC,

on Fifth Street, since last winter.

City staff, including Councillor Amber Morley, Toronto Police, LAMP staff and area residents are expected to be in attendance at the meeting that goes from 6 p.m. to 7:30 p.m.

“Hear an update on the work being done to secure permanent housing for LAMP CHC parking lot residents,” according to a flyer promoting the meeting.

It includes maintaining and securing the agency’s parking lot area, including the fence and garbage cans,” according to the City.

Residents are encouraged to ask questions, discuss concerns and identify opportunities to address, health, safety and well-being concerns ‘for the individuals staying in encampments and local communities.’

Two of the men living at the site say they are quiet and haven’t posed a problem to area residents.

“We keep to ourselves and people don’t even know we are here,” one man said as they sat outside in chairs on a hot day.

Meanwhile, City crews have been working to clean up after an encampment of homeless living at Coronation Park, in

the Judson and Royal York Roads area.

Residents said there are folks living in two tents in the park throughout the winter. Judson area residents are blaming the homeless for a rodent problem due to waste food and goods left behind.

There are also reports on social media of another encampment of people living at Marie Curtis Park.

For more information about the meeting call Councillor Morley’s office at 416-397-9273.



SOMEONE’S WORLDLY possessions as they get ready to tuck in on sidewalk.

All night construction work now underway to move the Long Branch GO Station

Alderwood area residents are being warned that construction crews are working overnight until the end of August on the Long Branch GO Station.

Metrolinx in a Construction Notice said it is working on delivering more GO service

across the network, including train service every 15 minutes on the Lakeshore West Rail Corridor.

The railway said they are upgrading the rail network and GO stations for more frequent and fully accessible services.

Metrolinx said starting on July 29 crews will be relocating utilities as pipes, cables and underground structures in the rail



LONG BRANCH GO station.

corridor. Workers will also be installing concrete foundations for new platforms, tunnels and station building.

“For safety reasons, this work needs to take place overnight when there are less trains running along the Lakeshore West rail corridor,” according to the notice.

Officials warn residents can expect more noise, vibration, dust and site lighting.

To reduce distractions to residents there will be reduced idling of non-essential equipment, lights pointed away from windows and less back-up noise from vehicles.

Residents can also expect increased construction vehicles in the area and pedestrian sidewalks will remain open. There has been complaints from the community in regards to noise, light and dust due to the construction work at the station that will continue for three more years.

There will be a new station house with new platforms and other amenities when done.

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The **South Etobicoke News** is a free, independent monthly newspaper that serves Humber Bay Shores, Mimico, Lake Shore Village, Long Branch and Alderwood areas. Established in 1999.

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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Etobicoke's Summer home with Olympic golds



CANADIAN OLYMPIC SWIMMER Summer McIntosh, who received her swimming start at Etobicoke Swim Club, after a gold win at Paris Olympics. **Courtesy photo.**

Etobicoke's Olympic multi gold medal winning swimmer Summer McIntosh has made area residents and all of Canada proud. Never did she think about growing up in Central Etobicoke being a world championship swimmer with multiple Olympic medals around her neck. The 17-year-old took silver in the women's 400-metre freestyle on July 26 for Canada's first medal at the Olympics on Day 1 in Paris. The former Etobicoke Swim Club member also took home golds several days later. McIntosh is the two-time defending world champion in the 400 IM and this is the second time she has represented Canada in the Olympics. She broke out as a 14-year-old at the Olympic Trials in 2021 and just missed the podium at the Tokyo Games that summer. The teen was named The Canadian Press female athlete of the year 2023 for her outstanding performance in international swimming. She attended Silverthorn Collegiate Institute, which has a nationally acclaimed program that caters to high performance cream-of-the-crop athletes, allowing flexible timetables for students to stick with their intense sports training schedules. "I'm very honoured to have it and it's just really cool," McIntosh told Swimming Canada after being named for an award last year.

She is a long time member of the Etobicoke Swim Club, which was founded in 1954, to support young people with the drive, determination, talent and desire, to realize their maximum potential in competitive swimming.

The Club has a long and rich history of service to the Etobicoke community. It has produced many national, international and Olympic swimmers and has been Provincial and National Champion many times over.

McIntosh mother Jill was also an Etobicoke swim star who competed in the 1984 Olympics.

"We are extremely proud of our swimmers and their successes; however, as parents, we are equally proud of the outstanding citizens that our children have become for the community," Club officials said.

The Club has had 34 swimmers placed on the Canadian Olympic teams since 1956, two swimmers on the 2000 Olympic team and 14 who were junior Provincial Championships from 2001 to 2008.



SUMMER AS she races in for another Olympic medal for her country and the Canadian team. **Courtesy photos.**



ANOTHER GOLD MEDAL win for Summer McIntosh at the Olympics Games, making her one of the fastest swimmers in the world.

Long Branch part to help fix rare NZ train



An iconic and rare New Zealand locomotive is being rebuilt thanks to a Long Branch historian who posted online a sought-after 40-year steam device used to restore the train.

Loco 107 was built in 1885 and left derailed and used to hold dirt when found in 1992, in Middlemarch, near Christ Church, New Zealand, by train enthusiasts who have been working for years to bring the well-travelled locomotive back to life. The enthusiasts managed to locate in their search for parts a Facebook Steam Engine Parts Page and found a sought-after 'Zero Detroit self-lubricating metallic device that atomizes an oil mixture with steam to cool down the hot cylinders.'

Long Branch resident and historian Bill Zufelt had purchased the rare steam device in the 1980s as he is a



LONG BRANCH historian Bill Zufelt posted the part online.

collector of some rail items, including steam whistles. He listed the device for sale online for about \$100.

"I had no idea what it was or let alone how it was incorporated into the operation of a steam train until I posted it on Facebook Marketplace's category of Steam Engine Parts," Zufelt said.

He was surprised and ecstatic when contacted by Gary Hodson, of Middlemarch, who said 'my device would be an excellent and crucial part to restore old Loco 107.'

"I was astonished," Zufelt said. "Someone half-way around the world online saw the device and they wanted it to bring an ancient train back to life."

The town has a population of about 160 and is a farming community with a long rail history.

He said the device is being sent from Toronto to Middlemarch by courier service and should be there sometime this month. The enthusiasts are part of Project Steam, a railway preservation society based in Dunedin. They are dedicated to the restoration of steam locomotives formerly operated by the New Zealand Railways Department, with a goal to restore locomotives to operating conditions. The 107, is one of two locomotives built in 1885 by Nasmyth, Wilson and Company. The trains entered service in 1887, were



THE LOCO 107 in its prime (left) and one refurbished on top. The 'Zero Detroit self-lubricating metallic device (below) found online that atomizes an oil mixture with steam to cool down the hot cylinders.' **Courtesy photo Bill Zufelt..**

withdrawn in 1928, and in 1932 dumped in a river to help prevent erosion.

The remains were recovered in May 1992. The locomotive it is hoped when refurbished will be used for tourism in the Middlemarch area, where people still love the train, which is still widely used today.



THE LOCO 107 was a beloved workhorse that ruled the tracks for decades. **Courtesy photos.**

Talks underway to build Mimico high-rises



A BITTER CHALLENGE is taking place to determine if City Council will allow this 33-storey tower will be built in Mimico. **Courtesy photos.**

A bid to obtain City permission to build a 33-storey tower and other mid-rise apartments that will change the face of Mimico has picked up steam again.

The application has been under appeal since it was filed in November 2021.

The matter was before City Council on July 24 and 25 to be considered. The plan is being challenged by local residents and businesses which claim the proposed density is too high and high prices will force residents out of the area.

The developers plan to construct a 33-storey tower with an eight-storey base and 10-storey mid-rise building. The

complex will contain 471 residential units and a large retail space on the ground floor. The plan calls for a new east-west road south of Lake Shore Blvd. W., from Amos Waites Park to Superior Avenue.

The plan was appealed to the Ontario Land Tribunal and the parties are now engaged in formal mediation and settlement discussions with City staff.

Documents filed state the five parcels of land 2413 to 2415 Lake Shore Blvd. W. for possible redevelopment are located on the south of Lake Shore Blvd. W., between Superior and Primrose Avenues.

"The Subject Lands ... benefit from having approximately 53.23 metres of frontage on Lakeshore Boulevard West, in addition to considerable frontage along both Amos Waites Park and the Mimico Waterfront Trail," according to documents filed.

The parcels are near the Mimico Go Transit Station, the Parklawn TTC-GO Transit Hub and Humber

Bay Shores area.

It said a popular coffee shop will have to be demolished along with some low-rise homes to build the towers. A Rental Housing Demolition Application has been submitted to demolish 22 rental units.

The plan said it will secure the replacement of 27 rental dwelling units for some residents who are affected.



MULTI-UNIT DWELLINGS are planned for this like above, which will be potentially built on the homes below which have been filed to be demolished.

The matter will return to City Council for further determination in October. This massive plan will mean construction work in the Mimico area for 10 plus years.



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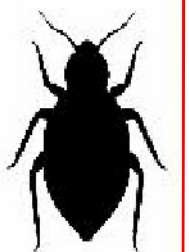
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Anti erosion work at Sam Smith Park



ANTI-FLOODING WORK to some shoreline at Colonel Samuel Smith Park is expected to take a year or more and cause some path closures. **Courtesy photo.**

The storms last month and flooding from City sewage to Lake Ontario did not help with the erosion, officials said. The TRCA released photos of some of the work to be conducted to make the sections safe.

improvement and restoration in the park. This work is part of the permitting and approvals stage to ensure the effects of protecting the shoreline are coupled with habitat benefits in the park. The popular waterfront park offers visitors ample recreational opportunities along wildlife habitats. The waterfront extension of the park



THE LENGTHY WORK will address erosion hazards impacting the park and enhance protection around the shoreline to prevent future hazards to visitors. Birds and wildlife are also protected.

Dog walkers or bird watchers using Colonel Samuel Smith Park will be facing some truck traffic as major anti-erosion work is underway to restore the lakefront jewel. The anti-flooding work is being planned by the Toronto and Region Conservation Authority (TRCA) to restore areas of the shoreline of the park damaged by erosion.

The work will address erosion hazards impacting the park and enhance protection around the shoreline to prevent future hazards to visitors. The TRCA, with Councillor Amber Morley, on July 30 held an information session from 6 p.m. to 8 p.m. at G



DAMAGE TO ETOBICOKE Creek after last month's storm that washed out pathways. Repairs have been done in areas.

Building Commons, of Humber College Lakeshore Campus to discuss project details. Organizers said staff will be available to answer questions. Construction is expected to begin on the project this Fall with the Fisheries and Oceans Canada (DFO) to work on an aquatic habitat

was built in the 1980's and includes popular shoreline trails for lake access. The focus of TRCA's major maintenance work will be along the outer shoreline of the park's waterfront extension. While some sections of the outer shoreline are in good condition, maintenance of several erosion control structures has become necessary due to severe weather events and wave action that poses a potential hazard to park lands and shoreline trails.

More parking meters to add to City coffers



ROADSIDE PARKING meters bring in more than \$142 million yearly in revenue to the City.

The City of Toronto collected about \$142 million last year from parking revenue and there are plans to squeeze motorists for more.

The City is planning to generate income by creating more parking spots in some areas to keep customers moving as they shop.

More on-street paid parking meters along sections of Lake Shore Blvd. W. are being proposed to keep short-term parkers moving to 'support local community and area businesses.'

The new 'pay and display' street meters will "encourage a regular turnover in the on-street parking supply."

"The proposed parking changes will replace the existing unpaid maximum one-hour parking that is currently in effect," according to the City's Transportation Services in a motion for City Council's approval.

"The proposed changes will not impact the flow of traffic and will encourage parking turnover," according to staff.

City staff have reviewed parking regulations on Lake Shore Boulevard West in Ward 3 and identified 15 locations that could benefit from more on-street paid parking to "better serve area demands and accommodate the maximum number of users," Council was told.

The new meters are projected to generate up to \$15,000 yearly to the Toronto Parking Authority.

"The on-street parking supply is meant to serve a short-stay need, which is reinforced by parking rates that encourage a turnover, such that the spaces are available to as many users as possible."

The short-stay is considered less than three hours.

A City study has identified locations that could benefit from on-street paid parking to better serve demands.

There are now about 21,500 metered parking spaces in the city. The Toronto Parking Authority's (TPA) net income for revenue last year was \$142.2 million.

The work is expected to take a long time as trucks will have to haul and level off lakefront rocks.



RIDLEY FUNERAL HOME



LIFE'S UNDERTAKING a podcast

Brad Jones, the funeral director believes this spring we're all travelling toward new beginnings and positive potentials. You can listen to Life's Undertaking Podcast wherever you listen. You may even hear a story or two about his Purple and Yellow VW Camper.

RIDLEY FUNERAL HOME'S Lindsey Karpowicz (left) and Laura Latham, Executive Director of the Franklin Horner Community Centre, working the Ridley booth at the Lakeshore Village Grill Cheese Challenge, where all proceeds went to Franklin Horner Centre.

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New Unholy Donuts where the tasty pastry reigns supreme

Pastry baker Debbie Skellas has taken the simple donut to the next level and made it into an art form. Skellas is the founder of Unholy Donut, which does not have a hole in the pastry, and instead filled with cream, fruit or other flavours. She, with husband Mike, have recently opened their third donut store at 234 Brown's Line, near Lake Shore Blvd. W. They have others at 95 Maitland Street and at 596 Bay Street. The bakery was voted one of the best donut in the City of Toronto on social media.

Their donuts are all handmade using fresh ingredients and can often take hours to make since the brioche-style base requires more time to achieve its fluffy and gooey texture. "We take our time because we want to ensure that the donuts taste great while also upholding the quality of the brand," she said. Unholy Donuts' caters to both chocolate lovers and those who like a fruity twist to their



FRIENDLY STAFF (top, below) help you selecting your favourite homemade donut, with no hole. **Courtesy and Staff photos.**

desserts. There are always about a dozen flavours to choose from and more is in the oven. They feature filled and unfilled donuts in flavours like Ferrero Rocher, Nutella Bomb, banana delight and strawberry cheesecake. "We currently have 20 flavours and hope to slowly introduce more," Skellas said. "Each of the donuts resembles mini-cakes and is infused with custard that's made in-house.

Depending on the donut, the custard filling may come in flavours such as vanilla, strawberry or raspberry. Some of the popular flavours include:

Ferrero Rocher donut, which sells for \$5.95, the chocolate pastry cream paired with Belgian milk chocolate ganache and the Nutella Bomb, at \$5.95.

Skellas got into the donut business during COVID when a downtown restaurant allowed her to sell her pastries, which people loved.

She has worked for years in her family's restaurant and always loved cooking and baking.

The Brown's Line facility is larger in size and allows them to expand their line of pastries. There are batches of hand-rolled donuts in carts awaiting to be put into ovens for cooking.

There is also a space to perform the dressing of the donuts. Skellas now has a staff of eight to help with her stores, which have a cosy and friendly feel.

Unholy Donuts can be reached at 437-294-5784.



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Alderwood Medical welcomes new doctors

Alderwood Medical Centre is notifying customers that Dr. Salah Ahmed has moved from 440 Brown's Line to 878 Brown's Line and is welcoming walk-ins.

Dr. Andrew Murton and Dr. Eriny Shams (female physician) are also available for walk-ins, offering convenient access to care. Dr. Carlyle Martis is providing specialized treatment for addiction, while Dr. Mewa, our expert rheumatologist, is available for referrals once a month.

They are committed to providing accessible healthcare with walk-ins available almost every day, including weekends. Our team is here to support your health needs with convenience and care.

For appointments, walk-ins, or more information, call 416-503-2541 or 647-FLU-4444. You can also visit us at www.alderwoodclinic.ca to learn more about our services.

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Police helicopters on order to aid police cut



PREMIER DOUG FORD as he placed orders for five police air support helicopters which will curb auto thefts and other crimes. Courtesy photos.

Toronto Police chief Myron Demkiw says a new helicopter air wing will help make the City safer as the air support will help curb auto thefts, carjackings and other violent crime. Premier Doug Ford last month ordered five new crime-fighting helicopters with the latest technology to target

compared to 16 last year. "Communities across Toronto are deeply impacted by any and all gun violence in their neighbourhoods and we are committed to doing everything we can to keep our city safe," according to police.



ONE OF THE police helicopters perform some aerial moves that thrills visitors. The choppers with hi-tech features are for use by other forces as well.

street racing, impaired driving and helping to find missing people or other services. Officials said the joint air support model involves Toronto Police partnering with the OPP to provide helicopter support to police operations across the City and GTA. The Ontario government said the helicopters will cost about \$134 million and is expected to be ready by 2027. The force has created an auto-theft task force and is now expanding it's Hold Up Squad to include probing carjackings.

"We have a centralized unit investigating these occurrences city-wide," police said at a Commander's meeting. "We are working with our partners to share intelligence and disrupt the organized crime networks that are behind these crimes." Police said in the last year there was a 23 per cent decrease in auto thefts and thousands of stolen vehicles were recovered. Demkiw said shootings in Toronto have increased by 58 per cent compared to last year. He said most of the shootings are firearm discharges where no injuries have been reported. Police said there have been 28 shooting deaths so far in 2024,



POLICE FROM ACROSS the GTA give a thumbs up for the new air fleet that will also fight missing people from the air. Courtesy photo.

So far this year Toronto police have seized 412 crime guns, made 578 arrests and laid a total of 2,590 firearms related charges. In one case last June a 14-year-old was arrested and charged with two counts of murder and seven counts of attempted murder. It is very troubling when a young person makes the decision to pick up a firearm and pull the trigger. Officers warn that since last year youth firearms arrests are up 75 per cent. So far this year there has been 65 youth arrested for firearms offences and 114 youths arrested. Hate crime is the busiest crime call and since October 7 police have received 1,556 suspected hate crime calls for service, which is an average of 156 monthly. There have been 130 arrests and 314 hate crime occurrence related charges since then and investigations continue on reported occurrences and communities will continue to see continued presence. Toronto and other GTA police forces have been complaining for years about a lack of air support.

Lakeshore Ribfest abruptly nixed by organizers

A popular South Etobicoke ribfest that was scheduled for last month on the grounds of Humber College was abruptly cancelled leaving many in the community disappointed. Organizers had expected to attract more than 13,000 to the third annual Etobicoke Ribfest, which was to run from July 19 to 21 at Colonel Samuel Smith Park. The festival promised food from five of North America's best rib teams serving up saucy, steaming barbecue alongside live music performances all weekend long. The festival attracted many area residents some were employed as vendors, musicians, kitchen staff for the event.

Days before the festival, organizers issued a statement saying the event had been cancelled. "It is with deep regret that we announce the cancellation of the Lakeshore Ribfest 2024 event scheduled to take place this weekend at Assembly Park in Etobicoke," according to a letter signed by organizer Rick Brooks. According to Brooks, the City of Toronto issued last-minute requirements that the festival put down truck matting to cover the entire grass area to prevent the park's grass from getting damaged which, Brooks says, would be "nearly impossible." "It is with deep regret that we announce the cancellation of the Lakeshore Ribfest 2024 event at Assembly Park in Etobicoke," Brooks wrote. "Despite our best efforts to offer alternative solutions with these new regulations, the time frame and logistical challenges presented have made it impossible for us to meet these requirements and proceed with the event as planned," he explains. He was disappointed for the vendors, sponsors, and the many attendees who were looking forward to enjoying this annual celebration of food and community. "The Ribfest has always been a highlight of the summer season for residents of Etobicoke and Lakeshore Village, and we share in your disappointment," Brooks said. Members of the Lakeshore Village BIA said they are disappointed since the festival brought people to the area.

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Local South Koreans gather to mourn top singer



A LOCAL MEMORIAL service in Long Branch was held for South Korean superstar Kim Min-Ki who passed away recently. Courtesy photos.

Members of the South Korean community held a sing-along memorial to remember a beloved singer, composer and playwright.

Kim Min-Ki passed away on July 21 at the age of 73.

He was well-known in South Korea and best known for the 1970 song 'Morning Dew,' and for his 1994 adaptation of the German musical 'Linie 1.'

Hannah Yoon said the gathering was organized 'to remember and sing songs in honour of the renowned South Korean singer and composer.'



SOME WHO attended a Long Branch sing-along in memory of the performer.

The memorial was held at August 3 at the Tasty Korea to Japan restaurant, at 3323 Lake Shore Blvd. W., in New Toronto. "Mr. Kim Min-ki's music provided comfort to many young people in Korea during the 1970s to 1980s, we are organizing a memorial gathering in his honor," organizer Miky Yung Kim said. "This event will bring together people in their 50s to 60s to sing and celebrate his beloved songs from their younger years." The father, Beak-Chun Lee, of restaurant owner Eunyong Lee, guided the young performer Min-ki and in his successful career. Kim became a prominent figure in blending Korean folk and pop musics, as well as an outspoken political activist and representative of youth culture. His songs discussed the Americanization of Korean culture and questioned relations between North and South Korea. He released nine albums before 1975, at which time his music was censored by the government; his albums were pulled from record stores, playing of his music over the radio or singing it in public was banned, and he was not permitted to release material under his own name until much later. He is a superstar in South Korea who has received many awards.



SUPERSTAR SINGER PERFORMER Kim Min-Ki had many fans around the world, including here.

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Pearson runway noise to increase this month due to runway issues



TORONTO'S Pearson Airport is Canada's largest airport.

Pearson runway work and more noise in South Etobicoke.

Some neighbourhoods near Pearson Airport in Mississauga could soon hear more aircraft noise in the overnight hours for a few weeks as the airport's longest runway shuts down nightly for maintenance work.

Runway 05/23, one of Pearson's three east-west takeoff/landing strips and located farthest to the north, will close nightly from midnight until 6 a.m. until August 25, the airport's online runway maintenance schedule shows.

During that time, work will be completed on the taxiway, the area/path at the airport that connects runways with aprons, hangars, terminals and other facilities.

The closure will place more overnight flights on one or both of the other two east-west runways, located at Pearson's south end, or on the north-south strips. Planes taking off and landing on those runways use different flight paths and



therefore will bring additional aircraft noise to other neighbourhoods. "Just like roads and highways, our taxiways and runways need regular maintenance to keep them in good shape. This includes things like grass cutting, rubber removal, patching, electrical work and line painting," Pearson officials say. "The temporary closures that are needed to complete this work can last for hours or

even days and can change how the airport operates." Runway work often leads to increased aircraft takeoffs and landings on other landing strips at Pearson for a short period of time, thereby creating noise over other nearby communities. Runway 05/23 is the airport's longest runway, at 3,390 metres, according to airport officials. By comparison, the shortest (Runway 06R/24L) runs at 2,744 metres. The Greater Toronto Airports Authority, which operates Pearson, regularly provides online updates related to runway maintenance and associated noise advisories for area residents.



In the Community

By TOM GODFREY

Traffic congestion is a hot topic lately along with the state of our roads..

We all expect gridlock and major congestion when we are travelling downtown on the Gardiner Expressway and the construction that is underway for three years.

I have neighbours who work downtown daily and the drive is literally a killer depending on the weather and traffic situation.

The congestion is not only on our major roads but work is going on to the many residential streets in our community.

There are many pylons blocking road work underway even though you never see any workers. The worst is the road laying for weeks dug and unpaved with no pylons or signs. The cars, trucks and other vehicle have to come to a crawl to get across the pothole.

If you have driven on Thirtieth Street recently just north of the railway bridge you would come across, until recently, a large tract of roadway that has been unpaved for the last month. Vehicles travelling north are sent bouncing from the rough roadway, which has no signs or pylons to warn motorists.

Residents have also noticed the many green, roadside automated traffic cameras lying flat on the ground as pushed over by possible irate clients.

One of the cameras on Horner Avenue, at Orianna Drive, seems to be on the ground facing sideways every second day.



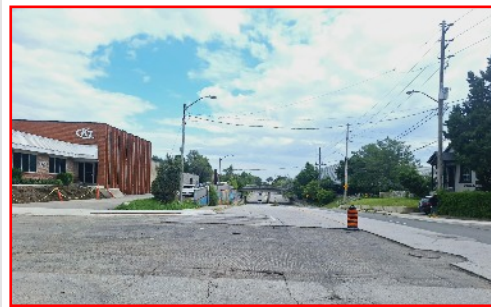
AUTOMATED camera on the ground again on Horner Avenue.

Some drivers it seems are taking out their stress on the dreaded machine.

Another camera regularly knocked over is the one on Royal York Road, just north of The Queensway, by the Etobicoke School of Fine Arts area.

There are some traffic cameras that have been defaced or abused dozens of times. There are few arrests.

There were some 555 incidents of speed camera vandalism reported between 2022 and 2023, according to City statistics. Many of the incidents were minor in nature and there were 222 times that a speed



IT IS GOING ON A month since this strip of road on Thirtieth Street was dug up to be repaved.

camera was spray painted, the vast majority of which didn't result in the loss of any service time.

There were 94 instances in which speed cameras were moved and another 134 in which they were tipped over.

The pattern of vandalism reveal a number of cameras are repeatedly targeted.

The most-hit camera was positioned outside of Runnymede Junior and Senior Public School. It was vandalized on 32 separate occasions, making it the city's most targeted camera by far.

It is noted that speed cameras in 15 different locations were vandalized at least 10 times during the time period.

Since the automated speed camera enforcement program the devices continue to be targeted by disgruntled drivers, complicating the city's efforts to crack down on speeding and reduce pedestrian fatalities as part of its Vision Zero program.

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

Summer Corn

Time flies by, doesn't it? Summer may have gone to the dogs, but the corn fields still await! August is the month to chow down on all things corn, especially in Ontario. We plant over 3.2 million acres of corn across the country and 2.3 million of those acres are in Ontario.

This is the best time to enjoy the flavour of these golden vegetables. Did you know corn is not a true vegetable at all! It is actually a nut and a fruit and a veggie on the side. A sustainable bonus for eating this healthy snack is that one acre of corn eliminates 8 tons of carbon dioxide from our air. Some people may argue that growing corn consumes too much water, but corn is also used as a biofuel and feeds much of the world's population. Join me and make the green choice this August and support our Canadian farmers. Eat an ear (of corn) this season.

We are fortunate to grow abundant fresh food in Canada and much of it is corn. Last year, Agriculture Canada estimated



Choose a sweet corn for a tasty treat but also add that Dent or Flint corn into your diet for a healthy, fiber and vitamin rich meal to fuel your digestion. Flint corn has the highest nutritional value and is used for grits, corn meal and corn flour. Since popcorn is flint corn, that makes it such a healthy and fun snack option. As the last of your camp meals and sunsets warm your heart, enjoy a good-old fashioned style popcorn pan over the open fire. To follow the advice of the American Heart Association, ease up on the butter and salt and season with herb or spices and skip the movie tub of popcorn all together. Need another reason to celebrate and choose corn as your August 'vegetable' of the month? This grain crop has withstood the test of time: it's over 10000 years old. And considering it's almost that time, adopt a second language as you prepare for back to school. Serve maize with your next bbq (another word for corn). A-maze your friends as you explain that Maize is a Taino word that means "sacred mother" or "giver of life". Be the master chef and master of North American history. Over a second wine spritzer or spicy tacos, explain that technically, Maize is the crop which produces the yellow fruit harvested known as corn. To really outdo yourself, casually add in that corn is just a polished, uber-selected-for type of Teosinte, a wild grass plant. See who takes out their phone the quickest to fact check you.

In the words of Lao Tzu "Embrace simplicity", eat corn, take in a glowing sunset, the warmth of an August day and know you are part of an earth tribe of over 2.35 billion people enjoying this vital staple and delicious snack at the same time as you.

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we grew over 15.3 million tonnes of corn. That's a whole lot of ears. And don't be too quick to discount corn or pretend you don't have a need for it. Chances are you eat corn in one form or another. It is used for production in over 4,000 grocery store items. How sweet it is truly! Actually, billions of people make the green choice by eating corn: over 90 million acres on earth are dedicated to producing this crop, every year. That's a lot of ears. So listen up.

So what's the best way to eat that sweet, tasty cob? Early August corn is best lightly boiled or bbq with a touch of butter, sea salt or spices. The true chef in your friend group will swear by barbecuing the sweet gold variety with husk on for maximum flavour, sweetness and moisture.



Retired Judge Speaks

By Retired JUDGE LLOYD BUDZINSKI

My Neighbour and I share our front yard gardens; there are no visible dividing lines or fences. We aren't necessarily close friends; we are just neighbours who respect each other and see the benefits of working together. Yes, we disagree, and then we either compromise or wait each other out until we get tired of waiting and decide to do something else. I had this dream last night of a conversation.

Neighbour: "Morning! Quite the scorcher today. Speaking of heat, did you hear about that monster wildfire in Jasper? It's like Mother Nature's temper tantrum!"

You: "Oh, I've been following it. The flames devoured everything in their path—homes, trees, memories. It's heartbreaking. But you know, it got me thinking. We're all neighbors on this spinning blue marble. Jasper's pain is our pain."

Neighbour: "Absolutely! And you know what's fuelling these infernos? The warming climate. Dry forests, more storms, lightning strikes—a recipe for disaster. Our little corner of the world isn't immune."

You: "True. And our leaders? They're like stubborn shrubs, each blaming the other. The feds point fingers at the provinces and vice versa. Meanwhile, our beautiful Jasper smoulders."

Neighbour: "It's infuriating! We need cooperation, not competition. Remember when we debated petunias vs. marigolds? We compromised! Why can't they?"

You: "Exactly! Let's rename the reconstructed Jasper after our leaders—Danielle, Pierre, and Trudeau. A reminder that they're stewards of this land."

Neighbour: "And those secret oil reports from the '80s? They knew! Carbon industrialization, the ticking clock. By 2025, bad. By 2050, worse. Yet they squabble."

You: "Enough! We're neighbours, darn it! Our homes, our kids, our future—they're all here. Floods, droughts, hurricanes—they threaten us all."

Neighbour: "And the oceans? Acidifying like a bad relationship. Our infrastructure, our health—it's all at stake...I won't be able to afford the insurance on my home if we don't do something"

You: "So, dear neighbour, let's shout it from our imaginary fence: 'Stop bickering! Tell us what's right!, We want solutions not problems'"

Neighbour: "Agreed! Let's be wartime allies, not feuding gardeners. Jasper deserves better."

Neighbour: "You know, it's not just about our leaders. It's about us—the voters, the dreamers, the ones who believe in a better tomorrow."

You: "True. We chose them for their wisdom, not their stubbornness. But when they bicker like squirrels over acorns, it's our fault too."

"Exactly! Let's be parental. Imagine our leaders as squabbling siblings. We'd say, 'Enough! Share the sandbox!'"

Neighbour: "And compromise! Like when we decided on petunias AND marigolds. Our kids watch us—they'll inherit this garden."

You: "So let's demand respect. No more name-calling. Let's prune the negativity and water the seeds of cooperation."

Neighbour: "Because when leaders cooperate, Jasper blooms. And our kids? They'll learn to tend this Earth with care. Let's insist our representatives,

1. Listen First, Speak Second: Imagine our words as seeds. Before planting them, let's listen to others' perspectives. Active listening fertilizes understanding.
2. Weed Out Assumptions: Assumptions are like stubborn dandelions—they spread and choke out healthy growth. Ask questions; dig deeper. Understand before judging.
3. Fertilize Empathy: Sprinkle empathy around. Understand that everyone's soil is different—life experiences, beliefs, fears. Empathy helps us grow together.
4. Prune Toxicity: Toxic words are like invasive vines. Trim them. Replace "You're wrong!" with "I see it differently." Prune negativity and nurture respect.
5. Sunlight of Curiosity: Curiosity is sunlight for dialogue. Ask, "Why do you think that?" Let ideas photosynthesize. We'll all thrive.
6. Compost Conflict: Conflict happens—it's fertilizer for growth. But let's compost it into solutions. "How can we solve this?" instead of "You're impossible!"
7. Water with Kindness: Kindness is rain. Sprinkle it generously. Even when we disagree, kindness keeps our roots connected."

And then I woke up to the screaming politicians blaming each other.

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



WHICH is former Judge Budzinski's garden.

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City getting tougher on dangerous dog owners and those being bitten



Here are some moves to curb dangerous dog bites. A public list of dangerous dogs will be posted online as City staffers visit owners of these bad dogs to warn them so others don't get hurt. City Council have voted to deliver signs warning homeowners with a record

A LIST OF dangerous dogs in Toronto will now be posted online, with their addresses.

of dangerous dogs to be posted on their property.

"Staff are delivering a new standardized sign for owners of these dangerous dogs, which must be visibly posted on their property," according to City staff.

A warning said they will also remind owners of the requirements of their dangerous dog order.

"Following these proactive visits, staff will continue to conduct regular compliance checks and respond to complaints to ensure compliance," according to the city.



A KID loving his dog.

The issue resurfaced following the horrific dog bites suffered by a Rexdale woman waiting at a bus stop when she was attacked. The City has also posted a public list of dangerous dogs that includes the first three digits of the postal code for the dog owner, ward number, the dog's

name, breed and colour, and the date of the dangerous act at: toronto.ca/DangerousDogs.

Residents are reminded that dog owners keep their dogs on leashes when out in public (except when in designated off-leash areas).

If residents observe a dog they believe to have a dangerous dog designation without its muzzle or in an off-leash park, a complaint can be made to 311 and it will be investigated.

Toronto Fire working to diversify its large and multicultural work



TORONTO FIREFIGHTERS have a hard and stressful job in this city.

Toronto Fire Services (TFS) officials say they are building a more inclusive and positive workplace culture to reflect the community.

The TFS in a report to the City said 154 operations recruits were hired last year, of which 37 per cent self-identified as a member of an equity-deserving group.

The Services in its Diversity, Equity and Inclusion report wrote they launched a Black History Month campaign spotlighting its Black staff, placed decals on trucks and held its first Black Staff Network, bringing together Black staff.

The TFS also took part in the 2023 Caribbean Carnival festivities, including Junior Carnival, Junior

Kings and Queens, and walking in the Grand Parade.

"TFS continues to be proud supporters of the 2SLGBTQ+ community, especially during Pride month," according to the report.

The Services also took part in the Toronto Pride parade alongside staff, friends, and family.

The City was told that last year fire inspectors conducted 9,413 inspections, including all vulnerable occupancies and residential high-rise buildings.

A Fire Investigations team completed 166 investigations into the origin, cause and circumstances of fires.

Crews respond to emergencies as fires, rescues, medical emergencies, hazardous materials incidents, structural collapse incidents, road and industrial accidents, and other disasters and emergencies.

The TFS, one of the largest in North America with a staff of 3,500, last year responded to 184,076 emergency incidents requiring 321,795 emergency responses, conducted inspections of 9,413 addresses, and delivered 2,935 fire safety presentations.



MORE RECRUITMENT are taking place.

Assembly Hall street photographer exhibit is hot

By TANYA VIVIDLY

Remember the name Ismayil Atmaca.



ART REVIEWER Tanya Vividly.

Her solo exhibition wrapped July 25 after a five-week showing at the Assembly Hall Gallery, at 1 Colonel Samuel Smith Park Drive.

The show makes the ordinary- extraordinary in black and white street photographs.

Highlighting contrasts of bold shapes.

Opaque shadows and high rise structures. The viewers are invited to open their mind to new expressions of beauty.

Atmaca is a great capturer of patterns shapes and angles.

I also like that the urban landscape shared a love of architecture and it's past creators that include Frank Gehry, Philip Johnson and Frank Lloyd Wright to name a few.

We also get a glimpse of his various travels and experiences in cities like Berlin, Dallas and Chicago. Redefining through the

lens ... what is avant-garde?

If you get a chance experience this artistic gem that brings together monochrome innovation and unfamiliar street souls.

Atmaca is a Toronto-based street photographer with a unique and captivating style.

'I thrive on capturing the beautiful chaos that defines life through high contrast and compelling compositions,' he wrote.

He specializes in black and white, monochrome, and

color photography. His work is a mesmerizing blend of abstract art, surrealism, and a keen eye for geometry.

Through his lens, he skilfully explores the interplay of high contrast and the diverse realities of human life.

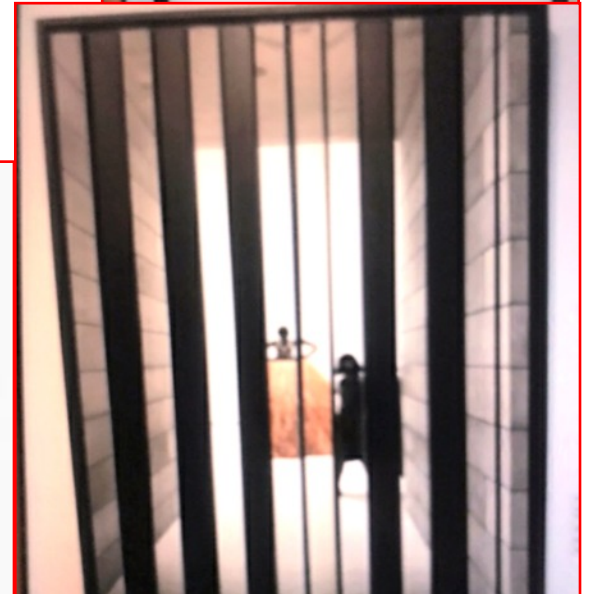
Atmaca has established a notable presence in the Canadian art scene, participating in multiple juried exhibitions across the country. His talent

also caught the attention of the international art community, leading him to attend the prestigious Other Art Fair by Saatchi Art in Los Angeles.

He weaves stories across realms of black and white, monochrome, and color photography.



STREET ARTIST Ismayil Atmaca (above, right below).



SOME OF THE URBAN landscape (above) that Atmaca is known for, along with his many works of art that people seem to like. Courtesy photos.

Looking after yourself and others in the community

AUGUST 3 RALLY HIGH PARK ACCESS TO ALL first Saturday of each month including September 3 and October 5 meet at 11 a.m. meet at Bloor Gate. Bring signs. City of Toronto council have voted to close the park until 2027 to cars. Have this bylaw amended to provide free access to the disabled, mobility challenged, seniors, young families to High Park. Sign a petition at www.change.org

AUGUST 4 PARKDALE CARIBBEAN FOOD FEST from 12 noon to 8 p.m. in honour of Michelle Davis at the Green P parking lot at 1624 Queen Street West, at Callendar Avenue, featuring vendors and other activities. Email kolorsinc@gmail.com or marketingparkdale@gmail.com

AUGUST 10 WATERFRONT FESTIVAL at Humber Bay Shores with food and fun time to be had at all from 10 a.m. to 9 p.m. with more than 40 Ontario Farmers Market vendors and live entertainment and lots more. For more call the Humber Bay Shores Condominium Association at: 416-792-4964.

AUGUST 10 22 DIVISION Community Summer Festival from 10 a.m. to 3 p.m. with pizza, snacks and ice cream truck. Arts and crafts activities with Arts Etobicoke. At Bloordale Park South, behind Bloordale United Church, at 4258 Bloor Street W.

AUGUST 11 SHORELINE CLEANUP of cigarette butts rain or shine from 10 a.m. to 2 p.m. put on by Friends of Humber Bay Park and Unsmoke Canada. The shoreline will be cleaned up and the collecting of cigarette butts. Meet at the 2195 Humber Bay Park W. Trail, at Humber Bay West near the Mimico footbridge. For more info e-mail friendsofhumberbay@gmail.com

AUGUST 24 OPEN DANCE REHEARSALS from tap to contemporary; at 1 p.m. presented by Assembly Hall in partnership with Toes for Dance. Boys' Club Tap Dance Collective and Kiera Breaugh, will perform work-in-progress excerpts of new choreography. For more visit toesfordance.ca

AUGUST 25 PIE DAY - Pie making competition: Bring your tastiest pie to compete for Best Pie Savory,

Best Pie Sweet and/or Prettiest Pie, Creative Hub 1352, 42B Woodlawn Avenue, Mississauga. Email info@creativehub1352.ca

UNTIL AUGUST 28 ALDERWOOD CHURCH Sports Summer Drop In in the church gym at 44 Delma Drive. Grades 4 to 8 from 4 to 6 p.m. and Grade 9 young adults from 6 to 8 p.m. For more information call 416-252-4166 or visit www.alderwooduc.ca

LOVE, LAUGH AND LEARN language and literacy programs for parents and their babies every Thursday until August 1 from 10 a.m. to 11:30 p.m. at Sunnylea Park, by south fence near the tennis courts, 195 Prince Edward Drive. To register e-mail early.years@stonegatechc.org

WOMEN'S WALKING GROUP EVERY Thursday from 9 a.m. to 10 a.m. until July 4 to connect with others, reduce stress, increase energy and lower blood pressure. Wear comfortable shoes and bring a hat, water and sunscreen. To register call 416-231-7070 ext. 307 or email health.promotion@stonegatechc.org.

SENIORS SOCIAL GAME GROUP for adults 55 and older last Friday of each month from 11 a.m. to 2 p.m. at Stonegate CHC, 10 Neighbourhood Lane, Unit 201, to play euchre, dominos, Uno, bridge and more. Light lunch served. To register call 416-231-7070 ext. 307 or e-mail health.promotion@stonegatechc.org.

TUESDAYS YOGA INDOORS 1 p.m. to 2 p.m. at Stonegate CHC, Trillium Room, with Stephanie from Yoga Outreach Project. Bring your own mat and water bottle. To register call 416-231-7070 ext. 307 or e-mail health.promotion@stonegatechc.org.

SENIORS GENTLE EXERCISE on Tuesdays 10 a.m. to 11 a.m. at Stonegate CHC, Trillium Room, 10 Neighbourhood Lane, Unit 201, with a registered kinesiologist who will lead the group with exercises to increase strength, balance and flexibility. To register call 416-243-0127

WEDNESDAYS YOGA INDOORS 11:30 a.m. to 12:30 p.m. at Stonegate CHC, Trillium Room, with Kat from Yoga Outreach Project. Bring your own mat and water bottle. To register call 416-231-7070 ext. 307 or e-mail health.promotion@stonegatechc.org.

WEDNESDAYS FOR CHAIR YOGA at 1 p.m. at LAMP CHC 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 FOR 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 teacher with the Canadian College of Educators. To register e-mail anthonya@lampchc.org or call 416-252-6471 ext. 246.

SHUTTLE BUS TO NO FRILLS for grocery shopping at The Queensway and Royal York Road for seniors or those with mobility issues. Buses run bi-weekly and will pick you up and drop you off at home. Call **416-231-7070 ext. 239** to fill out the necessary forms.

THE GOOD FOOD MARKET every Thursday from 12 p.m. to 3 p.m. at Stonegate CHC, 10 Neighbourhood Lane, second floor, for affordable produce. Bring your own bags and cash or debit accepted. For more call 416-231-7070 ext. 307.

WALKING GROUP WITH NIKI AND BINNY at 10:30 a.m. meet at LAMP CHC and step into a healthier, happier lifestyle with a local walking group. Lace up your shoes and let's stride towards better health. To register, contact Niki at NikiM@lampchc.org or phone 416-252-6471 ext. 257.

SOUTH ETOBICOKE COMMUNITY LAND TRUST be a part of a transformative movement. You'll have a say in preserving affordable housing, green spaces, and community amenities for generations to come. more contact info@SECLT.ca.

THE WEST TORONTO DIABETES EDUCATION program is a free service consisting of a team of Registered Dietitians and Nurses providing free diabetes education and support for adults (18+) living with type 2 diabetes and prediabetes. For more information, call 416-252-1928 Ext. 100.

SEPTEMBER 7 FAMILY EXTRAVAGANZA at Franklin Horner Community Centre, 423 Horner Avenue from 11 a.m. to 5 p.m. Once again Royal LePage Porritt Real Estate will be sponsoring a bouncy castle. There will be a number of fun activities.

SEPTEMBER 7 HIGH PARK RALLY 11 am. Bloorgate. The park was closed to COVID and has remained so on weekends and statutory holidays making it hard for seniors, mobility challenged or disabled to get around. Help take back High Park and sign petition at change.org

SEPTEMBER 15 ETOBICOKE TERRY FOX RUN for cancer research at West Deane Park from 8 a.m. to 1 p.m. Lots of fun for all ages with live music, face painting, a bouncy castle, BBQ, and more! For more information email s.sprenger@rogers.com

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Lakeshore Charitable Foundation



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.

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



Saying bye to Peter

OBITUARY

Many of us are mourning the loss of long-time area resident Peter Neilson who passed away quietly. Peter passed away last month at the age of 57. He loved the New Toronto area and was known by many residents. Peter held a number of jobs including serving as a delivery agent for The South Etobicoke News for about a year. Peter always showed up for work and loved the people he served. He had a loving family and friends and will be missed by many in our community. RIP Peter.

Karaoke is popular and going strong in community venues



By RON JAMIBSON

In my last column, I wrote about how karaoke has been demonized by the musical community.

I wanted to write about the other side about how karaoke has a lot of benefits to offer both patrons and bar owners.

First, karaoke is almost the definition of audience engagement.

Members of the audience participate in the show. They ARE the show. Audience members will cheer and applaud – especially when the singer is very good. It is considered rude to jeer or boo. So, karaoke can also be supportive.

For people who love to sing in the shower, karaoke is a chance to test out their vocal skills in front of an audience. It doesn't mean all karaoke singers are aspiring recording

artists, but the applause provides feedback on how well they sing and can encourage them to try to sing more.

Karaoke can be an opportunity to develop someone's vocal skills. These can include technical skills, such as how to use the microphone as well as discovering their vocal range and how to "project" their voices.

I rediscovered karaoke when I was invited to play in a classic rock band. Everyone in this band took a turn doing lead vocals and up until then, my vocal contribution amounted to the odd "oooo" or "aaahh" in the background (I just played guitar). So, this put some pressure on me to learn how to sing while playing guitar. At the same time, I was playing in a jam at the Rockpile and, during the summer, we played



outdoors on the patio on Wednesday nights, which happened to coincide with karaoke night inside the club. When I wasn't playing outside, I'd sometimes go inside to see what karaoke was all about. But also, a couple of the karaoke singers wanted to try out singing with a live band.

We got to know each other and they suggested I try coming out for karaoke to work on my singing.

They introduced me to the karaoke hostess and showed me how to select backing tracks – which ones were the best and which ones to avoid (karaoke tracks are produced by a variety of publishers)

Most importantly, I got coaching from my new friends on using the mic and a lot of encouragement along the way.

One of the things I found about karaoke was that I got exposed to a lot of songs I'd never heard before because each singer brings their own unique tastes to the bar.

I use karaoke to try out songs that I wanted to play guitar on as well as sing. This helped me get more familiar with the lyrics – which I never really had to get to know thoroughly when I just played guitar – as well as the key that worked best for me. It took me a while to build up enough songs that I could play guitar and sing that would represent a set for a band.

I learned which genres of music were good fits for my vocal skills and range and which were not. You can explore karaoke Sundays at The Rockpile, The Old Sod from 8 p.m. until midnight. The Long Branch Social House on Mondays from 10 p.m. to 1 a.m.



City Clean Air Plan



FOREST FIRES from the west travel and affects the entire country, including us.

A plan by City officials to provide Cleaner Air Spaces is being considered to offer safe spaces for the elderly and other people during smoke-related events in Toronto.

The concern was brought up to Toronto Council in a July 4 report from the Deputy Medical Officer of Health and the Associate Medical Officer of Health. The safe spaces will be provided for those who face challenges accessing clean air or who lack air filtration systems at home.

The location for the clean air spaces locations will include Etobicoke and other Toronto civic centres, including Metro and City Halls.

"These locations will operate as cleaner air spaces during their regular operating hours, welcoming residents in need of respite from the smoke," according to the health officials

In June 2023, Toronto experienced the impacts of wildfire smoke on its air quality for the first time, posing health risks, especially to vulnerable populations disproportionately impacted by poor air quality. In response, Toronto Public Health developed an initial Wildfire Smoke Response Strategy.



PROTESTING for a cleaner environment globally



CLEANER AIR SPACES like this air outside can catch on with the changing climate.

Due to climate change, wildfires have become an increasingly significant concern worldwide, impacting ecosystems, communities, and public health. The effects of wildfires extend beyond the immediate vicinity of the fire, as wildfire smoke can travel long distances, impacting air quality in distant regions.

Police on trail of man sought for racial slur hit



SUSPECT (top, bottom) sought by police after a person was injured in a hate motivated assault.

Police are moving in on a suspect sought for an alleged hate-motivated assault in the Kipling and Evans Avenues area.

Detectives have released an image of the wanted man who may be from the area. It is alleged by police that two men and the victim were involved in a verbal altercation last January and police were called.

"During the altercation, the two men made anti-Black slurs before assaulting the victim," according to a police news release. "The suspects then fled the scene in a red vehicle."

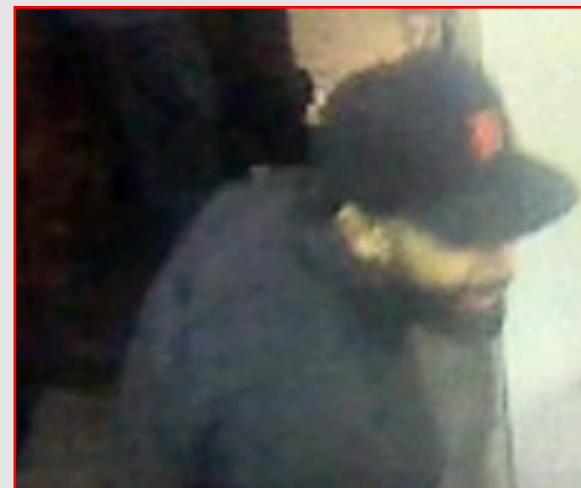
Amritpal Singh Buttar, 23, of Brampton, turned himself into police last July and was charged with intimidation and assault.

The outstanding suspect is described as male, approximately 25-years-old, 5'6", thin build, black beard, wearing black clothes, white running shoes and a black hat.

Anyone with information is asked to contact police at 416-808-3500, Crime Stoppers

anonymously at 416-222-TIPS (8477), or at www.222tips.com.

This investigation is being treated as a suspected hate-motivated offence. When suspected hate-motivated offences are reported to police, the investigation could be led by a Divisional investigator with the support of the Hate Crime Unit (HCU).





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**17 College St
Rexdale**

Renovated 3 BR bungalow with separate entrance to finished basement. 2 full baths.
\$999,000



**1808-1535 Lakeshore Rd E
Mississauga**

Spacious 3BR + den condo with 2 full baths, balcony and underground parking.
\$739,000



**174 Thirtieth St
Etobicoke**

50 frontage with 7 car garage. Income opportunity with 2 units in house & garage. Zoned E1.
\$1,200,000



**12-785 Browns Line
Alderwood**

Spacious 3BR lower unit with one car underground parking. Steps to shopping, transit, schools.
\$479,000



**590 Horner Ave
Alderwood**

Large lot with 80 ft frontage. 3 BR + den. Charming character home w/ formal dining room.
\$1,799,000



**510-1535 Lakeshore Rd E
Mississauga**

Spacious 3BR condo with 2 full baths, balcony and underground parking. South exposure
\$699,000



**1575 Lakeshore Rd W #302
Clarkson**

Beautiful 1+1 condo with walkout to balcony. 1 full bath. Open concept and 1 car parking.
\$589,000



**24 Ash Cres,
Long Branch**

Beautiful character 3 bedroom home. 2 full bath. Detached garage & private drive.
\$1,288,900

Extravaganza

We are sponsoring the bouncy castle again this year Located at Franklin Horner Senior Centre, 432 Horner Ave.

Sat Sept 7th 11am-5pm

Hope to see you there!



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

