



Arif Virani, MP Parkdale-High Park



You're invited:



Join us for MP Virani's annual Canada Day picnic!

Come celebrate with friends and neighbours and enjoy entertainment, games for the kids, refreshments, and more - and don't forget to wear your **red** and **white**!

Date and Time: July 1 from 12 to 2 p.m.
Location: High Park (Bloor Street entrance)

To everyone in Parkdale-High Park and across Canada,
Happy Canada Day!

AVirani.liberal.ca | Arif.Virani@parl.gc.ca



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/ArifViraniMP



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Parkdale-High Park Office

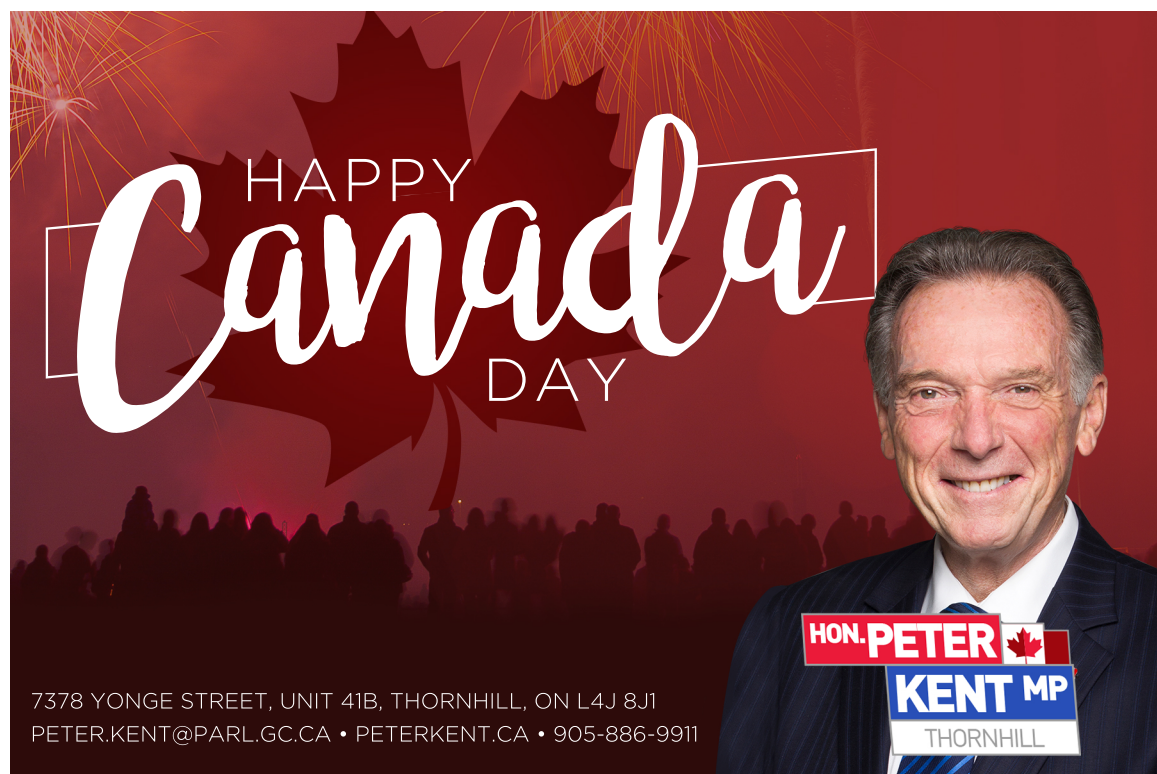
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INDOOR GARDENING KEN BROWN

This is the time when we can enjoy our planting

The middle of June is usually time to sit back and admire the growth in all of our containers but many of us will still be planting some of them. One of the wettest and coolest springs has delayed the season by a week or three. The number of warm sunny days that might have called us outdoors have been few and far between. Balcony gardeners can have some sympathy for those who are still cutting their lawns. The weather has made them grow wonderfully but has provided them with few opportunities to go out and mow them.



Big Duck marigolds.

I would normally be starting to plan what I might put into the containers where the Pansies are fading from the heat except that they aren't and they were really only planted a couple of weeks ago instead of their usual late April. Nonetheless I can wander through the garden centre looking for something new and different that I can eventually plant to keep the balcony bright and exciting through the summer months. If you have a sunny location then there are some wonderful new marigolds this year with the interesting name of Big Duck, orange and yellow.

They have the big blooms of the African types but are more compact and shorter. This is the time of year that I find myself repeating my tips for growing great containers and that tip is fertilizer. Most of the growing medium that we have in our containers has little nutrient value and that leaves us to provide it. I have used the slow release types with some success but for the last few years I have taken to continuously providing liquid fertilizer. Every time I fill the watering can there is soluble fertilizer added to that water. Using something less than the recommended rate but providing it continuously seems to make all of my containers thrive. It is also very important to keep those containers adequately watered. Letting the plants start to wilt a bit and then recover will greatly reduce their growth and longevity. When they are filled with healthy plants they might require water on an almost daily basis. My enjoyable morning ritual is



wandering through all of my containers enjoying their contents while checking to see if they need water.

Many of us enjoy seeing the efforts of other gardeners and do so by taking part in some of the many garden tours that take place. One of the best, is at

Garden Walk Buffalo. It features over 400 gardens most of which are concentrated in a few walkable neighbourhoods. There are a few shuttle buses between each neighbourhood and most of the gardens show the quirky and distinctive Buffalo garden style. Best of all, It's free. ★

Ken Brown is a horticulturist with extensive houseplant and container gardening experience. He will gladly answer questions addressed to him c/o Hi Rise. He currently devotes his time to his website www.gardening-enjoyed.com

All Don Valley West Residents are invited to ... Canada Day Picnic

at the Aga Khan Museum 77 Wynford Dr., Toronto, ON M3C 1K1

Monday, July 1, 2019 11:00 am to 1:00 pm

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Kathleen Wynne, MPP
Don Valley West

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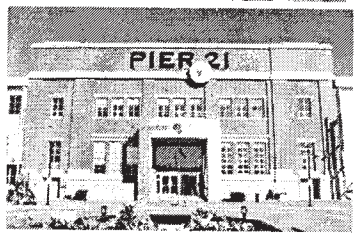
Pier 21 was an immigration depot on the Halifax harbor front that operated from 1928 to 1971 when it was closed because more people came by plane. The point of entry for some one million immigrants into Canada. And, it was the point of departure for nearly 500,000 soldiers in the Second World War. It has often been called the "Gateway to Canada." Today it is a national historic site and museum.

When it comes to talking about immigration into Canada, however, we actually have to bring in the anthropologists. An example is the Inuit who are believed to have arrived in what we now call out dear Canada, around 1200 CE.

Over the centuries there would be many reasons why people chose to come to what would become Canada, such as, industrialization coming to Europe forcing many labourers out of jobs, rampant diseases, religious persecution, famines such as the potato famine in Ireland, and general overcrowding in European cities.

Then, Canada enacted the Canadian Citizenship Act in 1946 which codified parameters to become a citizen of our country. The laws around citizenship have kept changing over the years. Whatever, Canada welcomes newcomers in a way that is the envy of the world.

And, I, personally, know a lot about that. A few years back, I was honored to be appointed a Canadian Citizenship Judge. If you think emotions run high amongst all the new citizens taking their oath to Canada, you can't imagine my emotion. Mainly, I felt pride for how much effort these people had put in to overcoming so many hurdles, from escaping wars to wanting a



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better life for their children. My pride also included how Canada accepts newcomers.

We are so proud of our unique identity that we even do not like to be taken for Americans, though we share a continent.

Truth be told, when Canadians get mixed up as Americans while traveling, we are not flattered. And, amongst many other reasons, there is a definite historic reason for that.

Just before Canada became a country in 1867, the Americans were fighting the most horrendous war in their history, the American Civil War, 1860-1865. Our Founding Fathers kept a close eye on matters south of the 49th parallel. In short, they didn't want their new country to end up like that.

Politically, the most important thing they did was to counter the American set-up of powerful states' rights. In Canada, we would have a very powerful Federal Government, right from the get-go, to bind us into a political and emotional country.

We succeeded.

Yes, there was a time, in recent Quebec history where this seemed to be in doubt, but we weathered that storm and came out feeling better about our linked diversity.

So, dear readers, this picture says it all. Lacrosse and Indigenous peoples. Immigrants and hockey. We are all Canadian -- equally, proudly!★

Dr. Burns is a social historian focused on values throughout the ages.

LETTER

Apartments should display the flag

Having been a resident of Thorncliffe Park for well over 25 years I have seen immigrants becoming new Canadians and feel very proud that our country has seen them become such fine citizens.

I have been aware, these past years especially, that many Toronto apartment buildings housing many new Canadian families and recent immigrants, do not fly our Canadian Flag on Canada Day. This would be a nice gesture as it would remind everyone about the significance of such a day in Canadian history. I have approached my building, even getting a large flag to fly outside, but have not had any luck with management. Many buildings do fly our flag but alas a few do not. Is there any way to approach the building managers and suggest the flag be flown on Canada Day outside the buildings?★

*D. Baird,
Thorncliffe Park.*

EDITORIAL



D-Day and beyond

I felt very moved as I watched a bemedalled veteran of D Day, retrace the steps he took to arrive at the hte beaches of Normanby, 75 years ago.

There he fought for our freedom with other Canadians residents of the U.K. and Americans, in this defiling battle of World War II.

So many did not return. And of those who did, he said, "We went as boys and returned as men. We did not realize what we were facing.. We thought it would be over soon."

I was also amazed to learn that 3000 secret agents, most of them women, parachuted into France, weeks ahead of the battle, trained to make bombs, blow up bridges ad more. This in a time women were encouraged to stay home. When they returned that is what they did. Their families never knew, their mission was kept so secret

Now as we move towards the Canada Day celebrations, let us keep in mind what these men and women did, so that we would have the freedom to celebrate.

Soon we will be asked to vote in a Federal election , a freedom we also have because of them

Already we are starting to hear campaign promises and accusations. There are serious issues at stake. For me climate change is high on my list.

We'll be hearing about various solutions. Others continue to deny it is happening or minimize the problem.

For instance the newly elected premier of Alberta carried out his promise of cancelling g the carbon tax while thick acid smoke frm wildfires blanketed the legislative buildings. No matter what your opinion of this measure, I am troubled when no alternative is offered.

Gun control is another issue where there are conflicting views. What do you think should be done?

Over the summer we need to watch and listen carefully to what is being said. Some candidates will offer simplistic slogans that sound good at first. But there is nothing simple about these and other issues facing Canadians.

As we listen think of those who fought and died so that we are free to make choices and express our views.

Happy Canada Day!

Valerie M. Dunn,
Editor Publisher

Valerie M. Dunn

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Art Director: Iris R. Ward

Copy Editor: Thora Bacchus Ad Designer: Arif Rahim

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Website and Technical Support: Dragan Nikolic

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Distribution: Ontop Distribution Services Ltd.

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Hi-Rise Community Newspaper is published by Val Publications Ltd.
Mailing Address

Unit 121, 95 Leeward Glenway. Toronto ON M3C 2Z6

Door-to-door distribution in selected apartments, townhouses and businesses in 7 areas of the GTA. Hi-Rise is published by an independent, small business. Opinions expressed are not necessarily those of the editor or publisher.

Vol 39, No. 7, 2019 by Val Publications Ltd.
ISSN 071-5948. Issued 11 times yearly.



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Bullying and The Older Adult Seminar focuses on Elder Abuse and will be held on Tues. July 9, from 11 AM to 12:30 PM. Abuse varies from harassment such as physically hurting, intimidating, scaring, or bullying. The abuse can happen anywhere: Home, retirement residence, seniors' centres and public places. This presentation also explains what bullied person and bystanders can do to support those in need. Central Eglinton Community Centre, 160 Eglinton Ave. E. (at Redpath Ave.) 416-392-0511, ex. 228. www.centraleglinton.com. 2nd Fl. Program Room. FREE.

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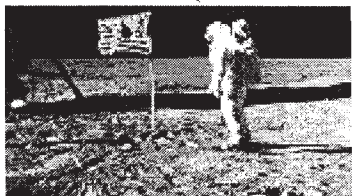
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MOVIE REVIEW

APOLLO 11: FIRST STEPS EDITION ★★★★★
 PG
 47 minutes
 Space documentary
 Profanity: none
 Director: Todd Douglas Miller

This superlative IMAX documentary by film director Miller tells the inside story of NASA's most celebrated mission that put the first Humans on the Moon and forever made Neil Armstrong, Buzz Aldrin and Michael Collins household names. Timed to coincide with the 50th anniversary of NASA's celebrated Apollo 11 mission, it's crafted from a newly discovered trove of 65mm large-format film (including never-before-seen footage) and editing of 11,000 hours of uncatalogued audio recordings.

We are immersed in the perspectives of the astronauts, Mission Control, and millions of



spectators on the ground, as we vividly experience those momentous days and hours in 1969, culminating in Armstrong's famous quote on July 20 as he stepped onto the Moon: *"That's one small step for Man, one giant leap for Mankind"*. People around the World held their collective breath for the 13 days of this historic mission until the three astronauts splashed down safely in the Pacific Ocean. Superlatively filmed and edited, anyone who's at all interested in Space will be utterly captivated by the awesome quality of this film.

The Ontario Science Centre is also celebrating its 50th Anniversary, and has launched its latest exhibit *Astronaut* – a perfect companion piece to APOLLO 11. You will learn about training challenges, experience G-Force, wear a flight suit, simulate a rocket launch, and see what happens to food in zero gravity. I was particularly fascinated by the sequences filmed in the International Space Station with various astronauts showing us how and what to eat, how and where to sleep, how to wash your hair, etc. *Astronaut* runs until September 2.

ROCKETMAN ★★½
 14A
 121 minutes
 Profanity: Heavy
 Musical Biopic/Fantasy
 Cast: Taron Egerton, Jamie Bell, Richard Madden
 Director: Dexter Fletcher

Set to many of Elton John's most well-known songs, sung by Taron Egerton, the film tells the story of

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DAVID KING



how a shy musical prodigy Reginald Dwight, reinvented himself to become one of the most iconic figures in pop culture, Elton John.



As a child, Reginald (Egerton) suffered emotionally with a cold, distant father and a mother who is uninvolved and sometimes verbally cruel. He finds early "salvation" in the form of music but as he transforms into Elton, he is unable to find or recognise true love; he continues to feel rejected by his parents and he battles with his sexuality. Fame and fortune catapult him into a world of alcohol, drugs and sex which he fully embraces in an attempt to assuage his loneliness.

The acting is very good and the characters are all believable; I felt Elton's hurts; I was glad of Bernie Taupin's (Bell) lifelong friendship and musical collaboration; I despised the manipulative John Reid (Madden); and I was appalled by his dismissive parents. The film is billed as a "musical fantasy" but as Elton John and his real-life partner (Canadian David Furnish) are producers, it's probably more real than not.

ROCKETMAN is cleverly constructed, with dance and drug-fantasy scenes, and compels the audience to empathise as we watch the arc of Elton's life from unhappiness, to hope, to despair and back. I do wish the director (Fletcher) had shortened the 30-minutes-or-so of drug-and-alcohol fueled scenes; they were unnecessary, gratuitous and often boring. The film certainly earns its restricted classification but Elton's journey and music makes the (abundant) profanity and vulgarity bearable.

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Seniors' Self-Defense is a program created by SAFE International™ offered at the Central Eglinton Community Centre, 160 Eglinton Ave. E. It focuses on the Awareness and Avoidance component of personal safety. Seniors are taught how to defend themselves – such as striking most vulnerable parts of the body not requiring great strength. All practiced in a safe and supportive environment. Fridays, July 19 and 26. Please attend both days. 1:00 PM – 3:00 PM. FREE. Register by July 12. 416-392-0511, ex. 0.

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ASK MICHELLE

Shower guests asked to B.Y.O.B.

Dear Michelle,
I'm co hosting a bridal shower for my daughter with her future mother in law. It will be a very large shower and in order to keep costs down the groom's mother would like the invitations to say B.Y.O.B (bring your own booze) I am not comfortable with this idea, and feel that we should provide all the beverages. What is your view on this matter? -L.P.

Dear L.P.
How exciting! Congratulations on the upcoming nuptials. Your guests will be coming and bringing gifts and therefore, I believe that you both should be providing the food and beverages for the shower. Having said that, if your guests wish to bring beverages that would be welcome. However, I do not think it is appropriate to have B.Y.O.B. on the invitations for this social engagement.

All the best,
Michelle

Dear Michelle,
I am a 27-year-old female and I have recently started a new job at a well-known insurance company. On my third day of work, one of the ladies in the office asked me how much my salary was. I felt uncomfortable answering that question and changed the subject. Recently she brought it up again, I did my best to laugh it off. I'm afraid she will bring it up again and I don't know how to handle it. How can I get her to back off, without making enemies at my new job?
A.G.

Dear A.G.
Congratulations on your new job! It's natural when someone new starts at a company people will be curious about them. However, it is rude to ask what a colleague is earning. When she brings it up



again, tell her that you don't think it's a good idea for you to discuss your salary as information like that is confidential and you don't wish to jeopardize your job.

Hope this helps.
Michelle

Dear Michelle,
My husband and I go to great lengths to keep our property well maintained. My next-door neighbour waits weeks until he cuts his grass. Besides looking awful, we have recently noticed a skunk hanging about. We need to draw his attention to his lack of maintenance, and we are unsure what words to use that won't insult him. After all we must live next door to him. Your help would be appreciated.
Many thanks,
M.S.

Dear M.S.
I understand your dilemma. No one would want to run into a skunk and risk upsetting it, being sprayed would be awful. I think instead of drawing his attention to his lack of maintenance, perhaps tell him that you have noticed a skunk hanging around both your properties. Suggest that you both need to come up with a plan to dissuade the skunk from loitering on your properties. Openly discuss keeping the lawns trimmed and try to encourage discussion from him on the issue so that he feels involved in finding solutions to this problem. Good luck!
Michelle

Do you have a question for Michelle?
Please email her at:
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5 worthy reasons for hiring a personal trainer



Hiring a personal trainer at times can be a daunting task. Not just the selection process but determining if getting one on the payroll is the right decision for you. To prevent you from falling down that path of poor decisions use this article as a guide in helping you determine if it's the right step in hiring a personal trainer.

What's a Personal Trainer?

A personal trainer is a fitness professional who is highly knowledgeable about the body. They use their information to assist in improving overall physical fitness, strength, mobility or daily performance. Hiring a personal trainer that understands how your body adapts to training can allow a person to get better results in less time.

Science can be used to calculate the changes of the human body.

A good personal trainer would have a significant amount of information on this and can help a person move forward faster on their health or fitness based goals.

As a coach and trainer myself I have been able to recognize when is the right time or worthy reason for hiring a personal trainer.

Reason 1: Improving Technique

When you are in the gym or working out in general it can sometimes become a challenge in

seeing the correct exercise technique. Often times improper form can lead to injury or poor fitness results. By hiring a personal trainer you can learn how to move efficiently and effectively to get better results in your workouts.

Reason 2: Motivation

One of the biggest reasons fitness seekers fall off the wagon is lacking motivation. The motivation to get out of the house and walk into the gym or get it done at home is something hiring a personal trainer can help with. The connection created by having a good personal trainer can be a catalyst to getting in shape. It's something to experience when you work with an outstanding personal trainer.

Reason 3: Accountability

Hiring a personal trainer has the ability to improve accountability. So many times we've worked with members in our studios to find out the reason they were lacking the results they desired was because nobody held them accountable. Each session worked with a coach or personal trainer reinforces results. This

alone can change your body and mind drastically.

Reason 4: Fat Loss or Weight Loss

Fat loss or weight loss is greatly linked to understanding workout intensity and tweaking resting times between exercises. Add in nutrition into the equation and you learn the best tools from a wise personal trainer.

Reason 5: Muscle Building

Building muscle requires lifting weights which may be heavier than usual. A personal trainer knows what works best for the human body and that alone can help with building lean quality muscle.

When it comes to getting results and wanting to improve your overall health the best option will always be hiring a personal trainer or as we say working with a coach. The techniques you learn, motivation you gain and undivided attention that helps keep you accountable along the way makes a difference.★

Be sure to pre-order my brand new book on health and wellness called **Reboot: The Path To Personal Breakthrough!** You can get a signed copy at: www.femidoylemarshall.com/books

Femi Doyle-Marshall, BSC. Kine NPCTC is a fitness coach, trainer and consultant helping members get lean, healthy and strong inside and outside the gym. He is also the founder of New Persona.

culture/language classes every Saturday at St. Elizabeth of Hungary Church for eight years when I was a child.

"Thanks" for educating me in Canadian and Hungarian music, art, literature, and film. Sundays for eight years my family attended movie night at the Hungarian Cultural Centre. We watched Hungarian actor Pager Antal's dramas; laughed at actor Csontos Gyula's silly comedies and cried at the historical films recreating Hungary's and Canada's historical victories and losses.

"Thanks" to Canada for its attention to the special visit made to Canada by Cardinal Mindszenty in the 1970s. He was imprisoned for years by the Soviet regime because he dared to challenge the dictatorship. Standing with the adults during prayer and the performance of the Hungarian and Canadian anthems, as an eight-year-old I watched the adults around me tearfully pray and sing. I could not quite grasp the emotion then, but as an adult now, reading the letters my Grandmother received during the Second World War from my Grandfather imprisoned in a Siberian (Murmansk) prison camp, I cannot express the emotion I have for this FREE country called "Canada" – the blessings we enjoy without fear nor retribution.

The International Caravan Festival was an important yearly event that, for one week, introduced Canadians to one another's cultures. Ticket-holders were issued "passports" which were stamped when cultural centres, churches, or synagogues were visited. Canadians tasted Hungarian Weiner Schnitzel, Japanese Saki, Greek Pierogis and countless other, mouth-watering international foods, enjoyed whilst watching the dances, listening to the music... and making international friends amongst neighbours... in Toronto during that special week.

Thanks to Caravan, Toronto residents and visitors today can visit the Caribbean along St. Clair Avenue, west of Yonge... shop in Chinatown downtown... visit the Middle East on Wynford Drive at the Aga Khan Centre... or enjoy Japanese Saki, just around the corner from Wynford Drive. Visit the world... all in two blocks... "Thanks" and "Happy Canada Day" to everyone!★

Ida Fedor-Baan, an apartment resident, was on the staff of Hi-Rise in its earlier years and has returned as community news writer and administrative assistant. Ida is also a home-based magazine newsletter production artist and dressmaker/alterationist. (website: sewandalter.ca) She can be reached at 647-765-6063 ida.fedorbaan@yahoo.ca

it is that you want to accomplish. Identify and write down the goal you want to reach. It should be something specific, not a generality like "be a better person" or "be a happier person." It might be to stop smoking, to learn a new language, to get that promotion at the office, or any of a thousand other things that would actually make you healthier, happier or more content.

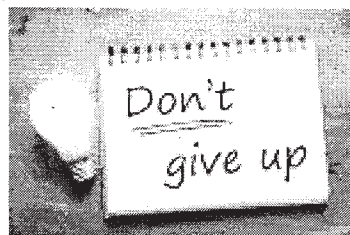
What you write down should become your purpose, something that you are going to give priority in your life. This means redefining your overall priorities. It means not letting yourself be distracted by lesser goals that are going to stop or distract you from achieving what you really want to achieve. This may mean saying no sometimes or rearranging schedules to work toward your goal. The idea is to keep the focus on the thing you most want to achieve at this time.

When your top goal is something large, your next step is to figure out the steps you need to take to finally get you to that goal. If an office promotion is what's important to you, for example, maybe the first steps are doing small things to make yourself and your talents more visible, or volunteering to take on new projects that will help lead you to that bigger goal.

When you have a clear goal that you write down and keep focused on, then it's easier to see that temptation to quit is just another obstacle in the way, and one that you can find ways to overcome.★

This material is supplied by the American Counselling Association.

A BETTER YOU You don't want to give up



Life is full of challenges. Some big, some small, but all can dishearten us at times and make us feel overwhelmed and discouraged.

While the goal of some challenge may be important to you, it can be easy to lose sight of that goal when things get in the way. Other responsibilities, a task's difficulty, a lack of time or just the fear of failing, can all cause you to give up.

Step one in taking on a challenge is clearly defining what

OPINION

IDA FEDOR-BAAN

Canada Day – Celebrate and "Thanks!"

"Thanks" is my salutation for Canada Day as we celebrate the foundation in 1867 of this free, multicultural, and wealthy country called CANADA. Over 80 different cultures now inhabit this country. "Thanks" for the freedom. I am a 56-year-old first generation Canadian, born here of Hungarian immigrant parents. They fled the October 1956 Revolution when the people launched an unsuccessful revolt against Soviet Communist tyranny. My family wanted me to be "Canadian".

That meant attending school and community events. They also wanted to ensure I learn Hungarian culture via the arts, music, and literature and that I learn Hungarian as a second language. Note that Canada was one of the first countries to welcome Hungarian refugees to Canada.

Hungary's population is shrinking dramatically – estimated at six million now in Europe, and many fear, under threat of extinction within the next 100 years. Hungarians have been occupants of the Carpathian Basin for over 1,200 years. Historians still question



Ida's mother Ilona (aged 18) and Grandmother Maria on a ship to Canada, as refugees.

Hungarians' origins: Sumerian? Asian? It is a mixture – many tribes lived in and passed through the Carpathian Basin

I speak/write Hungarian fluently. Like most first generation Canadians, my youth was filled with education, books in languages, music, politics, and a loving family.

My generation had and have more responsibility than the average Canadian: I translated Hungarian (spoken at home) to English for a parent and grandparents who did not speak the language.

"Thanks" – to my family for enrolling me in Hungarian

AWARENESS

Action needed now

This was written just after that night Raptors won a game but not so lucky afterwards. But the final result as we all know, was the championship. Good news to mitigate the bad.

First with numerous rain storms flooding Toronto Islands with a fish seen swimming across a road there, Rosie DiManno wrote in *The Star* that the water level was 76.03 metres beyond the regular level.

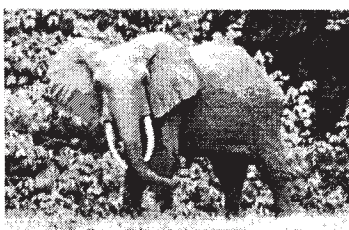
Then I got a copy of the June *National Geographic* magazine and they spoke of the way evil people are treating animals just to make money. These people had captured wild animals and used them terribly. There was a picture of a lion lying on a floor of golden wooden tiles and a chain visible around his neck, showing pictures of 12 different women, each kneeling behind the lion with their hands on its back. These woman paid to have their photos taken in this pose.

Later a picture of an elephant trained to do what the owners had



planned for them, and chaining their legs 2 feet across when they were not used for taking pictures.

Another picture of an animal called a Pangolin, with beautiful scales on its back, which are being killed for hundreds of years because the doctors in the far east believed falsely that they had healing properties, which they don't.



Also, a brown bear is shown standing, in all sorts of pictures so

IRIS WARD



families could have pictures taken with them.

Now authorities are taking action about all these illegal actions around the world, to stop these crimes against these animals. There is one picture of a person carefully holding an animal



Pangolin.

which won't live long because it was not fed what it needed to eat.

All over the world the weather is changing, affecting animals, people, and the environment, and we have got to try and help those who need help.

So that is my rant for the moment.★

The author, a condo owner, is a professional artist. She can be reached at 416-429-0475 or at her email address: irisward@sympatico.ca

GET ORGANIZED

KATARINA VON KOENIG ILIC

Do you believe in miracles before 7 am?

June has come and gone. Half the year is over and we are way past resolutions. So...how'd you do? I know I left some of my resolutions in the dust somewhere between February and March but the beauty of a 12 month year is that you get the mid-year check in, sort of like a six month review at work.

The one resolution that I have kept is to read more. Recently I read a book that awakened both the skeptic in me and the hope in me. *The Miracle Morning*, a book by Hal Elrod, has been a book that's come up over and over again in my life and I finally sat down to read it. It promises a way of creating the life you want.

I am all about changing your life but the concepts within the book seemed so simple to me. Could it really work and is it really that easy? The one thing that I can say is, it got me reviewing where I am as opposed to where I thought I'd be at this point in my life. My columns thus far in this paper have been about productivity, organizing and changing your life for the better. This book promises a fast, effective way to bring about a new bloom in your life. Before I give my recommendation to this book I thought I'd try it myself.

Step one began with me reading the book. The book takes you through a 60 minute morning routine that will change your life and make you more productive. (It lets you adapt the routine if you don't have 60 min to spare) That last part hooked me on trying this. Anything that can be adapted to my lifestyle works for me!!!

The basic concept of the book is this: Wake up properly (yes



folks, there is a technique given for this); complete the **LIFE SAVERS** (Silence, Affirmations, Visualization, Exercise, Reading, & Scribing) and after a month you will notice you are more productive and happy and you will attract the life you want.

Okay...being a journalist I researched Youtube and other sources on people who have done this routine and have seen amazing results. I have learned, in my 36 years, that unless you see it, it's kind of hard to believe it (just call me Doubting Thomas, in that respect). So here I go...I will try this life changing routine and let you know how it goes! For the next six articles, not counting this one, I will take you through each life saver and my experience with it.

The author, Hal Elrod gives you a 30 day challenge. I personally believe it will take longer thus I give myself a six month challenge. Dear readers stay tuned because next month I will take you through my experience with waking up properly and surrendering to silence.

Until next time keep well and as always stay productive and organized!!!★

Katarina graduated from UofT with a major in political science and classics and a minor in philosophy. She continues her post graduate studies in journalism and adult learning and education and holds certification in media relations. She is passionate about writing and can be reached at: von_koenig2003@yahoo.ca

MUFFY'S COLLECTION

Osso Buco

6 thick slices veal flour salt
1 medium onion, finely chopped
1/2 cup water
1 cup dry white wine
freshly ground pepper
olive oil
2 cloves garlic, crushed
4-6 tbsp. tomato paste
1 clove garlic, crushed
finely chopped parsley

Cover both sides of meat in flour and season with salt and pepper. Brown on both sides in oil, then add the two cloves of garlic and finely chopped onion. Pour over the water, white wine, and tomato paste; cover and simmer gently for approximately 1-1/2 hours, or until tender. Add the remaining clove of garlic to the sauce. Serve with rice, and sprinkled liberally with finely chopped parsley.

Strawberry Scones

(Preheat oven 425F/220C)

1-1/2 cup (375 mL) strawberries
2-1/4 cup (550 mL) flour
3 tbsp (45 mL) sugar
2 tsp. (10 mL) baking powder
1/4 tsp. (1 mL) salt
6 tbsp (100 mL) margarine
2/3 cup (150 mL) milk

●Hull strawberries and cut into 1/2 inch (1.25 cm) pieces and set aside.

●In large bowl, mix together flour, sugar, baking powder and salt. Cut

in margarine until mix-ture resembles course crumbs. Stir in reserved straw-berries. Toss well to coat. Add milk, and using a fork, toss lightly together until mixture holds itself.

●Form into a ball with floured hands. On floured board, roll dough out to 1/2 inch (1.25 cm) thickness. Cut into 2-1/2 inch (6.25 cm) circles.

●Place on greased baking cookie sheet and bake for 12 minutes or until golden. Serve warm.

Makes 12 scones

Cheese Puffs

(Preheat oven 350°F)

1/2 cup butter, softened
8 ozs. Process American cheese, shredded
1 cup Flour
1/4 tsp. Salt

●Beat butter and cheese in a medium size bowl with electric mixer until smooth. Stir in flour and salt until well mixed; knead lightly with hands to form a soft dough.

●Roll into balls, 1 teaspoon at a time; place on greased cookie sheets.

●Bake for 15 minutes or until golden. Serve hot

Makes about 4 dozen

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Forty years ago, Sam and his two partners became second generation owners of a mattress company. Business was rolling as the company had good products and a great relationship with their suppliers and customers. Suddenly, one of the partners developed cancer and was out of work for a year. Sadly, he died. Guess who Sam's new partner became? Partner #3's, who was now the deceased ones wife. Sam had a Buy/Sell Agreement but unfortunately, it was not funded. Sam and partner #2 had to pay money from their own savings to buy out the shares of Partner #3 to his widow. I know the story too well since Sam is my father, former owner of Queen City Bedding.

Silent partner insurance is a solution that benefits small business owners. The silent partner 'contributes' via the payout whether an executive get's sick (Silent Partner Pay Cheque Insurance) or/and if he/she passes away (Silent Partner Buy/Sell Insurance).

It is available for sole proprietors, partners in a corporation, or an executive team at a publicly traded company. The key is to sit down with a wealth and health broker who can help you work 'on' your business, so that you can keep rolling 'in' your business.

Ask yourself the following questions as an executive:

If you were out of action for six months, would your accounts receivable increase?

Will your employees stick around to see if your business is viable?

Will your partner pay your salary six months from now (or longer) if you are recovering from a serious illness or injury?

If you answered 'No' to any or all of the questions above, speak to a Wealth and Health Broker you trust about Silent Partner Insurance.

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WANDERLUST

A journey to El Teide in Spain's canary islands

by Charles Schwartz

A half-day is a frustratingly, short amount of time to devote to the exploration of a new destination, let alone one that has abundant, natural beauty and holds so much interest as Tenerife. Our normal inclination in such a situation would be to rent a car and map out a route which would attempt to sample as much as possible while predictably exhausting ourselves. Instead, we experienced great diversity, without any stress, by travelling with a tour group - (mostly) vertically - to Mt. Teide, a UNESCO World Heritage site. At 3,718m, Mt. Teide is the third largest volcano in the world and Spain's highest. It is located, in the center of Tenerife, the largest island of the Canaries, off of Morocco in the Atlantic Ocean. We departed Santa Cruz de Tenerife for Parque Nacional del

Teide, in fog, drizzle and 21 degrees. Notwithstanding the dull weather at the outset, we enjoyed the drive very much as our guide, Darío, was stellar, in memorizing the names and faces of all 59 passengers onboard while discussing the islands' aboriginal inhabitants, the Guanches, who migrated to the islands from



North Africa, mingling with them a peaceful matriarchy along with dogs and other domestic animals. (It has been suggested that the islands' name derives from the latin, *Canariae Insulae*, meaning "islands of the Dogs"). He also prepared us for our arrival on the mountain by imparting an overview of vulcanology and geology. Besides the practical value of having this knowledge, his talk helped divert our attention from the road and other drivers who drove the winding, narrow, steep road with reckless abandon.

With increasing altitude, the lush, sub-tropical vegetation we experienced at sea gave way, to thick stands of evergreens, then meager groups of these until becoming sparse and stunted. Finally, the landscape became devoid of most vegetation,

CHARLES SCHWARTZ
AND SUZANNE HARRIS

altogether, as we approached the mountain. When we reached the tree-line, the sky turned bright-blue, the clouds disappeared below us creating the illusion of our looking down upon a sea. As we stopped for a coffee at a lovely, roadside café, "Papillon", as the volcano came into view with its snow-capped peak, we reached for our winter gear which we had brought along, "just in case", to keep warm in the five-degree cold.

We did not approach the summit as it is only reached by cable car, but our bus stopped several times while touring the 17km caldera rim so that we could get out and experience some of the volcano's features: lava flows, dikes - and colors - via the pumice (beige), olivine (green) and obsidian (black) rocks. Thanks to the colors, we were somewhat reassured that we were still on earth, and had not somehow found our way to the moon! The enjoyment and learning derived from travel, depends upon making choices. We are so grateful for having made this one.★

References:

Tenerife 100 cultures (for Darío López Estévez, the tour guide): www.tenerife100cultures.com

Charles Schwartz is a native New Yorker, geographer and an avid traveller who has visited all seven continents.

Suzanne Harris lives in the west of England and is a writer and traveller.

TENANTS

BHAVIN BILIMORIA

"And the winner is... your lease vs the law?"

Q: Is it possible for a lease to include a provision that the law prohibits? For example, my lease says I cannot have a pet, but my friend told me I can still have one because the law prohibits "no pet" provisions. Is this true? If so, are there other examples?



but also the rent for the remaining ten months left under the lease.

In doing so, this clause accelerates the payment of rent for months that are not yet properly due and owing, as rent is generally due on the first of every month. Consequently, acceleration clauses are void under the *RTA*, despite what your lease might say.

If, as a condition of entering into the tenancy, your lease for a private market apartment requires you to sign a post-dated notice of termination or agreement to terminate your tenancy, the *RTA* states both the notice of termination and the agreement to terminate are void. Consequently, neither one is enforceable at the LTB.

Finally, if your lease requires you to provide post-dated cheques to your landlord, you are not required to do so as the *RTA* prohibits such a requirement. The same is also true if your lease requires some form of automatic payment for the payment of rent, such as the automatic debiting of your bank account or the automatic charging of your credit card. These provisions are all void under the *RTA*.★

If you have questions about this or any other Landlord and Tenant matter, you can contact your local community legal clinic or the Federation of Metro Tenants' Associations.

By Bhavin Bilimoria, Staff Lawyer, Flemingdon Community Legal Services

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COMMUNITY ACTION

VALERIE M. DUNN

Fighting human trafficking

Human trafficking is the focus of a unique awareness campaign taking place during July. It will reach out to travellers using the 400 series highway ONroute Service Centres.

More than 500,000 travellers use the highway daily, making it the busiest in North America. And over 35 million use the ONroute centres annually. Human trafficked victims are moved along the 400 series every day. And 65% of all human trafficking cases reported to police across Canada originate in Ontario. Most (72%) victims of human trafficking were under 25 years of age. Females represented 70% of all victims of police-reported human trafficking

Courage for Freedom, serving vulnerable victims of human trafficking; and Business and Professional Women Clubs of Ontario have partnered in the campaign. It will provide:

1. Positive messages to travellers about human trafficking, including a number to call if they



should suspect an individual being trafficked along this highly used corridor.

2. Messages to those being trafficked that there are people in

Ontario who care about and will help them and the numbers to call for help.

The organizers say, "Our hope is that by raising awareness we directly help trafficked individuals by Ontarians reporting potential criminal activity. We hope this potentially increased reporting will lead to arrests of traffickers. We also hope that by raising awareness, young women and their families will become more cautious and send a message to traffickers that Ontarians will not tolerate this immoral criminal behaviour."★

Valerie M. Dunn is the Publisher of Hi-Rise Newspaper and a member of the North Toronto Business and Professional Women's Club. e-mail valerie.dunn@bell.net



SAVE THE DATE



Join us World Day to End Trafficking of Persons for one hour
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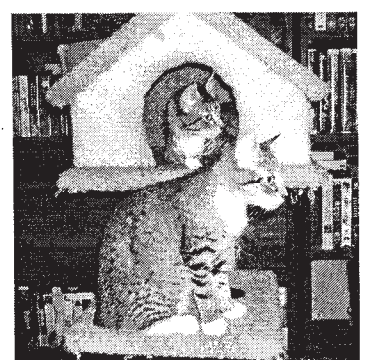


CATS OF THE MONTH

Meet PeeWee and Sassy

PeeWee and his sister Sassy are looking for a loving home together. They are 6 months old, fixed and up to date with their vaccines. They were taken off the streets last winter with their mother and another sibling. Unfortunately, mom was half starved, nearly frozen and injured and had to be put to sleep. Their sibling was not strong enough to survive either. Luckily, these two survivors pulled through and have thrived. PeeWee and Sassy are high energy and are always busy chasing each other around in their foster home. They are both very well socialized and get along with other cats. PeeWee is especially loving, demands to be

picked up and hugged. Sassy is more independent but still seeks out human contact. They will make a great addition to a home with a young and lively family. Please note that an adoption fee applies. For further information, please contact Katherine, on behalf of the Scarborough Bluffs Cat Relief at 647-476-4797 during business hours.



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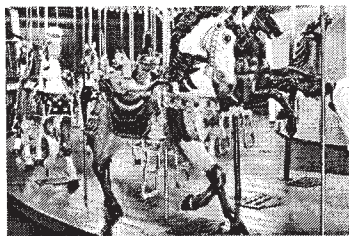
June 30, Rev. Dr. Herb Gale
July 28, Rev. Linda Larmour

DAY TRIPPING SAM GOYAL

Carousel ride for 5 cents

Summer is the traditional time for families to reconnect. Parents and grandparents strive to recreate favourite childhood memories and make new ones together with the youngest generation.

For 5 cents a ride, you can experience some carousel magic and its wonderful ability to bring out the child in all of us just over an hour away from Toronto. The carousel is a timeless tradition connecting our past, present and future generations.



The Lakeside Carousel is a Charles Loeffl original, carved between 1898 and 1905 in Brooklyn, New York. The beautifully restored animals were carved by Loeffl's factory workers, including Marcus Charles Illions, who later went on to become a famed carousel-maker in his own right. Relocated in 1921, the carousel came to St. Catharines from its earlier home at an amusement park in Scarborough.

It was purchased for the amusement park flourishing in Port Dalhousie, which had 58 attractions. In those days, more than a quarter million people annually crossed the lake in steamships to visit Port Dalhousie on weekends.

The carousel has 68 animals, including horses, lions, camels, goats and giraffes, plus four chariots. The accompanying music is played by an antique Frati band organ which uses a system of paper music rolls to serenade riders. Each animal has been hand carved and the horses still have real horsehair tails. The carousel animals have all been carefully restored by the Friends of the Carousel, who continue with annual maintenance and repair work to keep the carousel in sound working order.

The Lakeside Park Carousel is one of approximately 350 antique hand carved carousels still operating in North America - only nine of which are in Canada - and is considered fairly unique in size. The original Loeffl lion on the Lakeside Park Carousel is one of five existing Loeffl lions in all of North America. The second lion on the Carousel was carved in 2004 by the Friends of the Carousel to replace the original lion that was stolen in the 1970s.

You can't NOT be charmed by pretty ponies and local families having fun! And donations have helped keep the carousel's cost the same as it was in 1920: just 5 cents per ride. So worth it.

A special mention to our reader Jimm who mentioned about this carousel and wanted me to share it with the readers. ★

Sam Goyal is a registered Toronto City Greeter and also volunteers with new immigrants and visitors to Toronto and organizes personalized tours and guided city walks around town in English, Hindi and Punjabi @Torontogreeter on facebook. www.TorontoFreeWalks.com

PARENTING

MARY DOWNEY



Children and the world of nature

Recently I went with three young children and their newly-acquired puppy to a large park near their home. It had interesting playground equipment for all ages, lots of green space, and many other children and their parents, including friends from school. For two whole hours we smelled the fresh air, ran from one activity to another, played with other children. The children kicked a soccer ball and practised volleyball. The puppy was so happy. Running about and smelling so many great smells. It was a lot of fun.

On the way home we went to Dairy Queen, then went on home and relaxed.



It was something new to spend so much time outdoors with such physical activity. It showed how much of children's lives today revolve around programmed activities and technology.

How different from the recent past when children grew up with much that was outdoors and involved free time.

It's summertime. Children need a break from schedules of school and homework. They need to have the freedom to go outside and play with their friends and siblings and pets. It teaches independence, and is healthy.

It's always important that par-

ents and caregivers know where they are, and where they are going. It's important that they return at a designated time. But in between it's fun for them and exciting. They have freedom to choose.

Our children love even to go outside and play in the yard, practising gymnastics. The neighbouring child comes over to talk. The dog meanders about. Summer is a time of growth. Trees and flowers burst into life. Baby birds are raised and fly and hop about. Squirrels scamper everywhere.

It's fun for children to help plants grow - in pots on an apartment balcony, in a community garden, in a relative or friend's backyard. Looking after a pot of plants teaches care and responsibility. Children learn to water enough but not too much. They learn that plants bear veggies and fruit and flowers. They die in the fall, but seeds bring new plants the next year. Life goes on.

Children learn where their food comes from and how to value it. They learn that natural foods are good for them, and how they differ from packaged food that often has too much salt and sugar.

So many outdoor activities are shared family time - walks, trips to the park, bike rides, camping. Children grow up remembering and treasuring these. So do their parents. They are memorable. ★

The author, a Mississauga resident, has three adult children. She is an experienced tutor and youth group leader. Questions may be addressed to her c/o Hi-Rise.

RAM: Reasoning, Attention and Memory - Brain Building is offered at the Central Eglinton Community Centre and focuses on maintaining memory, reasoning and attention skills, especially for those with successful independent living conditions. Ability-appropriate mental exercises will be held. Wednesdays, Aug. 7-28, (4 classes). 10:30 AM to 12 noon. FREE for CECC members. \$40/non-members. Registration and

payment deadline is Wed. July 31. 160 Eglinton Ave. E. (at Redpath). 416-392-0511, ex. 0.

Learn to Knit: Cindy's Knitting Circle is a FREE drop-in program. Participants are asked to bring yarn, needles, and patterns. All ages/skill levels welcome!! Wednesdays from 12:30 PM - 2:30 PM. Central Eglinton Community Centre, 160 Eglinton Ave. E. (at Redpath Ave.). 416-392-0511, ex. 228.

GOOD EATS

RAYBURNE MONTGOMERY

The good son

First located at Queen Street West, this restaurant was established in 2014. Three months ago it opened its second establishment in the Shops at Don Mills located at Lawrence and Don Mills.

I was impressed by the welcome from the Manager, Kevin, and from the waiter, Jordan, who was very attentive and had a smile every time he came to my table and from Tyler, the bartender, who also helped out with table service. It certainly makes one's night to receive service from three staff members before one even takes a bite!

The restaurant offers comfortable seating for one hundred casual diners including the patio. There are also private rooms. The ambience is very attractive with chandeliers, antiques, and old photographs adorning the walls. There is a semi-open



THE
GOOD SON
ONTARIO
RESTAURANT

kitchen with a wood pizza oven in full view and a small seated bar.

Some say the restaurant is noisy at times but there are diners who like close-knit tables. Just have respect for the people dining next to you and keep the noise level down or simply come at a less busy time.

When I visited *The Good Son* I ordered a wood oven pizza - the Mauna Loa - which consisted of smoked pork cheek, roasted pineapple, and Scotch Bonnet peppers - \$21 - excellent! I had a beer with the pizza, Chimay

RELATIONSHIPS

DR. ROCHELLE BURNS



Your financial wisdom and your social life

In all areas of life we attract what we are and give off. This is also true in the area of money and its link to our relationships.

When I had money, money, O! my many friends proved all untrue; But now I have no money, O! My friends are real though very few.

William Henry Davies

First, you are going to meet people more easily in your own economic level. You will probably live in their neighbourhood. You will most likely socialize with them.

Second, and more important, what you think about money will attract you to people who share your feelings about money and they will be attracted to you. Actually, dear readers, it's not money per se, but rather what your value systems are that revolve around money. That is what links you to others. That's what bonds relationships.

Notice I have not said that you must both be wealthy or both struggling to bond. You will, however, share the same outlook toward money, such as, the glitzier it is the more you want it, or you always look in shops for the most practical items.

There are two couples I know. One inherited great wealth. They even own three hundred pieces of art stashed in some lock up because they already have so much in their home. The other couple worked all their lives and watched their pennies. Yet, they are great friends. They love topics about politics and the arts and books and education. So, when they meet they have a simple dinner, or meet over coffee. It's their love of similar topics that outweighs what their money can or cannot buy.

"Don't tell me what you value, show me your budget, and I'll tell you what you value," wisely said former American Vice President, Joe Biden.

There are some, as you know dear readers, who spend most of their time and effort trying to make money because they want

**When I had money,
money, O! My many
friends proved all untrue;
But now I have no
money, O! My friends are
real though very few.**

to impress others. Behind that is the false belief those others will "like them". It is money, we have all observed, that too often becomes a barrier to real, kind, lasting relationships.

One of the saddest stories of trying to buy friendship that I witnessed happened in a school in which I was teaching. One boy was always left out. But he had to be invited to birthday parties. The school rule was if a student was having a birthday party and inviting more than two people from their class they had to invite the whole class so no student felt left out. I overheard some students saying the left out boy, when invited to birthday parties, "gave gold." Yup, he bought gold jewelry, hopefully, to buy some kindness from his classmates.

It worked. Sort of. They paid superficial attention to him, but there was no real kindness. Eventually he made a true friend of another boy who was having some personal problems. Their friendship was mutually helpful. They both paid less and less attention to the others and reveled in their new best friends' status.

It has been my experience, warm and helpful friendships always, always beat out money friendships, eventually.

With all that money and relationship wisdom, I couldn't resist leaving the last word to comedian and wise man Will Rogers: "Too many people spend money they earned to buy things they don't want to impress people they don't like." ★

Dr. Burns is a social historian focused on values throughout the ages.

Advocacy Centre for **ants** was formed to assist Toronto's tenants from illegal evictions, unaffordable rent increases, and payment of electricity bills. The agency now faces a 25% budget cut from Legal Aid Ontario which is viewed as a direct attack on tenants and the legal clinics that service them - dedicated to saving housing from predatory rental schemes such as Airbnb. ACTO assisted in the creation of the National Housing Strategy - stating that one main human right is housing. Note that nearly half of tenants cannot afford their rent. Write to Advocacy Centre for Tenants Ontario, 55 University Avenue, Ste. 1500, Toronto, Ontario, M5J 2H7. Email: housingrights@acto.ca. Tenants: Get involved!

QUEEN WEST
1096 Queen St. W
Toronto,
416-551-0598

The author has over 40 years experience in hospitality from fast food, to mom and pop establishments, high-end restaurants and hotels, including management.

from Belgium suggested by my waiter. I would have liked more of a wine choice by the glass and also more local craft beers and non-alcoholic beers like Partake craft beer which is one of my favourites. [www.drinkpartake.com].

Happier Hour (as they call it) at the Good Son is Monday to Friday 3:00 pm to 5:00 pm when wine by the glass, cocktails, draft beer is offered at half price as well as special food price choices.

I have been to the Queen Street location a couple of times and both of these restaurants are great but I am partial to the one at Don Mills. ★

My rating for this establishment is 5+ bites out of 5.

THE GOOD SON
Shops at Don Mills
11 Karl Fraser Road, North York
647-748-0589



MORTGAGE / MEHBOOB SHERIFF

Collateral mortgages vs conventional mortgages

When we go shopping for a mortgage, we are sometimes so anxious just to qualify, that we forget to ask all the questions that we should. Perhaps that is because of pressures imposed by the "Stress Test" or the time limitations of the Financing Conditional Clause in the Agreement of Purchase and Sale.

Frankly, we are just too busy providing answers instead of asking questions! Yes, we do remember questions like interest rates, term of mortgage, amortization period, prepayment privileges, down payment, monthly payments, insurance, appraisal, Loan-to-value, etc. But chances are we forget to ask – or don't know whether to ask – how would the mortgage be registered? Would it be a conventional mortgage or a collateral mortgage?

Collateral Mortgage? Hmm, how did this term crop up? All we wanted was financing – a mortgage – so that we can close on our purchase! Let's explore this further and see the difference between the two.

A Conventional mortgage is what we all know about. We borrow money against the security of the house. We make regular payments towards the loan – and if it is a normal amortized mortgage – each payment would cover both principal or interest. At the end of the agreed term (assume 5 years) either we renew the mortgage with the same lender, or if we are fortunate to pay off the loan, or switch to another lender with the lower balance or refinance.

A Collateral Mortgage on the other hand is a loan to us personally, against a promissory note, but backed by the security "the collateral" of the property. The payment terms etc. may be the same. Lenders may even allow us to register a mortgage up to 25% more on the home, i.e. instead of a mortgage of \$100,000 we may have the option of registering \$125,000 – even though the advance and the amount outstanding is only \$100,000. This gives us the ability to borrow more money, if needed, from the same lender, subject to approval at that time, without going through the hassle and expense of registering another mortgage.

A cushion of \$25,000 (or 25%) based on our example above! Sound Great, eh?

Unfortunately, things are not so simple – remember the old adage



– no free lunch.

There are a number of Pitfalls to a Collateral Mortgage that might come to haunt us:

- At the end of our mortgage term we are more or less bound by the renewal options of current lender. As discussed in previous articles – the renewal time is a perfect opportunity to favourably switch or transfer our mortgage to a competitor, inexpensively or even free! In a collateral mortgage we either accept the current lender's terms or we have to discharge the current mortgage and register another mortgage with another lender. This comes with additional expenses.

- The current lender has the ability to "offset" any other outstanding debt(s) we have with them. They will simply increase the balance outstanding up to the registered amount to pay off that loan. This could be an unpaid personal loan, a credit card debt, etc. This saves them the hassle of collection.

- What if we wanted to consolidate our debts, renovate our home or even help with our children's education by utilizing the equity in our home? Unfortunately, if the current lender declines; our ability to borrow would be severely restricted, as the equity in the home has been used as a "collateral".

Remember just like the lender is asking all sorts of questions for the mortgage, we too have the right to ask questions – so let's ask – how will the mortgage be registered, Conventional or Collateral? Some lenders give you the option – some don't! Always good to have our lawyer go over the paperwork before signing.

On a completely different note:

We are now seeing interest rates as low as 2.75% on an Insured 5-year term, for qualified borrowers.★

The author, Mehboob Sheriff, B.Comm., LL.B., is a Mortgage Broker. He has over 40 years of real estate and mortgage experience and works for Verico C.O.D. Financial Services Inc. Brokerage, Lic # 10311. For a free consultation, call him at 647-703-6786 or email mehboob@codfinancial.com

CANADA DAY cont. from page 6

are renowned worldwide for their excellence in expressing the human experience through their artistry. During the Canada Day Weekend Celebration at Harbourfront Centre, hear the stories of Canada from coast to coast, told through the Canadian Songbook: past, present and future.

Queen's Park:
Mon., Jul. 1, 12:00 a.m. – 11:59 p.m. Queen's Park 111 Wellesley St W, From Ontariovisited.ca:

Canada Day at Queen's Park ~ Toronto Festivals & Events July 1, 2019 Front Lawn, Queen's Park <https://festivalstoronto.com/events/canada-day-at-queens-park/> Check event's website for details

Parkdale/High Park
Arif Virani M.P.
Come celebrate with friends and neighbours and enjoy entertainment. The picnic takes place July 1st between 12-2 pm. Bloor street entrance in High Park. Games for the kids, refreshments, and more

MONEY

Last month I tried to explain the two biggest factors affecting investors and how they respond to market conditions and those seemingly drastic movements – fear and greed. I went on to show that those factors will eventually balance each other out and that markets always do end up higher – we just do never reach the "end" unless we pass on and leave our accumulated nest egg to our loved ones or our favourite charities. After sending that column off to be published, I watched with some amusement and an equal amount of surprise as the markets continued to drop in value. Should we care? My answer is no for two very good reasons.

The first is, as I have said many times, the markets are only benchmarks against which we measure our own results and we have always managed to outperform those benchmarks, giving our clients above average returns and peace of mind about their investments.

The second is that you don't lose if you don't sell and we do everything we can to avoid selling anything at a loss. Even for those drawing an income every month, because their portfolios are well diversified, and because we try to stay at least six months ahead of what they need each month, we are able to only sell those portions of their overall investments that are showing a profit. If you do not sell anything that is showing a loss, you do not lose anything. So what happened in the month of May?

There was a lot of fear that was brought on by global political/economic issues regarding the trade wars started by the U.S. president when he imposed tariffs on friend and foe alike, including us here in Canada and more importantly, the world's

– and don't forget to wear your red and white!

Riverdale Park East Chinatown:

Councillor Paula Fletcher
Join us for a celebration in Riverdale Park East (by St. Matthew's Clubhouse) on Canada Day 12 to 4 pm. There will be live performances, activities for kids and more.

Woodbine Park:

Ashbridges Bay: Join us for fireworks July 1st, after 9:30 p.m. Canada's birthday is celebrated every year with fireworks on the expanse of the Beach at Ashbridge's Bay Park.

Yonge Dundas Square:

Yonge St. and Dundas St. Come Down to Yonge-Dundas Square to celebrate Canada Day July 1. 12:00 pm until 9 p.m. FREE! Great for the whole family. This festival features different cultures and ethnic groups that make Toronto a great place to live. At this event you will be able to enjoy the performing arts, visual arts, crafts, dancing, information and foods representing cultures from around the globe that have made Canada, and Toronto their new home.

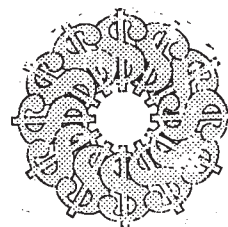
Weston Lions Park:

2125 Lawrence Ave. Celebrate July 1st 5:00 p.m. to 10:30 p.m. FREE. Live entertainment, free

SONNY GOLDSTEIN



More uncertainty in the markets - should we care?



second biggest economy, China. The leaders in China will not be bullied and of course retaliated so we had tariffs going both ways and a game of "chicken" to see who would blink first.

We got some good news here that the U.S. congress would likely pass the new NAFTA, which they like to call the USAMC agreement, but by any name it would be good to get that done this summer. Just when it looked like we would, again the U.S. president threatened a 5% tariff on all goods coming in from Mexico unless the Mexican government stopped the illegal migration of Mexicans into the U.S. They can no more enforce that than the Americans, who have tried everything short of a wall, which also won't work, and who just can't stop people looking for a better standard of living for their families from going into the U.S. illegally.

Let's look at the May numbers of the major North American markets for a bit of a reality check. The Dow Jones Industrial Average, or the DOW as it is called, which is made up of only 30 of the largest U.S. companies, started the year at 24,719. By the end of April, it was holding on to earlier gains and sat at 26,587, a gain of 1,868 or 7.6%.

At the end of May it had dropped to 25,642. So it lost 3.6% but was still ahead by 4%

for the year. That would extrapolate to an annualized return of over 9%. The broader U.S. index, the S&P500 started the year at 2,507 and by the end of April sat at 2,946 for a whopping gain of 439 points or 17.5%. At the end of May it had dropped all the way back to 2,836 which is a loss of only 3.7% just like the DOW, but unlike the DOW is still up over 13% for the year. The Nasdaq index, made up of mostly the smaller companies, started the year at 6,635 and at the end of April reached 8,165 for a gain of 23%. At the end of May it had dropped to 7,663 giving back 6% but still up over 15% for the year. Here in Canada, our benchmark index, the TSX started the year at 14,323 and by the end of April had reached 16,606 for a gain of 16%. At the end of May it was at 16,260, still up 13.5% for the year.

So why all the hand-wringing and near panic in some of the media that this time the sky really is falling? Bad news sells and any excuse the media has to propagate more bad news will allow them to sell more ads at increasing prices. We do not agree.

As Sir John Templeton told me decades ago, the four most dangerous words in investing are, "This time it's different." It is never different.

The circumstances may change but the markets always end up higher. They still are and the end is nowhere in sight.★

Sonny Goldstein, a Certified Financial Planner, is the President of Goldstein Financial Consultants and "Creative Ideas in Financial Planning" For more information, any questions, or a free consultation, call (416) 221-0060, or in writing at #1850-5160 Yonge St., Toronto, ON M2N 6L9.

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activities for kids including bouncy castles and slides, Canada Day cake, and food vendors. Fireworks.

Canada Day Outside Toronto

Mississauga, Celebration Square, 300 City Centre Dr, Mississauga.

Join us for the Canada Day 2019 at Celebration Square on July 01, 2019. Visit our site Mississauga.com for more details about this event

Richmond Hill:

July 1, 2019 11:00am 11:00pm

Richmond Green Park 1300 Elgin Mills Road East (located at the northwest corner of Elgin Mills Road East and Leslie Street) Don't miss out on one of the largest municipal fireworks displays in the Region!

Thousands of residents dazzle every year with an exciting day full of live entertainment, food & beverage vendors, a beer garden,

artist exhibit, midway, and highly anticipated fireworks displays! FREE

Vaughan:

July 1, 2-8pm

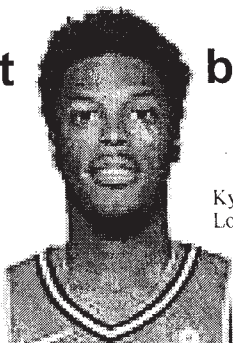
North Maple Regional

FREE family event ParkEvent Sponsors CN and Tim Hortons, this fun-filled event will feature activities and entertainment for the whole family including live performances, inflatables, rock climbing, a zipline, life size games, a disco dome, a fully accessible inflatable maze, face painting, arts and crafts, a business zone, and a food zone to make for a very entertaining day! Park & FREE Shuttle Bus: 1:30pm-9:00pm





Money can't buy morals



Kyle Lowry.

We live in a free society right? This does not mean we are free to push or shove or mistreat others. However, if you are reading this now, the NBA finals is already history and the score's settled. Needless to say, these games have taught us some valuable lessons and one in particular, about the push or the shove. Can you believe the nerve of that guy! Such entitlement. And they say Drake's antics are egregious. Phew! All that aside, we all have something to say about that push or shove and here are my thoughts.

The Raps were winning and it was irking the Warriors fans. And I get it. Watching the game can drastically affect your mental and emotional state. However, that is no excuse for bad behaviour. Restrain yourself or stay at home if you have no self-control. The big question for me though is, should we tolerate billionaire bad boy behaviour or super fans antics at games or should they be reprimanded for their entitlement issues? On another note, is there an underlying cause for Mark Steven's particular behaviour? People of his station in life should have better social skills than that, true or false? Especially in public arenas at the most watched NBA championship game in history. And, especially being not just emotionally vested in the game, but also financially as a minor owner of Golden State Warriors. That said, he said himself that behaviour is out of character for him.

Secondly, let's talk about Kyle Lowry. Not only is he a superstar, he is also a super human being. He demonstrated exceptional presence of mind and self-control throughout the situation. These are the characteristics we should all emulate and mirror for our

children. Lowry taught us how to stand up for ourselves while staying calm, cool, and collected. This is also a great segue for parents to start the conversation about social skills and the importance of controlling their hands and feet and avoiding foul language. This is a great reminder that money can't buy morals.

Status doesn't stop stupid. Money and status may get you in the front seat but they can't keep you there. You have to practice patience, humility, and temperance. Hats off to Lowry.

Finally, the NBA canon. First, I must applaud them for taking such swift action in settling the matter and ensuring the players' protection and viewers enjoyment of the game. However, there is one caveat. There still needs to be changes. For one, they should consider placing curbside partition to further protect players from hostile fans and fans from potential injury. Did you see the bounce that lady took when Kyle fell reaching for the ball? Plexiglass or some form of guard

would have prevented all of that. What if that was Beyonce? Her fans would have gone berserk! On a side note, the police canon could learn a thing or two about justice and honour from the NBA canon. They don't need to be beating up defenseless people. That's an abuse of power which begs accountability, not protection.

In conclusion, when bad things happen, hold your peace and focus on the lessons. Nothing or no one in life is perfect. However, those who delay actions until all factors are favourable do nothing, and that holds true for both Lowry and the canon. ★

Andrene Gregory is a life coach who helps adults live a healthy balanced life. She maybe reached at: coach@aggiestrongulc.com

Valley Park Middle School hosted **Crazy For Cricket**. June 16th, celebrating the on-going games in England and Wales (until July 14) – with Flemingdon and Thorncliffe Park families participating. Much awaited is the ICC World Cup Cricket Match Winner-to-be (as we go to press) with ten teams participating – including England (host), Australia, Bangladesh, India, New Zealand, Pakistan, South Africa, Sri Lanka, Afghanistan and the West Indies. This event was sponsored by Participation. Former Don Valley West Trustee and GGYC board member Gerri Gershon, a great supporter, said that, "This event is a favourite. It is heartening to see families of diverse backgrounds come together in the spirit of friendship to cheer on their team despite the rivalry that exists."

The North Toronto Memorial Community Centre has reopened after renovations. It is an important community hub – complete with indoor and outdoor pools, an artificial ice rink, weight room, gym, meeting rooms and games room for all ages. 200 Eglinton Ave. W. 416-392-6591.

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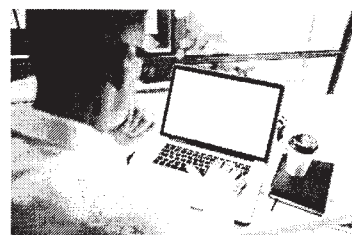
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Board want to setup a webpage for condo owners

Q. Our board of directors has informed the owners that they want to set up a webpage and post notices and information. We want to keep them informed and up to date on certain board decisions etc. Some of the board members think that certain information should not be shared as it might be misunderstood or could turn off potential buyers. What kind of information should not be shared? I feel owners should know the truth. Your advice would be appreciated.



A. The key to managing a successful condominium corporation is good communication between the board and the owners. All owners have the right to view condominium records including minutes of the board meetings. However, board meetings must be treated as confidential. There is certain information that cannot be shared with the owners such as pending litigation, information regarding other owners etc. This information

must be deleted from the board minutes before posting the minutes of the board meeting on the website.

Non-owners have absolutely no right to view the condo corporation records. Therefore potential buyers should not have access to your website. The board must take into careful consideration additional information that cannot be posted because it's excluded under the condo act from an owner's right to view. This would include information relating to the corporation's employees and insurance investigations involving the corporation.

I personally think a website can be a very useful tool if it is managed properly. However, prior to launching your website call a meeting of owners to discuss this idea. Not everyone may have a computer or access to the internet. This issue would definitely require a lot of discussion at your meeting. If you take it slow and complete a proper research regarding this subject matter you could manage to have a very successful website for all owners to review and enjoy. Good luck! ★

Marilyn Lincoln is a condominium owner, director and author of The Condominium Self Management Guide, 2nd ed. Send questions to marilyncondo.guide@hotmail.com

Summer plans for children

Kids wait all year long for the summer holidays. As a parent even I like to have a relief from the busy daily school routine. Summer holidays are a good time to have some fun with kids but I have also come across parents who feel anxious about the thought of having their kids do "nothing" all day.

When children are not using their energy in positive ways, obviously it will somehow be used in trouble making. I strongly believe that even during summer holidays there should be a routine for kids where they get to be involved in various activities of interest. I would like to share some ideas that I practise with my kids. Of course, we could have more strategies that work for different families.

Summer camp/school Enrolling kids in summer programs offered by their school, local library or even Toronto neighbourhood offices and community centres, is always a good idea. Kids get to visit many places, develop social skills by making new friends from different cultural backgrounds. There is always a deadline to register for these kinds of programs. Summer school/camps have an organized schedule for various activities, and speaking from my experience, kids enjoy that such as outdoor activities, arts and crafts, movie time, etc. Engaging in productive activities is much better than staying seated in front of screens for hours.

Stay in touch with books:

Summer holidays are a chance to upgrade or make up for any kind of academic performance. My son will be starting grade 1 in

September, I aim for him to read and write more so that he feels ready for a bigger grade. I have also purchased "Canadian curriculum" for my kids. It has separate sections for Maths, English, Science and social studies. Borrowing books from the library is also a great idea. This way kids will be in touch with academic activities.



Don't forget to have fun:

Don't forget that the main purpose of summer holidays is to have fun and relaxing time for kids. Plan fun activities with them. Take them out every day. Kids are expecting to have fun time with mom and dad. Plan for picnics with friends, especially with kids' friends. Visits to water parks and local farms is a great idea. We just need to do a little research and effort and we could make summer holidays fun and memorable for our kids. After all, they deserve it after a long winter and hardworking academic year. These are only a few ideas. There could be many more ways to make summer great for our kids. Happy summer holidays! ★

The author came to Canada 15 years ago from Pakistan, went to Montreal, and for two years has lived in Thorncliffe Park. She has two pre-school children and acts as a tutor for others in the evening. She is keenly interested in community issues

How to Sell High: Avoid these Three Mistakes When Selling Your Condominium

Toronto CONDOMINIUM - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they're even given a chance of showing.

Your asking price is often your home's "first impression", and if you want to realize the most money you can for your home, its imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your neighborhood have sold

for is only a small part of the process, and on its own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled "Homesellers: How to Get the Price You Want (and Need)". This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

To order a **FREE Special Report**, visit www.SellYourCondoHome.com or to hear a brief recorded message about how to order your **FREE copy** of this report call toll-free

1-833-215-9002 and enter **2316**. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to price your home to your maximum financial advantage.

This report is courtesy of Diana Matheson, Broker and Appraiser, Royal LePage R.E. Svcs. Ltd.
Not intended to solicit buyers or sellers currently under contract. Copyright © 2018

Annual John McKay Community BBQ and Volunteer
Recognition Event-2019

Saturday, July 13th from 12—3 (Rain or Shine)

St Margaret's Parkette
4138 Lawrence Ave East
Scarborough, ON
For more info please call: 416-283-1226
R.S.V.P jmckay@johnmckaymp.on.ca

Join your Member of Parliament for a FREE Community Picnic!

There will be food, games, and entertainment for the whole family.



Parliament Hill Ottawa:

Gather in downtown Ottawa to celebrate Canada Day July 1st, and show your pride in being Canadian. Discover how us Canadians all across the country and around the world show their pride in their Canadian history,

Canadian culture and Canadian achievements. Activities for families all through the day, with fireworks display at the end of the evening Parliament Hill performances. Website: canada.ca/en/canadianheritage/campaign/s/canada-day.html

Marco Mendicino
MP, Eglinton-Lawrence



Join Marco Mendicino,
your local MP for Eglinton-Lawrence,
for his 4th Annual Canada Day BBQ!

Complimentary food, entertainment and games
Halal and kosher options available
All are welcome, no registration required!

Monday, July 1, 2019 / 12 - 3 p.m.
Glen Long Park (35 Glen Long Ave)

If you have any questions or would like to volunteer,
contact marco.mendicino@parl.gc.ca

COMMUNITY
ENVIRONMENT DAYS

Re-use, recycle, and safely dispose at a City of Toronto Environment Day event. You can purchase a kitchen container, or pick one up for free with proof of new residency within the last 90 days or in exchange for a damaged bin. You can drop off hazardous household waste items, including paint, old medicines, solvents, compact fluorescent bulbs and batteries; and electronic equipment, including computers and peripherals for proper disposal. Donate art supplies, books, and other items for reuse at local schools.

Saturday and Sunday events are from 10:00 a.m. to 2:00 p.m.
Weekday events are from 4:00pm to 8:00pm

**Schedule subject to change*

JULY

Saturday, July 6,

• Nashdene Yard | 70 Nashdene Rd.

Sunday July 7,

• Centrepont Mall | 6464 Yonge St.

Thursday July 11,

• Esther Shiner Stadium | 5720 Bathurst St.

Saturday, July 13,

• East York Memorial Arena | 888 Cosburn Ave.

Sunday, July 14,

• Dufferin Mall | 900 Dufferin St. (south of Bloor St.)

Saturday, July 27,

• Sorauren Park | 289 Sorauren Ave. (along Wabash Ave.)

Canada Day at Fort York:

Fort York, 250 Fort York Blvd. the birthplace of urban Toronto, will celebrate Canada Day on July 1, from 10:00 a.m to 5:00 p.m. with a daylong celebration packed with family-friendly activities, demonstrations, tours, and performances. Family/Children, History. **Free**

Mel Lastman Square:

July 1, Event Time: 6 - 10:30p.m
Location: Mel Lastman Square, 5100 Yonge Street. Each year Toronto celebrates Canada in a big way at Mel Lastman Square. Attracting more than 30,000 spectators of all ages, primarily families, the event features live Canadian music, interactive games and entertainment, and a spectacular fireworks display. For information on schedule/times, please visit <https://www.toronto.ca/>

Scarborough Museum:

Looking for a unique and memorable Canada day? Scarborough Museum hosts their annual celebration in Thomson Memorial Park. Enjoy celebratory Canada Day historic freshly baked treats and stroll through the vendor market. Celebrations, Holiday, Family, Children, History, Canada Day July 1, from 10:00 am to 5:00 pm. 1007 Brimley Rd, Scarborough, ON M1P 3E8. Website: www.toronto.ca Email: shm@toronto.ca **Free.**

Harbourfront Centre:

Canada Day Weekend—June 28th to July 1st. FREE Harbourfront Centre, Queen's Quay West. Toronto. Canadian songwriters

CANADA DAY cont.on p. 8

Celebrate Canada!
Events on Monday, July 1

Amesbury Park:

The Amesbury Canada Day July 1st. Celebration from 9:00am to 10: pm. Be a part of our community and share in the spirit by coming out to celebrate Canada Day on us Monday July 1st, at Amesbury Park, located at 1507 Lawrence Ave W. This is guaranteed to be a fun-filled day for everyone. Spectacular fireworks at 9:45 p.m. Website: amesburycanadaday.ca **Free**

Black Creek Pioneer Village:

Celebrate Canada Day on July 1st. from 11am-5pm. Experience the excitement of a 19th century carnival as performers juggle fire, attempt daring feats of strength and amaze you with unbelievable magic tricks. With musicians, theatrical performances and carnival games, this is an event not to be missed. **Free.** Website: www.blackcreek.ca Where: 1000 Murray Ross Pkwy. North York.

Canada's Wonderland:

Join us for Canada's birthday celebration featuring a spectacular fireworks display on July 1, 2019. Tundra: A Cirque Experience, Flying Frontenacs, live music, authentic Canadian food, street performers and more! Celebrate Canada day is included with Park Admission. Fireworks at 10:00 pm. Website: www.canadaswonderland.com

Centennial Park:

Celebrate Canada Day at Centennial Park from 11:00 am to 10:00pm, 156 Centennial Park Rd. Toronto Ribfest feast, Pancake breakfast, flag raising, parade, BBQ, beer tent. Children's area and more. Fireworks will take place at 10 p.m. Admission and parking are **free.** Visit: www.torontoribfest.com

Downsview Park:

From Eventbrite.ca: Let's celebrate Canada's birthday on July 1st with FREE activities for the whole family and a spectacular firework show to end

the night! This year we are starting all festivities at 4pm, so we can get the party started early. 70 Canuck Avenue. North York.



Don Valley West and East
Yasmin Ratansi MP and Rob Oliphant MP with Michael Coteau MPP and Kathleen Wynne MPP

Join us at the Aga Khan Museum 77 Wynford Dr., Toronto, ON M3C 1K1. July 1st. 11 a.m to 1 p.m. Food, information booths, live entertainment and fun for the kids! This is a free event. Please bring a refillable water bottle, a chair and/or umbrella and sun-screen. You may fill your bottle inside the museum. Free parking at Canada Post.

East York Canada Day celebrations:

Join us for Toronto's longest-running and best-loved Canada Day parties! **10 am:** Parade departs Dieppe Park and heads through the streets of East York. **12noon:** Opening ceremonies at Stan Wadlow Park. **12 - 9 pm:** Live music, Muddy York Brewery Beer Garden, Midway, food & craft vendors, family-friendly fun and much much more. Sponsored by Chris Clarke Real Estate and featuring the Paul James Band.

Eglinton - Lawrence:
Marco Mendicino MPP

4th annual Canada Day BBQ. July 1, 12:00 p.m to 3:00 p.m. Complimentary food, entertainment and games. Halal and kosher options available Entertainment and games. All are welcome. 35 Glen Long Avenue. **Free**

Happy
Canada
Day!

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CITY COUNCILLOR

Shelley Carroll 高雪莉
WARD 17 DON VALLEY NORTH

Wishing you and your family a
Happy Canada Day!

Join me for my annual Summer Celebration!

Enjoy free food and activities for all ages

Saturday, July 20 from 12-3PM @ Oriole Community Centre

councillor_carroll@toronto.ca • 416-338-2650 • shelleycarroll.ca

Sunscreen, your health, and the environment

ACHIM KRULL

We all know that we need to protect ourselves from the harm that sun exposure can cause. Skin cancers are a very real threat. The incidence of the most serious form, melanoma, has risen steadily over the last decades. Protecting ourselves from the sun's harmful rays is essential. However, new evidence suggests that some sunscreen ingredients are themselves harmful to our health as well as a significant environmental hazard.

According to a May 2019 report on CNN, nearly two thirds of sunscreens tested don't meet the FDA's proposed safety regulations. Worse, some 60% did not offer the advertised protection against ultraviolet rays, contained harmful ingredients, or both.

Sunscreens come in two basic types, chemical and/or mineral blocking agents. Mineral sunscreens contain tiny particles of titanium dioxide, zinc oxide, and plastic microbeads. These physically block the sun's rays.

Most chemical sunscreens typically contain a combination of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. According to webmd.com, the most concerning ingredient is oxybenzone.

It mimics natural hormones. That interferes with testosterone levels in males and estrogen in females. One study suggested it may also influence birth weight of babies. Animal studies have linked sunscreen chemicals with a risk of cancer. However, we don't yet know how that affects people. Other ingredients, such as titanium oxide, have been linked to a spectrum of issues, from cancers at the serious end of the scale, to rashes and other allergic reactions at the other end. The fine particles in blocking sunscreen also pose a potentially serious risk if they accidentally get into a wearer's eyes. There have been reports of individuals with serious eye damage.

Sunscreen ingredients are also harmful to the environment. Hawaii has introduced legislation to prohibit the sale of sunscreens



containing oxybenzone or octinoxate because they are harmful to coral reefs. The active ingredients cause bleaching of coral reefs.

The fine metal particles and plastic microbeads in sunscreens are also an issue. Most are not biodegradable. They wash off and become a persistent problem. The addition of glitter to some sunscreens and cosmetics exacerbates the issue. Marine life absorbs these particles, causing illnesses, clog gills, and eventually kill. They also enter the food chain, causing more damage. What do we do? One obvious solution is summer clothing that protects from UV rays. We can buy shirts and blouse with cloth thick enough to block most of these rays. Hats that protect our faces. Remember to buy hats with a wide brim, so that your ears are also protected.

When sunscreen is necessary, use common sense. The American EWG (Environmental Working Group) states mineral sunscreens are safer than chemical blocking agents. They block both UVA and UVB and pose fewer health and environmental risks. Health Canada advises that you apply sunscreen regularly and thickly. Be sure to reapply after swimming. Chemical sunscreens need to be reapplied even if you did not go swimming.

Use sunscreens with a mid-range SPF. Tests have shown that many sunscreens with very high SPF ratings don't offer the protection advertised. Using a mid-range sunscreen and applying it regularly works well.

There are some newer, safer products. We do have a choice of green, biodegradable sunscreens. Switching to these makes both

you and the environment safer. A new sunscreen compound, shino-rine, is being marketed as a safe alternative. It is a plant-based compound, made from red algae. It naturally absorbs UV rays, providing high levels of protection. However, some users have reported allergic reactions.

Look for environmentally friendly sunscreens, ones shown to be safe, especially for young children. Stay safe and enjoy your summer. ★

Further reading:

<https://healthycanadians.gc.ca/re-call-alert-rappel-avis/hc-sc/2018/66966a-eng.php>

<https://www.ewg.org/sunscreen/report/the-trouble-with-sunscreen-chemicals/>

Send me comments and questions: livegreen@bell.net © chim Krull 2019

REFLECTIONS

JOHN JOSEPH
MASTANDREA



Over the rainbow

July is a great wonder. Named after Julius Caesar over two thousand years ago. July is the crossing of the Rubicon. July is the milestone, taking the deep plunge into the prelude and first chapter of summer holidays. It is hard to imagine that only a century ago the summer holidays were created so that farmers, of which there were certainly many more per capita, could do their work. Summer holidays have become an institution and permanently inserted into the fabric and landscape of Canadian Society.

It is a gift to walk down the pages of July summer holidays. The days are invitations to touch down into the earth of the

garden, ignite the BBQ, cycle in urban trails, walk in the river valleys or lakeshore, discover the festivals, listen to the outdoor



The author, with the United Church Pride vehicle.

concerts or opportunities to reflect on Pride Day Toronto 2019. Pride this year was an historical milestone, the 50th Anniversary of Stonewall and the death of Judy Garland.

Let us start with Stonewall, some may ask what is Stonewall? In the 1960's with the catalyst of the Civil Rights Movement, Vatican II, the Feminist Movement, Pacifist movement, there ignited the Stonewall Riots.

The Stonewall riots (also referred to as the Stonewall uprising or the Stonewall rebellion) were a series of spontaneous, violent demonstrations by members of the gay (LGBT) community against a police raid that took place in the early morning hours of June 28, 1969, at the Stonewall Inn in the Greenwich Village neighbourhood of Manhattan, New York City. They are widely considered to constitute the most important event leading to the gay liberation movement and the place in the early morning hours of June 28, 1969, at the Stonewall Inn in the Greenwich Village neighbourhood of Manhattan, New York City.

They are widely considered to constitute the most important event leading to the gay liberation movement and the

modern fight for LGBT rights in the World.

Then there was the simultaneous death of Judy Garland. The Gay community was honouring the life of Judy Garland at the Stonewall Tavern, when the police raided. The Gay Community said "enough" and fought back for the first time. The course of history was changed.

Why Judy Garland, she had been a gay icon for decades, perhaps it all begin with Judy's iconic role as Dorothy Gale from Kansas, where she sang her cornerstone lyrics of "Somewhere over the Rainbow".

It is hard to imagine that Shirley Temple was almost cast in the role of Dorothy Gale, or that they almost removed the song "Somewhere over the Rainbow" from the film because it was thought a Hollywood star should not be portrayed singing in front of a barn. There are so many legends about Judy. She became the *Torch Song Queen* where she could invite, tantalize and resonate with the tension and challenge of Gay, Lesbian, Bi, and Trans people in the mid to late twentieth century. For decades the term "Friends of Dorothy" became synonymous with LGBTQ++.

This year for Pride the United Church of Canada in Toronto, clothed in the colour purple, proclaimed the theme: Somewhere Over The Rainbow, voicing the love, that all belong.

Pride is more than LGBTQ+, it is a manifesto of genuine love and compassion for all. Pride is radical hospitality. It is voice the love now, ALL BELONG!!! ★

The Rev. John Joseph Mastandrea serves at the Manor Road United Church, Toronto



Scam Alert:

You may have received an email offering prizes for doing a quick survey for a merchant or a government agency like Canada Post. These surveys are not associated with the stores indicated in the email. The prizes are usually cheap cosmetics, which come with pricey shipping costs. The survey company only takes credit cards, not Paypal or other online payment methods. The main purpose of these surveys is to obtain your credit card number. Beware.

According to the BBB, the employment offer scams and

advance fee loan scams are alive and well. Legitimate loan companies or employment agencies do not want fees up front. Ignore them.

Buying online: avoid using your credit card for online purchases. Once you give out your number and the security code, the scammers can charge you anything they want. Credit card companies require you to keep your card numbers safe, and may not reimburse you if you are scammed.

Send me comments and questions: livegreen@bell.net © Achim Krull 2019

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Wishing you a Happy Canada Day

This is the time for us to celebrate our Canadian values of pluralism and diversity. Let us reflect on our achievements and look to the future to strengthen the bonds that hold us together.



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