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INDOOR GARDENING KEN BROWN

Planting and reaping in October



Whether we are balcony gardeners or have an acre of vegetable garden we are all eligible for one of the best free natural colour shows. Let's take the traditional autumn drive into the countryside to observe the dazzling display put on by our native deciduous trees. Our iconic Sugar Maple is usually the star of the show but there is a great cast of supporting roles. The bright yellows of the Poplars, the deep burgundies of the oaks are also a delight and let's not forget the Larch or Tamarack which looks like an evergreen all summer but turns vivid yellow in the fall to prove that it is in fact deciduous. It's that time of year when even the most confirmed city dweller contemplates renting a car and heading north.

Back on our balconies the "mums we planted last month should be a blaze of colour and those of us who have a few containers of vegetables should be enjoying the cool crisp Pak Choi and solid freshness of the Kohl Rabi. It's also the second salad season as the Lettuce and Spinach are mixing with the last of those prolific tiny Tomatoes. It's also time to start moving

our part time houseplants back into their winter homes. The important job here is to make sure that they don't bring any hitch hikers in with them. I have a couple of Phalenopsis Orchids that have a great tendency to host some scale insects, keeping me busy all winter cleaning them off. I put them outside in the shade for the summer and one of them was starting to bloom so I moved it indoors and couldn't find a single scale on it. Is there some magic predator that finds them outside and eats all the scale? If there is, can I bring him/her in or will there be some unintended consequences?

Leafier plants like Hibiscus will easily bring in a few spider mites or white fly. We don't notice them all summer because there are conditions and predators that keep their numbers very low. Nonetheless, there will be a few eggs there. We need to spray these plants with some insecticidal soap every other day for at least a week before we bring them in. We have to catch those eggs as soon as they hatch because they will mature and lay more eggs in as little as four days.

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

Election 2019 MEET THE CANDIDATES by Ida Fedor-Baan

Party Designations are:
AP: Animal Party
G: Green Party
I: Independent
L: Liberal
NDP: New Democratic Party
PC: Progressive Conservative
PPC: Peoples Party of Canada

DON VALLEY EAST

HENDRY, John PPC

John Hendry was School Trustee for 30 years with the Waterloo Region District School Board. He is also a public speaker, author and advocate for people with disabilities.

MA, MICHAEL PC

Michael Ma grew up in Vancouver after immigrating to Canada as young child. His mother soon became a widow and a single

#CHOOSEFORWARD

YASMIN RATANSI

DON VALLEY EAST

Yasmin Ratansi is the Member of Parliament for Don Valley East and has represented this diverse riding from 2004-2011 and from 2015 to the present.

Champion for all residents in Don Valley East



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On October 21, **VOTE YASMIN RATANSI** #CHOOSEFORWARD

Authorized by the official agent for Yasmin Ratansi.

mother to seven children. That painful experience, taught Michael to work hard and accept the challenges of life. He is a long-time resident of Don Valley East and has been involved in local community and charity organizations. Ma is married to Anna and lives with his three young adult children.

RATANSI, Yasmin L

Ratansi has been the MP for Don Valley East from 2004 to 2011, and was re-elected in 2015 until present. She has been the Deputy Whip of the Liberal Caucus, Chair of the Standing Committee on Government Operations, Chair of the Public Accounts Committee, and was Chair of the Standing Committee on the Status of Women. Ratansi has served on various Inter-Parliamentary organizations as representative and Chair. She was born in Dar Es Salaam. Ratansi has also worked as a Certified General Accountant (CGA) and Certified Management Consultant and has assisted individuals and businesses with a variety of tax related and immigration issues. Ratansi is a speaker, principal and founder of Ethical Edge, a consulting firm.

THOMPSON, Nicholas NDP

Thompson is a community advocate and trade union leader. He serves as President of the Union of Taxation Employees of Toronto North and is Co-Chair of the Racially Visible Committee.

TURCOTTE, Dan GR

Turcotte is a director, strategist and executive producer. He is the owner and operator of Pet Shop Productions, an award-winning strategy and content production company that focuses on ethical work to entertain and educate Canadians. Turcotte's work has appeared on ESPN domestically and internationally. He has worked with various charitable organizations in branding, fund-

raising and education. Turcotte studied music and broadcast production, which led him to a varied career as singer, music composer, actor, advertising manager and even a stunt bike rider, representing Canadian Athletes for an Olympic bid.

Results of her consultations:

- ◆ Tax cuts for middle income earners
- ◆ Tax cuts to small businesses
- ◆ Investments in Canada Child Benefit (CCB)
- ◆ Investments in youth
- ◆ Increased payments for seniors
- ◆ Investments in infrastructure and innovation
- ◆ An evidence based climate action plan

On October 21, vote for Yasmin to continue to represent our riding on the path of progressive growth.

All efforts were made to contact eligible Candidates. Hi-Rise Community Newspaper is NOT responsible for the material received.


TORONTO ST PAUL'S
See page two



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you
TO GET AHEAD

 CONSERVATIVE

AUTHORIZED BY THE OFFICIAL AGENT FOR JAE TRUESDELL



Paralympian Mollie Jepsen skiing with only one ski pole

Skiing is fun. Skiing is challenging. But skiing with only one pole at the Olympic level takes guts.

Such is the story of never-give-up Mollie Jepsen.

Mollie was born in 1999, in West Vancouver, British Columbia. Her challenge – she was born without several fingers on her left hand. That means she can never hold a ski pole with that hand. And as you skiers know, poles help you pivot, especially during tight turns, as well as give you balance as you shush your way down the mountains during competitions.

For Mollie Jepsen, at 18 years old, competing for Canada at the 2018 Paralympic Games in PyeongChang, South Korea was a dream she made come true. She couldn't practice for some time because she had been recovering from various injuries including a broken ankle. Nevertheless, she prevailed.

She ended up winning gold in the super combined, two bronze medals in downhill and giant slalom, and silver in the slalom. You have to remember she skis with one pole and at speeds reaching 115 km/h.

As one sports' writer put it: "What made her journey to PyeongChang all the more remarkable was her ability to shake off devastating injuries and continue to excel." What attitude did she go into the games with? As she said: "I definitely was looking for podium finishes."

It all didn't go perfectly for her at first. But, she turned a bad into a good. She explained that it was the initial disappointment of her less than best skiing at the beginning of the Games that made her try even harder.



Talk about never giving up! It's true that Jepsen has spent most of her life on the slopes. She comes from a ski family that has a place in Whistler, British Columbia. They had her on skis when she was just two years old.

At the same time, Jepsen took gymnastic and equestrian classes. Both of those sports helped her develop the balance, co-ordination and strength needed as a skier.

After the 2010 Vancouver Olympics, which spurred her on to compete, Mollie went to competitions across Canada and even competed against able-bodied athletes. A gutsy move!

And then Canada honoured her.

In addition to being a speaker at the 2018 Canada Day Celebrations on Parliament Hill, and at other places that honoured the never-give-up attitude of this athlete, Mollie does have another part to her life. She's an excellent student and is studying at Queen's University Department of Kinesiology.

So, dear readers, do you ever feel down and have a what's-the-use-attitude? When that happens (and it happens to ALL humans on our planet at some time in their lives) re-read this story of Mollie Jepsen. Guaranteed she will be an inspiration to you!★

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



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Election 2019 MEET THE CANDIDATES by Ida Fedor-Baan

Party Designations are:

AP: Animal Party

G: Green Party

I: Independent

L: Liberal

NDP: New Democratic Party

PC: Progressive Conservative

PPC: Peoples Party of Canada

ST. PAUL'S-TORONTO

BENNETT, Carolyn L
Bennett, family doctor formerly employed at Women's College Hospital, was also Assistant Professor, University of Toronto's Department of Family and Community Medicine. served as MP for St. Paul's since 1997, holding various portfolios: Minister of State (Public Health), later Opposition Critic for Public Health, Seniors, Persons with Disabilities, the Social Economy and Aboriginal Affairs. Bennett is a published author of *Kill or Cure: How Canadians Can Remake Their Health Care System*. Bennett is married, has two sons and a chocolate Labrador dog named Marley.

CLIMENHAGA, Sarah, Green
Committed environmental advocate and long time St. Paul's resident

Sarah Climenhaga is a mother of three. In her 2018 mayoral run, she debated John Tory on the need for improved transportation, more housing and economic equity. Her past professional experience includes executive positions at the World Wildlife Fund and Smart Commute. A graduate of McGill University, she holds a BSc in Biology and Environmental Studies. In her free time, she sings with the Toronto Mendelssohn Choir, runs half marathons and tends to her fruit and vegetable garden.

MUKHERJEE, Alok NDP
Community advisor, teacher and human rights activist Alok Mukherjee was Chair of the Toronto Police Services Board from 2005 to 2015. He is a published co-author of *Excessive Force: Toronto's Fight to Reform City Policing* and was finalist for the Donner Prize. Mukherjee is married with a family and served as Race Relations Advisor to the Toronto Board of Education in the 90s. He helped develop and implement Canada's first comprehensive anti-racist education program. Mukherjee was acting Chief Commissioner of the Ontario Human Rights Commission. He is currently a distinguished visiting professor at Myerson University's Office of Equity, Diversity and Inclusion.

TRUESDELL, Jae PC

Truesdell has called Toronto home for a decade. He lives in midtown with his wife Biana and their pets: Dog Titus and Cat Zeus. Je is an advocate for affordable housing and safeguarding our natural environment, both critical issues in the City of Toronto. Je recently spearheaded policies to spur construction of affordable housing while simultaneously increasing spending on community

EDITORIAL



I'm wondering...why?

I am something of an election junkie. I find elections; the give and take of the process, fascinating. And that is one of the reasons I enjoy doing an election issue of *Hi-Rise*, even through it involves a massive amount of effort to contact and get info from, all candidates.

Especially when I see the quality of people who are prepared to go through the stress of an election.

But in this election I am troubled.

Instead of lively give and take on the issues, people are attacking one another. Often about things said and done many years ago.

I don't have a problem with a situation where a candidate has current views that don't agree with his party's position. For instance, a candidate for the Green party can't be a climate change denier.

But today accusations and allegations are flying around about opinions and actions taken decades ago.

Many years ago I had views that I no longer hold. Most based on cultural beliefs I grew up with. We all can learn and grow as persons.

But apparently we don't think that apples if you are running for public office.

A TV show interviewed a white supremacy organizer who recruited young people into his hate-filled organization. He said it took his children to make him realize how wrong he was. Now he goes to high schools, telling his story. He was an angry youth who felt he didn't fit in. That group gave him an identity and a purpose. And a way to express his anger, often in violent acts. He warns young people that recruiters seek out those who are feeling this way. And joining such a group could ruin your life.

He has indeed changed, repented of his actions, and making up for them, by helping young people avoid his mistakes.

Sometimes we are quick to judge another, point the finger and say "Aha. Gotcha." That may be rooted in our own feelings of inadequacy. Putting another person down makes us feel better about ourselves, perhaps.

Whatever you think about Jesus, he was a wise and compassionate person. A woman accused of adultery was taken to him. The accusers were ready to administer the penalty of stoning her. He said "Let any one of you who is without sin be the first to throw a stone at her." The crowd gradually dispersed. The story ends with him assuring her since the accusers had backed down, he did not condemn her either. He told her to go, and leave her life of sin.

An ancient example of an attitude we might well adopt today.

The climate of suspicion and mistrust may turn off some of us and make us reluctant to take part in the election.

Don't let that happen to you. Make your choice, with respect, compassion, wisdom, and factual information.

Valerie M. Dunn

Valerie M. Dunn,
Editor Publisher

infra-structure. Truesdell worked for the Toronto Region Conservation Authority as Senior Manager of Property and Legal Services. He attended Harvard Business School and the London School of Economics.

All efforts were made to contact eligible Candidates. Hi-Rise Community Newspaper is NOT responsible for the material received.

UNICEF (United Nations International Children's Emergency Fund) has resumed **Halloween Heroes Fundraising** after a 13-year absence with a fully digital system designed for kids. They can set up a webpage using UNICEF's four characters

from the Orange Box Campaign., representing it's main pillars: Water (safe), Nutrition, Education and Health. And, with new and young ambassadors called GFORCE. Comprised of four singing girls, aged 10 to 13 who believe that kids need to dream big. Kids decide charity funds' distribution. How? First, they set up a personal fundraising page at unicef.ca/Halloweenheroes. They choose which "Hero" to support: Water, education, nutrition, health or all four. Schools can get involved, too. Participating schools are automatically entered into draw to win a GFORCE Concert! Every additional \$250 raised is an additional contest entry. Schools wanting information can unicef.ca/halloweenheroschools.

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MOVIE REVIEW

BLINDED BY THE LIGHT

★★★★ PG
117 min.

Dramatic Musical Comedy
Profanity: moderate
Cast: Viveik Kalra, Kulvinder Ghir, Aaron Phagura, Nell Williams
Director: Gurinder Chadha.

Over the years I've often left a screening thinking that the film I'd just seen wasn't at all acceptably likeable; and although that still frequently happens, it is truly gratifying to say that this is definitely not the case with **BLINDED BY THE LIGHT** which I thoroughly enjoyed and highly recommend.

Inspired by British journalist Sarfraz Manzoor's memoir:



"Greetings from Bury Park: Race, Religion and Rock N' Roll", the film tells the coming-of-age story of Javed Khan (Viveik Kalra), a shy and dreamy 16-year-old British-Pakistani teenager who lives in the blue-collar town of Luton, England (a suburb of London) with his conservative Muslim family during the politically and economically turmoil-filled days of Margaret Thatcher's 1987 Britain. Not only is it a time when national unemployment has climbed sky high – thereby fueling far-right extremism and racial violence against immigrants of colour which Javed frequently experiences – he also lives a rather suppressed daily life under the thumb of his authoritarian father, Malik (Kulvinder Ghir) who has completely mapped out his son's forthcoming adult life, from the education he will pursue, to the vocation he will have, and (one day) the woman he will be betrothed to. All things considered, it's definitely not the kind of life Javed wants to have – which is to someday become a notably well-known writer.

But when a kindred-soul classmate named Roop (Aaron Phagura) introduces him to the music of "The Boss" (aka Bruce Springsteen), the passion of the lyrics that he listens to through his Walkman cassette player (initially those of "The Promised Land") jarringly shocks him to the core of his senses and he quickly develops an emotional connection with the musical themes that he plays over and over – those being the purity of personal freedom, the rewards of hard work, the healing power of romantic love – all of which progressively inspire him to feel decidedly more hopeful about his

DAVID KING



future. As such, he soon begins to modify his apathetic expectations of life in Luton and develop within himself the desire and courage to more meaningfully express himself via his own unique voice and writing talents and duly strive to achieve a more rewarding and fulfilling life.

Featuring an excellent ensemble cast of talented actors that collectively strengthen the movie's emotional depth and overall appeal, the film focuses primarily on the amazing performance of Viveik Kalra in his first big-screen role as the film's lead (and future star in the making). Also well cast in their respective supporting roles are Aaron Phagura (who plays Roops, Javed's classmate and musical friend), and Nell Williams (his hopeful girlfriend, Eliza). But possibly the real standout performance is given by Kulvinder Ghir as Javed's politically incorrect and paternally domineering – albeit frequently humorous – father (Malik).

Not only is **BLINDED BY THE LIGHT** an inspirationally moving movie that will envelope you with its emotional depth and poignancy, it's also a story of courage, love, hope, family, self-discovery, reconciliation and toe-tapping musical fun.

In short, it's a feel-good, crowd pleasing movie of the highest order!

AD ASTRA

PG
122 min
Sci-Fi Thriller
Cast: Brad Pitt, Tommy Lee Jones, Liv Tyler, Ruth Negga, Donald Sutherland.
Director: James Gray

Although at the time of this writing I haven't yet seen this movie, it's definitely one that I'm eagerly looking forward to reviewing. That said, here's what the film's distributor (Twentieth Century Fox) synopsis about the film: "Astronaut Roy McBride (Brad Pitt) travels to the very edge of the solar system to find his missing father who disappeared on a mission to find alien life 20 years prior—and to solve a puzzle that threatens survival on our planet. On his journey, he reveals secrets that question human existence and our place in the cosmos."

As for director James Gray, he says it features "The most realistic depiction of space travel that's been put in a movie." He's also described it as "Sorta like... if you got 'Apocalypse Now' and '2001' in a giant mash-up..." And in case you're curious, the meaning of the title is a Latin phrase that translates "To the Stars". ★

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He is the technical consultant for Hi-Rise newspaper and does an excellent job for us. We recommend him.
- Editor, Hi-Rise newspaper

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- Or go to www.hi-risenews.com



Happy birthday Ganesh - A time to listen

We turn the page in the calendar and find the seasons walking faster. Now we are following the winding path of October and with it Thanksgiving and Halloween. October is the tenth month of the year wherein we are confronted by protests in Hong Kong, Fire in Brazil, conflict in Yemen, shootings and more shootings, walls in Belfast, Hungary and the United States, in the back drop are the words Neo-Liberalism.

"Neoliberalism" is contemporarily used to refer to market-oriented reform policies such as "eliminating price controls, de-regulating capital markets, lowering trade barriers" and reducing state influence in the economy, especially through privatization and austerity. This pathway creates perpetual poverty. We have come to the crossroads where we can choose the high road or the low road. The low road creates deeper polarity, high walls, more shootings and greater global conflict.

The higher recongized and grasps the need to reach beyond our personal horizons. In the Mount Pleasant Village we reach out to the *Theresa Group*. Since 1990 The Teresa Group has evolved from providing support to a handful of children and families to an organization with a dedicated team of professional staff providing a broad range of compassionate frontline services to hundreds of local children and families affected by HIV and AIDS. The Teresa Group also coordinates a Provincial program to distribute infant formula to new moms living with HIV and is a founding member and fiscal



agent for the global Coalition on Children Affected by AIDS. The Teresa Group and the Coalition co-organize an international symposium affiliated with each International AIDS Conference. <https://www.teresagroup.ca/>. We turn a page in the calendar and we listen the lament of our children.

In our neighbourhood we turned a page this past month as we celebrated the birthday of Ganesh. I witnessed this celebration and was moved to tears knowing that in one corner of the universe there is blessing. Ganesha is also known as Ganapati, Vinayaka, or by numerous other names. Festivals associated with Ganesha are Ganesh Chaturthi or Vinayaka chaturthi in the sukrapak a (the fourth day of the waxing moon).

He is the Lord of Beginnings and the Remover of Obstacles of both material and spiritual kinds. He is known for listening. We turn the page in the calendar and find that we need to listen and again. Start with the people we call friends and those who are kin.

We turn the page in the calendar and find the gift of healing is planted inside our heart, and are filled with gratitude.★

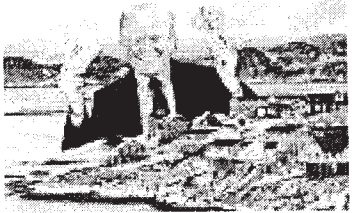
The Rev. John Joseph Mastandrea serves at the Manord Road United Church, Toronto



Trump, Greenland and Canadian Arctic sovereignty

You can't blame Canadians for being amused by President Donald Trump's proposal that the USA purchase Greenland from Denmark. Of course we know that the USA purchased the Louisiana Territory from France and the Alaska Territory from the Russian Empire, but that was years ago.

However, Canadians may not be aware that the USA has always had an interest in Greenland and our Canadian arctic. The American North Pole explorers, Robert Peary and Frederick Cook, established their base on the north end of Canada's Ellesmere Island. At that time Cook wrote to The National Geographic Society, the sponsors of their expedition, that no nation has as yet claimed responsibility for the island (now Ellesmere Island). Then prior to WW II, The American government sent Admiral Richard Byrd and Donald MacMillan with instructions to find a new land in the far north and claim it for the USA. At that time they reported that the Greenland Inuit wished to become American citizens rather than Danish citizens. Then during WW II the Americans established and maintained a large air base in Greenland at Kangerluaq. To



Donald Trump
wanted to buy
Greenland

this day they still have a large air base on the north-west coast of Greenland, a very short distance across Davis Strait from our Ellesmere Island. As well until the end of the Cold War Americans staffed a great many Distant Early Warning (DEW line) radar stations right across the Canadian arctic.

Shortly after Confederation, Canada acquired the Hudson Bay Company (HBC) lands and assumed that those arctic islands north of continental Canada were ours as well. After all they had been explored by many British Navy expeditions including the Franklin expeditions seeking to find a north-west passage to India. Since Canada was part of the British Empire those arctic islands must be ours. But soon we realized that there had never been HBC trading posts on those arctic islands and not only the

3 steps to breakthrough fitness plateaus

As you move forward in life and health you may end up hitting a wall. A wall of results or simply the speed in which the results you want. It just may not appear as quickly as you'd like.

This wall can come from many reasons.

The wall can come from the body requiring time to adapt to the changes. It can come from the mind requiring a different stimulus to force the ongoing results to happen. The wall may even come from you getting fitter and the journey needs more difficulty.

What's a Plateau?

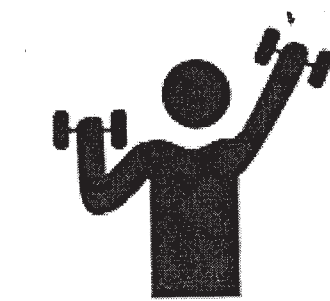
A plateau is a period in which the body reaches a state of homeostasis or balance from a consistent fitness training stimulus. It may be seen as a slowing down of results or no change whatsoever. It is still linked to several other health benefits as the activity level remains constant.

No matter what the reason is, facing a plateau can create a serious problem if it's results you want. To understand how to combat the common roadblock of plateaus implement the following strategy to catapult you forward.

3 Steps To Overcome A Fitness Plateau

1) REVIEW

Looking at what you are currently doing provides you with ample information to make a more calculated decision. Not all things produce the results we want. Some are taking away from our own progress.



By reviewing the habits and systems you currently have in place you can determine the next best step for you to make in breaking through your plateau.

2) STRATEGIZE

As you've finished reviewing all of the information you have you can begin to think of solutions. When fitness is your primary objective changing variables such as your type of workouts, resting time, weight lifted or even your nutrition can make an impact.

Using the information compiled previously would allow you to make the most calculated decision to determine what would have the largest impact on your goal and seeing the change you desire.

3) TAKE ACTION

The final part of the equation is doing something. Once you have all of the information and have been able to determine which area you need to tweak to see some change committing to improving that area is the next step.

Often times it is the consistency of performing the action that produces the results you want to see. Apply this way of thinking to fitness and nutrition and you will

change how your body looks and feels.

YOUR NEXT STEPS

Realize now that you have the ability to apply the right principles to move your health and life forward. You can breakthrough plateaus in record speed simply by using the above process.

Let me know if you've tried anything similar to this strategy or you use the one I am recommending. I would love to hear your results.★

Be sure to pre-order my brand new book on health and wellness called Reboot: The Path To Personal Breakthrough! 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.

Election 2019 MEET THE CANDIDATES

S C A R B O R O U G H GUILDWOOD

JANI, Jigna PPC

No information available.

MC KAY, John L

John McKay, a lifelong Scarborough resident, graduated from the University of Toronto Scarborough and Queen's University. After practising law for 22 years, he was elected to Parliament in 1997. Currently, John is Chair of the Public Safety and National Security Committee, Canadian Co-Chair of the Canada United States Permanent Joint Board on Defence, and Chair of the Canada-United Kingdom Inter-Parliamentary Association.

MCMAHON, Tara G

No information provided.

SPENCER, Michelle NDP

Spencer is a Criminology and Psychology graduate and active community volunteer and mother. Spencer is an advocate for the Toronto-Caribbean Community, founding the Masqueraders Associations that supports the annual Toronto Caribbean Carnival.

THURASINGHAM, Quintus PC

Employed with Thomson Reuters for 20 years, now as Senior Supervisor, Thuraingham has media/leadership experience vital to politics. He holds a Bachelor of Economics degree and is also a Microsoft Certified Systems Engineer (MCSE). A long-time Scarborough resident, he has held many positions contributing to the community. He is a political commentator on a local TV station and also serves as news anchor, reporter and newswriter for radio stations and community newspapers.

British Navy and the Americans but Norwegians and the Danes were exploring our islands as well. The Norwegian Otto Sverdrup had already given his name to the Sverdrup Islands in our western arctic and not only was Knud Rasmussen, the Danish explorer, mapping our arctic islands but the Inuit from Danish Greenland were harvesting musk-oxen on our Ellesmere Island. Our assumed claim to sovereignty in the arctic was now very much in doubt.

When all this finally dawned on the Canadian government, it undertook a flurry of activity aimed at confirming our sovereignty in the arctic. We retained the services of the American Vilhjalmur Stefansson to explore the arctic islands on Canada's behalf. RCMP posts were established and annual patrols were instituted. A. Y. Jackson (later a member of the Group of Seven) was sent to sketch the arctic. Canada moved Inuit families from Port Harrison in Hudson's Bay to Grise Fiord at the south end of Ellesmere Island. All in the name of Canadian Sovereignty. Today Canada has two weather stations, Eureka and Alert as well as our furthest north permanent settlement, Grise Fiord, on Ellesmere Island, which according to the 2016 census has a population totalling a mere 191 people. Then over the objections of the USA Canada unilaterally announced a sector claim to the

Arctic including the area bounded by a line passing between Ellesmere Island and Greenland, the 60th meridian, on the east and the 141st meridian on the west, both converging at the geographic North Pole. Today, Canada, the USA, Russia, Denmark, Sweden and Norway are all laying claim to ownership of the minerals on the seabed leading to the North Pole.

Climate Change has produced another challenge to Canadian sovereignty in the Arctic. Canada claims that the north-west passage, first discovered by the Norwegian Roald Amundsen, as our inland waterway, while the USA which has been sending its nuclear submarines through the passage since 1955 and other nations now claim it is international waters.

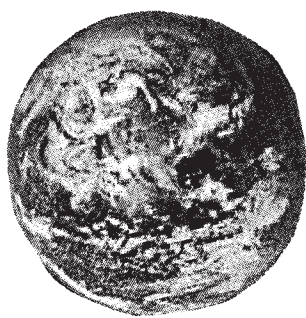
So President Trump's interest in Greenland may be amusing, but the Arctic including our own is still very much in play.★

Alan Redway is a retired lawyer, former MP for Don Valley East, former Minister of State (Housing) in the Brian Mulroney government and former Mayor of East York. He is the author of two books, Governing Toronto: Bringing back the city that works and East York 1924-1997: Toronto's Garden of Eden. He can be reached at alan.redway@gmail.com

All efforts were made to contact eligible Candidates. Hi-Rise Community Newspaper is NOT responsible for the material received.

AWARENESS

A new view of earth and the universe



I have been reading the *Toronto Star* since I was six years old. Today, aside from the woman who won the tennis tournament, the rest of the columns were about disaster around Canada, and places all over the world. From the northern areas, to the southern state and the Maritimes. From landslides, floods and hurricanes. But today I want to talk about something bigger than this. The images of God. Since I was seven, and I heard God saying to me, "You are something bigger than you." I have been a believer.

It has come to me there could be hundreds, maybe thousands of planets where God has been active, from where a small planet has grown to the size of earth. I am guessing that like earth, there

could be inhabitants with skin colour from black to white, and all equal, and they can be male and female, and everything, in between.

I am sure it must have happened on maybe thousands of planets before this.

And species of animals growing slowly from mice to elephants, from fish thirty feet long, to

IRIS WARD



gorillas, cats and dogs, tigers and lions. Thousands of different birds and fish. Aside from other things, butterflies of hundreds of sorts, like those that keep our crops growing.

Old trees 100 feet tall, bushes which give us fruit; blueberries, raspberries, green and red grapes, bananas, apples and figs.

Like us, perhaps they can make loaves of bread, cooked in stoves as we do.

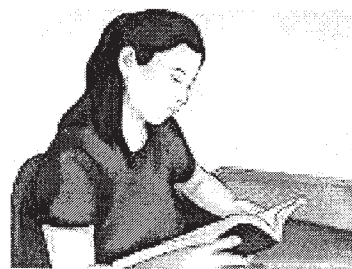
So that's a lot to think about. And I think it could have happened to thousands of earths before us. Who knows how many. So that's my thought for the day.★

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

Life's JOURNEY

KATARINA N KOENIG ILIC

If you read it you will become it



LIFE SAVERS (Silence, Affirmations, Visualization, Exercise, Reading, & Scribing).

In *The Miracle Morning*, by Hal Elrod, the fifth position belongs to good old reading, one of my favourite parts of the routine. I have always been a voracious reader happy to spend hours with a good book.

I am a firm believer that in addition to providing hours of entertainment for us books can teach us a lot about ourselves and the world. There are books that can take you to far off places and let you live daring adventures but there are those that have a practical use. Books such as this book by Elrod and books on budgeting and organizing are all useful in one way or another. There are so many options. You can learn about science and politics and life.

This, for me at least was the easiest part of the routine. Now ten minutes doesn't seem like a lot of time to read. Elrod recommends that this not be your average reading session. He suggest that these books be something that will better you, something that will add to your goals. So for example if your goal is to open a mechanic shop maybe you'll read books on fixing cars, if your goal is to be more spiritual then you'll read books about spirituality and so forth.

Normally I read for relaxation in the evening but adding this to my morning routine has been of great help. There is something so calming about having your first

cup of coffee in the morning and spending some quiet time reading.

For me spirituality is high on my list so I spend the ten minutes of the routine reading devotionals and other inspiring books as well as my favourite chapters from the Bible. If I had to evaluate this step I can say that while I found Visualization and Exercise the hardest to adapt into my routine reading and silent prayer and gratitude affirmations have added so much richness to my morning. I find that my mornings are less hectic and I seem to feel more peaceful. This part of the routine is a big win for me and I have a feeling that the next part of the routine will be a fun addition too.

Next article we'll talk about scribing, journaling, and planning your day! 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 continue 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

VIEWPOINT

FATIMA KHURRAM



Modern technology owes ecology an apology!

I read the above saying somewhere many years ago but at that time I didn't realize the seriousness of the matter.

Today, this is a huge issue our planet earth is facing. Global warming, deforestation and deterioration of the ecological system are some of the nightmares coming true. There are many reasons for that and I believe the success of modern technology is one of the main ones. Not only evolving technology, but also the way we deal with it, plays an important role.

Over-Consumption

Changing lifestyles around the world have led to over-consumption. If we look back 20 years ago, things were quite different than today. People did not consume as much. There was a trend of getting things fixed and repaired such as electronics, furniture, etc. But now we are seeing an increasing trend of throwing things away and getting new ones. I'm sure we all have seen furniture and electronics being dumped. Every time there is a new and upgraded version of something, there are long queues of customers waiting to buy it. This over-consumption puts a huge burden on our environment and leads to such abuses as chopping down trees, and mismanagement of industrial and personal waste.

Lack of Recycling

There's a great need to educate and emphasize the importance, in fact necessity, of recycling and taking care of unwanted material. Plastic is one of the biggest culprits: it stays in landfills for a long period. Children should develop awareness about the importance of recycling and taking care of the environment. Educational institutions could play a great role in passing down this knowledge.

Get it fixed

Another way to make a contribution to the environment is, instead of throwing away malfunctioning electronics, try to get them fixed. Not only will it put less burden on the reproduction of more electronics, it could also create more jobs.

Taking care of our environment is our responsibility. It is our home after all. We all have a role to play in preserving our planet. Let's all take a share of it.★

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

MUFFY'S COLLECTION

Baked Chicken Nuggets

(Preheat oven to 400F)

4 chicken breasts, skinless and boneless
2 eggs, beaten
1 tbsp water
1/2 cup breadcrumbs
1/2 cup Parmesan cheese, grated
1 tbsp dried basil leaves
1 tsp dried thyme
1/4 tsp salt

- Cover a baking sheet with foil and spray with cooking spray
- Trim excess fat from chicken and cut into 1-1/2 inch pieces
- In a medium bowl, beat egg and water
- Place chicken into egg mixture, stirring to coat. Set aside
- In large re-sealable plastic bag, combine breadcrumbs, cheese, basil, thyme and salt and shake well to combine
- Using a slotted spoon to drain excess egg mixture, transfer chicken a few pieces at a time to bag, close and shake well to coat. Repeat until all pieces are well coated (Discard any left over egg and breadcrumb mixture)
- Place coated chicken on prepared baking sheet. Bake 10 minutes, turn pieces and bake for another 10 minutes. Nuggets are done when is chicken is no longer pink in the center Serve warm with dipping sauce

Makes 4 servings

Apricot Dipping Sauce

1/2 cup Apricot preserves
1 tbsp water
1 tbsp Fresh lime juice
2 tsp light soy sauce
1 tsp Dijon mustard
1/4 tsp minced fresh ginger

Puree all ingredients in a blender or food processor until smooth.

Makes about 1/2 cup sauce

Mom's Best Brownies

1/2 cup cake flour, sifted
1/2 cup unsweetened cocoa powder
1/4 tsp. salt
2 egg whites
1 large egg
3/4 cup granulated sugar
6 tbsp. unsweetened applesauce
2 tbsp. vegetable oil
1-1/2 tsp. vanilla extract
1 tbsp. chopped walnuts (optional)

•Preheat oven to 350°F. Spray an 8" square baking pan with

vegetable cooking spray and set aside.

•In a medium bowl, combine flour, cocoa, and salt. Mix well. In a large bowl, whisk together egg whites, egg, sugar, applesauce, oil, and vanilla. Stir in flour mixture until just blended; do not over-mix. Pour batter into prepared pan; sprinkle with walnuts.

•Bake until just set and a toothpick inserted in center

comes out clean, about 25 min.

•Place pan on a wire rack and cool for at least 15 min. Cut brownies into squares and place on a serving plate.

Makes 12 squares



TRY ALPHA

Alpha is a series of interactive sessions exploring the basics of the Christian faith.

LOCATION: BRIDLEWOOD PRESBYTERIAN CHURCH
ADDRESS: 2501 Warden Ave., Scarborough, ON

DATE: Begins Wed. October 2, for 11 weeks. Come on any Wednesday.
TIME: 6:30 p.m. to 8:15 p.m. (dinner included)

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Sunday Service is at 10:30 a.m.



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WANDERLUST

by Charles Schwartz

Celebrating Abbey Road



My wife, RoseAnn, has been a devoted Beatles' fan since hearing "I Want to Hold Your Hand" in 1963. So when the 50th anniversary of the iconic Abbey Road zebra crossing picture came around, there was no way we would miss the chance to revisit Abbey Road and take advantage of the opportunity to go inside Studio Two for a rarely offered lecture.

On August 8th, 2019 thousands of fans gathered at the Abbey Road zebra crossing, stopping cars and buses from their destinations to snap selfies and engrave their Beatles' devotions on the walls of the studio. Impromptu quartets formed to play and sing the songs that every age group all around the world know - and love.

The frenzy increased moment by moment as the clock ticked up to 11:35am, the exact time fifty years to the minute that the picture was snapped. Police were summoned to help control the crowd and allow traffic to flow but to no avail. The crowd could not be curtailed, and I could not help but feel that the fans would not be surprised if the Fab Four, magically, re-appeared, crossing the road as they had then. Given the magic of the Beatles this is understandable given their genius to do amazing things like affecting the course of history in the USSR and to download ideas from the ether manifesting them as music far beyond our imagination and giving so much meaning to all of our lives.

The Studio rarely hosts public events as it is very much a working studio. But on this special occasion, a lecture was offered far surpassing our wildest expectation. In Studio Two, Brian Kehew and Kevin Ryan,

authors of the book, "Recording the Beatles", presented not only a history of the studio, but included its roots in EMI and HMV. I learned much including the art of "de-mixing," (separating tracks), and the revolutionary development of artificial double-tracking, (ADT). We had the unique pleasure of having the inventor of this innovation, Ken Townsend, sound engineer and studio manager for 42 years in attendance. This was a rare treat as Mr. Townsend regaled us with stories and anecdotes about the seemingly infinite creativity of the Beatles and all the Abbey Road engineers to experiment and create unique sounds.

We had the thrill of walking up the staircase to the control room, sitting at the control panel, and visiting the Studio Two echo chamber - all sacred places to a Beatles super-fan - walking in the footsteps of those four young men who changed the world. I even got to replicate the final, sustained chord of "A Day in the Life". Along with several other participants we were allowed to play the very pianos used on this iconic work. Exhilarated is a mild description of my reaction to playing the Challen Tack piano also played by Sir Paul.

We gained respect and gratitude from the warmth and enthusiasm of all of the staff at Abbey Road for a special place that has nurtured artists from the

CHARLES SCHWARTZ
AND SUZANNE HARRIS

early 20th century and continues to do so today. Overwhelmed and in awe of the place, its history, and the spirit left behind by the many famous musicians who recorded there, we now regard Abbey Road not as a recording studio but as a sacred shrine.

References:

Inside Abbey Road Studio (2012 Lecture):<https://www.youtube.com/watch?v=qIFLkdJjats> and <https://www.abbeyroad.com/studio-two>
Abbey Road Crossing Live Video Cam:<https://www.abbeyroad.com/crossing> ★

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.

CHURCH DIRECTORY

Don Mills United Church

126 O'Connor Drive at Pape
On #8, #25, #81, #100 bus routes
www.donmillsunitedchurch.ca

"An Inclusive Faith Community"

Rev. Edith-Ann Shantz
416-425-4950 / 51

Oct. 13, Thanksgiving Service
Oct. 20, Joint Service with
Thorncliffe Park United Church,
16 Thorncliffe Park Dr., 10 a.m.

SPECIAL EVENTS
Tues, Oct. 8: All Candidates meeting,
7:00 p.m. to 9:00 p.m.
Sat. Oct. 25: Caribbean Choral
Dinner & concert - Starts at: 5:45 p.m.
Cost: \$ 20.00 per person.

Don Mills Church has a Stair Lift
for accessibility

CAT OF THE MONTH

Meet Chrissy



This month's featured cat is Chrissy, a five year old female who was found starving on the street. She had been thrown out by relatives after her owner had passed away. It was very traumatic and she needed a lot of attention to regain her trust and confidence in people. She has been vet checked, spayed, vaccinated and is now in good health. Chrissy is very friendly, affectionate and playful but is still nervous about being handled. 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.

TENANTS

BHAVIN BILIMORIA

I've made a maintenance request for my apartment – now what?

Q: I know my landlord is responsible for the maintenance of my apartment, but is there a process my landlord must follow for maintenance requests? For example, is there a time period within which my landlord should respond to my maintenance requests? What if the issue is urgent?



A: Under the City of Toronto's Apartment Buildings By-Law (the by-law), landlords are required to have a process for receiving and tracking maintenance requests from tenants. At a minimum, this must include:

1. a manner for collecting and retaining:

a) the date and time the maintenance request was made by the tenant;
b) a description of the location of the maintenance issue(s), including the apartment number, and the nature of the maintenance request, as identified by the tenant;
c) the name and contact information for the tenant making the request;

2. a manner for maintaining copies of all responses made by the landlord in relation to the maintenance request;

3. a process for identifying when a maintenance request is urgent; and

4. upon request by the tenant, a manner for providing a copy of the information collected by the landlord to the tenant making the maintenance request.

Upon receiving a maintenance request, the by-law requires landlords to respond to the tenant making the request within seven days of the request being made. However, the by-law does not require landlords to resolve the maintenance request within seven

days or any other specified period of time.

If the maintenance request pertains to the one of the following issues, the by-law considers it to be urgent:

1. the discontinuance of fuel, electricity, gas, heat and/or hot or cold water; or

2. a breach in building envelope, or the security of the residential complex or a tenant's apartment.

When the maintenance request is urgent, the by-law requires landlords to respond to the tenant making the request within 24 hours of the request being made. However, even when the issue is urgent, the by-law does not require landlords to resolve the maintenance request within a specified period of time.

It is worth noting the by-law only applies to rental buildings with three or more storeys and ten or more rental units, but excludes long-term care homes, licensed retirement homes, and housing co-operatives from its scope.★

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

Bhavin Bilimoria is a staff lawyer with the Flemingdon Community Legal Services, 11 Leaside Park Drive, Unit #1.
Tara Plea.

Thorncliffe Park United Church

16 Thorncliffe Park Drive
Toronto, Ontario
(416) 421-0792

Rev. Edith-Ann Shantz

Worship Service at 10:00 a.m.
All Welcome!

Sunday, October 12 - Thanksgiving
Sunday, Oct. 20 - Anniversary Service
Saturday, December 7 @ 11:30 a.m.
Christmas Buffet Luncheon
Cost - \$15.00

You never know when people might be looking to meet spiritual needs.
Advertise in our worship directory

Monthly "invitation" listings are inexpensive.
Call Hi-Rise, 416-424-1393
email: Valerie.Dunn@bell.net

The Donway Covenant United Church

A Caring Congregation
230 The Donway West, West of Don Mills Road,
2 blocks north of Lawrence

Rev. Jennifer Palin
416-444-8444
Sunday Service 10:30 a.m.



Coffee and Conversation Oct. 4, 18

Weekly Book Study. Tuesdays 9:30 am

ESL Conversation Wednesdays 1:45 - 3:45 pm

Parents and Tots Tuesdays and Thursdays 9:30 am

\$5 Community Suppers 6:00 pm RSVP

Oct 2, 9, 16, 23, 30

Memoir Writing

Oct 3 - Nov 21 6:45 - 9:00 pm. Fee \$80. Register 416-444-8444

Big Sale

Oct 26, 9:30-2:00 pm

Pet Blessing Oct 22, 10:30 am

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1 Greenland Rd., Don Mills
416-444-3471
stmarkstoronto.org

Senior Minister: Rev. Daniel Cho
Associate Minister: Rev. Erin Ko

A warm, diverse and welcoming congregation

10:30am: Sunday Worship
Church School / Youth Group

St. Mark's Day Care
Monday to Friday
Info: 416-444-6948

Café 65 - A Gathering Place for Seniors. at the Church of The Ascension, 33 Overland Dr., (416) 444-8881. Wheelchair accessible. \$10, first and third Wednesday of each month. 12 to 2 PM. Join in an afternoon for fellowship, food and fun! Soup'n'Sandwich lunch at noon includes entertainment. On Oct. 16 - enjoy "Country Roads Music" with singer, guitarist Michael Danckert. Wed. Nov. 6 - "War-time Songs" - singer, keyboardist Tom Heyfron. Reservations needed but come if you can, and bring another senior. All are welcome.

MUSICAL NOTES

Soprano Hibla Gerzmava, famous star at the Met Opera, La Scala and Covent Garden will make her Toronto debut on Sun. Nov. 3, 7 PM at Koerner Hall, 273 Bloor St. W., with pianist Ekaterina Ganelina. Italian Opera arias, and music from Russian Romances will be performed. Call 416-408-0208, or visit www.music.ca.

Pianist Denis Matsuev, a favorite with Toronto audiences, returns as part of Show One's series 'Classical Stars' at Koerner, Hall/Thurs. Oct. 17, 8 p.m. Celebrated for his commanding strength, breathtaking virtuosity and sublime delicacy, Matsuev reveals his range in Liszt's Sonata in B minor and Mephisto Waltz No.1, and Tchaikovsky's Dumka and Grand Sonata. Tickets and info are available from the Koerner Hall Box Office, 273 Bloor St. W., by phone at 416-408-0208, or www.rcmusic.ca. More info is at www.showoneproductions.ca.



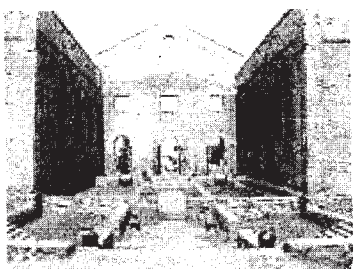
DAY TRIPPING SAM GOYAL

The queen of seasons

We are entering one of the most beautiful times of the year to explore the outdoors, and Ontario boasts some stunning trails that allow you to do just so.

Families may not be able to lounge in the sand or splash through the water together anymore as the leaves begin to turn but there are loads of fall adventures just waiting to be explored. Make sure you get out and enjoy some of these fall daytripping ideas and soak in the beauty of the queen of seasons.

2) Covered Bridge Dr West Montrose
Why You Need To Go: Westmount Rose Bridge, also named the "Kissing Bridge", is the oldest covered bridge in Canada. Stroll along their downtown for ice cream and gifts at the quaint shops along the road



St. Raphael's Ruins, Ottawa.

2) Covered Bridge Dr West Montrose
Why You Need To Go: Westmount Rose Bridge, also named the "Kissing Bridge", is the oldest covered bridge in Canada. Stroll along their downtown for ice cream and gifts at the quaint shops along the road

3) And if you are in West Montrose, head over next door to the only place in Canada which has a tree tunnel – yes a tunnel made of trees. Walk thru the tunnel and see how the branches and leaves interlock naturally making a perfect tunnel. Why You Need To Go: For bragging rights of having seen the only tree tunnel in Canada

4) The Dorset Scenic Lookout Tower: It is located off Highway 35 just north of the village of Dorset.

The tower was built in 1967 and is 100 feet high and was erected for visitors to enjoy the views. Annually, more than 10,000 vehicles will pass through the gates. In the peak Autumn season, it is not unusual for more than 600 vehicles to visit the tower in a single day. The tower is so popular that it has its own webcam stream and the views from the top are just magical.

5) If you are in the Ottawa region take some time and visit **St. Raphael's Ruins**. In 1970 a fire consumed the church of St. Raphael's, one of the earliest Roman Catholic churches in Canada. Fortunately the outer walls were spared and today its impressive scale and fine masonry work continue to attract the tourists to the site. The Ruins were declared a National Historic Site in 1999. Why You Need To Go: Wander through the impressive ruins of a once-thriving church on this unique date! ★

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



Knowing our limits

We all have limits. It's easy to recall them. Think of the time when you were invited to a social function – not for business purposes, but pleasure. You knew no one there very well, you had so many other commitments that had to be dealt with in the next few weeks. You declined graciously with some explanation. The person understood completely and was understanding. No offence occurred. It felt right.

Or the time when you were asked to take on one other volunteer job. You felt like you were opting out but you knew you had no more time to give just then. You declined.

We can only physically do so much in the course of a day. We have to choose what we get involved with and with whom. If we decline graciously the opportunity to accept comes around again. In life there are so many second chances. Those of us who believe in divine intervention know that if God really wants us to do something He keeps pushing it at us.

This is also true with children. A young girl I know is in a gifted program at school. It occurs once a week, but means if one misses class that day one must return to class by 3, collect the homework and all work covered that day, then go home and work for two-three hours to get it all done. So the girl said she did not want to continue in "gifted." She knows her limits. But one of her parents really wants her to carry on. So she decided to compromise – go to gifted when she feels she can handle it, but go to her regular class if she feels pressed with work.

A young boy I know says, "No more piano." But his family



insists, "You never practise. Give it a try for two years." In the end he takes the lessons but still doesn't practise much. Hopefully the teacher will go over it patiently with him in class.

We know our limits. It's something you sense physically within. If a child says "No" in a very stubborn way try to respect it. Figure out where it is coming from, and then try to deal with it. (change it sometimes).

I often think of children and adults in war-torn countries. What are their limits? They go on because they have to – in refugee camps, or walking in heat and thirst to reach a desired safe location. They go on. Maybe we could learn from them – and teach our children to learn from them also. In life sometimes the main direction coming through is "Go on." If we can do this, knowing that we are supported in a loving way by many all around us then we try our best and carry on. ★

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.

GOOD EATS

RAYBURNE MONTGOMERY

The healthy butcher



The Healthy Butcher really cares about what they do and, thus, this is Good Eats as best it gets. They offer the best organic meats locally raised and slaughtered with some exceptions. Produce, cheese, and all the condiments and spices you will ever need are also available. There is a cooking blog, as well as in-store knife skills classes, butchery classes, cook books and food magazines. The store personnel are friendly and don't rush you.

Just when I think I've tasted everything apart from the meat which is the best, on my recent visit I discovered Ground Cherries [Physalis Species], tasty and delicious. This Canadian-grown organic produce has its own unique taste and a husk that is super easy to remove. Learn more about this offering at www.cog.ca

I also purchased an award-winning blue cheese, the best I have ever tasted [Blue Elizabeth, Canadian Grand Prize Winner 2015]. For those of you who think you don't like blue cheese, please give it a try and you may

be converted. For more information about this delicious cheese visit www.dairygoodness.ca.

Delivery is available from the three Healthy Butcher locations:

- 298 Eglinton Avenue West, Toronto
- 565 Queen Street West, Toronto
- 25 Bruce Street, Kitchener

I wish they had a store in the east end so I could visit it frequently.

Please visit The Healthy Butcher; you won't be disappointed. As well, have a look at their website www.thehealthybutcher.com. Telephone 416-ORGANIC [647-2642]. ★

Five bites out of five. The Healthy Butcher really didn't need a review because in my opinion they are already the best.

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

RELATIONSHIPS

DR. ROCHELLE BURNS



What you notice about people tells people about you

Are you trying to diet? Bet you notice every thin person you pass. Are you an empath, someone who deeply understands what others go through? Then you will certainly notice every kind act by others in your orbit.

In short, dear readers, you see what you are. In other words, you can't see what you are not.

This, I believe, is one very important reason why communication between us on Planet Earth is so hard. Think of the global scale. If you have grown up in a delightful democracy, such as Canada, you can't understand why so many in totalitarian regimes, not just obey, but actually support laws we deem demeaning to humane living.

And this totally applies to your personal relationships. For me, this has long been a tremendous source of frustration. I used to explain what I meant as a solution to a problem to people who are friends or colleagues or acquaintances. When they didn't get what I saw as so obvious, I would explain again and try to add detail to help them "get it". Still didn't work.

Gradually, I began asking more than explaining. That is, I asked questions about their take on the situation. Then I realized their understanding of the situation was limited by what they had not gone through in life.

And the reverse was true for me. When I was a Canadian Citizenship Court Judge my heart wept for the stories of what far too many immigrants had to go through before landing on the shores of the "true north strong and free".

But, as empathetic as I am, I knew I did not totally understand why they reacted in many "unusual" ways once they were in

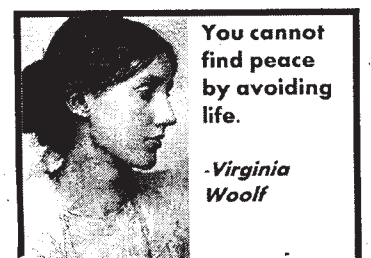
Canada. It took deeper research to grasp their present take on life here, once I discovered what their view of life was. And that view would be based on what they had gone through.

It reminds me of when the slogan "Black Lives Matter" came out. There were huffy people who stated "All Lives Matter". Both are true. But we have to understand that a group such as people of color has lived very differently than Caucasians. Their experiences, too often reprehensible, have caused them to see life with a different lens.

Trying to explain to anyone what you see, in any relationship, dear readers, must always include a lot of questions about them. It must also include an understanding that the two of you are not talking about the present situation. You are actually dealing with your own personal pasts.

I believe none of us need to take a course in effective communications. What we need to do more of is spend time on understanding what we all have gone through in life. If not, the arguing, misunderstandings, and hurt feelings will just keep going on.

How important is this to do for you, and all people for that matter? I leave you in the very capable hands of writer Virginia Woolf who explains:



You cannot find peace by avoiding life.

—Virginia Woolf

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

Election 2019 MEET THE CANDIDATES by Ida Fedor-Baan

Party Designations are:

- AP: Animal Party
- G: Green Party
- I: Independent
- L: Liberal
- NDP: New Democratic Party
- PC: Progressive Conservative
- PPC: Peoples Party of Canada

PARKDALE- HIGH PARK

CAPRA, Nick
No information available.

PHAM, Adam, PC
No information provided.

TAYLOR, Paul, NDP

Taylor, Executive Director of Foodshare, Canada's largest food security organization. He is an ardent community activist for issues such as poverty alleviation, and housing.

All efforts were made to contact eligible Candidates. Hi-Rise Community Newspaper is NOT responsible for the material received.

VIRANI, Arif L

Arif Virani was elected as the MP for Parkdale—High Park in 2015 and served as Parliamentary Secretary to the Ministers of Immigration; Heritage and Multiculturalism; Justice; and Democratic Institutions. Virani came to Canada as a refugee and spent his career as a constitutional litigator advocating for human rights, including prosecuting genocide at the UN International Criminal Tribunal for Rwanda and co-founding Toronto's South Asian Legal Clinic of Ontario. He lives in Roncesvalles with his wife and two kids and has been an active volunteer with The Redwood, Parkdale Food Bank, and led efforts to address mental health stigma.

Balance for Blind Adults, 2340 Dundas St. W. Unit G-06 hosts a musical, *An Evening in the Key of B: Benefit Concert for BALANCE*. Oct. 15, 7 PM at the Al Green Theatre, 750 Spadina Ave. Brahms, Bach, Prokofiev pieces will be performed. Scottish tunes featured, as well. Tickets \$55/\$45 (adv). Wine and cheese to follow. Call 416-236-1796 or go to www.balancefba.org/events.



REAL ESTATE MEHBOOB SHERIFF

Rental guarantees on news condos

To attract buyers - especially those who like a care-free investment - some developers have offered Rental Guarantees for a defined period - 1, 2 or 3 years. Perfect for investors, out of country buyers, right? They don't have to worry about finding a tenant, qualifying the tenant, collecting the money, looking after the repairs, etc. Best of all, the buyer would be paid an agreed upon amount, whether the unit was rented or vacant, for the pre-arranged period.

And, perfect for the builder - they got a unit sold! Not only that, but they presold the unit which would count towards the minimum sales that a lender would stipulate before construction funds are advanced! But buyers beware! Here cometh the Tax Man!

What? All the buyer did was buy a condo with a rental guarantee - so how come CRA (Canada Revenue Agency) has sent a notice? Yes, CRA is actively looking at this situation. From CRA's point of view, the rental guarantee incentive or leaseback arrangement makes the buyer, in essence, a builder for tax purposes and therefore liable to HST! Their favourite term is "deemed".

To add insult to injury the notice assesses taxes, interest and penalties! And that is based on the difference between the original purchase price and the price when the tenant moved in. In most cases this incentive was offered preconstruction - and the rental guarantee period started on closing of the condo unit.

Disclaimer! Please note, no part of this article should be treated as Tax Advice. The undersigned is not qualified to give such advice.

But the purpose of this article is just to bring to your notice what is happening and what could happen to you if accepted this incentive. Naturally, there are some good points to have this arrangement - that only you should decide whether it makes sense for you knowing the other side of the picture.

Watch out for the Tax Man

This incentive was popular particularly in 2015 & 2016. Since then, especially in GTA, the Condo market has been booming and it is rarer to see the rental guarantee or leaseback arrangement.

My humble advice to you if you are in this position - please consult a professional in this field - a Tax Lawyer or a Tax Accountant to clarify your situation. Keep in mind the longer you wait the interest and penalties pileup.★

The author Mehboob Sheriff is a Registered Real Estate Broker with Homelife/Vision Realty Inc., Brokerage. He is also a Registered Mortgage Broker Lic # M08010601 with Verico C.O.D. Financial Services Inc. Brokerage, Lic # 10311. He has owned two Century 21 offices and has been General Manager and part owner of a ReMax Franchise office. He has over 40 years of experience in Real Estate and Mortgages and can be reached at 647-703-6786.

MEET THE CANDIDATES

SCARBOROUGH CENTRE

Party Designations are:

AP: Animal Party

G: Green Party

I: Independent

L: Liberal

NPD: New Democratic Party

PC: Progressive Conservative

PPC: Peoples Party of Canada

MASON, Gillian

No information provided.

VIJAYARATNAM, Jeremiah

PPC

No information available.

ZAHID, Salma

Elected MP for Scarborough Centre in 2015, Salma Zahid is a champion for gender equality and the diverse families of Scarborough. She served on the Status of Women and Immigration

committees, fighting for increased family reunification. She worked to raise awareness of the oppression of the Rohingya Muslim minority in Myanmar and other oppressed persons. Her motion designating June as Filipino Heritage Month across Canada was unanimously passed.

Before politics, Salma was a community organizer and worked in several positions with the Government of Ontario. Salma, her husband Salman, and sons Umaid and Usman are long-time residents of Scarborough.

All efforts were made to contact eligible Candidates. Hi-Rise Community Newspaper is NOT responsible for the material received.

MONEY

What is our world coming to?

As I write this column with a week to go in September, knowing you will not be reading it until after the first week of October, I am not sure whether I should be commenting on what has gone on this past week. However, I do have an opinion and feel I should share it with those who have followed me faithfully for the 30 or so years I have been contributing to this publication.

The two big news items were the "Blackface Scandal" revealed about our Prime Minister and the global protests about climate change. In the big picture, which is really more important? I was embarrassed by what the PM did as a young man. Embarrassed for him and embarrassed by him. As our leader, he made our country look bad because he exercised poor judgement as a young and foolish man thinking that using blackface as part of a costume was somehow acceptable, even twenty years ago. It wasn't and he has apologized for it, profusely and repeatedly.

Many in the black community have accepted the apologies and are ready to move on. Whether it hurts the PM in his bid for re-election remains to be seen. His chief rival, the leader of the opposition, many of whose candidates made racist comments in the past, said that as long as they apologized, it was okay to let them remain as candidates and represent his party. Yet he has demonized the PM for what is



Fire in the Amazon rainforest.

essentially the same thing. Hypocrisy among politicians is nothing new and I am certain we have not seen the last of it. However, when it is so blatant and so self-serving, it is the leader of the opposition who should be embarrassed.

Which brings me to the second issue, that of the youth protest against climate change that mobilized millions of young people around the world to show that they care about what is happening to our planet and want those in charge to do something about it. Unfortunately, many of those in charge got to be in charge through the support of special interest groups who are making immense profits from the use of fossil fuels, both directly and indirectly. In most parts of the world, including our own country, the greater concern is for those employed in the oil and coal industries and in the gas guzzling internal combustion auto industry. Little or no concern, beyond lip service and a few token gestures, have been demonstrated by any leader of a G7 country.

There are simple and doable solutions. Planting trees would

be a huge help in reducing carbon emissions, but instead we are allowing the Amazon rain forest to be destroyed. Greater incentives for the purchase of electric vehicles would get more gas vehicles off the streets, but here in Ontario and many other jurisdictions, those incentives are being reduced or eliminated. The carbon tax is being fought by Ontario, Alberta and others right up to the Supreme Court with no workable alternative being advanced to get the worst polluters to stop polluting.

What do these two news items have to do with a financial advice column? A lot, because their outcomes will have a huge effect on the economy. If the scandal allows the opposition party to get into power, we can expect massive cuts in spending that supports the social programs needed by so many. That will not only stall our economy but could bring our country into a recession. If we do not do something to slow down global warming, we will be in danger from the cost of major weather disasters requiring massive amounts of money that will hurt us all. We need to be thinking about these issues and reacting to them.★

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.

TRIBUTE

HOLLY BACCHUS

A woman of many firsts

There aren't many politicians whose adversaries would willingly laud their dignity, humility and grace.

But Linda Baboolal was no ordinary politician.

Baboolal, a Trinidadian politician and doctor, passed away in the early morning of September 12.

She accomplished what many haven't: she made history while remaining true to her values.

Decades ago, while Hilary was still a First Lady, Baboolal was making her ascent towards the glass ceiling. She was elected to the House of Representatives and served in Cabinet. But it was when she became the chair of her party that she started making history: she was the first woman to do so.

A few years later, she became Trinidad and Tobago's first female President of the Senate, overseeing the discussions and debates in the senate chamber.

It wasn't only her gender that made her tenure notable. Baboolal's integrity, wit and candour earned her respect from all sides.

"She stands out as exemplary and unparalleled in that crucial role as a guardian and overseer of our sacred chamber of democracy," said opposition member Tim Gopeesingh.

By virtue of her role as President of the Senate, Baboolal would also break the glass ceiling for the country's highest office,



serving as the first female acting President of Trinidad and Tobago.

"All female senators today owe a huge debt of gratitude to Dr. Baboolal, for we not only shelter in her shadow, but we stand on the shoulders of a giant of a woman," said Donna Cox, the country's current Minister of Communications, during a parliamentary tribute.

Linda Baboolal was my Auntie Lin. She was the sister of Hi Rise's long time copy editor Thora Bacchus, aunt of Hi Rise writer Maryse Saney, and great aunt of former Hi Rise community news editor Kaitlin Saney. The heavy-hearted mourning of Trinidadians and Tobagonians tell me she was something to so many others as well.

I remember asking her how she went through med school while giving birth and then caring for her five young children. She told me stories of studying for exams while burping babies, and being pregnant during her hospital residency.

And when she headed to Parliament, she took that fiery deter-

mination, drive and resilience with her. As a woman of many firsts, politics didn't change her -- she changed it.

Despite the distance between Trinidad and Canada, her aura of strength, grace and steely-eyed resolve for what she believed in permeated throughout our family.

It gave us faith in ourselves, it made us proud and strong -- and it always will.★

Holly Bacchus writer.

KNITTERS. . .

Cindy's Knitting Circle invites knitters to join them on Wednesdays, 12:30 to 2:30 PM for a **FREE** event on Wednesdays, 12:30 to 2:30 p.m. at the Central Eglinton Community Centre, 2nd Fl., in the program room. Bring your own needles, yarn and patterns. 160 Eglinton Ave. E., (at Redpath Ave.,) 416-392-0511, x. 228.

HEALTH MATTERS

The Osteoporosis Support & Information Group meets on Mon. Oct. 28, 10 AM to 12 noon at the Scarborough Village Recreation Centre, 3600 Kingston Rd., Speaker Jane Teasdale from Mosaic Home Care Services and Community Resource Centres will speak about how the Mosaic Agency can benefit Osteoporosis clients.

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LIVING FREE

Have you noticed the name of my column is *Living Free*? Well, there is nowhere or time that "living free" speaks more loudly than in a country's election. On Monday, October 21, many Canadians will be going to the polls for Canada's 43rd general Federal election! Having said that, we must do whatever we can to ensure our freedom in Canada and across the globe is maintained and strengthened.

As an immigrant from Jamaica, I can recall the last election I lived through in Jamaica. I was but a child, but I remember it was a bloodbath. Many people lost their lives and loved ones. So I know what it means to live free and appreciate the freedom to vote in a true democracy and the freedom to choose your voting candidate without fear, intimidation, or loss of life.

So let us be thankful for the freedom to vote in Canada! Let us pray first and foremost for our leaders during this Federal election. Christian scripture tells us to pray for the affairs of the nation in which we live. 1 Timothy 2:1-3, reads: *"I urge, then, first of all, that petitions, prayers, intercession, and thanksgiving be made for all people; for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Saviour."* Let us pray for godly leaders who understand the plight of our nation and who are willing to lead according to God's plan so that we can experience great blessings. Let us also pray that our leaders seek Godly guidance without outside deception. The Jewish Proverbs tells us for a lack of guidance a nation perishes. And finally, let us pray for peace and safety for our leaders and their families in this election.

ANDRENE GREGORY

Your vote matters!



As the title of this article says, your vote matters! So let us aim to vote intelligently and not empirically. To vote intelligently means to vote with our head and not our heart—which requires us to know our candidates—in order to make the right decision. It is our right and civic responsibility to vote as citizens of this great nation. We have the freedom to do so, so let's take advantage of it and vote with everyone's best interest at heart. Don't be a selfish voter. Learn all the candidates' platform and the issues they stand for. You can learn this by visiting their website, reading newspaper articles, watching the news and listening to pundits, just to name a few. Also, consider what your peers and family are saying for insightful, fair and unbiased decision making. To learn more about how to vote intelligently, go to <http://www.smartvoter.org/voter/judgecan.html>. Try to avoid making a voting decision based on rhetoric, appearance, and attractiveness. Also, avoid judging candidates based on past mistakes—everyone makes them. Instead, look for authenticity and conscientiousness in a candidate and its members.

Finally, on Monday, October 21, go out and vote! This election is a very crucial one. Our freedom and our future depend on it. Visit Elections Canada at www.elections.ca to check if you are registered to vote. If not, take the time to register yourself. I did. To vote in Canada's Federal election, you must be a Canadian citizen and sixteen years or older.

older. On the day of voting, take with you your electoral card and two pieces of ID—one with your photo and home address on it, such as your driver's license. If you don't have a drivers license, take your passport or PR card and a utility bill with your name on it. Find your electoral district and go out and vote. If you don't know where to vote call or visit the Elections Canada website. Their phone number is 1-800-463-6868. Your vote is your voice. Make it count!★

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



COMMUNITY

BIKERS UNITE!

Join the **Gateway Bicycle Hub!** info@gatewaybikehub.org gives bicyclists and those interested news, learn-to-ride and mountain biking program information, including a planned "Women in Cycling" event, as well as an upcoming logo design contest. NEW, do-it-yourself hours are from 12 PM to 6 PM. Tuesdays and Thursdays, 4 PM to 7 PM. Wednesdays, 4 PM to 7 PM bikes are built!!

Volunteers are needed to help. Learn or increase your skills. contact them at their website, info@gatewaybikehub.org or call them at 416-551-2011.

Grenoble Public School now part of Gateway Bicycle Hub! Thirty students received refurbished bikes and a A-B-C safety check workshop. Grade four, five and six students and teachers participated - learning about bicycles, their maintenance, the Bike Club and Gateway Bike Hub services.

CONDOS

MARILYN LINCOLN

Can owner use our condo gym to train his clients?

Q. We have an owner who happens to be a personal trainer. He is constantly using our condo gym to train his clients. Our gym does not have that much equipment but is a fair size to accommodate the owners. When I have gone down to use the equipment it is sometimes not available due to these additional people who don't even own a condo in our building. Is it legal for this person to be conducting this sort of business in our common area gym?

A. Any owner may make reasonable use of the common elements subject to the Condominium Act, your declaration, bylaws and your rules. Using the condo gym to operate a business by training non-resident owners would not be considered reasonable. This gym is part of the condo amenities to be used by the owners and their guests. Owners are paying for the use and upkeep of this gym through their monthly condo fees. They are not paying fees to accommodate non-owners who are not guests but actually paying customers of the owner who happens to be a personal trainer.

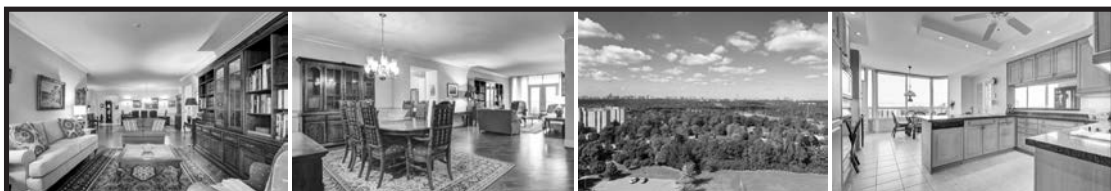
On the other hand if there are other owners in the building who wish to use the services of this personal trainer, this could be



considered a reasonable use of the gym. However, the trainer would have to check with the board of directors. The board would have to consider the qualifications of this trainer and have proof of these qualifications. Another issue to consider would be insurance coverage regarding injury/liability as well as the hours in which this service would be provided.

All owners must have the opportunity to use the amenities that are available to them. If the board can work out a reasonable plan that suits everyone then I see no problem with allowing the personal trainer to proceed with training owners who live on the premises. However, non-owners who are clients of this trainer would have to go elsewhere to conduct their exercises and training.★

*Marilyn Lincoln is a condo owner, director and author of *The Condominium Self Management Guide 2nd ed.* Email marilyncondoguide@hotmail.com*



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The Gentleman Clothier ~ January 30 - February 8, 2020
Enchanted April ~ March 26 - April 4, 2020
Cole ~ May 21 - 30, 2020

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416-299-5557

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and Flemingdon Health Centre**

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A quick guide to the Federal election process: getting on the voters' list, and all that.

The Federal Election, scheduled for October 2019, will be a wonderful way for all Canadian citizens, especially newly-appointed Canadians who have arrived from countries unfamiliar with democratic electoral procedures, and students, to learn about the method used to elect individuals to public office, in this case, Canadian Federal Member of Parliament (MP). This person will represent their voters and fight for issues concerning residents in their *Riding* (the electoral district an elected MP will represent in the House of Commons in Ottawa Canada).

ELECTORAL PROCESS:

Registration

Registered citizens will receive a card in the mail from Elections Canada advising them about the polling station location, hours and poll number they are to visit in order to cast a ballot.

Unregistered, newly-appointed citizens not on the list will be required to swear an oath and fill out a form at the polling station serving their *Riding*. They MUST provide documentation proving their identity and eligibility to vote and MUST be a Canadian citizen over the age of 16. Acceptable I.D. includes: e-statements and printed invoices. Expired documents are okay if your name and address are on them. Any with hand-written changes are not.

Voting

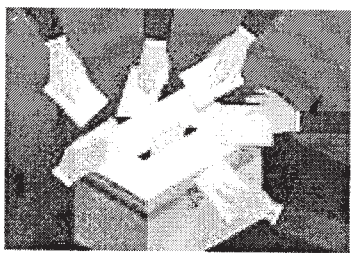
Registration completed, the new voter receives a form that must be presented at their assigned poll in order to receive and cast a ballot. The information on this form will be recorded in a booklet by the Poll Clerk and placed in an envelope.

The voter will then be given a paper ballot by the Deputy Returning Officer, in a folder, and asked to go behind a booth, mark the candidate of their choice on the ballot and return it to the DO. (Make sure that ballot is returned to the same person). The DO is responsible for a set number of ballots. The DO then places the ballot into the ballot box or computer ballot counter. Congratulations - vote cast!

The total count will not be made public until later that night after polls close, the count is complete, reported to Returning Officer and paperwork checked.

Location

The polling station is usually in a school or other easily accessible location, with four or more poll-in booths. Or, one in a condo lobby, for example. Locations vary in form. Every effort is



made to accommodate voters with special needs: Braille card readers for the visually impaired, Translators (French/English or other language) must sign an oath, and wheel-chair ramps should be available. Be advised though, this is not always possible.

Staff

Polling locations with four or more polls usually have a Poll Supervisor (the official "greeter") who directs voters to their correct poll booth, and assists other poll staff as needed and looks after communication with the Returning Office.

Each poll has two persons on duty:

1) Deputy Returning Officer is ("manager") responsible for opening/closing poll, initialing the paper ballots and filling out/signing the paperwork.

2) Person assisting is the Poll Clerk, who also signs paperwork. Election poll staff are interviewed (take resume and references), offered a poll location if the person is deemed viable. These are paid positions, with paid training.

Poll staff must bring lunch, dinner and snacks to tide them through this long, often tedious day. Take some non-political reading. Do your knitting during the day. Busiest time is usually after work. Polls are open for 12 hours: 9:00 a.m. to 9:00 p.m. Ballots are counted and results submitted ...after 9:00 p.m.

A note of caution: Do NOT rely on the Internet for election information. Some fake Election Canada sites have been found by a number of our staff. Contact Elections Canada at 1-800-463-6868 to ensure correct information received.

Please, if you care for Canada and its future, volunteer in the election campaign of a candidate. AND vote! Our future depends on all of us working together!

Ida Fedor-Baan is an apartment resident and was on the Hi-Rise staff in its earlier years. She has recently returned as Community Notice Writer and Administrative Assistant. She is also a self-employed communications professional, dressmaker/alterations and can be reached at 647-765-6063. Website sewandalter.ca Ida's Sewing & Alteration.



Election 2019 MEET THE CANDIDATES by Ida Fedor-Baan

Party Designations are:

AP: Animal Party

G: Green Party

I: Independent

L: Liberal

NDP: New Democratic Party

PC: Progressive Conservative

PPC: Peoples Party of Canada

DON VALLEY WEST

KISTENDY, Amanda G

No information provided.

MacDOWELL, Laurel NDP

Active environmentalist, MacDowell is Professor of Environmental and Labour Histories at the University of Toronto. She is an award-winning author, and involved with numerous community organizations.

OLIPHANT, Rob L

Rob Oliphant was elected in Don Valley West in 2008, and again in 2015. Rob serves as the Parliamentary Secretary to Minister of Foreign Affairs Chrystia Freeland. Rob and his family live in Sherwood Park. Oliphant has chaired the Standing Committee on Public Safety and National Security, and the Committee on Citizenship and Immigration. He co-chaired the Committee on Physician-Assisted Dying. In opposition, he was critic for Veterans Affairs. Oliphant earned a BComm from the University of Toronto and worked as an accountant. He is an Ordained Minister in the United Church. He also completed a Masters degree and a PhD.

PRITTIE, Ian PPC

Ian Prittie is a professional engineer (P. Eng) since 1994, is also a chartered financial analyst (CFA) since 1998, as well as an equity analyst and certified project management professional, self-employed. He owns a small business assisting clients in the financial sector to design and implement both business and technology projects.

ROBERTSON, Yvonne PC

Robertson holds a Bachelor's Degree in Political Science and Economics from Bishop's University, and a Bachelor of Laws (LLB) from the University of London. She incorporated her company Matrix Power Services Ltd., -specialized electrical products imported to Canada. She is married with three children and family dog, Biscuit. Robertson developed other export products and brokered new markets. One is a wellness company, Sahara and Co., specializing in natural teas, candles and bath therapies. Resident in Don Valley West all of her life, she is involved with numerous charities and works with the officers of 53 Division Toronto Police through their Cops and Kids program.

DON VALLEY NORTH

DONG, Han L

Educated in Toronto, Han Dong, and his family immigrated to Canada from China in 1990. He was elected as MPP in 2014.



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Personal Responsibility
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www.PPCdonvalleywest.ca



Ian Prittie Don Valley West
People's Party of Canada

[Authorised by Official Agent for Ian Prittie]

Dong, employed with a Toronto-based technology company, is dedicated to building safer communities. Married, with two children and family dog, Seesea, Dong volunteers as Chair, Chinatown Gateway Committee.

GIAVEDONI, Daniel G

No information provided.

GRIFFIN, Bruce NDP

Griffin is a film director, musician and pilot. He is an active community volunteer. Griffin was former editor of CBC TV news program *The Fifth Estate* and has directed numerous dramas, documentaries and music videos.

SOBEL, Jay PPC

Sobel is a designer with Nascent Product Design Inc., and is a member of the Association of Chartered Industrial Designers of Ontario. He has an Honours Bsc in "Human Biology" from the University of Toronto. Part-Time Faculty member at Sheridan and Centennial Colleges, Sobel has 30 years experience in the telecommunications, defense and healthcare fields. He is an active athlete and coach.

BEACHES-EAST YORK

ERSKINE-SMITH, Nathaniel L

Incumbent Erskine-Smith was elected in 2015. Lawyer with a commercial litigation firm, he holds a B.A. (Politics) and J.D. (Law) from Queen's University. He holds a B.C.L. from Oxford University. Erskine-Smith studied political philosophy and constitutional law. And, he is an active baseball player, pitching for both University and City teams. Married with one son, Erskine-Smith.

MANNERS, Sean G

MCKENZIE, Deborah PPC

Founding Member of PPC. "Principles before power." Born in Scotland, McKenzie is a Canadian citizen, raised in North York. She holds a Bachelor of Science in Communicative Disorders from the University of Western Ontario. McKenzie served as primary-speech language pathologist at Bruce Grey-Children's Services in Owen Sound. She has held various positions in different industries, with a niche in educational toys. Active volunteer in PPC politics McKenzie's main focus is the right of Canadians to freedom of speech.

NAM, Mae J. NDP

Labour and Human Rights Lawyer who advocates on behalf of workers experiencing harassment and workplace discrimination. Nam is a graduate of McGill University. She is an active

convenience store for 20 years. Her most recent documentary, *Migrant Dreams*, was made to educate Canadians about the issues facing migrant workers.

NAZEER, Nadrath, PC

Nazeer arrived in Canada 29 years ago from Mauritius and has called Toronto and the GTA home ever since. She has spent over 20 years in the business world as a Global Business Development Leader for a Fortune 500 IT Company.. From volunteer fundraising for her local women's shelter and immigrant resettlement programs, to hosting her own talk show on TAG TV, Nadrath strives to be a leader in whatever she undertakes. The theme of her show focuses on the values that drive her: tolerance, mental and physical health and well-being and self-improvement. Her favourite hobby, kickboxing, certainly encompasses those as well!

TORONTO DANFORTH

ABBOTT, Elizabeth AP

Writer and historian is interested in the treatment and rights of animals, the environment and climate. She holds a Ph.D from McGill University and is Senior Research Associate at Trinity College, University of Toronto. Abbott was Dean of Women at the University from 1991 to 2004. A published author, Abbott is a member of Toronto Pig Save, Animal Justice of Canada, PETA and Direct Action Everywhere - animal rights organizations. In 1999 she co-ordinated a pet therapy program at Mt. Sinai Hospital.

DABRUSIN, Julie L

has lived in Toronto-Danforth for 21 years. After practicing law, she decided to stay home with her daughters and became involved with community projects. This inspired her to do more. RIDING As Member of Parliament Julie sat on the Public Safety and National Security committee, and was Chair of the Committee on Canadian Heritage.

LEE, Min Sook, NDP

Min Sook Lee is an award-winning filmmaker and associate professor at OCAD University who uses art, advocacy, and education to bring people together. Her most recent documentary, *Migrant Dreams*, is used to help educate and mobilize Canadians about justice for migrant workers. Born in South Korea, Min Sook Lee came to Toronto with her family as a child, and grew up helping out in their convenience store. She has lived in Toronto-Danforth for twelve years with her family.

KEMEDIOS, Tara Dos PPC

No information available.

Election scams are alive and well

We all know the federal election is almost here. This election is shaping up to be a bitter contest. We need to cover three important issues: how to vote, how to avoid voting scams, and how to judge what you read on line.

Voting:

Voters Information Cards were mailed out in September. They prove you are a registered voter and show the location of your polling station (where to vote). That and a government photo ID, like a driver's license, are all you need to cast your ballot.

However, even without that card, you can still vote. It is simple. Find the location of your polling station. Bring with you a government issued photo ID, such as a driver's license, and an additional proof of address. For details, check our Elections Canada link below. You present these documents and fill out a registration form. Now you can vote.

Voting Scams:

The temptation to scam voters to help one candidate or another to win a local riding is there. While whole cemeteries have voted in some American elections, fraudulent votes are rare in Canada. However, spreading misinformation is common.

Voter suppression is a common tactic in American elections. Anything to stop voters who will vote for an opponent. That also has happened in Canada. Do you remember Pierre Poutine? Pierre Jones? No? In the 2011 election, Poutine organized robocalls and real person calls, mainly in the Guelph area. The calls claimed to be from Elections Canada. It advised voters that their polling station address had been changed. Some voters went to the wrong address. Many were unable to get back to the legitimate location in time to cast their ballot.

The calls originated from Michael Sona, a campaign worker for the Conservative party. Subsequent investigations showed robocalls to more than 247 ridings across Canada, including the Guelph ones. Sona received a 9 months jail sentence for violations of the Elections Act.

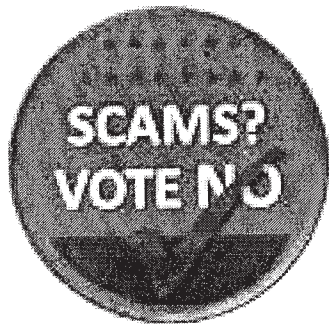
Be aware that Elections Canada will never call voters with changes of polling station locations or voting dates. Any such calls are fraudulent. Report them to the police or your local candidate.

There have also been cases of fraudulent campaign literature claiming to represent a candidate or party. Some may simply attack a candidate or party. Some may put forward election platforms that have nothing to do with the party they supposedly represent. If the literature seems wrong, call the candidate and verify. That is the only way to limit such scams from succeeding.

Misleading On-Line

Information:

Social media has become a major source of information, and indeed, misinformation in this election. Some individuals will tweet out comments about candidates. They twist basic facts to create a much more negative



attack message. So-called "bots" and "trolls", automated programs, will repeat the more partisan posts endlessly. Other messages may be outright lies. These amplified messages create an entirely wrong image, aimed at harming opposing candidates.

Some Facebook pages are blatantly partisan. They promote one party or another, and attack opposing parties and party leaders. We know that people are more likely to follow social media posts that agree with their own points of view. In effect, that creates an echo chamber. People hear their own views repeated, sometimes in ever more extreme language. Some of the comments on partisan posts are downright scary.

The page, *North 99* is left-wing progressive, pro-liberal. It attacks the Conservatives and tries to counter right wing misinformation. The *Canada Proud* and *Your Everyday Canadian* pages are politically right wing. They promote the Conservative party and attack Trudeau and the Liberals.

Many posts on such sites start with an element of truth, but then twist that into partisan attacks. One way to detect biases is to read the posts and comments carefully. Posts that appeal to your emotions are a red flag. Read the comments. One common feature is scathing comments making personal attacks on party leaders.

You can check the source of a post. Fake news will often mimic a real legitimate site. One clue is a slight change to the web address. For example, the CBC web address is *CBC.ca*, but a fake site might mimic it using *CBC.com* or some other domain ending.

Websites often have "about us" sections. Read them carefully. Some outrageous fake news posts actually come from parody or humour sites like *the Onion*.

Election 2019 MEET THE CANDIDATES by Ida Fedor-Baan

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ETOBICOKE LAKESHORE

CALDWELL, Christopher G
No information provided.

GASPERLIN, Branko NDP

Gasperlin, employed with Venco Metals in Etobicoke is a labourer, married with one daughter. He earned undergraduate degrees in political science and economics at York University, as well as a graduate degree in War Studies at the Royal Military College. He did service with the Canadian Armed Forces as Reservist.

MALONEY, James L

Civil Lawyer Maloney was first elected in 2014 as City Councillor for Etobicoke Lakeshore, representing Ward 5. He served as Campaign Manager for Toronto City Councillor Mark Grimes in 2010. Maloney was president of the riding's district electoral association. Maloney has law degrees from the University of Windsor and the University of Wales, as well as a B.A. from Bishop's University.

O'BRIEN, Barry PC

Married for 22 years and father of two children, O'Brien has a B.A.

from Saint Francis Xavier University, a Masters of Public

Administration from Dalhousie University and a Masters of International Security Studies, University of St. Andrews, Scotland. O'Brien was an Ontario government Senior Policy Advisor. Previously employed with the Liquor Control Board of Ontario (LCBO) as member of senior management. O'Brien is currently Dean of Business, Centennial College overseeing a team of 250 professors and 4,000 business students. He was recently awarded the Chartered Manager designation, Canadian Institute of Management.



THORNHILL

GLADSTONE, Gary L

Gary Gladstone, and his wife, Melan moved to Thornhill 25 years ago to build a family, which now includes their sons, Simon and Ryan and our dog, Rex. He graduated from the University of Waterloo and eventually joined the family jewelry business, which grew into a national success, all the while helping raise funds for worthy charities. He then decided to build this into new career, raising funds for charities and non-profit organizations.

All efforts were made to contact eligible Candidates. Hi-Rise Community Newspaper is NOT responsible for the material received.

So where does one find factual, accurate, information? Despite attacks on "fake news" and the "Lame Stream Media", our traditional newspapers and television news channels are still your best source. While our newspapers also have biases, they are factually correct. *The Star* is more centre-left, while the *Globe and Mail* is centre-right. They are however factual. Other papers like *The Sun* and *National Post* are more extreme in their views. *Rebel Media* is on the extreme right, and hardly credible.

No one source has a monopoly on "The Truth". If you hear or see a story that grabs your attention but leaves you unsure, check it out. All mainstream

media have websites with a search feature. Check out the story and compare what different media report.

Information is your friend. The more you know and verify what you know, the better choices you will make at the ballot box.★

For more information on voting and approved ID, go to the following website:

<https://www.elections.ca/content.aspx?section=vot&dir=ids&document=index&lang=e>

Fake news? Check out the following:
<https://www.cbc.ca/news/technology/fake-news-misinformation-online-1.5196865>

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PETER KENT PC

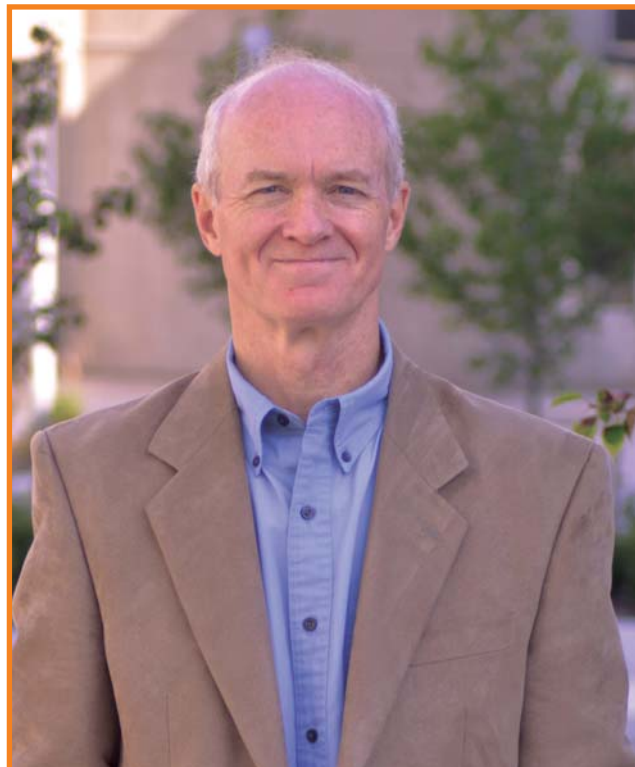
Prior to his election to Parliament, Kent spent more than four decades as a journalist in Canada and around the world. A recipient of numerous awards and a member of the Canadian Broadcast Hall of Fame, Kent was first elected to the House of Commons representing Thornhill in 2008. He was subsequently re-elected in 2011 and 2015. He has served as the Minister of State of Foreign Affairs (Americas), Minister of the Environment, Chair of the House Standing Committee on National Defence, Critic for Foreign Affairs. Most recently he was appointed as the Shadow Minister of Ethics. Married to Cilla, they have a daughter. Trilby, son-in-law, Daniel, grandchildren, Clea and Tristan.

Ongoing Scams

Emails warning that your Apple, Netflix or Google accounts have been frozen until you update your information. Some also ask for immediate payment for overdue charges. These are usually phishing scams. One warning sign: the email has only your email address, not your name or street address. If you have such an account, go directly to the site. Don't use the link in the email. That will send you to a fake site, and the scamming begins.

Several attempts at the employment scam appeared at the end of August. In one case, a "human resources manager" emailed a potential victim, offering a well-paying job. They asked them to complete an attached application form. After they sent the application, a company representative telephoned. They needed a processing fee, paid by transfer from the applicant's personal bank account. They also wanted a photograph of the person's passport and driver's license. Fortunately, this aroused enough suspicion that the "deal" never went through. Remember, no legitimate job offer requires the applicant to pay.

Numerous people reported online purchase scams. One example: someone bought supposedly name brand merchandise from www.greenisblack.ca. They allegedly received cheap knock-off merchandise. They are still trying to obtain a refund. People clicked on several similar online sales offers, but in many cases did not follow through.



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NDP
Jagmeet Singh

BruceGriffin.ndp.ca

BruceGriffin@ndp.ca

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- ✓ **INTRODUCING CHILDREN'S FITNESS TAX CREDIT AND CHILDREN'S ARTS & LEARNING TAX CREDIT, ALLOWING PARENTS TO CLAIM UP TO \$1000 PER CHILD FOR EXPENSES RELATED TO FITNESS OR SPORTS ACTIVITIES, UP TO \$500 PER CHILD FOR EXPENSES RELATED TO ARTS AND EDUCATIONAL ACTIVITIES. PARENTS WITH CHILDREN WITH DISABILITIES CAN CLAIM AS MUCH AS DOUBLE THE AMOUNT OF THE CREDIT.**
- ✓ **FIGHTING THE AFFORDABILITY CRUNCH BY BALANCING THE BUDGET TO KEEP TAXES LOW.**
- ✓ **INCREASING FEDERAL FUNDING FOR HEALTH CARE AND SOCIAL PROGRAMS. WE NEED A GOVERNMENT THAT INVESTS IN CANADIAN PRIORITIES.**
- ✓ **REMOVING THE GST FROM HOME ENERGY BILLS. HEATING YOUR HOME IS A NECESSITY, NOT A LUXURY.**
- ✓ **A REAL PLAN TO PROTECT OUR ENVIRONMENT - GREEN TECHNOLOGY, NOT TAXES**

TED OPITZ
ETOBICOKE CENTRE

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INDOOR GARDENING KEN BROWN

Planting and reaping in October



Whether we are balcony gardeners or have an acre of vegetable garden we are all eligible for one of the best free natural colour shows. Let's take the traditional autumn drive into the countryside to observe the dazzling display put on by our native deciduous trees. Our iconic Sugar Maple is usually the star of the show but there is a great cast of supporting roles. The bright yellows of the Poplars, the deep burgundies of the oaks are also a delight and let's not forget the Larch or Tamarack which looks like an evergreen all summer but turns vivid yellow in the fall to prove that it is in fact deciduous. It's that time of year when even the most confirmed city dweller contemplates renting a car and heading north.

Back on our balconies the "mums we planted last month should be a blaze of colour and those of us who have a few containers of vegetables should be enjoying the cool crisp Pak Choi and solid freshness of the Kohl Rabi. It's also the second salad season as the Lettuce and Spinach are mixing with the last of those prolific tiny Tomatoes.

It's also time to start moving our part time houseplants back into their winter homes. The important job here is to make sure that they don't bring any hitch hikers in with them. I have a couple of Phalenopsis Orchids that have a great tendency to host some scale insects, keeping me busy all winter cleaning them off. I put them outside in the shade for the summer and one of them was starting to bloom so I moved it indoors and couldn't find a single scale on it. Is there some magic predator that finds them outside and eats all the scale? If there is, can I bring him/her in or will there be some unintended consequences? Leafier plants like Hibiscus will easily bring in a few spider mites or white fly. We don't notice them all summer because there are conditions and predators that keep their numbers very low. Nonetheless, there will be a few eggs there. We need to spray these plants with some insecticidal soap every other day for at least a week before we bring them in. We have to catch those eggs as soon as they hatch because they will mature and lay more eggs in as little as four days.

My other early autumn task is to take cuttings from those plants that I want to propagate and grow under my lights or on my windowsill all winter. Geraniums are my primary choice but some of the fancy coleus are also good candidates.

Ken Brown is a horticulturist with extensive houseplant and container gardening experience. He will gladly answer questions addressed to him c/o Hi Rise.



Election 2019
MEET THE CANDIDATES
by Ida Fedor-Baan

ETOBICOKE CENTRE

BAKER, Yvan L
Management Consultant and instructor at the Schulich School of Business at York University, Baker was born and raised in Etobicoke, with family originally from the Ukraine. He represented the Etobicoke Centre riding provincially from 2014 to 2018. Baker served as Parliamentary Assistant to Charles Sousa, Minister of Finance, and was Parliamentary Assistant to Deb Matthews, Treasury Board President from 2014-2016. He is an active volunteer and has served as Board Director for "Leave Out Violence", the "Emerging Leaders Network" and the "Global Grassroots" supporting emerging female leaders in Rwanda, Africa.

TED OPITZ PC

Born in Toronto's Parkdale area, Opitz served in the Canadian Army Reserve for 33 years, first as private

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and rose to the rank of Lieutenant-Colonel. Employed later in the Telecom industry, Opitz holds a B.A. in English from York University. He was a former Bell Canada technician, sales representative and held marketing managerial roles in product management and high-speed Internet development. Opitz was MP from 2011 to 2014. He was Senior Regional Advisor to Citizenship, Immigration and Multiculturalism Minister Jason Kenney between 2009 and 2011. Opitz is married and is owned by two cats.

SEMPLE, Cameron G

No information provided.

SERDIUK, Nicholas PPC
No information provided.

VICKERS, Heather NDP

Vickers is married, mother of two young men. A long-time resident of Etobicoke Centre, she is a passionate activist, organizing parents to demand a fair share of resources for public schools. Vickers is a member of numerous committees and groups. She leads various Councils, including West Glen JPS, Bloorlea MS, Martingrove Collegiate Institute. She serves Ward Two Councillor, the Cluster Parent Academy, Parent Involvement Advisory Committee, Etobicoke Parent Network and VIEWS (an advocacy groups supporting those with visual impairments).

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