

# Lent and Easter at Metropolitan United Church

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“During Lent, we sing the sorrow as we walk the pain. At Easter, in an act of certainty beyond measure, we proclaim the victory of all that is worthy. *Christ has died. Christ is risen. Christ will come again.*” - The Rev. Dr. Malcolm Sinclair

**Sunday, March 25**—11:00 a.m. Palm Sunday Service with the traditional procession through the church

**Good Friday, March 30**—11:00 a.m. Morning service

**Evening Concert**—7.30 p.m. A special concert for the season featuring *Mass in B Minor* by Johann Sebastian Bach with the Metropolitan Festival Choir, Soloists, Orchestra

**Holy Saturday, March 31**—8:00 p.m.  
Easter Vigil service

**Easter Sunday, April 1**— 11:00 a.m. Our joyous Easter Sunday service with the Metropolitan Silver Band, Metropolitan Choir and Casavant Organ.

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**ATTENTION CANDIDATES**  
in the June 7 Provincial Election.  
The next two issues of Hi-Rise will carry election material. To be included, contact us  
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INDOOR GARDENING

KEN BROWN

## Getting set for spring!

Here we are at mid March and now the activity level starts to increase dramatically in my growing room. All of the grow lights are on and the space underneath them is turning greener by the day. Little seeds and big tubers are already competing for that space. There are several fast growing, cool season vegetables that are emerging from the soil in the seeding trays and demanding bright light to produce healthy compact seedlings. Low light at this point in their lives is the biggest reason for failure. Light from fluorescent tubes is by far the easiest and most economical although some LED fixtures are rapidly becoming more economical to purchase and they are certainly more economical to operate.

The intensity of the light from any of these sources falls off rapidly over distance so organizing your lights and trays to minimize that distance is critically important. I try to keep the bottom of the tube within 4 – 5 cm of the top of the plants. Obviously that creates a couple of engineering problems. Not all the plants are the same height and the plants grow. Mine hang from a length of chain. That allows me to have one end of the tube higher than the other and it allows me to continue to raise them as the plants grow. It's a rather unsophisticated system but it works quite well.

Tuberous Begonias are one of my favourite summer flowers for the balcony. They are very happy in a shady location and they produce magnificent blooms and foliage. They need to be started indoors about now and that's a space problem. They are not very compatible with tiny seedlings because they grow much taller



Tuberous Begonias are happy in shade.

much quicker and thus really demand a separate light source that can be kept close to their foliage and that would tend to be too far away from the tops of the seedlings. They also take up a significant amount of space under those lights.

Having a two or three shelf light stand easily solves the height problem and I have found a way to minimize their space needs. I start all of my Begonia tubers in one large pot or a small flat. They are planted quite close together in the container and only transplanted to a bigger pot or the container that will occupy outside when they get quite crowded in that original pot. They seem to suffer little or no set back from having their roots disturbed as they are separated from each other when they are transplanted.

When the weather outside is frightful, I keep focused on all those little green delights under the lights and think of spring.★

*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](http://www.gardening-enjoyed.com)*

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## Wesley Chapel



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### Wesley Chapel Easter Services

Palm Sunday,  
March 25th at 10:00 a.m.  
Evening Services,  
March 26th-29th at 7:00 p.m.  
Good Friday,  
March 30th at 10:30 a.m.  
Easter Sunday,  
April 1st at 10:00 a.m.  
All services are held at the  
Wesley Chapel  
Free Methodist Church

HI-RISE,  
MAY ISSUE DEADLINES  
News/Classifieds,  
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### HOLY WEEK and EASTER

March 25 – Palm Sunday  
8 a.m. 10:30 a.m. Communion  
March 30 – Good Friday  
9:30 a.m. Family Service  
11:00 a.m. Solemn Service  
April 1 Easter Sunday  
8 a.m. 10:30 a.m. Communion

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### Holy Week & Easter Services

Palm Sunday, March 25  
Holy Eucharist 8:00 am  
Liturgy of the Palms & Procession 10:30 am

Wednesday, March 28  
Holy Eucharist 11:00 am  
Stations of the Cross - 10:00 am & 7:00 pm

Maundy Thursday, March 29  
Holy Eucharist & Foot Washing 7:30 pm

Good Friday, March 30  
Meditation for Good Friday: The Cross of Christ 11:00 am

Great Vigil of Easter, Saturday, March 31  
Holy Eucharist & Lighting of the New Fire, 7:30 pm

Sunday of the Resurrection  
Easter Day, April 1  
Holy Eucharist 8:00 am & 10:30 am



## Holy Week at St. Tim's

[www.sttims.ca](http://www.sttims.ca)

St. Timothy's Anglican Church, Agincourt  
Rector: The Reverend Andrea Christensen  
Family Ministries Lay Pastor: Elaine Vanderwerf  
Music Director: Jonathan Kay  
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416-293-5711

### The Journey of Holy Week

March 25	Palm Sunday	8:00 & 10:00 am
The Liturgy of the Palms with Procession and Holy Communion		
March 28	Holy Wednesday	10:00 am
Said Eucharist in Chapel		
March 29	Maundy Thursday	7:00 pm
Institution of the Lord's Supper, Washing of Feet & Stripping of the Altar		
March 30	Good Friday	9:00 & 11:00 am
The Stations of the Cross- A Family Journey at 9:00 am (Hot Cross Buns to follow)		
Meditation on the Cross, and Solemn Intercession 11:00 am		
March 31	Easter Vigil	8:00 pm
The Great Vigil of Easter with Panorama of Salvation History and Eucharist		
April 1	Easter Sunday	8:00 & 10:00 am
The Celebration of The Resurrection!		

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### EASTER SCHEDULE

Palm Sunday Service  
March 25 - 10:30 am

Easter Awakening Service  
Wednesday March 28  
Breakfast at 9:30 am; service - 10:00 am

Good Friday March 30  
Continental breakfast at 9:15 am; service - 10:30 am

Easter Worship with Communion  
Sunday April 1 - service - 10:30 am  
Sing "Hallelujah Chorus" with the Choir  
Holy Week Concert by "Chorisma"  
Monday, April 2 - 7:30 pm

## We are a past, present, future social species

We say to people who ask about ourselves: We live in Leaside, we live in Ontario, we live in Canada, we live in the Western World. Each designates a type of community. We feel good about being part of a community because we are a social species.

Each time you meet a new person, in Leaside, or anywhere on Planet Earth -- friendship, business, romantic, confidante, adviser -- there are such high hopes. Then, so often, poof.

Why, oh why, do we get poofed down? Simply put, we have expectations of them, and ourselves. When those are not met, poof.

And, why oh why, do we try again and again? Simply put, homo sapiens has evolved in such a way that we need a shoulder to lean on in stressful times, and a beaming face in front of us when we show that first place ribbon, that homemade cherry pie, or that discovery we made in the lab.

We love to love each other. We love to complain about each other. We love to feel anything about each other as long as there is -- an each other.

In short, nothing you do is done in a vacuum. The author of *Hidden Figures*, the book (and movie) about the black women mathematicians who helped launch the space age, wrote in her dedication, "To all of the women at the NACA and NASA who offered their shoulders to stand on." She thanked them because she knew she was standing on their shoulders along with so many other Black women. It feels good to know you share something in common.

We know no one starts from a blank sheet. We need each other for social company. We need each other for whatever makes us feel we are here on Planet Earth for a purpose. We need each other to help fulfill that purpose.



Healthy relationships must include giving and receiving. You cannot give to society, or to any relationship, until you realize what has been given to you. And, dear readers, it shows maturity on your part, like the author of *Hidden Figures* did, to give credit to those on whose shoulders you're standing to make a better society, and to make a better personal life for you.

I'm forever grateful to those who supported me as I grew up. The friends, relatives, teachers who figuratively and literally said, "You go girl!!" That gave me a much-needed other perspective. For, there were those, as in your lives too, who were a hindrance to my progress. I didn't want to follow the hindrance-makers' values. I would choose not to stand on destructive shoulders.

In short, as Woodrow Wilson explained: "I use not only all the brains I have, but all I can borrow." This is what we do daily as a member of our very social species.

That is when your inner wisdom tells you, my dear readers, you, too, are a giant standing on the shoulders of previous giants.★

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



HAPPY  
Spring



## Global villages

Your Column has long thought that Marshall McLuhan erred when he coined the term Global Village and that it should have been pluralized. Our thought was confirmed to us recently. Please read on.

We had lost touch for some years with public relations pro Linda Litwack. How pleasant it was to hear from her concerning Estonian Music Week as that delightful land celebrates its 100<sup>th</sup> year of independence with many events including a week filled with concerts and performances along the Bloor Street Culture Corridor. We sampled some of them recently at the Estonian Studies Center at Tartu College on Bloor West at Madison. Spokesperson Virgo Sillamaa (Veergo See-la-maa) commented that though it's a tiny nation of only 3.1 million, "we like to think we punch above our weight". Going over our list of scheduled events, this former pugilist (Har-dee Har) can only heartily agree.

More details follow but allow us first to comment that Planet Earth is well and good one of many villages and why can't it be universally recognized as such. Estonian Music Week runs from May 24<sup>th</sup> to May 29<sup>th</sup>. We haven't space to list all the delights but commend you to Linda Litwack at Email Linda: Litwack@roggers.com. Good hunting.

**SOCIAL NOTES:** It's pleasing to note that feelings of sensitivity to others are making some inroads into society. One notes the outrage (real or acted out) over the team name of the Cleveland Indians. What about the Milwaukee Braves however, or, in hockey, the Detroit Red Wings or Chicago Blackhawks? Come on social reformers and be consistent in your approach, not selective.



**MORE SOCIAL NOTES:** World War III has long been predicted and not just by cynics such as Your Column. We now think it'll be sooner than even we thought. Oh, the planet will survive but there will eventually be a World War IV because of human nature. How will it be fought? Borrowing from a now forgotten source, it'll shoorasell be with spears.

**MUSIC NOTES:** Once again your Column must correct the notion that *Take The A Train* was written by Duke Ellington. In fact it was written by Billy Strayhorn about whom we hope to write more in a later column.

There is a delightful piece titled *Take the B Boat* written by the much underrated and now largely forgotten David Rose. *Holiday for Strings* anyone?

Y.C. has long pondered over writing *Take the C Plane*. Sea-plane. Get it? If not, forget it. Anyway, we're surprised that someone of musical bent endur-



## Defending ourselves

It's a sign of the times when we hear so much about self-defense. Especially with the debate over school shootings and gun control, south of the border. Here in Canada we don't have anything like the USA's second amendment, the right to bear arms, although we have our own brand of gun issues. And I have the deepest sympathy for those who are struggling to deal with something that may have been relevant when crafted, over 200 years ago.

But the culture of defending ourselves is not limited to guns.

Consider road rage. Is it really ok to scream at another driver, or worse, because he takes an extra 30 seconds to make a turn? Or complain loudly because the older person in front of you in the supermarket, is having trouble entering her pin number?

What happens in the workplace when another employee gets credit for your idea? Or gets that promotion you believe belonged to you? Do you scheme to "Get even?"

There are dozens of situations that appear to call for retaliation. We feel entitled. We deserve the best, and why shouldn't we fight back?

At Easter Christians celebrate the resurrection of Jesus. And whatever you believe or don't believe about him, he had some pretty good ideas on this subject.

He faced intense persecution and finally an agonizing death. People wondered, as he was known for miracles why he didn't bring retribution to his enemies. Instead he offered forgiveness, love and hope.

During his life he often told people difficult truths about themselves. But did so in love, not as an attack. Something like most people, I find difficult to do. I'd rather tell the so-and-so off.

He taught people not to let the sun go down on their anger. A master psychologist, I suspect he knew if you didn't deal with what you are angry about, it would keep you awake at night, going over and over it. "I should have said...or dome...but that guy..." Best to reconcile and forgive before the day is over.

He also talked about "turning the other cheek." Being attacked physically or verbally, don't do the same thing back. Law enforcement officials tell us if somebody snatches your purse, don't fight, call them. Not only is fighting back dangerous (what if an attacker pulls a knife on you) in can be psychologically damaging.

I was recently accused, quite harshly, of something I did not do. I did what I always should do, but don't. I sent up a little prayer, for wisdom.

Then I realized what that person needed was knowledge, supplied in a non-threatening way, with no recriminations. So I did that. Helpful I believe, to us both. We later continued to deal with one another, the problem, safely put behind us.

Easter comes as the new life of spring is emerging.

A time for us to adopt new attitudes and so, discover new and enriched lives.

*Valerie M. Dunn*

Valerie M. Dunn,  
Editor-Publisher

## HI-RISE COMMUNITY NEWSPAPER

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ing Toronto, Canada's abominable traffic hasn't composed Take the D Tour.

**TESTING YOUR MEMORY  
...AND AGE**

For those of you who've stayed

with us this far, do you remember public drinking fountains, public horse troughs, home delivery of dairy goods. The last named gave us the expression "Big butter and egg man".

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## MOVIE REVIEWS

**A**ward Season, culminating in  
the Oscars, is over which gives  
me a perfect opportunity to refle-  
ct on last year's movie offerings  
and continue my annual tradition  
of listing those I think are worth  
your time seeing (or avoiding) -  
either via DVD, streaming or TV.  
Over 450 movies opened in the  
GTA last year and I saw 109;  
here are my recommendations.

### PERSONAL FAVOURITES:

#### Drama:

- *A United Kingdom* (PG),
- *Breath* (PG),
- *Darkest Hour* (PG),
- *Dunkirk* (PG),
- *The Founder* (PG),
- *Get Out* (14A),
- *Gifted* (PG),
- *The Journey* (PG),
- *Marshall* (14A),
- *Maudie* (PG),
- *Molly's Game* (14A),
- *The Post* (14A),
- *The Zookeeper's Wife* (PG)

#### DocuDrama:

- *Mark Felt*:
- *The Man Who Brought Down the Whitehouse* (PG)

#### Documentaries:

- *I Am Not Your Negro* (14A),
- *Perfume Wars* (PG)

### WELL WORTH WATCHING

#### Drama:

- *Alone in Berlin* (14A),
- *Goodbye Christopher Robin* (PG),
- *Megan Leavey* (PG),
- *The Greatest Showman* (PG),
- *Roman J. Israel, Esq.* (PG),
- *Three Billboards Outside Ebbing, MO* (14A),
- *Victoria & Abdul* (PG)

#### Animated:

- *The Breadwinner* (PG),

#### Family:

- *A Dog's Purpose* (PG)

### GOOD - DEPENDING ON YOUR TASTE

#### Action/Adventure:

- *Blade Runner 2049* (14A),
- *Star Wars: The Last Jedi* (PG)

#### Drama/Mystery:

- *A Ghost Story* (PG),
- *The Disaster Artist* (14A),
- *Murder on the Orient Express* (PG),
- *Phantom Thread* (14A),
- *The Shape of Water* (14A),
- *The Florida Project* (14A),
- *Thank You for Your Service* (14A)

## DAVID KING



**CAUTION** - These movies have  
a strong following and some  
good acting but, in my opinion,  
they are overrated and have been  
excessively media-hyped:

#### Drama:

- *Tonya* (14A),
- *The Killing of a Sacred Deer* (18A),
- *Lady Bird* (PG),
- *Patti Cakes* (14A)

#### Animated:

- *The Lego Batman Movie* (PG)



Star Wars - The Last Jedi.

#### Action/Adventure:

- *Blood Money* (14A),
- *The Mummy* (14A)

#### Comedy:

- *Girls Trip* (18A),
- *Rough Night* (14A)

#### Drama:

- *Fifty Shades Darker* (18A)

Often, after the Oscars, there is a  
more limited selection of good  
movies to watch, but the Ontario  
Science Centre continues to offer  
great IMAX movies. I can parti-  
cularly recommend *Amazon Ad-  
venture* and *Coral Reef Adven-  
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- Editor, Hi-Rise newspaper

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Nick, 647-838-4081. giallonic@rogers.com

FLOORS IN: LAMINATE CARPET PORCELAIN TILES HARDWOOD  
REMODELING OF: WASHROOMS KITCHENS COUNTER TOPS COMPLETE CONDOS  
PEARLKNSTRUCTIONS.COM  
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Dana McIntyre, 416-907-9085, 30 years  
experienced paralegal for tenants.

## PARALEGAL SERVICES

### LEGAL SERVICES

Affordable Representation in  
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Property Damage.  
**Bettina Worth, Paralegal**  
P/F: 647-340-3352

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Visit The Pawn Shop at

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Danforth / Coxwell  
**416-465-1968**

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### AFFORDABLE DENTURES

I can make full, partial, repair rebase,  
implant over denture and more.  
Call Clinic for further details.

Tel: (416) 900-1894 speak with Sham

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12 years experience, Personal  
Support Worker willing to work for  
elderly and families, do light  
housework and drive. 416-748-4848.

### PICKUP N DROPOFF SERVICE

Are you elderly and unable to drive? Or maybe just need  
assistance? I'm offering a pickup and drop off service to  
take care of the things you just can't or don't have time to do.  
• Transportation to appointments and assistance  
• Grocery shopping and delivery  
• Pickup and drop off anything reasonable in size.  
Call Danny, (647) 608-3758

## I want a job

### Accounting / Purchasing

Does your organization need an "extra pair of  
hands" in the above mentioned area on a P/T/F/T,  
contract or as required basis?

Call (416) 480-2238 - Leave message...  
Email: ejnahomiak@gmail.com

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different areas of the City of Toronto,  
every month? Wherever you live or  
work, only \$8 + tax for a 20 word  
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First 20 Words \$8.00  
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Subtotal: \_\_\_\_\_  
OPTIONAL EXTRAS  
(Please check any wanted)  
• Box with Reverse Heading add \$5  
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Number of times \_\_\_\_\_ \$ \_\_\_\_\_  
Subtotal \_\_\_\_\_  
x 13% for HST: \_\_\_\_\_  
TOTAL: \_\_\_\_\_

Your name: \_\_\_\_\_  
Your mailing address: \_\_\_\_\_  
Your Phone #: \_\_\_\_\_  
Place Under: \_\_\_\_\_  
YOUR AD. (or attach on a separate sheet): \_\_\_\_\_

☐ I have enclosed my Cheque payable to HI-RISE or

☐ Please charge to my ☐



☐ MasterCard



Name of Card Holder: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

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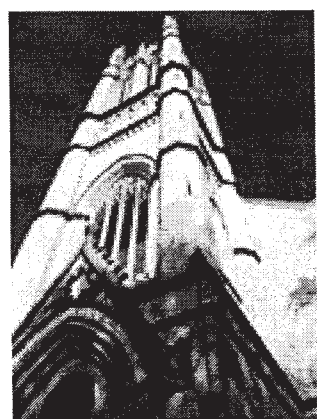
- Mail your Ad to: HI-RISE, Unit 121, 95 Leeward Glenway, Toronto, Ontario, Canada, M3C 2Z6.
- Or Fax: (416) 467-8262 • Or Phone: (416) 424-1393 • Or E-mail: Valerie.Dunn@bell.net
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## REFLECTIONS

JOHN JOSEPH  
MASTANDREA



### The phoenix rising



These original 23 bells, cast by Gillett & Johnston in Croydon, England, are inscribed with the message "May the spirit of the Lord reach the heart of every one where the sound of these bells is heard." A carillon is a set of fixed chromatically tuned bells sounded by hammers controlled from a keyboard, played by a carillonneur. The tower was a beacon on the night sky of Toronto until the tower lights were shut down in the late 1960's due to inflated costs of electricity.

In honour of the 200<sup>th</sup> anniversary the tower will be illuminated again and will be a beacon on the night sky. The Phoenix rising. We need beacons, they are the search lights finding a great light for all to see. ★

*The Rev. John Joseph Mastandrea serves at Metropolitan United Church, at Queen and Church St., and is a Cabagetown resident.*

## LIFESTYLES

### Grudges

Recently a Facebook acquaintance asked how long she should hold a grudge. One answer was "forever and a day".

We have all had negative experiences where we felt deeply hurt. Someone took credit for our work. A partner betrayed us with another. Family members treated us unfairly. We feel betrayed, and the traumatic after-effects of emotional or mental abuse linger.

The need to strike back can be overwhelming. We were wronged. We need to punish the transgressor. We will see ourselves as that injured party, and want revenge. So, we hold on to that grudge. There are even psychological rewards for holding on to grudges. We receive acknowledgement from others. We need and want sympathy and empathy from others. We need to soothe our injury. We are rewarded when others respond.

That wound over time will fester. Eventually, that painful memory becomes part of our identity. Holding on to that grudge, that anger, over time only hurts the injured party further. Like constantly pulling on a scab will only cause pain, dwelling on past injuries only exacerbates the injury.

We know from psychological studies that holding grudges can have both psychological and physical effects. Psychologically, it creates anger and bitterness. The injured person becomes so wrapped up in that injury that it can warp their outlook on life.

The resulting bitterness can even influence their relationships with others. In the long run, it leads to depression and anxiety. It can also lead to isolation. They focus on those injuries, living in the past. It can make holding on to friendships in the present much more difficult. It can even drive present day friends away.



Deeply engrained grudges can also have physical symptoms. According to the Mayo Clinic, grudges can create very real physical health issues. The body reacts with increased stress, part of a natural "fight or flight" response. Deeply held anger releases the stress hormone cortisol. That can raise blood pressure, with all the attendant problems. The stress of nurturing that injury also lowers our body's immune response.

Friedrich Nietzsche wrote, "A gruesome sight is a person single-mindedly obsessed by a wrong." So, how does one let go of grudges? That is not easy, because it requires confronting our own ingrained anger and bitterness.

Several psychology blobs suggest a multi-step program. The injured party needs to acknowledge that the problem even exists. What was the injury? Why can they not forgive? Talking to a trusted friend or partner about the issue is a good start. Let them dig down and find the heart of the issue. Once the issue is clarified, they can examine why it still festers. There is a reason they keep coming back to that injury.

The next step is to examine the issue from the other person's point of view. Sometimes, just looking at the issue from the other person's perspective can bring resolution. If not, ask how holding that grudge solves anything. Most often, people find they have to acknowledge that holding the grudge solves nothing.

Sometimes, talking to the source of the injury helps. It may be a shock to discover that both sides

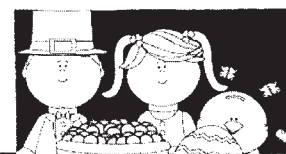
## ACHIM KRULL

feel aggrieved and injured. Such discussions can be hard, but may lead to resolution. If not, it gives the inner satisfaction knowing injuries that happened far back in our lives. It may be too late for discussion, or actions to resolve the issues. Then the only course is to accept that the past cannot be changed. We must move on and let the anger go. That requires a conscious effort not to return to the issue. We may not be able to forgive the injury, but we can accept that no one is perfect. Instead, focusing on the positives in life, the positives in relationships with others, will help. Forgive the anger. Move on.

Grudges and resentment solve nothing. I've learned from experience that sometimes the only option is to forgive, try to forget. Move on. Try it. It is tough but your life will be better for it. ★

**Scam Alert:** The evergreen tax scam is alive and well. One new twist: victims now receive a text message purporting to be from Canada Revenue Agency. The text asks the person to go to a website (set up by the scammers) which presents a CRA form, and a note stating that unless the form is sent back immediately, the CRA will start an action against that person. They are phishing for your personal data, SIN, banking information, and the like. Remember, no reputable government or financial agency will send warnings by text, email, or even phone calls. Ignore them, but contact the agency to let them know of the approach.

Contact me at: [livegreen@bell.net](mailto:livegreen@bell.net)  
© Achim Krull, 2018



## LIVING FREE

ANDRENE GREGORY



### Finding your personal algorithm

What is an algorithm? According to prescribed definition, an algorithm is "a process or set of rules to be followed in calculations or other problem-solving operations, especially by a computer".

Imagine your brain as your internal or built in CPU.... Now, begin to reprogram it. Create a set of rules that tells your brain to follow certain binary parameters in the event of certain circumstance/emotion. So, if you start to feel x do y. If you want y, do z.

Algorithms are personal opinions hidden in secret ballots. They force us to choose from preprogrammed choices and not our own. Why do you think they are always doing opinion-poll surveys? Without time to sit and think of the consequences of our answers we destroy lives based on superficial preferences. Our answers matter. We tell them how to treat us—the masses.

You should give way more weight to your own opinion and the authority God has given you over your life, than what some algorithm says about you.

Algorithms are like the "devil in disguise" with free reign to alter moods and destroy relationships with one tiny binary code. Social media doesn't build relationships, it breaks them. It creates a vicious, unhealthy cycle of followers. Think about how many relationships suffered or ended as



a result of Facebook and its algorithm.... How many small businesses and brands are suffering with Twitter and Instagram algorithms.... How much time we waste being captivated by someone's algorithm....

So decide today whose opinions matter most—ahem! Your own! And create your own set of codes or binary parameters to live your life by. I'm not saying we don't need an outlet and a little distraction from time to time, but be mindful of how you allow it to influence your life.

To be successful at anything you need to understand the algorithm of success—the past, the present, and the future. What happened in the past provides you with the data you need to make informed choices/decisions. Your vision of the future gives you your definition of success—the thing you're hoping to achieve or wanting to see happen more than anything else in the future—tomorrow, a year from now, tens years from now. Everything else in between is the present—whether or not you follow those preset codes

implicitly—win or lose.

Those codes are someone else's opinion hardwired into the status quo of society. Those codes set most of us up for failure. They are rigid and are based on biases and preferences. They only take into account the parameters of those who are already succeeding and reject the rest. They dictate to us, how we should behave, think, and feel in any given situation. Failing which, you fail, by their standards.

They treat us like controlled puppets with no mind of our own. Think about it, from social media to marketing tactics, we are puppeteered by these parameters. The worst part is, we willingly succumb to these spells.

But the good news is, you have the ultimate power to change all that. You can re-train your algorithm—your brainwaves—to reject those opinions and re-define success on your own terms. It's called, recalibrating your value system. By reassessing, figuring out your values, you change the game. When you are no longer willing to play by their rules of unfair biases, you win! As your brain begins to figure out what is associated with "real success", you will find and experience more success.

Short of breaking the law, find, set, and live by your own value-based algorithm! Free yourself from others algorithmic slavery! ★

## MUSIC

The University of St. Michael's College presents the Baroque oratorio **Membra Jesu Nostri** by Danish-German composer Dieterich Buxtehude, teacher of J.S. Bach, in a free concert for Lent, Sat., March 24, 7:30 p.m. St. Basil's Church, 50 St. Joseph St. at Bay. The work comprises seven cantatas that through sections for instrumental ensemble, choir and vocal soloists describe the crucified body of Jesus. The Musicians In Ordinary join St. Michael's Schola Cantorum directed by Michael O'Connor; and solo singers. For more info, call 416-926-7148 or visit [www.musiciansinordinary.ca](http://www.musiciansinordinary.ca). Donations are welcome.

Acoustic Harvest present The Oh Chay Sat. April 7, 8pm (doors open 7:30pm) Robinson Hall, St. Nicholas Anglican Church, 1512 Kingston Rd at Manderley Dr., in Scarborough. Wheelchair accessible, free parking. \$25 at the door/\$22 in advance available at their website: [www.acousticsharvest.ca](http://www.acousticsharvest.ca) The Oh Chays, husband and wife Folk/Soul/Blues duo Kelly and Michael Authier (pronounced "OH chay") have played stages big and small across North

Andrene Gregory is a life coach who helps adults live a healthy balanced life. She may be reached at: [coach@aggiestrongulic.com](mailto:coach@aggiestrongulic.com)

America, wowing audiences with their spirited and versatile musicianship and their hilarious, often biting wit.

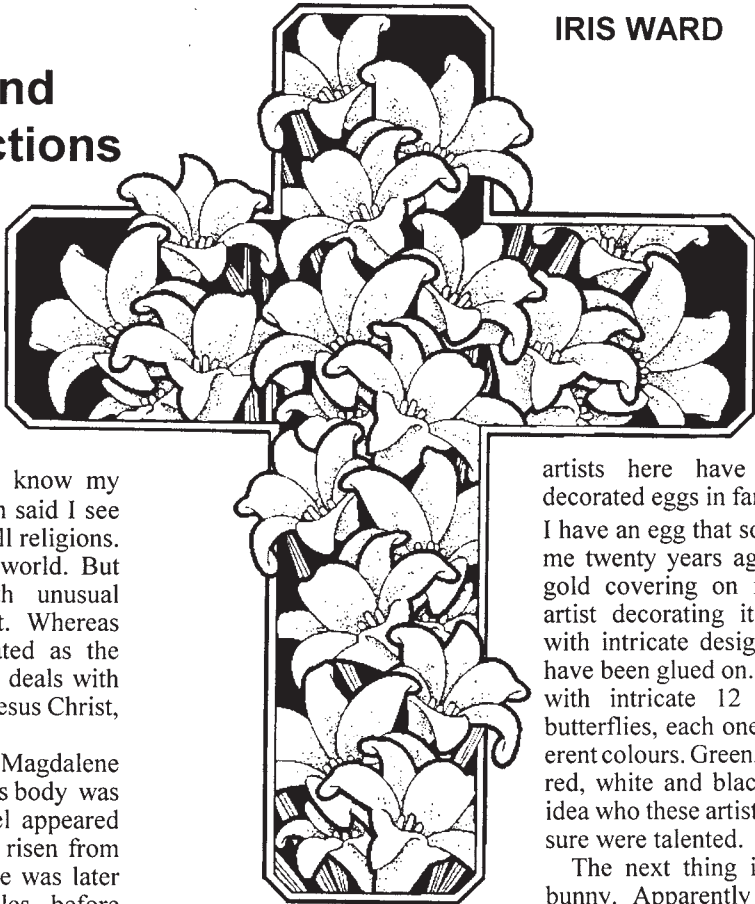
Music On The Donway presents Danny's 7, featuring Nina Richmond, Sweet Music We Love To Remember, on Sat., April 28, at 7:30 pm to 9:30 pm, at the Donway Covenant United Church, 230 The Donway West (Lawrence Ave. and Don Mills Road), Don Mills. Tickets are \$20 each, available through the church office at 416-444-8444, or at the door.

## THEATRE

The Christian Performing Arts Centre presents its 27th annual **Toronto Passion Play**, a production already seen by more than 360,000 people since its debut in 1991. The Play features a cast of over 80 actors, singers, and dancers, as well as dazzling lights, scenery, special effects, and a live orchestra. The play depicts the events from the point of view of a thief and an audacious young woman who are forever changed by encountering the mysterious man from Galilee. Five shows run at Church on the Queensway, 1536 The Queensway, Easter weekend, from March 30–April 1. Tickets \$5, include free nursery and parking. Buy at [www.cpacentre.org](http://www.cpacentre.org) or call 1-877-700-3130 #4.

## AWARENESS

### Easter and its connections



IRIS WARD



As those who know my columns, I have often said I see God as universal to all religions. His essence is for the world. But Easter comes up with unusual things to do with it. Whereas Christmas is celebrated as the birth of Jesus. Easter deals with the life and death of Jesus Christ, and his resurrection.

It is said that Mary Magdalene came to where Jesus's body was buried when an angel appeared and told her he had risen from the dead. It is said he was later seen by his disciples before ascending into heaven.

Apparently Jesus was a very great person coming from a large family. Eventually he had 12 apostles (followers) who believed in his preaching. I imagine you have seen pictures of the last supper. But as Jesus was becoming more popular, another religious group wanted him dead, and eventually got one of his disciples, Judas Iscariot, to betray him and Jesus was crucified by being nailed to a wooden cross.

But today there are others things connected to Easter celebrations. One is Easter eggs. Kids go nuts, looking around for hidden Easter eggs. And collecting them in a basket. The ones today are usu-

ally chocolate inside.

It turns out that eggs had a fascinating history. Long before Christ was born, maybe a thousand years, there was an ancient belief that eggs symbolized new birth and opportunities. The pagans, observed spring as the return of the Sun God as he emerged from winter. They gave each other eggs as this sign.

For some time here, talented



artists here have made and decorated eggs in fantastic ways. I have an egg that someone gave me twenty years ago that has a gold covering on it. Then the artist decorating it, covered it with intricate designs that must have been glued on. It is covered with intricate 12 gold edged butterflies, each one in five different colours. Green, yellow, blue red, white and black. I have no idea who these artists were. They sure were talented.

The next thing is the Easter bunny. Apparently people saw them as being very good at having zillions of offspring. So now we often see the rabbit along with the eggs.

So there is a little update on Easter. It doesn't matter where you live or what you believe, it's fun to have a great Easter and who doesn't love chocolate eggs. Go for it!★

*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*

internal temperature reaches 160°F. Slice and serve immediately.

*Makes 4 servings*

#### Hot Salmon and Cabbage Salad

2 - 7-1/2 oz cans salmon  
2 tbsp. vegetable oil  
4 cups finely shredded cabbage  
2/3 cup grated carrot  
2 tbsp. vinegar  
1 tsp. sugar  
1/2 tsp. celery seed  
Salt to taste  
2 tbsp. finely chopped parsley  
1/2 cup light mayonnaise

Drain salmon and break in chunks. Stir-fry cabbage and carrots in oil 5 min or until tender crisp, stirring frequently. Sprinkle with vinegar, sugar, celery seed and salt. Add salmon and toss. Cover and reheat 3 to 5 min. Remove from heat. Fold in parsley and mayonnaise.

*Makes 3 to 4 servings*

#### Cottage Cheese Pancakes

1 cup cottage cheese  
2 eggs  
1/4 cup whole wheat or all-purpose flour  
2 tbsp. wheat bran  
1/4 tsp. ground cinnamon  
Pinch salt

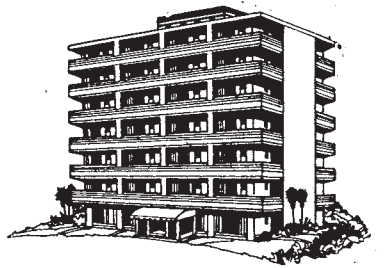
- In food processor or blender, combine cottage cheese and eggs, processing until smooth. Transfer to bowl. Stir in flour, bran, cinnamon and salt to form a smooth, thick batter.

- On lightly greased skillet over medium heat, drop batter by rounded spoonfuls. Cook about 3 minutes or until bubbles appear on surface. Turn and cook about 2 minutes or until golden.

*Makes 8 to 10 small pancakes*

## VIEWPOINT

### Taking care of our neighbourhood!



Just like we take care of our personal belongings and our home, it is very important to take care of our neighbourhood. If our homes are clean and tidy but if the area outside of it is dirty, it gives an overall bad impression. Many people who live in rental buildings do not regard it as their responsibility to keep the place clean. I strongly believe that even if we do not own a place we still should try to take care of it and the surroundings. Our neighbourhood not only includes the building or townhouse we live in but the park we go to, the school our children attend, the medical clinic, library, etc. I would like to mention a couple of points that require attention.

#### Elevators:

Elevators are a blessing, especially in a high rise building. How could we expect someone to get their groceries to the 10th floor? To make sure that the elevators are in good working condition is not only the duty of the management but also of the people who use it. It is very important to keep in mind the safety of the people. Many times, I have seen people getting in the elevator more than the capacity allowed. This could obviously jam the elevators thus causing trouble for people who use them on daily basis.

#### Garbage Issue:

This is an extremely important issue and it needs much attention. It is very upsetting to see how people often throw the garbage on the floor and not put it in the garbage chute. This presents a

very bad impression on everyone. Taking care of the cleanliness is among the very basic manners. We should also teach our kids to always use the garbage bins no matter where they are in the park, library, school, etc.

#### Furniture and Electronics disposal:

I feel very badly when I see the building superintendent carrying down heavy furniture or electronics which was actually someone else's responsibility. If I'm buying a new sofa set or TV, it is my duty to put the older stuff in the recycling area. Tenants should not put their burden on the superintendent or the building management. Recycling is not only good for the neighbourhood but for our environment as well.

These are just a few points, there are so many more ways to take care of our neighbourhood. We should also pass on these values to our children to make them responsible citizens. ★

*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

#### Italian pound cake

1 cup Crisco (yellow shortening)  
2 cups white sugar  
1 piece butter (size walnut)  
3 eggs  
3 cups flour  
2 tsp. baking powder (sift together well with flour)  
1 cup milk (add slowly)  
1 tsp. vanilla  
1 tsp. almond extract

Mix well - Put in greased tube pan sprinkled with white sugar and sprinkle white sugar on top of cake in pan.

Bake 375°F oven for 1 hour.

#### Asian Pork Tenderloin

2 tbsp. soy sauce  
1 tbsp. hoisin sauce  
2 tbsp. white sugar  
1 clove garlic, minced  
1 tsp. minced fresh ginger  
1 tsp. five spice powder \*  
3/4 lb. pork tenderloin, trimmed of all fat

In bowl, stir together all ingredients except pork. Add pork tenderloin and turn to coat with mixture. Cover with plastic wrap and refrigerate for 4 hours or up to 24 hours for fuller flavour.

Preheat oven to 375°F. Spray an 11 x 7 inch baking dish with non-stick cooking spray. Place pork and marinade in baking dish and bake for 25-30 minutes until a hint of pink remains and until



416-429-0475

irisward@sympatico.ca

## StageCentre Productions

Presents: **See How They Run**  
By Philip King

*Don't miss this classic madcap farce!!*

Fairview Library Theatre ~ 35 Fairview Mall Dr.  
May 17<sup>th</sup> - May 26<sup>th</sup>, 2018

TICKETS: [www.stagecentreproductions.com](http://www.stagecentreproductions.com) ~ 416-299-5557



### Lent & Holy Week at The Church of St. Peter and St. Simon-the-Apostle

Lent 3 - March 4: Choral Evensong at 4 pm

Lent 5 - March 18:

"A Lenten Meditation through Music, Readings & Prayer"

Palm Sunday - March 25: Services at 8:30 and 10:30 am

Maundy Thursday - March 29: Service at 7 pm

Good Friday - March 30:

Ecumenical Walk at 8:00 am starting at Our Lady of Lourdes  
The Solemn Liturgy at 10:30 am

Holy Saturday - March 31: The Great Vigil at 8 pm

Easter Day - April 1: Services at 8:30 and 10:30 am

We will welcome the Right Reverend Michael Bedford-Jones to celebrate and preach.

Every Sunday

8:30 Quiet Communion Service · 10:30 Choral Communion Service

*All are welcome!*

The Church of St. Peter and St. Simon-the-Apostle  
525 Bloor Street East / 40 Howard Street  
416 923 8714 [office@stsimons.ca](mailto:office@stsimons.ca) ~ [www.stsimons.ca](http://www.stsimons.ca)

## 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.

March 25 at 10:30 a.m.  
**Palm Sunday Service**

March 30 at 10:30 a.m.  
**Good Friday Service**  
followed by Hot Cross Bun Reception

April 1 at 10:30 a.m.  
**Easter Sunday Service**

**ALL ARE WELCOME!**

**For further information call Jaren at 416-444-8444**

## Integrity Worship Centre

Our Services are held at 175 Grenoble Drive  
At the corner of Grenoble Drive and Gateway Blvd

Flemingdon Park, Toronto  
Rev. Neslie Harley  
**(416) 421-1754**  
[www.integrityworshipcentre.ca](http://www.integrityworshipcentre.ca)

Sunday School for all ages at 10:00 a.m.  
Sunday Worship at 11:00 a.m.  
Good Friday Service,  
Friday March 30, 2018 at 10:30 a.m.

**All Welcome!**  
Wednesday Bible Study /  
Prayer Meeting at 7:00 p.m.

St. Thomas's Anglican Church  
383 Huron Street, Toronto

### THE CRUCIFIXION

By John Stainer  
For choir, soloists and organ  
Palm Sunday, March 25 at 7 pm  
followed by Devotions

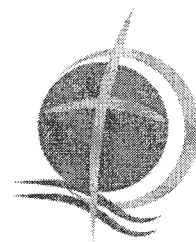
### BAROQUE MUSIC BY CANDLELIGHT

A time for quiet reflection in Holy Week  
Monday, March 26 at 8 pm  
Pay what you can

Choral Services - Holy Week & Easter  
See details at [stthomas.on.ca](http://stthomas.on.ca)

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](mailto:Valerie.Dunn@bell.net)



## Bayview United Church

2609 Bayview Avenue  
**(416) 447-5941**

**"You Are Invited to Holy Week  
and Easter Services"**

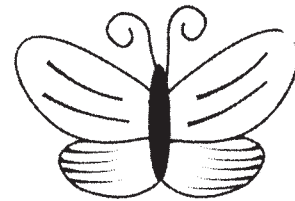
Rev. Cindy Cooper

[www.bayviewunitedchurch.ca](http://www.bayviewunitedchurch.ca)

Sunday March 25, 2018 - 11:00am  
Palm Sunday Worship Service with  
celebration of Holy Communion and  
Special Choir Music

Friday March 30, 2018 - 11:00am  
**Good Friday Worship Service**  
Come and remember the last day of Jesus' life

Sunday April 1, 2018 - 11:00am  
**Easter Sunday Worship Service**  
Come and celebrate the resurrection of Jesus!



## Stone Church

(In the heart of the City)

**45 Davenport Road**

(Just a three-minute walk North from  
the Yonge/Bloor Subway Station and  
free underground parking at 40 Scollard St.)

**(416) 928-0101**

[www.stonechurch.ca](http://www.stonechurch.ca)

*You are invited to our  
Good Friday Service*

**Friday, March 30 at 11 am  
and our Easter Service  
Presentation "Reckless Love"  
Sunday, April 1 at 11 am**

**"Live music and drama  
that will tell of the Love of God  
in a powerful way."**

**Regular Weekly Services:**  
Sunday 11 am & Wednesday 7 pm  
Nursery, Kids and Youth classes provided.

## Knob Hill United Church

23 Gage Ave., Scarborough  
**(416) 431-5054**



*Welcomes everybody  
to worship with us*

Minister: Rev. Hannah Lee

Palm/Passion Sunday with  
Communion  
Sunday, March 25  
at 10:30 a.m.

Easter Sunday Service  
Sunday, April 1  
at 10:30 a.m.

## EASTER AT ST. JOHN'S PRESBYTERIAN CHURCH

✠ Maundy Thursday Service  
March 29, at 7 pm

✠ Good Friday Service  
March 30, 11 am

✠ Easter Sunday Service  
April 1, 11 am

**Everyone Welcome**

**(416) 466-7476**

415 Broadview Ave.  
[www.stjohnstoronto.com](http://www.stjohnstoronto.com)

## Don Mills United Church

"An Inclusive Faith Community"

Bus Routes: # 8, #25, #81, #100

126 O'Connor Drive at Pape **416-505-1950**

[donmillsunitedchurch@bellnet.ca](mailto:donmillsunitedchurch@bellnet.ca)

Rev. Edith-Ann Shantz

**Worship and Church School - Sundays at 11.20 am**

<b>Sunday March 25</b>	Palm-Passion Sunday
11:30 a.m.	
<b>Friday March 30</b>	Good Friday Service
11:00 a.m.	
<b>Sunday April 1</b>	Easter Sunday Services
8:30 am	Easter Sunrise Service
9:00 am	Community Breakfast
11:30 am	Easter Celebration

**Sunday April 22,** Earth Day, 11:30 a.m.  
**Wednesday, Women's Gathering, 9:30 to 11a.m.**

## Thorncliffe Park United Church

16 Thorncliffe Park Drive  
Toronto, Ontario

**(416) 421-0792**

Rev. Edith-Ann Shantz

\*\*\*\*\*

Sunday Worship at 10:00 a.m.

Movie "The Easter Story"  
& Pizza Night  
Saturday, March 24 @ 6:00 p.m.  
Cost: \$10.00

Passion/Palm Sunday  
March 25th @ 10:00 a.m.  
Good Friday Service  
March 30th @ 11:00 a.m.  
at Don Mills United Church  
Easter Sunday  
April 1st @ 10:00 a.m.  
All Welcome!

## COME CELEBRATE EASTER!

at  
**ST. LUKE'S ANGLICAN  
CHURCH**

904 Coxwell Ave. (at Cosburn)

**416-421-6878**

**PALM SUNDAY March 25th**  
9:00 am - Holy Eucharist with  
Blessing of the Palms  
10:30 am - Holy Eucharist with the  
Liturgy of the Palms

**MAUNDY THURSDAY March 29th**  
7:00 pm - Holy Eucharist with the  
Stripping of the Altar

**GOOD FRIDAY March 30th**  
10:30 am - Solemn Prayer  
Followed by an optional  
PRAYER VIGIL 12:00 - 2:00  
We encourage you to sign up to  
spend ½ hour or more meditating,  
reading, praying or just sitting in the  
church in solidarity with our Lord in  
his passion.

**EASTER DAY April 1st**  
Celebration of the Resurrection  
of our Lord  
9:00 am Said Eucharist  
10:30am Choral Eucharist



## Tri-Church

1080 Finch Avenue East  
**416-494-2442** [www.tri-church.ca](http://www.tri-church.ca)

St Cyprian's Anglican Church.  
Palm Sunday March 25

Holy Eucharist at 9:30 and 11 a.m.

Maundy Thursday March 29

Choral Eucharist at 7:30 p.m.

Good Friday March 30 10 a.m.

Stations of the Cross 11:15 a.m.

Holy Saturday March 31 at 6 p.m.

Holy Baptism & Eucharist

Easter Sunday April 1

Holy Eucharist at 9:30 and 11 a.m.

Iona Presbyterian church

Palm Sunday, March 25 at 11 a.m.

Maundy Thursday March 29, dinner at 6 pm

worship with Communion by intinction at 6:30 p.m.

Good Friday, March 30 at 10 a.m.

Easter Sunday, April 1 at 11 a.m.

St. Christopher's Anglican Church

**416-494-6476** [www.stchris.ca](http://www.stchris.ca)

Cantonese Service Every Sunday 9 am 粵語崇拜 逢主日 早上九時正

Palm Sunday March 25 9:00 am 棕枝主日 三月廿五日 早上九時正

Maundy Thursday March 29 8:00 pm Holy Communion

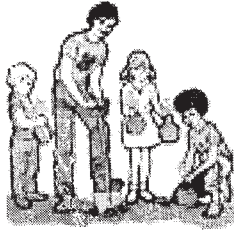
設立聖餐日(四) 三月廿九日 晚上八時正

Good Friday March 30 9:00 am 受難日 三月三十日(五) 早上九時正

## PARENTING

### Children and the world of nature

MARY DOWNEY



It's important for children to respect the natural world and not to kill and harm insects and birds, or break tree branches and cut into tree trunks, or destroy grass and flowers

Many believe that all creatures in the world are loved by God, so we should care for them and not harm them. All of us can see the order and complexity of the world and marvel at it.

It's important for children to learn to protect the environment. If they discard chewing gum on the ground it can hurt a bird and close its beak if it tries to eat it. Plastic and refuse in oceans and rivers can harm and trap sea creatures. Pesticides used on the grass and trees can kill bees and young birds.

It's a wonderful world. We all have a responsibility to look after it. ★

*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.*

**Beading Workshop: Spring Bracelet.** Make a beautiful bracelet with spring colours. Thurs. April 12, 1:30 pm – 3:00 pm, \$10.00 non-members. Registration deadline Thurs., April 5. Central Eglinton Community Centre, 160 Eglinton Avenue East @ Redpath Ave. 416-392-0511, ext 0. [www.centraleglinton.com](http://www.centraleglinton.com)

April brings spring. The world awakens. Everyone is filled with new life-children and adults. It's such a free feeling to go outside without our bulky winter clothes. The snow melts and the sidewalks are clear. Children get their bicycles and tricycles out and enjoy the fresh air. It's a wonderful feeling to fly down the street. Balls and skipping ropes are everywhere. The air smells sweet. People smile easily.

At this time of the year birds flock in greater numbers. Squirrels are everywhere. Insects start to appear.

Many children who grow up in cities and live in condos, apartments, townhomes, even houses have little exposure to the outdoors. Parents are protective, reasonably, and often do not let their children play outside without an adult present.

Many children are afraid, often terrified, of bugs, squirrels, wild-life of any kind.

As parents we can help our children get used to and appreciate the world of nature.

We can get books out of the library and read to them. We can go to the park nearby with them

and show them ants and bugs and trees and flowers and grass, and teach them how to be gentle with it and enjoy it all.

We can show them pictures of different birds and get sound tracks of different bird calls. Spring is when birds make nests and raise their young. We can teach our children to keep away from a bird's nest as it scares the birds.

Children are often afraid of ants and spiders and bees. We can tell them how bees pollinate flowers and crops and make honey. We can show them worker ants carrying crumbs to their families underground, and teach them that the tunnels they make let oxygen into the roots of plants so they grow better. As children get older we can tell them about the chain of life, and how animals feed off of plants and other animals.

will be served. Tues., April 10, 1:30 pm – 3:00 pm \$6.00 non-members. Registration deadline Tues., April 3. Central Eglinton Community Centre, 160 Eglinton Avenue E. At Redpath Ave. 416-392-0511, ext 0.

## FUN FOR SENIORS

**Bingo for Prizes.** Join in this fun social activity that will work your cognitive-attention skills. There will be a number of lovely prizes to choose from. Hot chocolate, tea, coffee and treats

## X Elections Ontario

By the time you finish reading this, you could've confirmed your voter info online. [elections.on.ca](http://elections.on.ca)

**March is Provincial Voter Registration Month. #GetONit**

**Be ready to vote on June 7, 2018.**

## WANDERLUST

CHARLES SCHWARTZ AND SUZANNE HARRIS

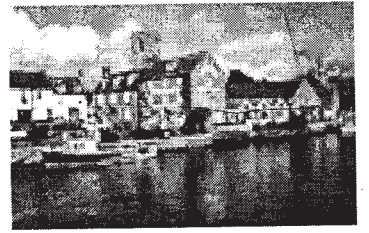
### The isle of Purbeck

by Suzanne Harris

The Isle of Purbeck won't be immediately obvious on a map - it is not really an island at all, but a peninsula. The north coast is edged by Poole Harbour, one of the largest natural harbours in the world. One side of the harbour is now home to the multi-millionaire properties of Sandbanks, some of the most expensive real estate in Europe. Conveniently for the stars who live here, the famous Sun-Seeker motor yachts are built close by.

The harbour is also home to seven islands and the largest, Brownsea Island, is famous as one of the few places in Britain where the red squirrel has not been driven out by the more common grey. Brownsea Island is open to the public and ferries travel between March and October and at the point where the ferry leaves Poole Quay stands a statue of Lord Baden Powell. In 1907 he held a boys camp on Brownsea Island, the worldwide Boy Scout Association was formed in 1910 and Scouts and Guides still camp at on the Island today.

Opposite the town of Poole is the tiny village of Studland which faces out to Studland Bay and the English Channel. Studland Point is a flat, sandy promontory, connected to Sandbanks by a ferry and edged with a shallow, sandy beach. The famously challenging South West Coastal Path begins (or ends) here, snaking 630 miles around Dorset, Somerset, Devon and Cornwall. At the end of the beach the path rises steeply, climbing to the top of Old Harry Rocks, named for a notorious local pirate. The white cliffs are



Britain's Isle of Purbeck offers one of the largest natural harbours in the world.

a local landmark, and when visibility is good you can see their counterparts on the Isle of Wight across the Solent. The wartime anti-invasion measures lurk incongruously in the undergrowth which surrounds the pretty pastel beach huts.

Close to the village - and preserved by the charity English Heritage - is Fort Henry, a little part of Canada in England, which played a role in the Second World War. Named for their home base, the Canadian Royal Engineers built the bunker in 1943 as part of the coastal defences.

In April 1944, as part of D-Day preparations, King George VI, Winston Churchill, General Montgomery and General Eisenhower watched exercises in Studland Bay from here. It is possible today to stand on the gritty floor where they stood, looking out through the same narrow opening at the wide sea beyond. ★

## Resources:

If you want to see Studland Beach at its drizzly and mysterious best, you can watch the video for Coldplay's "Yellow" which was filmed here.

*Suzanne Harris lives in the west of England and is a writer and traveller. Charles Schwartz is a native New Yorker, geographer and an avid traveller who has visited all seven continents.*

## GOOD EATS

### RAYBURNE MONTGOMERY



## The King Street Stretch

Since King Street West has new driving rules to work with the TTC, all the restaurants say business has dropped off.

But change must happen and I think that maybe the restaurants must get creative.

There are a lot of 5 bite places to eat, some of which have been on King Street for decades. So I suggest patrons take a walk down King Street and give them some of your business.

If you feel any establishment is in need of a review, contact me through *Hi-Rise*, e-mail at [valerie.dunn@bell.net](mailto:valerie.dunn@bell.net)

All establishments get zero to 5 bites, out of 5. ★

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

## FOOD DRIVE

Join HealthQuest Wellness Centre in collecting donations for their **Easter Food Drive**, to benefit the **Yonge Street Mission**, a registered Canadian charity providing support services for adults in poverty, and safe spaces for youth in need. All non-perishable food items are appreciated, but most needed are peanut butter, canned meat/seafood, canned vegetables, beans, lentils, rice, pasta, pasta sauce, canned soups/stews. Donations may be dropped off at HealthQuest, 22 Bartley Drive, North York M4A 1B8. (Victoria Park & Eglinton). Donate 24 food items or \$20 and receive your complete Chiropractic Assessment, at no charge. \$150 value) x-rays not included. Until Easter Sun., April 1). 416-288-0666.

## EVENTS

**Moeen Centre, Annual Fundraising Dinner** on Sat. April 14th. Speakers and entertainers include Canadian Idol's Top 10 Finalist, Devika Mathur and comedians, Alia Rasul and Surer Qaly Deria. At 6:00 PM. 1073 Millwood Road, M4G 1X6 Tickets: \$25 per person and \$20 per child (under 12), email [info@moeencentre.org](mailto:info@moeencentre.org), online at [moeen.yapsody.com](http://moeen.yapsody.com). 416-424-4026. 416-264-5809

## Canada, I love you eh!

This past February, marked 50 years that Canada opened her arms and welcomed my parents and myself. It would be amazing if I could just remember what that was like, I was a baby and the nervousness and excitement of it all was obviously lost on me.

With changes to legislation regarding who could be admitted to Canada, the 1960's saw a wave of immigrants. Canada welcomed smiling faces from a variety of countries ranging from the lush green landscape of Ireland, to Africa, India, England, the West Indies, South America and many more places. Thankfully, my parents and myself were among these new immigrants that landed on Canadian soil. I can't imagine how exciting yet scary it must have been for my 20 something year old mom to have left the only home she has ever known with a baby and husband. Or for my dad, to be bravely leading the way to a new and better life.

Let's be honest, most people would probably say that they live in the best country in the world. I would of course agree with them, if that country is Canada.

As a child I had the opportunity to embrace and experience the diversity represented among the people of this country. Growing up, my classmates were from different countries around the world. The excitement of learning about their cultures, visiting their homes and quite simply calling them "friend" was wonderful. We were different, but we had one thing in common and that was the fact that we called Canada home.

I'm incredibly grateful that my parents made the best decision to choose Canada as their home. I often tease my dad that I wish he had chosen a warmer country, but truth be told I love this Country!



I could list at least 100 reasons why Canada is a wonderful place and why I am grateful to be living here, but instead I will try to sum them up into three reasons that make Canada great:

1. From coast to coast, Canada is simply beautiful. Every single province has its own beauty that makes travel memorable. For example: British Columbia has the beauty of the Rocky Mountains, the Calgary Stampede in Alberta, and the easy going friendly and down to earth nature of Maritimers and their amazing abundance of fresh seafood.
2. Often envied, our healthcare system is something I am always grateful for. While it isn't perfect, it is better then some equally developed Countries.
3. Racism is a word that is far removed in the vocabulary of Canadians alike. Sure, it exists (hey - nobody's perfect) but on Canadian soil it is far less threatening and aggressive than in other countries. It is not nearly as corrupt as some other neighbouring countries.

Thank you, Canada, for all that you have brought into my life, excellent education, the start of my own family and a future that continues to shine a beacon of bright light.★

You can contact Maryse at: [marysesaney@hotmail.com](mailto:marysesaney@hotmail.com)

Maryse Saney lives with her family in the Durham region.



## It's all just politics!



Celebrities wearing beautiful gowns were an enjoyable feature of the Oscars.

Today I am writing this column just after watching the Motion Picture Academy Awards, the Oscars, and reflecting on how everything in our society seems to be so darned political. I am a big movie fan and see a lot of the movies as they come out and those I miss, I watch on television on the movie networks or sometimes even pay per view. I love the movies and have always been attracted to the awards shows. Partly because I like to see the hype and glamour and the beautiful dresses and the beautiful women in them. Oh! Can I say that? Is it politically correct to say that I like to see beautiful women on television? What has gone on in the entertainment industry regarding the sexual misconduct towards women is abominable. It did not just happen in Hollywood on the infamous "casting couches". We have ample evidence in our own entertainment communities right here in Toronto of such misconduct. It is gratifying to see that the perpetrators of such behavior are finally being taken to task for their misconduct and at least the entertainment workplaces are being somewhat freed of the sexual abuse that has gone on for decades.

However, we have to understand and believe that it has also gone on in many other work environments that have nothing to do with the entertainment industry. That women are the child bearers in our society and often have stayed at home to raise the children, our workplaces became dominated by the male population for decades, until the Second World War saw women forced into the workplace to replace the

men fighting in the war and afterwards that trend continued. Unfortunately, two travesties took place when that happened. Women were paid less than men for the same work and because the men were in the positions of power, many used that power to force their unwanted attentions on their female employees, many of whom felt powerless to object in fear of losing their much needed jobs. Finally, the *Me Too* movement and other such movements regarding pay equity are bringing the issue to the forefront and long overdue changes are beginning to happen.

Now back to the politics of it all and what it has to do with managing money. A lot of what has been said by the Hollywood stars about the issues still needs to be voiced, especially in the face of what continues to happen in many industries. The economic impact will be felt by the pay equity issue forcing companies to pay women more to bring their salaries up to the level of men doing the same jobs. This will inevitably lead to higher prices for the goods and services those companies provide, just as the

long overdue and much needed minimum wage increases in our province has led to many service industries raising prices, especially in the food industry. That is what causes inflation and inflation leads central bankers to raise interest rates to curb inflation, with the unwanted side effect of slowing down the economy. While it is politically correct to support pay equity and to put an end to sexual harassment in the workplace, it will come at a cost that we will all have to bear as the companies that have fostered such behaviours start paying up and passing those costs on to consumers.

The Oscars has become a much needed platform for both men and women to speak out about what has gone on far too long, but for me it all came across as being far too political. Even many of the awards themselves seemed to be given out based on political motivation. Not that they were not deserving, but awards to Mexican and African American members of the Academy seemed to be delivering a political message to the President of the United States as well as rewarding their artistic achievements. I am all for political activism, but sometimes, like on Oscar night, I just want to be entertained.

*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 Suite 1850, 5160 Yonge St., Toronto, ON M2N 6L9*

*\*Spring!*

## IN GOOD HEALTH

### 5 Fat Loss Diet Plan Myths Debunked Fat Loss

The quest to drop fat and find the ultimate fat loss diet plan seems to be around us every day.

I can think of the hundreds of diets I've been introduced to over the years men and women members searching for a way to "look in better shape".

Eating only one fruit, solely drinking glasses of water even taking the body to extreme levels of fasting - you name it.

One reality exists when it comes to seeking a fat loss diet plan. People want results.

And further, let's face it. In today's Western Society we are packed with too much calories/nutrients/food choices that really don't benefit health and really don't benefit the aesthetics of the human body. It's like climbing up a ladder that gets longer every step of the way. Take a walk through any grocery store or supermarket and you'll quickly see what I mean.

Hundreds of food choices mark the aisles. Many inching to flood our grocery baskets as quickly as you can think about it. Many packed with excessive sugars and unwanted chemicals.

The truth is because of technology we don't know if what we read is fact or fiction.

Is every option that is low-carb low-fat high-fiber beneficial to our body?

Does a fat loss diet plan exist which can help our bodies drop a ridiculous amount of fat and help our body feel the way we want it to? Well, I ultimately believe so.

In this article my number one objective is provide a number of fat loss diet plan resources that you can use to take your body and your mind exactly where you want it to be when it comes to your health and fitness goals.

This article is not a joke. I myself have utilized the information here to help drop my body fat faster than ever before. I know that by you implementing some of the information here you will see the change that you want to see. A fat loss diet plan exists. It just comes down to how we use it.

So here it goes...5 Fat Loss Diet Plan Myths Debunked!

#### 1. You Need To Cut Out Carb:

Carbohydrates is the fastest energy provider for the human body. It uses it to perform day to day tasks meaning this nutrient matters. Dieting when it comes to fat loss has been focused prima-

rily on reduction of calories. A number of studies have shown long term fat loss effects are no different when people eat less in total. Low carbohydrate makes no difference.

#### 2. Cardio Is The Way:

Multiple studies have shown that the impact of cardiovascular training last for a limited period of time. As an individual is working towards reducing total body fat the objective of training should lean towards total energy burned versus total time of activity alone. Out of the options available cardiovascular training does not produce the greatest energy burn over time.

#### 3. You Shouldn't Lift Weights:

The hidden truth behind weightlifting is slowly unfolding. Performing strength based movements utilize more energy for the body to recover after an activity is complete. By lifting weights you are helping maintain muscle

## PLANNING FOR RETIREMENT?

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Sonny Goldstein CLU  
C.H.F.C. President

mass which helps with your metabolism for fat burning. Combining this with the earlier activity - cardio - produces faster changes.

#### 4. Eat A Lot Less Food To See Your Body Change:

Extreme reductions in calories can negatively impact the body. Metabolic breakdown is an example of this. By excessively eating too little calories our metabolism adapts to slow down this loss. Increasing activity wouldn't do significant benefit. Gradually eating less over time is more advised to ensure continuous loss without any metabolic issues.

#### 5. Meal Replacements Are The Way To Go:

Meal replacements have been a massive push in marketing. Overall the concept is useful due to the ability to supplement protein, fat and carbohydrates in your diet from a protein shake or smoothie. Keep in mind, micro-nutrients found in whole foods

are highly beneficial to the body. Many replacements lack the variety of vitamins and minerals we need to thrive. In the end consuming a wide assortment of food is always recommend to ensure health remain optimal. ★

*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. He welcomes your questions, call 647-492-7848.*

**The Sugarbush Maple Syrup Festival** runs until April 8, at the Kortright Centre for Conservation in Vaughan, Bruce's Mill Conservation Area in Stouffville, and Terra Cotta Conservation Area in Halton Hills. Discover the history, customs, production methods and taste of real maple syrup. Enjoy demonstrations, wagon rides, activities for the family, stacks of pancakes to eat, and lots of maple syrup to try and buy. Hours and days vary by location. Get info and tickets at [MapleSyrupFest.com](http://MapleSyrupFest.com)

## TENANTS

BHAVIN BILIMORIA

### Ontario's New Standard Form Lease

**S**tarting April 30, 2018, residential landlords across Ontario must use the Provincial Government's newly created standard form lease for all new tenancy agreements. This requirement applies to all individual landlords and property management companies who enter into tenancy agreements for the following types of rental units:

- single and semi-detached houses;
- apartment buildings;
- condominiums; and
- secondary units (e.g. basement apartments).

If a landlord fails or refuses to use the standard form lease for a tenancy agreement entered into on or after April 30, 2018, the tenant can ask the landlord for one in writing, and the landlord must provide one within 21 days. If the landlord fails or refuses to comply with the tenant's request, the tenant may withhold one month's rent. However, if the landlord complies with the tenant's request within 30 days of the tenant withholding their rent, the landlord may require the tenant to repay the withheld rent. If the landlord does not comply with the tenant's request within 30 days of the tenant withholding their rent, the tenant does not have to repay the landlord the withheld rent.

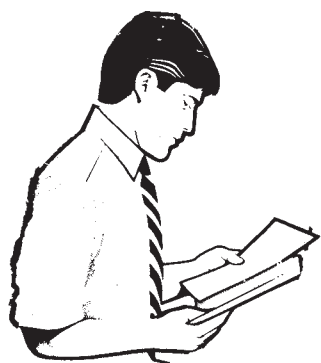
Alternatively, if the landlord does not provide the standard form lease within 21 days after the tenant has made a written request, the tenant may give 60 days' notice to terminate a yearly or fixed-term tenancy early. Similarly, if the landlord provides the tenant with the standard form lease after the tenant has asked for one, but the tenant does

not agree to the proposed terms because, for example, a new term is added, the tenant may give the landlord 60 days' notice to terminate a yearly or fixed-term tenancy early. However, the tenant must give the 60 days' notice no later than 30 days after the landlord provided the standard form lease.

In both cases, the effective date for termination must be the last day of a rental period, which is usually the end of a month. Tenants who signed a lease before April 30, 2018 cannot ask for a standard form lease, unless they and their landlord negotiate a new tenancy agreement with new terms, which could include higher rent, on or after this date. The same is also true for tenants who signed a fixed-term lease before April 30, 2018, and it renewed automatically to a month-to-month tenancy after this date.★

*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, 1 Leaside Park Drive, Unit #1, Toronto. M4H 1R1. For more info. Please call 416-441-1764. Ext. 27*



## CONDOS

MARILYN LINCOLN

### Are you considering a board position?

**Q.** I need to know what I should expect before I decide to volunteer to be the treasurer of our condo board. Am I responsible for the previous treasurer's errors if any? I don't know whether I am ready to take on this challenge. Thanks for your advice.

**A.** It would be wise for you to request a meeting with the retiring treasurer. Discuss his/her procedures, notes and any other important information that you should be aware of before you make your final decision. Confirm that all the records are in order, up to date and that a professional audit has been completed yearly. All the information you gain should eliminate any surprises. You are not responsible for the past treasurer's errors, if any. However, confirm with the board that you will be protected by the corporation's liability insurance. The act requires that each corporation insure its directors and officers against liability if the insurance is reasonably available, but not against a liability, cost, charge or expense resulting from a failure to act



honestly and in good faith.

The treasurer is responsible for the day-to-day expenses. He or she must maintain precise and accurate records. I strongly recommend that at least two directors are required to sign any cheque issued by the corporation. Prior to paying an invoice, confirm that the job has been completed and the corporation has been charged the correct amount for the work. A treasurer has a very important job to complete overseeing the daily finances of the condo property. Since you have previous experience as an accountant, you should have no problem handling this position quite successfully. Good Luck!★

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



CANADA PROUD  
150 years, and forward

DR. ROCHELLE BURNS



### Ah, Canada. So proud.

**W**hat does DADAAB, Kenya Refugee Camp, the world's largest refugee camp with 250,000 struggling souls in it, have to do with Canada? Read on.

September 2017 *The Washington Post* wrote an article about Ayan Abdi who had lived at the camp since she was two years old.

Now 20 years old, she had the chance of her lifetime. Of 5,000 students who had tried a two hour exam she was now one of 29 going for an interview for one of 16 scholarships awarded by the World University Service of Canada.



Ayan Abdi escaped from a refugee camp by winning a scholarship.

The education also came with the Canadian government providing them with citizenship and perhaps a chance to sponsor their families.

Now Ayan was one of 29 finalists heading for the interview that would determine whether she won.

Around the world, most notably the United States under its present President, borders were closing for refugees. This was her one shot to a life dream to become a nurse in a country of freedom.

She was now teaching biology in a Dadaab school to other refugee young people, while the rest of her family was in Somalia.

As *The Washington Post* stated: "Around the world, fewer than 1 percent of registered refugees are resettled each year, and most have little or no control over the process. They are selected by U.N. agencies and approved by host governments, their fate determined by luck and charity."

The WUSC scholarship represented something different. It was about merit.

They asked "how she would adjust to Canada." I told them "I would wear more clothes in the winter." I told them "I would get used to the food."

As *The Washington Post* summed it up, after days of waiting, Ayan read: "The Successful Candidates for 2018 WUSC. Her name was No. 4."

One more life saved, more hope for her family. ★

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



## MORTGAGE

MEHBOOB SHERIFF



### Speed dating with lenders

**B**et you never thought you would be reading about speed dating in this column – and that too with Lenders!

I have written many times in this column – that never go "hat in hand" to a lender. Always remember that they are as keen to lend you the money as you are to borrow. The key has always been determining what you want and which lender(s) to approach – and that is where a mortgage broker is your best bet, for a good mortgage broker has the correct formula for you:

#### Multiple Products and Multiple Lenders

And that brings us back to our topic for this issue: Speed Dating with Lenders!

On February 15, 2018, Verico Financial Group Inc. (our company Verico C.O.D. Financial Services Inc., is a member broker of that organization) arranged a special presentation where many financial institutions (read Lenders) were allotted only 15 minutes each (including Q&A) to present their products. Each lender showcased their products explaining the advantages and nuances of their offerings with the objective of asking us – the Mortgage Agents and Brokers – to understand and see how we could best service our clients by giving them choices that best suit the client's (aka YOU) needs.

I repeat the line near the beginning of this article: Always remember that they are as keen to lend you the money as you are to borrow.

Here is a list of your potential suitors that approached us for your business – which one should you choose? Remember a mortgage broker is like a match



maker! Your needs – their products. This was the "Agenda":

8:30am–8:45am	HomeEquity Bank;
8:45am–9:00am	Manulife;
9:00am–9:15am	Merix;
9:15am–9:30am	CMLS;
9:30am–9:45am	Equitable Bank
9:45am–10:00am	Street Capital;
10:00am–10:15am	TD;
10:15am–10:30am	MCAP;
10:30am–10:45am	Scotia Bank;
10:45am–11:00am	First National;
11:00am–11:15am	Genworth;
11:15am–11:30am	Home Trust
11:30am–11:45am	
11:45am–12:00pm	
12:00pm–12:15pm	

Be honest and ask yourself the last time you went to a lender to get a mortgage did the lender explain to you about these other lenders and why or why not their products would be better for you. I bet the only choice you got was either a variable rate mortgage or a fixed term mortgage! And talking about a fixed term mortgage – I bet they leaned (I am being delicate and not saying pushed) to your getting a 5-year term mortgage!

My theory and strategy are quite different. YOU are the prize "Catch". Don't sell yourself short to the first suitor. Let an experienced Mortgage Broker survey the field for you and find you the best match!★

*Mehboob Sheriff is a licensed Mortgage Broker in Ontario (Lic # M08010601) with 40+ years of mortgage experience and works with Verico C.O.D. Financial Services Inc. Brokerage, Lic # 10311. He can be reached at (647) 703-6786 for a free consultation. He can be reached at (647) 703-6786 for a free consultation. www.mortgageweb.ca*



## HOPE UNITED CHURCH

2550 Danforth Ave.  
Sunday Service 11:00 am  
HopeUnited.ca 416-691-9682

Wednesday, March 21

Easter Messy Church!

5:30 – 7:00pm

Activities, story, music and a meal!

Sunday, March 25

Hope United Easter Concert - 2:00pm

"Where Have They Taken My Lord?", an Easter Cantata

Choral Selections - Hope United Choir

Special Guest - Louis Lawlor - Classical Guitar

Thursday, March 28

Holy Thursday Services at 2:00pm & 7:00pm

Friday March 29

Good Friday - Service at 2:00pm

Sunday, April 1

Easter Sunday - Service at 11:00am

Wednesday, April 4

Music @ 12:15

Noontime Organ Concert with Zoe Kai Wai Lei

# St. Patrick's Church

131 McCaul St., Toronto (416) 598-3269  
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## Holy Week and Easter Liturgies

### PASSION (Palm) SUNDAY – March 25, 2018:

5:00 pm (English) – Saturday evening  
8:30 am (English) 10:00 am (German)  
12:10 noon (English) 5:00 pm (English)

Monday March 26 and Tuesday March 27, 2018: 7:30 a.m. & 12:10 p.m.

Wednesday, March 28, 2018: 7:30 am, 9:30 am, 12:00 pm, 2:30 pm, 5:05 pm & 7:00 pm  
(Mother of Perpetual Help Devotions and Masses)

### HOLY THURSDAY: Mass of the Lord's Supper – March 29, 2018:

7:00 pm Mass (English & German)

### GOOD FRIDAY: Solemn Liturgical Service – March 30, 2018:

3:00 pm (English & German) Stations of the Cross 7:00 pm

### HOLY SATURDAY – Easter Vigil Mass – March 31, 2018:

8:00 pm (English & German)

### EASTER SUNDAY – April 1, 2018:

8:30 am (English) 10:00 am (German) 12:10 pm (English) 5:00 pm (English)

### EASTER MONDAY – April 2, 2018:

9:00 am (English / German)



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## CAREER CORNER

ELLEN GARDNER

### Thinking twice about leaving the workforce



Sometimes our biggest decisions are made without thinking about their long-term consequences. When women (and these days men as well) leave the workforce to be full-time stay-at-home parents, they do it as a way of coping with the chaos that is their lives in that moment. They do it for the good of their family and aren't really thinking about the long-term implications.

One day ten or 15 years down the road, they wake up and the nest is empty. It's time to re-evaluate that decision to be a SAHM, but the work world is a far different place from the one they left. The skills they had might be outdated but the far bigger obstacle to overcome is often a loss of confidence.

I watched as a good friend and colleague opted to leave her challenging public relations career to raise three children. The decision was surprising because she was highly respected in her field and had risen to a senior vice president position at a relatively young age. For ten years she threw herself wholeheartedly into the role of mom – cooking, cleaning, driving, and volunteering. But the little voice in Jenny's head reminding her of the value of paid full-time work never really went away. "I looked at my two daughters and realized I was letting them (as well as myself) down," she said. "They deserved a positive role model of a woman who could dream big and realize her career ambitions."

She was still fearful but plunged ahead and recently found a maternity leave contract at a business close to home. It was enough. Within weeks Jenny was right back on her game and is now planning her next move to a larger, more responsible position.

Keeping a foot (or a toe or a hand) in the work world during a stay-at-home stint makes sense not just because it keeps your professional skills up-to-date and maintains your confidence; it also insulates you from any number of worst case scenarios – the sudden death of your spouse or the collapse of your marriage.

I met Kim a few weeks ago after she sent a resume into our organization in pursuit of a technical writer position. She didn't have anything near the background required for technical writing and so out of curiosity I got in touch with her. Turns out she was sending resumes out far and wide in search of "anything" that would get her back into the work world. Kim had run her own chocolate-making business for several years but was mostly supported by her husband. Her life went into a tailspin when her husband suddenly departed. He was supporting her in the short-term, but she was anxious to find a job.

Although it was mainly a hobby business, I helped Kim see that she had picked up some valuable skills as an entrepreneur – sales, marketing, financial management and the day-to-day logistics of running a sole proprietor business. Like Jenny, Kim's biggest obstacle was not a lack of marketable skills, but being able to navigate the complexities of inserting yourself back into a job market geared to a younger, more experienced workforce.

There is definitely a price for leaving the work world to be a stay-at-home mom or dad or pursue your own interests if those years extend to decades. It may be tough but SAHMs should always be thinking about ways to combine their parenting responsibilities and career aspirations. Jenny had the skills and the motivation to re-ignite her ambitions and I have no doubt that Kim, with a bit of introspection, research and outreach, will discover where her talents will be useful and appreciated.

My advice to anyone who has been out of the world of work for a while and is contemplating a return, is to think about the following:

- Keep up your skills, especially your technical skills. Computers are changing all the time, so take a course and get back in touch with the software being used in offices today.
- Start to build your network – once you narrow your focus to where you think you want to work, start reaching out to people who can give you information and connect you to their own contacts. It's never too late to build a network and it's a critical asset to finding a job.
- Build a resume based on those real-world skills you've been using in your time as a SAHM or entrepreneur – whether it's volunteering, fundraising or building your business, those are valuable marketable skills. ★

Ellen Gardner is a career counsellor in Toronto who assists people in with career search strategies. Her company is Talentboom, [www.talentboom.ca](http://www.talentboom.ca). She can be reached at [ellen.gardner@gmail.com](mailto:ellen.gardner@gmail.com) or 416.421.0119.

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Wishing you and your family a  
**Happy Easter**

The Osteoporosis Support Group meeting will be held Mon. April 23, 10 am until 12 noon, Scarborough Village Recreation Centre, 3600 King-

ston Rd. (at Markham), Call 416-396-4051, admission and parking free. Speaker: from Family Services on Positive Effects of Aging. Phone (416) 396 - 4051.

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## CAT OF THE MONTH



Meet Gage, a handsome, three year old Tuxedo who has had his vaccines and has been neutered. He was surrendered by his owner, who couldn't take care of him any longer.

Gage is a very friendly, outgoing cat who loves people and enjoys the company of other cats, since he came from a multi cat home. Gage needs a loving, stable home with a family who appreciates his adorable personality. He'd enjoy a companion pet but would be happy as a one and only.

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.

## HELPING HANDS

Day or evening literacy volunteers wanted. If you live in East Toronto and have two hours a week to help another

adult build their reading, writing and/or basic math skills, please call East York Learning Experience, at 416-425-2666. Training provided.

Happy  
**PASSOVER**  
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## A BETTER YOU

### Losing "joy" ?



According to the dictionary, joy is the emotion brought on by well-being, success or good fortune. When we're feeling joy, we're happy and finding good things in our lives.

While measuring joy might seem hard to do, there's one test you can try. Think about what your initial feelings are when you wake up in the morning. Are they about the joy and excitement the coming day should bring, or are they thoughts of dread and anxiety for all the pressures and responsibilities you'll have to face? If finding joy is difficult for you to do, it's time to take action to put some pleasure back into your life.

A first step should be understanding what joy means for you. It's not the same for everyone. Close your eyes and think about pleasant people, places, things and experiences that have brought you real joy. Joy should come from significant things, not just fleeting gladness because there was less traffic today or that you're having your favorite dinner tonight.

Our sense of joy grows from our emotional, physical and mental well-being. There are a number of ways to significantly improve all those.

A starting point is to enjoy your relationships. Look for the things in your family, friends and even your job that are important to you, make you feel good and bring you joy.

And it's important to look for the positive. Often we focus on the negative, ignoring the numerous little things in our day that make us happy.

It's also helpful to realize that life is too short to see only negative things or people when there is so much around that can bring you satisfaction. Take time to watch a sunset, to appreciate nature, and to spend a few moments each day meditating on the positive things in your life.

You need to also take care of yourself. Eating right, staying active and getting plenty of rest are all ways to find more of the joy in life. While most days might bring something problem-

atic or stressful, when you make time for yourself to focus on the good in your life, it becomes easier to minimize the stress and tension you may be facing.

Finding the joy in your life is



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not something that simply happens to you. Your goal, on a daily basis, is to actively seek out the things that bring you joy. ★

*Counseling Corner" is provided by the American Counseling Association.*

## Rob Oliphant, M.P.

Don Valley West

**Wishes you a  
Happy Easter**



**Rob.Oliphant@parl.gc.ca**

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## Peter Milczyn, MPP

Etobicoke - Lakeshore

*Wishing you  
and your family  
a Happy Easter*



If I can be of any assistance on provincial matters, please contact my constituency office:

933 The Queensway, Etobicoke M8Z 1P3 | 416.259.2249

[pmilczyn.mpp.co@liberal.ola.org](mailto:pmilczyn.mpp.co@liberal.ola.org)

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*Wishing you  
and your family  
a happy and  
blessed Easter*



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INDOOR GARDENING KEN BROWN

## Getting set for spring!

Here we are at mid March and now the activity level starts to increase dramatically in my growing room. All of the grow lights are on and the space underneath them is turning greener by the day. Little seeds and big tubers are already competing for that space. There are several fast growing, cool season vegetables that are emerging from the soil in the seeding trays and demanding bright light to produce healthy compact seedlings. Low light at this point in their lives is the biggest reason for failure. Light from fluorescent tubes is by far the easiest and most economical although some LED fixtures are rapidly becoming more economical to purchase and they are certainly more economical to operate.

The intensity of the light from any of these sources falls off rapidly over distance so organizing your lights and trays to minimize that distance is critically important. I try to keep the bottom of the tube within 4 – 5 cm of the top of the plants. Obviously that creates a couple of engineering problems. Not all the plants are the same height and the plants grow. Mine hang from a length of chain. That allows me to have one end of the tube higher than the other and it allows me to continue to raise them as the plants grow. It's a rather unsophisticated system but it works quite well.

Tuberous Begonias are one of my favourite summer flowers for the balcony. They are very happy in a shady location and they produce magnificent blooms and foliage. They need to be started indoors about now and that's a space problem. They are not very



Tuberous Begonias are happy in shade.

compatible with tiny seedlings because they grow much taller much quicker and thus really demand a separate light source that can be kept close to their foliage and that would tend to be too far away from the tops of the seedlings. They also take up a significant amount of space under those lights.

Having a two or three shelf light stand easily solves the height problem and I have found a way to minimize their space needs. I start all of my Begonia tubers in one large pot or a small flat. They are planted quite close together in the container and only transplanted to a bigger pot or the container that will occupy outside when they get quite crowded in that original pot. They seem to suffer little or no set back from having their roots disturbed as they are separated from each other when they are transplanted.

When the weather outside is frightful, I keep focused on all those little green delights under the lights and think of spring.★

*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](http://www.gardening-enjoyed.com)*

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### Holy Week Services

**Palm Sunday, March 25**  
11 am Worship Service

**Good Friday, March 30**  
11 am Worship Service  
(Accessible - on the lower level)

**Easter Sunday, April 1**  
11 am Worship Service  
with Communion

1108 Greenwood Avenue,  
at Cosburn  
(416) 421-5711



**Holy Week & Easter** at  
Saint Stephen-in-the-Fields

Sunday, March 25, 10:30 am  
Palm Sunday Mass  
Maundy Thursday, March 29, 8 pm  
Good Friday, March 30, 11 am  
Easter Vigil, Saturday, March 31, 9 pm  
Sunday, April 1, 10:30 am  
Easter Sunday Mass

365 College Street, Toronto  
416-921-6350  
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## Mimico Presbyterian Church



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Palm Sunday- March 25th- 10:30AM

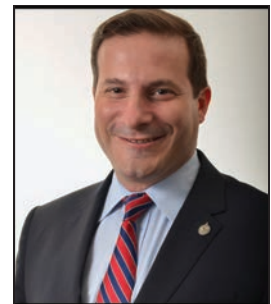
"Hosanna to the Son of David! Blessed is He who comes in the name of the Lord! Hosanna in the highest! Matt 21:9. Celebrate Jesus' triumphant arrival into Jerusalem.

Maundy Thursday- March 29th- 6:30PM

The quiet reverence of Maundy Thursday commemorates The Last Supper when Jesus shared the Passover meal with his disciples on the night before he was crucified. Join with us at our Potluck dinner and table worship.

Good Friday Service-March 30th - 10:30AM at Mimico Baptist Church  
We commemorate, the passion, or suffering, and death on the cross of our Lord, with our friends in Christ from Cornerstone Christian Fellowship, Mimico Baptist and Wesley Mimico United Churches at 10:30 AM.

Easter Day Service- April 1st - 10:30AM  
"Our Saviour Lives! Alleluia! Come celebrate our risen Lord!"



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[Marco.mendicino@parl.gc.ca](mailto:Marco.mendicino@parl.gc.ca)

From my family to yours, I would like to wish all those celebrating a very

**Happy Easter & Happy Passover**



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