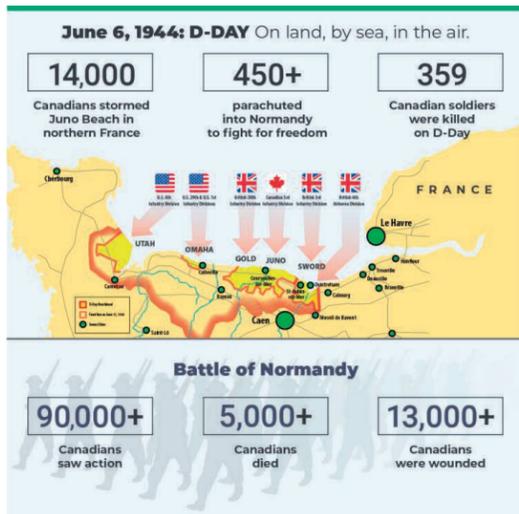


AS WE COMMEMORATE THE 75TH ANNIVERSARY OF D-DAY AND THE BATTLE OF NORMANDY

ONE OF CANADA'S MOST SIGNIFICANT MILITARY ENGAGEMENTS OF THE 20TH CENTURY



I ASK YOU TO REMEMBER THEM:

Join the conversation
#CANADAREMEMBERS #DDAY75
veterans.gc.ca/d-day75



Yasmin Ratansi

Member of Parliament
DON VALLEY EAST

309-220 Duncan Mill Road,
Toronto, ON, M3B 2J5
Tel: (416)-443-0343
yasmin.ratansi@parl.gc.ca

HI-RISE

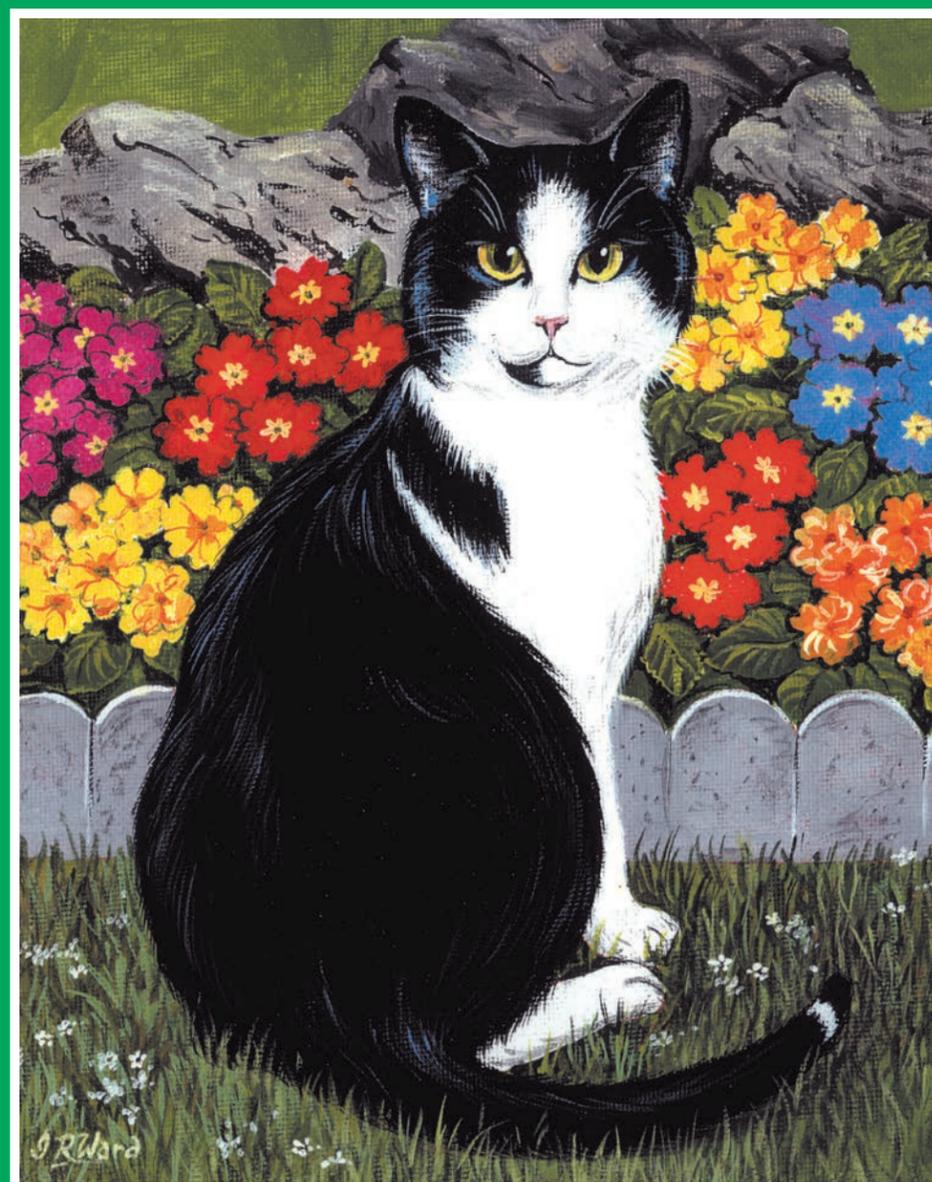
June, 2019 • 39TH YEAR • FREE • (416) 424-1393

RENTERS

Stop Paying Your Landlord's Mortgage.
Free Report reveals How Easy it is to Buy Your Own Home.
Free recorded message
1-833-215-9002
ID# 2301

Diana Matheson, Broker, Royal LePage RE Svcs.Ltd

Encouraging creative, positive approaches to life



39th year serving Toronto's apartment, townhouse, tenant, condo and co-op community

Councillor Paula Fletcher and City of Toronto



COMMUNITY ENVIRONMENT DAY

Sunday, June 9, 2019
10 a.m. – 2 p.m.

Dieppe Park | 455 Cosburn Ave. (East York)

In partnership with:



Bring it, East York!

Reuse, Recycle and Safely Dispose of unwanted items at a Community Environment Day!



Call 311

toronto.ca/environment_days



INDOOR GARDENING KEN BROWN



**Spring is here -
Let's go outdoors**

Despite Mother Nature's best efforts to delay spring we should now have almost all of our planting done. Some of my Pak Choi that I managed to plant on a cold miserable day is almost to edible size. It always fascinates me how well it does in such cold conditions. When it starts to get really warm as June progresses my last planting will happen. The Pansies will be replaced by some heat loving annuals such as Marigolds. I have to admit that the flat of Pansies that I brought home in early April spent a considerable time in that flat before the weather allowed, or enticed, me to go out and put them in their containers.

If you are looking for a gardening adventure and have a container that gets a lot of sun then try growing *Melothria scabra*. Cucamelons are an interesting vegetable about the size of large grapes. They look a bit like miniature Watermelons but taste more like Cucumbers and they are very prolific. They also grow rather rampantly so they will need some form of trellis to contain them. A little bit of effort and engineering will get you a large, lush plant with lots of tasty treats for summer snacking.



Cucamelons are an interesting vegetable, they need lots of sun

They even have pretty, little, yellow flowers. Hardware cloth sounds like an oxymoron but it is a product that has many uses in the garden. It is stiff, welded, wire fencing that has no resemblance to cloth and you can usually find it in the local DIY store near the chicken wire and similar fencing. I mention it because it's the perfect material for making instant trellising for your Cucamelons.

Its main feature is that stiffness, that allows sections of it to be almost freestanding and if cut to create a large hoop it can be tucked into either side of a container to create a sturdy but almost invisible support for many types of vines.

Choosing which flowers to plant each year is an exercise in frustration. We know what has done well in the past but then there are all those new varieties asking for some of our space. One of the solutions is to try new varieties of old standards and we

can be guided by some of each year's award winners from organizations such as *All America Selections*.

I have always been a fan of Marigolds. Last year I was thrilled with Super Hero Spry and this year I have a slightly bigger variety that I like just for the name. Marigold Big Duck comes

in three colours and is supposed to be more vigorous, drought tolerant and long lasting. I'm growing the orange variety and waiting, less than patiently, for the first of its 10 cm blooms. The best of the old complete with some new improvements.★

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



All Don Valley West Residents are invited to ...

Canada Day Picnic

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

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

Food, information booths, live entertainment and fun for the kids! This is a free event.



A shuttle bus will be provided between 10:30 am and 1:30 pm

Pick up locations: Thorncliffe Park School (80 Thorncliffe Park Dr. and Grenoble school (9 Grenoble Dr.)



Kathleen Wynne, MPP
Don Valley West



795 Eglinton Ave. E., Unit 101, Toronto, ON M4G 4E4
416-425-6777

JULY & AUGUST 2019
NORTH YORK CENTRE
SUMMER CAMP

\$130 A WEEK!!! **25 Centre Avenue, North York** **\$890/8 WEEKS**

SPORTS
ARTS AND CRAFTS
DANCE
MUSIC
BRASS
PIANO

ORCHESTRA
SINGING
FIELD TRIPS
LEADERSHIP PROGRAM
VOLIN, GUITAR, WOODWINDS
AND MUCH, MUCH MORE!

AGES 4 AND 5 **AGES 6-14**

CONTACT INFORMATION
(416) 225-7968
Email: northyorktemple@northyorktemple.ca
NORTHYORKTEMPLE.CA

HI-RISE,
Gala CANADA DAY ISSUE
JULY DEADLINES
News/Classifieds,
June 10
Display ads, JUNE 12

To advertise call
416-424-1393
Valerie.Dunn@bell.net
ADS APPEAR IN BOTH PRINT
AND ONLINE EDITIONS

Choosing a well-managed apartment building matters.



Consider a higher standard when selecting your new apartment home. CRB-approved buildings provide you the *Best-of-the-Best* in apartment living across Ontario.

Find a CRB building online today!

crbprogram.org

- ✓ well-run
- ✓ well-managed
- ✓ well-maintained



LIVITY 'N WELLNESS WITH TERRI LYNNE, ROHP, CNP

Optimizing Your Health:

- Natural Whole Foods
- Plant-Based Solutions
- Private Consultations
- Group Seminars

livitywellness.ca
647.948.9851

livitywellness@rogers.com

15% off with this coupon



Canada immigrant story

We are a country of immigrants and First Nations' people.

Not to understand this is not to understand the fundamental foundation of Canada.

A true story to underscore this truth: The Italian "La Repubblica", in 1994, wrote about 74-year-old Torontonian Judith Rubenstein. She returned to Torino, Italy to say "thank you". Born in Hungary, she survived the Nazis, fled the Communists, found refuge in Torino where she married, had a son, then immigrated to Toronto in 1948. The Italians helped her heal. But that was nothing to the thanks she felt for the feeling of safety and welcome Ontarians gave her and her family to create a loving home, and successful development business.

We all (unless you are a First Nations) are stories like hers, or know people who have similar stories.

Here is one such story. In June 2017, the BBC ran an article entitled: "My Canadian immigrant story: From the Philippines to small town Ontario."

They told the story of Aimee Beboso who arrived in Timmins aged 13 in 1993 from the Philippines. She went from a very populated country to a 40,000 people town in northern Ontario. The first thing she met was snow, to her amazement and slight horror.

Like many immigrants, she and her family joined other family members who were arriving here since the 1970s. The early ones would get a foothold, then help the newer immigrants and so forth. Actually, the Philippine immigrants now number over 700,000 in Canada making it one of the largest groups. It's the usual case that each group sets up their own centers for social and religious reasons, as well as places for newcomers to get help.

The BBC found Beboso's story of why their parents moved their

family here to be one of the most popular reasons -- to help their children have a better life via a chance at excellent education.

And, like most immigrants, the beginning was difficult. As the BBC went on to note: "She also remembers those early days of the family living in a cold basement with linoleum floors during a northern Ontario winter."



Families coming to Canada. Photo: Huffington Post.

Another problem. Many occupations in the homeland could not be directly transferred over to Canada. Her father was a machinist and that skill was easy to transfer. Her mother, a specialized private school teacher, did not have the credentials or the knowledge of the teaching system in Canada. "She flipped burgers", noted the BBC, until she could get Canadian teaching qualifications.

Like so many new immigrants, Beboso experienced prejudice at school because of her skin color and background.

But she worked through it. She persevered. Then as the BBC went on to note, "Beboso now works in Ottawa with the Philippine Migrants Society of Canada. Many of the people she helps are Filipino domestic workers and live-in caregivers."

And, like so many recent immigrants, and even those who have been here for years, Beboso sent money home to relatives struggling there.

Canadians, recently arrived or here for generations, know that Canada is built upon the achievements of hard working new immigrants. We admire their fortitude. With all the obstacles they have to surmount, they don't give up. They add to our country. And we know it.

What an example to the world we show!★

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

Why rent? Ownit.ca



Brian W. Maslowski

Broker

Right at Home Realty Inc., Brokerage

Direct: (416) 884-6873 (416) 391-3232

Find out how I have helped your neighbours build equity!

Web: ownit.ca E: brian@ownit.ca

Honesty - Integrity - Results



Not intended to solicit sellers and buyers under contract.

Millennials and Gen X-ers - Stop Squinting . . . and book and eye exam. Booking times, busy schedules were some excuses used to avoid this. The Ontario Association of Optometrists' recent study revealed that this is a major health issue. They say: "In our evolving, digital, constant-screen-time society, it is more important than ever to take proactive care of your eyes today to avoid health problems now and later in life. Need a local optometrist? Visit their website findaneyedoctor.ca.

REACHING OUT THRO' MUSIC CONCERT

To benefit the Children's Breakfast Program in South Africa Organized by an Ecumenical Network of Women
Saturday June 8th, 2019 from 6:00p.m. at

St. Bonaventure Parish Hall, 1300 Leslie Street, North York

Tickets: Adults \$25.00, Children (12 and under) \$10.00
For Tickets: Waveney 416-444-6719
Rosemary 416-443-0433
Natalia 647-290-3568
Shirley 647-478-6206
Patricia 416-696-0614

Or purchase at the Door

nutrition house

East York Town Centre,
138 - 45 Overlea Blvd.
Phone: 416-482-2700

* Knowledgeable staff
* Reasonable prices
* Great selection

15% OFF, WITH THIS COUPON

(not including sale items)
Only at East York Town Centre store



What time is it?

With a cool wet spring, taking its time to warm up I've been feeling the weather, like myself, is running behind.

But I know life ebbs and flows, there is a rhythm, and we need to tune in and move with it. Like the late May flowers we aren't ready to bloom yet. Our society tells us we should always be pro-active, on top of things. But I have learned things often don't happen when we believe they are supposed to.

Being in a deadline oriented profession and a control freak, I find this very difficult.

Sometimes unresolved issues, like the cool damp weather, seem to drag on for months. Then sometimes when we least expect it, a moment comes when everything seems to say "Yes! Time to make a move!" And the resolution is much better than we expected.

When I bought my condo I had been waiting a long time, living in a run-down apartment trying to get a deposit together. I had even read a book about how to buy a condo and had a list of 15 things I would like, most of them very unlikely to find. An unit came up which included some of the items. It didn't go through, and I was so disappointed. Over a month went by and another unit came up which met 14 of the 15 items on my list. The offer was accepted almost immediately.

Nobody in their right mind should have approved me for a mortgage, but that happened too. Obviously the time was right because soon after prices started to rise, beyond what I could afford. Condo ownership would have been forever beyond my reach. The time was right...

We badly needed a new website for the newspaper. I needed someone who could not only create a suitable one but would maintain it. Until one day our wonderful IT support person, who appeared in my life when we were in a big computer mess, said to me, "I want to do a website for you". He even created and maintains a full online edition each month. Much more than I ever expected to happen. (See it at www.hi-risenews.com) Again, I had to wait until the time was right.

Too often I have tried to push ahead with something I wanted, and it just fell apart. Then I have had to pick up the pieces and wait. A long delay often simply means, the time is not right.

But how do you know when the time IS right? I do some prayer and reflection, and attempt to "Tune in" to what I call "the flow. Am I just procrastinating? Or, simply unsure of what to do?. If so something may happen to force the issue. Possibly, something difficult but always pointing to a resolution, then the difficulty dissolves as I make a move in the right direction.

Like the late May flowers, blooms will; appear. When the time is right.

Valerie M. Dunn,
Editor-Publisher.

Valerie M. Dunn

Beacon, oldest of the Hi-Rise cats, has died. A painting of her, by Art Director Iris Ward, graced one of our covers. She was much loved by her feline companions Shrimp, Kelly and Snowy as well as by Editor Val, and charmed everyone who met her.

THE CIVIC LIGHT-OPERA CO.

TORONTO'S PREMIERE MUSICAL THEATRE



ZION CULTURAL CENTRE

1650 Finch Avenue East (at Don Mills) TICKETS - \$24.78 + HST

JUNE 5 to 16 Wed. - 7pm / Thurs. to Sat. - 8pm / Sun. - 2pm

BOX OFFICE: (416) 755-1717

www.MusicTheatreToronto.com



HI-RISE COMMUNITY NEWSPAPER

EDITOR/PUBLISHER: Valerie M. Dunn
PHONE: 416-424-1393

E-mail: Valerie.Dunn@bell.net

Website and on-line edition: www.hi-risenews.com

Art Director: Iris R. Ward

Copy Editor: Thora Bacchus Ad Designer: Arif Rahim

Administrative Assistant: Ida Fedor-Baan

Website and Technical Support: Dragan Nikolic

Accountant: Luda Lobanova, Alvero Accounting

Distribution: Ontop Distribution Services Ltd.

Brandt Carter 647-831-0092

ADVERTISING SALES OFFICE: 416-424-1393

Valerie M. Dunn, publisher
Contributing Editors

Ken Brown; Dr. Rochelle Burns; Sam Goyal, Muffy Divine; Mary Downey; Martha Hall Findlay; Ellen Gardner; Andrene Gregory; Suzanne Harris; Fatima Khurram; David King; Sonny Goldstein; Achim Krull; Marilyn Lincoln; Femi Doyle-Marshall, John Joseph Mastandrea; Michelle; Rayburne Montgomery, Brook Physick, Charles Schwartz; Mehboob Sherikff; Katarina von Koenig; Iris R. Ward.

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

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

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

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

PETS

Harmony Supplies
 High Quality pet food, supplements, toys, treats
 "Buy Local, Buy Canadian"
 3255 Lawrence Avenue E. 647-476-4797

MAKE YOUR AD STAND OUT! Add a boxand heading for only \$5 more!

SALES

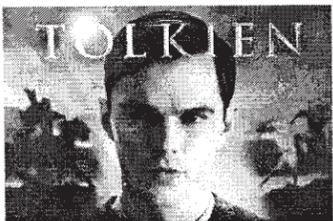
Attic Treasures, Clothing Sale, Baking and Books
Emmanuel Lutheran Church
 1684 Victoria Park Ave. (at Draycott Dr.)
 June 15, 10 am to 2 pm, rain or shine. Refreshments.

MOVIE REVIEW

TOLKIEN PG ★★★½

Drama
 112 minutes
 Profanity: none
 Cast: Nicholas Hoult, Lily Collins, Colm Meaney, Derek Jacobi
 Director: Dome Karukoski

Over 35 years ago, sitting outside the Alamo in San Antonio reading *The Lord of the Rings*, I became fascinated by the mind of J.R.R. Tolkien and what experiences inspired him to write his fantasies. Over the years there have been movie adaptations of his work but this is the first biopic about him.



James Ronald Ruel Tokien was born in 1892 and orphaned 12 years later. He was a brilliant linguist and interested in the natural world, and he won a scholarship to Oxford University. Along the way he formed a life-long friendship with three other artistically creative boys that gave him inspiration and courage to put his ideas into written form. His other great love was Edith Bratt who he eventually married.

Those intense bonds of love and friendship weave together the film's alternating scenes of the horrors of World War I and the bonds of "fellowship" between the four young men. Not surprisingly, Tolkien's war experiences threatened to derail his mental state and in his delirium we see him hallucinating smoky monsters, dragons, and cloaked figures on horseback riding across the battlefield - foreshadowing his great written works.

Through Hoult's gentle portrayal of Tolkien we slowly come to understand the "how-where-when-why" that shaped his life - Roman Catholicism; the close "do-or-die friends who inspired his creative talents for story-telling and invented-languages, the influential tutelage from a linguistics professor (Jacobi), and the War! These influences provide the basis for the "worlds" he later created in his books (*The Hobbit* and *The Lord of the Rings* trilogy). I now understand that his relationship with Edith () inspired the love interest between Aragorn and the Elven Princess, Arwen; and that the battlefield horrors he experienced at the Battle of the Somme simulated the bleached, barren Middle-earth lands and battle-fields of Mordor.

The acting performances of the ensemble cast are all very well done and the script is an ode to an important literary figure of the 20th century. Some of the War scenes were difficult to watch but they made me realise more fully the impact such horrors had on

DAVID KING



the survivors. Whether you are a Tolkien fan or a film aficionado, *TOLKIEN* is a film well worth seeing.

RED JOAN PG ★★★½

Dramatic thriller
 101 minutes
 Profanity: nominal
 Cast: Sophie Cookson, Judi Dench, Tom Hughes, Tereza Srbova, Ben Miles
 Director: Trevor Nunn

RED JOAN is a biopic based on the real-life story of Melita Norwood, portrayed in the film by Judi Dench as Joan Stanley. The film opens with the arrest of retired librarian Joan Stanley in 2000 when the British Secret Service charges her with Treason for providing classified scientific information on the atomic bomb to the Soviet Government over a period of 30 years. Scenes with octogenarian Stanley are interspersed with scenes of young Stanley (Cookson).

In the 1930s Stanley attends Cambridge University where she meets, and is eventually recruited by, Communist classmate Sonya (Srbova) and her cousin Leo (Hughes), a dashing political radical with whom she has a



tumultuous love affair.

As she is interrogated, Joan relives the dramatic events that shaped her life and beliefs from her student days at Cambridge, where she excelled at physics while challenging deep-seated sexism, to the devastation of World War II. When the atomic bombs were dropped in Japan, she was finally convinced to risk everything in pursuit of peace. Later, during a press conference held outside her house, Joan asserts that she is not a "spy" but believed that the only way to avert the horror of another world war was to share the knowledge of the Atomic Bomb so that it would not be used again, adding: "... and I think if you look back at history, you'll see I was right." The film ends leaving audience members to reflect for themselves as to the justification of Joan's reasoning re her actions.

Dench, as usual the consummate actress, gives the script's words credibility as she tries to explain to her shocked son (Miles) why she did what she did. Cookson is good but I found her less credible and, at times, became exasperated with her character.

Judi Dench's performance alone makes the film worth seeing but perhaps your best value would be to watch via a streaming network.★



CLASSIFIEDS

Items and services you really need, and more!

PLACE YOUR CLASSIFIED AD TODAY

\$8 per month, up to 20 words, .60 a word thereafter. For Display Classified add \$5, for graphic add \$7. All rates +13% HST. Use coupon below. Display rates on request. June 10 for July issue. Encl. payment or give Visa/MC number. Mail to Hi-Rise, 95 Leeward Genway, Unit 121, Toronto, Ont. M3C 2Z6. Ads not paid in advance will not be published.

DENTAL

AFFORDABLE DENTURES

I can make full, partial, repair, rebase, implant over denture and more.
 Call Marcia for further details.
 Tel: (416) 317-9763

CONTRACTORS

FLOORING

FLOORS IN: LAMINATE CARPET PORCELAIN TILES HARDWOOD
 REMODELLING OF: WASHROOMS KITCHENS COUNTER TOPS COMPLETE CONDOS
 PEARLKNSTRUCTIONS.COM
 1 8 4 4 7 3 2 7 5 7 5

Computer Services

I am offering IT related services for anyone who needs them (home and office) I have over 10+ years' experience and have worked in two different training facilities amongst other companies. I offer the following services:

- Installations of operating systems such as any windows based operating systems to this day and Linux
- Installations and configuration of Microsoft windows server (active directory, domain controller setups)
- Microsoft Exchange setups over a live domain to manage inboxes and emails
- Setup of SharePoint server
- Building of computers, consulting, etc.
- Networking, wireless and wired network infrastructure including running wires and crimping of RJ45 cables.
- Computer repair, virus/spyware removal
- Training in Microsoft Office 2003-2013, Windows basics and advanced features, Windows Server, active directory, domains, trusts, just inquire about other software and I will let you know if I can help.
- Setup of virtualization, VMware, virtual server, virtual pc, Hyper-V and training how to use them creating virtual machines and virtualized networks.
- Routing, switches and remote access setup
- Antivirus, spyware, encryption, cleanup

Please inquire for more details as I wanted to keep this ad short!

Email, Call or Text Danny, anytime.
(647) 608-3758
 Dragan.Nikolic@zealtecht.com

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

CUSTOMIZED PEST CONTROL

Safe, effective. Designed to meet your particular needs. We're not finished until you are satisfied. Excellent references, www.hugpestcontrol.ca Individual units or commercial. The Hug Group, 647-241-4235

SEWING SERVICES

IDA'S SEWING & ALTERATION (sewandalter.ca) Ida Fedor-Baan, 647-765-6063 (email ida_fedorbaan@yahoo.ca). Creates & alters clothing for everyone. Special needs clients with height, weight, allergy issues specialty. 25+ years experience. Portfolio/references. Fees negotiable.

HELP FOR TENANTS

Above guideline rent increase - Call Dan McIntyre, 416-907-9085, 30 years experienced paralegal for tenants.

PARALEGAL SERVICES

LEGAL SERVICES

Affordable Representation in Landlord/Tenant, Wrongful Dismissal, Personal Injury, Human Rights, Debts, and Property Damage.
 Bettina Worth, Paralegal
 P: 647-394-1125

DESIGN/PRINTING

imagination Graphix & Printing
 April Specials
1000 BUSINESS CARDS PRINTED ON 14PT. FULL COLOUR Only \$79.99
1000 POST CARDS PRINTED-FULL COLOR Only \$109.99
(416) 948-6397
imaginationgraphix@yahoo.ca

FINANCIAL SERVICES

The **PAWN SHOP**
 "Your Goods... OUR CASH"
 "Your Goods... OUR CASH"
 Only 2% Loan Rate
 Visit The Pawn Shop at
 1832 Danforth Ave. Danforth / Coxwell
416-465-1968

PERSONAL SUPPORT

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

GUIDED TOURS

Personalized Toronto, 1000 Islands and Niagara sightseeing tour with an experienced tour guide, available in English, Hindi and Punjabi. Call 416-897-2454 www.torontoFREEwalks.com I also offer free walking tours for groups.

CLEANING SERVICES

Pol Clean. \$15 off first time. (Some conditions). Spring cleaning, after dinner parties and other functions. Small offices, apartments, houses. Professional carpet and upholstery cleaning. 416-836-5797.

CLEANING SERVICES

Spic and Span Services
 "Where Cleaning Is Our Pleasure"
 Family owned and Operated
 Pet Sitting Services Available
 General Cleaning,
 Airbnb Specialist.
 Tel: (647) 705-6606

HOME CARE

Any cleaning done, laundry, small shopping, seniors and others, first time introductory rate \$14/hr, great references, over 15 years experience.
 647-606-6760 or 416-424-1393

HI-RISE Classified Ads - As low as \$8! Plus HST

PLEASE PRINT CLEARLY!

- Identify yourself
- Write out your classified Ad.
- Calculate the cost.

First 20 Words \$8.00
 additional words @0.60 ea

Subtotal: _____

OPTIONAL EXTRAS

(Please check any wanted)

• Box with Reverse Heading add \$5

• Photo or Graphic add \$7

x 13% for HST: _____

Subtotal _____ No. of times _____

TOTAL: \$ _____

I have enclosed my Cheque payable to HI-RISE or

Please charge to my



MasterCard



Name of Card Holder: _____

Card Number: _____

Expiry Date: _____

Signature _____

Date: _____

5 WAYS TO ORDER:

- 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: sec.valdunn@vif.com
- Or go to www.hi-risenews.com



Something solstice this way comes

This is the sixth month of the growing light the longest day. The Summer Solstice is one of eight sacred Celtic days where the Celts would take time to celebrate. They used "Natural Time" taking their lead from the Solstices and Equinoxes to determine the seasons. The Celts believed it was a time to honour their Goddess who went by many names, depending on which Celtic region they lived in. In France she was Epona, but in Ireland she was Etain. It was also a time to banish evil spirits and open up a path towards light and abundance which for The Celts meant a good harvest. Feasting and dancing took place and bonfires were lit in celebration.

In the sixth we witness the mid point of the year, where we cross the threshold and milestone from a new year to the year yet to be. We turn the corner, unlock the doors, open the windows and dance in the streets, the time is now.

We unlock the door of indifference as we speak of the lives and hearts that we have treasured. Recently two friends died one Brad, 49, the other John, 61, in the same week. Their loss left a deep wound for many.

The younger was a neighbour, in fact we shared a wall, echoes of Lucy and Ethel of the *I Love Lucy* TV show. Brad was a friend and neighbour we would speak over the backyard fence, borrow cups of sugar, offer



bottles of wine, and walk each other's dogs. We even had a house key for our adjoining homes.

While John was a friend living in the country, a companion with whom we shared a table and travelled to Rural France and Urban Quebec City. There were many tales from the trails moments to savour.

The time is now to remember the lives, many lives on the milestones and milestones of memories. These lives transport our lives to the thin place of memory.

Recently, every time I listen to the music of Moon River I am instantly transported to the thin space, the veil between this life and the next, where I meet, feel, experience and breathe the same as all the friends and family that have died.

The time is now in these lengthening days to take the deep wound of sorrow and separation and savour the lives and bodily proclaim their tales.

In the light of the new day. Something solstice this way comes.★

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



Senior fitness programs - What's the real benefit?

When I take time to think of the impact senior fitness programs can have on the community I often wonder why this hasn't been a leading focus since the early 2000s.

This thought radiated from me from the initial formation and I felt the need to create a place simply dedicated towards the benefits of senior fitness programs and how we can use the right lens in increasing engagement and promoting physical activity.

The promotion of health, improvement in the quality of life and general empowerment of others can be a great catalyst in changing our communities. This is what I will aim to highlight in the piece today.

What are Senior Fitness Programs?

Senior fitness programs can be noted as targeted strength or health based routines that promote increased results for the senior demographic. Any individual over the age of 65 may be classified as a senior in number yet that does not define a person's characteristics.

"So what makes senior fitness programs so different you might ask?"

The key factor to consider with age is how the body responds to stress, recovery and the physical demand time has on tissue. Joints may become a concern along with the speed it takes to heal after a training session. A program that is designed correctly keeps these points in mind and tailors a routine that produces the most significant



amount of results for a person participating it.

Why are senior fitness programs important?

Quality of Life - The fastest response to this question ties into improving quality of life. The stronger and healthier a person becomes the more freedom and function they will have day to day. You get that from a program that focuses on movement, mobility and strength.

Health Management - Another factor is the potential in medication reduction. Many health concerns are raised due to physical inactivity. By encouraging movement you are also combating ailments which can wreak havoc on the human body.

Community Socialization - Programs that incorporate others can improve health and enhance group cohesion. One of the most valuable things in life is our ability to interact with others. Senior fitness programs done right merge all of the above variables together.

How can we find senior fitness programs?

Not all places have program-

ming that meet the above criteria. Always have an open lens when finding programming or searching for your ideal instructor. One thing that can be done is looking into local community centres to see what programs are available. Many options available focus on inclusive activities that also promote engagement.

One source available to you from us is *SeniorFitnessPrograms.com*. This is our family focused or organization targeted program that ties in what is needed for seniors for movement, mobility and strength.

The key point is to use what tools you have access to. Be engaged in something and simply inspire others to do the same. This is how you can promote health. This is how you can positively impact others. You can do the same with senior fitness programs.★

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

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



Venice

by Suzanne Harris

One of the must-do experiences of Venice begins before you even arrive. If you possibly can, make that first journey by water. This is easy to do if you arrive at Marco Polo Airport with no need for an expensive water taxi. The Alilaguna Ferry will transport you - alternately speeding and inching across the lagoon - to a new land, a place like no other. Venice is a gilded, rococo delight rooted in mud, a crowded tourist attraction where you can still find yourself alone in a silent square.

Many visitors now come for the day, arriving at the rail station from Rome, Florence, Padua or cities further afield. From spring to autumn cruise ships disgorge passengers daily, and this switch in visitor behaviour has put a greater strain on the fragile structures and systems.

Venice has weathered many storms, and is adapting to this new challenge in the brisk and businesslike way it built one of the largest empires in history. Public transport - though not cheap - is convenient and easy to use. One of the great buys is a two or three-day Vaporetto ticket. These water buses travel round the island and to the other islands in the lagoon, with mostly indoor seating, but if you can work your way to the outside seats you can enjoy a millionaire's view for a few euros. Museums and galleries are welcoming and multilingual, and if you arrive early (or late)



you can often avoid the queues which build up as the daily visitors arrive.

The Adriatic is tidal and you'll be aware of the rise and fall of the lagoon as you move through the city. At low tide, mud is revealed on the sides of the narrowest canals, and at high tide the sea and the city are one. Walkways are deployed through the major areas - St Mark's Square is the lowest part of the city - until the tide drops again and life returns to normal. There's no need to go into a gallery or museum if you haven't time. The city has treasures everywhere you look.

And you don't have to buy an expensive gondola ride. Cross the Grand Canal in a traghetto for a few euros. Though the crossing is short, you'll be in an iconic gondola and experience a water-level view of the crowded waterway.

Do visit St Mark's Basilica if you can, to see the glittering mosaic walls and experience the gently undulating floor, dipping and rising like the sea-bed, testament to millions of feet over hundreds of years who have made

MUFFY'S COLLECTION

Chocolate buttermilk pie

3 ounces chocolate
1 9-inch prepared pie shell
3 eggs
3 egg yolks
1 and 1/2 cups buttermilk
4 Tbsp. butter, melted
Juice of 1 lemon
Zest of 1 lemon
1 tsp. vanilla extract
1/2 cups brown sugar
1 and 1/2 Tbsp. all-purpose flour

●Bake pie shell in 350 degree oven for about 15 minutes. Allow to cool.

●Melt chocolate in a double broiler. Remove from heat and allow to cool slightly, then spread chocolate evenly around surface of pie shell.

●Whisk together eggs, egg yolks, buttermilk, butter, lemon juice and zest and vanilla. Combine sugar and flour together and slowly add to the egg and buttermilk mixture. Pour mixture into a saucepan and cook over medium heat for about 5 to 7 minutes or until thickened.

●Pour mixture into pie shell and bake for about 30 minutes at 350 degrees. The custard will set up while cooking and should firm up as it cools.

pilgrimage to this unique, fragile, enchanting place.★

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.

The Skinny: Whew...that's quite a few eggs. Use egg substitute or a combination of some real eggs and some substitute. Use your favorite sugar substitute.

Almond Couscous

1/4 cup (50 mL) margarine
1/2 cup (125mL) sliced almonds
2 cups (500 mL) chicken broth or water
1/2 tsp. (2 mL) salt
1 (10 oz.) box couscous

●In 2-1/2 quart saucepan, melt margarine over medium heat and cook almonds, stirring constantly, 2 minutes or until lightly golden. With slotted spoon, remove almonds and set aside.

●In same saucepan, add broth and salt. Bring to a boil over high heat. Stir in couscous; cover. Remove from heat and let stand 5 minutes.

●To serve, stir in almonds and fluff with fork.

Makes 4 servings

SCAM ALERTS ACHIM KRULL

No prize, just grief

A new version of a phishing scam is going strong: an email request from a well-known retailer to complete a survey in return for a prize. The survey will ask for financial information, or suggest you change your password. That gives the scammers access to your information, and the troubles begin.

According to the BBB, the three most common scams in Toronto are tech support, advanced fee loans, and employment offers. The tech support scam starts with a pop-up on your computer claiming to be from Microsoft, warning your computer has been infected by a virus. One company named by the BBB is Nexway Vacillate. The pop-up freezes your computer. You are warned

not to turn it off. They tell you to call a provided phone number. In return for taking over your computer, installing clean-up software, they ask for payment by credit card. In fact, this is a form of ransomware, triggered by going on an infected website. Usually simply turning off your computer will fix the issue. Advanced fee loans and job offers are an old scam, preying on people with a poor credit history. Lenders tell the potential customer they are approved for a loan, but need to pay an upfront fee for administration charges. Once paid, the loan offer is withdrawn and no refund given. The employment offer is similar. Individuals are told they are qualified for a position, offered a great salary, but to finalize the offer, the firm requires payment for some registration fee. Once paid, the job and the company offering the job disappear.★

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

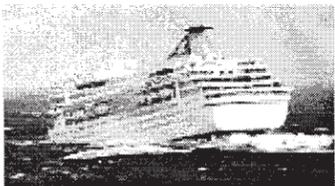
AWARENESS

What I am thankful for

IRIS WARD



a mountain in California, or relatives in England. and other friends in Toronto I am extremely thankful I live in Toronto, in an apartment which I own, in a condo building that is not low down and can't be flooded as its ground level is higher than in some other places in the Toronto area or other parts of Canada.



I am extremely thankful for the friend who has helped me when I needed a new computer, also thankful he also set up a series of puzzles which help me relax when my work is done. As I write this around the middle of May, they are predicting 24 cm of snow to fall in Montreal, so I am thankful I don't live there. In the past I visited Vancouver. Since

then they have had terrible storms and wildfires. I saw Buchart gardens which were great. Thankfully I don't live in a stormy area like that now.

With the reactions to the U.S. president I do not know what he will do next. I am thankful I saw a lot of the U.S. when I did.

Having flown to many different places in Europe, England, and Canada to name a few, with all the trouble with airplanes recently I am thankful I don't need to fly anywhere now.

I visited Paris and saw the Mona Lisa, and also sailed on the canals in Venice. I have been to the top of a high mountain in the Alps on a chair lift and thankful I did this.

I have been on a couple of cruises down the west side of the U.S. and under a bridge and into the Pacific well before huge storms hit the U.S. I am deliriously thankful for this.

And now I am thankful to be able to watch basketball on my TV. And so it goes.★

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



416-429-0475
irisward@sympatico.ca

ENVIRONMENT DAYS
COMMUNITY ENVIRONMENT DAYS

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

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

**Schedule subject to change*

JUNE

Saturday, June 1
•Black Creek Pioneer Village
1000 Murray Ross Parkway (east of Jane St; off of Steeles Ave. W.)

Sunday June 2,
•Richview Collegiate Institute
1738 Islington Ave.

Thursday, June 6
•North Toronto Memorial Arena
174 Orchard View Blvd. (north of Eglinton Ave. W.)

Saturday, June 8
•Birchmount Community Centre
93 Birchmount.

Sunday, June 9
•Dieppe Park 455 Cosburn Ave.

Thursday, June 13
Don Mills Civitan Arena
1030 Don Mills Rd.

Saturday, June 15
•David Crombie Park
131 The Esplanade (along Frederick St.; south of The Esplanade)

Sunday, June 16
•Old Cummer Go Station Parking
Lot North of Finch Ave. E.; off Leslie St.

Thursday, June 20
•Colonel Danforth Park 73
Colonel Danforth Trail (off Kingston Rd.)

Saturday, June 22
•Etobicoke School of the Arts
675 Royal York Rd.

Sunday, June 23
•Wychwood Barns
76 Wychwood Ave. (along Wychwood Ave.; south of St. Clair Ave. W.)

FLEMINGDON PARK GOLF CLUB

Pro Shop • Licensed, LLBO
Snack Bar • Rentals

9 HOLES

Monday to Friday for 9 holes, \$40.00
Seniors and Juniors, \$35.00
Weekends and holidays \$40.00
Seniors and Juniors on the weekend, \$35.00
All taxes included.

(416) 429-1740

Hours: 6:30a.m. dawn to dusk, Monday to Sunday
155 St. Dennis Drive • Don Mills
(South of Eglinton, East of DVP)



Councillor Jennifer McKelvie and City of Toronto



COMMUNITY ENVIRONMENT DAY

Thursday, June 20, 2019 | 4 p.m. – 8 p.m.

Colonel Danforth Park | 73 Colonel Danforth Trail

Reuse, Recycle and Safely Dispose of unwanted items at a Community Environment Day!

Safely Dispose:



Cell phones & small electronics



Household hazardous waste



Paints, solvents, glue



Unused medications



Batteries



E-cigarettes



Propane tanks



Pesticides & fertilizers



Fluorescent bulbs



Used cooking oil

Bring it, Toronto!

Donate items in good condition for reuse:

- Sporting goods
- Arts and crafts supplies
- Books (excluding textbooks)
- Cameras, CDs, DVDs, Blu-Rays
- Dress-up clothing and costume jewelry
- Clothing, linens, etc.
- Small household items
- Musical instruments, board games
- Eyeglasses, walking aids, hearing aids, etc.
- Non-perishable foods

Contact Councillor McKelvie:

- Councillor_McKelvie@toronto.ca
- www.JenniferMcKelvie.ca

Pick up for free:

- Leaf compost: *New for 2019 - compost will come in 15 kg bags (limit of two bags per household, while supplies last)

Products available:

- Kitchen Container (\$5 each)

Visit the Toronto Water info tent to learn more about programs that will help you use water wisely in and around your home!

Please do not bring: ink cartridges or toner, construction waste, air conditioners, garbage, wood, cassette and videotapes, commercial/industrial hazardous waste and scrap metal.

In partnership with:



For more information on waste disposal, download the TOwaste app at toronto.ca/wasteapp

Toronto Call 311

toronto.ca/environment_days



StageCentre Productions

Subscriptions available for our 42nd Season at Fairview Library Theatre
35 Fairview Mall Dr. – North York

5 shows for the cost of 4

	Adult	Sen/Stu
5 Show packs	-\$120.00	\$100.00
3 Show Packs	-\$81.00	\$67.50
4 Show Packs	-\$102.00	\$85.00
Single Shows	-\$30.00	\$25.00

Group rates available

- Spider's Web* ~ October 3 - October 12, 2019
- A Christmas Story* ~ November 28 - December 7, 2019
- The Gentleman Clothier* ~ January 30 - February 8, 2020
- Enchanted April* ~ March 26 - April 4, 2020
- Cole* ~ May 21 - 30, 2020

TICKETS: www.stagecentreproductions.com

416-299-5557
FREE PARKING



Allan Madonik BA DTM

**No Medical Insurance
How do you feel when
you are rejected?**

As a boy, I went to camp every summer. My goal was to make the baseball team. Unfortunately, I got cut from the team three consecutive years. I tried a fourth time, and during the tryouts I fielded a ground ball and threw to first. Unfortunately, the ball sailed six feet above the first baseman's head and hit a spectator standing close by. The coach said 'Son, you have a strong arm, come back for the outfield tryouts this afternoon.' Despite my shortcomings of a wild arm, I passed the tests of baseball tryouts and made the baseball team.

If you are worried your health may stop you from 'making the cut' of life insurance, you may be surprised to learn there are Simplified Insurance companies that will probably accept you. They approve many people who have health concerns like non aggressive cancers, multiple sclerosis, heart disease, diabetes, and more! It doesn't matter if you have a dangerous occupation like the military or construction. Even if you travel to countries in conflict, there are insurance companies that will probably approve you. Plus, some of these companies offer membership benefits like tickets to Amusement Parks, Free Scholarships, and Grant opportunities. The application takes less than 20 minutes to complete and you get a response within a week at the most. Coverage for Non Medical is up to \$500,000 depending on your health situation.

Interested in protecting your family or business and making the team?

Reach out to us.

Sincerely, Allan Madonik, Blue SWAN Financial, 416-270-5954,
Amadonik@blueswanfinancial.ca www.blueswanfinancial.ca

AS WE WERE

They're at the post!

A historical account of "Thorn Cliff"

(In memory of my late father, William Warren Coleman of Thorncliffe Park)

Many moons ago, when an android was a science fiction character not a telephone, what was happening in the neighbourhood known as Thorn Cliff? There must be a reason why there are two cross streets on Thorncliffe Park Drive named Milepost Place and Grandstand Place. Join me on this interesting journey to learn about the history of the neighbourhood.

The Don Valley was pristine, inhabited by First Nations indigenous peoples who lived throughout the valley and near Thorn Cliff. These people travelled the Don River for thousands of years and continued to do so into the 1920s.

The Thorncliffe Park area was settled by George Taylor in the early 1800's. He began farming, then built lumber mills, a brickworks and paper manufacturing plant. The tradition at this time was to give your house a name and Taylor named his home "Thorn Cliff". In 1888, George Taylor's daughter Margaret and her husband Robert T. Davies, the wealthy founder of the Dominion Brewing Company, purchased the Taylor property. They created Thorncliffe farms, which became one of the leading breeders of race horses in Canada. An avid participant in horse racing under the banner of Thorncliffe Stable, Davies raced both thoroughbred and standard-bred horses. Following his death in 1916, his sons sold Thorncliffe

farms to a group of investors from Baltimore, Maryland. Thorncliffe's new owners operated a popular horse racing track on this site from 1920 until 1952, when Thorncliffe was purchased by the Ontario Jockey Club.



Harness racing began in 1917.

Thorncliffe Park Raceway was located east of Millwood Rd., south of Eglinton Ave. E. and north of the CPR railroad tracks. It was the first home of the Prince of Wales Stakes. The track had a simple, small grandstand structure and covered area on the northside of the track, stables to the northeast and more stables and parking on the north west side. The track revitalized harness racing in Toronto following its opening on July 21, 1917. Among its thoroughbred races, the track notably hosted the Prince of Wales Stakes, the My Dear Stakes, and the Clarendon Cup.

Today, the old racetrack site is commemorated by two streets named Grandstand Place and Milepost Place and the number of residential and commercial buildings that took on racetrack stable names like Churchill, Maple Glen and Willow Glen. Leaside Park and a wooded area cover the area to the south of the original racetrack. The track operated until 1952 when it was sold to the Ontario Jockey Club who then re-sold the property to Thorncliffe Park Ltd., which developed the present day neighbourhood in the late 1950's and early 1960's.

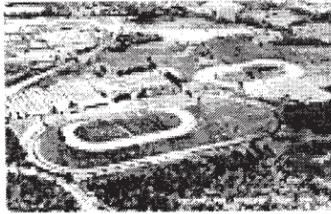
The year 1935 saw the incarnation of the Thorncliffe Ski Jump. Actually two were built, the second one being taller and secured to the ground, which also boasted a loudspeaker system and enough audience space for 25,000 spectators to watch the competitions. The 65-foot high tower was believed to be capable of yielding jumps over 150 feet. One published newspaper article claimed that "the dimensions of the Leaside jump compare with those of the best competitive structures in the world." In

October of 1934, the *Toronto Star* reported that the Toronto Ski Club was considering skiing as a summer sport and that club officials "were seriously considering sodding their Thorncliffe ski hill and putting hay on their lofty jumping tower for regular summer events." The newspaper ran photos of Toronto Ski Club member Al Wilson making use of the jump, that confirmed that he achieved speeds of 30 miles per hour, as opposed to the usual 75 miles per hour, that were attained on winter jumps. Over the next few years, Thorncliffe continued to host ski jumping meets, including multiple international competitions.

The neighbourhood is also home to one of Toronto's oldest community gardens. Thorncliffe Park Garden Club is located on hydro land north of Overlea

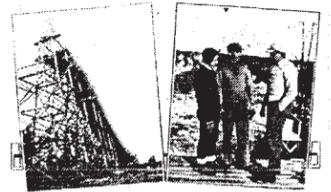
Blvd. and provides garden plots to approximately 100 local residents and their families on a non-profit basis. Gardeners donate fresh produce to local community non-profit and charitable organizations.

Today, Thorncliffe Park is a densely populated, multicultural neighbourhood in central east Toronto. It is commonly considered to be bounded on the east by the Don River, on the west by Millwood Rd., on the north by Wicksteed Ave. and Research Rd., and on the northwest by a railway track between Millwood and Wicksteed. However, the official community planning area named Thorncliffe Park includes the neighbourhood to the north of the railway tracks, east of Laird Ave., south of Eglinton Ave., and west of the Don River.



The racetrack operated until 1952.

Thorncliffe Park Public School and Fraser Mustard Early Learning Academy are the two schools in the residential area. Valley Park Middle School serves as the



The ski jump could accommodate 25,000 spectators.

middle school for both Thorncliffe Park and Flemingdon Park to the east. The high school that also serves both communities is Marc Garneau Collegiate Institute.

In the 1950s, developers tore down the racetrack and created one of Toronto's first high-rise neighbourhoods. The neighbourhood embodies high concentrations of similar housing types, strict separation of retail and residential development. Low-rise buildings are clustered on the lands located on the inside of the landscape, with high-rise buildings lining the outside perimeter. In the beginning, retail establishments were concentrated in a single shopping mall, now called the East York Town Centre. Now, many retail and service plazas create bustling activity along Overlea Blvd.

Another claim to fame for the area is the fact that the residential twin Leaside Towers are by far the tallest buildings in East York.

There you have it in a nutshell! A history lesson on how a tract of unspoiled land in the Don Valley turned into Thorn Cliff, which evolved into Thorncliffe Park, as we know it today. Who would have imagined ski jumps and horse races? It makes us wonder what could happen next. Anything is possible! For now, that is the rest of the story ... ★

Don Coleman is a writer, songwriter, vocalist, public speaker, entertainer and humanitarian who is endorsed by Gordon Lightfoot, acknowledged by the Jeff Healey estate, President Bill Clinton, HRH Prince William and recognized by the iconic musical group known as AC/DC. Contact/Story Ideas: donvalleydon@rogers.com



TENANTS

BHAVIN BILIMORIA

The (il) legality of deposits

Q: I recently signed a one-year lease with a new landlord who simultaneously required me to pay a damage deposit, a key deposit, as well as a security deposit in order to obtain the apartment. Because I desperately needed the apartment, I paid all of these deposits to my landlord without a fuss. However, I am now curious to know: were all of these deposits legal?

A: According to the *Residential Tenancies Act, 2006* (the "RTA"), the only security deposit your landlord may collect is a rent deposit equal to one month's rent, and this rent deposit must be applied by your landlord to your last month's rent: hence the name, last month's rent ("LMR") deposit.

Landlords are permitted by the RTA to require their tenants to pay a LMR deposit with respect to the tenancy, but only if they do so on or before entering into the tenancy agreement with their tenants.

Accordingly, so long as the security deposit your landlord collected from you was a LMR deposit, there was nothing illegal about your landlord requiring you to pay this deposit when you signed your one-year lease.

Conversely, the damage deposit your landlord required and collected from you was illegal. Pursuant to the RTA, landlords are expressly forbidden from directly or indirectly requiring their tenants to pay such a deposit, or from directly or indirectly collecting or attempting to collect such a deposit from their tenants.

The same is also true for non-refundable key deposits (*i.e.* they are illegal). However, if the key deposit your landlord required

and collected from you was refundable, this was legal pursuant to the RTA's regulations.

Tenants who have paid their landlords one or more illegal



deposits – like yourself – can retrieve their money by filing a T1: Tenant Application for a Rebate against their landlord with the Landlord and Tenant Board (the "LTB"). However, this application must be filed with the LTB no later than one year from the date the landlord collected or retained the illegal deposit(s) from the tenant, failing which the tenant will have forfeited their money. ★

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

Stress and Settlement: Making our Community Healthier information session will be held on **Wed. June 12, 5:30 to 8:00 PM** at Valley Park Middle School (130 Overlea Blvd.) FREE. Refreshments provided. Organized by Toronto North Local Immigration Partnership, the Flemingdon and Thorncliffe Interagency Network, and the Flemingdon/Thorncliffe Community Crisis Response Team, a movie screening of *Pandi* will include speakers' lived experiences, available community resources and an open discussion about mental health issues. The event is sponsored by TNO – The Neighbourhood Organization (formerly Thorncliffe Neighbourhood Office). 416-424-2900, ex. 38. tahir@torontonorthlip.ca or tkhan@tno-toronto.org

Acoustic Harvest-Live Music East presents *Angelique Francis* (www.angeliquefrancis.net) on **Sat. June 1, 8:00 PM.** at St. Paul's United Church, 200 McIntosh St. Scarborough. FREE parking in two church lots. Wheelchair accessible. Tickets \$25/door/\$22 advance at [website www.acousticsharvest.ca](http://www.acousticsharvest.ca).

CAT OF THE MONTH

Meet Chili



Chili is a 3 year old female, spayed and vaccinated. She was part of a large cat household in the west end looking to reduce their numbers. Initially quite shy, Chili was the first of her other two companions to come out of her shell. Chili is very affectionate, rubbing against your leg and reaching out a paw for attention. She is very playful, enthusiastically chasing her tail and other toys She demand a lot of attention and needs a companion cat or a human who works from home otherwise, she can get quite loud in her protest. 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.

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.

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

Thorncliffe Park United Church

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

Rev. Edith-Ann Shantz

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

Saturday, June 1, 2019 @

11:30 am - 1:00 pm

Spring Buffet Luncheon
Cost - \$15.00

Sunday, June 16, 2019

Father's Day

Don Mills United Church

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

Rev. Edith-Ann Shantz

416-425-4950 / 51

Worship & Church School
Sunday at 11:20 a.m.

St. Mark's Presbyterian Church

1 Greenland Rd., Don Mills

416-444-3471

stmarkstoronto.org

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

A warm, diverse and welcoming congregation

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

June 2, Rev. Dr. Rick Fee

June 9, Holy Communion

June 30, Rev. Dr. Herb Gale

EVENTS

Kids' Zone, Friday, June 7, 9 am to 4 pm

Strawberry Social, Thursday, June 20,

5:30 pm to 7:30 pm

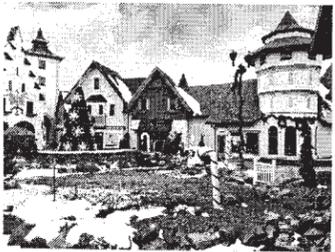
DAY TRIPPING
SAM GOYAL

A feel of Europe in USA

June launches Toronto's high travel season and a lot of the city's most vibrant and interesting festivals take place during June. Lively streets keep dull moments in short supply as summer arrives in the lakeside city. Residents and visitors alike take advantage of the outdoor patios, open-roofed tour buses, bike rentals, lake swimming, and Toronto's best outdoor attractions, such as Canada's Wonderland, as June's warm weather fully takes hold.

Of course, with all this fun and warm weather come crowds and thus, higher travel rates. I received an email last week that wanted me to cover some destinations for an overnight family trip. Two destinations that come to my mind are Frankenmuth and Holland, both in Michigan state just across our southern border.

Frankenmuth MI less than 5 hours away from Toronto is a Bavarian themed city which gets over 3 million visitors every year. Known as America's German town, Frankenmuth has fantastic festivals, eclectic shopping, wonderful waterparks and the world's largest Christmas superstore that's open all year round. The size of one and a half football fields, the daily electricity bill of the store is a whopping \$1250. Yes, that's US\$1250 everyday.



Frankenmuth is famous for the world's largest Christmas store.

Holland MI, a further 2 hours from Frankenmuth is the area of Michigan where settlers from The Netherlands first landed in USA and have traditionally lived there for the hundreds of years since. Holland is a mix of small town charm and big city amenities. Holland has world class museums, cafes, windmill gardens, canals, cheese factories and of course Cloggs—the famous dutch wooden shoe. On your trip, try your hands at a Clogg making workshop or try picking up a few Dutch words and find out the history of the city planting over 200000 tulip flowers every year.

From the award-winning downtown to the museums to the beaches to the shopping, there is something for everyone in the family in these two European themed cities within driving distance from us.★

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



PARENTING **MARY DOWNEY**

Children and balance



We all need balance in our lives, whether we are children or young people or adults. Now spring has arrived, but we appreciate it so much more, having gone through a long winter.

Young people attend school for a long period of the year, but they enjoy weekends and summer holidays to balance this. Even at school, study and learning periods are balanced with art, music, drama, recesses and lunch periods.

When children return home from school some want to do their homework right away. Others need times to play, or day dream or do what they will.

I know three young children well. Each week they take skating lessons. They are doing well but often there are others on the ice who are younger and skate much better. They are often taken aback by this.

We talk about it and they realize that these children come maybe four times a week to skate.

They learn that if you work very hard at something you improve much faster than if you go just once a week. On the other hand



the person who comes once a week may choose to do different activities on the other days. They may take swimming lessons, or piano, or just go home and play with dolls or Bayblades or their skateboard. There is balance in life.★

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.

HOW WE LIVE

Relaxing - a skill we all need to know

We live in a world that produces lots of stress. While stress can sometimes help motivate us to focus and act, a lot of stressful things are non-productive and harmful. Stress might help motivate you to meet that new project's deadline at work, but the anger a traffic jam causes you really has no benefit.

None of us can avoid all of life's stress-causing events and people, but learning how to relax can keep that stress from causing you harm. Uncontrolled stress can make you react poorly or angrily, and prolonged stress can negatively affect your health in a number of ways.

Your starting point is simply to learn to recognize when something is stressful and is affecting you. Experts advise that one quick way to reduce that stress is deep breathing. It's simply breathing in for 5 seconds, holding your breath for 5 seconds, then slowly breathing out for 5 seconds, and holding for another 5 before doing another breathing round. When you do breathing like this your brain is focusing on your breaths, not the source of your stress, and that gives your mind and body a chance to relax just a bit.

Another way to relax is as basic as exercise. If, when faced with a stressful situation, you can get up, go outside for a quick walk, and use the time to focus on the world around you rather than what is stressing you, you are going to find yourself more relaxed. And a relaxed you will think more clearly.

Learning to relax simply means looking for ways to refocus your attention and thinking. The simple act of counting to 10 when you feel yourself getting angry (a sign of stress you want to avoid) really does work. If the anger is pretty strong, keep on counting to 100. Getting upset by that traffic jam that's going to make you late? Turn on the car radio and sing along with whatever's playing. Again, it's relaxing by



simply refocusing your attention.

You can and should also prepare your body to handle stress, since there always will be some. Good nutrition, regular exercise, staying hydrated and being well rested are all good protections against the negative effects that stress can produce.

Learn to recognize when stress is beginning to affect you, then look for ways to add some relaxation. The result will be a happier and healthier you.★

This material is supplied by the American Counselling Association.

RELATIONSHIPS

DR. ROCHELLE BURNS



Long distance relationships of joy

You have to admit it, dear readers, long distance relationships are a whole kettle of different fish from relationships where you can physically see each other often.

Long distance relationships take finesse. You have to be creative to feel the fuzzy warmth through the atmosphere replacing the hands-on hugs.

The reality of this world in which we now live sees so many children and grandchildren and once nearby friends and cousins and so forth who used to be a few minutes away are now plane trips away. To maintain bonds with them you have to get help to be creative. Or as former American President Woodrow Wilson said, "I use not only all the brains I have, but all I can borrow."

One suggestion: Create some ritual that is unique to you and your loved friend or relative. Every time you text or skype or Facetime use that unique ritual. It makes your long distance "meeting" feel special.

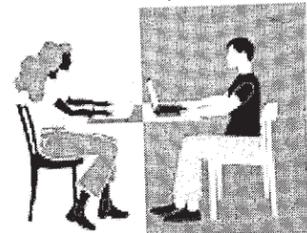
And that's the key to this dilemma, dear readers. Make that new form of connection very different from the old, for it is different. You are here, they are there.

There is a tendency to talk about only the things the other person is not experiencing. But that just underscores your separation. If you both love cooking, for example, share your recipes with each other and have discussions about them that is special only to you both.

And, of course, do be in touch for all special occasions, including some days that are special only to you both.

Café 65 - A Gathering Place for Seniors offers lunch and entertainment from 12 noon to 2:00 PM - \$10. Fellowship and Fun at the Church of The Ascension, 33 Overland Drive, Don Mills. Wheelchair accessible. Reservations preferred. Call 416-444-8881. The **Spring Fling** presented by singers "Sparklettes Duo" awaits you!

Learn to Knit: Cindy's Knitting Circle is a FREE drop-in program. Participants are asked to bring yarn, needles, and patterns. All ages/skill levels welcome!! Wednesdays from 12:30 PM - 2:30 PM, Central Eglinton Community Centre, 160 Eglinton Ave. E. (at Redpath Ave.). 416-392-0511, ex. 0.



For example, I have two friends, one in Boston and one in Atlanta. I am in contact with each one, separately, on the day we got our PhDs. Then we reminisce about those times, which are definitely unique to us and not to anyone who lives near me. Amazingly, you'd think we'd run out of things to say about that topic. On the contrary, we see deeper levels of joy or wisdom in that day as we keep learning from life.

I have noticed that when it comes to long distance relationships, small things are magnified. Think of this example: Seemingly small things can make all the difference: At 211 degrees, water is hot. At 212 degrees, it boils. And with boiling water, comes steam. And steam can power a locomotive. And, it all comes back to that one extra degree that made all the difference.

So too in your long distance relationships. That one extra degree of creatively making your relationship special to you both is definitely needed here.

And, considering the world in which we live with billions of people yet our species is noted for being grateful to have only one or two friends, we need all of them, near and far to be close to our heart in some form.★

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

GOOD EATS **RAYBURNE MONTGOMERY**

High Street Fish and Chips

"Our fish is so fresh it's eating the chips"

Great fish and chip places are hard to come by but I have found one that takes the fish by the tail to the fin, swims it upstream, and achieves really fresh and crispy offerings. There is a choice of cod, haddock, a secret whitefish, and premium Alaskan halibut. I was treated to lunch by a friend who loves this place and I appreciated this because the meal was very good.

This restaurant has been in business since 2005 but changed ownership at one point. We arrived on a Tuesday just after opening and the restaurant was about 70% full; Tuesdays and Wednesdays are seniors' 10% discount days but this does not apply to take-out food.



I had my favourite, the haddock, and I tried my friend's cod, a large portion that she could not finish, I also ordered a take-out halibut so I sampled most of the dishes except for the secret whitefish. The fish was the best, all fish-tastic. The fries were very basic and a choice of crispy fries or potato wedges would be welcome; I would pay for that choice and fish it up a hook.

High Street Fish and Chips also offers some Scottish favourites such as hand-made meat pies, antibiotic and hormone free with no additives or preservatives, battered haggis and black pudding. Tiger shrimps, clam strips,

fish cakes, chicken fingers are also on the menu as well as a lot of side dishes. For dessert one can have rice, bread or sticky toffee pudding or shortbread cookies. Children's meals are also available.

This small restaurant seats 50 plus in booths and at two-person tables. It has a semi-open kitchen, is clean, and the service is friendly. The décor could use an update as well as their website which is not user friendly.★

My rating for this establishment is 4.6 out of 5 bites.

High Street Fish and Chips, Donwood Plaza, 55 Underhill Drive. First light east of Don Valley just north of Lawrence Avenue. Tues. - Sat. 11.30 am to 8.00 pm, Sun. and Mon. closed. Licenced. 416-510-8905 www.highstreetfishandchips.ca

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



Bruised credit costs you!

In this Credit-Oriented Society of ours – getting credit is easy.

Getting into a credit mess – is easier!

Our economy is so reliant on credit – that we get carried away. And we tend to hurt one of our most prized assets – our credit rating. Trust me when I say, a good and staple income and a good credit rating are at times even more important than wealth.

Don't get me wrong here, borrowing for an appreciating asset, is good. It is when we spend on other items that are depreciating and by not paying our revolving credit on time – we can hurt ourselves. Overextending ourselves is also where we must be careful. If you use credit for anything, please ensure your commitments are met. Otherwise your credit rating will suffer.

A good credit rating will help you:

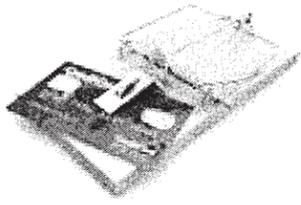
- Obtain a lower interest and fees for your mortgage
- Potential for a higher loan-to-value ratio (LTV as it is called in the industry)
- Ability to move to a higher category of lender (say from an "B" lender to an "A" lender)
- Opportunities to source competitive offers from lenders

Granted, nobody deliberately wants to hurt their credit rating. However, things and lifetime changes do occur and can affect one's ability to keep to the financial commitments.

- Job loss
- Death in the family
- Health Issues
- Marriage split, etc.

The challenge is how to address a bruised credit and how to plan to improve your credit rating.

The first and perhaps the most important step is to review your credit file to see if there is an easy fix. Believe me, reporting errors do occur. A good mortgage broker (they should have the Equifax Member Code) would be able to communicate with the credit reporting company, like Equifax, using their Equifax Broker Investigation Process. To their credit – excuse the pun – they are very responsive.



Some types of errors that show up on the report, may include:

- Late payments showing on a credit card that is no longer in use
- Duplication of balances which were already included in their Consumer Proposal
- Completed bankruptcy are still showing as undischarged
- A fully paid consumer proposal is still showing as undischarged
- Debts negotiated in a settlement agreement are showing as original balances, instead of the negotiated amount. The original balances may be much higher than negotiated settlement, etc

The next step is to plan the financial health recovery. Could the high interest debts be consolidated into an alternative debt instrument – perhaps a 2nd mortgage from an alternative or private lender? Or could a first and 2nd mortgage be blended and extended? Could some of the high interest debt be paid?

Remember a mortgage broker is not only interested in finding you a mortgage – it is his duty and responsibility to get you the mortgage on the best terms and conditions.

Perhaps you are not currently ready for a mortgage but are hurting because of the high interest rates and payments because of your bruised credit rating. A mortgage broker will help you review your credit file and see if they can help.

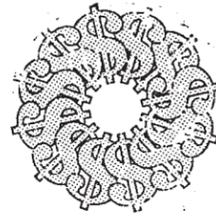
Building a relationship is more important than just a mortgage!★

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

Markets are unpredictable -why do I try?

Last month I tried to give my predictions on how I thought the markets would behave for the balance of the year, because so many people were asking and were worrying that we may be facing another major correction. My conclusion then was that we are not facing a major downturn and that opinion has not changed. However, I am writing this on the rebound day following a 2% one day drop in the major U.S. markets with the Nasdaq dropping 3% and the TSX dropping 1&1/4%. I call it a rebound day because by 2 pm the next day, over half of those drops were recouped. It makes me want to remind you of the two biggest factors affecting investors and how they respond to market conditions and those seemingly drastic movements – fear and greed.

On May the 13th, those overcome by fear, and I do not mean just ordinary individual investors, but also the algorithms that are programmed to be fearful and the institutions that control billions of dollars, who by their nature are always fearful, became very worried that the trade war that was being fueled not only by the rhetoric of the U.S. president's tweets but by his actual imposition of increased tariffs on Chinese imports into the U.S., all of them began selling down their equity positions. What most of us do not realize is that for every sale, there is a buyer who understands that good companies



will not be affected over the long term by the short-term vagaries in the markets that drive their share prices down in such a generalized sell off.

That is when the greedy lick their lips and dive in with both hands open to buy up the bargains. I know that they were doing so on the 13th as the fearful were selling. On the 14th, as the markets started to climb again, because the bargain hunters started to come out in full force, the same individual investors, the algorithms and the institutions all got into buying mode and as I said, by 2 pm had recouped more than half of the previous days drops. I call them drops, not losses, because you only lose if you sell at a price lower than what you paid originally. We have been very successful at never having to do that for our clients.

Our success stems from two strategies that have served us and our clients well over the last 51 years that we have been selling mutual fund products. First, we diversify – some say too much but I say it can't be too much. If you have ten or more funds in



your portfolio, you not only are able to cover all of the market sectors and geographic areas by only deploying 10% or less to each of them, but you are also protecting against any one or two or more going sour. The others will generally maintain winning positions and more than make up for the ones who start to suffer downturns.

The second strategy is for those who know they will need money at certain times or are drawing a monthly income from their investments. We micro-manage those portfolios, setting aside the needed cash in an interest-bearing account that will not go down even in a major correction. We use that account to make the necessary payments to the client and replenish it periodically from one or more of the ten or more funds that are showing positive results. That strategy allows us to never needing to sell at a loss and so our clients will never lose on their overall investments with us.

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

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

OPINION



Peter Tabuns, NDP MPP (Toronto Danforth) hosted a community meeting in May for recipients of the Ontario Disability Support Program (ODSP) and Ontario Works (OW) regarding possible program changes.

"Disability" under the current legislation is described as a "substantial physical or mental impairment that is continuous or recurrent and is expected to last one year or more." A broad description – considering "disabilities" vary in type and can come and go at any time. Are social workers going to receive a crystal ball to foretell the ODSP applicant's future? "Substantial restrictions in daily living must be verified by a health care provider."

The proposed redefinition of "Disability" now must align with the Federal system – odd because of provincial variations. What is "severe"? "Prolonged"? Unable to hold a regular job, the proposed legislation may bar persons with episodic disabilities (ie. Some Cancers, Epilepsy, Fibromyalgia to name a few. These may no longer qualify).

Information regarding **Rapid Reinstatement** including medical reviews is not forthcoming. Will ODSP applicants applying be scrutinized under the former rules or the new formula?

A **"Health Spending Account"** will replace some or all of the recipient's benefits under the new ODSP legislation. Amount is unknown – will funds be enough to cover people with complex disabilities that require a special diet, clothing, manual tools or hearing aids/computers?

Community organizations participating included Epilepsy Toronto, Flemingdon Community

Ontario changes: Boom or bust??

Legal Services Paralegal Catherine Manson spoke eloquently of the dangers posed by the proposed changes in ODSP legislation and



At the community meeting on ODSP and Ontario Works are, left, Andrea Hatala, ODSP Action Coalition Representative, Catherine Manson, Flemingdon Legal Services, and Peter Tabuns, MPP.

threats to the legal rights of disabled Ontario residents. The legal clinics, too, may face major cuts if this legislation passes. Elected Members of Provincial Parliament (it is hoped) and every Ontario resident who cares MUST speak out. Disability is fickle and can strike anyone – at any time – in any form. A Hungarian proverb my Grandmother said to me years ago: "Today, I suffer in silence . . . tomorrow, it may be you."

Andrea Halala, ODSP Action Coalition representative (a group that advocates for positive change on behalf of ODSP recipients) spoke courageously about her struggle to survive within the current system as a disabled woman. According to Tabuns, the major changes expected in 2019 for Ontario Works (OW) and Ontario Disability Support Program (ODSP) recipients include:

No rate increases amounting to a \$1 billion cut to Social Assistance and Children's Services, will begin with the elimination of the

IDA FEDOR-BAAN

Transition Child Benefit, in November 2019.

A new program called "LIFT" will be introduced for low-income earners in July 2020 – requiring ODSP recipients to earn enough to pay taxes (set at \$10,582 for single person – maximum \$850).

Overpayment Collection Rate will now be 10% if the ODSP recipient received, used and did not report an overpayment. If financial hardship is an issue (odd statement since that is why ODSP/OW was created), individual can negotiate a lower rate of recovery based on that or other grounds.

Less ODSP if more money earned. Beginning in January 2020, ODSP earnings will be allowed \$6,000 without deductions – a 75% clawback on any additional amount earned. Currently \$200 may be kept without deduction.

Shelter Costs: Under current system, a single recipient with maximum shelter costs can earn up to \$30,450. This will drop to \$24,700 beginning in January 2020. Readers are asked: "Do you care about the most vulnerable people in our society: The single mothers, people with physical/mental/unseen disabilities such as cancer, deafness, epilepsy, etc.?" If you do, speak out and send your MPP a letter, email or fax! Speak out against this voracious attack on the disabled!★

The author, an apartment resident, was on the staff of Hi-Rise in its earlier years and has returned as community news writer and administrative assistant. Ida is also a home-based dressmaker/alterationist. (Please see website: sewandalter.ca)

PLANNING FOR RETIREMENT?

Paying too much income tax? Let me help you save! Call

SONNY GOLDSTEIN

*Chartered Life Underwriter
Chartered Financial Consultant*

(416) 221-0060

Highest quotes on RRIF's, Annuities, etc.

CREATIVE IDEAS IN FINANCIAL PLANNING



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

Sunnybrook Hospital welcomes the Canadian Government's investment of \$49 million into the Industry Consortium for Image-Guided Therapy (ICIGT), a pan-Canadian network led by Sunnybrook. It conjoins 70 partners from industry, academia, government, and not-for-profits to improve health care delivery. In addition, it will support the \$126-million project to accelerate the application of artificial intelligence and machine-learning technologies for more accurate MRIs, CT scans,

and ultrasounds, benefitting Canadians with faster diagnoses, safer treatments to shorten hospital stays. In addition, the goal is to create and maintain highly skilled jobs across Canada, help new start-ups, support businesses, and create new Internships for students in STEM fields.





Deputy Mayor Minnan-Wong and City of Toronto

COMMUNITY ENVIRONMENT DAY

Thursday, June 13, 2019 | 4 p.m. – 8 p.m.
Don Mills Civitan Arena | 1030 Don Mills Rd.

Reuse, Recycle and Safely Dispose of unwanted items at a Community Environment Day!

Donate items in good condition:

- Sporting goods
- Arts and crafts supplies, costumes
- Books (excluding textbooks)
- Cameras, CDs, DVDs, Blu-Rays
- Clothing, linens, etc.
- Small household items
- Musical instruments, board games
- Eyeglasses, walking aids, hearing aids
- Non-perishable foods

Pick up:

- Leaf compost (free)
- Kitchen Container (\$5 each)

Please do not bring:

Ink cartridges or toner, construction waste, air conditioners, garbage, wood, cassette and videotapes, commercial/industrial hazardous waste and scrap metal.

In partnership with:



Call 311

toronto.ca/environment_days



Have trouble paying your mortgage?

Or condo fees? I can help.

I can provide a temporary loan.

Call me for details.



Parkland Ltd. Brokerage

2179 Danforth Ave., Toronto, ON M4C 1K4

416-898-7653 . 416-690-2121

Not intended to solicit sellers and buyers under contract.



Nizar Jamal
Broker

3-2-1: Lift-off! Ontario Science Centre Launches Summer of Space until September 2. On July 20, the 50th Anniversary of the Apollo Moon Landing will be celebrated. See the IMAX® format film *Apollo 11: First Steps Edition*. This features never-before-seen 70 mm footage and more than 11,000 hours of uncatalogued audio recordings, that will put visitors in the centre of NASA's historic lunar landing, capturing every moment of the mission. There will be a celestial line-up of films, exhibitions, programs and special events for all ages, too! 770 Don Mills Rd., (at Eglinton). 416-696-1000.

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

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

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

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

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

To order a **FREE Special Report**, visit www.SellYourCondoHome.com or to hear a brief recorded message about how to order your **FREE copy** of this report call toll-free 1-833-215-9002 and enter 2316. You can call any time, 24 hours a day, 7days a week.

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

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

CONDOS

MARILYN LINCOLN



Can board change worn out marble tiles with different type of tiles?

Q. The marble tiles in both our elevators are almost worn out and badly scratched up. We have heard that the board of directors would like to replace these marble tiles with cheaper porcelain type floor tiles. Isn't the board obligated to keep all the common elements looking the same as they were originally constructed? Don't the owners get a say when it comes to how our elevator floor looks? Is there anything in the condo act about changing the common elements that addresses this type of situation?



A. According to the Condominium Act of Ontario, the board of directors is entitled to alter the common elements. However, they can only replace the marble tiles with porcelain tiles if the cost of the porcelain tiles cost less than replacing the tiles with marble. The board may carry out the alteration once they have passed a resolution.

It would be a good idea for the board to carefully weigh their decision when it comes to the appearance of the elevator floor. Does marble last longer than porcelain and would the appearance of the floor diminish once the marble is replaced with a cheaper product? These are important questions to consider when a board is replacing any component of the common areas that receives a lot of traffic.

The board is obligated to main-

tain all the common elements unless your condominium declaration renders owners responsible for maintenance of certain parts of the common elements, which are almost always exclusive use common elements. Exclusive use may include back yard patio, balconies etc.

In the above case the board is not obligated under the act to notify the owners and give them the opportunity to requisition an owners meeting to vote on or discuss the marble replacement, if again, the cost of the porcelain does not exceed the cost of marble. However, it would be very wise for any board to keep owners informed when changes are going to take place. Owner input could be very valuable regarding changes that affect the appearance of the common areas. Informed owners who are permitted to voice their opinions are much more understanding than uninformed owners.★

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

THEATRE

KATHERINE ALLEN

To Kill a Mockingbird

WOW!! What an outstanding, spellbinding play. Many of us in the audience grew up watching the movie starring Gregory Peck as Atticus and got a taste of what life was like in deep southern states. Stage Centre performed a magnificent portrayal of the story which took place in 1935 in Macomb Alabama, and the play was well directed. They outdid themselves as each character played their part so well from the curiosity of the children, to the emotions of the courtroom scene and Atticus when his children were threatened near the end by Bob Ewell.

My friends and I were interested to see how the staging was going to be set up, knowing the size of the stage. We were fascinated to see how the staging was so creative, and the space was well used. The houses were set up in a row of four, each with a verandah and a screen door where you could see inside a small square area. There was a time when people sat on their verandah's and often chatted to people as they walked by. The fifth house was off to the side where Boo Radley lived. The children were curious about the person living in this house and wanted to see what he looked like. The court scene was set up

in front of these homes with chairs, tables and benches.

To Kill a Mockingbird is not an easy play as it deals with issues of racial discrimination and injustice of a black man being falsely accused of raping a young white woman in Alabama. However, is timely in that we can learn from each other and try to understand and accept one another as human beings. Congratulations to Stage Centre for tackling this play in a sensitive way.



Gregory Peck appeared in the movie version..

It played at the Fairview Library Theatre from May 16 to 25.

For information about and subscriptions to next season's plays call 416-299-5557 or go to stagecentreproductions.com★



OUR MOTHER OF PERPETUAL HELP

NOVENA and TRIDUUM

June 25-27, 2019 at 7:00 PM

Celebration of the Eucharist with Novena Prayers & Homily

Tues, June 25 We begin our Novena Triduum

Wed, June 26 celebration concludes with the
Celebration of the Anointing of the Sick.

Thu June 27 celebration concludes with a social in the Parish Hall.

Fr. Peter Hill C.Ss.R.

Redemptorist Formation Director, San Antonio, TX

Our theme for this year:

**“You received without payment,
give without payment”**

(Matthew 10:8) Theme of World Day of the Sick 2019



St. Patrick's Shrine Church

131 McCaul Street, Toronto

(416) 598-3269

2 Blocks W of University Ave & Dundas St. W

www.stpatrickstoronto.ca

“Make Her Known Throughout The World”

Pope Pius IX, 1866

A Mission of the Redemptorists

POLITICALLY SPEAKING

MARTHA HALL FINDLAY

Alberta is mad- and people who care, should be too

Alberta Premier Jason Kenney went to Ottawa with a message: Albertans are upset. Without significant amendments to Bill C-69 – which would overhaul the environmental assessment of major resource projects – the province won't support it, he warned. He is even threatening a constitutional challenge.

Albertans are right to be upset. Bill C-69, as drafted, is potentially disastrous – not just for the oil and gas industry, but for all energy and energy transmission, all major mining projects and in fact, any large infrastructure projects in Canada. But it would be particularly bad for energy and energy transmission, which are hugely important to the already hurting Albertan economy. (It's also hugely important to the entire Canadian economy. The ignorance of that fact by so many Canadians is only one more reason for frustration.) But what really sticks in the craw of so many people from Alberta – and Saskatchewan, too – is Canada's utter hypocrisy about energy.

To the west, B.C. Premier John Horgan came into government promising to “use every tool in the toolbox” to stop the Trans Mountain pipeline expansion – which is still awaiting a federal cabinet decision – even though he lacks the constitutional right to do so. Yet, most of the gasoline consumed in British Columbia comes from Alberta, and it comes via – wait for it – the Trans Mountain pipeline. Attempts to block the expansion are pure politics: “We'll take the stuff we need, but heaven forbid we let you sell it beyond.”

Now that the Alberta government has proclaimed legislation that allows the province to “turn off the taps,” B.C. has (oh, the irony) filed a constitutional challenge to prevent its neighbour from cutting off its oil shipments to B.C. And if that



Alberta Premier Jason Kenney.

hypocrisy weren't enough, B.C. is asking the federal government, which now owns Trans Mountain, to pump even more gasoline through.

To the east is Quebec Premier François Legault. Mr. Kenney spent part of his victory speech offering an olive branch of sorts, making a point of speaking in French for several minutes. Mr. Legault responded – seemingly blissfully unaware of his appalling hypocrisy – that he recognizes that Alberta is by far the biggest supplier of oil to Quebec and its refineries, but there is no “social acceptability” for any pipeline to carry Western oil across his province – even though 44 per cent of Quebec's oil comes from Western Canada. Rubbing salt in the wound, the Quebec government then passed a motion, unanimously, repeating Mr. Legault's point.

Alberta might as well say that although many Albertans like to eat Oka cheese, and it is welcome in Alberta, it won't let trucks carrying the cheese pass through to hungry British Columbians. Despite the constant reminders of the virtues of Quebec's “clean” hydroelectricity, it turns out that 41 per cent of the energy Quebecers use actually comes from petroleum products. According to HEC in Montreal, although sales of cars have gone down, sales of SUVs, light trucks and pick-ups have soared. Quebec happily takes Western Canadian oil, uses it and it creates a whole whack of Quebec refining and other jobs – but heaven forbid Quebec let Alberta

and Saskatchewan sell it to New Brunswick and beyond. Sound familiar?

Then there's the federal government. Ottawa is relying on its constitutional rights now in instituting its carbon-price regime, but it was nowhere to be seen defending the Constitution when Alberta and Saskatchewan needed it to – for example, when former B.C. premier Christy Clark announced, first for the Northern Gateway project and then the Trans Mountain expansion, five “conditions” that needed to be “met” before B.C. would “approve” them. Neither she nor the B.C. government had the constitutional right to impose “conditions,” since both projects were clearly federal undertakings. And in Quebec, neither former premier Philippe Couillard, nor former Montreal mayor Denis Coderre had the right to reject the proposed Energy East pipeline.

Mr. Legault, now, lacks the same right, despite that recent government motion that included the statement: “Quebec has full legitimacy to refuse a pipeline projects passing through its territory, including a potential relaunch of the Energy East project, regardless of pressure from the rest of Canada.” Except that, no, it doesn't. But with its silence, Ottawa has appeared to have acquiesced to this distortion of how our federation works.

The state of Canada these days is disheartening and its future is precarious. A lot of people are both angry and frustrated. Mr. Kenney is upset, but perhaps that righteous anger will force a more honest and balanced discussion about what's important to the whole country, rather than individual regions – and reaffirm how this federation is supposed to work.★

*Martha Hall Findlay
This article originally appeared in the
Globe and Mail, May 3, 2019.

Martha Hall Findlay is the President
and CEO of Canada West Foundation
(www.cwf.ca). She is the former
Member of Parliament for the riding of
Willowdale. Write to her via email
info@marthahallfindlay.ca

MISSED THE TAX DEADLINE?

Liberty Tax can help you file, even if
you've missed the April 30th deadline.



- Income Tax & Accounting Services
- Canadian & US Taxes
- Tax Reviews and Adjustments
- Individual, Self Employed & Corporate Returns
- HST Remittance & Payroll Services
- Open Year Round
- Walk-Ins Welcome

1714 Danforth Avenue
416-406-9990



LibertyTaxCanada LibTaxCanada

866-290-2222 LibertyTaxCanada.ca

FAST. ACCURATE. FRIENDLY!

POEM

ASIFA T.SHEIKH

A spring moon brings Ramadan

The happy conflation
Of a late blossoming Spring
With Ramadan
Brings revival and blessings –
The days are sunny though chilly,
The local park is filling up once
again
With kids in the evenings and on
Weekends
Costco, Food Basics and Sunny's
are all having Ramadan Sales
The night is given life, children
and parents

Walking to the Mosque
And stores brimming with
last-minute
Iftaari shopping
(because the kids want Rooh-Afza
drinks
to break their fast, and Iqbal's is
packed with fasting folk who
need more dates, more fruit or
more South Asian delicacies
for their feasting after the fast)
And the restaurants that have a
sleepy quality all day
Are alive after the sun goes
down—

And, in some of the many
buildings here,
Tucked away, unpretentious and
without fanfare or much ado,
In apartments smelling of
cardamom and cumin,
Neighbours, (of different beliefs
and faiths and traditions)
Sit with their fellow neighbours,
Breaking the fast and breaking
bread together,
Laughing, having tea --
Simply enjoying the gifts of their
Community.

The writer is a resident of Thorncliffe
Park.

Farewell to George and Myrna.
Park Property Management
building superintendents for over
40 years in Thorncliffe Park, 4
Milepost Place. Tenants held a
Thank You event for their loyal,
quick, and excellent service to
building residents. They will be
missed!

HAPPY
Spring!



BUILDING A STRONGER SCARBOROUGH-GUILDWOOD

Happy Father's Day
Best wishes for Filipino Heritage Month



Community Office

3785 Kingston Road Unit B1 | 416-281-2787

mhunter.mpp.co@liberal.ola.org | www.mitziehunter.onmpp.ca

@mppmitziehunter

@mppmitziehunter

@MitzieHunter

Hon.
**JOHN
MCKAY**
P.C., M.P.

Scarborough | Guildwood

Constituency Office

3785 Kingston Road, Unit 10

Scarborough, Ont M1J 3H4

(416) 283 1226



@johnmckaymp

@JohnMcKayLib

@honjohnmckaymp



MARCO MENDICINO, MP | EGLINTON-LAWRENCE

Happy
Summer!



MARCO.MENDICINO@PARL.GC.CA

@MarcoMendicino

@MarcoELMendicino

416-781-5583

LIFESTYLES

Fire safety in high-rise buildings is an important issue. The fire in St. Jamestown that forced 1500 people from their homes spread up an electrical services shaft, but not from apartment to apartment. Several other fires in recent years did result in injuries and several deaths, mainly from smoke inhalation.



Fire safety

the building suffered only smoke and water damage, especially to electrical systems. That damage however, was severe enough to keep people out of their homes for weeks.

So how can you be safer? Here are the two top problem areas.

1) Most fires start in the kitchen. Never leave anything on the stove unattended. Grease and oil fires are a serious issue. Children may accidentally turn on a burner and start a fire. Never cover your burners with a wooden cutting board, or anything flammable, even for a minute. If the burners are still hot, or accidentally turned on, you have a problem.

2) Secondly, smoking and candles are an issue. Candles may be lovely, but open flames can start fires in minutes. They can be knocked over, or simply forgotten. Friends set their coffee table on fire with candles, while we were all there visiting. Fortunately, someone finally noticed, and the table was the only casualty.

Many fires are started by people falling asleep while smoking. It takes only a few minutes for a cigarette to start a smouldering fire, especially in a mattress and the resulting smoke is deadly. Never smoke when you are tired; better yet, don't smoke. You must now have a workingsmoke detector in your apartment. That is the law. New smoke detectors are sealed units, good for ten years. If you have an older unit, consider replacing it. There are two types of smoke detectors, ionization units and photoelectric units. One detects smouldering fires faster, the other open fires. If you can, consider getting one of each.

Smouldering fires also give off carbon monoxide, a deadly gas, along with other toxic gasses, consider adding a CO detector.

ACHIM KRULL

But remember, these require battery replacement and cleaning at regular intervals.

As wall decorations, these detectors are ugly but they save lives.

Other safety tip: keep a home fire extinguisher unit handy. These come with instructions and are easy to use. Consider especially a powder-based unit. They are safe for both grease and oil fires and electrical fires.

In case of fire, before anything, call 911 and alert your building by pulling the fire alarm on your floor. Close all windows in your unit, so the fire cannot get air, and the smoke does not spread. If the fire is in a single room, close the door and put damp towels at the base of the door to prevent the movement of smoke and fumes.

If the fire is on your stove, turn off the elements, if you can safely reach them, and throw a wet towel over the fire. Never throw water onto something burning on your stove. That may spread the fire, especially fat or grease fires. Leave if you can do so safely. Close the door behind you to prevent smoke and flames from spreading. If your exit is blocked, a balcony is your next best choice. Close the door behind you and take a cell phone, sheet, or towel with you so you can signal for help.

Still worried? Ask your local fire department to present a seminar on fire safety in your building.

Your brain is the best safety device. Keep calm. Be smart and keep safe. The life you save may be your own.★

Further information:
Google: Toronto Fire Services, and click on Safety & Prevention.

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

Centennial College, founded in 1966, announced that **Dr. Craig Stephenson** has been appointed Centennial's seventh new President. He holds a Ph.D. in Social History and a Masters in Student Services (Post-Secondary Sector). In 2014, Stephenson served as Centennial College's Vice-President, Student, and Community Engagement. Dr. Stephenson has an Honours Degree in History at Warwick University in Coventry, U.K. Originally hired as Dean of Students in 2008, he initiated discussions, planning a fresh approach to Academic Advising.

LIVING FREE

ANDRENE GREGORY



Zooming in on June

There is no such thing as the perfect month, but June has some pretty awesome days! For the record, I wasn't born in June but my firstborn was; and that puts June high on my radar. That said, let's zoom in on some of the awesome days of June.

Coincidentally, June 1st starts us off with *National Milk Day!* Milk is our first food. It is the nutrients on which we all survive in infancy—be it mama's milk or substitute milk. With all the bad press about cow's milk lately, I still say, drink your milk. A cup of milk a day will keep the doctors at bay.

June 5 is *World Environment Day!* This planet, Earth and its environment is our oasis. If we do not take care of it, who will? Mother Earth has done her best to support us; now that she has gotten older, she needs our help. Let's stop abusing her and show her our love by implementing the three R's of environmental friendliness: Reduce, Reuse, and Recycle. Let's cut down on our environmental waste and carbon footprint where possible. It's the little things that count. Go outside, smell the air, slow down, and appreciate the world around you.

June 8 is *Best Friends Day*. Friendship is one of the most important relationships in our lives beginning from toddler to death. We all have one person in our lives we relate to as our best friend. A best friend can always be relied upon. He or she is an extension of ourselves and shares our greatest joy and deepest sorrows and secrets. On June 8, celebrate your best friend.

June 15 is a special day for me. It is the release day of my first book: *Ahh... to Zen! An A to Z Guide to a Great Life*. This is a major accomplishment for me; and one that I am proud to share with the world. What is your greatest accomplishment? Take time to celebrate your accomplishments. You matter. Your accomplishments matter.

June 16 is *International Father's Day*. A father is a male person whose genes we inherit that helps to construct our DNA—who we are fundamentally. Your father may not be your daddy, but he will always be your father. On the third Sunday of June, many people all over the world will celebrate the contribution of the father-figure



in their lives. What is your fondest fatherly memory? Appreciate the man whose DNA you share, the man who helped to raise you, and most importantly, the man who gave you life abundantly.

June 21 is full of treats. Firstly, it is *National Indigenous People Day*. I thank God I live in a multicultural society that embraces the motto: "Diversity is our strength." To celebrate our First Nation, Inuit, and Metis people and their many contributions to Canada, find and participate in one of the many activities happening across the country. Indulge yourself in the culture and the spirit of multiculturalism! Secondly, June 21 ushers in the *summer solstice* across the northern hemisphere. This day is the longest day of the year because of its early sunrise and late sunset. It also signals the first day of summer. Lastly, as mentioned earlier, my first child was born on this day. Happy birthday Zoey!

Finally, June 22 is *Baby Boomers Recognition Day!* With a steep decline in birth rate and our aging population, its time we recognize the many contributions of our parents and grandparents. Baby Boomers are born between 1946 and 1965 according to statcan.gc.ca/census. There is a huge focus on Millennials, and rightly so. Today's youth is the future. That does not mean Baby Boomers, the torchbearers and champions of society, are ready to fold their tails between their legs and take a back seat to everything. Baby Boomers modernized society in their quest for normalcy following World War II and the great depression. They As we zoom into June, let us not forget the important people and things that have shaped who we are, our culture, and ultimately, our society. Here's to June!★

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

MITZIE Hunter MPP
BUILDING A STRONGER SCARBOROUGH-GUILDWOOD

Let's celebrate and learn during this National Indigenous History Month and Seniors' Month in Ontario.

Community Office
3785 Kingston Road Unit B1 | 416-281-2787
mhunter.mpp.co@liberal.ola.org | www.mitziehunter.onmpp.ca
f @mppmitziehunter @mppmitziehunter @MitzieHunter

Camping Season is Here!! Ontario Parks invites families to try camping for the first time this summer. From June to August, participants bring their own bedding, food, and personal items. This guided, overnight camping experience teaches tent building, and even marshmallow roasting! Register early on website OntarioParks.com/learntocamp.

Kathleen Wynne, MPP Don Valley West attended various Earth Day events in April, along with fellow MPP, Michael Coteau, Don Valley East. At the senior's residence in Flemingdon Park. Food, music and above all, conversation regarding community issues were featured. This event allowed seniors to meet and greet their neighbours. To quote Ms.

Wynne: "We are stewards of this planet. Our ancestors have left it to us as a gift and a natural inheritance. We have the same duty to maintain it until it is the time for us to pass it on to our children. Every leaf we pick and every stone we extract defines the future of the planet." Amen!

HI-RISE,
Gala CANADA DAY ISSUE
JULY DEADLINES
News/Classifieds,
June 10
Display ads, JUNE 12
To advertise call
416-424-1393
Valerie.Dunn@bell.net
ADS APPEAR IN BOTH PRINT
AND ONLINE EDITIONS



Pride TORONTO

Join us on June 23, 2019 as we celebrate Radical Love-Forward, Together in unity. The United Church float will be out in full force supporting the community. Out for Life, Out for Love, Out for God.

METROPOLITAN UNITED CHURCH

Be a part of the United Church AFFIRM Pride Bus and marching team.