

ISLINGTON TIMES

Volume 04 • Issue 04 • Winter 2016/2017 Edition



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Upcoming Concerts:

Holiday Sing-A-Long Saturday, December 3, 2016 – 8 pm
Humber Valley United Church, 76 Anglesey Boulevard, Toronto

Dance Extravaganza Friday, March 3, 2017 – 8 pm
Humber Valley United Church, 76 Anglesey Boulevard, Toronto

Popular Master Works Friday, May 19, 2017 – 8 pm
Etobicoke Collegiate Institute, 86 Montgomery Road Toronto

Bruna at the European Patisserie Showcases Handcrafted Sweets

Celebrate the Holidays with Festive Food in the Village of Islington!
By Linda Plater

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With Christmas, Hanukkah, and Kwanza just around the corner, there are so many ways to celebrate this season in and around the Village of Islington. And for many people, the holidays are all about eating and drinking! It's a busy time of year for everyone set to host colleagues, friends and family to share in good cheer.

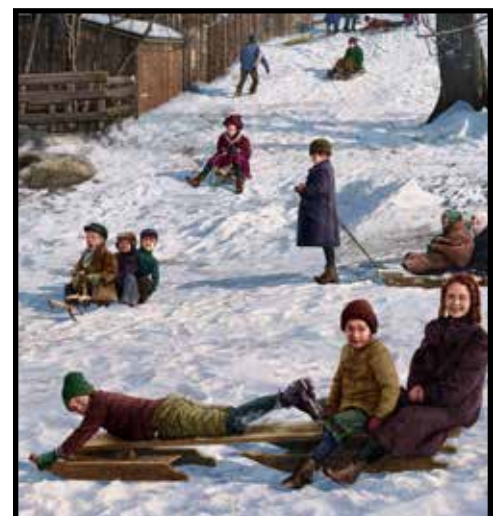
Think about it, do you really want to do all the work yourself this holiday season because there are ways to entertain and enjoy yourself without slaving in the kitchen! So many entertaining tasks revolve around food and perhaps this is the year to get someone else to do some or all the baking, cooking, and catering? In the Village, there are a wide variety of culinary experts ready to help you so that you have more time to spend with your guests and less time worrying about the food.

Treats are tops for young and old. From the sweet treats made at the European Patisserie (4937 Dundas W.) come the finest of old world tastes and quality ingredients. If you are looking for melt-in-your mouth truffles, macaroons, designer cakes and more, owner Bruna will deliver. Aisha at Anatolia sells hand-made baklava and nutty cookies (5122 Dundas W.) and boasts the best of authentic Turkish sweets. You've never tasted so much goodness in the honey-based desserts popular in Istanbul and Toronto!

Savory hors d'oeuvres like the ricotta-stuffed, meat or spinach puffed pastry from A F Home Bakery (5168 Dundas W.) are sure to please. These are such a fresh and delicious change from any pre-made frozen starters you can buy at the grocery store. At the Annual General Meeting for the local business association, A F appetizers were a great hit and excellent to put on kids' lunches too!

Other delicious catering options include sushi platters from our Dundas W. Japanese and Korean Restaurants Gohyang (5096) Tojii (5088) Osaka (5084) I Love Sushi (4944) and Ah-So at Rabba (4869).

continued on page 05



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Upcoming Event



The Stories Behind the Murals

Dec 14th 6:30 - 8:00pm & Dec 15th 10 - 11:30am

Gary Hepworth has conducted presentations on the Village of Islington murals for over 4 years having served as vice-chair of the Village of Islington BIA. He will review the story behind the murals and how they tie into the history of Islington.

Register for free at vibecentre.ca/events
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Dangers of online shopping

With more and more of us drawn to the convenience of online shopping, there is no immediate end to its growth. But with it come a whole host of pitfalls which we need to be mindful. Five pitfalls of shopping online:

Counterfeit goods: This is a growing problem globally. The selling of high cost counterfeit goods on the internet can be a costly exercise. Last year over 25,000 sites were closed down for selling items such as Gucci, Apple products, GHD hair straighteners, UGG boots and Hollister clothing.

Recurring card payments: This is something which can be massively annoying. You sign up for a service such as a dating site or to trial an online service such as security software. And months down the line you discover you have signed on for monthly or annual recurring payments on your debit or credit card. Quite often these are hard to cancel and it's even harder to speak to someone about it. Before you sign up for anything read the terms and conditions and make sure you know how to cancel a payment if you change your mind.

Email abuse: With every purchase, you make online, you must always leave your email address. In fact, even before you buy you must register with it. But this often means you get bombarded with unwanted spam.

Rogue websites: As well as counterfeit goods, there are criminal gangs out there who produce web sites which look like reputable retailers which are in fact designed to steal your payment details and or identity. They look just like the real thing and are often sites you have used before.

Beware of the trojan: This can be a particularly nasty form of online fraud. A trojan is a type of malware (malicious software) that is installed on any internet-enabled device (e.g. computer, smartphone) without your knowledge or consent. Typically, a fraudster will send you an email that tries to trick you into following a website link to your favourite retailer, downloading something or opening an attachment. If you take this action, the trojan is then installed, after that they can control your information and steal payment details such as card details and bank account information.

This holiday season shop local and support the merchants in your community. Local merchants and staff are very knowledgeable about their products which helps ease the decision-making process when shopping. The value of quality customer service and expert advice goes a long way to achieve customer satisfaction. Shop local and experience the difference quality customer service and expert advice make.

Wishing everyone a safe and happy holiday season!



Toby Gardiner | Publisher
toby@rjentertainmentpublishing.com



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Village of Islington Times

Community Newspaper
Volume 04 | Issue 04

Quarterly Publication ~ Circulation 17,000
Delivered by Canada Post

For advertising information,
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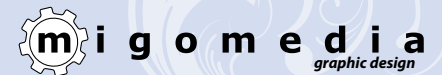
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Editorial Contributors:

Linda Plater • Lindsay Howe



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*Merry Christmas
&
Happy Holidays*

Please join me at my **SENIORS' ADVISORY MEETING**
Monday, December 5, 2016 - 10:00 am - 11:30 am
Holiday Decorating Demonstrations and Refreshments
Richview Library, 1806 Islington Avenue

HOLIDAY LEVEE AND COMMUNITY RECOGNITION AWARDS
Sunday, January 15, 2017 - 1:00 pm - 3:00 pm
Plast Huculak Centre, 516 The Kingsway

GOVERNMENT AND COMMUNITY SERVICES FAIR
Saturday, February 11, 2017 - 11:00 am - 3:30 pm
Cloverdale Mall



Yvan Baker, MPP
Etobicoke Centre



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James Maloney

Member of Parliament for Etobicoke-Lakeshore

Please join me at my annual

New Year's Levee

When: Sunday, January 8, 2017 2:00pm – 4:00pm

Where: The Jean Augustine Centre
101 Portland Street, Etobicoke

For more information, please contact my office.

Constituency Office:
1092 Islington Ave, Suite 202, Toronto, ON M8Z 4R9
Phone: 416-251-5510
Email: James.Maloney@parl.gc.ca



Join Councillor Justin Di Ciano

WARD 5 - ETOBICOKE-LAKESHORE



for a Christmas Party

Sunday, December 11th, 2016 • 2-5pm

Royal Canadian Legion Hall, Branch 210
110 Jutland Rd.

416-392-4040 | Councillor_DiCiano@toronto.ca
www.CouncillorDiCiano.ca



Celebrate the Holidays

continued from front cover

Anyone watch the CBC hit Kim's Convenience? How about trying a warm Korean buffet catered by Soo at Insadong 4941 Dundas W.?

For those who can't get to the Caribbean for Christmas, try eating like you were back home or on vacation there? Miss Natalie's Tropical Cuisine (5118 Dundas W.) serves up Caribbean flare that tastes as good or better than any Jamaican jerk chicken north of Kingston! For those craving the spiciness of the islands as part of your festive fare, try this place out! Owner Robert caters full turkey dinners too! His vegan doubles with tamarind sauce are a handy snack or lunch on the go. The popular Ali Baba's chain (4928 Dundas W.) has recently opened in the area and offers the falafel, tabbouleh and shawarma, mainstays of middle eastern cuisine. Sherry at Supperworks (4868 Dundas W.) has ready-to assemble meals including full turkey dinners that are a convenient, cost-effective way to deliver home-made meals without the shopping, chopping and preparing time required to pull off complex recipes.

Meats Straight from the farm, look for top quality Ontario meat and poultry from the new butcher in town called Medium Rare, our local premium meat boutique (10 Burnhamthorpe Road). They also do catering and sell frozen seafood and casseroles.

Going out for a drink or celebratory meal?

Pubs We've got beer and lots of it - From the former police precinct at the Fox and Fiddle (4946 Dundas W.) with 26 beers on tap to the Six Street Grill (4923 Dundas W.) Tessie McDaid's (5078 Dundas W.) St. James Gate (5140 Dundas W.) Beer and Wings (5164 Dundas W.) there are many popular spots to grab a pint and enjoy pub grub in the village.

Finer Dining Holiday Get-together?

An intimate dinner at the Village Trattoria (4903 Dundas W.) Mai Bistro (4906 Dundas W.) or Cirillos (4900 Dundas W.) are wonderful local restaurants to meet up for a special occasion or to catch up with friends in a quieter setting over superb entrees.

Market Fare

No holiday would be complete without checking out an old-time Christmas Market. Montgomery's Inn farmers' markets run year-round on Wednesdays from 2-6PM (4709 Dundas W.). See what the many vendors have to sell this year at their festive indoor market on December 7th You'll find home baked fruit cake that reminds me of my great, great grandmother's recipe!

Depending on one's taste, time and imagination, we have something for everyone. Come experience what our business improvement area has in store for you this holiday season! You may start a new holiday tradition that includes local festive foods found so close by along Dundas W. between Islington and Kipling Avenues.

There over 150 businesses in the Village of Islington ready to serve you year-round. See the business listing in the back of this newspaper or for more information about the many local businesses so close to home, pick up the BIA's popular 2017 mural calendar while supplies last. Available at BIA businesses now.



The children and youth of St. Andrew's would like to invite you to join us on Christmas Eve., December 24, 2016 at 4:30pm to celebrate the birth of Jesus. We will be performing:

Just a Shepherd

(A play to remind us why we are celebrating.)



Mary and Joseph with baby Jesus.

Season's Greetings!

Wishing you a **Happy Holiday** and all the best in the coming year.

Please let me know if I can be of assistance in any provincial matter.

Please join me for some holiday cheer at my 2nd Annual

Holiday Open House

Thursday, December 15th, 2016. 1-3 pm

We will also be collecting donations of non-perishable food items, new clothing and unwrapped toys for our Holiday Food, Clothing and Toy Drive. Light refreshments served. If you are unable to attend our Holiday Open House, all donations are gratefully accepted at the constituency office from December 1st through December 15th.

MPP Peter Milczyn's 3rd Annual

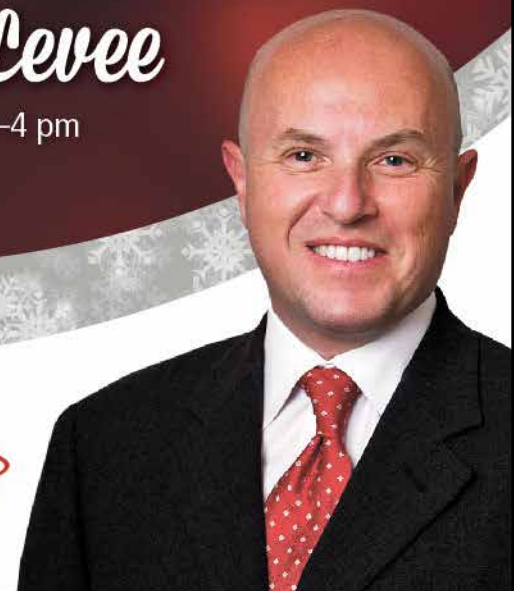
New Year's Levee

Sunday, January 22, 2017. 2-4 pm

Royal Canadian Legion Branch 210,
110 Jutland Road, Etobicoke M8Z 2H1



Peter Milczyn, MPP
Etobicoke-Lakeshore



933 The Queensway, Etobicoke M8Z 1P3 | 416.259.2249 | pmilczyn.mpp.co@liberal.ola.org

Islington Seniors' Centre

4968 Dundas Street West, Etobicoke, 416.231.3431



Programs 55+

Membership \$20.00 per year January - December

* Pre-Registration is required for all programs.

Membership is required unless stated otherwise.

SPECIAL EVENTS

CHINESE NEW YEAR DINNER Thursday, Jan 26th, 2017 • 5:00 pm– 6:30 pm
Celebrate Chinese New Year (Year of the Rooster) at the Islington Seniors' Centre. Celebrate the Year of the Rooster with a delicious dinner catered by the Mandarin. Tickets are \$13.50 each

VALENTINE'S DAY LUNCHEON Thursday, Feb 9th, 2017 • 12:00 noon – 2:00 pm
Join us for our special Valentine's Day Lunch. There will be lunch, dessert and entertainment. Tickets are \$13.50 each

ST. PATRICK'S DAY LUNCHEON Thursday, March 16th, 2017 • 12:00 pm – 2:00 pm
Includes lunch, dessert and entertainment

PROGRAMS

TECH SUPPORT • Mondays & Tuesdays, 9:00 am – 12:00 pm
Cost: \$2.00 per appointment

BEADING WORKSHOP • Thursday, January 12th + 26th, February 9th + 23rd and March 9th + 23rd 10:00 am - 12:00 pm Beginners welcome! Supplies will be provided. Cost: \$5.00 per person

BOOK CLUB • Wednesday, Jan 4th, Feb 1st and Mar 1st 2:00 pm – 4:00 pm
Program Fee: \$2.00 per day (Includes light refreshments)

LEARN TO DRAW • Wednesday, Jan 11th + 18th, Feb 1st + 8th + 22nd and Mar 15th + 22 2:00 pm – 4:00 pm Materials Required: pencil set - 3H to 6B suggested in one make, sharpener with waste box, kneaded eraser and paper/Pad any size – 98 lb preferred heaviness Cost: \$15 for 2 classes

BUNKA • Thursday, Jan 19th - Mar 23rd 9:30 am to 11:30 am
Program fee: \$38.00* / 10 weeks *Supplies are extra.

COMPUTERS LEVEL I: INTRODUCTION TO WINDOWS & APPLICATIONS
Wednesday, Jan 11th – Feb 15th 10:00 am to 11:30 am
Program Fee: \$30.00/6 weeks (Program fee includes all course material).

COMPUTERS – LEVEL III MICROSOFT WORD & INTRODUCTION TO POWERPOINT • Friday, Jan 13th – Feb 17th 10:00 am - 11:30 am
Program Fee: \$30.00 /6 weeks (Program fee includes all course material).

WRITE YOUR LIFE STORIES • Tuesday, Jan 10th – Feb 14th • 2:00 pm to 3:30 pm
Program Fee: \$45.00 /6 weeks

MOVIE MATINEES • most Thursdays 1:00 pm – 3:00 pm Program Fee: \$1/day

CHAIR YOGA (KUNDALINI YOGA) • Tuesday, Jan 10th – Feb 14th, 2016
3:00 pm to 4:00 pm Program Fee: \$30/6 weeks

LINE DANCING • Tuesday, January 10th to February 28th • 1:45pm to 2:45 pm
Cost: \$30/8 weeks • Code: 2887664

GENTLE FITNESS • Wednesday, January 11th to March 1st 12:30 pm to 1:30 pm
Cost: \$39/8 weeks Code: 2887662

ZUMBA GOLD • Tuesday, January 10th to February 28th 12:30 pm to 1:30 pm
Cost: \$39/8 weeks Code: 2887663

DAY TRIPS

A BURNS DAY CELEBRATION "It's a Scottish Kitchen Party!"
Wednesday, January 25th, 2017 10:00 am – 5:30 pm
Cost: \$89.00 per member (\$2.00 more for non-member)

RUNNING WILD' at Famous People Players
Thursday, February 16th, 2017 10:30 am -5:30 pm
Cost: \$99.00 per member (\$2.00 more for non-member)

'COUNTRY SUPERSTARS' at Oh Canada Eh! in Niagara Falls
Wednesday, March 22nd, 2017
Cost: \$92.00 per member (\$2.00 more for non-member)

'SINGIN' IN THE RAIN' at St Jacobs Country Playhouse
Saturday, April 15th, 2017 8:45 am – 6:15 pm
Cost: \$113.00 per member (\$2.00 more for non-member)

The Magic of Christmas Seeing Christmas through our children's eyes By Lindsay Howe

Whether you are a child, teenager or adult, you can appreciate that there is an undeniable magic about the holiday season. Those who celebrate Christmas look forward to this time of year because some of our fondest memories have happened at Christmas time. Many of the family customs from our childhood are carried out into adolescence because we want to hold onto our most treasured traditions. As young adults when we branch out on our own, we began our own traditions and build new memories.



Building excitement about the holiday season

My mom is by far the most Christmassy person I've ever known. Growing up, the holiday season at my home began in the first week of November and lasted until the new year. I looked forward to all of it: decorating the tree, baking cookies, wrapping presents, and singing Christmas carols. To this day, my parents' house is always decorated from top to bottom. My mom and I have always enjoyed decorating the tree together, hanging each special ornament, reflecting on past Christmases, while watching our favourite Christmas films. Even though I've grown up, moved out and started my own family, I still return each year to honour this holiday tradition.

Magical Thinking

Upon turning 10 years old I was beginning to believe in the magic of Christmas a little less and felt I was becoming a little "too old to believe in Santa". This was also the time when my family and I welcomed a new member into our family, a baby boy. This was an opportunity to reintroduce some of those holiday traditions I had "grown out of" such as putting out milk and cookies for Santa at Christmas. My mom let me take the reins and assume the role of Santa Claus, the Easter Bunny, the Tooth Fairy, and so on. Witnessing my little brother's state of enchantment Christmas morning was what reasserted my faith in magic and made the season exciting all over again.

The world is a magical place for children. Young children don't need all the facts to believe in magic. They believe because they want to believe; because it is more fun that way. There is no greater joy than the joy of a child at Christmas. Their excitement at Christmas is truly infectious. I find a child's vivid imagination and state of enchantment so inspiring. This is in part why I decided to become a teacher and teach Kindergarten. I am constantly surrounded by believers in magic. They have taught me how to suspend my disbelief, believing that anything is possible.

Baby's First Christmas

This year I have a child of my own. My son Nathan is 8 months old and it is safe to say that Christmas has taken on a whole new meaning for me this year. While he is of course too young to understand what Christmas is all about, I will cherish the small things this year... The way his eyes light up when he looks up at a Christmas tree, or his laughter when I sing him Christmas carols and we dance around the kitchen together.

I want to recreate some of my favourite holiday traditions from my childhood with my son, while also creating new ones. I will carry over my favourite Christmas tradition, reciting and acting out the 'Twas the Night Before Christmas story. In the spirit of beginning new traditions, next year I will begin the Elf on the Shelf tradition, make Christmas crafts and decorate gingerbread houses with my little one.

I want Christmas to be memorable for my son right from the beginning, I want to build up his excitement about the season, as my mom did for me and my brothers year after year. I want Nathan to have the same appreciation for Christmas as I do. He will believe in the magic of Christmas and therefore the spirit of the season will always be alive and well in our household!

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Ontario Pops

On December 3, 2016, join the Ontario Pops for a Sing-A-Long of everyone's favourite Christmas carols and songs. At Humber Valley United Church at 7:00 pm, a night of beautiful Christmas music begins with an hour-long silent auction and refreshments, to be followed at 8:00 pm by carols accompanied by the Etobicoke Centennial Choir and singer Andrea Rebello.

Etobicoke Youth Choir

"Seasons of Love" concert features a variety of songs across cultures and languages, as well as a few holiday favourites! Join us afterwards for a reception and raffle and kick off your holiday season with a song! Saturday, December 3, 2016 Westway United Church / 8 Templar Dr, Etobicoke at 7:30 pm.

Etobicoke Philharmonic Orchestra

December 9th, 2016, 8 p.m. Holiday Spectacular, presented by the Etobicoke Philharmonic Orchestra Humber Valley United Church, Anglesey Boulevard, Etobicoke, the event includes seasonal favourites such as Nutcracker, Carols and Sleigh Ride along with tenor Paul Williamson. The very popular silent auction is being presented once again with many bargains for your holiday list!



St. Andrew's Presbyterian Church upcoming events

Wednesday, December 14, 1 - 3 pm -- St Andrew's Adult Fellowship Christmas Tea. For anyone looking to connect with friends and neighbours over refreshments, Christmas stories, and of course Christmas carols. RSVP to Jackie in the office at (416) 233-9800 or Jackie@standrewsislington.org.

Sunday, December 18, 10 - 11 am -- Special "Lessons and Carols" service. For anyone who wants to hear the Christmas story from the original sources and who loves to sing many favourite Christmas carols. Followed by refreshments.

Saturday, December 24, 4:30 - 5:30 pm -- Children's and Family Christmas Eve Service. A special, early Christmas Eve service geared to children and families who want an interactive and fun way to experience the real story of Christmas this year.

Saturday, December 24, 7:30 - 8:45 pm -- Candlelight Christmas Eve Service. A mixture of stories, readings, and songs, this is a great way to experience the hope, joy and love of Christmas in a peaceful, candlelit environment.

Fall Mural Contest Winner Andrew Trella (Mississauga)

I truly enjoy visiting the area from time to time, to shop at the many unique shops, and eat in the cafes and restaurants. I like supporting the local businesses. Also I enjoy viewing the many beautifully painted murals which liven up the neighbourhood.



26 AWARD WINNING MURALS

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2016 Annual General Meeting Wrap Up

The board of directors of the Village of Islington Business Improvement Area held its annual general meeting at Montgomery's Inn on November 15, 2016. In 2016 new benches, banners, planters and new mural were installed in the Village. Events included the popular Doors Open Toronto, Janes Walk, a community clean up and police walkabout. The budget for 2017 was reviewed and passed by the membership.

The board of directors for 2015-2018 include:

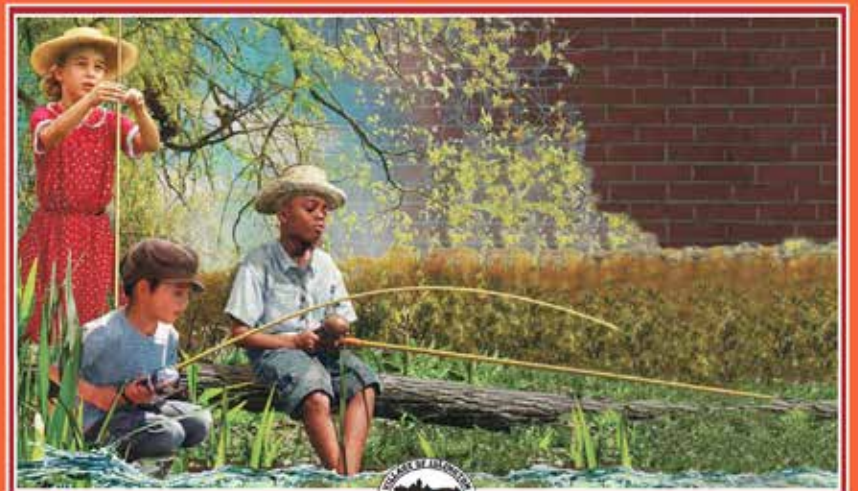
Lola Macanowicz, The Co-operators lola_macanowicz@cooperators.ca
Karen Sword Property owner: shadow123@rogers.com
Ed Lettner, The Music Studio lessons@themusicstudio.ca
Ralph Montone, Main & Main Ralph@mainandmain.ca
Michael Wood, Helium Video michael@heliumvideo.com
Justin DiCiano, Ward 6 Councillor Advisor councillor_diciano@toronto.ca

Free Mural Calendars Available

Now back by popular demand is the BIA Mural Calendar for a limited time only, come to the Village of Islington merchants and business owners to pick up your free 2017 calendar. This year features a pull-out collector mural map and a business directory.

On behalf of our 200 members who support the calendar and 15 main sponsors, the BIA board of directors would like to wish you and yours a healthy and prosperous holiday season and looks forward to serving you in the new year.

VILLAGE OF ISLINGTON - TORONTO'S VILLAGE OF MURALS



2017 Calendar



Winter Driving Days are Here Again

By Lola Macanowicz



There's no escaping it — winter is here and that brings a variety of driving conditions that we need to cope with and adapt to.

For insurance companies, the winter months are our heaviest collision times. These collisions happen for a number of reasons but mostly because drivers don't adapt their driving habits to reflect changing road conditions.

Below are some general tips to help you drive safely this winter.

Winterize Your Car

- Change to lightweight, multi-grade oil as heavy oil thickens in cold weather, making it harder for the engine to turn over.
- Cold weather is hard on batteries so if yours is a few years old, check to make sure the connections are not corroded.
- Worn tires are dangerous any time of the year — in winter weather they are treacherous!
- Safety, mileage and tread wear are all affected by improper tire pressure. Check your tire pressure monthly as for every five degrees Celsius the temperature drops, your tire pressure decreases by one pound.
- Have the brakes checked to make sure you have equalized braking on all wheels. This eliminates pulling to one side, especially when stopping on a slippery surface.

Before Your Journey

- Make sure your lights work and that they are clear of ice and snow. Top up your windshield fluid and carry a spare bottle in the trunk. There's nothing more dangerous than the reduced vision of a dirty windshield.
- Clear ice and snow from the car and defrost all windows, making sure the wipers are cleaned off and in working order. Remove snow from the hood and roof to prevent it from blowing up on the windshield and rear window as you pick up speed. It's not only potentially dangerous but a driving offense as well.
- Listen to the radio to find out local road conditions and accidents — it will help you prepare mentally for the drive ahead.
- Always travel with a full tank of gas.

Are you one of those people who drives down the highway scraping off the inside of your windows due to heavy condensation? It's caused by snow that's brought into the car on footwear or the increased humidity of breathing. Leave a door open for about 30 seconds or open a window right away and this will help clear the humidity.

Braking Techniques

A much greater distance is needed to bring a vehicle to a stop in icy or snowy conditions, so keep a greater distance between your vehicle and the car in front of you. If you do not have an Anti-Lock Braking System (ABS), slamming on the brakes could lock the wheels and produce an uncontrolled skid. Motorists should pump brakes gently and intermittently to bring the vehicle to a halt

while maintaining steering control. In winter conditions, you need to slow down gradually in advance of any stop.

For better traction, start out slowly and maintain an even speed; jerky stops and starts can cause skidding. Here's how to handle a skid and prevent your wheels from locking:

- Turn your steering wheel slightly so your car's wheels point in the direction you want to go.
- Take your foot off the gas slowly.
- De-clutch with a standard transmission or shift into neutral with an automatic car.
- Apply the brakes gradually and gently by squeezing the brake pedal until you feel it grab (ease off and repeat until you have stopped).
- With the anti-lock brake system (ABS) you must slam on your brakes rather than pump.

In case you are stranded...

- Do not leave your car.
- Do not take a nap unless you are with someone who will stay awake while you rest.
- When running the motor for warmth, do so in short intervals and keep a window partially open for ventilation to avoid carbon monoxide poisoning.
- Keep the exhaust pipe clear of snow.
- Exercise occasionally by stamping your feet, swinging your arms and clapping your hands.

This Car Emergency Kit Could Save Your Life

- Gas line anti-freeze
- Flashlight
- Call Police sign
- Flares
- Warm clothing or blankets
- Sand or kitty litter for traction if you get stuck
- First aid kit
- Booster cables
- Shovel
- Tow strap
- Cable or chain
- Put a few high-energy snacks in your glove box

Last but not least, allow yourself double the normal time for your journey. Remember when the snow comes down, you need to slow down.

Lola Macanowicz Insurance & Financial Services – The Co-operators has provided insurance and financial planning advice in Etobicoke since 1985. For more information, please call 416-234-2777 lola_macanowicz@cooperators.ca, Visit us at 5048 Dundas St W.

Facebook: [LolaMacanowiczInsuranceFinancialServices?ref=hl](https://www.facebook.com/LolaMacanowiczInsuranceFinancialServices?ref=hl)

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SERVICE OF COMFORT & JOY: Wed, Dec. 14 7:30 p.m.

For those who find the Christmas season difficult

JEWELS OF CHRISTMAS CONCERT: Fri, Dec. 16 7:30 p.m.

Featuring Chancel and Junior Choirs

CHRISTMAS EVE SERVICES: Sat, Dec. 24, 2016

5:30 p.m. Family Service: Christmas nativity comes alive.

Arrive by 5 p.m. to take part in the Youth Christmas pageant.

10:00 p.m. Candlelight Communion Service

Cider and Christmas cake will be served from 9:15 p.m.

CHRISTMAS SERVICE: Sun, Dec. 25 10:30 a.m.

Happy Birthday Jesus!

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Phone: 416.231.2263 Email: hvuc@rogers.com www.hvuc.ca

Justin DiCiano CITY COUNCILLOR

WARD 5 ETOBICOKE-LAKESHORE

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The Nutritional Benefits of Festive Feasts

By Dr. Janet McKenzie

Most people associate sumptuous goodies with the holidays, and for some, these may be the only times they indulge in such treats. Whether it's turkey with cranberry sauce for Christmas, or mithai for Diwali, each holiday tradition offers a cuisine as rich in health benefits as it may be in calories. Let's take a closer look at some key ingredients in holiday favourites of various customs, remembering the wisdom of moderation in all things:

Almonds are an excellent source of B vitamins such as biotin and riboflavin, minerals (manganese and magnesium), Vitamin E and fiber. When taken regularly in the diet, they contribute to heart health and the prevention of diabetes.

Cinnamon is also high in manganese and provides good amounts of fiber and calcium. Long used as a remedy for digestive ailments, research on cinnamon shows it is beneficial to people with diabetes because of its effects on blood clotting and blood sugar.

Cloves, like almonds and cinnamon, provide lots of manganese along with decent amounts of iron, calcium, magnesium and Vitamin K. Cloves provide health benefits through their antioxidant and anti-inflammatory properties.

Cranberries offer lots of fiber, Vitamin C and manganese. Packed with antioxidants known as proanthocyanidins, cranberries help us fight the inflammatory damage caused by everyday exposures to pollutants and other toxins.

Lamb (grass-fed) is an excellent source of Vitamin B12 and a good source of protein, Vitamin B3, selenium and zinc. All of these nutrients are essential for normal metabolism. Surprisingly, it is also a good source of omega 3 fats, which contribute to heart health and normal nervous system activity.

Nutmeg is another spice that has been used traditionally to treat digestive complaints. Nutmeg has some anti-inflammatory activity and may modestly improve insulin sensitivity in type 2 diabetes. Less is more with nutmeg, though; too much (more than a teaspoon of ground nutmeg or 1 or more whole nutmegs) can cause toxic side effects.

Pomegranate - a single pomegranate delivers approximately 40% of an adult's daily vitamin C requirement and is high in the polyphenol compounds thought to reduce "silent inflammation," which may be associated with diseases such as cancer, heart disease, and diabetes.

Raisins are a good source of copper, iron, phosphorus and manganese, and antioxidants such as anthocyanins, tannins, and resveratrol. Copper is essential for preserving the elasticity of skin.

Turkey is abundant with B vitamins (B2, B3, B6, B12), protein and selenium. While its antioxidant properties are very important, selenium also plays a critical role in metabolic health.

[Dr. Janet McKenzie, MBA, ND is the Clinic Director of Etobicoke's Summit Natural Health Centre where she helps people to feel their best with customized natural treatments. Janet is especially interested in diet, nutrition and orthomolecular medicine, and has taught at the Canadian School of Natural Nutrition.](#)



Finding Time by Making Time

By Ed Lettner

With work and family responsibilities often consuming much of our time, it is easy for other pursuits and goals to be relegated to the end of the line.

Whether these are artistic pastimes, sports or stamp collecting, they fulfill an important purpose in our lives. In the case of the arts, our hobbies allow us to explore our imaginations in a way that our everyday routines may not provide for. This, in turn, can inspire us as we go about our daily lives. Sports can be an opportunity to develop discipline by improving one's skills while having fun and receiving the benefits of exercise. A more sedate hobby, such as stamp collecting, can put one in a relaxed state of mind that allows your body and mind to recharge.

These activities all share common benefits too. Each of us will usually choose a hobby that is related to who we are as a person. Therefore, the pleasure that we derive from our hobbies has important psychological and emotional benefits that affect all aspects of our lives. Our daily routines can become predictable, so a new activity is a great way to inject passion and enthusiasm back into our lives. We can meet new friends through our activities by joining an arts group, playing on a sports team or joining a local club or online community devoted to our chosen pastime. Pursuing an activity that is outside of our daily routines can also be a great way to enable new ideas to come to mind that benefit other aspects of our lives. Our brains are stimulated by new or different activities and this can cause a new approach to a situation or solution to a problem to spring to mind.

How do you find time for a new activity? Begin by taking small steps such as devoting some of the time that you spend watching television or surfing the net to your new activity. This requires willpower and planning but you can find time by making time.

[Ed Lettner owns The Music Studio in Etobicoke which has offered music instruction since 1990. He is an honours graduate of the Humber College Institute of Technology music program. For information about the programs at The Music Studio, please call 416-234-9268, email: \[ed@themusicstudio.ca\]\(mailto:ed@themusicstudio.ca\) or visit \[www.themusicstudio.ca\]\(http://www.themusicstudio.ca\)](#)

MABELLEarts Giver Get Together

At the Vibe Centre in Islington Village on October 20 an evening was organized to thank MABELLEarts supporters, share some updates and celebrate an amazing summer of arts activities. Kudos to Leah Houston, Artistic Director, staff and volunteers for a wonderful evening celebrating all that is MABELLEarts, one of our Gems of Etobicoke-Lakeshore!





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THIS MESSAGE FROM

VILLAGE OF ISLINGTON

www.villageofislington.com

Dundas W. Montgomery Road to Kipling

Montgomery's Inn Calendar of Events Winter 2016

4709 Dundas St. West, 416-394-8113

Tea Time at the Inn Sundays 1 – 4 p.m.

On offer is a choice of a sweet plate or a savoury plate. \$7 plus HST.

Montgomery's Inn Indoor Winter Farmers Market Every Wednesday from, 2 to 6 pm Holiday Farmers' Market & Gift Sale

Wednesday, December 7, 2 to 7 pm Artists & artisans join our regular farmers' market vendors for a special holiday event.

Fret Not Ukulele Night

First Thursday of the month, 7 – 9 pm

Our monthly ukulele gathering – the first Thursday of every month, with Doctor of Music Chris Wilson. Come, sing, laugh, and make music. Bring your uke, but if you're just testing the waters and don't yet own one, let us know and we'll loan you one for the night. Free chord workshop 6-7pm

Gingerbread House Workshop

Saturday December 3, and Sunday December 4, 11 am, 1 pm or 3 pm

Decorate your family's dream house all together. \$30 per house plus HST, pre-registration only.

Carols in the Tavern

Saturday December 3, 7:30 pm

Get some Christmas Spirit in the Tavern while you sing some nineteenth century carols and sip a historic drink. \$20 plus tax, savoury treats, mulled cider, cash bar for historic drinks. Pre-registration only.

Jane Austen Christmas Supper

Friday December 16, 4:30 pm to 6:30 pm and 7:30 pm to 9:30 pm

Enjoy the pleasures of the Georgian table during the festive season, supping by candlelight and the comfort of an open fire. Register at www.JaneAustenDancing.ca or (416) 578-1031

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St. George's On-The-Hill 2016 Christmas Services

Sunday, December 4th – 4 pm Christmas Musical Celebration

Join us and the very talented St. George's On-The-Hill choir, under the direction of Karen Rymal along with the 1st Etobicoke Scouts as we kick off the season in song with another magnificent benefit concert to help families and children in need in our community.

Wednesday, December 14 – 11:00 am Seniors' Eucharist and Christmas Lunch

Wednesday, December 14 – 7:30 pm Festival of Nine Lessons & Carols

A beloved traditional selection of carols and readings

Sunday, December 18 – 10:30 am Christmas Pageant & Eucharist

Wednesday, December 21 – 7:30 pm Longest Night-Blue Christmas Service

A healing service for those who find the holiday season a difficult time. Whether you struggle during the holidays, or if you know some one who does, join us for a service to bring some peace. All are welcome.

Thursday, December 24

4:00 pm – Family Service with Eucharist

10:00 pm – Traditional Christmas Service with Eucharist

Friday, December 25

10:30 am – Eucharist

For more information, visit our website at www.stgeorgesonthehill.ca or 416 239 2341 x 2.

The Etobicoke Centennial Choir Henry Renglich, Music Director presents Sacred Traditions 2016

The Etobicoke Centennial Choir's celebratory 50th anniversary season begins on Saturday, December 10, 2016 at 7:30 pm with 'Sacred Traditions 2016', a joyful celebration of the holiday season.

Featured works include Benjamin Britten's classic gem, A Ceremony of Carols, with harpist Angela Schwarzkopf, and a selection of contemporary carols by Barry Gosse, long-time conductor of the ECC, amongst others. Audience carol sing-alongs will raise the rafters and kindle the spirit of the season.

The ECC will be joined by the superlative sounds of the Etobicoke School of the Arts Chamber Choir, including a joint performance of the stunningly beautiful Ave Maria by Franz Biebl.

Doors open at 6 p.m. for the annual Christmas Marketplace, including delicious baked goods, seasonal gifts, and arts & crafts.

This event will take place at Humber Valley United Church 76 Anglesey Blvd., and tickets are \$25.00, general admission. Family and group rates are available.

Call (416)769-9271 to pre-order or order online at www.etobicokecentennialchoir.ca

Seasons Greetings from the BIA!

Join us for a festive afternoon of music and good cheer at Creative Village Studio 4895 Dundas W. on Saturday December 10th, 2-4 PM. Enjoy performances by the students of the Music Studio in the spirit of the season!

Presented by the Music Studio, Creative Village Studio and the Village of Islington Business Improvement Area (BIA).

For more info contact info@villageofislington.com or Linda at 647-703-4802 or Ed of the Music Studio ed@themusicstudio.ca 416-234-9268

Village of Islington – Toronto's Village of Murals BUSINESS LISTINGS 2016

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Nice Digzz Pet Daycare & Grooming 5094 Dundas W 647-867-3644

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Mabelle Arts 5005 Dundas W 647-989-0807

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Dundas Hair Salon 5086 Dundas W 416-236-5086
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The Music Studio	6 Burnhamthorpe Rd	416-234-9268

INSURANCE

Brian McGowan Insurance Brokers Inc.	4894 Dundas W, #200	416-236-8282
Horizon Insurance Brokers Ltd.	4941 Dundas W	416-239-2988
The Co-Operators, Lola Macanowicz Insurance & Financial Services	5048 Dundas W	416-234-2777

LEGAL SERVICES

D'Avella, Anthony – Barrister & Solicitor	4920 Dundas W, #306	416-234-2198
Direct Action Legal Services	5142 Dundas W	416-503-9393
Heakes Housley Law Office	5150 Dundas W	416-249-2237
Kns Legal Services	4891 Dundas W	647-341-8666
Medhekar, Archana – Barrister & Solicitor	4889 Dundas W, #2	416-977-4204
Miroutenko, Oksana – Barrister & Solicitor	4920 Dundas W, #305	416-234-9555
Pratt, Thomas W.G. – Barrister & Solicitor	4889A Dundas W, #4	416-239-6811
Schneider, Manfred S. – Barrister & Solicitor	4920 Dundas W, #301	416-233-3232
Sultan, Mak – Barrister & Solicitor	4891 Dundas W, #1	416-237-1984
Tyron Crawford, Lawyer & Notary	4945 Dundas W	416-760-8118

PHOTOGRAPHY

Helium Video	5048 Dundas W	416-460-9881
MKG Photography	4953 Dundas W, #104	905-609-2030

PHOTOCOPIES, PRINTING

Reprodux	5050A Dundas W	416-231-9203
The Printing House	5120 Dundas W	416-231-3303

PRIVATE INVESTIGATORS

Venturex Field Services	4891 Dundas W, #6	416-253-1713
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PLUMBERS

Proserv Plumbing & Drain Service	5174 Dundas W	416-236-5373
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REAL ESTATE

Royal LePage West	5110 Dundas W	416-233-6276
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RENTALS – COMMERCIAL / RESIDENTIAL

Emimax Holdings Inc.	4879 - 4901 Dundas W	905-278-3998
Islington Village Mall	4916 - 4946 Dundas W	647-710-2171
Links Living Properties / Stan Collini	4912 Dundas W	416-503-4444
Maxemum Property Management	4937 - 4959 Dundas W	905-278-3998
Office Rentals	5150 Dundas W	416-575-3044
Studio West	4889B Dundas W	
TAPESTRY, VILLAGE GATE WEST	15 Summerland Tce	416-777-2911
The Kip District Condo Sales Office	5143 Dundas W	416-207-1919
Village Gate West Rental Office	11 Dunbloor	416-239-0008
Village of Islington Business Excellence Centre (VIBE)	5048 Dundas W	416-234-8423

RESTAURANTS, COFFEE SHOPS, PUBS & BISTROS**BAKERIES, DELIS, MARKETS – FOOD & CONVENIENCE STORES**

A.F. Home Bakery	5168 Dundas W	647-430-3611
Ali Baba's	4928 Dundas W	416-690-1026
Dairy Milk Convenience Store	5066 Dundas W	416-239-9706
Espresso Bakery & Deli	4980 Dundas W	416-236-3183
European Patisserie – custom cakes & desserts	5072 Dundas W	416-783-9377
Lucky Buck Plus – dollar convenience store	4909 Dundas W	416-236-2702
Miss Natalie's Tropical Cuisine	5118 Dundas W	416-260-9444
Medium Rare	10 Burnhamthorpe Rd	416-231-1500
Neighbours Fine Foods	4917 Dundas W	416-234-9146
Rabba Fine Foods	4869 Dundas W	416-234-0609
Tasty Market & Falafel	4922 Dundas W	416-207-0001
Traditional Korean Bakery	4992 Dundas W	416-233-8883

COFFEE SHOPS & TEA ROOMS

European Patisserie – custom cakes & desserts	5072 Dundas W	416-783-9377
Joe's Pastizzi Plus	5070 Dundas W	416-233-9063
Montgomery's Inn Tea Room	4709 Dundas W	416-394-8113
Second Cup	4850 Dundas W	416-232-2224

DELIS, SUBS & SANDWICHES

Ali Baba's	4928 Dundas W	416-690-1026
Anatolia (take out)	5122 Dundas W	416-207-0596
Espresso Bakery & Deli – eat-in, take-out	4980 Dundas W	416-236-3183
Miss Natalie's Tropical Cuisine	5118 Dundas W	416-260-9444
Subway	4927 Dundas W	647-344-8368

FINE DINING

Anatolia – Turkish cuisine	5112 Dundas W	416-207-0596
Cirillo's Culinary Academy	4894 Dundas W	647-430-8795
Cirilios	4900 Dundas W	416-232-2250
Mai Bistro	4906 Dundas W	647-343-3130
Village Trattoria – Fine Italian cuisine	4903 Dundas W	416-236-2609

FISH & CHIPS

John's Fish 'n' Chips	5090 Dundas W	416-231-3474
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PIZZA

2-4-1 Pizza	4909 Dundas W	416-241-0241
Mamma's Pizza	4986 Dundas W	416-231-4545

PUB FARE

6th Street Pub N Grill	4923 Dundas W	647-348-6612
Beer N Wings	5164 Dundas W	416-236-2627
Fox and Fiddle, Precinct	4946 Dundas W	416-207-9990
St. James Gate Irish Pub	5140 Dundas W	647-350-5140
Tessie McDaid's Irish Pub	5078 Dundas W	416-207-1111

SUSHI BARS / JAPANESE & KOREAN CUISINE

Cho Dang Soon Tofu	5130B Dundas W	416-234-1161
Gohyang Korean Restaurant	5096 Dundas W	416-231-6660
I Love Sushi – all you can eat Japanese	4944 Dundas W	416-236-5400
Insadong Korean Restaurant	4941 Dundas W	416-746-0777
Sikgaek Korean Noodle	4925 Dundas W	416-805-1452
Sushi Osaka	5084 Dundas W	416-233-2727
Toji Sushi	5088 Dundas W	647-348-8654

TAKE-OUT

Ah So – "Sushi to go" at Rabba's	4869 Dundas W	416-234-0609
Ali Baba's	4928 Dundas W	416-690-1026
Chinese Food Gallery	5138 Dundas W	416-236-3838
Churros & Fries – at Neighbours Fine Foods	4917 Dundas W	416-234-9146
Medium Rare	10 Burnhamthorpe Rd	416-231-1500
Miss Natalie's Tropical Cuisine	5118 Dundas W	416-260-9444
Tasty Market & Falafel	4922 Dundas W	416-207-0001

SALES & MARKETING

Aldert Chemicals Ltd.	4889 Dundas W, #5	416-236-4222
Heinemann Electric / D.T. Shaw Co. Ltd.	5150 Dundas W, #306	416-231-2706
Mock Marketing & Sales	4953 Dundas W, #101	416-234-2790

SENIORS LIVING

TAPESTRY AT VILLAGE GATE WEST	15 Summerland Tce	416-777-2911
The Seniors Store	4974 Dundas W	416-231-1300

SPORTS

True North Hockey Canada – adult league	4920 Dundas W, #304	416-231-8642
Sunburst Yoga	5128 Dundas W	647-544-3340

TAXIS, TRANSPORT

Etobicoke Taxi	4891 Dundas W, #1A	416-252-7777
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TRANSLATORS AND INTERPRETERS

A2Z Translation and Interpretation Services Corp.	4912 Dundas W	416-847-0102
The Interpreters' Group Inc.	4946 Dundas W, #200	416-233-8280

TRAVEL

Active Journeys Inc. (backpacking & biking)	4891 Dundas W, #4	416-236-5011
The Travel Depot	4959 Dundas W	416-239-7331

VACUUM CLEANERS

Etobicoke Service Centre – vacuum cleaners	5114 Dundas W	416-231-3056
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COMMUNITY LISTINGS**CHURCHES**

Anglican: St. George's on-the-Hill	4600 Dundas St. W	416-239-2341
Catholic: Our Lady of Peace	3914 Bloor St. W	416-239-1259
First Church of Christ, Scientist, Etobicoke	4480 Eglinton Ave W	416-236-4816
Iglesia Ni Cristo	310 Burnhamthorpe Rd	416-231-6006
Islington Baptist Church	50 Royalavon Cr	416-236-8801
Islington United Church	25 Burnhamthorpe Rd	416-239-1131
Jehovah's Witnesses	423 Burnhamthorpe Rd	416-622-6859
Mount Sinai Presbyterian Church	50 Royalavon Cr	416-767-7985
Olivet Church of the New Jerusalem	279 Burnhamthorpe Rd	416-239-3054
Presbyterian: St. Andrew's Islington	3819 Bloor St. W	416-233-9800
RC Parish of the Resurrection (Lithuanian)	1 Resurrection Rd	416-533-0621
Toronto Light and Salt (Korean) Church	910 Islington Ave	647-272-0191

COMMUNITY GROUPS, CLUBS & SERVICES

Arts Etobicoke	4893A Dundas W	416-622-8731
Creative Village Studio	4895 Dundas W	647-351-4362
Etobicoke Historical Society		416-621-6006
Etobicoke Horticultural Society Marta Krywonis		416-695-9514
Etobicoke Humane Society	1500 Royal York Rd	416-249-6100
Etobicoke Lawn Bowling	1313 Islington	416-239-5315
Humber River Shakespeare Co		416-209-2026
Islington Residents and Ratepayers Carolyn McGee		416-233-7468
Islington Seniors' Centre	4968 Dundas W	416-231-3431
Mabelle Arts	5005 Dundas W	647-989-0807
Royal Astronomical Society of Canada	4920 Dundas W, #203	416-924-7973
Royal Canadian Legion, Branch #210	110 Jutland	416-231-2021
T Montgomery's Inn	4709 Dundas W	416-394-8113



Toronto's Village of Murals

www.villageofislington.com

Merchants located on Dundas W. between Islington and Kipling Avenues, please check and update your FREE online business listing.



The Village of Islington Business Owners Invite You to Shop Local, Spend Local, Eat Local, Enjoy Local & Support the Local Businesses that Support our Community!

Over 30 Restaurants, Pubs, Coffee Shops, Delis & Eateries
Professional Services ~ Retail Shops ~ Health and Wellness
Beauty and Spa ~ Community Services ~ And So Much More!

HAPPY HOLIDAYS FROM THE VILLAGE OF ISLINGTON!