How many of us were captivated by the determined Greta Thunberg, the 16 year old prospective Nobel Prize Winner and climate activist?

As a mother of two teens with drive and ideas of their own, I was spell-bound by the young leader who put her life on the line, grew her brand and has become synonymous with climate action as she pledges to call world leaders to her cause to address the real and imminent threats posed by the current climate crisis. I can’t get her words from her speech at the United Nations out of my mind, “How dare you steal my future!” Powerful words from a force we cannot ignore, the youth of today, emboldened to shape a better future.

But how does climate activism and real change happen? What are concrete ways everyone can make improvements right where we live?

I believe in starting where you are, using what you have and doing what you can. What can I change and what can I influence? Simple, but not so simple.

Right in our midst, there are many environmentally friendly “actions” that deserve our attention. Residents and business owners might be surprised to learn how much is actually happening in favour of a sustainable future despite constant news that we are not doing enough, or taking immediate action to save the planet.

Changes to public spaces, often require new approaches, attitudes and behavior – all these take time. These changes are starting to show up right across the city and evidence of positive changes can be found right in our own neighbourhood. Buying local can reduce your carbon footprint. Purchasing eco-friendly products is another way to tread lightly on the planet and vote for sustainability with your wallet. This issue will feature selected environmental initiatives in Etobicoke and across Toronto.

continued on page 03
Upcoming events at...

VIBE Centre
5048 Dundas St W, Etobicoke

Sponsored by
Lola Macanowicz Insurance & Financial Services

Thursday, April 23rd, 2020  VIRTUAL
Mortgages 101 For The Self-Employed
7:00 pm – Maria Pezza & Greg Johnston

Wednesday, May 13th, 2020
Networking & Connecting With The Canadian Women’s Chamber of Commerce
6:30 pm - 8:30 pm Wine & Cheese Drop In

Wednesday, May 27th, 2020
Accounting 101 For The Small Business
6:30 pm - refreshments & networking
7:00 pm Brock O’Reilly, CPA, CA

Wednesday, June 10th, 2020
Beyond Passwords - Secure Your Business
6:30 pm - refreshments & networking
7:00 pm - Elias Puurunen

Wednesday, June 17th, 2020
Networking & Connecting With The Canadian Women’s Chamber of Commerce
6:30 pm - 8:30 pm Wine & Cheese Drop In

Tuesday, September 22nd, 2020
Mortgages 101 For The Self-Employed
6:30 pm - Refreshments & Networking
7:00 pm – Maria Pezza & Greg Johnston

MURAL TOURS
A Journey Through Time
Village of Islington Mural Walking Tours
Departing from VIBE Centre,
90 mins, fully narrated
Tuesday, June 9th – 7 pm
Wednesday, June 24th – 10 am
Wednesday, July 8th – 7 pm
Tuesday, July 21st – 10 am
Wednesday, August 5th – 7 pm
Thursday, August 20th – 10 am

Prefer to register via phone or email?
Call 416 234-2777 or 416 234-8423 or email info@vibecentre.ca or christine_idzik@cooperators.ca to register for any of these events.

Visit www.vibecentre.ca/evnts/ for more details on any of these events or seminars

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In Etobicoke Centre, we’re experiencing a revitalization of city lands destined to become improved green spaces. In ward 2/3, new parks are coming to the Six Points area as underutilized space is set to be reclaimed, turning it into park land. These proposed parks in the vicinity of Kipling Avenue and Dunbloor Road will be accessible to people in and around the Kipling Mobility hub, an area in great need of public greenspace and safe, walkable streets. More bike lanes, new sidewalks, and a new ~40,000 square foot civic square, planted medians will transform the area by providing increasingly walkable, safe and green public spaces.

Toronto City Council has endorsed bold leadership in environmental sustainability with its proposed net zero energy and carbon footprint target for the future Six Points developments. For more information about proposed changes to the area search Six Points Reconfiguration online or contact your city councillor.

Look up and around to see Toronto’s urban tree canopy which has increased from 26.6 to 28 per cent in 2008 to a range of 28 to 31 per cent; the tree population grew from 10.2 million to 11.5 million. City run forestry initiatives and not-for-profits such as Leaf.org help people to plant trees and shrubs right in their own yards, boulevards, ravines and other public spaces. Trees are important in mitigating harmful Co2 emissions.

Diversion of waste is another way we can limit our negative impact on the environment. Recycling used to be a way that people could feel good about the repurposing of trash they generate, but these days, not purchasing items wrapped in plastics or not using plastic bags is encouraged because this prevents use of wasteful materials at the outset. Moreover, the City is set to reduce and eventually eliminate single use plastics. That’s a new way of eliminating the use of fast-food containers. I don’t know how this will work out for many businesses that depend on customers on-the-go, but less trash in our public space or landfill is a good thing! Many restaurants have stopped offering plastic straws for drinks and some are permitting patrons to bring their own take-away containers to bring food home. Small efforts such as these indicate that change is possible.

City of Toronto Transportation services including the TTC & Go have started using hybrid busses and electric service vehicles are being piloted throughout the city. I always enjoy seeing the cops on bikes and horses but that is not the answer to our climate emergency! Tesla automobiles are leading the way and the market for electric vehicles can’t seem to keep up with demand. It appears as though science, innovation and the will power to make such positive change is gaining momentum, and I anticipate that interest in developing fuel alternatives and the need for vehicles that run on cleaner energy will keep pace.

Right in our own backyard, efforts are being made to support the environment. Community partners such as the Islington Golf Club and nearby Islington United Church have been hard at work on many, well-established green projects in the last few years. Mabelle Park, Arts Etobicoke and Montgomery’s Inn have been involved in such efforts with market vendors, pollinator gardens and creative ways to work in nature including arts and movies in local – Mabelle and Tom Riley parks.

While some may believe that ad hoc environmental efforts seem inconsequential, my glass-half-full optimism believes in the youth of today to fight for a better tomorrow. The planet earth we know and love has changed and will continue to change, but it is the quality of life for humans and the resources humans require that will have to adapt in ways that only future generations will know. Don’t we owe it to them that to fight for this planet especially if our efforts are relatively easy compared to the damage to occur from not acting now?

While change can feel difficult, remember when smoking was allowed everywhere? Let’s think about our beliefs, attitudes and small changes to our behavior that can yield tremendous collective impact. The best way to opt for more environmentally friendly alternatives is to use your wallet to say yes or no to products or services that support a better future. Now I’m off to my backyard to plant a tree!

More Information about Green Initiatives
For many years the city hosts environment days for the community to safely dispose of eWaste, toxic waste, pick up free compost and learn about energy saving strategies. Ward 3’s community environment day will be held on May 2 from 10am – 2pm at Etobicoke School of the Arts. Contact Councillor Grimes or Hollyday for more information.

LEAF - Local Enhancement and Appreciation of Forests www.yourleaf.org
This not for profit helps business and home owners plant trees on private property

Credit: © 2017 Meghan Lockington-Minns
Caption: Adelyn and Matilda Minns can’t wait until their Freeman maple grows its spring leaves once again!
Enlisting our Children in the Protection of the Environment

Why Environmental Education is Important
In this technological age children grow up largely indoors and are more disconnected from nature than ever before. The question becomes: How can we expect our children to care for and protect our environment when they are so far removed from it? It is our job as parents and educators to connect children with the environment and educate them on how our choices and actions impact our forests, oceans and atmosphere. We need to adequately prepare our children for the earth they will inherit and keep it safe for future generations. There are small steps we can take to educate and inspire children to care about our earth and make the necessary changes to reduce their carbon footprint.

Two Educational Activities to Connect Children with Nature and the Environment

Tree Planting
Planting a tree with your children is an opportunity to give something back to the environment. Talk to your children about the ecological benefits of trees and how this simple task of planting a tree helps to preserve and protect our environment. For example, “Did you know that one mature tree produces enough oxygen to keep our family of four breathing for a whole year?” You can also explain that not only do trees give us fruit, but they also provide food, shelter and a habitat for birds and wildlife!

Gardening
Gardening is an excellent way to teach children about environmental awareness and help them understand the workings of nature through exploration. Not only are children naturally curious and learn best by doing, but they also love to get messy and play in the dirt! Through gardening children will learn about the responsibility of taking care of plants, and what they need to grow healthy. They will be most interested in observing the lifecycle of a plant, watching the transformation as the plant grows and evolves over time.

For information on local events, initiatives, and what I’m working on at City Hall, sign up for my weekly eNews

Get in Touch 416-397-9273
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Put a ‘spring in your step’ with an afternoon of music on Sunday, May 31, 2020 at Humber Valley United Church, 76 Anglesey Blvd. Starting at 2:00 PM, the Chancel Choir and Soloists, under the direction of Humber Valley’s Director of Music, Jill Diane Filion, present ‘Fascinating Rhythm’ with lots of toe-tapping, hand clapping, finger snapping, no napping tunes!!!

Refreshments to follow the performance.
Tickets – $20
Available at the church office or call 416-231-2263 ext. 39
The church is wheelchair accessible.

Shredding day at Humber Valley
Wasteco’s commercial, cross-cut shredder truck is coming to Humber Valley United Church parking lot, 76 Anglesey Blvd. on Saturday, May 30 from 9:00 am to noon. The process will be safe, secure and economical.

Cost will be $10 per Banker’s Box or equivalent (25 – 30 pounds of paper). This is about half the cost of other commercial shredding locations.

Bring your documents in boxes, bags, or any other container. Wasteco will estimate the equivalent number of Banker’s Boxes and charge you accordingly.

What should you shred? Income Tax records that are older than 6 full years; bills, receipts, and anything else that has your bank account and/or credit card numbers; e-mails that have your e-mail or those of family and friends; confidential health information, and anything you wouldn’t be comfortable having others see.
Questions? Leave a message on 416-231-2263 Ext. 39

The 21st annual Doors Open Toronto presented by Great Gulf returns on Saturday, May 23rd and Sunday, May 24 to showcase some of the most architecturally, historically, culturally and socially significant buildings across the city.

The Village of Islington BIA will offer free mural trolley tours beginning at 11am until 4 p.m. departing from Montgomery’s Inn 4907 Dundas W. on May 23rd and 24th. These tours feature how mural art has revitalized local buildings to create a five block outdoor art gallery.

More details including a complete list of this year’s buildings, walking tours, talks and programs will be available on May 1 at toronto.ca/doorsopen. Tickets available after May 1st. Visit Jane’s Walk on Facebook. Check in at the welcome tent in the parking lot beside the red trolley.

For more information www.villageofislington.com
@villageofislington
#villageofmurals #villageofislington #DOT20
@doorsopenTO @doors_openTO @doors_opento/

The two goals for the federal government right now.
As Dr. Theresa Tam, the Chief Public Health Officer of Canada says, we are #caremongering in Canada but we need everyone to continue doing their part.

Wash your hands, stay at home, practice social distancing when you do go out and self-isolate for a full 14 days if you feel ill or have returned from travelling. It’s that simple. We can deal with this together.

#caremonger: Phone shut-ins (particularly seniors if they are alone) to see if they need anything.

Stay up-to-date and see all the ways the federal government is responding to this situation by visiting canada.ca/covid19 or contact my office. Sign up for my emails at: https://jmaloney.liberal.ca/email-updates/

I am here to help.

James Maloney
M.P. ETOBICOKE-LAKESHORE
james.maloney@parl.gc.ca

To contact my office, please call 416.251.5510 or email James.Maloney@parl.gc.ca
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New tree canopy study shows increase in Toronto's tree population

This January the Toronto City Council adopted a report on Toronto’s tree canopy that shows the city’s urban forest canopy cover and tree population have grown over the last decade.

In general, the results of the tree canopy study are encouraging. The City’s investment in Toronto’s urban forest has grown from an annual budget of $31.1 million in 2008 to $68.7 million in 2018, for a total 10-year investment of $605.6 million. This commitment to maintaining, sustaining and growing the urban forest has directly supported the positive findings and trends described in the 2018 Tree Canopy Study.

The City plants approximately 120,000 trees on public lands each year. The City also supports private tree planting and stewardship initiatives, resulting in more than 20,000 new trees planted on private property to date. Efforts to expand Toronto’s urban forest constitutes a valuable investment in the city’s future.

The study’s findings give staff the opportunity to evaluate what has changed in Toronto’s urban forest through a comparative analysis of the results of the first study, which was carried out in 2008. A summary of the 2018 study findings demonstrate that over the last 10 years:

• Despite the intense challenges experienced by Toronto’s urban forest, Toronto’s canopy cover and tree population grew. Canopy cover increased from 26.6 to 28 per cent in 2008 to a range of 28 to 31 per cent, while the tree population grew from 10.2 million to 11.5 million.

• Street trees make a significant contribution to the urban forest, with a 25 per cent increase in the number of the trees rated as good or excellent. Street trees provide $1.277 million in ecosystem services each year.

• The composition and condition of the urban forest has changed. While there was a slight increase in the proportion of larger-growing trees, the percentage of invasive species increased in parks and ravines.

• Impervious land cover such as pavement increased by 1.4 per cent across the city.

These findings have informed the City’s Ravine Strategy Implementation report and help support the City’s overall resilience to climate change.

The City’s Strategic Forest Management Plan 2012-2022 recommended that a tree canopy study be undertaken every 10 years in order to effectively monitor the Toronto’s urban forest sustainability and protection.

Canopy Study was undertaken by a consultant team made up of Lallemand Inc./Bioforest, KBM Resources Group and Dillon Consulting Limited in collaboration with the City and stakeholders.

The City continues to recognize the importance of the tree canopy. Council reaffirmed a 40 per cent tree canopy target by 2050 as part of its commitment to protecting the local economy and ecosystems, and improving Toronto’s resilience to climate change.

Future decisions to grow, protect, and enhance Toronto’s urban forest will require partnerships, robust policies and a commitment to protect the growing space for urban forest expansion. City staff will continue to review the findings, analyze both positive and negative trends, and use them to inform ongoing urban forestry planning.

Parks, Forestry and Recreation has produced a public-friendly document called CanopyTO to share a summary of the 2018 Tree Canopy Study findings. CanopyTO is available at https://www.toronto.ca/legdocs/mmis/2020/ie/bgrd/backgroundfile-141367.pdf.

Environmental Highlights from City Council Jan. 29, 2020

Plan for implementing ravine strategy
Council unanimously adopted an implementation plan for the Toronto Ravine Strategy guiding the cleanup and protection of the city’s extensive ravines. The plan addresses the need for enhanced services for litter collection and control of invasive species in ravines. Among several amending motions that were adopted with this agenda item is one calling for the 2020 Clean Toronto Together campaign to place an emphasis on ravine cleanup, and one proposing discussions about having schools adopt their local ravine and help support ravine sustainability and protection.

Toronto’s growing tree canopy
Council adopted recommendations and amendments concerning the city’s tree canopy, informed by a recent study that includes data indicating Toronto’s urban forest increased from 10.2 million trees in 2008 to 11.5 million trees in 2018. The City is committed to pursuing partnerships and policies that will help protect growing space for Toronto’s urban forest. Council also adopted recommendations in two related agenda items, one about the role of City bylaws in protecting trees and another about federal funding to support the City’s goals for the tree canopy.

Next step for Rail Deck Park
Council unanimously adopted recommendations to continue negotiating to acquire 1.2 hectares of air space above the Union Station rail corridor as part of an envisioned eight-hectare park the City wants to create between Bathurst Street and Blue Jays Way in downtown Toronto. Council authorized the use of expropriation if needed to move forward with securing the 1.2 hectares of air space. The park’s creation is to be phased to help manage the project’s anticipated cost and complexity.
Join a Jane’s Walk or Lead Your Own on May 1-3 2020
By Linda Plater

Jane’s Walk, the annual festival of free, community-led walking tours inspired by urban planning pioneer and activist Jane Jacobs, returns to the Village of Islington on May 1st-3rd. Jane’s Walks celebrate the diverse communities and neighbourhoods of the GTA by encouraging people to people to tell stories about their communities, explore their cities, and connect with neighbours.

“Anyone can lead a walk. All it takes is passion for history, culture, and community. Jane’s Walks are a fantastic opportunity to connect with others and celebrate what makes neighbourhoods special,” says Festivals Walk Leader Manager, Cheryll Case. To learn more about leading a Jane’s Walk, visit JanesWalk on Facebook.

Our BIA guides will host two Jane’s Walks this year, one on Saturday and one on Sunday. Walkers will hear about the 28 murals that depict the story of the neighbourhood and span the 5 blocks of Dundas Street between Kipling and Islington Avenues.

The majority of the murals were painted by John Kuna, as part of a project initiated by the Village of Islington BIA that began in 2004. More information can be found about the project on the Village of Islington website: www.villageofislington.com.

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The COVID-19 situation is changing rapidly and by the time you read this there will be further developments, however I want to highlight some of the efforts being made, sources for accurate information, and resources available in these uncertain times.

Please sign up for my eNews at markgrimes.ca for direct updates on COVID-19.

If you think you may have COVID-19 consult the Province’s online assessment tool at ontario.ca/coronavirus or call Telehealth Ontario 1-866-797-0000.

State of Emergency
On March 23, 2020, Mayor Tory declared a State of Emergency for the City of Toronto. This declaration of emergency provides City staff with flexibility to access resources quickly to continue keeping the city functioning and safe. The Province declared an emergency on March 17, which allows the province to close establishments and limit public gatherings.

Impact on Non-Essential City Services
On March 17, the City of Toronto temporarily suspended all non-essential services and will not accept any new non-emergency service requests. All critical and emergency services like police, fire, paramedics, garbage collection continue.

Closures
Toronto has temporarily closed all licensed childcare facilities, libraries, community centres, City Hall and all Civic Centres.

The Province has mandated all non-essential businesses to temporarily close. Essential businesses including grocery stores, pharmacies, telecoms, transportation, some construction, and restaurants that can provide delivery or take-away can continue to operate.

The Federal government has temporarily closed the Canada/USA border to non-essential travel.

Support for Residents & Businesses

City of Toronto
- Granted 60 day grace period for residents and businesses on property tax and utility bill payments, retroactive to March 16, 2020.
- Economic Support and Recovery Task Force will identify further actions to support businesses and residents during the pandemic.
- Ensuring non-essential businesses are complying with orders to close.
- Partnering with social service agencies to support seniors, vulnerable tenants, and homeless.
- Opening childcare spaces for frontline healthcare workers.

Province of Ontario
- Providing protected leave, without a sick-note, for employees in isolation or quarantine, or who need to be away from work to care for children or relatives, retroactive to January 25, 2020.
- Suspended all eviction notices until further notice.
- Introduced virtual learning opportunities for students K-12
- Invested $304 million for increased hospital capacity, more testing and screening, and protection for frontline workers and first responders
- Temporarily suspended on-peak hydro rates so all residential and small business customers will pay off-peak rate 24 hours/day.

Government of Canada
- Emergency Care Benefit up to $900 bi-weekly up to 15 weeks for workers who must stay home and do not have access to paid sick leave.
- Emergency Support Benefit for those ineligible for Employment Insurance and face unemployment.
- Extending tax filing deadline to June 1st and allow all taxpayers to defer until after August 31st.
- Providing 6 month, interest-free moratorium on Canada Student Loans payments.
- Reducing minimal withdrawals from RRIFs by 25% to help seniors access retirement savings.
- Providing flexibility to lenders to defer mortgage payments.

These are just a few of the actions to support Canadians through the COVID-19 pandemic. Please visit the following links for further details.

City of Toronto: toronto.ca/covid19
Province of Ontario: ontario.ca/coronavirus
Government of Canada: canada.ca/coronavirus
Linda Says Au Revoir!
By Linda Plater

As I prepare to open the next chapter in my life, I reflect on my colourful and rewarding experiences serving as the Coordinator for the Village of Islington Business Improvement area (BIA). Its people, projects and the neighbourhood mean so much to me. Since 2012 as part-time Coordinator of the Islington BIA, I have helped the volunteer board of directors to deliver many improvements to the area located between Montgomery Road and Kipling Avenue on Dundas West.

New to mural art projects, I lead a partnership with historians and community members tasked with producing the Battersby's March mural by John Kuna on the wall of the CIBC 4914 Dundas W. which won the Toronto Association of BIAs best mural in 2012. In total, I’ve participated in mural making for seven murals: Fishing in Mimico Creek, Faces of Islington, Golfing in Islington, Ordinary Folk, Mimico - Flight of the Passenger Pigeon, and Butterflies are Free. Today the area boasts a collection of 28 murals, over 15,000 square feet of outdoor art, Toronto’s Village of Murals. In recognition of our history depicted in the murals, the BIA won the Heritage Toronto Award for Community Heritage in 2014.

Overseeing streetscape improvements, marketing and community outreach are the three pillars of a BIA Coordinator’s job. I was tasked with managing mural and tree lighting, new benches, litter bins, new mural plaques, branded art banners on hydro poles, floral and festive décor. Marketing the area to support all of our 200 members, was a big part of the job including social media management – handling twitter, facebook, Instagram, Google My business accounts and designing and delivering calendars, mural maps and bus shelter posters. Many of our Islington Times readers will have read my articles over the past eight years of this community newspaper which brings local news and events right to homes and businesses via Canada Post four times per year.

With so much local talent and interest in history, I recruited and trained a dedicated team of a dozen and a growing team of mural guides who host visitors at Doors Open Toronto or guided tours. Jane’s walks and other tours throughout the year. Montgomery’s Inn joined the BIA, the association expanded into the Six Points interchange and more developers and new businesses are setting their sights on our area.

It is with a great sense of pride that I bid farewell to this west Toronto community. Please welcome Franca Panacci who will continue to bring improvements to this dynamic and prosperous west end neighbourhood. She can be reached at 647-703-4802 or info@villageofislington.com or through the social media channels @ villageofislington.

While I look ahead to new adventures of my own, I am optimistic that a new, walkable, livable and green future is in store for the Village of Islington. To my friends, and acquaintances in the neighbourhood and especially to the BIA board of directors: Lola Macanowicz, Ed Letteor, Janet McKenzie, Melanie McIvor, Michael Wood, Gary Hepworth and Anna Leandro, please know that my heart remains with this community, I’m not far away. And for now I’m saying “au revoir” which means until we see each other again!

Did you know BIAs and their staff, volunteers and suppliers contribute an area’s vibrancy?
Although BIAs receive funding from the City, they operate independently from the city. Local property and business owners elect to pay a tax levy for BIA operations. Right across Toronto there are 83 distinct BIAs run by volunteers, paid staff or contractors who act as executive directors, managers or coordinators. These folks manage the day to day work of a BIA including everything from streetscape improvements, community events, marketing, permits, economic development and more.
**COMMUNITY CORNER**

**Farewell Linda Plater & Welcome Franca Panacci**
By Lola Macanowicz, BIA Chair

With spring comes fresh ideas and a new start, and this is true for our past BIA Coordinator, Linda Plater, who served the community since 2012. She is moving on to new chapter in her life but will not be far away because she lives nearby.

Linda’s keen interest in community and her willingness to explore new ideas while taking on challenges and hard work - always with a smile - have been assets to the Village of Islington BIA. She has been responsible for many firsts and lots of changes to our BIA. Linda has built strong partnerships with many local organizations such as Arts Etobicoke, Mabelle Arts, Creative Village, Rotary Club of Toronto West, Islington Seniors Centre, Islington United Church and Montgomery’s Inn.

Our business owners have been blessed by her efforts to help many of our businesses grow stronger through social media, our calendar, the mural map, directory, Doors Open Toronto, our annual merchant mingle and AGM. One of Linda’s biggest accomplishments has been to create and maintain a strong volunteer mural guide group who collectively have introduced thousands of visitors to the area over the past eight years.

With so many talents, interests and good health, the board of directors of the Village of Islington BIA is excited for Linda wherever her next chapter in life takes her. We are thankful for all her hard work; she will be missed.

Welcome to Franca Panacci, our new coordinator who brings a wealth of experience to her role in the Village of Islington. Franca was the coordinator for the Kingsway BIA for nine years and is a friendly long time Etobicoke resident. Some people may know Franca from her involvement in the Westway Horticultural Society and the Etobicoke Humane Society. Perhaps you’ve met her at Plant World where she worked sharing her knowledge of plants and shrubs. With the recent closure of Plant World, where Franca worked part-time, the BIA was fortunate to attract her to our area. We look forward to having Franca’s talent and dedication to community on our BIA team! Please extend a warm welcome to her when you meet her as she manages our BIA.

**Volunteers Wanted**
BECOME A LOCAL MURAL GUIDE
Laugh Learn Share the Fun of Toronto’s Village of Murals
info@villageofsling.com or 847-703-4802
Facebook @Villageofsling

**Mural Contest Winner**

*Congratulations to Deandra Battaglin Winter – Name the Mural Contest.*

Deandra tells us that Islington Village is the perfect neighbourhood to stroll through in any season. She's a relatively new resident to the area having settled just over a year ago but she feels that every time she walks along Dundas St W, she discovers something new about the area. The beautiful murals reveal the intricate history of our village with visual splendour, and Deandra like many local residents see, to find herself stopping to take in every detail. Even as the city changes around us, she feels that the past is honoured here in our village of murals. From the historic beauty of Montgomery’s Inn to the hallowed cemetery that tributes the founding residents, it seems that anywhere you look will bring you back to the simple beginnings of our lovely little piece of Toronto.

Deandra Battaglin in front of her favourite mural Briarly, Gone but not Forgotten
Hey Neighbour!

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Eating Seasonally
By Dr. Janet McKenzie

Globalization is a process that has been intensifying over the decades. Because of it, we can enjoy produce that would be out of season in Canada at almost any time of year. However, there are benefits to old-style seasonal eating.

Fresher Produce
Locally grown produce is harvested seasonally and quickly transported from grower to grocery store. Fresh produce tastes better and buying local means you are supporting the farmers in your area.

Dietary Variation
If your favourites are always available, you probably aren’t going to experiment much with unfamiliar items or those you are not so fond of. When you consume foods in season, you are more likely to broaden the variety of foods you eat because some of those favourites are not available. You could discover new favourites as a result, but more importantly, your varied diet will be more health-supporting than one that is limited.

Better Nutrition
Fresh produce and more dietary variation are factors that support better nutrition. Fresh produce has higher nutrient values than food that has been in transport for weeks. Dietary variation brings a broader array of nutrients into the diet.

Spring Vegetable in Ontario
The spring harvest in Ontario includes vegetables grown outdoors and in greenhouses, such as beets, cabbage, carrots, cauliflower, cucumber, lettuce, mushrooms, onions, parsnips, peas, peppers, potatoes, radicchio, rutabaga, spinach, sprouts, squash, summer squash, sweet potatoes and tomatoes.

Fiddleheads are an early spring delicacy in Ontario. While they can be grown commercially, wildcrafters also harvest them in forested areas, cutting the young ferns sustainably to preserve future crops. Fiddleheads are highly nutritious, offering antioxidants, omega 3 and omega 6 fatty acids, iron, potassium and fiber. They are naturally low in sodium. Fiddleheads are a traditional staple in diets internationally, and are harvested in Russia, France, Indonesia, Japan, Nepal and India as well as throughout North America.

To enjoy fiddleheads, wash them well, remove the paper husk and cook them thoroughly by boiling or steaming them for 12 minutes (steaming) to 15 minutes (boiling) until they are tender-crisp. Cooked fiddleheads can be served as a vegetable side dish, added to salads or pickled.

Use this spring as an opportunity to support our local growers by experimenting with seasonal eating.

Better Nutrition
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 medicine, and has taught at the Canadian School of Natural Nutrition.
Green Initiatives at Montgomery’s Inn
By Kate Hill

Farmers’ Market
Our Wednesday Farmers’ Market, started in 2013, continues to operate 50 weeks a year. In addition to commemorating the agricultural heritage of Etobicoke, the market was devised as a way to offer our community direct access to farmers selling wholesome, local foods. Nearly all of our farmers are certified organic. We allow absolutely no re-sale: More than half of our vendors are farmers selling only their own produce, the balance being small food producers (cheese makes, bakers, etc.). The environmental benefits of Farmers’ markets are many:

- At your market you can buy an amazing array of produce that you don’t see at the average supermarket: red carrots, a rainbow of heirloom tomatoes, purple cauliflower, stinging nettles, garlic scapes, watermelon radishes, duck eggs, wild mushrooms, and much more. It is a wonderful opportunity to savor the biodiversity of our planet.
- Reduced carbon footprint: Food at the farmers market is transported shorter distances and is grown using methods that minimize the impact on the earth. Most of the products come with little to no packaging.
- Humane treatment of animals: our farmers sell meats, cheeses, and eggs from animals that have been raised without hormones or antibiotics, who have grazed on green grass and eaten natural diets, and who have been spared the cramped and unnatural living conditions of feedlots and cages that are typical of large-scale animal agriculture.

Pollinator gardens & native species reclamation
One of the most exciting green initiatives of the last few years has been establishing a Pollinator Garden to attract bees, butterflies, hoverflies & other pollinating insects. Pollinating insects transfer pollen from plant to plant, which is vital for fertilization and seed production. Pesticides and loss of native species have contributed to the dying off of bees & other pollinating insects. The pollinator garden, full of low maintenance flowering native species (such as Black eyed Susan, milkweed, yarrow, etc.) helps pollinating insects by providing them with pesticide-free, native flowering plants throughout the growing season. This kind of garden requires less watering & maintenance than traditional gardens or lawns. You can even hold off on cutting down the dead flower heads in the fall, as they will provide seed food & shelter to small animals and birds throughout the winter.

Our garden was created by the Toronto Beekeepers (a part of Foodshare) and Montgomery’s Inn, working in partnership, supported financially by the Ontario Trillium Foundation.

We have also installed a number of Bee Hotels, made of reclaimed wood posts, installed to provide nesting space for solitary bees, such as Carpenter Bees. Since 2018 our garden volunteers have been fighting the good fight against a number of invasive species, primarily garlic mustard which had infested the berm of land sloping from the rear of the Inn down into Tom Riley Park. Garlic mustard, which is native to Europe, was originally brought to North America in the early 1800s as an edible herb. However, when allowed to run wild, it invades fields and woodlands, displacing native vegetation. Garlic mustard can change soil conditions to inhibit the growth of most other plants. Happily, we have now largely eliminated it from the area & re-introduced a variety of native species in its place. We have also recently added 2 compost piles for garden waste and 4 raised beds to act as teaching garden.

Music in Nature
By Ed Lettner

Musicians have been influenced by birdsong for centuries and the music of birds, and other species such as whales, is the focus of much interest and study by musicians and scientists.

“Spring”, from Vivaldi’s the Four Seasons and Beethoven’s Sixth Symphony, “Pastoral”, both feature references to birdsong and, The Pines of Rome, composed by Ottorino Respighi in 1923-1924 included instructions for what is thought to be the first use of pre-recorded birdsong in music. There is even a recording available entitled Bird Calls in Classical Music.

The rock band Pink Floyd used bird sounds on albums such as Ummagumma as did singer Kate Bush on her album, Aerial, and Paul McCartney in his song, Blackbird. Many other contemporary composers have also incorporated birdsong into their music.

There is much debate about whether birds are knowingly using the same musical scales that human music is based on or whether it is simply a coincidence. Musician David Rothenberg, in his book Why Birds Sing, claims that birds consciously choose notes to form scales when singing although there are others who believe that the notes sung by birds are simply a product of the limited structure of their vocal cords and thus are not selected by birds.

Whale vocalizations are often referred to as music but not in a human sense as with birds. Whale music however, is likely the most complex of all music in nature. A whale song consists of groups of four to six sounds of varying lengths and pitches that are joined to create a phrase which is then repeated to form a theme. Several themes are then connected creating a song lasting about 30 minutes. A whale will perform the same song for several hours or days. A pod of whales will all sing the same song which will gradually evolve over time with changes in pitch and volume.

So, whether you believe that songs in nature should be considered human music or not, I think we can all agree that it’s music to our ears.

Ed Lettner owns The Music Studio located in the Islington Village Plaza 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 or visit www.themusicstudio.ca
Consider saving for your child’s future with a Registered Education Savings Plan (RESP) and keeping material gifts to a minimum this holiday season and throughout the year.

Over the years, the demand for post-secondary education in the job market has increased. Close to 70% of all new jobs now require some form of education after high school, but the cost of education continues to rise. With an RESP, your savings grow tax deferred, and can be used for a variety of qualified educational programs.

**What are the benefits of opening a RESP?**

**Access to government grants**
Your RESP contributions may qualify for the Canada Education Savings Grant (CESG), which adds 20% of your annual contribution up to $500 per child per year, plus the potential to receive additional unused grants from previous years. You may also qualify for the Additional Canada Education Savings Grant (A-CESG) and Canada Learning Bond (CLB).

**Tax-deferred investment growth**
RESP contributions grow tax free over the life of the plan. When your child makes withdrawals to pay for education, they’re responsible for taxes on the growth and grant portions of the plan only. Because he or she will likely be reporting a low income while attending school, the amount of tax they can expect to pay should be minimal.

**Flexibility and control**
Choose an Individual plan for one child or a Family plan for two or more children. You have complete control over how much you contribute each year, up to a lifetime limit of $50,000 per child. Invest in a range of portfolios that offer various degrees of risk and potential return, including socially responsible investments.

**What if my child doesn’t go to college or university?**
You may be able to name another beneficiary or, in some cases, transfer the RESP earnings to your RRSP if you have the available room.

**The right choice for your child’s future.**
Access to grant money and tax deferred growth can certainly multiply that original “gift.” Investing in your child’s post-secondary education will be a gift that will keep on “giving” throughout their entire lives.

To find out more about how to open a RESP for your child, connect with your financial advisor.

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 or email lola_macanowicz@cooperators.ca,

Visit us at 5048 Dundas St W, Etobicoke,
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Islington Golf Club: On and Off the Green

By Nancy Moniz

Goodbye winter at Islington Golf Club, when golfers stay sharp at the indoor Golf Academy, the turf lies dormant and foraging animals appear, and Mimico Creek gently flows under thin ice. We anticipate the arrival of spring, which will not only signal the start of golf season but also the return of the 2020 RBC Canadian Open from June 8-14.

It’s a week of action and high energy, with Islington Golf Club hosting the practice facility and the tournament rounds played at neighbouring St. George’s Golf and Country Club. We’re welcoming back some of the top PGA Tour players to our club—our green escape from a bustling city!

The RBC Canadian Open last visited our neighbourhood in 2010. Since then, Islington Golf Club has grown and transformed. First opened in 1923 on the Appleby family’s farm, revered Canadian course architect, Stanley Thompson, worked with the natural contours of the farm’s rolling hills and designed a parkland-style golf course.

Today, the course is 120 acres of mature green space, with a 2000+ mature tree canopy. There have been a few modifications over the years, at times the result of challenges served up by Mother Nature. Turf can easily absorb and filter runoff water during and after storms, but the course’s ability to withstand the impact of Hurricane Hazel in 1954 and rebound after the record-breaking rainfall of the Toronto flood of 2013, for example, is a testament to the resilience of and the membership’s passion to preserve this urban green space.

One of the wonderful features of the course lies beyond the playing surface made up of manicured tees, lush fairways, quality greens and thick rough. Skirting alongside the holes is an important wildlife habitat that provides nesting sites, shelter, food and water to an amazing number of species—from hawks to foxes to butterflies—that migrate through or make the course their home. To assist with promoting biodiversity, we plant wildflowers, native shrubs, grasses and trees, and, last summer, installed several beehives alongside our pond. Mimico Creek has weaved through the local topography, even before the club opened in 1923, but the creation of our Appleby Pond to serve as a reservoir for the course expanded the flora and fauna we enjoy, including glimpses of swans and frogs. A quick golf cart drive from our pond is the Friendship Garden, a garden bursting with spring colour initiated by our members as a tribute to the fellowship at the club.

Islington Golf Club’s environmental stewardship extends beyond the course perimeter to the community at large. We recognize our responsibility and the importance of investing in the care of our corridor of green space in the city of Toronto. It goes without saying that nature has an important role in a city, and so can a golf club: golf courses help to cool urban areas, absorb storm water, and clean both the water and air. But it also is a place to play and relax under the calming influence of nature.

As we dream of the warmer days ahead and golfers tuning up for the season, we take comfort in the knowledge that the golf season is just around the corner. We’ll soon be reconnecting with golf buddies and savouring a slice from our wood-burning pizza oven, while looking over the course from our sunset-facing, newly renovated patio.

If you would like to discover more and experience Islington Golf Club, please contact our Marketing and Membership Administrator, Ashley Papadamou, at 416.231.1114 ext. 205 or membership@islingtongolfclub.com.

Islington Golf Club was awarded the 2019 National Club of the Year by The Canadian Society of Club Managers (CSCM) for its innovation, leadership, social responsibility, and contributions to golf in Canada.