

ISLINGTON TIMES

Volume 08 • Issue 01 • Spring 2020 Edition



Is the Future Green?

Brenna & Alden, LEAF staff planting trees & shrubs in backyards across Toronto

By Linda Plater

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.

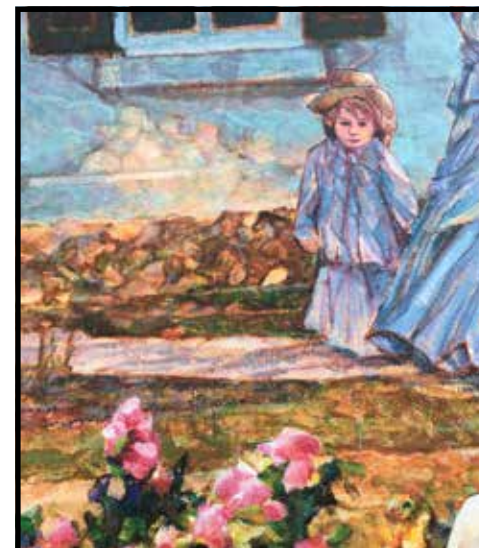
But how does climate activism and real change happen? What are concrete ways everyone can make improvements right where we live?

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 businessowners 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



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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
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6:30 pm - 8:30 pm Wine & Cheese Drop In

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More on local green initiatives

By Linda Plater



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.



Credit: © 2017 Meghan Lockington-Minns
Caption: Adelyn and Matilda Minns can't wait until their Freeman maple grows its spring leaves once again!

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



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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.



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'Fascinating Rhythm' at Humber Valley United Church

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



Doors Open Toronto 2020 theme to celebrate music in Toronto

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 23th 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

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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.



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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 canopy study be undertaken every 10 years in order to effectively monitor the urban forest. The study findings will be used to inform the City's urban forest programs and an update to the Strategic Forest Management Plan. The 2018 Tree



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.

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THIS MESSAGE FROM

www.villageofislington.com

Dundas W. Montgomery Road to Kipling

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, Cheryl 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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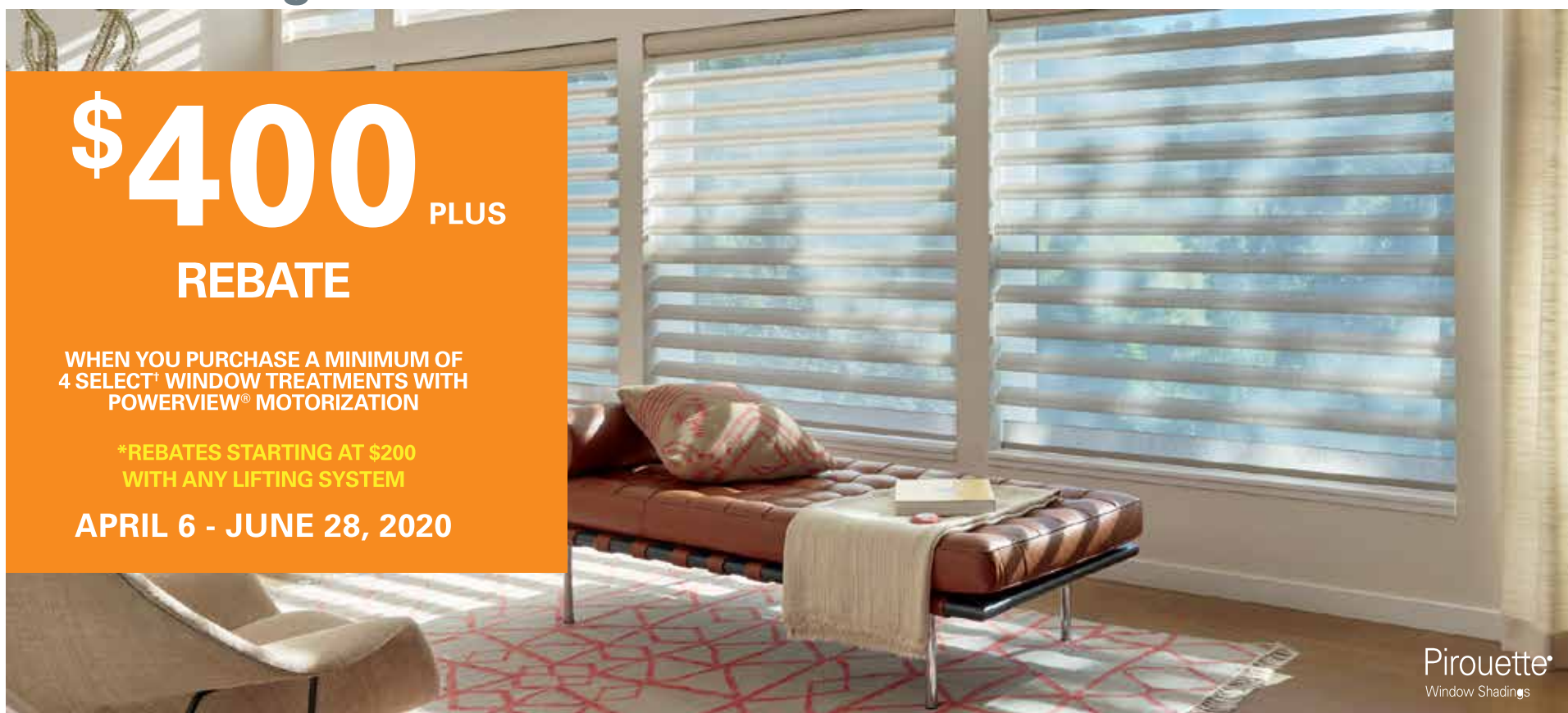
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Councillor Mark Grimes update



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

BE PREPARED FOR COVID-19

Make Health and Safety a priority



MAKE A PLAN

Have a contingency plan in case COVID-19 becomes common in Etobicoke. Include ways you can change regular routines to avoid crowded places and what to do if you or a loved one gets sick



FILL YOUR PRESCRIPTIONS

Refill them now so you do not have to go to a busy pharmacy if you do become sick



GET THE ESSENTIALS

Make sure you have non-perishable items you may need. Avoid panic shopping and getting more than you would need as this puts a strain on stores and may prevent others from purchasing necessities.



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Public Health
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Santé
publique
Ontario

GET RELIABLE INFORMATION

Make sure that you get high-quality information about COVID-19 from reliable sources. The Public Health Agency of Canada is a reliable source of information, as are provincial and territorial public health authorities. If you are finding that the news media is making you feel anxious, take a break from it.

For more information check out the Government of Canada's information page

Canada.ca/coronavirus

COVID-19

Novel Coronavirus

Help stop the spread of COVID-19

Please Keep Social Distance



- Social distancing means keeping 2 metres apart from others

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 BIA's 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 on trolley 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 @villageofisling.

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 Lettner, 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.



Fight Climate Change by Planting Subsidized Trees with LEAF

Local Enhancement and Appreciation of Forests (LEAF) works with private and commercial property owners to plant native trees and shrubs at a subsidized cost. Supported by the City of Toronto, the LEAF Backyard Tree Planting Program aims to increase the number of tree plantings on private property by making it easy, affordable and fun! And, the best part? Their spring season just started so contacting them now means you will likely get a spring planting!

Planting trees has been identified as one of the best solutions to climate change. Trees sequester carbon, filter the air, reduce storm water runoff and make our cities more resilient to extreme weather. By taking action locally and planting trees on our own properties, we can enjoy their benefits, make our neighbourhoods more beautiful AND fight climate change!

Planting on private property is a key part of the City of Toronto's strategy to reach 40% tree canopy cover by 2050. The space available on private property, particularly backyards, usually offers premium growing environments. More soil volume, better soil quality and fewer conflicts with things like pavement and utilities means better growing environments for trees.

While the program is most popular among homeowners, it is also available to multi-units, as well as commercial properties, such as businesses, places of worship, retirement homes, etc. LEAF helps property owners every step of the way, ensuring the right trees are planted in the right places and given the right care.

"The only way that we will reap the benefits of planting new trees is to ensure that they have the conditions they need to reach maturity," says LEAF Executive Director, Janet McKay. "Large, healthy trees provide massive ecological and economic benefits, such as air purification, storm water attenuation and energy conservation, but they can't do that if they are struggling to survive."

Before planting, the property owner will consult with a LEAF arborist, selecting the best species for the soil and light conditions of the site and identifying exactly where to plant trees to avoid future conflicts or spacing problems as the tree grows. LEAF will then plant the trees and provide the property owner with tree care information to care for the trees into the future.

LEAF offers only native species, those that have evolved here naturally, rather than species imported from other places. This means that each tree planted offers the greatest value for pollinators and songbirds. And, to boost the biodiversity value of the program even further, they also offer native shrubs and themed garden kits. Choose from pre-designed kits of perennials and shrubs designed to provide the best habitat for native bees, butterflies and songbirds. And, for those who may not have space to plant, LEAF also offers a variety of community engagement programs, including various volunteering opportunities!

For more information on LEAF, their planting programs and how to get started, visit www.yourleaf.org or call 1-888-453-6504.



Credit: © 2018 Brenna Anstett / LEAF
Caption: Natasha Keshavjee, LEAF Residential Planting Programs Operations Supervisor, planting a serviceberry

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

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28 AWARD WINNING MURALS



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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



Got the Guiding Spirit?

By Corinne Labossiere



Ever toured the amazing outdoor art gallery in the Village of Islington? (If you haven't, you gotta go – the 28 murals that showcase the fascinating history of our community are simply – amazing!)

There's growing demand for volunteer guides to lead walking tours of the murals. Why be a guide? In this column, the guide team reveals what they find most fun and rewarding about sharing these special works of art with others.

"When you know something about the history of a community, it makes you feel a little bit more like you belong," relates Village of Islington mural guide Evelyn Clarke in her distinctive English accent.

Like many local residents, Evelyn is an immigrant to Canada. A former high school history teacher who has a doctorate in history, she says, "I've always been passionate about history, especially local history." Evelyn is also passionate about the Village murals. "They make such a wonderful connection between people and the community where they live."



While she has several mural favourites, Evelyn is particularly fond of Faith of our Fathers II at 4901 Dundas because "it covers so much history in one lovely painting." The mural is on a building that was once the site of a Methodist church that burned down in a lightning storm. Evelyn explains that the minister atop the horse at the bottom of the painting represents the "circuit pastors" who travelled on horseback to visit early Methodists in the area, who are depicted around him.

She comments that church services were later held in the log school pictured in the lower left portion of the mural before the first purpose-built church was erected at that location in 1843.

Evelyn also points out that the group in the middle of the mural represents church parishioners around the late 1800s. And the top of the mural shows Scottish masons in 1947 constructing the current building, now Islington United Church (25 Burnhamthorpe Road).

Finally, the face of the pastor on horseback is that of Reverend Stewart East who famously rode up to the steps of the new church during its dedication ceremony in 1949 to honour the early circuit pastors!

Close to 200 years of history portrayed within a single mural that is reminiscent of a gorgeous stained-glass church window. It's clear why history enthusiast Evelyn is a fan of this radiant work of art.

Evelyn's also fond of the numerous historic buildings in the Village and loves to share their stories. "When you stand on the south side of Dundas and look at what is now the Fox and Fiddle, you can tell the building was once city hall because of the cupola on the roof." Before that it was a church. Evelyn adds, "Amasa Wilcox would be rolling in his grave to see that his Methodist chapel is now a pub!"

Amasa raised his family on the southwest corner of Islington and Dundas and built the Village's first general store. In 1839 he donated land to the Village for its first school, cemetery and church – the Methodist chapel where today the popular pub resides.

For Evelyn, while she's been conducting mural tours for eight years because she loves history, art and walking, she equally enjoys learning from the people who join her tours. "Many people remember Hurricane Hazel (Aftermath, 4868 Dundas) and Harold Shipp's daring High Flier (4994 Dundas) stunt. Tour participants often share new information and sometimes see things in the murals that I hadn't noticed. I'm always learning something new!"

Evelyn suggests that locals, visitors, students and anyone else who loves impressive art stories go for a stroll through the Village. "Just by viewing the murals and reading the accompanying plaques, you'll be amazed at what you see and what you learn about Islington's history!"

Got the guiding spirit? The Islington BIA Coordinator would be pleased to chat with you about this volunteer opportunity: info@VillageofIslington.com or 647-703-4802.

Self-guided mural walking tour maps are available at VillageofIslington.com. You can book a mural guide for groups of 10+ by contacting the BIA office.



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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

Fresher 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 green houses, 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.

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.



Islington United Church Giving Gardens in 2019



- 242 kg. (533 lbs.) 1.360 pkgs.
- 21 deliveries to three food banks
- 13 kgs. potatoes in cold storage - added a garden & potato box
- 470 sq. ft. cultivated. (27 boxes, 3 trellises, some open plot & 3 potato boxes)
- 5 x 3 tier seedling stands (1,200 plants)
- rooftop apiary – four hives, produced 26 jars of honey (converting to cash for Mabelle Food Program)
- Despite a delayed start of spring, the 2019 harvest exceeded 2018 vegetable harvest, but produced 1/3 of honey
- Received generous donation of seeds (& sold some at Rummage Sale for general IUC funds)
- Received a 600-bag donation of red mulch (spread a third on IUC grounds & accepted cash donations for remainder to fund vegetable & flower gardens)
- Experimented with long-term potato storage for Out-of-the-Cold
- Replaced two barrels with a (donated) 1,000-liter tank for rainwater capture for garden watering
- To install a bat box on church wall (donated by Scouts; decorated by GO Youth)
- Planted a three-year-old giant sequoia on N-W border (donated by The Hahns)

Community Participation in Giving Gardens:

- GO Kids & Youth worked in here on 4 occasions (36 total participants)
- Expanded group of regular volunteers

To find out more about this program, contact: Steve Tower of the Islington United Church Green Team stower@rogers.com

Green Initiatives at Islington United

Renewable Energy

- 10kW solar power system
- located on flat roof
- generates 14kWh annually (enough power for an average Toronto family home)
- removes 9 tonnes of CO₂ p.a. from the environment (= 12,000 kms of car-driving)
- one-time costs: \$84,316
- income generated to-date: \$83,000
- install date: Oct 2011



Energy Conservation

- wall-to-wall energy audit - Jul 2011
- five lighting retrofits:
 - 2010 thru today
 - replaced 600 lamps & fixtures
 - new T8 FLs, CFLs, LED lamps & fixtures
 - reduced lighting power by 33%
- re-insulation:
 - flat roof re-surfacing improved R9 to R20 on 6,500 ft²
 - insulated 336 ft. of baseboard, 8 in-wall radiators & 60 electrical receptacles
 - remediated & repaired nine sets of double wooden doors
- low-flush toilets in washroom renovations
- two rain barrels for garden watering
- member of Faith-in-the-Common-Good Energy Benchmarking Program



Sustainable Food

- we serve organic, bird-friendly, shade-grown, free trade coffee – 14,000 cups p.a.
- established Giving Garden in 2013:
 - organically-grown vegetables
 - harvested fresh for Mabelle Daily Bread, Mississauga & Salvation Army North Etobicoke Food Banks
 - yields 700 lbs.; 1,200 packages p.a.
 - 425 ft² of raised boxes + backyard satellites
 - 1,200 plant indoor nursery (Feb-May)
- operate a rooftop apiary with Toronto Honeys:
 - two hives pollinate local gardens
 - produce 72 jars of local, all-natural honey



Live with Respect in Creation

Green Team Commitment: In the true spirit of environmental sustainability, we openly and transparently communicate, measure and report the results on everything we undertake. We operate on a "net zero" budget, staffed only with volunteers. We lead by example, as individuals, and as members of our community, helping others who want to undertake green programs. We are a green beacon in our neighbourhood.

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 our 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



Left: Volunteers at Montgomery's Inn removing invasive species

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.



Bee Keepers at Montgomery's Inn

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 in 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

The Best Gift You Can Give Your Child/Grandchild

By Lola Macanowicz, CFP, CLU, CHS, CIP
Certified Financial Planner & Insurance Advisor

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.

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Dr. Y. Zheng	4939A Dundas W	416-580-6580
Lily's Acupuncture & Chinese Herbal Medicine	4894 Dundas W, #202	416-760-8688
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Welcome Health – Dr. O. Makar	4889 Dundas W, #4	416-560-0291
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Hands On Health Chiropractic & Massage Therapy	4939 Dundas W	416-237-0069
Islington Village Health		
– Dr. S. Vicente and Dr. N. Larga	4920 Dundas W	647-343-3136
– Melanie McIvor - RMT		
Islington Wellness	4945B Dundas W	416-854-0596
Kaizen Physiotherapy Group		
– K. Hoppler - RMT	4955 Dundas W	416-239-7667
Massage Therapy Clinic:		
– K. Breitreuz - RMT	5150 Dundas W, #304	416-880-7819
– L. Majesky - RMT	5150 Dundas W, #304	416-826-5222
Naturelax Clinic	5100 Dundas W	416-207-1688
Royal York Massage Therapy and Osteopathy	4887 Dundas W	416-234-1707
Summit Natural Health Centre	5133 Dundas W	416-236-7642
Welcome Health		
– Irina Shadricheva - RMT	4889 Dundas W, #4	647-283-6024
– Electrolysis - Hanna Wojtyla	4889 Dundas W, #4	647-778-8351
– Dr. E. Noudga - chiropractor, acupuncture	4889 Dundas W, #4	416-916-4422
– Dr. M. Noudga - RMT	4889 Dundas W, #4	416-894-6492
Wendy's Acupuncture and Herbal Clinic	4920 Dundas W, #303	416-831-8028
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Dr. P. McRoberts – psychologist	4891 Dundas W, #2A	416-207-0969
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Rostyslav Shemchko Registered Psychotherapist, Life Coach	4920 Dundas W	647-866-9061
Toronto Psychological Services & Allied Health	4920 Dundas W, #205	416-531-0727
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Dr. Babak Radpour	16 Burnhamthorpe Rd	416-551-3351
Dental on Dundas – Dr. Guido & Associates	5080 Dundas W	416-239-4999
Dr. R. Michou	5101 Dundas W #104	416-231-9595
Dr. J. Kennedy	5020 Dundas W	416-239-9601
Dr. B. Luk – Dental Surgeon	5130A Dundas W	416-233-7038
Dr. M. A. Marcelo	5121 Dundas W	416-239-8300
Islington Denture Centre – DD. C. Iacob	5101 Dundas W, #102	416-233-7555
The Dental Clinic – Dr. J. Sekoulidis	4869 Dundas W	416-233-9581
Toronto West Oral Surgery Associates	5150 Dundas W, #302	416-233-3289
Village Dental – Dr. R. Hassanein	4931 Dundas W	416-233-9638
Zajacz Dental Care	4889 Dundas W, #1	416-231-0831
DIGESTIVE HEALTH CENTRE		
Lassen Digestive Health Centre	4927A Dundas W	416-829-4449
DOCTORS: WALK-IN MEDICAL CENTRES		
Dunbloor Medical Pharmacy & Travel	5117 Dundas W	416-482-1980
Islington Medical Centre & Walk-In Clinic		
– Dr. R. Mohan & Associates	4 Burnhamthorpe Rd	416-234-1987
Pharma-Docs Medical Centre & Walk-In Clinic		
– Dr. Pardis & Associates	4972 Dundas W	416-236-7924
HEARING SPECIALISTS		
BRAVO! Hearing Centre	4920 Dundas W, #204	416-207-9711
HERBALISTS		
Diane Kent, Medical Herbalist	4891 Dundas W, #3	647-296-4372
Lily's Acupuncture & Chinese Herbal Medicine	4894 Dundas W, #202	416-760-8688
Pain Free Clinic – Dr. Y. Zheng – Chinese herbs	4939A Dundas W	416-580-6580
Wendy's Acupuncture and Herbal Clinic	4920 Dundas W, #303	416-831-8028
HOMEOPATHY		
Healthy Garden & Homeopathy	4945B Dundas W	416-237-9269
HOME HEALTHCARE		
The Seniors Store Mobility Equipment	4974 Dundas W	416-231-1300
Premier Homecare Services	5048 Dundas W	416-623-8229
NATUROPATHS		
Academy Health Centre		
– Dr. K. Caria and Dr. P. Gabryl	4984 Dundas W	416-234-1451
Royal York Massage Therapy and Osteopathy		
– Dr. Hilary Chambers	4887 Dundas W	416-234-1707
Summit Natural Health Centre		
– Dr. J. McKenzie, Naturopath	5133 Dundas W	416-236-7642
Welcome Health		
– Dr. L. Gerus, ND Doctor of Naturopathic Medicine	4889 Dundas W, #4	647-669-8047
Osteopathy PRACTITIONER		
J. Izzard, Bsc. – Osteopathic Practitioner	4891 Dundas W, #7	647-271-6908
Naturelax Clinic	5100 Dundas W	416-207-1688
Royal York Massage Therapy & Osteopathy	4887 Dundas W	416-234-1707
Wendy's Acupuncture and Herbal Clinic	4920 Dundas W, #303	416-831-8028
PHARMACIES		
Dunbloor Medical Pharmacy	5117 Dundas W	416-482-1980
Pharma-Docs	4972 Dundas W	416-233-0404
Remedy's Rx Al-shafa Pharmacy	4922 Dundas W	416-239-8127
Rexall Pharmacy	4890 Dundas W	416-239-4567
PHYSIOTHERAPY & PILATES		
Kaizen Physiotherapy Group	4955 Dundas W	416-207-0404
SHIATSU, FOOTCARE AND AROMATHERAPY		
Elite Health Spa	5178 Dundas W	416-207-9800
Infracare (Socks & Health Products)	4889 Dundas W, Unit B-10	416-305-6592
TaiJi Health Centre	4864B Dundas W	416-231-3288
SPEECH LANGUAGE PATHOLOGISTS		
Encouraging Expression	4947A Dundas W	416-239-2030
VISION		
Balance – for blind adults	4920 Dundas W, #302	416-236-1796

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 Low Price – dollar convenience store	4909 Dundas W	416-236-2702
Miss Natalie's Tropical Cuisine	5118 Dundas W	416-260-9444
Medium Rare	10 Burnamthorpe Rd	416-231-1500
Neighbours Fine Foods	4917 Dundas W	416-234-9146
Rabba Fine Foods	4869 Dundas W	416-234-0609
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
DELIS, SUBS & SANDWICHES		
AF Home Bakery	5168 Dundas W	647-430-3611
Ali Baba's	4928 Dundas W	416-690-1026
Galata Cafe	5122 Dundas W	647-351-4888
Espresso Bakery & Deli – eat-in, take-out	4980 Dundas W	416-236-3183
Osmows	4850 Dundas W	
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
Mai Bistro	4906 Dundas W	647-343-3130
Sorsi e Morsi Trattoria Italian restaurant	4900 Dundas W	416-232-2250
Village Trattoria – Fine Italian cuisine	4903 Dundas W	416-236-2609
FISH & CHIPS		
John's Fish 'n' Chips	5090 Dundas W	416-231-3474
PIZZA		
Dino's Wood Burning Pizza	4923 Dundas W.	647-348-6612
Mamma's Pizza	4986 Dundas W	416-231-4545
PUB FARE		
Beer N Wings	5164 Dundas W	416-236-2627
Fox and Fiddle, Precinct	4946 Dundas W	416-207-9990
Mama Rosa's	5078 Dundas W	416-207-1111
St. James's Gate Irish Pub	5140 Dundas W	647-350-5140
THAI / 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
Korean Restaurant	4925 Dundas W	647-343-7638
Ikkoi Japanese Family Cuisine	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
Galata Cafe	5122 Dundas W	647-351-4888
Medium Rare	10 Burnamthorpe Rd	416-231-1500
Miss Natalie's Tropical Cuisine	5118 Dundas W	416-260-9444
My Thai Kitchen	4911 Dundas W	416-519-3356
Osmows	4850 Dundas W.	416-239-9000
COMMUNITY LISTINGS		
CHURCHES		
Anglican: St. George's on-the-Hill	4600 Dundas 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	67 Six Point Road	416-249-6100
Etobicoke Lawn Bowling	1313 Islington	416-239-5315
Humber River Shakespeare Co		416-209-2026
Islington Golf Club	45 Riverbank Drive	416-231-1114
Islington Residents and Ratepayers		416-234-5591
Islington Seniors' Centre	4968 Dundas W	416-231-3431
Mabelle Arts	5005 Dundas W	647-989-0807
Montgomery's Inn and Farmers' Market	4709 Dundas W	416-394-8113
Ontario Pops Orchestra	5048 Dundas W	437-981-0072
Rotary Club of Toronto West		416-936-4680
Royal Astronomical Society of Canada	4920 Dundas W, #203	416-924-7973
Royal Canadian Legion, Branch #463	110 Jutland	416-231-2021

Village of Islington – Toronto's Village of Murals BUSINESS LISTINGS 2020

ANIMAL CARE

Eatonville Animal Hospital	4932 Dundas W	416-231-3167
Nice Diggz – pet grooming and daycare	5094 Dundas W	647-867-3644

APPAREL AND ACCESSORIES

The Comeback – resale ladies clothing	4893 Dundas W	416-231-0381
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ARCHITECTS, ENGINEERS, BUILDERS, CONTRACTORS & BUILDERS' HARDWARE

Arsenault Architect Inc.	5186A Dundas W	416-255-4378
Dedicated Construction & Renovation Inc	5048 Dundas W	289-838-4414
Diomis Engineering Inc.	5048 Dundas W	416-620-7787
Edwards Builders Hardware	4988 Dundas W	416-231-3325
Elias Brothers Construction Co.	4929 Dundas W	416-234-0144
Moffet & Duncan Architects, Inc.	5052 Dundas W	416-239-2775
R.H. Carter Architects, Inc.	5040 Dundas W	416-233-5583

ART & DESIGN

Arts Etobicoke	4893A Dundas W	416-622-8731
Creative Village Studio	4895 Dundas W	647-351-4362
Mabelle Arts	5005 Dundas W	647-989-0807
Rob Forest Designs Tattoo and Pin Up	4907B Dundas W #2	

BEAUTY & AESTHETICS: SALONS, SPAS & STUDIOS

99 Nails	4942 Dundas W	647-348-5448
Adagio Hair Design & Spa	15 Summerland Tce	416-233-3773
Aesthetics by Ana	4883 Dundas W	416-239-5990
Aesthetics by Linda	5128 Dundas W	416-234-8322
Arany's European Skin Care, at Caron	4937 Dundas W	416-237-9529
Bella Babe Beauty Bar	4959 Dundas W.	416-232-9886
Chameleon & Papillon Esthetics	4908 Dundas W	416-231-7589
Coconut Grove Nail & Esthetics	4970 Dundas W	416-233-1677
Dundas Hair Salon	5086 Dundas W	416-236-5086
Euphoria Spa	4894 Dundas W, #204	416-231-8788 or 647-299-3863

Fabutan	10A Burnhamthorpe Rd	416-234-8418
First Nails	4879 Dundas W	416-231-6300
Garon's Barber & Salon	4937 Dundas W	416-519-0550
Hair Unlimited	5144 Dundas W	416-233-4571
Igli Salon and Spa	5092 Dundas W	416-354-2450
Just Pur Wellness	4976 Dundas W	416-220-4885
Lana's Hair Design	4866 Dundas W	416-236-5535
Manipura Massage Therapy & Wellness	4941 Dundas Street West, Unit B	1 888 260 7774

Nail-i-sm Spa and Salon	5124 Dundas W	416-234-8989 or 647-532-5094
Nu Look Medspa	4 Burnhamthorpe Rd	416-234-8961
Perfect Touch Nail & Spa	5116 Dundas W	416-207-0866
Rosa Hair Salon & Barber Shop	5068A Dundas W	416-236-4163
Sense Beauty Spa	5170 Dundas W	437-888-3759
The Golden Comb – for men & women	4864 Dundas W	416-232-2943
The Village Salon	4924 Dundas W	416-234-1160
Toronto Wax	4927A Dundas W	647-449-0880
Tranquility Wellness Spa	5128 Dundas W	416-234-8322
Twin Scissors Hair Salon	4976 Dundas W	416-653-6662
Villaggio Hair Design Salon	4883 Dundas W	416-239-5990

BUSINESS SERVICES

Breeze Marketing & Communications	5048 Dundas W	1 800 815-1536
Circulation Solutions, Inc. – B2B tele-surveys	4920 Dundas W, #200	416-236-2459
Helium Video	5048 Dundas W	416-460-9881
O'Reilly Chartered Professional Accountant	5048 Dundas W	647-522-5723
Star Coaching and Training	4953 Dundas W, #105	416-233-4189
Taxes for You & Book keeping for You	5048 Dundas W	647-725-7741

CELL PHONES, COMPUTERS

JH Computer Services	5074 Dundas W	416-792-9132
Mr. Cell Phone	5076A Dundas W	647-342-5102
Chatr Mobile	4916 Dundas W	647-348-5055
Freedom Mobile	4947 Dundas W	647-702-3722

CHILD CARE, EDUCATION & TUTORING

Canadian Council of Montessori Administrators	4953 Dundas W, #102	416-239-1166
Growing Tykes Learning Centre	5150 Dundas W	416-207-9259
Mathnasium	4910 Dundas W	647-920-8019
Mavaacs Consultants – children's counselling	4889A Dundas W, #2	416-222-4606
Silkatsilco Care Intl Inc – live-in caregivers	4894 Dundas W, #206	416-239-8950
The Music Studio	6 Burnhamthorpe	416-234-9268
Willowbrae Childcare Academy	4975 Dundas W	647-963-5437

CLEANERS, SHOE REPAIRS

Coin Laundry	5082 Dundas W	N/A
Molly Maid	4911 Dundas W	416-232-9178 or 416-938-9178
Royal Custom Cleaners	4994 Dundas W	416-231-4400
Valentina Shoe Repair & Alterations	4901 Dundas W	416-231-6121

DÉCOR, HOME IMPROVEMENTS & Hardware

Canrack Storage Systems Inc. Metal Centre Systems	5048 Dundas W	905-564-6250
Dollarama	4975 Dundas W	416-239-3574
Edwards Builders Hardware	4988 Dundas W	416-231-3325
La Strada Fine Espresso Machines sale & repair	5176 Dundas W	416-792-6967
Lucky Low Price	4909 Dundas W	416-236-2702
Proserv Plumbing & Drain Service	5174 Dundas W	416-236-5373
Smithwood Floors, Floor Refinishing	5090 Dundas W	416-410-4140
Urban Cabinetry	5160 Dundas W	416-640-0120
Village Paint – Benjamin Moore Paint, Hunter Douglas blinds	4949 Dundas W	416-231-2831

EDUCATION, CONSULTING, INSTRUCTION, DAYCARE, TUTORING

Academy of Math & English	5101 Dundas W	416-242-9410
Cirillo's Culinary Academy	4894 Dundas W	647-430-8795
Growing Tykes Learning Centre	5150 Dundas W	416-575-3044
Hepworth & Associates – Elder Life Planning	5048 Dundas W	416-399-2673
Mathnasium	4910 Dundas W	647-920-8019
Star Coaching & Training	4953 Dundas W, #105	416-233-4189
Supperworks Meal Preparation	4868 Dundas W	416-354-2220
The Music Studio	6 Burnhamthorpe Rd	416-234-9268
Trusted Instructors Driver Education Centre	5142 Dundas W	416-879-6445
Willowbrae Childcare Academy	4975 Dundas W	647-963-5437

EMPLOYMENT AGENCIES

Alfa Job Agency	4990 Dundas W	647-351-2533
Covenant Group Ltd. – Premium Staffing	4917 Dundas W	447-660-4440
People Ready – for construction trades	5132 Dundas W	416-253-4434
Temp Select	4905 Dundas W	647-350-0210

FINANCIAL SERVICES & INSURANCE

ACG Accounting Consultant Group	4889A Dundas W, #6	416-234-8383
Associated Accountants	4889A Dundas W, #3B	647-932-0905
BN Accounting & Consulting Services	5140 Dundas W, #209B	416-857-3674
CIBC	4914 Dundas W	416-231-2850
Dominion Lending Centres – mortgages	5110 Dundas W	416-207-0699
Edward Jones	5135 Dundas W	416-237-0924
Edward Jones – investments	4889 Dundas W, #1A	416-239-0415
Hendricks & Associates: Accounting, CA, Tax	4899 Dundas W	416-766-3941
IC Savings	5300 Dundas St. W.	416-251-4007
RBC Royal Bank	4860 Dundas W	416-239-8175
Lola Macanowicz Insurance & Financial Services – The Co-operators	5048 Dundas W	416-234-2777

McDonald Estate Services Ltd.

McDonald Estate Services Ltd.	5048 Dundas W.	416 427 6418
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FLOWERS, PARTY SUPPLIES

Flowers & Balloons	4917 Dundas W	416-234-9146
Morning Flower	4978 Dundas W	416-239-0585

FUNERAL DIRECTORS

Turner & Porter, Butler Chapel	4933 Dundas W	416-231-2283
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IMMIGRATION SERVICES

Immigration Partners International	4920 Dundas W, #206	416-232-9339
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INSURANCE

Brian McGowan Insurance Brokers Inc.	4894 Dundas W, #200	416-236-8282
Desjardins Insurance	4891 Dundas W, #2	416-237-1757
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

Anton Tzanov Law – Barrister & Solicitor – Notary Public	5048 Dundas W	647-295-1656
Clapperton Munro Law	4888 Dundas W, #100	416-443-1200 ex.202
Dhaliwal & Dhaliwal LLP - Barristers & Solicitors	4953 Dundas W, #106	647-928-8506
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
Starkman Law	5146 Dundas W	416-236-1053
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

Mortgage Architects	5048 Dundas W.	416-804-7705
Royal LePage West	5110 Dundas W	416-233-6276

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
Trinity Office and Retail Leasing	4916 Dundas W	416-238-7170
Village Gate West Rental Office	11 Dunbloor	416-239-0008
Village of Islington Business Excellence Centre (VIBE)	5048 Dundas W	416-234-8423

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

Hepworth & Associates – Elder Life Planning	5048 Dundas W	416-399-2673
Tapestry At Village Gate West	15 Summerland Tce	416-777-2911
The Seniors Store	4974 Dundas W	416-231-1300

SPORTS

F45 Training Etobicoke Central	4922 Dundas W	416-807-3475
Kaizen Pilates	4955 Dundas W	416-207-0404
Sunburst Yoga	5128 Dundas W	647-544-3340
True North Hockey Canada – adult league	4920 Dundas W, #304	416-231-8642

TRANSLATORS AND INTERPRETERS

A2Z Translation and Interpretation Services Corp.	4945A Dundas W	416-847-0102
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TRAVEL

Active Journeys Inc. (backpacking & biking)	4891 Dundas W, #4	416-236-5011
The Luxury Travel Agency	4953 Dundas W	416-789-3271 ex.321

VACUUM CLEANERS

Etobicoke Service Centre – vacuum cleaners	5114 Dundas W	416-231-3056
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VAPE

Vape4change	4943 Dundas W	416-233-5549
SagaVape	5146 Dundas W	647-695-8273