

ISLINGTON TIMES

Volume 09 | Issue 02 • Summer 2021 Edition



My Favourite Summer Treat!

By Chef Manh, MAI BISTRO

Happy summer, everyone! Chef Manh here – I hope you're all having a wonderful day in the village of Islington!

This month, Mai Bistro will be celebrating its 8th birthday! Cooking for the wonderful people who live in Islington Village has been the most gratifying part of my 30-year career as a chef. Years ago, I was the Sous Chef at the Intercontinental Hotel in Caracas, Venezuela, where I developed recipes for my unique Asian-Latin fusion menu. Upon my return to Toronto, it was an honour to focus on tapas-style dining that emphasized sharing. I love introducing new and exciting flavours to our community!

Thank you for supporting our local businesses and your generosity by donating to the community pantry in front of Mai Bistro. By dropping off non-perishable food items to help local families in need during this difficult and challenging time. Give what you can and take what you need!

Over the course of my career, I have won many awards, including Top 10 New Chefs in Toronto (2005), the second

runner-up at Iron Chef at Harbourfront Festival (2011), and Best Tapas Restaurants at Toronto.com (2017). But the best award by far is Etobicoke Gems Award for the Best Retail Business in Foods (2021). Thank you to everyone who voted for us!

Summer is the perfect time to enjoy the outdoors and invite friends and family to enjoy a backyard feast. My favourite backyard summer event is a taco party. Cooking all your protein ahead of time, such as roast chicken, grilled beef, fish (my favourite!), is key to making your party a success. Cut some lettuce, avocado, and limes and prepare salsa but keep the cilantro on the side as it's not to everyone's taste. When your guests arrive, they can have fun making their tacos! Enjoy – and we hope you come enjoy our delicious food on our beautiful patio this summer!

P.S. For our delicious salsa recipe, please visit Mai Bistro Facebook page.

Mai Bistro - 4906 Dundas Street West, Etobicoke
Tel: 647-343-3130
www.maibistro.com

ROYAL YORK
MASSAGE THERAPY
& OSTEOPATHY

SERVICES INCLUDE

MASSAGE THERAPY
OSTEOPATHY, ACUPUNCTURE
& NATUROPATHIC MEDICINE

NEW PATIENTS WELCOME
4887 DUNDAS ST. W.
416-234-1707
MESSAGE@RYMT.CA | RYMT.CA



Name That Mural

The first person to email
Info@villageofislington.com with the
correct name and address of the mural
above will

Win a Mai Bistro \$25.00 gift card



Connect with us
on Social Media!



@Villageofisling



VILLAGE OF
ISLINGTON
BUSINESS
EXCELLENCE
CENTRE

Upcoming events at...

VIBE Centre
5048 Dundas St W, Etobicoke

Sponsored by
**Lola Macanowicz Insurance
& Financial Services**

MURAL TOURS are BACK!
Village of Islington
guided mural tours - FREE

July
Monday July 19 – 6:30pm
Wednesday July 28 – 10am

August
Tuesday Aug 10 – 6:30pm
Thursday Aug 19 – 10am

Professional Head Shot Day
Thursday Sept 23rd – \$ 90

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/events/ for more
details on any of these events or seminars

Available office space:
As low as \$ 795 per month
Includes, utilities, WIFI,
cleaning and parking
Month to month available
All inquires
416-254-8924

Give yourself peace of mind with the right coverage for you.



A Better Place For You®

The Co-operators is a leading Canadian multi-product insurance company.



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

Christine Idzik
Agency Support Specialist

Maureen Jones
Client Review Manager

Braydon Munn
Associate Insurance Advisor

Allison Palmer-Rowe
Associate Insurance Advisor

Vanessa Fowler
Associate Financial Advisor



Carla Barbosa
Associate Financial Advisor

Anabela Leopoldino
Associate Insurance Advisor

Haris Zia
Financial Services Coordinator

Zachary Macanowicz
Associate Insurance Advisor

**Lola Macanowicz Insurance
& Financial Services**

5048 Dundas St. W. Etobicoke ON
Tel: (416) 234-2777
lola_macanowicz@cooperators.ca

10% discount for Village of Islington BIA members*
*discount applicable for business insurance &/or commercial building insurance



/Lola Macanowicz Insurance & Financial Services, The Co-operators @Lola Macanowicz Lola Macanowicz @lola.macanowicz.cfp

Home Auto Life Investments Group Business Farm Travel



VILLAGE OF
ISLINGTON
BUSINESS
EXCELLENCE
CENTRE

executive offices & event space by the hour, day or year
virtual office membership

Book a tour today.

5048 Dundas Street West, Etobicoke (between Kipling & Islington)
416.234.VIBE (8423) info@vibecentre.ca vibecentre.ca

/vibecentreto vibecentre @vibecentreto VIBE Centre VIBE Centre

Message From The Chair

Lola Macanowicz

Hello everyone! Summer has come to Village of Islington. As the city continues to open up in phases, we're taking the opportunity to regain a sense of normalcy. We've earned it!

It's the perfect season to reunite with friends and family, and what better way to come together with those close to us than over delicious summer food! If you're looking for a diverse selection of fresh seasonal fare, you should visit the Farmer's Market at Montgomery's Inn. Open every Wednesday from 2:00 to 6:00 pm, the market offers fruits, vegetables, meat, honey, jams, sauces, and much more – all directly from the farm to your table!

You can also find wonderful food selections for your next get-together at Neighbours Fine Foods, Rabba Fine Foods, and the recently renovated Q Market – all within our community. So please support our local markets, pack a picnic basket, and spread a blanket out under the gazebo at Michael Powers Park with family, friends or with that special someone.

If you're a lover of patios (and who isn't!), Village of Islington is the place to be! Our local chefs use freshly grown, locally sourced ingredients for the best tasting menus anywhere.

Here's just a sampling of great local patios you need to try or visit again (in alphabetical order):

- A.F. Home Bakery
- Anatolia Restaurant
- Beer 'N Wings Sports Grill
- Empire Café
- Espresso Bakery and Deli
- Fire Wings
- Fox and the Fiddle
- Galata Café
- Mai Bistro
- Mama Rosa Restaurant & Bar Dundas
- Osmow's Shawarma
- Pizzeria via Napoli
- Rabba Fine Foods
- Sorsi e Morsi
- St. James's Gate

When you're in the mood for an awesome sweet summer treat, drop into the Empire Market Café for delicious homemade gelato. I believe it's the first time we've had homemade gelato in Village of Islington, so take the family to give it a try!

Our local, family-owned businesses give our community vibrancy and uniqueness that's our very own. Be sure to get out and enjoy the sunshine while supporting our local markets, shops, restaurants, pubs, and coffee shops. You'll be glad you did.

See you on the patio!



@VillageofIsling



J. Kennedy Dentistry
Professional Corporation



*We Welcome
New Patients*

Dr. Joanna Kennedy
5020 Dundas St. W.
Etobicoke M9A 1B8
416-239-9601
www.kennedydental.ca



Village of Islington Times
Community Newspaper | Volume 09 | Issue 02
Quarterly Publication ~ Circulation 20,000 Delivered by Canada Post

Village of Islington BIA
5048 Dundas W. Toronto ON M9A 1B9
www.villageofislington.com

Contact:
Franca Panacci
E-Mail: info@villageofislington.com
BIA Mobile Line: (647) 703-4802

Land Acknowledgement

The City of Toronto acknowledges that we are on the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. The City also acknowledges that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaties signed with multiple Mississaugas and Chippewa bands.

BUSINESS PROFILES

DR. MARIA ANA MARCELO FAMILY & COSMETIC DENTISTRY

DR. MARIA ANA MARCELO DENTAL OFFICE has been serving the **VILLAGE OF ISLINGTON** community since 2008. We are proud to be a part of this growing and vibrant community! The month of June marks our 13th year anniversary.

Conveniently located at 5121 Dundas Street West in Etobicoke, our dental practice is a clean and modern space where patients will feel safe and comfortable about their visits.

The past year has been extremely challenging for everyone and concerns about safety outside of our homes are very understandable. Rest assured that we always adhere to the infection control protocols of the Ministry of Health and RCDSO. Our team at Dr. Maria Ana Marcelo Dental Office continually keeps up to date on all new/enhanced guidelines issued, especially those concerning the Covid-19 Pandemic.

We believe that healthy teeth and gums are essential to our overall well-being. We are committed to combining patient education, comprehensive examinations and dental care, as well as modern technology with a personalized approach to make sure that we meet your oral health needs. We listen to our patients' concerns and encourage them to actively participate in their treatment process, every step of the way.

We provide treatment for all ages! Our services include comprehensive oral examination, gum treatments (cleaning/polishing), fluoride application, fillings, crown and bridge, dentures (removable and complete), root canal treatment, extraction (minor and wisdom teeth), implant-supported restorations (to replace missing teeth), general orthodontic treatment (traditional braces and INVISALIGN) to improve the alignment teeth. We also fabricate nightguards/sports guard and offer nitrous oxide sedation (laughing gas) to help reduce anxiety. Our reliable, knowledgeable, and caring dental team is ready to help answer any of your dental concerns.

We always welcome new patients!

5121 Dundas Street West, Etobicoke Tel: 416-239-8300
www.dranamarcelo.com



EUROPEAN PATISSERIE IN THE HEART OF THE VILLAGE OF ISLINGTON

European Patisserie sits at the heart of the Village of Islington and in the hearts of pastry lovers across the Greater Toronto Area.

Pâtissier Loni Brari launched the family-owned business in 1996 in Tirana, Albania. Continuing in their father's footsteps, the Etobicoke location in 2010 was opened by Loni's son Adrian and his wife Bruna, providing culinary creations made with the freshest, highest-quality ingredients.

The couple goes beyond simply baking cakes and pastries for celebrations and scrumptious snacking. Adrian brings an artistic flair to his cakes that have become the stuff of legend among local foodies.



European Patisserie has participated in many fundraisers for the Arts of Etobicoke.

"Introducing our unique flavours to the city has been a true pleasure," Bruna says. "It's extremely rewarding to complement our clients' events with beautiful and delicious cakes and treats. We strive to make people happy everyday with our freshly baked signature menu."

Whether it's for a birthday, baptism, wedding, or other special event, customers can be assured of a unique creation of their very own.

"It's a privilege to be a part of the milestones in people's lives," Bruna says. "We're committed to customizing every cake to a particular occasion. Our customers often send us a thank-you note afterward, telling us how much of a difference our creation made at their event. These are truly an honour to read, every time." Some of the patisserie's more popular selections include traditional vanilla and hazelnut cake, along with French macarons and fresh, moist Dutch brownies. However, in the summer, Bruna recommends a light, airy parfait cake that's nice and refreshing for warmer weather.

Adrian and Bruna's son David also works in the patisserie, bringing his knack for precision design to every creation.

"The culinary arts are in his blood," Bruna says. "We're very proud that he wants to follow in our footsteps and carry on the family business."

Although they attract customers as far away as Newmarket, Peterborough, and Burlington, Bruna is grateful for the outpouring of support from our very own community.

"This community is truly amazing," she says. "We've been made to feel so welcome here that we consider the people here more than customers and friends – to us, they're family."

European Patisserie, 5072 Dundas Street West, Etobicoke. Tel: 416-783-9377
www.europeanpatisserie.com



THE COMEBACK - HELPING SECOND-HAND FASHION MAKE A "COMEBACK"

The Comeback, located in the heart of the Village of Islington, is a women-owned resale store that offers quality, affordable ladies designer fashions.

"We're proud to offer women from all walks of life the perfect clothes, footwear, or accessories for almost any occasion," says Kirsten Ross, who handles sales and marketing for the store. "Whether you're shopping for activewear, business casual, or something for a night out, you'll find that perfect outfit here!"



Initially opened in 1978, The Comeback was purchased in January 1999 by Kirsten's mom, Lisa.

Kirsten came on board in 2018 after working in planning and e-commerce for brands such as Sephora and Target to help add an online component to the store's operation.

"We post videos on Facebook and Instagram to showcase our merchandise," she says. "The reception has been overwhelmingly positive! We've had customers from all over North America find us through social media. Going online has been very exciting and especially important during the lockdown."

Kirsten's sister, Natalia, also works at the store in a customer-facing role helping customers put together outfits from their wide selection of constantly changing fashion items.

"It's very gratifying when a customer creates an entire outfit from our apparel and later on tells us that their friends asked where they got it!" Kirsten says.

One of the most important aspects of the store's consignment model is that buying revitalized clothing helps protect the environment.

"Giving clothing, shoes, and accessories new life stops clothes from going to the landfill site before their time," she says. "I'm passionate about creating opportunities to heal our planet and grateful to our customers who consider buying second-hand first."

The family also believes in mentoring youth, and participates in the Canada Summer Jobs Program to help young employees learn new marketable skills to build their careers.

"We love working with youth," Kirsten says. "So many of our employees come in through the program shy and quiet, and by the time they leave us, they've become outgoing and confident. The transformation is amazing to witness!"

The Comeback team also gives back to our community through online events that support charities like Haven on the Queensway. So far, they've had three Facebook Live fashion auctions from which 100% of the sales proceeds went to purchasing much-needed supplies, such as undergarments, hygiene products, and baby supplies. The initiatives were so successful that the team needed extra help to deliver the items to the shelter.

Kirsten, who hopes to take over the business once Lisa retires, regards supporting others as crucial to making Islington Village a great place to be.

"We're very proud to give back to the community that has supported all these years, and especially recently," Kirsten says. "Our family is grateful to be part of this amazing neighbourhood!"

4893 Dundas Street West, Etobicoke
Tel: 416-231-0381 www.thecomeback.ca

J. H. COMPUTERS

J. H. Computers is a multifaceted computer repair centre located just across the street from Michael Power Park. The business has been taking care of the Village of Islington's computer servicing needs for over 10 years now.



Owner Augustino expertly performs a variety of repair services for laptop and desktop computers, as well as tablets, game consoles, and other electronics. Software installation and home or commercial network assistance are also on the list. J. H. Computers is also a representative of many essential services such as Western Union, DHL, etc. to ensure that their customers are getting the absolute most they can out of their visit.

While Augustino lives in Mississauga, commuting to the store everyday has led him to love the Village of Islington like a second home. Located in the same plaza for over a decade, hundreds of customers have come through his store. He remarks that not only is the area generally beautiful, but every single person he's met in the village is also very kind.

Now that most individuals are working from home, Augustino's main challenge has been keeping the shop open as much as possible to support the community and their needs. His main goal is to ensure that everyone in the shop, customers and staff alike, are happy and healthy.

For reliable computer servicing and the long list of other incredibly helpful services that J. H. Computers provides, visit <https://jh-computers.business.site>, or say hello to Augustino in person at 5074 Dundas Street West, Etobicoke Tel: 416-792-9132

"I used to teach cooking and nutrition."

Now I'm the one who's learning.

I taught cooking and nutrition at high school for 22 years, so I can appreciate the benefits of fresh, healthy food when it's well prepared. While I enjoy having a full kitchen where I can cook my own meals, I am constantly impressed with the chef at Tapestry. The food is exceptional and always a highlight of my day. It seems to me this same level of quality and caring extends to every aspect of my experience here at Tapestry. And like the wonderful food, it nourishes me.

To learn more about life at Tapestry, visit DiscoverTapestry.com or contact us to schedule a personal tour.

Eleanor, Tapestry resident since 2015

DiscoverTapestry.com
Tapestry at Village Gate West
15 Summerland Terrace
Etobicoke, ON | 416.777.2911

Tapestry®
Embrace a New Age™

©Registered trademarks of Concert Properties Ltd., used under license where applicable.

Explore Augmented Reality in the Village of Islington

As part of **ArtworxTO**

Arts Etobicoke is thrilled to be bringing Augmented Reality (AR) to The Village of Islington! Over the past year, we have been working closely with lead artists Philip Cote, Susan Blight, Collette Murray, and Luke Garwood to create a really cool experience for the community.

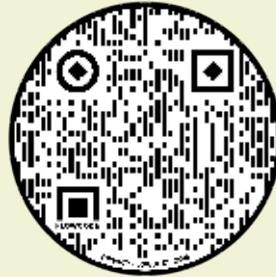
Through the magic of AR technology we are adding to the murals, sharing stories from our community, with a focus on immigration and Indigenous voices.

We have partnered with local restaurants to offer FREE treats on three Saturdays in July when you show up with a screenshot of yourself experiencing one of the AR activations. To find out more please visit www.artsetobicoke.com

Augmented Reality in the Village of Islington is presented as a part of ArtworxTO: Toronto's Year of Public Art 2021-2022 and these local discovery tours are a City of Toronto Arts & Culture Signature Project.

STEP ONE

Download the LARGE app. Scan the QR code with your device's camera.



STEP TWO

Explore Islington! Be on the lookout for "Art is Here" stickers throughout the village.

STEP THREE

Open the LARGE app to experience the Augmented Reality activations through your device. Enjoy!

Tablets and phones are available to borrow from Arts Etobicoke at 4893A Dundas Street West. The gallery will be open on Saturdays from 12 - 5pm.

Enjoy the Food of the Village
Saturdays from 12-5pm

July 10
Empire Market Cafe
5126 Dundas St. W



The first 75 people to show up and show proof of visiting the AR murals will receive one free gelato! Choice of the flavours of the day. Subject to availability.

July 17
European Patisserie
5072 Dundas St. W



The first 75 people to show up and show proof of visiting the AR murals will receive their choice of macaron or éclair! Subject to availability.

July 24
Mai Bistro
4906 Dundas St. W



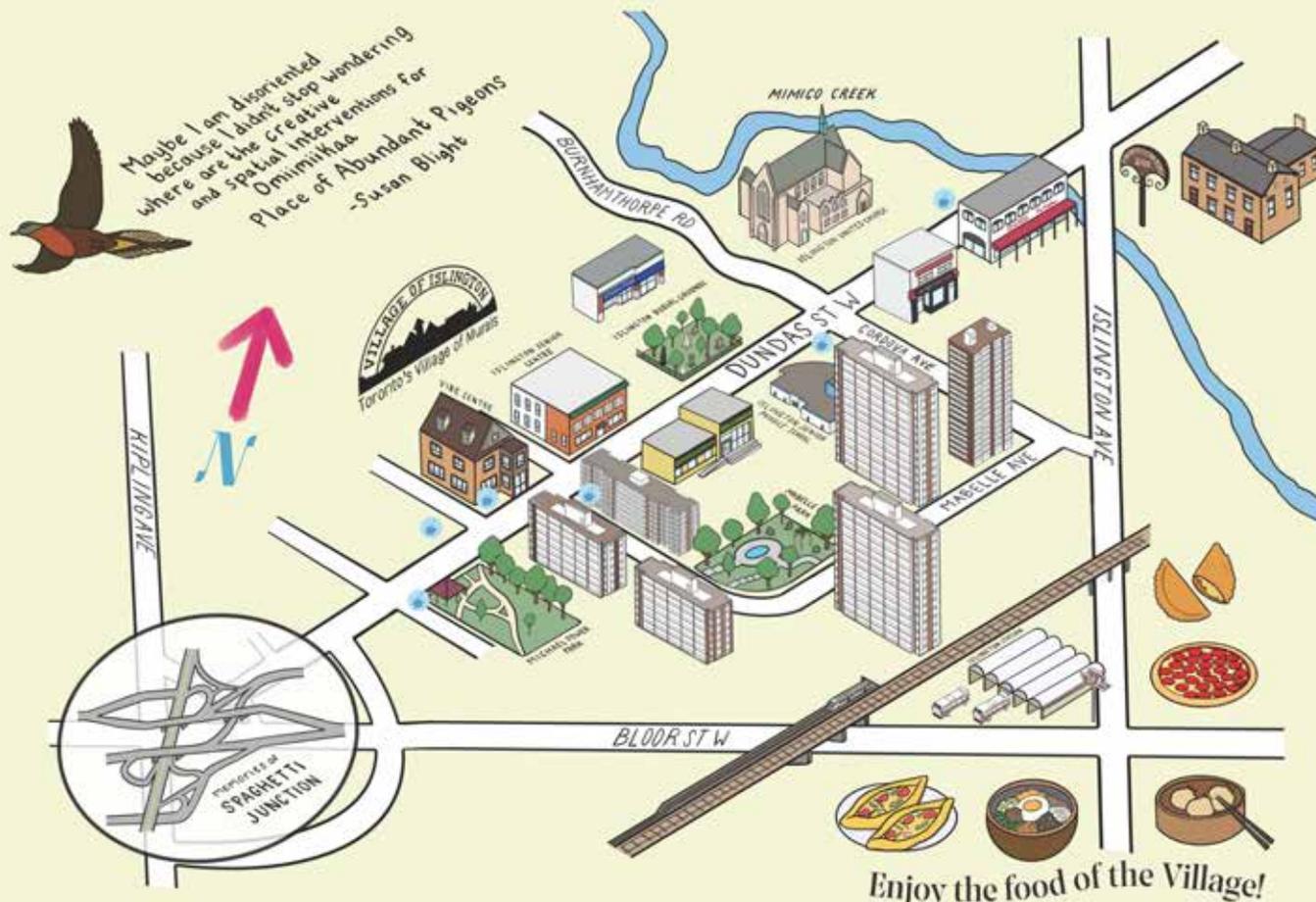
The first 75 people to show up and show proof of visiting the AR murals will receive their choice of bite-sized treat including Vegetarian Spring Rolls, Grilled Steak, Crispy Fried Taco, or Cake! All food is made to order and is subject to availability while quantities last.

Social Media Contest

Post an image or screenshot of you experiencing the ARVI augmentations with #DiscoverAE and be entered into a draw to win a gift basket filled with goodies from the Village of Islington. The contest will run until September 30.



ARTS ETOBICOKE'S Village of Islington



The mural augmented by Philip Cote is **Aftermath**
4868 Dundas St. W.

The mural augmented by Susan Blight is **The Way We Were, Islington 1900**
4972 Dundas St. W.

The other augmented murals are:

Briarley, Gone but not Forgotten
4937 Dundas St. W.

Flight of the Passenger Pigeon
5101 Dundas St. W.

Harold G. Shipp's First High Flier!
4994 Dundas St. W.

Prodigy
5048 Dundas St. W.

The Faces of Islington
4909 Dundas St. W.



Art Is Here! Augmented Reality in the Village of Islington locations

Augmented Reality ARTIST SPOTLIGHT

PHILIP COTE

Philip Cote of Moose Deer Point First Nation is a Young Spiritual Elder, Indigenous Artist, Activist, Educator, Historian and Ancestral Knowledge Keeper. Philip is a graduate of OCAD University's Interdisciplinary Art Media and Design Masters program. He is engaged in creating opportunities for art-making and teaching methodologies through Indigenous symbolism, traditional ceremonies, history, oral stories, and land-based pedagogy. His art and teaching philosophy evolves from his practice of experiential learning and the transmission of Indigenous Knowledge.

Philip has chosen to animate the mural called Aftermath with his piece entitled "Ice-Runners" or "Oh-kwa-ming-i-nini-wug". His piece is an Indigenous Story of the Ice Age here in Etobicoke and Toronto, a remembrance of the 12,000-year-old footprints that were found in the blue clay at the foot of Bay Street in 1908 by a dredging crew.



SUSAN BLIGHT

Susan Blight (Anishinaabe, Couchiching First Nation) is an interdisciplinary artist working with public art, site-specific intervention, photography, film and social practice. Her solo and collaborative work engages questions of personal and cultural identity and its relationship to space. Susan is co-founder of Ogimaa Mikana, an artist collective working to reclaim and rename the roads and landmarks of Anishinaabeg territory with Anishinaabemowin. She is a member of the Indigenous Routes artist collective, which works to provide free new media training for Indigenous youth. In August 2019, Susan joined OCAD University as Delaney Chair in Indigenous Visual Culture and as Assistant Professor in the Faculty of Liberal Arts & Sciences and School of Interdisciplinary Studies.



Susan has chosen to animate the mural called The way we were, Islington 1900 with her project Omiimiikaa. Mimico takes its name from the Anishinaabe word for "place of abundant pigeons" as at one time, omiimii was the most abundant bird on the planet and the mouth of Mimico Creek was a migratory stopover. The passenger pigeon flew in huge flocks that could be several miles wide and could reach a length of forty miles; there are reports of a single flock taking three days to pass over. Writing in 1837, Anna Brownell Jameson described the landscape of the Etobicoke and Mimico Creek watersheds as mysterious spaces "where foot of man hath never penetrated". We know that she was wrong as Indigenous presence on these lands and waters has an imprint and continues to imprint upon the land in abundant and generative ways. Susan has written a poem to the passenger pigeon as a way to connect the history of this area, colonization, movement, passage and the possibility of return.

COMMUNITY CORNER

SHARE YOUR IDEAS WITH ARTS ETOBICOKE

Arts Etobicoke is excited to present Ideas Online, a digital series of engaging workshops for community members to join in an open conversation about artistic and cultural activities in Etobicoke.

As part of our Exploring Community Arts and Culture in Etobicoke initiative, Ideas Online invites individuals and organizations from across Etobicoke to gather virtually, share ideas, and help Arts Etobicoke to learn more about our community and their preferences for arts and cultural activities. The events include musical performances, art-making activities, and lively discussions surrounding arts and culture in Etobicoke.

Sign up for one of two workshop modules discussing either arts and culture or food and recipe sharing. Each workshop will have its own set of engaging activities and discussions led by our fantastic team of Community Story Coordinators.

You can sign up for our workshops as an individual or book a session as a group. Both formats are designed to encourage community-building, incredible discussions, and provide people with the opportunity to learn more about their community. Our workshops can serve as a fun opportunity for community members to gather and socialize and to have their voices heard. It can also be a fun break for staff or community groups to shut off work, be creative, and have a conversation together.

If you would like to find out more please visit www.artsetobicoke.com/ideas-online or contact our Community Research Coordinator, Magdiel Espinal at magdiel@artsetobicoke.com

A ROTARY MOMENT

On April 23rd, the Rotary Club of Toronto West (RTW) hosted a virtual gala event including a silent auction. With CTV's Colin D'Mello acting as MC, the gala from PACT Urban Peace Program, Dr. Eric Bouffet and Toronto Police Services Constables Julie Rowe and Leanna Gill. David Lockett from PACT Urban Peace Program, Dr. Eric Bouffet and Toronto Police Services Constables Julie Rowe and Leanna Gill.



The community's generous donations in response to this event have enabled RTW to continue to provide support to worthy partners such as Meagan's HUG, a community-based charity that raises hope and awareness about and funds for paediatric brain tumour research, and ProAction Cops and Kids, a Toronto Police Services program directed at tackling youth violence, bullying and mental health.

These donations will also help RTW to continue to support local charities experiencing spikes in demand for services due to the pandemic, such as Ernestine's Women's Shelter, the Thistletown Food Bank, the St. James Food Basket, Haven on the Queensway and the George Hull Centre.

On July 1 - 3, the Rotary Club of Etobicoke held its annual Ribfest at Centennial Park. While the event was cancelled last year because of the pandemic, this year's pandemic-safe drive-thru format enabled participants to enjoy mouth-watering ribs and other delicious treats from the comfort of their own vehicles. While COVID-19 has presented some significant challenges, Rotarians have found it exciting to think creatively about how to deliver Etobicoke's favourite community-supporting events and believe we've done very well with this one!



UPCOMING EVENTS

Commencing June 16th, RTW will resume its weekly bottle drives at the parking lot of Montgomery's Inn. All donations will be used to support local food banks and other charities. Volunteers pick up the donations from donors' vehicles to ensure that COVID-19 guidelines are adhered to and donors will not have to leave their cars. If you can spare some items, please make your contributions on Wednesday afternoons at Montgomery's Inn.

COMMUNITY CORNER

Summer Foods and Historic Recipes

By Montgomery's Inn Staff

Fresh Ontario summer fruits seldom require a recipe. Straight out of the quart basket, fresh-picked berries, peaches and plums are already perfection. However, it is nice to have a couple of versatile recipes on hand, especially if those recipes don't require heating up the kitchen with long bakes in a hot oven.

Montgomery's Inn has a team of historic cooks who animate our kitchen by re-creating recipes from the 19th century. Two hundred years ago, you couldn't skip out to the local 24-hour grocery store to purchase the ingredients for your supper, so most historic recipes include suggestions for ingredient substitutions. Fruit recipes in particular were designed to be versatile and to make use of whatever was in season locally at any given time.

This summer, we're happy to share modern versions of our most popular historic fruit recipes. We encourage you not to get too tied up trying to source exact types of berries or fruits. Browse the farmers' market for what looks fresh and tasty, then give one of these recipes a whirl using whatever you find. That's how Etobicoke residents cooked 200 years ago—and it still tastes great today!



Gooseberry Fool

According to the Oxford English Dictionary the word "Fool" was used to describe a fruit dessert as early as 1598. The origin of the term is unclear, though it is interesting to note that "Trifle", used to describe another fruity, creamy dessert, is contemporaneous. To 'fool' or to 'trifle' both had meanings related to deception or frivolousness. Fool was most commonly made with gooseberries, but other fruits, including apples, could be substituted. Modern recipes for Fool usually blend stewed fruit or jam into cream which has been whipped in order to give a lighter texture. If gooseberries are unavailable, rhubarb, blackberries, fresh cranberries, or red currants all make good substitutes. You want a fruit with a tart flavour to balance the richness of the cream.

Our Modern Recipe

1 lb. green gooseberries (about 3 cups), not too ripe.
½ cup white sugar (plus more to taste)
¾ cup whipping cream

Whole goose berries for garnish

1. Rinse berries well. Remove stem and 'tail' from the gooseberries.
2. Combine the sugar and the berries in a heavy bottomed pan. Reserve a few whole berries for garnish. Stirring occasionally, cook the berries until they are soft enough to crush with a wooden spoon (about 10 minutes.)
3. Push the berry mixture through a sieve to remove the seeds and create a fine textured fruit puree. Taste the puree and add more sugar if necessary. Set aside to cool.
4. You may choose to whip the cream, in which case you will add a few tablespoons of sugar to the cream when it is partially whipped. If you wish to make a more old fashioned fool, leave the cream un-whipped and add more sugar to taste in step 5.
5. Fold the cream (whipped or not) gently into the cooled puree. Taste again to ensure it is sweet enough. Serve the fool in a glass bowl or in individual glasses. Garnish with whole berries and chill 1 hour before serving.



Spring Drink

Before the 20th century, people enjoyed a variety of non-alcoholic drinks, which they invariably prepared themselves in their home kitchen. Lemons, cranberries, raspberries, apples, gooseberries, red currants, and ginger were all used as flavourings for beverages. The original recipe for Spring Drink was published in Hamilton in 1861 and suggested substituting apples for the rhubarb, in which case the beverage produced was called Vin de Pommes.

Whatever fruit you choose, this recipe produces a very refreshing drink which can be served over ice or mixed with soda water (a 19th century invention). Increase or decrease the amount of sugar to taste and depending on the sweetness of the fruit you are using. The addition of a shot of vodka or gin transforms this into a charming summer cocktail.

Our Modern Recipe

8 cups water
2 cups chopped rhubarb
¾ cup brown sugar (or use white sugar for a clearer-looking drink)

1. Boil the water and rhubarb together until the rhubarb is soft and can be mashed into a pulp with the back of a spoon.
2. Strain the rhubarb-and-water mixture through a clean cotton cloth or piece of muslin, placed over a colander or sieve.
3. Add sugar to taste to the strained juice and stir until dissolved. Chill well before serving.

Montgomery's Inn Farmers' Market is open every Wednesday, 2-6 pm. You can also place orders in advance by visiting www.montgomerysinnovators.ca/virtual-farmers-market/ Orders placed Friday 9am through Monday 9 pm will be available for pick up at the entrance to the market on the following Wednesday.

Moves outside May 5

Montgomery's Inn
Farmers' Market
2-6 PM EVERY WEDNESDAY
Shop in person or pre-order online
<http://montgomerysinnovators.ca/virtual-farmers-market/>

Great food is just a call away

The Village of Islington is home to a collection of wonderful restaurants offering takeout food to enjoy. Whether you're looking for comfort food or something exotic, you'll find it here! Remove this insert from the Islington Times newspaper to keep it close at hand.



A.F. Home Bakery

		S	M	T	W	Th	F	S
5168 Dundas St. W. ~ 647-430-3611 ~ www.af-home-bakery.business.site								
Pickup	✓							
Delivery	✗							
Breakfast								
Own Delivery	DoorDash							
✗	✗							

Anatolia Restaurant

		S	M	T	W	Th	F	S
5112 Dundas St. W. ~ 416-207-0596 ~ www.anatoliarestaurant.com								
Pickup	✓							
Delivery	✗							
Breakfast								
Own Delivery	DoorDash							
✗	✗							



Beer N Wings Sports Grill

		S	M	T	W	Th	F	S
5164 Dundas St. W. ~ 416-236-2627 ~ beerandwingsportsgrill.com								
Pickup	✓							
Delivery	✓							
Breakfast								
Own Delivery	DoorDash							
✗	✓							

Chinese Food Gallery

		S	M	T	W	Th	F	S
5138 Dundas St. W. ~ 416-236-3838 ~ www.chinesefoodgallery.ca								
Pickup	✓							
Delivery	✓							
Breakfast								
Own Delivery	DoorDash							
✗	✓							



Cho Dang Soon Tofu

		S	M	T	W	Th	F	S
5130 Dundas St. W. ~ 416-234-1161								
Pickup	✓							
Delivery	✗							
Breakfast								
Own Delivery	DoorDash							
✗	✗							

Empire Market Café

		S	M	T	W	Th	F	S
5126 Dundas St. W. ~ 416-239-6060 ~ www.empire-market-cafe.business.site								
Pickup	✓							
Delivery	✓							
Breakfast								
Own Delivery	DoorDash							
✓	✗							



Espresso Bakery & Deli

		S	M	T	W	Th	F	S
4980 Dundas St. W. ~ 416-236-3183								
Pickup	✓							
Delivery	✗							
Breakfast								
Own Delivery	DoorDash							
✗	✗							

ISLINGTON TIMES

2021 Takeout Restaurant Listing Insert



European Patisserie				S	M	T	W	Th	F	S
5072 Dundas St. W. ~ 416-783-9377 ~ www.europeanpatisserie.com										
Pickup	<input checked="" type="checkbox"/>	Delivery	<input checked="" type="checkbox"/>	Breakfast	☀	☀	☀	☀	☀	☀
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Dinner	☾	☾	☾	☾	☾	☾

Fox & Fiddle Precinct				S	M	T	W	Th	F	S
4946A Dundas St. W. ~ 416-207-9990 ~ foxandfiddle.com/locations/fox-precinct										
Pickup	<input checked="" type="checkbox"/>	Delivery	<input checked="" type="checkbox"/>	Breakfast	☀	☀	☀	☀	☀	☀
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Dinner	☾	☾	☾	☾	☾	☾



Galata Café				S	M	T	W	Th	F	S
5112 Dundas St. W. ~ 647-351-4888 ~ www.galata.ca										
Pickup	<input checked="" type="checkbox"/>	Delivery	<input checked="" type="checkbox"/>	Breakfast	☀	☀	☀	☀	☀	☀
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Dinner						

Gohyang Korean Restaurant				S	M	T	W	Th	F	S
5096 Dundas St W. ~ 416-231-6660 ~ www.rockfella.ca										
Pickup	<input checked="" type="checkbox"/>	Delivery	<input checked="" type="checkbox"/>	Breakfast						
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Dinner	☾	☾	☾	☾	☾	☾



Ikko Japanese Family Cuisine				S	M	T	W	Th	F	S
5084 Dundas St. W. ~ 416-233-2727 ~ www.ikko.ca										
Pickup	<input checked="" type="checkbox"/>	Delivery	<input checked="" type="checkbox"/>	Breakfast						
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀		☀	☀	☀	☀
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Dinner	☾	☾	☾	☾	☾	☾

Insadong Korean Restaurant				S	M	T	W	Th	F	S
4941 Dundas St. W. ~ 416-746-0777 ~ www.insadongrestaurant.com										
Pickup	<input checked="" type="checkbox"/>	Delivery	<input checked="" type="checkbox"/>	Breakfast						
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Dinner	☾	☾	☾	☾	☾	☾



Fire Wing's Bar & Grill				S	M	T	W	Th	F	S
4903 Dundas St. W. ~ 416-236-2609 ~ www.firewings.ca										
Pickup	<input checked="" type="checkbox"/>	Delivery	<input checked="" type="checkbox"/>	Breakfast						
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Dinner	☾	☾	☾	☾	☾	☾

"There is no sincerer love than the love of food."
George Bernard Shaw

ISLINGTON TIMES

2021 Takeout Restaurant Listing Insert



John's Fish 'N' Chips					S	M	T	W	Th	F	S
5090 Dundas St. W. ~ 416-231-3474 ~ www.johnsfishnchips.com											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀️	☀️	☀️	☀️	☀️	☀️	☀️
✗	✓	✓	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙



Korean Restaurant Beijing					S	M	T	W	Th	F	S
4925 Dundas St. W. ~ 416-805-1452											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀️	☀️	☀️	☀️	☀️	☀️	☀️
✗	✓	✗	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙

Mai Bistro					S	M	T	W	Th	F	S
4906 Dundas St. W. ~ 647-343-3130 ~ www.maibistro.com											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch							
✗	✗	✗	✓	Dinner	☀️	☀️	☀️	☀️	☀️	☀️	☀️



Mama Rosa Restaurant & Bar					S	M	T	W	Th	F	S
5078 Dundas St. W. ~ 416-207-1111 ~ www.mamarosarestaurantandbar.com											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀️	☀️	☀️	☀️	☀️	☀️	☀️
✗	✗	✓	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙

Mamma's Pizza					S	M	T	W	Th	F	S
4986 Dundas St. W. ~ 416-231-4545 ~ www.mammaspizza.com											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀️	☀️	☀️	☀️	☀️	☀️	☀️
✗	✓	✓	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙



Miss Natalie's Tropical Cuisine					S	M	T	W	Th	F	S
5118 Dundas St. W. ~ 416-260-9444 ~ www.missnatalies.com											
Pickup	✓	Delivery	✗	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	CATERING AND PHONE IN ORDERS ONLY						
✗	✗	✗	✗	Dinner							

Osmow's					S	M	T	W	Th	F	S
4850 Dundas St. W. ~ 416-239-9000 ~ www.mrosow.com											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀️	☀️	☀️	☀️	☀️	☀️	☀️
✓	✓	✓	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙



Pizza Hut					S	M	T	W	Th	F	S
5132 Dundas St. W. ~ 416-233-2003 ~ www.pizzahut.ca											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀️	☀️	☀️	☀️	☀️	☀️	☀️
	✓	✓	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙

ISLINGTON TIMES

2021 Takeout Restaurant Listing Insert



Pizzeria Via Napoli

					S	M	T	W	Th	F	S
4923 Dundas St. W. ~ 416-602-4040 ~ www.pizzeriavianapoli.ca											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀	☀
✗	✓	✓	✗	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙



Sorsi e Morsi

					S	M	T	W	Th	F	S
4900 Dundas St. W. ~ 416-232-2250 ~ www.sorsiemorsi.ca											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch							
✓	✓	✓	✓	Dinner	🌙		🌙	🌙	🌙	🌙	🌙

Subway Restaurant

					S	M	T	W	Th	F	S
4927 Dundas St. W. ~ 647-428-7263 ~ www.subway.com											
Pickup	✓	Delivery	✓	Breakfast	☀	☀	☀	☀	☀	☀	☀
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀	☀
✗	✓	✓	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙



Thai Jalearn

					S	M	T	W	Th	F	S
4911 Dundas St. W. ~ 416-519-3356 ~ www.thaijalearn.ca											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀	☀
✗	✓	✓	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙

Tim Hortons at Rabba Fine Foods

					S	M	T	W	Th	F	S
4869 Dundas St. W. ~ 416-234-0609 ~ www.timhortons.ca											
Pickup	✓	Delivery	✗	Breakfast	☀	☀	☀	☀	☀	☀	☀
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀	☀
✗	✗	✗	✗	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙



Toji Sushi

					S	M	T	W	Th	F	S
5088 Dundas St. W. ~ 647-343-3130 ~ www.tojisushi.ca											
Pickup	✓	Delivery	✓	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀	☀
✗	✓	✓	✓	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙

St. James's Gate Irish Pub

					S	M	T	W	Th	F	S
5140 Dundas St. W. ~ 647-350-5140 ~ www.sigtoronto.ca											
Pickup	✓	Delivery	✗	Breakfast							
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Brunch From 11am	☀	☀	☀	☀	☀	☀	☀
✗	✗	✗	✗	Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙



Please note the information presented in this listing was accurate at the time of publication but could be subject to change without notice.

LOPII PRODUCTIONS INC.

There's a new kid on the block
Lopii creates award-winning kids TV content, right here, in Islington.

Meet your new neighbor: Lopii (Low-Pie) Productions Inc., a kids TV production company creating shows that are fun, high quality, inclusive and diverse - both on-screen, and behind the scenes.



Identical twins Georgina and Rennata López co-founded Lopii Productions in 2018 but moved their offices from downtown to the Islington area less than a year ago, in September 2020. After a few months of pandemic spent like everyone else, locked up at home, the sisters were looking for the perfect place: "We wanted to be closer to home and to our kids. We both had been living in the area for over 10 years and we really wanted to have our company closer to home," says Georgina.

"It's easier to be working in a neighborhood we both know and love. It's a better work-life balance. We are so much happier here and parking is significantly cheaper!" adds Rennata, laughing.

Indeed, the work-life balance becomes essential when business is booming and work is piling up, because Lopii may be a new kid on the block - in the neighborhood and in the media landscape - but they are already winning awards in their field!

Their show, *My Stay-at-Home Diary*, a children's series showing the perspectives of 6 to 13-year old kids and their families around the world during the pandemic, has won a Kidscreen Award, Banff Rockie Awards and two Youth Media Alliance Awards. They also have been nominated for a Canadian Screen Award.

With content broadcasted on TVOkids and PBS and raving reviews on all of their shows, Lopii is a rising star in children's programming! Despite this success, the founding leaders of Lopii remain humble and as fun, easy-going, warm and authentic as the content they create. "Working in kids TV has always been a passion of ours and we love working every day to make sure every child can see themselves on TV," says Rennata.

"We are honoured to be honoured" adds Georgina with a smile. With several exciting projects in production, in English and in French, the two witty sisters (who named their company after the plural of their family name López!) are here to stay and they will be looking for kids to cast in their summer series very soon.

Lopii Productions - 5140 Dundas Street West, Suite 204, Etobicoke
Tel: 416-672-0355 • www.lopiiproductions.com



ROYAL YORK MASSAGE THERAPY & OSTEOPATHY

The past two years have seen an increased awareness of maintaining good health. Family-owned Royal York Massage Therapy & Osteopathy at 4887 Dundas Street West prides itself on being a proactive healthcare partner for residents of the Village of Islington since 2003.

The clinic is operated by spouses Henry Janzen RMT, DOMP and Gina Tsiapalis RMT, RM and offers various therapeutic services, including registered massage therapy, osteopathy, reiki, acupuncture, reflexology, and more.

"Our mission is to be a place where clients come to receive care and our practitioners feel equally cared for," says Gina. "We are more than a clinic. We are a team of professionals interested in educating our community on the importance of self-care."



Over the years, the team has helped people affected by pain and injury change their lives for the better.

"We've seen some amazing transformations," Henry says. "One client came in with severe sciatica that compromised her daily living and stopped her from enjoying the things she liked to do. She was originally skeptical about osteopathy, but after a few treatments, her pain began to subside. Now she's walking, biking, dancing, and doing yoga again without pain, and is so amazed at her recovery that she's referring new clients to us!"

Gina took over the existing business in 2003 when it was operating out of a local chiropractic office. Henry came on board soon after, and the couple worked hard to build the business, which moved to its current location in 2016. The business has grown to include a secondary clinic location in Milton, Ontario.

Royal York Massage Therapy now has ten healthcare practitioners committed to providing quality therapeutic services, along with a level of service that helps clients to feel as relaxed as they would be at home.

"We take an interest in the overall health needs of our clients," Gina says. "We take the time to go over all of their clinical concerns to develop a holistic treatment plan designed to eliminate pain, improve performance, and prevent injury. We truly love working with people to help them reach their healthcare goals."

Gina stresses that their clinic blends preventative self-care into their treatment plans to help give their clients the best chance at overall good health and well-being.

"I stress three important factors into our treatment to augment rehabilitative care," she says. "Eat well, get plenty of rest, and take time to pause and allow for some quiet self-reflection. When your mind is clear, it's easier to hear what your body is telling you about your health."

Henry and Gina also give back by supporting local charitable organizations such as Halton Women's Place, Holiday Helpers Etobicoke, and the Brain Injury Association of Waterloo.

"We're grateful for the support from our community and feel privileged to help everyone achieve better health," Gina says. "We look forward to meeting many more of you soon!"

Royal York Massage Therapy & Osteopathy at 4887 Dundas Street West
Tel: 416-234-1707 • www.rymt.ca

How to Become a Healthy Skeptic

By Janet McKenzie, MBA, ND

A skeptic is a person who questions or doubts accepted opinions. Skeptics can play an important social role by prompting debate, especially during the summer “silly season” when published claims can become hyped. Skepticism itself, however, can become problematic when it crosses over into the realm of the outlandish and/or conspiracy theories. Since the pandemic began last year, examples of healthy and unhealthy skepticism have abounded.



When it comes to health, the internet provides easy access to information, some of which is factually reliable and some of which is not. If you have an average level of knowledge about health, can you distinguish the good information from the poor-quality stuff?

Here are some suggestions to help you become a healthy skeptic about health-related claims and keep well informed with verified facts:

- copy and paste a key phrase about a claim into your favourite search engine and end the search phrase with the word “hoax”
- go to <https://www.snopes.com/search/> to conduct your search
- if the source you are viewing makes reference to credible providers of information such as Mayo Clinic, the National Institutes of Health or Health Canada, double check that those organizations have actually said what was attributed to them
- discuss the information you are questioning with someone who is trained in healthcare

An example:

Claims have been circulating that inoculation with vaccines for Covid-19 can make your body magnetic.

When you use the keywords: covid-19 vaccine magnetism, the search engine returns articles from reputable sources such as McGill University’s Office for Science and Society, and Reuters news service. By consulting these primary sources directly, instead of secondary sources which might be quoting them inaccurately or making false attributions, you avoid being conned with fake news.

Let’s all do our part to halt the misinformation pandemic by cultivating healthy skepticism.

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.

How Cannabis Impacts Your Insurance Coverage

By Lola Macanowicz, CFP, CLU, CHS, CIP

The Cannabis Act, also known as Bill C-45, legalizing recreational marijuana may affect your Home, Auto and Life insurance.

Home insurance

In all provinces except Manitoba and Quebec, you can legally grow up to four cannabis plants on your property for personal use. These four plants are treated the same as any other legal plant on your property and are covered under your Home insurance policy. If you illegally exceed the number of plants allowed in your province or territory, your claim may be denied entirely.

Household members who smoke cannabis aren’t eligible for our non-smoker discount.

Auto insurance

Legislation introduced by the federal government improves roadside screening and implements new charges for driving while impaired by drugs, including cannabis. Driving while under the influence of cannabis is illegal and can result in increased auto insurance premiums.

To learn more about the dangers of cannabis impaired driving, visit www.canada.ca/en/services/health/campaigns/cannabis/impairment

Life insurance

If you use cannabis for medicinal purposes, you may be asked about your medical condition during the life insurance application process. While recreational cannabis use won’t impact your rates, heavy use could cause higher premiums or a declined application.

What else you need to know about cannabis

While it’s legal for adults to use cannabis in Canada, each province and territory has different rules. It’s your responsibility to know what’s legal and what isn’t in the province or territory where you live or visit, including:

- The legal age
- Where you can buy and use cannabis
- How much cannabis you can possess

For more information on what’s legal and what isn’t, visit, www.canada.ca/en/health-canada/services/drugs-medication/cannabis/laws-regulations/provinces-territories

For more information on the cannabis laws, visit the federal government’s Cannabis in Canada website.

<https://www.canada.ca/en/services/health/campaigns/cannabis>

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

FaceBook @LolaMacanowiczInsuranceFinancialServices

Twitter @LolaMacanowicz

Instagram @lola.macanowicz.cfp



Have you ever noticed the daily soundtrack that accompanies your life?

I am not referring to music in the traditional sense, but rather music that exists in the world around us. Nature creates its own symphony of sound, whether it be the singing of birds, the buzzing of insects, the croaking of frogs or the gentle sound of a slow-moving stream. These random sounds contribute to a soundscape that we are often oblivious to as we go about our busy lives, but which enriches our daily experience.



If you take a few moments to really listen to nature's sounds, you will hear melodic patterns in the notes of a songbird and rhythmic patterns in the chattering of squirrels. Outside the city, the mournful and musical howling of a wolf often causes an emotional response in people and the neighing of horses has its own pleasant sequence of musical pitches.

The music around us is not limited to the sounds of nature. There are many examples of man-made sounds that also contribute to our daily soundtrack. The clanging of the streetcar bell and the chimes that sound when the subway doors close have their own melodic notes and rhythms.

One of my early drum teachers pointed out to me that the ring of a telephone had a rhythmic pulse. After that, the ring of a phone became more than simply a mechanical or electronic sound; to my ears, it became a source of music.

John Cage's composition 4'33" focused the spotlight on the question: what is music? This piece had its premiere in 1952 and continues to cause debate today. The "performance" consisted of a pianist sitting at the piano and closing the keyboard lid at the beginning of the piece and then opening it at the end of the piece. Therefore, the piece did not consist of any music in the traditional sense, but to quote John Cage, "You could hear the wind stirring outside during the first movement."

So, wherever you find yourself during your day, take a moment to listen to the soundtrack of your life and experience the joy that it brings.

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



Hello! I hope everyone is enjoying the warmer weather and stepping out safely. I am a huge fan of walking around the neighbourhood to soak in all the colours and sights. With the colourful array of flowers and lush greenery, there's a variety of activities to look forward to as the sun shines through the summer.

Everyone has favourite summer treats, be they fruit ice bars, refreshing cucumber mint lemonade, or perhaps a cool salad at home. The Village of Islington provides many opportunities to enjoy some of the culinary delights of the season.

The Farmer's Market at Montgomery's Inn, which happens every Wednesday, is a place of sheer joy for me. While I miss those days when the market was inside Montgomery's inn and I could go up and down the wooden staircase imagining how the Montgomery family lived, the market is now conveniently located outside Montgomery Inn in the parking lot and here is where you will find farm-fresh vegetables, fruits and other goodies such as honey and baked items.

For those who love to make a classic lettuce and berry salad or a watermelon-feta salad, stores in our neighbourhood, such as Rabba Fine Foods or Q-Market, have everything you'd need. With thoughts of having a lemon-kiwi cooler at home or an iced berry blast, I am already heading to my refrigerator to check what I can make this weekend!

To beat the heat, Empire Market Cafe (at the west end of Dundas) is now serving gelato. Tuck in on a hot day to try some of their delicious flavours. They also offer amazing Italian favourites such as pasta sauces and antipasti. I always have an enjoyable experience chatting with the owners here whenever I stop by.

If hunger pangs continue, feast on some cool kebabs and dips at Anatolia Restaurant or some Simit sandwiches with salads at Galata Cafe, both exemplary Turkish eateries in our neighbourhood.

Not to be forgotten, Sorsi e Morsi, Mai Bistro and Pizzeria Via Napoli are also Islington Village go-to places for cool summer dishes.



Writing this article has made me hungry already!
How about I share a little recipe of a summertime fruit salad?
Here we go:

Ingredients: 3 tbsp Mint leaves, ½ cup orange juice, ¼ cup honey, 1 pint basket strawberries stemmed and halved, 1 half pint basket blueberries, 2 oranges peeled and cut into sections, 1 cup cantaloupe or honeydew melons scooped into balls.

Method: In a medium bowl, whisk the orange juice and honey. Add remaining ingredients and toss gently. Chill for 1 hour. Divide into four bowls and enjoy! Makes four bowls of this cool summer favourite.

Priya Prabhu is an IT professional by day and a painter, writer and reader by night.

Keep Your Deck Looking Beautiful with these Deck Stain Tips

By Dave Bell, Co-owner, Village Paint & Wallpaper

When warmer weather returns to Etobicoke, our customers at Village Paint & Wallpaper start looking forward to backyard entertaining with family and close friends. Many of them tell us that they need to refresh their deck but aren't sure how to properly go about it in a way that prevents peeling and lasts as long as possible.

There are usually two reasons that a deck stain will peel:

- The deck wasn't properly cleaned before applying the stain. Hosing off your deck isn't enough to rid your deck of the sap, dust, barbecue grease, and other elements that may be trapped between the wood and the stain. These contaminants will cause the stain to peel within a few weeks. Only a professional-grade deck cleaner can adequately prepare your wood for staining.

- The deck wasn't thoroughly dry after cleaning. If you did clean the deck, it needs 2 – 3 days for the wood to completely dry. Even if it feels dry on the surface, there's still water deep within the grains that need to seep out before you can apply the stain. Otherwise, the water will prevent the stain from setting in, resulting in peeling.

You generally have three choices of deck stain to choose from:

1. Transparent stain: This translucent oil-based stain will protect your deck but needs to be reapplied annually
2. Semi-transparent stain: You'll get about 2 – 3 years of use out of this oil-based stain, although heavy foot traffic might cause its light pigment to fade
3. Solid stain: This latex-based stain offers the most longevity of the three, but needs cleaning monthly to maximize its lifespan

No matter which type of stain you use, if you notice it doesn't look as fresh one month after applying it, it just needs a once-over with a deck cleaner.

Be sure to use a deck stain remover before applying a new coat. The best time to stain a deck is in the early morning, evening, or when your deck is shaded.

Direct sunlight will dry the stain too quickly and prevent it from settling into the wood.

If you have any questions, don't hesitate to reach out to us. My wife Ruth and I purchased Village Paint & Wallpaper in 1999 from the Goddard family, who first opened the store in 1953. We're proud to carry on the tradition of quality products, friendly service, and sound advice to our friends and neighbours right here in the Village of Islington.

**Village Paint & Wallpaper – 4949 Dundas Street West, Etobicoke
Tel: 416-231-2831 • www.villagepaint.hunterdouglas.ca**



The Faces of Islington - John Kuna

Councillor Mark Grimes
WARD 3
Etobicoke-Lakeshore

Stay up-to-date on when you can get your COVID-19 Vaccination

SIGN UP
FOR
eNews

at www.markgrimes.ca

councillor_grimes@toronto.ca 416-397-9273 mark_grimes themark.grimes

Remembering a Local legend: Peter Manios (1930 – 2021)

By Mimi Barbayanis

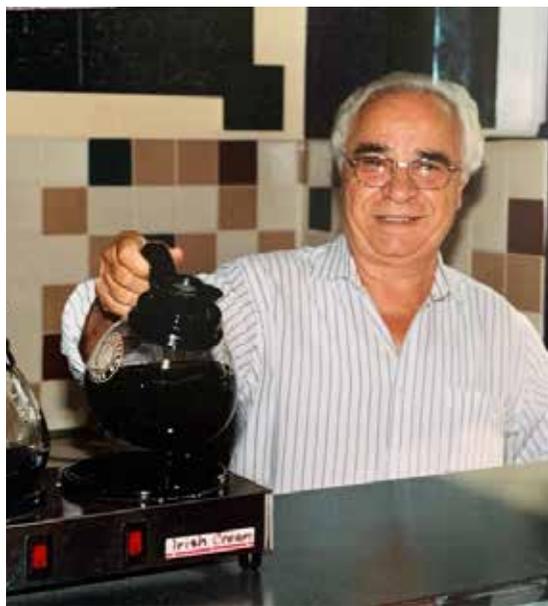


On March 12, 2021, Islington Village said goodbye to a true local legend, Peter Manios. Many of you knew him as Peter, and some might have even known him by his original Greek name, Epaminondas.

I, of course, knew him as Dad.

His passing, just shy of his 91st birthday, allowed friends and family to reflect on his lifetime of generosity and giving back to our community.

He came to Canada from Nestani, Tripoli, Greece, a young man looking forward to starting a new life right here in Toronto. In 1957, he married my mother Dina, with whom he had three children: myself, my sister Jeannie, and my brother George.



Dad supported us for years by working at restaurants and bowling alleys until the opportunity to own and operate a business came along. In 1965, Dad opened a Country Style Donuts restaurant with his brother-in-law Chris Pappas on the corner of Dundas and Islington (where Osmow's now stands).

He worked long hours, often overnight, to bake fresh donuts and pastries for the folks who would be crowding the shop the next day. I would sometimes visit him when he worked, looking up at all the big machines that operated with ease.

Most of all, I was impressed by how much his customers loved him. They all knew him by name, and he always took the time for a quick chat with every person. I realized that he wasn't only special to his family, but to the community as well.

As his business grew, Dad continued to give back to the community. During the 1970s and 80s, he sponsored local hockey and baseball teams, becoming their biggest fan and cheering them on to victory.

He also showed great empathy and generosity toward those less fortunate. When a homeless person would come into the store, he would offer them coffee and donuts to stay warm and fed. Dad treated everyone with the same courtesy and respect, regardless of their standing, which endeared him even further to Islington Village.

Dad was so well known that when we went out to places such as Six Points Plaza, Sherway Gardens, or the now gone Westwood Theatre, everyone stopped to greet him as if he were a celebrity. Which, I suppose, he was.

In the late 1970s, the Country Style Donuts lease expired. Dad bought the land and opened Old Mill Donuts. I worked there as a teenager, allowing me to continue to witness his generosity firsthand and, most importantly, bringing us even closer together.

Dad finally retired in the early 2000s. Old Mill Donuts became a Second Cup. Dad would still visit that location, and people would joke, "Peter, you're still here?" He would laugh that wonderful laugh of his, which is one of my fondest memories. Hearing stories about Dad from so many of you always bring me a smile and a tear. He meant so much to my siblings and my three daughters and three grandsons, who miss him terribly. However, he still lives on within us, through our memories and the legacy of giving we pledge to preserve.

German
International
School
TORONTO

ACCEPTING

APPLICATIONS

Learn German
and English in our
KINDERGARTEN
starting in
September 2021



www.gjstonline.ca



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

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 #2 416-366-9681

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
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
Fabutan 10A Burnhamthorpe Rd 416-234-8418
First Nails 4879 Dundas W 416-231-6300
Garon's Barbershop & Hair Salon 4937 Dundas W 647-760-9286
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 W, Unit B 1 888 260 7774
NOVA Electrolysis 4889 Dundas W. #4 647-778-8351
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
Welcome Health 4889 Dundas W #4 647-773-7557
– INNA Medical Aesthetician

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 & BookkeepingForYou 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
Royal Custom Cleaners 4994 Dundas W 416-938-9178
Valentina Shoe Repair & Alterations 4901 Dundas W 416-231-4400
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
Proserv Plumbing & Drain Service 5174 Dundas W 416-236-5373
Smithwood Floors, Floors Refinishing c/o 5090 Dundas W 416-410-4140
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
Growing Tykes Learning Centre 5150 Dundas W 416-575-3044
Hepworth & Associates – Elder Life Planning 5048 Dundas W 647-638-4235
Mathnasium 4910 Dundas W 647-920-8019
Star Coaching & Training 4953 Dundas W, #105 416-233-4189
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
Temp Select 4905 Dundas W 647-350-0210

FINANCIAL SERVICES, INSURANCE & ACCOUNTING

ACG Accounting Consultant Group 4889A Dundas W, #6 416-234-8383
Associated Accountants 4889A Dundas W, #3B 647-932-0905
BookkeepingForYou 5048 Dundas W. 647-725-7741
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. 5048 Dundas W. 416 427 6418
O'Reilly Chartered Professional Accountant 5048 Dundas W 647-522-5723
Taxes For You 5048 Dundas W 647-725-7741

FLOWERS, PARTY SUPPLIES

Flowers & Balloons 4917 Dundas W 416-234-9146
Morning Flower 4978 Dundas W 416-239-0585
Q Market 5066 Dundas W 416-239-9706

FUNERAL DIRECTORS

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

IMMIGRATION SERVICES

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

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, 5048 Dundas W 416-234-2777
Lola Macanowicz Insurance & Financial Services 4894 Dundas W, Ste 205 1-888-231-2011
Sentinel Risk Insurance

LEGAL SERVICES

Clapperton Munro Law 4888 Dundas W, #100 416-443-1200
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
McDonald Estate Services Ltd. 5048 Dundas W. 416-427-6418
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

PLUMBERS

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

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 Dunblow 416-239-0008
Village of Islington Business Excellence Centre (VIBE) 5048 Dundas W 416-234-8423

SALES, MARKETING & MEDIA/TV PRODUCTION

Aldert Chemicals Ltd. 4889 Dundas W, #5 416-236-4222
Breeze Marketing and Communications 5048 Dundas W 647-285-5192
Heinemann Electric / D.T. Shaw Co. Ltd. 5150 Dundas W, #306 416-231-2706
Helium Marketing 5048 Dundas W 416-460-9881
Lopii Productions 5140 Dundas W #204 416-672-0355
Mitcham Machine Tools Inc. 5048 Dundas St. W. 416-458-7994
Mock Marketing & Sales 4953 Dundas W, #101 416-234-2790

SENIORS LIVING

Hepworth & Associates – Elder Life Planning 5048 Dundas W 647-638-4235
Tapestry At Village Gate West 15 Summerland Tce 416-777-2911
The Seniors Store 4974 Dundas W 416-231-1300

SPECIALTY SHOPS

Em Jay's Inc. Cannabis dispensary 5160 Dundas W. 416-236-5297

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. 4897 Dundas W, Suite 1 416-847-0102

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

VAPE

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

HEALTH & WELLNESS

ACUPUNCTURE, ACUPRESSURE

Acucology – Acupuncture, Chinese Medicine, Nutrition, PEMF	4889A Dundas W #3B	647-549-2281
Acupuncture Clinic: Tak Lin Lai	5140 Dundas W, #208	416-234-5502
Dr. M. Noudga - RMT	4889 Dundas W, #4	416-894-6492
Dr. Y. Zheng	4939A Dundas W	416-580-6580
INNA Medical Aesthetician, Laser	4889 Dundas W, #4	647-773-7557
Irina Shadracheva - RMT	4889 Dundas W, #4	647-283-6024
Islington Village Health	4920 Dundas St. W.	647-343-3136
– Dr. S. Vincente and Dr. N. Larga		
Jennifer Spyropoulos, Registered Acupuncturist	4984 Dundas W	416-234-1451
Lily's Acupuncture & Chinese Herbal Medicine	4894 Dundas W, #202	416-760-8688
Naturelax Clinic	5100 Dundas W	416-207-1688
NOVA electrolysis	4889 Dundas W, #4	647-778-8351
Osteal Diagnosis & Treat	5124 Dundas W	416-551-5744
Summit Natural Health Centre	5133 Dundas W	416-236-7642
Welcome Health	4889 Dundas W, #4	416-916-4422
– Dr. E. Noudga - Chiropractor, Acupuncture		
Wendy's Acupuncture and Herbal Clinic	4920 Dundas W, #303	416-831-8028

CHIROPRACTIC AND MASSAGE THERAPY

Cheryl Migus-Smart, RMT	5146A Dundas W, Unit 2	647-802-2866
Hands On Health Chiropractic & Massage Therapy	4939 Dundas W	416-237-0069
Islington Wellness	4945B Dundas W	416-854-0596
– Melanie McIvor - RMT		
– Jenna Mcglynn - RMT		
Kaizen Physiotherapy Group	4955 Dundas W	416-207-0404
– R.M. Echevarria, BSc.PT, Registered Physiotherapist		
– J. Echevarria, RMT		
– K. Mischczyk, RMT		
Lily B. Well	5146A Dundas W, Unit 2	647-836-6065
Lily-Beth Fernandez, RMT	5146A Dundas W, Unit 2	647-836-6065
Massage Therapy Clinic:		
– K. Breikreuz - 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
Osteal Diagnosis & Treat	5124 Dundas W	416-551-5744
Royal York Massage Therapy and Osteopathy	4887 Dundas W	416-234-1707
Summit Natural Health Centre	5133 Dundas W	416-236-7642
– Dr. Jennifer Lau, Chiropractor		
–Aileen Tolentino, RMT		
Welcome Health		
– Dr. E. Noudga - Chiropractor, Acupuncture	4889 Dundas W, #4	416-916-4422
– Dr. M. Noudga - RMT	4889 Dundas W, #4	416-894-6492
– INNA Medical Aesthetician, Laser	4889 Dundas W, #4	647-773-7557
– Irina Shadracheva - RMT	4889 Dundas W, #4	647-283-6024
– NOVA electrolysis	4889 Dundas W, #4	647-778-8351
Wendy's Acupuncture and Herbal Clinic	4920 Dundas W, #303	416-831-8028

COUNSELLING, PSYCHOTHERAPY & PSYCHOLOGISTS

Barrett Family Services	5048 Dundas St. W.	416-705-8348
Centre For Connections	4911 Dundas W	416-487-2404
Dr. P. McRoberts – psychologist	4891 Dundas W, #2A	416-207-0969
Mavaacs Consultants – children's counselling	4889A Dundas W, #2	416-222-4606
Nancy Webb M.SW, R.SW – Registered Social Worker/psychotherapist	4984 Dundas W.	416-234-1451
Rostyslav Shemechko Registered Psychotherapist, Life Coach	4920 Dundas W	647-866-9061
Toronto Psychological Services & Allied Health	4920 Dundas W, #205	416-531-0727

DENTISTS, DENTAL SURGEONS, DENTURISTS AND DENTAL LABORATORY

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

DIETICIANS

Jenille Hutchison RD, Registered dietician	4984 Dundas W.	416-234-1451
--	----------------	--------------

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
Helpworth & Associates – Elder Life Planning	5048 Dundas W.	647-638-4235

NATUROPATHS

Academy Health Centre		
– Dr. P. Gabryl, ND, Naturopath	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

OSTEOPATHY PRACTITIONER

Frank Costa, D.O.M.P. – Registered Osteopath	4984 Dundas W	416-234-1451
J. Izzard, Bsc. – Osteopathic Practitioner	4891 Dundas W, #7	647-271-6908
Naturelax Clinic	5100 Dundas W	416-207-1688
Osteal Diagnosis & Treat	5124 Dundas W	416-551-5744
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
– R.M. Echevarria, BSc.PT, Registered Physiotherapist		

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
W1N Ortho Lab	4889 Dundas W, BL1	647-694-5186
Walk On Air	4901 Dundas W., Suite B	647-313-3136

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
Empire Market Café	5126 Dundas W	416-239-6060
Espresso Bakery & Deli	4980 Dundas W	416-236-3183
European Patisserie – custom cakes & desserts	5072 Dundas W	416-783-9377
Miss Natalie's Tropical Cuisine	5118 Dundas W	416-260-9444
Neighbours Fine Foods	4917 Dundas W	416-234-9146
Q Market	5066 Dundas W	416-239-9706
Rabba Fine Foods	4869 Dundas W	416-234-0609
Traditional Korean Bakery	4992 Dundas W	416-233-8883

COFFEE SHOPS & TEA ROOMS

Empire Market Café	5126 Dundas W	416-239-6060
European Patisserie – custom cakes & desserts	5072 Dundas W	416-783-9377
Montgomery's Inn Tea Room	4709 Dundas W	416-394-8113
Tim Hortons at Rabba Fine Foods	4869 Dundas W	416-234-0609

DELIS, SUBS & SANDWICHES

A.F. Home Bakery	5168 Dundas W	647-430-3611
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	416-239-9000
Subway	4927 Dundas W	647-344-8368

FINE DINING

Anatolia – Turkish cuisine	5112 Dundas W	416-207-0596
Mai Bistro	4906 Dundas W	647-343-3130
Sorsi e Morsi Trattoria Italian restaurant	4900 Dundas W	416-232-2250

FISH & CHIPS

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

PIZZA

Mamma's Pizza	4986 Dundas W	416-231-4545
Pizza Hut	5132 Dundas W	416-233-2003
Pizzeria Via Napoli	4923 Dundas W	416-602-4040

PUB FARE

Beer N Wings – Sports Grill	5164 Dundas W	416-236-2627
Fire Wing's Bar & Grill	4903 Dundas W.	416-236-2609
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
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
Thai Jalearn	4911 Dundas W	416-519-3356
Toji Sushi	5088 Dundas W	647-348-8654

TAKE-OUT

Ah So – "Sushi to go" at Rabba's	4869 Dundas W	416-234-0609
Chinese Food Gallery	5138 Dundas W	416-236-3838
Fire Wing's Bar & Grill	4903 Dundas W.	416-236-2609
Galata Cafe	5122 Dundas W	647-351-4888
Miss Natalie's Tropical Cuisine	5118 Dundas W	416-260-9444
Osmows	4850 Dundas W.	416-239-9000
Pizza Hut	5132 Dundas W	416-233-2003
Thai Jalearn	4911 Dundas W	416-519-3356
Tim Hortons at Rabba Fine Foods	4869 Dundas W	416-234-0609

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



Benjamin Moore®

Refresh Your Outdoor Colours

House, deck, porch or patio—
save on your next exterior paint project.



\$5.00 OFF per 3.79 L can



**VILLAGE PAINT & WALLPAPER
4949 DUNDAS ST W
ETOBICOKE, ON M9A1B6
(416) 231-2831**

Offer valid for \$5.00 off retailer's suggested retail price per 3.79 L can of up to five (5) 3.79 L cans of Arborcoat® exterior stain at participating retailer. Products may vary from store to store. Subject to availability. Offer cannot be combined with other offers, discounts or promotions, or applied toward prior purchases. Retailer reserves the right to terminate, cancel or modify this offer at any time without notice. Offer expires 07/31/2021. ©2020 Benjamin Moore & Co., Limited. Arborcoat, Benjamin Moore, Gennex, and the triangle "M" symbol are registered trademarks licensed to Benjamin Moore & Co., Limited. 8/20