

ISLINGTON TIMES

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Galata Café: A Turkish Oasis in the Village of Islington

Sharing family traditions is part of our community's fabric. At Galata Café, located at 5122 Dundas Street West, owner Çağlar Araz is carrying on the family tradition of providing delicious food in a warm, inviting atmosphere. It all started with his aunt, Ayşe Aydemir, who was also a local restaurateur.

"My aunt owned the Anatolia Restaurant, which was located just a few doors from Galata," Çağlar says. "I worked there when I was younger, first as a busboy and dishwasher and later cook, server, and manager as well as running her social media marketing. Her love for serving wholesome food inspired me to launch my own café."

Çağlar opened Galata in 2015, offering fresh Turkish and international sandwiches, delicacies, pastries, specialty beverages, and – of course – Turkish coffee!

"We enjoy creating a cozy, unique environment where people can relax and connect," he says. "I've also hung some of my father's paintings on the wall for a unique, distinctive touch you won't find anywhere else."

As a business owner, Çağlar spends most of his time running his café, taking on any task that will help his customers have an optimal experience. His staff of five also has support from one exceptional volunteer: Aunt Ayşe.



"My aunt retired from the restaurant business after her landlord sold the building," Çağlar says. "But she still comes in to help me out whenever she can. You can probably say that we've come full circle!"

Çağlar also lives in our community, listing running, cycling, visiting the library, and shopping along Dundas as some of his favourite activities.

"I visited this neighbourhood as a teenager," he says. "I was impressed with how inclusive Islington Village is. There are few places in the world where you can get to know people from so many different backgrounds."

Operating the Galata Café allows Çağlar to share his background with our community. Although Galata attracts people from all over the GTA, he's quick to acknowledge his appreciation for how Islington Village has embraced his business since opening its doors seven years ago.

"I'm very grateful for the support our café has received here in Islington Village," Çağlar says. "The people here have been overwhelmingly friendly and the business community incredibly welcoming. I hope everyone knows that we're here for them as well. We're all part of the same community and I wouldn't have it any other way!"

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Message From The Chair

By Michael Wood



Greetings, everyone – I hope you're all having a great summer with family and close friends in our community!

This issue of the Islington Times is quite special for me as I've just transitioned into the role of Chair of the Islington BIA. I'll be following in the footsteps of Lola Macanowicz, a trailblazer in building up our business community over her 10 years as Chair.

Lola has served with the Board almost since its inception, becoming Chair in 2010. She has been one of our business community's most active and inspiring advocates. Her accomplishments include transforming many of the walls along Dundas into 28 beautiful murals. She organized guided tours of the murals - often serving as a mural guide - telling the story of each mesmerizing piece of art and bringing our local history to life.

She runs The Co-operators at 5048 Dundas St W. and is the founder of the VIBE Centre, a meeting place that's become a staple of our business community.

I'm happy to report that Lola will still serve on the Board, which allows us to continue drawing on her experience, wisdom, and tireless energy. On behalf of our Board and membership, I'd like to thank Lola for her years of dedicated service as Chair.

My goal for the BIA is to build upon the foundation Lola has built while helping to take our business community into the future. One of our main focus areas will be growing our BIA aligned with the development plans for the Six Points on Kipling south of Dundas, which will become an important Etobicoke hub in the coming years. We'll make more announcements as our plans develop, but we're all very excited about the possibilities for organic business growth.

However, as the city continues to grow around us, we also want to preserve our community's welcoming feel. This means ensuring a pleasant walking experience for our neighbourhood families as they visit our local businesses by installing planters, benches, Christmas lights, and more. We also want to expand on Lola's legacy by expanding our collection of murals to protect the uniqueness of our community.

As your BIA, we have a lot of work ahead of us, but it's a labour of love that we're proud to take on. As your new Chair, I look forward to getting to know all of you and collaborating on how we can continue growing our incredible business community.



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Village of Islington Times

Community Newspaper | Volume 10 | Issue 02
Quarterly Publication ~ Circulation 25,000 Delivered by Canada Post

Village of Islington BIA

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www.villageofislington.com

Contact:

Meghan Mesheau

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

HC2 Advantage – Human Resources Consultants

Our Managing Director, Gary Hepworth, created HC2 Advantage in response to many of his prior clients who were looking at their people organizations for something different... something with a greater effect on the bottom line. And the bottom line was that conventional HR thinking wasn't getting at the real issues, or the barriers, or the opportunities for today's business leaders.

Gary is a long-time Board member of the Village of Islington BIA.

Gary specializes in organizational design, strategy and tactics, culture development, leadership development, talent acquisition/retention, compensation, and outsourcing disciplines, skills he developed across today's various environs of mergers and acquisitions, business transformations, pandemics, market campaigns and just normal business improvement activities.

Over the years, we have helped our consulting clients with addressing their "people" needs on a regular basis.

Staying abreast of today's evolving practices, technologies, trends, and best practices in the world of people management, can be a challenge for any organization. As a human capital management group, one of HC2's "advantages" is our access to experienced advisors and partners who we draw upon as your unique requirements present themselves.

What Does HC2 Bring to the Table?

Expertise - Current, seasoned and hand-selected professionals are assigned to your engagement.

Experience - We've been in your shoes at all levels. We understand the realities of objectives, budgets, and timelines. We work to make it work.

Value - An ability to assess and recommend solutions that are put into place quickly and effectively. We're a good investment in you!

Finding the right skills, right experience, and the critical "right fit" is a particular challenge these days, and according to our clients, we're very good at it. And for those candidates we've helped in finding that "right fit" with companies they now work for, we're apparently very good at that as well.

So, we decided it was time for HC2's Talent Services Group!

Like our clients, we're not a fan of big recruiting websites that "automate" everyone's needs and pelt you with minute-by-minute emails.... We're about People, Conversation and Fit.

Let's start the Conversation below.... and let's talk about how we can help!

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Islington Wellness

Islington Wellness turned 8 this year! We are so lucky and grateful to be growing in such a wonderful community. Islington Wellness offers Registered Massage Therapy by appointment 7 days a week in the Village of Islington.

Along with Swedish, relaxation, pre and post-natal massage treatments we are happy to be offering new treatments such as intra-oral TMJ work, perfect for those who suffer from headaches and neck pain related to jaw clenching. This treatment involves a gloved hand working inside the mouth at the jaw to assist in alleviating jaw tension. This treatment includes neck and scalp massage.

We also offer infant massage; this treatment is instructional showing new parents how to treat their babies themselves. This is a great treatment for parent and baby bonding, growth and infant digestive issues.

Melanie is also offering on site Corporate Wellness Chair Massage again, with over 20 years of experience providing chair massage in countless office, fundraising, conference and school settings. Excellent for staff appreciation or corporate wellness days. Full and half day rates available.

This year we received our first ever Gems of Etobicoke award! Thank you so much to those who nominated us and thank you to James Maloney and staff for hosting such an amazing event. Congratulations to all of the winners and nominees. Etobicoke is an amazing place for small businesses and is filled with Gems!

Please contact Melanie at info@islingtonwellness.com if you are interested in becoming a client or for inquiries about TMJ work, infant massage and Corporate Wellness.



Visit our website www.islingtonwellness.com Please follow us on Facebook @ [islingtonwellness1](https://www.facebook.com/islingtonwellness1) and Instagram @ [islington_wellness](https://www.instagram.com/islington_wellness) to keep up to date with news and offerings.



BUSINESS PROFILES

Helium Marketing Helping Your Business Soar Above the Ordinary

The COVID-19 pandemic prompted many of our local businesses to discover new, creative ways to keep operating under unprecedented public health guidelines.

For Michael Wood, President of Helium Marketing, the pandemic presented an opportunity to transition his entire business focus to continue serving his clients.

"We had operated as Helium Video for many years," Michael says. "Once the pandemic hit, people weren't looking for corporate or event videos anymore. So, we had to quickly pivot from a project-based business model into a subscription-based model that helps businesses gain new customers through creative digital marketing strategies."

The result was Helium, a full-service digital marketing agency that uses a unique "propellor strategy" that gives businesses the velocity and trajectory they need to gain sustainable organic growth.

"It's been especially gratifying to help other BIA businesses pivot with tips and advice that helped them navigate the pandemic and the post-pandemic world," Michael says. "We have a great business community that continues to stick together no matter what happens."



How to ask for 5-star Google reviews:

5-star Google reviews are great ways for new customers to learn how people feel about your business and help you have better search results. Many business owners' challenge is asking their customers to leave them.

"The trick is to make it easy," Michael says. "The less your customer has to do, the better the chance they'll leave you a positive review."

Michael recommends these creative ways to get your customers to leave Google reviews:

Place a QR code on the receipt: At the bottom of your receipt, include a link or QR code that opens the review box on your Google My Business page. Be sure to not just ask for a review but also mention why they should leave it, such as: "Leave us a review on Google to help our business grow!"

Place a QR code at checkout: A sign at the checkout counter with the same verbiage and QR code will place your request front and centre, making it even easier for your customers to leave a review.

Write a quick email: If you have your customer's email address, write them a quick note asking them to leave a review. However, be sure to mention why you need them to, something along the lines of:

"Hi [firstname]! Thank you again for visiting us today. As you know, small local businesses like ours rely on 5-star reviews to keep providing great service to our customers. Please click the link and leave us a review today.

We look forward to seeing you again!"

Make sure the link opens the review box on your Google My Business page to minimize the clicking and navigation required by the customer.

Bonus tip for email: Once you see that they wrote you a 5-star review, email them to say thank you and use similar text to ask for referrals!

Shop Local Contest!



The BIA is continuing the Shop Local Contest Giftcard Giveaway. You can enter to win on Instagram, Twitter or Facebook, or by visiting the BIA website. And you can enter as many times as you want! Contests are running every few weeks, so be sure to stay tuned to our social media channels, a new or favourite business could be next.



Hasty Market Now Open! Need something quick, or last minute?

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BUSINESS PROFILES



F45 Training Etobicoke Central

Micaela Hoglund and Brent Lowry are the co-owners of F45 Training Etobicoke Central, a community focused functional fitness studio located right here in Islington Village at 4922 Dundas St West, Etobicoke!

F45 specializes in innovative, high-intensity group workouts that are fast, fun, and results-driven. The 'F' stands for functional training, a mix of cardio and HIIT (high-intensity interval training) style workouts geared towards everyday movement. '45' is the total amount of time of their sweat-dripping, heart-pumping workouts. These sessions are Trainer-lead and are designed to provide a functional full-body workout while improving energy levels, metabolic rate, strength and endurance.

It is no secret that the pandemic hit the fitness industry hard, especially for small business owners like Micaela and Brent. However, they worked hard to see their vision through and have since launched two new studios. They are now seeing a huge return to in-person workouts as people re-prioritize their health after a few years of stagnation. Their Etobicoke studio is thriving once again and as Micaela says, "We are excited to be able to continue to offer a space for people of all

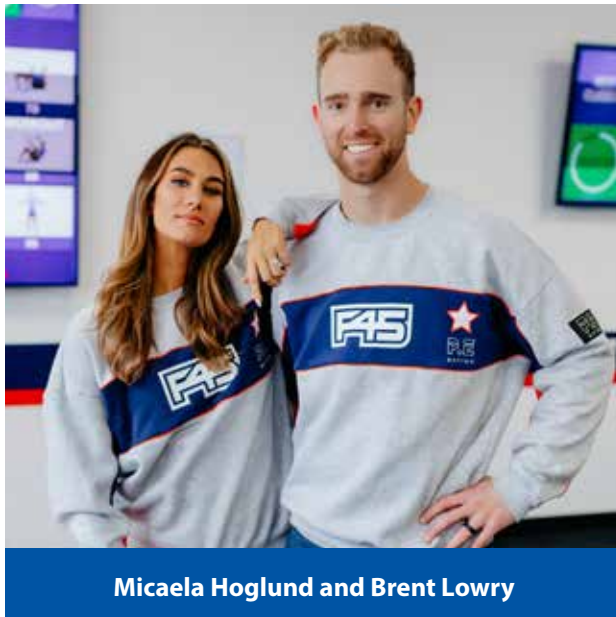
backgrounds, fitness levels, abilities and ages to come together for the love of fitness and community and to discover all that the F45 Training program offers."

The team mentality at F45 Training helps members transform their lifestyle physically and mentally while encouraging community growth and a no-ego attitude. It really is a "come as you are" vibe.

Brent mentions, "Our program is one of the most time-efficient ways of training and our clients can burn up to 750 calories per 45-minute session! We offer a 7 Day Trial for those interested in trying out our classes. And please, if you are a beginner, we encourage you to come out and sweat. You will have a supportive team around you every step of the way!"

You can find out more information or sign up for their 7 Day Trial via the details below.

www.f45training.ca/etobicokecentral
etobicokecentral@f45training.com
4922 Dundas Street West, Etobicoke



Micaela Hoglund and Brent Lowry



Akin Collective

Have a commercial vacancy? We need it!

In 2008, Oliver Pauk and Michael Dellios found themselves in need of affordable space in their home city, Toronto, in order to establish their art practices. They quickly realized that this need was not theirs alone—many artists, friends, and creatives in their community had similar thoughts. Thus Akin came into being. Initially set up as a small studio in a loft on Queen Street West for a small group of friends, the organization soon moved to a larger space at Akin Dufferin in order to serve more artists as it became clear that there was a great need for affordable workspace for creatives in Toronto.

In order to accommodate a growing waitlist, two new locations were established: Akin Lansdowne in 2014 and Akin Dupont in 2015, the same year that non-profit Akin Projects was founded, now offering close to 60 events each year in three streams: professional development opportunities for practicing artists, creative workshops and programs, and community engagement projects, most of which was offered at no cost for our community.

Two years later in 2017 four new locations were opened with Akin Sunrise, Akin Ossington, Akin St. Clair and Akin River. In 2018 Akin announced the Akin Studio Program in partnership with the Museum of Contemporary Art, Toronto Canada which launched in September 2018. In 2019 Akin announced the opening of REMOTE Gallery, a dedicated programming and exhibition space in partnership with the Toronto Art Council. REMOTE Gallery opened in March 2019 as a space for showcasing creative projects of all kinds. Akin has continued to open more studios and expand its programming as needed, and has become the largest provider of shared studio space in Toronto. While the pandemic hit Akin like the majority of Toronto art organizations, our community has supported one another and is through a slow but steady recovery.

Located on the territory of the Anishinaabe, Haudenosaunee, and traditional territory of the Wendat for the past 14 years, Akin continues today with the same vision with which it began - by working together and sharing space, we can support artists across the city in all aspects of their careers. Now, Akin is taking on a new and exciting project in search of more spaces in GTA that can serve its creative community.

Akin and their collaborators are developing a space-based map of the city, artists, and community organizations searching for spaces. Our hope is to show searchers parts of the city they may not frequent or haven't yet considered for their studios or businesses. This map will be offered as a city-wide free resource and we are asking for your community's help to make it happen. Know of an unused or underused space that could be rented out and added to this map? Akin is currently scouting the Islington area to meet this need so email bettina@akincollective.com for more information and for your insights. You can check out akin.art to learn more about Akin and our programming!



Akin community members gathering together for a programming event.

Arts Etobicoke

Sites of Significance

Arts Etobicoke invites you to join us at the Sites of Significance launch on Saturday, July 25, 3pm - 6pm at Arts Etobicoke's Storefront gallery located at 4893A Dundas St. W!

We will celebrate the launch of this project with three performances from Indigenous, Latin, and South Asian performers. Come experience the Augmented Reality projects created by six outstanding artists. The event will be full of interactive experiences and fun for all ages.

The Sites of Significance project celebrates the various sites across Etobicoke that hold cultural and historic importance to Indigenous and Newcomer communities. The three Indigenous artists we worked with are Philip Cote, Susan Blight, and Nyle Miigizi Johnston. The three Newcomer artists we are working with are Khaula Mazhar, Khadija Aziz and Nicolas Sanchez. For this project, each artist reflected and visually represented what each site means to them and their community through the use of Augmented Reality technology.

Two of our artists, Philip Cote and Khadija Aziz have their chosen sites in South Etobicoke. Philip Cote's work is at Colonel Samuel Smith Park. His work talks about the Alder trees in Etobicoke, and their importance and significance to the landscape of this land. Khadija's work is located by the Mimico Water Front Park. Her work talks about picnics in Canada as a newcomer.

For more information about the Sites of Significance project please visit our website artsetobicoke.com and click on the projects tab.



This is a screenshot of what the art work looks like in the AR app .
This one is Susan Blight's.

Investment Opportunities

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What kind of investment opportunities do these lower market values present?

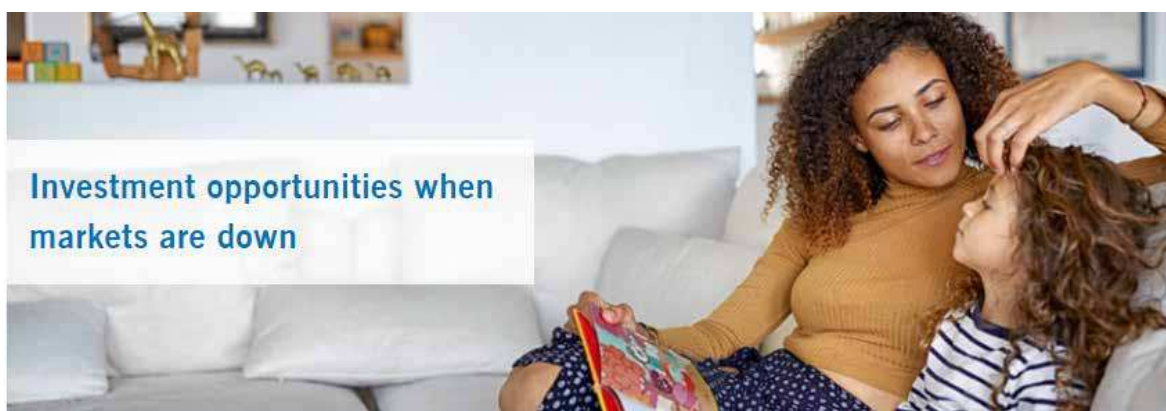
For the average investor (which is most people), the “buy low, sell high” mantra feels unnatural. During times of uncertainty, when the market drops and you can’t see the bottom, our instinct tells us to get out. “Escaping,” however, is an emotional response and may not be a sound investment strategy.

While it may feel like the worst time to begin investing – or to stay invested – the opposite can sometimes be true. Over the long term, buying cheap could mean less potential loss and bigger potential gains. Here are a few tips on what you can do to capitalize on a down market.

Take stock of what you have

For many, the idea of having “extra” money can seem impossible. After all, if people had excess cash lying around, there’d be a lot less worry about securing a better financial future.

To take advantage of downturns in an effective and less stressful way, you first have to find money to invest. Start by creating a budget, or by consulting the one you already have. It requires discipline, and may require some small sacrifices, but it can help you identify achievable and worthwhile goals. Some often-repeated, but sound, wisdom is to examine your need for those morning coffees at the drive-thru, which can add up fast. As does relying on takeout dinners. The list goes on.

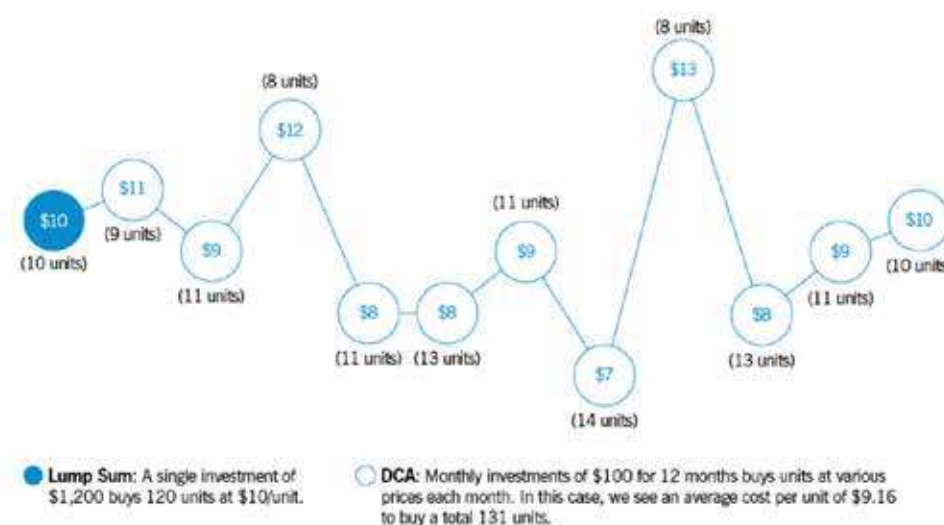


Take advantage of dollar cost averaging (DCA)

Dollar cost averaging is a simple long-term strategy that can be a great way to take advantage of dips in the market – smoothing out the peaks and valleys during times of volatility.

Here’s how it works. Rather than investing a one-time lump sum in a fund, dollar

cost averaging takes a more methodical approach; it divides the sum into equal, smaller amounts, and purchases shares over regular, fixed intervals. This example shows the growth of regular \$100 investments over 12 months, compared to a lump-sum investment of \$1,200:



As you can see, making regular contributions of the same value means that you are able to buy fewer units of an investment when values are high and more units when values are low. In this example, applying dollar cost averaging was more beneficial.

Take note of performance

As a strategy, dollar cost averaging will always perform best when markets are down. That’s when the power of regular investments is at its peak. When markets are flat and moving sideways, the outcome would be more comparable to a lump-sum investment. Meanwhile, a rising market will lower the purchasing potential, overall. It’s important to note that, for long-term investors focused on specific goals, there are benefits to all three of these market scenarios.

A hidden benefit of dollar cost averaging is that it takes the emotion out of investing, unlike the other two scenarios. It can reduce temptation to try and time the market, and it makes it much easier to stay the course on your chosen financial path. All you have to do is contribute regularly!

Having a plan and making regular contributions for the long term. That’s a simple formula for creating opportunity in a down market.

This article is provided as a general source of information for a specific point in time and should not be considered solicitation to buy or sell any investment. Nothing contained in this article constitutes investment, legal, tax or other advice.

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Pickup	✓	Delivery	✗	Breakfast								
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀		☀	☀	☀	☀	☀
✗	✗	✗	✗	Dinner	☾	☾		☾	☾	☾	☾	☾

Coco Fresh Tea & Juice						S	M	T	W	Th	F	S
4868 Dundas St. W. ~ 416-231-7888 Download the Coco App												
Pickup	✓	Delivery	✓	Breakfast								
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✗	✗	✗	✓	Dinner	☾	☾	☾	☾	☾	☾	☾	☾



Espresso Bakery & Deli						S	M	T	W	Th	F	S
4980 Dundas St. W. ~ 416-236-3183												
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Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch		☀	☀	☀	☀	☀	☀	☀
✗	✗	✗	✗	Dinner		☾	☾	☾	☾	☾	☾	☾

European Patisserie						S	M	T	W	Th	F	S
5072 Dundas St. W. ~ 416-783-9377 ~ europeanpatisserie.com												
Pickup	✓	Delivery	✗	Breakfast	☀		☀	☀	☀	☀	☀	☀
Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀		☀	☀	☀	☀	☀	☀
✗	✓	✗	✗	Dinner			☾	☾	☾	☾	☾	☾



Fire Wing's Bar & Grill						S	M	T	W	Th	F	S
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Own Delivery	DoorDash	Skip The Dishes	Uber Eats	Lunch	☀	☀	☀	☀	☀	☀	☀	☀
✗	✓	✓	✓	Dinner	☾	☾	☾	☾	☾	☾	☾	☾

... including

28

must-see AWARD WINNING MURALS!

Village of Islington

Restaurants | Cafés | Pubs



Fox & Fiddle Precinct

	S	M	T	W	Th	F	S
4946A Dundas St. W. ~ 416-207-9990 ~ foxandfiddle.com/locations/fox-precinct							
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery							
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch							
Dinner							

Galata Café

	S	M	T	W	Th	F	S
5112 Dundas St. W. ~ 647-351-4888 ~ galata.ca							
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery							
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch							
Dinner							



Gohyang Korean Restaurant

	S	M	T	W	Th	F	S
5096 Dundas St W. ~ 416-231-6660 ~ www.rockfella.ca							
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery							
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch							
Dinner							



Ikkoi Japanese Family Cuisine

	S	M	T	W	Th	F	S
5084 Dundas St. W. ~ 416-233-2727 ~ www.ikkoi.ca							
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery							
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch							
Dinner							



Insadong Korean Restaurant

	S	M	T	W	Th	F	S
4941 Dundas St. W. ~ 416-746-0777 ~ www.insadongrestaurant.com							
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery							
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch							
Dinner							



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							



"People who love to eat are always the best people."
Julia Child

Village of Islington

Restaurants | Cafés | Pubs



KIBO Sushi House

4925 Dundas St. W. ~ 416-792-6510 ~ <https://www.kibosushi.com>

	S	M	T	W	Th	F	S
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery	✓	✓	✓	✓	✓	✓	✓
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch	☀	☀	☀	☀	☀	☀	☀
Dinner	☾	☾	☾	☾	☾	☾	☾



Mai Bistro

4906 Dundas St. W. ~ 647-343-3130 ~ maibistro.com

	S	M	T	W	Th	F	S
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery	✓	✓	✓	✓	✓	✓	✓
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch							
Dinner						☾	☾



Mama Rosa Restaurant & Bar

5078 Dundas St. W. ~ 416-207-1111 ~ www.mamarosarestaurantandbar.com

	S	M	T	W	Th	F	S
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery	✓	✓	✓	✓	✓	✓	✓
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch	☀	☀	☀	☀	☀	☀	☀
Dinner	☾	☾	☾	☾	☾	☾	☾



Mamma's Pizza

4986 Dundas St. W. ~ 416-231-4545 ~ mammaspizza.com

	S	M	T	W	Th	F	S
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery	✓	✓	✓	✓	✓	✓	✓
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch	☀	☀	☀	☀	☀	☀	☀
Dinner	☾	☾	☾	☾	☾	☾	☾

Miss Natalie's Tropical Cuisine

5118 Dundas St. W. ~ 416-260-9444 ~ missnatalies.com

	S	M	T	W	Th	F	S
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery	✓	✓	✓	✓	✓	✓	✓
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch							
Dinner							

Catering and phone-in orders only



Osmow's

4850 Dundas St. W. ~ 416-239-9000 ~ mrosmow.com

	S	M	T	W	Th	F	S
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery	✓	✓	✓	✓	✓	✓	✓
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch	☀	☀	☀	☀	☀	☀	☀
Dinner	☾	☾	☾	☾	☾	☾	☾

Pizza Hut

5132 Dundas St. W. ~ 416-233-2003 ~ www.pizzahut.ca

	S	M	T	W	Th	F	S
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery	✓	✓	✓	✓	✓	✓	✓
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch	☀	☀	☀	☀	☀	☀	☀
Dinner	☾	☾	☾	☾	☾	☾	☾



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social media: @Villageofisling



Village of Islington

Restaurants | Cafés | Pubs



Pizzeria Via Napoli

	S	M	T	W	Th	F	S
4923 Dundas St. W. ~ 416-602-4040 ~ www.pizzeriaviapoli.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	🌙	🌙	🌙	🌙	🌙	🌙	🌙

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	🌙	🌙	🌙	🌙	🌙	🌙	🌙



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. ~ 647-348-8654 ~ www.tojisushi.ca							
Pickup	✓	✓	✓	✓	✓	✓	✓
Delivery	✓	✓	✓	✓	✓	✓	✓
Breakfast							
Own Delivery	✓	✓	✓	✓	✓	✓	✓
DoorDash	✓	✓	✓	✓	✓	✓	✓
Skip The Dishes	✓	✓	✓	✓	✓	✓	✓
Uber Eats	✓	✓	✓	✓	✓	✓	✓
Lunch	☀	☀	☀	☀	☀	☀	☀
Dinner	🌙	🌙	🌙	🌙	🌙	🌙	🌙



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

A Rotary Moment



Your local Rotary clubs work throughout the year to improve our community and support local charities with fundraising.

For example, the images below show Rotarians and Interactors (teenaged members of Rotary-sponsored Interact clubs) removing trash from Tom Riley park. This was part of Rotary's Great Lakes Watershed Cleanup.



RTW's Bottle and Beer Can Fundraiser

RTW's Bottle and Can Fundraising Drive Is Back!

You can help Rotary help others by bringing your empty beverage bottles and beer cans to Rotary Toronto West can and bottle drive.

ROTARY CLUB OF TORONTO WEST

Bottle Drive for Charity Montgomery's Inn Farmers' Market 4709 Dundas Street West

Support our local charities by donating your empty wine, liquor, beer bottles and beer cans.

Your donations will support:

- Local food banks
- Clothing donations
- Women's shelters
- Mental health programs

When: Every Wednesday from 2:00 to 4:00 pm starting May 25 until the end of October.

Where: In the parking lot of Montgomery's Inn.

Helping us lets us give to many others!



For more information about joining our club and our many community activities, please visit our website at RotaryTorontoWest.ca



Toronto's Village of Murals

Connect with us on Social Media!



@Villageofisling

DOORS OPEN

No need to wait for Doors Open to visit this awesome art gallery

Sold out!

Yup, it was a great start to Doors Open 2022. Tickets for 12 double-decker bus tours of the fascinating Village of Islington outdoor art gallery sold out days before the May 28/29 weekend. Maybe it was because everybody loves a double-decker bus. Maybe it was because the weather was perfect.

For sure, more than 600 people came to visit over the weekend because the 28 murals between Islington and Kipling Avenues along Dundas Street are, quite simply, amazing.

Featuring a knowledgeable local guide, each bus tour introduced Doors Open enthusiasts to the world-renowned murals and the fascinating stories they tell of life in the historic Village of Islington over the past two centuries.

Even for those who had visited the murals previously, seeing them for the first time from the vantage point of the top of a bus was especially fun. Featured on the second story of a Village building (5090 Dundas), the vivid tapestry of wings in Butterflies are Free (artist John Kuna) was even more striking when close to eye level.

Bus riders were also able to simultaneously admire the “Pub with No beer” mural (artist John Kuna), showing the challenges of the Prohibition era for Village inns and pubs at that time, along with the striking historical architecture of the Precinct (4946 Dundas). This building started life in 1843 as a church, then became the village’s municipal offices, then a police station, then a restaurant, and today is a pub.

The top of the bus also provided a great perspective for viewing the fascinating “Faces of Islington” mural (artist, John Kuna) at the corner of Dundas and Cordova. Featuring 100 years of student photos from nearby Islington Junior Middle School, riders were eye level with the grandparents, parents, children and grandchildren sharing this space.

Amid a background of cultural motifs representing the demographic of the student body, Doors Open visitors could appreciate the evolving ethnic cultures of the village over the last century.

If you haven’t yet visited this unforgettable outdoor art gallery, please come this summer. No need to wait for Doors Open 2023. Our friendly village and beautiful murals are always open – and convenient – only a short walk north of the Islington subway station.

For self-guided tours you can find a mural map at villageofislington.com/mural-map. Or, if you want to gather a group of 10 or more friends, family members, neighbours, co-workers or other interested folks, contact the Village of Islington BIA to book a free mural tour with a guide. 647-703-4802 or info@villageofislington.com.

It’s summer in the Village. Come enjoy a gelato or ice cream from our village businesses and stroll this wondrous (and free!) outdoor art gallery.



DOORS OPEN



A PLACE TO

dine well.

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Five Tips for a Healthy Summer

By Janet McKenzie



Here are five things to help you take care of your body and mind this summer.

1. Get enough rest

The longest days of the year can mean routines may vary but you should still aim to get six to ten hours of sleep a night, in keeping with whatever is normal for you. A bedroom that is dark and cool promotes deeper, better sleep. If you don't have air conditioning, have a cold shower or bath before going to bed.

2. Get moving!

Summer heat can make exercise uncomfortable. Early risers can be up before the sun to exercise in the coolest part of the day. Those who don't arise before the sun can break up their exercise into smaller periods throughout the day to avoid overheating.

3. Stay connected

Sunny summer days are ideal for fun with family or friends. Events don't need to be expensive – an afternoon at your local park is all it takes. Many people have experienced negative effects on mental health during the pandemic so staying connected, especially outdoors on a beautiful day, is an easy, enjoyable way to keep negative thoughts and rumination at bay. If being outside is not your thing, make an extra effort to be in touch by phone.

4. Stay hydrated

It's so easy to become dehydrated during the summer. Fatigue or a mild headache can be early signals that you are not drinking enough. While eight glasses of water are enough for most adults during the other seasons, you will probably need more during the summer. If plain old water seems unappetizing, get creative! Add frozen berries, citrus slices, mint leaves or rosemary twigs to infuse flavour. Snacks with a high-water content, such as melons, cucumbers and tomatoes, are refreshing too.

5. Remember sun protection for your whole body

You know you need sunscreen with an SPF of 30 or more at all times. Wearing a hat protects your scalp. The intensity of sunlight and UV rays on summer days can also damage your eyes. Studies are showing that exposure to bright light can promote the development of cataracts and some eye cancers. Talk to your optometrist about the best options for protecting your eyes. Take care of yourself this summer with these tips to be safe and healthy all season long.

Janet McKenzie, BSN, MBA, ND, is the Naturopathic Doctor and Clinic Director at Summit Natural Health Centre located at 5133 Dundas Street West in Islington Village. You can reach her at contactus@summitnaturalhealth.ca.

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Community Growth By Councillor Mark Grimes

In 2018, our boundary expanded making the new Ward 3, Etobicoke-Lakeshore the largest municipal Ward in Canada by population. At 141,751 residents, we are larger than entire cities like Kingston and St. Catherine's, and we're approaching the same population as the Province of Prince Edward Island. We're continuing to grow, and over the last several years our community has been under siege by development – but why is all of this growth happening?

The answer starts at the Province. The Ontario Government sets the bar for growth targets, and then kicks the ball back to municipalities who are left to figure out how to manage that growth. If you asked the Province, they'd tell you that land use is under municipal jurisdiction. Technically, that's correct, but the jurisdictional lines become blurred when you learn that municipal Official Plans are required to be consistent with provincial growth plans, and that Provincial tribunals can (and do) overrule municipal decision making on development.

In 2019, the Province introduced changes to their growth policies. These changes are reshaping the development process, and are placing increasing pressure on our City to accommodate more residents. The new policies call for more intensification, and under the Province's plan, the City of Toronto is required to accommodate 3.6 million people by 2051. Some developers are taking these mandates to the extreme and are putting forward applications that are completely egregious and in my opinion, downright greedy. The City cannot control what a private land owner chooses to put forward, and the City is legally required to review and process all applications. Unfortunately, we can't just say "no".

We need more housing in Toronto, and I have made my position on development very clear. I am in favour of responsible growth that respects our community's wishes, respects our established area growth plans, revitalizes our main streets, and contributes to our neighbourhood amenities. I am opposed to over development that does not conform to our area's zoning and established permissions and that ignores the need for additional services to counter the

impact of additional density. I will continue to vote to fight development that our City Planners find to be egregious and inappropriate for our community.

When development applications come forward that our City Planners can support, I will continue to work to ensure that the proposal responds to the needs of the community. For example, on the Christie's Site, we secured a Park Lawn GO station, 2 new public parks, a community centre, 2 child care centres, space for 2 elementary schools, 1,500 affordable units, and space for upwards of 3,500 jobs. We've brought in new policies to require all eligible new developments incorporate affordable units. On other sites, we're securing funding to enhance our parks and public spaces. We're working to ensure that when development does happen, it works for the community and that growth pays for growth.

We will continue to experience development across the City of Toronto. Given some new rules introduced by the Province earlier this year, it's going to be a tough battle. New rules are reshaping how we secure community benefits from development. New rules will financially penalize cities for not reviewing development applications fast enough. New rules will likely result in more appeals to the Ontario Land Tribunal. I will continue to vote to support our communities, and oppose development that our City Planners find to be egregious and inappropriate for our community.

For more information on the continued growth in Etobicoke including new parks and development at Six Points, please get in touch with the Councillor's Office or sign up for his enews.



DID YOU KNOW?

A new Etobicoke Civic Centre is coming to our community?



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councillor_grimes@toronto.ca



Montgomery's Inn

There is exciting news from the City of Toronto regarding Montgomery's Inn and all of the Toronto History Museums! Every Toronto History Museum location is now providing free general admission on a permanent basis. Earlier in the year, during the annual budget process, City Council approved free admission to all City-owned museums in order provide equitable access to museum sites for all citizens and visitors to Toronto. Mayor John Tory made the official announcement in May as part of Museums Month.



The Toronto History Museums are committed to dismantling the ongoing colonial legacies of museums and working towards fostering reconciliation and healing, as well as enhancing the understanding of Toronto's diverse stories from multiple perspectives. Free admission supports these goals by providing everyone an opportunity to participate in cultural heritage and spaces.

The sites offering free admission include: Colborne Lodge, Fort York National Historic Site, Gibson House Museum, Mackenzie House, Market Gallery, Montgomery's Inn, Scarborough Museum, Spadina Museum, Todmorden Mills, and Zion Schoolhouse.

Located across Toronto, each historic site offers a wonderful chance to explore unique storytelling and experiences. For instance, at Montgomery's Inn you can learn about Black Freedom Seekers who settled in Etobicoke during the 19th century, or generations of Chinese Market Gardeners who made a living working the land surrounding the Inn in the 1920s and 30s. Although the interior of the historic houses at Colborne Lodge and Mackenzie House are currently closed for repair, both sites are offering daily outdoor walking tours. Mackenzie House also offers free daily interactive printing workshops with a focus on diversity in print culture.

Montgomery's Inn hours

Wed: 11-7; Thurs-Sun: 11-5

Self-guided visits at any time during opening hours or guided visits at scheduled times:

Wednesday: 11 a.m. and 6 p.m.

Thursday/Friday: 11 a.m., 1 p.m., 3 p.m. and 4 p.m.

Saturday/Sunday: 11 a.m., 1 p.m., 2 p.m., 3 p.m. and 4 p.m.

To learn more about the locations, hours, and tour times for any of the Toronto History Museums, please visit www.toronto.ca/explore-enjoy/history-art-culture/museums.



Toronto's Village of Murals

Connect with us on Social Media!



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WWW.VILLAGEOFISLINGTON.COM

BIA Community Cleanup

Thank you to all the BIA members and volunteers who came together and helped do some spring cleaning along Dundas St. West after a long winter. Galata Café was a great host to get things started, and warm up if needed. Many bags of trash were collected and disposed of. As a BIA we are very invested in the beautification of this area, and we hope to see everyone out again next April.



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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

BEAUTY & AESTHETICS: SALONS, SPAS & STUDIOS

Aesthetics by Ana	4883 Dundas W	416-239-5990
Aesthetics by Linda	5128 Dundas W	416-234-8322
Aroma Studio	4927 Dundas W	416-831-2262
Bella Babe Beauty Bar	4959 Dundas W.	416-232-9886
Choe's Hair Salon	5068A Dundas W	416-236-4163
Coconut Grove Nail & Esthetics	4970 Dundas W	416-233-1677
Creating Uniqueness by Tiffany	4970 Dundas W	647-764-1225
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 Hair Salon & Barber Shop	5144 Dundas W	416-233-4571
Igli Salon and Spa	5092 Dundas W	416-354-2450
Lana's Hair Design	4866 Dundas W	416-236-5535
Manipura Massage Therapy & Wellness	4941 Dundas W, Unit B	1 888 260 7774
Nicole Alvarez Makeup Artist & Glam Bar	4959 Dundas W	647-637-3592
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
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 Design	4976 Dundas W	416-653-6662
Villaggio Hair Design Salon	4883 Dundas W	416-239-5990
Welcome Health		
– INNA Medical Aesthetician	4889 Dundas W #4	647-773-7557

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
HC2 advantage - Human Resources Consultants	5048 Dundas W	416-399-2673
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

Academy of Math & English	4101 Dundas W, Unit #103	416-242-9410
Growing Tykes Learning Centre	5150 Dundas W	416-207-9259
Mathnasium	4910 Dundas W	647-920-8019
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	647-508-0444

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
Etobicoke Service Centre – vacuum cleaners	5114 Dundas W	416-231-3056
Find Your Inner Zen	4889 Dundas W. Suite. 2	647-922-0498
LIDesign Interiors Inc.	4953 Dundas W., Ste. 104	416-825-2099
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
The HVAC Service	5048 Dundas St. W.	905-267-2201
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, Unit #103	416-242-9410
Growing Tykes Learning Centre	5150 Dundas W	416-575-3044
Find Your Inner Zen	4889 Dundas W. Suite. 2 (street level)	647-922-0498
		647-922-0498
Hepworth & Associates – Elder Life Planning	5048 Dundas W	647-638-4235
Kingsway Hypnosis	4953 Dundas W, Suite 101	416-990-9528
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	647-508-0444

EMPLOYMENT AGENCIES

Alfa Job Agency	4990 Dundas W	647-351-2533
HR Craft	4905 Dundas W	647-342-7238

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
Brian McGowan Insurance Brokers Inc.	4894 Dundas W	416-236 8282
CIBC	4914 Dundas W	416-231-2850
Dominion Lending Centres – mortgages	5110 Dundas W	647-949-7775
Edward Jones	5135 Dundas W	416-237-0924
Edward Jones – investments	4889 Dundas W, #1A	416-239-0415
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
Marlies Y Hendricks, CPA	4899 Dundas W	416-766-3941
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
Virtax – CDN & US Income Tax Services	5048 Dundas W	416-834-5467

FLOWERS, PARTY SUPPLIES & GIFTS

Aroma Studio, Beauty Services & Gifts	4927 Dundas W	416-831-2262
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
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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
Sentinel Risk Insurance Group	4894 Dundas W, Ste 205	1-888-231-2011

LEGAL SERVICES

Clapperton Munro Law	4888 Dundas W, #100	416-443-1200
Dhalwal & Dhalwal 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
Miroutenko, Oksana – Barrister & Solicitor	4920 Dundas W, #305	416-234-9555
Pratt, Thomas W.G. – Barrister & Solicitor	4889A Dundas W, #4	416-239-6811
Starkman Law	5146 Dundas W	416-236-1053
Sultan, Mak – Barrister & Solicitor	4891 Dundas W, #1	416-237-1984
Tyrone D. Crawford Law Office	4945 Dundas W	416-760-8118

PHOTOGRAPHY

Helium Video	5048 Dundas W	416-460-9881
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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
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REAL ESTATE

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

Islington Village Mall	4916 - 4946 Dundas W	647-710-2171
Links Living Properties / Dino Collinii	4912 Dundas W	416-503-4444
Maxemum Property Management	4891 Dundas W	416-993-7106
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 & 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

Consumers Cannabis	4864 Dundas W	416-551-4864
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
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
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TRAVEL

Active Journeys Inc. (backpacking & biking)	4891 Dundas W, #4	416-236-5011
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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
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HEALTH & WELLNESS

ACUPUNCTURE, ACUPRESSURE

Acuculosophy – 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
Tak Lin Lai Acupuncture Clinic	5140 Dundas W #3A	416-234-5502
Welcome Health	4889 Dundas W. #4	416-916-4422
– Dr. E. Noudga - Chiropractor, Acupuncture		

CHIROPRACTIC AND MASSAGE THERAPY

Cheryl Migus-Smart, RMT	5146A Dundas W, Unit 2	647-802-2866
Cordova RMT Registered Massage Therapy Etobicoke	4889 Dundas W, Suite 4	647-283-6024
Find Your Inner Zen	4889 Dundas W. Suite. 2	647-922-0498
Gibvey Pain Clinic	4894 Dundas W. #204	416-503-2569
Hands On Health Chiropractic & Massage Therapy	4939 Dundas W	416-237-0069
Islington Village Health,	4920 Dundas W. #303	647-343-3136
– Dr. S. Vicente and Dr. N. Larga		
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
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

COUNSELLING, PSYCHOTHERAPY & PSYCHOLOGISTS

Centre For Connections	4941 Dundas W., Suite A	416-487-2404
Dr. Dessy Marinova, PhD	5048 Dundas W	416-522-6566
Dr. P. McRoberts – psychologist	4891 Dundas W, #2A	416-207-0969
Nancy Webb M.SW, R.SW – Registered Social Worker/psychotherapist	4984 Dundas W.	416-234-1451
Toronto Psychological Services & Allied Health	4920 Dundas W, #205	416-531-0727

DENTISTS, DENTAL SURGEONS, DENTURISTS AND DENTAL LABORATORY

Dundas Smiles Dentistry – 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
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DIGESTIVE HEALTH CENTRE

Back To Balance Centre	4927A Dundas W	416-829-4449
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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	4908 Dundas W	416-207-9711
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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

HOMEOPATHY

Healthy Garden & Homeopathy	4945B Dundas W	416-237-9269
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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
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
Find Your Inner Zen	4889 Dundas W. Suite. 2	647-922-0498
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

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

Islington Village Health,	4920 Dundas W. #303	647-343-3136
Kaizen Pilates	4955 Dundas W.	416-207-0404
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
Islington Village Health,	4920 Dundas W. #303	647-343-3136
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

VISION

Balance – for blind adults	4920 Dundas W, #302	416-236-1796
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RESTAURANTS, COFFEE SHOPS, PUBS & BISTROS

BAKERIES, DELIS, MARKETS – FOOD & CONVENIENCE STORES

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

Coco Fresh Tea & Juice	4868 Dundas W	416-231-7888
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

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
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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

Fire Wing's Bar & Grill	4903 Dundas W.	416-236-2609
Fox and Fiddle, Precinct	4946 Dundas W	416-207-9990
Mama Rosa Restaurant & Bar	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
Ikkoi Japanese Family Cuisine	5084 Dundas W	416-233-2727
Kibo Sushi	4925 Dundas W	416-792-6510
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
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
Subway	4927 Dundas W.	647-344-8268
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	support@etobicokehistorical.com	
Etobicoke Horticultural Society	www.etobicokehort.ca.	
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	www.islingtonratepayersassociation.com	
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		416-352-5626
Royal Astronomical Society of Canada	4920 Dundas W, #203	416-924-7973
Royal Canadian Legion, Branch #463	110 Jutland	416-231-2021

MURAL FEATURE

Golfing in Islington



Painted by John Kuna 2014, located at 4868 Dundas Street West. Dimensions 18" wide – 36" long

Islington Golf Club was the vision of three entrepreneurs who realized the rolling farmland around Mimico Creek would make a challenging golf course. They negotiated with William Appleby to buy his farm located just north of this site. World War I delayed their plans, but in 1923 they purchased all of Appleby's land except six acres. The golf course was designed by novice golf course architect Stanley Thompson, who went on to design 140 golf courses world-wide during an illustrious career. Eighteen holes were ready for play by August, 1924. In the distance, looking east, is the club house as it appeared in the late 1920s. In the foreground, golfers dressed in late 1920s fashion enjoy their day on the green. The lead golfer is attempting to hit the ball away from the tree line at the western edge of the course where it landed after an overzealous tee off. The impatience of the group is shared by the small boy who has found distraction in a stray frog. The ball collector, wearing upper body protective gear, is waiting for the group to play through so that he may resume his duties.

