



GVCA

1958-2021

Guildwood Village **NEWS & VIEWS**

The official publication of the Guildwood Village Community Association

EDITION 3/4 • SUMMER 2021



Photo Credit: Ann Brokelman

Contents

3	President’s Message
4	A Message from Paul Ainslie
6	Build It and They Will Come
8	Take Your Own Tour at the Guild Park & Gardens
13	A Message from John McKay
14	Living Green
16	Hopping into Summer
18	Researching Guildwood Village: Tips on Conducting Research
20	Getting on Board with Guild Festival Theatre
23	Building Food Security in East Scarborough
24	A Message from Jennifer McKelvie
26	Refugees are Patient and Resilient
28	Are You Missing Life’s Moments Because of Social Media?
31	What’s on @ Guildwood Library
32	Crossword

Guildwood Village Community Association

Board of Directors
President: Jim Whitney
 president@guildwood.on.ca
Vice President: Ulrik Westergaard
Past President & Events Coordinator: Dave Arnold
Treasurer: Kelly Cole
Secretary: Allison Murray

Coordinators
Membership: Jeff Garrah
News & Views: Emily Dontsos & Jack Henry
 newsandviews@guildwood.on.ca
Advertising: Julia Lakats
 advertising@guildwood.on.ca
Website: Vacant
 webmaster@guildwood.on.ca

Directors at Large
Robert D’Addario Ashley Rycroft
James Gilchrist Angela Vanderburg
Julia Lakats Bruce Villeneuve
John Mason Brad Warren
Timo Puhakka

Community Volunteers for Specific Activities
Clean-up Day: Lutchman Singh
Guildwood Day: Dave Arnold
Membership List: Dave Wilmot

GVCA Hotline: 416.410.2755
GVCA Website: www.guildwood.on.ca

Please check our website for News & Views
Editorial Guidelines and Advertising Guidelines.
newsandviews@guildwood.on.ca

© Copyright 2021 Guildwood Village Community Association (GVCA). All print and electronic material published in News & Views, including content, format and design, is protected by Canadian and worldwide copyright laws. The GVCA reserves a non-exclusive licence to use all material submitted for publication in News & Views. Material published in News & Views can be reproduced freely for non-commercial use, when News & Views is identified as the source. The GVCA reserves the right to refrain from printing unsigned letters and/ or those that contain defamatory statements or content that would otherwise be considered inappropriate in a community newsletter. Items contributed by local elected representatives are published in News & Views as a public service and do not necessarily reflect the GVCA’s views.



President’s Message

Jim Whitney

President,
Guildwood Village Community Association

president@guildwood.on.ca

In this issue, I will share some of my thoughts on the concerns we are starting to see here in Guildwood related to development and growth. Many of you may already be aware that there is a City-wide initiative to improve the housing supply within Toronto. Measures will likely include new zoning opportunities for building secondary residences on existing lots in the form of laneway and garden units, permitting and regulating multi-tenant housing units (rooming houses) across all the City’s former boroughs, and higher densities around transportation lines.

First, let me assure you that the GVCA is monitoring each of these ideas as they develop and that we are providing active input and feedback as each idea progresses through the City’s review process. Our focus is on maintaining the great quality of life our Guildwood community members enjoy today.

As work on the City’s plans for rooming houses is progressing quickly, I will focus on that topic.

Rooming houses currently exist illegally in Scarborough, making regulation a challenge and leaving property maintenance, parking, and tenant safety issues to the discretion of the landlord. Attempts to investigate illegal rooming houses are often thwarted by landlords and tenants worried that any complaint could leave them homeless. In Scarborough many of the existing illegal rooming houses provide housing for students who cannot find or afford to rent an apartment and are not able to find campus residence. Many of you will recall that a young student lost her life in a fire in one of the illegal rooming houses near the UofT Scarborough Campus. In fact, statistics from the City show that in

the past 10 years, 10 per cent of all fire fatalities resulted from rooming house fires and that 16 of the 18 rooming houses involved were illegal.

As the status quo is unacceptable, the City has decided to push forward with a City-wide licencing system, increased regulations, and expanded enforcement. While the City’s initial proposals address some of the GVCA’s concerns, we have recommended changes that would see additional property maintenance requirements if landlords are not required to live in the home; limits on the density of rooming houses within a given area; and a limit on the number of vehicles associated with a rooming house tied to the number of legal parking spaces on the property. While the City’s proposal included a detailed enforcement plan, the GVCA stressed the importance of ongoing enforcement of all aspects of the new regulations. Our points were raised both at City-led focus groups on the topic as well as in written form to the City. We continue to monitor the City’s progress on this issue.

I hope this update provides a bit of insight to the issue of rooming houses and one way that the GVCA is working to balance the very real need for more and better housing options with the GVCA’s goals of a sustainable and engaged community.



Councillor Paul W. Ainslie
City of Toronto Councillor
Ward 24 Scarborough-Guildwood
Chair, General Government and Licensing Committee
Chair, Board of Management of the Toronto Zoo



Email: councillor_ainslie@toronto.ca
Website: www.paulainslie.com
f Councillor Paul Ainslie Scarborough-Guildwood
f Ward 24 Scarborough-Guildwood
@Ainslie_ward24

August 2021



Dear Guildwood Neighbours,

I hope everyone is having a happy and enjoyable summer! I want to thank you for your efforts in keeping our community safe during COVID. It has been difficult for everyone. We must continue to be diligent and keep ourselves, and our community, safe by following the public health guidelines. Also, our mental health is paramount; we need to continue to take care of ourselves and seek support if needed.

Please shop local! Support our small businesses. I encourage everyone to show support for our local businesses by shopping locally online and arranging for delivery or curbside pickup.

The Guild Alive with Culture Arts Festival turned into an ONLINE event, hosted on our Festival website, www.guildalivewithculture.ca, which was launched on July 1, 2020. Please support our artists!

The City of Toronto is replacing the two watermain and the City-owned portion of substandard water services on Catalina Drive, from Livingston Road to Prince Philip Boulevard, and also on South Marine Drive. Once the construction of the watermain is completed, the contractors will be completing side street connections, fire hydrant work, etc. They will return to the street to complete water service connections and restoration work. The estimated project end dates are October 2021, and January 2022 respectively.

Construction of **The Clark Centre for the Arts** will be completed this summer. The Centre is planned to open in the early months of 2022. At full operational capacity, the Centre will be able to offer the public a diverse roster of affordable and accessible arts programming, including affordable pre-registered programs, on-site artist residencies, community outreach workshops,

short-term facility rentals, and gallery exhibitions. **Surplus stone installations** continue over the summer. Four installations are planned in various locations within the park. Two north of the banquet hall, one close to the cabin and the fourth along the path leading out to the Livingston Road.

All my best,

Paul



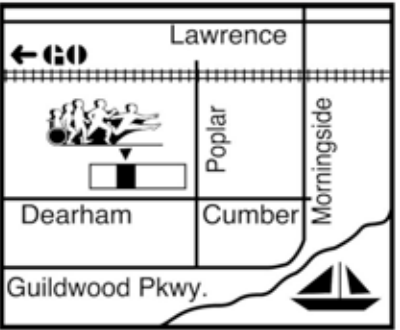
Post Surgical Recovery

After discharge from hospital, many patients should be referred to a rehabilitation hospital or clinic to regain strength and return to independent functioning. It is very important that Physiotherapy begin as soon as possible after surgery to ensure a prompt recovery.

In our clinic we see patients after various types of orthopaedic surgeries, such as Rotator Cuff tears, Anterior Cruciate Ligament repairs, total and partial knee and hip replacements, back, foot, and hand surgeries, etc. Appointments are usually available in a day or two.

Our Physiotherapists follow standard treatment protocols or work closely with the surgeon's specific protocol for recovery. Passive exercises and gentle mobilization techniques are used first, and exercises are later introduced to gradually strengthen and return full function.

The exercise program is gradually increased based on the healing time of that particular surgery. We find that using modalities such as laser, ultrasound and Electro-Accuscope help to heal and repair the wound faster with less pain. Our treatments typically last from 45 minutes to 1-1/2 hours, depending on the condition being treated.



Full Service Physiotherapy, Acupuncture, Massage Therapy, Orthotics and Braces

Since 1994

**84 Dearham Wood. at Poplar Rd.
Beside Poplar Rd. School**

(416)283-6893

www.guildwood.net

Build It and They Will Come

Allison Murray | Guildwood Butterflyway Project

Whoever made up the saying “build it and they will come” probably knew about larval host plants for butterflies and moths. Many gardeners know about the connection between milkweed and monarch butterflies, but there are many other close connections between butterflies and moths and our native plants that are not as well-known. It’s not enough to provide nectar food sources for these insects; you also have to provide the larval host plants.

When you plant larval host plants, two important things occur. First, you will have more butterflies and moths. Second, you will have more birds. Douglas Tallamy, an American entomologist, has discovered that it takes between 6,000 and 9,000 caterpillars to feed a single nest of songbird hatchlings. Think about that for a minute! Caterpillars, especially moth caterpillars, are the most important food source for baby birds of many species.

Our native moths and butterflies, including those that migrate, such as the monarch, are completely reliant on finding larval host plants on which they can lay their eggs and which their caterpillars can eat until they are ready to transform into their adult forms. These relationships have evolved over the millennia and cannot be reproduced using imported ornamental plants.

Larval hosts are often the native species of trees and shrubs such as oaks, birches, cherries, dogwoods, and tulip trees. Some examples are:

Butterfly or Moth	Host Plant
Tiger Swallowtail	Tulip tree
Mourning Cloak	Birch, Willow, Hackberry, and Poplar
Red-Spotted Purple	Cherries
Spring Azure	Dogwood, New Jersey Tea
Cecropia Moth	Oaks, Red Maple, Black Cherry

Other less well-known host plants are the native grasses, such as Switchgrass (*Panicum virgatum*) and Big Bluestem (*Andropogon gerardii*) as well as sedges that we often overlook in our garden designs.

There are also many native wildflowers that are important host plants for butterflies and moths. Here is a short list of native wildflowers that you can grow easily in your garden and the butterflies and moths that they support:

Butterfly or Moth	Host Plant
Monarch	Milkweed
Baltimore Checkerspot	Wild Turtlehead
American Lady, Painted Lady	Pearly Everlasting
Northern Crescent Pearly Crescent	New England Aster
Primrose Moth	Evening Primrose

There are many, many more wildflowers that are the unique host plants for our butterflies and moths. The Guildwood Butterflyway Project will be holding a late summer native plant sale focused exclusively on larval host plants. Please check our website (<https://gwbutterflyway.wordpress.com/blog/>) and Facebook page (<https://www.facebook.com/groups/GuildwoodButterflywayProject>) regularly for updates and more information.



It’s Likely No Surprise To Anyone That The Real Estate Markey Has Been On Fire During 2021! All Segments, New Listings, Sales And Average Prices Continue To Rise In All Areas Of The Market Including Residential Properties, Condominiums And Vacant Land! Activity For The Past Couple Of Months Has Slowed In Comparison With The Peak In March 2021 But The Demand For Ownership Remains Strong Due To Confidence In The Economic Recovery And Low Borrowing Costs!

Evanoff Real Estate Ltd. Has You Covered On Both Ends With Full Time Representation In The GTA & The Kawartha Lakes! Give Us A Call If You Are Considering A Move Within The City Or To Cottage Country!

**Evanoff Real Estate Ltd Welcomes:
Alex Gnydjenko (Sales Representative)
To Our Team!**



Year-Over-Year Summary May 2021 vs. May 2020

	2020	2021	%Chg.
Sales	4,594	11,951	160.1%
New Listings	9,126	18,586	103.7%
Active Listings	11,448	12,253	7.0%
Average Price	\$863,563	\$1,108,453	28.4%
Average DOM	24	11	-54.2%
*TREB June 2021			

At Evanoff Real Estate Ltd. We Strive To Attain The Best Value Possible For All Of Our Clients Through Our First Hand Knowledge Of The Real Estate Market Trends And Our Full Time, Professional Sales Teams Experience And Continuous Education! With Over 100 Transactions in 2020, It Is Apparent That Our Clients Are Happy With Our Sales Teams Efforts!

Call One Of Our Trusted, Full Time, Professional Sales Representatives For All Of Your Real Estate Needs!

416.266.3339

j.evanoff@sympatico.ca

www.evanoffrealestate.ca

John Evanoff: Broker of Record



John Evanoff
Broker of Record



Janis Evanoff
Sales Representative



Tommy Tereshyn
Sales Representative



Nicole Evanoff
Sales Representative

Jennifer Curtin
Sales Representative

“If Our Sign Is On Your Lawn.....Hurry Home, You’re Moving!”

Take Your Own Tour at the Guild Park & Gardens

John Mason | President, Friends of Guild Park & Gardens

Exploring the old and new features at Guild Park is a great way to enjoy the 88 acres of gardens, forest, and artistic wonders in the heart of Guildwood Village.

Due to ongoing pandemic restrictions again this summer, Friends of Guild Park volunteers can't provide our popular guided walking tours of the grounds at 201 Guildwood Parkway.

Instead, here's a list of almost three dozen of Guild Park's most notable architectural artifacts and artwork. There are many more items on-site – too numerous to include in one article! Consider this a sample to inspire you to make your own self-guided tour around the property.

A good place to begin is at the brown wooden cabin, called the **Sculptor's Cabin**. As you enter Guild Park's main entry gates (north of Guildwood Parkway), this cabin is east of the main driveway.

Outside the cabin is the **Heritage Toronto plaque** commemorating the **Guild of All Arts**. The plaque tells the story about this historic artists' community founded on the site in 1932 by philanthropists **Rosa and Spencer Clark**. The couple went on to operate the Guild Inn, and in 1957, they opened the subdivision built in the woods near the Guild, which they named Guildwood Village.

The Sculptor's Cabin was built in 1940 as an artist's studio. It features figures from Norse mythology carved by resident wood sculptor,

Dorsey James. The cabin was restored by the City of Toronto in 2019. It will reopen, when conditions allow, as a volunteer-operated welcome/art location for Guild Park visitors.

Across the driveway is the circular front (north) garden with a mix of modern art and neo-classic architecture:

- » The four massive Ionic-style columns are from Toronto's **Bankers Bond building**, built in 1920 at 60 King Street W. The pillars are modelled on those from the ancient Erechtheum Temple at the Acropolis in Athens.
- » The adjacent red sandstone façade came from the **Temple Building**, originally the headquarters of Independent Order of Foresters (the initials are carved in the three sets of upright blocks). When built in 1895 at the corner of Bay and Richmond streets, the 10-storey structure was the tallest building in Toronto and in the British Empire. The Temple Building was demolished in 1970.
- » World-renowned Toronto-based sculptor, **Sorel Etrog**, was a close friend of Rosa and Spencer Clark. The couple commissioned Etrog to create **Spaceplough (1981)**, the 11-foot-tall black steel triangle. Nearby is Etrog's smaller, more detailed work, **Ravenna (1965-66)**.
- » Before moving on, don't miss the set of **Provincial Panels**. You'll find a total of 12 of these sculpted panels on site. There are three groupings of these

bas-reliefs – each with four panels – at different park locations. The panels originally graced the entrances to the Bank of Montreal office, built in 1948 at King and Bay streets. The bas-reliefs display the dynamism and natural resources of Canada's provinces and territories. The panel designs were created by some of this country's best sculptors of the 20th century. The carvings on each panel are the work of master stone carver **Louis Temporale** and his brother, **Peter**.

- » The four panels near the main entry gates (north of Guildwood Parkway) depict **Ontario** and **Quebec**, by **Frances Loring**; **British Columbia** by **Jacobine Jones**; and **Nova Scotia** by **Donald Stewart**.
- » Nearby are six panels of **Canadian Animals** – all designed by Jacobine Jones. These are also from the old Bank of Montreal façade. Spencer Clark saved all 18 architectural features after the building was demolished in 1975.
- » You'll find another set of four panels from the Bank of Montreal to the south east of the Guild Inn Estate. These bas-reliefs depict **Newfoundland** by **Donald Stewart**; **Northwest Territories** by **Emanuel Hahn**; and **Prince Edward Island** and **New Brunswick** by **Florence Wyle**.

- » A third set of Bank of Montreal panels, located south of the Greek Theatre, are: **Manitoba and Saskatchewan** by **Elizabeth Wyn Wood**; **Alberta** by **Jacobine Jones**; and **Arctic** by **Emanuel Hahn**.

As you stroll through the formal gardens behind the original Guild Inn, watch for these features:

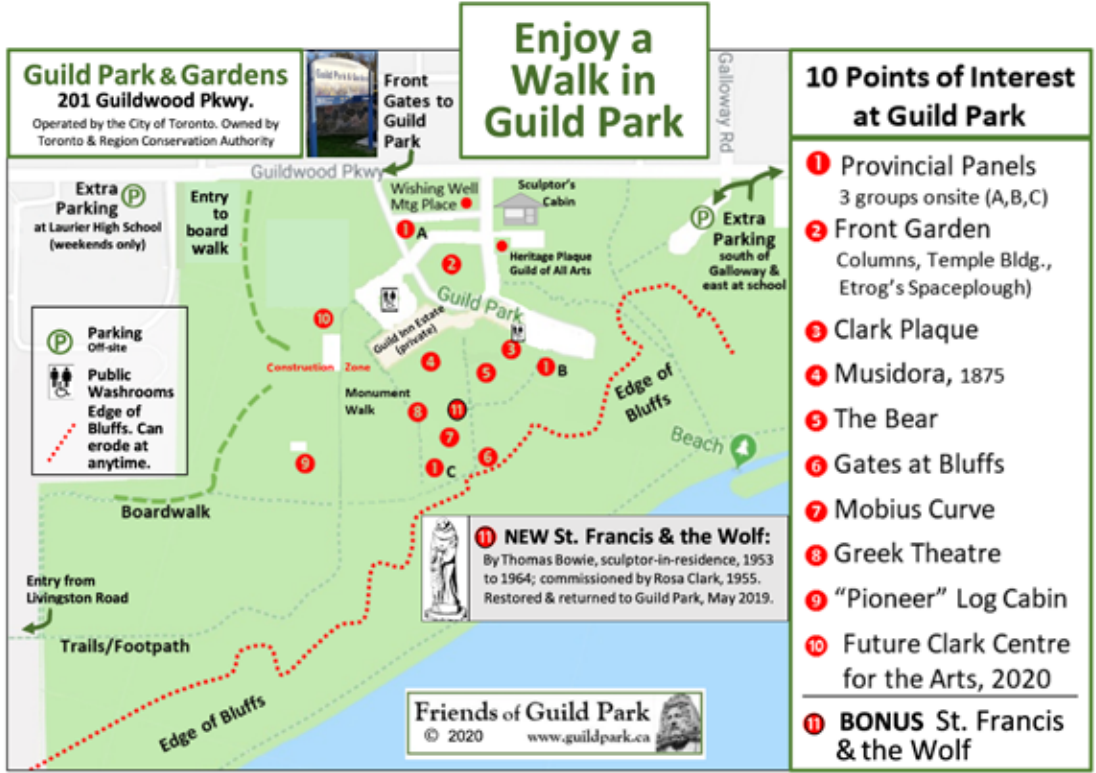
- » By the stairs to the back patio are two of Guild Park's newest installations. These are the bas-reliefs of **Queen Victoria** and her son (and future King), **A. Edward**, then Prince of Wales. These are among the 17 stones that decorated the **Richmond Building**, built in 1881 in London, Ontario. The Clarks acquired these hand-carved blocks after the building was demolished in 1968. The Victoria and Edward bas-reliefs were stored out of public view for decades before getting installed here in October 2020.

Follow the path toward the lake to discover:

- » **The Bear** is on the east side of the walkway. This contemporary sculpture was carved on-site in 1979, as part of the Guild of All Arts era. It's the work of **E.B. Cox**, who mentored and was assisted by the Guild's resident sculptor, **Michael Clay**. The figure is a brown bear, though often mistaken for a polar bear because it's made from white limestone. The bear's rough surface shows it was sculpted using air-powered tools.
- » Continuing toward the lake, check out the trio of works to the west of the path. Standing just over a metre tall is the legendary figure of **St. Francis and the Wolf**. Nature-lover Rosa Clark commissioned the Guild's resident sculptor, **Thomas Bowie**, to carve this in 1956. Bowie, a Scot, became Director of Sculpture at the then-Ontario College of Art. The sculpture

was damaged and removed from Guild Park in the 1990s. It was restored and returned to the site May 2019.

- » The black steel **Solstice** was part of the 1982 international Exhibition of Contemporary Sculpture held to mark the Guild's 50th anniversary. Created by artist **Kosso Eloul**, the work was selected by exhibition curator, sculptor Sorel Etrog, and later purchased by Spencer Clark.
- » The elegant lines of the massive **Mobius Curve** came from a single block of limestone weighing 15 tonnes. It's another work by the Guild's resident sculptor, **Michael Clay**. He created this in 1982, inspired by the one-sided geometric figure defined by German mathematician August Möbius in 1858.



It's impossible to miss Guild Park's landmark, Greek Theatre and the three newly-installed hand-carved architectural panels installed nearby.

- » The theatre includes the white marble columns and arches from the Bank of Toronto, built in 1915 at King and Bay streets. The bank's neo-classic design was inspired by the Paris stock exchange and the New York City Public Library. When the ornate bank was replaced by the modern TD Centre, Canadian architect Ron Thom designed the Greek Theatre from the building blocks salvaged by the Clarks.
- » The outdoor theatre officially opened in 1982 as part of the Guild's 50th anniversary celebrations. The stage continues to be used for live

performances by the **Guild Festival Theatre** and as a location for photo shoots, movies and videos, notably **Drake's** 2011 hit, **Headlines**.

- » Adjacent to the stage are white marble crests that adorned the Bank of Toronto's three front doorways. Each panel weighs some three tonnes. The life-sized mythical figures depict **Agriculture, Intelligence and Enterprise** – foundations of the original financial institution now known as the TD Bank. These are the newest installations at Guild Park, put in place last October, with more to come.

There's a lot more to explore at Guild Park. The more you search, the more you'll discover the many unique reminders of Toronto's – and Canada's – history.

If there's a feature on site that you'd like to know about, or have some info you'd like to share about Guild Park, just e-mail your comments (plus photos if possible) to friends@guildpark.ca. If we receive enough requests, inquiries and information, we'll publish a follow-up article in a future issue of News & Views.

Guild Park Courtesies and Reminders

Guild Park continues to be a popular spot for local residents. It's also been discovered by thousands of new visitors during the pandemic. Below are a few reminders about enjoying the park and keeping it enjoyable for others:

- » It's okay to touch the stonework and carvings to appreciate their detail. Just don't mark or damage the artifacts' surfaces. That way, everyone can continue to view the original works for decades to come.
- » Seasonal public washrooms are available in a trailer located in Guild Park's east parking lot (near the still-under-construction Clark Centre for The Arts).
- » The Clark Centre itself remains closed to the public while landscaping, interior work and art-related installations continue this summer. Watch for news in coming weeks about the building's opening at www.facebook.com/guildpark.

- » Please keep using the garbage and recycling bins found throughout the grounds. The park loses some of its magic every time someone leaves behind litter or trash.
- » Personal photography is allowed everywhere in Guild Park. Note that creating videos/images for commercial use (such as weddings, engagements, advertising etc.) requires a permit from the City of Toronto. Contact 311 for details.
- » Cyclists are asked to walk their bicycles along the narrow forest boardwalks, along the garden pathways and wherever people are close by.
- » Dogs are to be leashed in all parts of Guild Park. Please pick up after your pet and put the waste in a bin. This is a courtesy to other visitors and preserves the habitat for all of the park's wildlife.

- » Guild Park is home to poison ivy, wild parsnip and giant hogweed. These plants cause skin rashes and burns. To avoid injury, please stay on the paths (and keep pets close to you).



With more than 30 years' experience in customer service, I know the importance of trust and honesty in any relationship. Let my energy, experience, and passion for results work for you!



MORE THAN *Joanne Bolte* JUST A LISTING
Sales Representative

Direct: 416-722-8416 | www.JoanneBolte.ca
Office: 416-284-4751 | joannep@rogers.com



Muddy Paws in the Guild

www.muddypaws.ca
123 Guildwood Parkway
Scarborough, Ontario
M1E 1P1

Shop Online!

We now offer a selection of our most popular products online for pick-up or delivery.

Until the end of the summer use promo code **NVSUMMER21** for 5% off any products online only.

Visit our new website & online store at www.muddypaws.ca.

Check Out Our Clearance Items!

Check out our selection of clearance items in-store or online

Clearance items are all close to 50% off and when they are gone, they are gone!

See and order items online at www.muddypaws.ca/clearance.

Join our Newsletter!

Join our quarterly newsletter *The Paw Print* for exclusive deals and articles.

Join by signing up at www.rebrand.ly/newsviews.

COVID-19: We are taking all necessary precautions to keep you safe. For the latest procedures visit www.muddypaws.ca/covid19.



Guildwood Chiropractic and Wellness Centre
Dr Todd Baron 123 Guildwood Pkwy
416 266-7723 www.guildwoodchiropractic.net

Chiropractic, Registered Massage Therapy &
Physiotherapy

**We are following all recommended Covid 19 protocols
for your safety and good health**

**Natural, Safe and Effective Therapy for your Family's
Health and Wellbeing**

**NIKOU
DESIGN** **ND**



Helping people love their homes

Nikou Design Inc. is a home design and renovation studio focused on helping people love their home. We specialize in creating clean, modern and timeless designs that you will love for years to come.



Our Services include:

- Interior Design
- Sourcing & procurement
- Vendor management
- End to end project implementation

Contact us for a consultation:

416-471-8467
nikou.design@yahoo.com
www.nikoudesign.com



Hon. John McKay, P.C

MEMBER OF PARLIAMENT
SCARBOROUGH - GUILDWOOD



/johnmckaymp



@honjohnmckaymp



@JohnMcKayLib

CONSTITUENCY OFFICE
3785 KINGSTON ROAD, UNIT 10
SCARBOROUGH, ONTARIO
416-283-1226
JOHN.MCKAY.C1@PARL.GC.CA

OTTAWA OFFICE
180 WELLINGTON STREET, ROOM 268
OTTAWA, ON K1A 0A6
613-992-1447
JOHN.MCKAY@PARL.GC.CA

Dear Friends,

I hope you were able to have a peaceful and safe spring season. This pandemic has been tough for all of us. To the frontline and essential workers risking their lives every day to keep our communities safe, healthy, and fed—a big thanks goes out to you. Getting through this pandemic would not have been possible without your dedication and service. To those of you who have faced loss during this pandemic, my sincerest condolences are with you and your families.

At the time of this writing, more than 28 million COVID-19 vaccine doses have been administered across Canada and over 77% of adults in the Guildwood neighbourhood have had at least one dose. We are expecting to see a rollout of over two million additional Pfizer-BioNTech vaccines each week throughout this summer across Canada. Listen to the advice of our top health professionals and get vaccinated. When I received mine, I was impressed with the professionals at the Scarborough Health Network for their quick, easy, efficient, and effective administration of the vaccines.

Human rights and democracy stand at the forefront of Canadian values. I joined my fellow parliamentarians to call on Canada to improve the lifeboat scheme for Hong Kongers following the mass charging of 47 pro-democracy activists. My speech in the House of Commons reflected Canadians' anger against the Chinese Communist Party regarding the hostage kidnapping of the "two Michaels" and the genocide of the Uighur Muslim and Turkic Muslim population. As well, I ensured to undertake continued work to advocate for a bill against modern slavery. To see my speeches where I discuss these issues, check out my YouTube, Instagram, and Facebook social media channels.

Due to the COVID-19 virus, the operations of my constituency office have been mainly virtual. That hasn't prevented us from serving the constituents of Scarborough Guildwood. As always, our office is open to help you with a variety of issues through the phone or through email. We also offer flags and congratulatory certificates.

Contact our constituency office for issues regarding federal programs, supports, or otherwise including:

- » Citizenship and Immigration (CIC)
- » Canada Revenue Agency (CRA)
- » Canada Pension Plan (CPP)
- » Old Age Security (OAS)
- » Employment Insurance (EI)
- » Passport Canada
- » Canada Student Loans (CSL)
- » Veterans Affairs

The vaccine rollout is well underway in Canada. If you haven't already, find a local pop-up clinic or book an appointment to get the vaccine. Until then and afterwards, let's continue practicing social distancing, keep ourselves and our families safe.

Sincerely,

Hon. John McKay, MP

Living Green

Kathleen Wolfe

“The world must rewild and restore an area the size of China to meet commitments on nature and the climate, says the UN, and the revival of ecosystems must be met with all the ambition of the space race.

Humans are using about 1.6 times the resources that nature can sustainably renew every year and the UN said short-term economic gains are being prioritized over the health of the planet. The rallying cry calls on all parts of society to take action, including governments, business and citizens, to restore and rewild urban areas, grasslands, savannahs and marine areas.”

Via the Guardian UK.

We in Guildwood are very familiar with the issues the world is experiencing now and while we can’t change the world on our own we can do our bit to resolve the issues.

We have a vibrant community, interested in our environment. We have people interested and involved in the gardens in the Guild, individuals that clean up the beaches, those interested in native pollinator plants and wildlife in the area. There are also a lot of gardeners planting their own

vegetables and fruits. Our Facebook site “Guildwood On the Curb” is a also a great initiative as it keeps objects out of the landfill and puts them into the hands of those who could use them.

Please keep up with the good work you are all doing;it’s really important and remember, EVERY BIT COUNTS.

FLANN

CONTRACTING

Residential renovations from basements, bathrooms and custom cabinets to major remodels.

For a free estimate call 416-587-2434

www.flanncontracting.com

Fully Insured

Burton

Contracting Property Maintenance Ltd.

Professional Property Maintenance for Commercial and Residential Properties offering

- Lawn Maintenance
- Property Clean-ups
- Gardening
- Sod Installations
- Hedge & Bush Trimming
- Junk Removal
- Snow Removal

Contact us for a free estimate!

416 702 5722

info@burtoncontracting.ca
www.burtoncontracting.ca

LIVING, WORKING & CONTRIBUTING IN OUR GUILDWOOD COMMUNITY!

JULIA LAKATS

“GET LUCKY WITH LAKATS, MEOW!”

RE/MAX ALL STARS REALTY INC., BROKERAGE

24/7 DIRECT: 647-238-4895

EMAIL: JLAKATS@REMAX.NET

WEB: WWW.LAKATS.NET

OFFICE: 416-265-2000

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED. *JULIA LAKATS IS A REGISTERED SALES REPRESENTATIVE. NOT INTENDED TO SOLICIT THOSE UNDER CONTRACT WITH OTHER BROKERAGES.

Proud Design Partner for the Guildwood News & Views

Hi!

We are OmniWorx Inc.

We are a local design firm providing graphic design, branding and marketing solutions for small & mid-sized businesses in Scarborough.

To learn more visit www.omniworxinc.ca/gvca or email design@omniworxinc.ca.

www.omniworxinc.ca hello@omniworxinc.ca @OmniWorxIncTO

Hopping into Summer

Ann Brokelman

It is that time of year when the rabbits are starting to reproduce like, well, rabbits. I'm sure many of you have noticed, and, although they might be bad for our vegetable gardens, it's hard to stay mad at all the fuzzy bunnies hopping around.

This season, like most, my husband Erle and I have enjoyed watching quite a few rabbits in both our front and back yards. Most nights, around dusk, they show up under the feeders to clean up whatever the birds have missed. One pair were doing these hilarious jump-dance-run routines that my son (who had a pet rabbit of his own for a decade) assures me are called 'binkies.' Apparently when rabbits are excited or happy, they do these extremely fast sprint-turn-jump-twist-turn-jump-sprint movements. This can happen at anytime, but I always seem to notice it when they are standing still. The rabbit will be standing there, perfectly calm, and then, seemingly for no reason, it will just launch itself straight up, kick its legs out randomly, and then start running around like crazy.

This year we got a glimpse of what goes on with bunnies, behind closed doors, in the wild. The other day I noticed that Rory, my old beagle pup, had been obsessively sniffing a bush in our back yard, so I went to check it out. I saw a little bit of rabbit fur around the bush, and I suspected it might be a nest, so I asked Erle to put up a small fence around the area (to keep the dog away but which still allowed the mother to come in and out). Two of my outdoor cams were set up on either side of the bush, and, while it took longer than I expected, I got footage of a doe (female cottontail)

hopping right inside the bush. Two minutes later she came back out and cleaned herself right beside the camera. From that point on, Erle or I went out with Rory to make sure he didn't bother the nest. We noticed the female was always close by, even when we couldn't spot her right away. One time, Erle watched as the rabbit ran close by Rory after he took one step too close to the bush. It worked as the diversion I assumed it was meant to be, as Rory immediately lost interest in the bush and took off after the female. No one was injured during this encounter, as most days Rory is too slow to catch his own shadow.

Within a week of watching her with my trail cams we hit the jackpot: the doe nursing her kits right in front of the camera. When the mother arrived at the bush, her three bunnies suddenly appeared and hopped up to her. You can watch a recording at this link: <https://www.youtube.com/watch?v=EbZPTXYrI80>. It was so exciting as seeing the nursing was a first for both me and Erle. The kits would crawl under the doe, lay on their backs, and nurse, all while their happy little paws never stopped moving. Had it not been for the cam we would never have seen it. The next day, same time/same rabbit channel, Erle used his binoculars while I watched the cams as the doe nursed the kits. It was pure joy and fun watching them. Baby bunnies are only with their mom for three short weeks before they are on their own, which made us feel extra lucky to have seen all of this.

So, what is the best way to tell a wild cottontail from a domesticated rabbit? First, if the rabbit is white

or black, appreciates head rubs, and uses a litter box, it's probably domestic. Haha? Assuming you see a brown and grey (agouti) rabbit outside, its most likely an Eastern Cottontail. The colour of their fur often changes with the season, but most of the time they are that same brown/grey colour. While domesticated rabbits come in all shapes and sizes nowadays, wild rabbits consistently have long, slender legs and their face will seem longer and more pointed than those of their domestic relatives. They are extremely high-stress animals, probably because they are close to the bottom of the food chain, and will almost never be tame or friendly like a domesticated bunny. It is illegal to keep cottontails in captivity, so if you find one, even a baby, and a shelter can't take it, you must let it go.

Some more interesting facts I have learned about rabbits over the years:

Wild rabbits have four long fingers with very sharp nails, which can do significant damage to a predator. Never hold an adult rabbit facing you, as their kick is strong enough to break your ribs. You can imagine the damage a rabbit could do to a hawk if it managed to land a kick. The doe will only feed her babies twice a day, at dawn and dusk, to limit the chances of leading a predator to the nest. The positioning of a rabbit's eyes give them nearly 360° panoramic vision that helps them see predators from all directions. Rabbits can jump up to a metre high (and have actually been found hiding in trees), and as far as three metres in distance.

What can we look forward to in the late summer and early fall?

Guildwood is on the migration route for birds of prey, such as hawks, eagles, harriers and owls. Some great locations to see them would be the Guild Inn, Sylvan Park on the edge of the bluffs, Rosetta McClain Gardens, and, depending on how close you are to these spots, your own backyard. On a strong northwest wind day in late August look up in the skies facing east and you may spot any number of these birds flying over your house. This migration period is one of my favourite times of the year. It's not as hot, there are no bugs, and one day, a few years back in early September, we saw over 50 bald eagles flying by the bluffs.

The monarch butterfly watch is also on during this time. Go see them at the Guild Inn on the pie weed bushes and milkweed. They are about to start their final journey to Mexico. If you go during the first few weeks of September, you will see hundreds of monarch butterflies on the flowers. A wonderful way to end the summer.



Researching Guildwood Village: Tips on Conducting Research

Bob Taylor-Vaisey

In the first segment of “Researching Guildwood Village”, we looked at the range of records relating to Guildwood Village and where to find them. On the GVCA website, I have posted a chart of document types, potential locations, contact information and general comments. At some point, I will be sending all of the images I have collected (close to 1,000 images) as well an index to them.

Now, we turn our attention to access to records, and the importance of citations.

Archives: The fundamental source

Archives can be a gold mine. Just as a heads up: there are two processes by which archives acquire records. First, through the systematic transfer of records based on a retention and disposition schedule; in this case, the archives knows exactly what it is receiving. Second, through ad hoc acquisition from individuals and/or groups. In this latter case, the archives does not know exactly what it is receiving until it hits their doorstep. So, if an association with records related to Guildwood places them in an archives, the full extent may not be what we expect.

The foundational document in an archives is called a finding aid, a document listing the contents of what has been transferred (formally called an accession). Most major archives provide online access to their finding aids. Besides the expertise of the archivist, the finding aids are the first stop in identifying documents to research.

Beginning our research

It is quite normal for an archivist to pick up the telephone and be asked “What do you have on?” In my opinion, it is better to ask: “Do you have any of the following records?” This is important for two reasons: It expedites the archivist’s response and then it leads to that wonderful comment, “Yes, we do ... and as well, we have ...”

So when we approach an archives to conduct research, we need to provide as much data as possible: the collection, the location as shown in the finding aid and the years of interest. It is better to undertake this approach through a letter or an email. In some cases, where the archives does not have an online presence, we might start the process with an email, a letter or a telephone call, but only as a last resort.

Get the right person

There is also a difference between institutional and government archives. The former are typically managed by a small unit, often one person; the latter are different. Most government archives organize records by what is called a Record Group, or the more specific term, the fonds. Regardless of the method of organization, different archivists have responsibility for specific record groups (e.g. land use planning vs. heritage).

Temporary limitations for access

Right now, most archives are closed to research because of COVID-19, so on-site research is not possible and we are at the behest of an archivist that can undertake research on our behalf – and you can imagine the flood of requests. At some point, the doors will open.

Research and the importance of citations

Then, the work begins. Poring over documents, making notes, requesting photocopies (or, in the case of some archives like the University of Waterloo and the City of Toronto, having the option of scanning documents) can be fun. But there is something to remember that can slow you down. Regardless of having a photocopy or a document scanned and saved to your computer/memory stick, it is critical to note the exact citation for each. Why? Because without citations, we can write wonderful prose but the reader has no idea of the source. None of us should be arrogant enough to think we capture all the nuances of a document – so we need to provide those to follow with direction on where to go for further research. The archivists can help here to ensure the citation is correct. Even though I was an archivist at both the University of Toronto and Imperial Oil, I still check to ensure my citations are correct.

Keeping our product legitimate

And finally, I recommend that for each fact identified in what we write, we create a footnote as to its source. That extends to quotes or facts drawn from secondary literature. That’s what I always do – it provides a significant degree of credibility and legitimacy to my text.

Good luck with your research!



MITZIE HUNTER, MPP

Scarborough - Guildwood

Constituency Office

4117 Lawrence Avenue East, Unit 109, Toronto, ON M1E 2S2

Tel 416-281-2787 | Fax 416-281-2360

mhunter.mpp.co@liberal.ola.org

@MitzieHunter

www.mitziehunter.onmpp.ca



Toronto City Councillor
Ward 24, Scarborough-Guildwood

Constituency Office
150 Borough Dr., 2nd Floor
Scarborough, ON
416-396-7222



PAUL AINSLIE

Councillor Paul Ainslie Scarborough-Guildwood
@Ainslie_Ward24
@paulainslie

Sign up for
my daily
electronic updates



We are here for you - Daily COVID19 and Ward 24 News
www.paulainslie.com

councillor_ainslie@toronto.ca



Hon.
JOHN
MCKAY
M.P.

Scarborough | Guildwood

Constituency Office

3785 Kingston Road, Unit 10
Scarborough, On M1J 3H4
(416) 283 1226
www.jmckay.liberal.ca
john.mckay.c1@parl.gc.ca

Getting on Board with Guild Festival Theatre

Tim Crouch | Board Member, Guild Festival Theatre

When my wife and I moved to Scarborough in September 2020 from downtown Toronto, we immediately fell in love with the size, beauty and diversity of the city. As someone who grew up in a small town, I was excited to start helping and volunteering to give back to the community that had now suddenly become our home. I would be happy volunteering anywhere, but with a background in arts and culture, my hope was to find something in that field.

It was pure luck then when a colleague of mine sent a listing to join the Board of the Guild Festival Theatre (GFT). Theatre? I was familiar with music of all kinds, but

not the stage. Still, I figured it was worth a shot. After meeting with the wonderful team, it was clear I had found a supportive, ambitious and fun-loving organization that knew where it was going, and believed deeply in being a member of the community.

Much is said about the relevance of arts and culture organizations, especially in today's age. I believe strongly that organizations need to reflect the communities they are a part of to achieve this relevance; the arts, after all, at their heart, are social activities. Guild Festival Theatre, as Scarborough's only professional theatre company, has been presenting more shows and

bringing in more artists than ever before, with plans to creatively expand their programming to better fit Scarborough's diverse community. Local residents should engage with their arts organizations, not passively observe. Theatre, in its ability to incite emotion and bring to life classics, is a perfect vehicle.

And so, I'm delighted to be starting my journey into understanding the arts and culture community in Scarborough with the talented and generous people at GFT. As the pandemic continues to abate, the arts will be crucial to the recoveries of all communities in the GTA, as investments into a brighter and more colourful future.



CHURCH OF THE HOLY TRINITY, GUILDWOOD
85 Livingston Road | 416-261-9503 | trinityguildwood.org



We, at Holy Trinity, Guildwood are a caring, open-hearted community who dream, pray and work with Jesus for a loving, equitable and peaceful world.

<p>In-Person Summer Camp Monday, August 9 to Friday August 13 for school-aged children from grades 1 to 6. MUSIC - GAMES - SCIENCE - CRAFTS - STORIES Registration: \$50 per child Register by July 31, 2021</p> <p><i>Connecting prayer and service in the world - zero hunger, good health, gender equality, quality education as well as peace and justice.</i></p> 	 <p>Back to Church Sunday Celebration Sunday, September 19, 2021 10:30am – Modern Worship Service with Guest Speaker: Councillor Paul Ainslie, Special Music, Choir, Nursery, Multi-age, Youth & Young Adult Program (Activities – Games – Crafts)</p>
 <p>Save the Date - Annual Bazaar Saturday, November 13, 2021 Trivia, Silent Auction and More</p> 	<p>Enjoy Sunday worship with Church of the Holy Trinity, Guildwood in person or online at Holy Trinity Guildwood Anglican's YouTube Channel.</p> 





Dee Peroff
sales representative
&
Jason Writer
broker

416-846-SOLD
7 6 5 3

GUILDWOODSOLD.COM



Over 30 Years of Full-Time RE/MAX Experience!
Top 2.5% of RE/MAX Agents Worldwide!





Top Roofers

Folow us on Facebook, Instagram & Twitter:
@TopRoofers416

I am **Bruno Tremblay**, owner & opperator of **Toronto's Top Roofers**, I have been serving Toronto for **over 25 years**, providing your neighbours with **personal service and professionalism** while caring for the roof over their head.

Visit our website for more information on our services and a free quote:
www.toproofers.ca

www.toproofers.ca

416-333-8527

info@toproofers.ca

Proud Guildwood Resident.



Specializing in drain
repairs & maintenance

Fully insured and licensed.
Master Plumber with
over 30 years experience.

Honest & Reliable

No Weekend Surcharge

Tony Parry of the Guildwood Community.

Serving Guildwood... 24 Hour / 7 Days a week service.

*Call us for your Free
No Obligation quotation.*

www.parryplumbing.ca

TONY PARRY
MASTER PLUMBER
T95-3960128

Building Food Security in East Scarborough

5n2 is a local charity based in Scarborough that is passionate about continuing to serve Guildwood, Kingston-Galloway-Orton Park (KGO) and beyond. We have been working to increase food security since 2013 and have expanded our services to include home meal and grocery hamper delivery, a free food pantry service, a community garden and a computer literacy program for seniors to access essential resources, all of which have been especially important since the start of the pandemic.

While the need for food security may be more obvious with a more visible homeless population downtown, it is more hidden here in Scarborough. According to Statistics Canada's 2016 report, almost one-third of individuals in Scarborough are now living on a low income. Additionally, with 36 per cent of Scarborough households being lone-parent households, it can be a challenge to feed one's family after paying the cost of housing, utilities and other necessities.

The challenges of the pandemic have exacerbated this issue. Illham Saydna, community engagement coordinator at Daily Bread Food Bank, explained that those who worked in the hospitality sector, Uber drivers and international students who worked to pay expenses are now struggling to meet their financial demands. Daily Bread has seen 19 food agencies open in Scarborough since the start of the pandemic to meet the increasing demands for food security in the last year.

Since the need for social distancing has arisen, we at 5n2 have faced a considerable logistical task – switching to online orders, producing individual meals for contactless doorstep deliveries, and measures to keep our facilities safe for our workers. This has meant that our food costs and preparation time increased as we are facing a reduced number of volunteers and food donations due to COVID-19 protocols.

Nonetheless, 5n2 has not closed for a single day since March of last year. We are currently working with 13 partners and serve various locations, Toronto Community Housing communities and a local shelter on a regular basis. We are privileged to provide 3,500 meals and meal supports weekly and hope to continue to meet the needs of our more vulnerable neighbours.

We are often asked how people can help us, and are so touched by the generosity of those in our local community. We currently do not have corporate partnerships, but are supported by a few time-bound grants and private donors.

To help sustain our services to the more marginalized communities in our midst, we are asking you to consider becoming a monthly donor or a corporate sponsor. Please feel free to refer your family and friends to us.

We also are appreciative of in-kind donations of staple food supplies to support our various programs. Please email us at info@5n2.ca for more information on this.



Seema David, Executive Director of 5n2

We strongly believe in 'food rescue', and work with hundreds of tonnes of perishable foods in our daily operations. If you know anyone in the food supply industry who may be interested in helping us procure expired or soon-to-expire food products, please refer us to them and help us save food from going to landfills.

If you are interested in learning more about what we do, look us up on our website www.5n2.ca and reach out to us. We'd love to hear from you!

2050 Ellesmere Rd,
Units 4/5B,
M1H 3A9

Charitable Registration Number:
826403990RR0001

5n2.ca



Bennett Gastle PC
Litigation Lawyers



Bennett Gastle is an east end boutique law firm headed by former partners of a downtown Toronto firm who have been practising together for more than 20 years.

We are a team of professionals with extensive litigation and dispute resolution expertise.

Driven by a results-oriented and personalized approach we provide services best suited to the needs of each case and client.

The Richardson House
27 Old Kingston Road
Toronto, ON M1E 3J6

www.bennettgastle.com
Contact Elizabeth Bennett-Martin at 416.361.3319 ext. 224 • ebm@bennettgastle.com



Dear Guildwood Neighbours,

I hope you've been enjoying the summer! With increased vaccination rates in the City of Toronto, I am hopeful that we can look forward to more gatherings and the opportunity to see one another in person once again. It's been so heartwarming to see many families reunited after such a long time apart.

Please continue to support our local shops, restaurants and service-providers, as they recover from the impacts of closures and reduced business. We have come a long way and I appreciate your ongoing support of the neighbourhood!

TTC's Green Bus Program

The City of Toronto is proud to have North America's largest fleet of green buses. This year, my colleagues at the Toronto Transit Commission Board and I took the next steps towards a zero-emissions fleet by approving the procurement of an additional 300 long-range, battery-electric buses (eBuses), to be delivered between 2023 and 2025.

Our goal is to have a zero emissions fleet of 2,600 e-buses by 2040, which would save 250,000 tonnes of CO2 annually. These actions support the City's climate action strategy, TransformTO, which includes a set of long-term, low-carbon goals to reduce greenhouse gas emissions, improve our health, grow our economy and improve climate resilience.

TTC Wi-Fi Pilot

Last summer, the TTC Board supported my and Commissioner Alan Heisey's motion to bring a free Wi-Fi pilot to bus routes throughout our City. This spring, the TTC initiated the pilot and added free onboard Wi-Fi to the 35 Jane Street and 102 Markham Road bus routes.

The initiative is part of a larger pilot program aimed at prioritizing and providing Wi-Fi access to Neighbourhood Improvement Areas (NIAs) in the City. The bus routes were chosen due to their popularity and location in key NIAs. Wi-Fi on buses means more customers, especially youth, can stay connected while getting to and from where they need to go safely on the TTC.

The pilot will operate until later this fall, and the learnings will help to inform the Request for Proposal for a Wi-Fi Network on Buses and Streetcars City-wide, to be issued later this year.

Ravines

As Mayor Tory's Ravine Champion, I have been advocating for increased funding for enhanced litter and invasive species removal, erosional control in key areas and the creation of new trails. In Scarborough, this includes the completion of The Meadowway, a collaboration with the Weston Family Foundation and the Toronto and Region Conservation Authority

(TRCA). The Meadowway will create a vibrant 16-kilometre stretch of urban greenspace through the hydro corridor, connecting Rouge National Urban Park to the Don River ravine system.

Our Ravine Strategy was listed as a prime example of the type of work that could be funded by the new Natural Infrastructure Fund that was announced in the Federal Budget by Minister McKenna. I would like to thank our MP, Gary Anandasangaree, for adding his voice to the call for funding and I look forward to next steps for the City of Toronto.

This past Earth Day, alongside Mayor Tory, I announced that the City of Toronto is investing \$82 million across Toronto for the Ravine Strategy. This commitment includes \$70 million in capital investments by City Divisions, including Parks, Forestry and Recreation; Transportation Services and Toronto Water, as well as the TRCA. The investment includes \$12 million in operating funding, a 10 per cent increase from last year, which will promote litter and invasive species removal and facilitate a youth internship program.

Last year, City staff completed 171 work orders and removed almost 74 metric tonnes of litter from 97 hectares of land. This year, litter collection work continues to focus on known hotspots across the City that have been identified through feedback to 311. If you

are aware of any litter hotspots, please submit them to www.toronto.ca/311 and make sure to describe the approximate location (e.g. park name, nearest intersection, address of nearby house/building).

We're Here to Work for You

For local updates, please sign up for my weekly e-newsletter at www.jennifermckelvie.ca. You can also follow me on Facebook, Instagram and Twitter, via my handle @McKelvieWard25. My office continues to serve our residents. Please email me at councillor_mckelvie@toronto.ca.



Councillor McKelvie enjoys the Wi-Fi on the 102 Markham Road bus as part of the TTC Wi-Fi Pilot.

Have real estate on your mind?

Let us help with
your real estate needs.

With over 40 years combined experience and knowledge, we can provide you with the information you need to make sound real estate decisions.

Ginny & Normand - The partnership that puts you FIRST!

416.690.2181



ROYAL LEPAGE
Estate Realty
BROKERAGE INDEPENDENTLY OWNED AND OPERATED



Creative garden solutions

- ☛ Master plans for your outdoor living spaces
- ☛ Creative make-overs for tired, overgrown gardens
- ☛ Scaled drawings for the construction of pools, patios and walkways
- ☛ Project supervision for the do-it-yourselfers
- ☛ Seasonal container planting



green
art
LANDSCAPE DESIGN

416-505-4010
www.greenartlandscapedesign.ca



Refugees are Patient and Resilient

Nadia Heyd

You may have read in last summer’s issue of News and Views that I’m sponsoring a family of six to Canada. The sponsorship process can take a really long time. Rebecca, Ricky and family have been seeking a better life for over a decade, and I’ve been trying to help them for the last two years. Their story is harrowing, but don’t worry, it has a hopeful ending!

Trigger warning: The following paragraphs contain details about violence.

In the Democratic Republic of Congo, Rebecca and her family endured an immense trauma: One night in December 2019, just after Christmas, they were brutally assaulted by an armed rebel group. Rebecca’s husband didn’t survive the violence. Rebecca reported the incident to police but was offered no help. Rebels returned for a second violent rampage. As they left, they threatened to come back and kill everyone.

Rebecca did what you would expect: she packed up and ran. She knew someone who drove a cargo truck between the DRC and South Africa. She convinced him to hide her and her children among the cargo and deliver them to the relative safety of South Africa, where they have been living as asylum seekers ever since.

Ricky is Rebecca’s second husband. He also fled the DRC for South Africa a couple of years earlier after a violent beating by rebels that left him with a badly broken arm.

Rebecca, Ricky, and the children carry this trauma, and every day pray for a better life.

It is true that South Africa is more hospitable for this family than the DRC: they have access to basic health care and the children can attend school. Living there has been a hopeless experience, though. More than 10 years post-arrival, the government has not granted them citizenship or even refugee status. In practical terms, this means the family has few opportunities for a decent life.

Pre-COVID, when they were able to access the labour market at all, Rebecca and Ricky were forced to take precarious jobs that allowed them to barely scrape by. Their “Asylum Seeker” permits state right on them that they are eligible to work, but employers discriminate and won’t hire them. Ricky was a trained and working journalist in the DRC. He is very good with computers and electronics, but at best in South Africa he can work as a “car guard,” and is paid with coins at the end of each shift. Rebecca has been the family’s main breadwinner as a hairdresser. COVID-19 – along with rampant xenophobia – has completely stopped their ability to earn a living.

The family, including the children, bear the scars of xenophobic attacks. Search “South Africa xenophobic attacks” on Google to learn more about xenophobia towards foreign nationals.

Rebecca and Ricky want to make a good life for their family, to work and be part of a welcoming society. A little while ago, Rebecca told me that she hopes to work as a hairdresser, and volunteer to help others seeking refuge. She is so grateful for everyone’s help. And I am utterly in awe of her resilience and perseverance in the face of so much hardship.

At the beginning of this story, I promised you a hopeful ending:

I found a sponsorship group in Ottawa who has committed to supporting this family through the Government of Canada’s Private Sponsorship of Refugees program. My new friends in Ottawa and I have raised the money required by the government for this sponsorship – about \$50,000. These funds will cover housing, utilities, furniture, transportation, clothing – general life expenses for the family’s first year here. We submitted their application to the government this spring. Now we wait.

I’m so grateful to everyone – including many Guildwoodians – who have contributed funds to get us to this point.

While \$50,000 is wonderful, more support will help a lot. The family has been living without opportunities to save money. I think about postsecondary education for the children, and training for Rebecca who will need to get a hairdressing license, and Ricky who will need to refresh his skills and gain Canadian credentials. They

all will need to see a dentist (many refugee newcomers need dental work after many years of pure survival). They also need support while they wait for their refugee application to be processed. It could be many, many months.

Dear neighbours, some of the hope in this story is you. I hope you’ll join me in making a difference for this family. Here are some ways you can help:

- » **Donate funds:** My husband and I have set up the **Nadia and Darrick Heyd Refugee Fund at Toronto Foundation**. Donations of \$25 or more are eligible for a charitable receipt for tax purposes.
- » **Support our Purdy’s Chocolate Sale:** Last year, we partnered with Purdy’s in support of this sponsorship. We’ll be selling Purdy’s again this fall – September till late October, with pick up in early November. Get your **Chocolate for Refuge** in plenty of time for holiday giving.
- » **Clothing, furniture and household goods:** I prefer not to accept these. It’s more practical for my friends in Ottawa to source these things for the family.

Thank you for reading and helping out if possible. Please visit www.heydrefugehub.ca or contact me at heydrefugehub@gmail.com with your questions or to take action.

Thank you,

Nadia



Rebecca, Ricky and their children.

Are You Missing Life’s Moments Because of Social Media?

Nick Kossovan

Recently my wife and I watched the movie Before Sunrise (1995), starring Ethan Hawke as Jesse and Julie Delpy as Celine. While travelling on a Eurail train from Budapest, Jesse, an American, sees Celine, who’s French. It’s Jesse’s last day in Europe before returning to the US. Jesse strikes up a conversation with Celine, and they disembark in Vienna to spend the night wandering Austria’s capital city.

Summary: Before Sunrise is a back-and-forth conversation between a romantic (Celine) and a cynic (Jesse).

During the closing credits, I turned to my wife and said, “That wouldn’t have happened today. Jesse and Celine would have been staring at their respective smartphones throughout the train ride, which in 2021 would have free Wi-Fi, not noticing the passing scenery, their fellow passengers or each other, let alone start a conversation.”

How much of real life are we trading to participate in the digital world?

I have this problem; actually, it’s more of an addiction I need to keep in check constantly. I suffer from “Fear of Missing Out” (FOMO).

You’ve probably heard of FOMO. Odds are you suffer from it to a degree. FOMO is that uneasy feeling you get when you feel other people might be having a good time without you, or worse, living a better life than you. FOMO is why social media participation is as high as it

is. FOMO is why you perpetually refresh your social media feeds, so you don’t feel left out — so that you can compare your life. FOMO is what makes social media the dopamine machine it is.

FOMO has become an issue, especially for those under 40. More and more people choose to scroll mindlessly through their social media feeds regardless of whether they’re commuting on public transit, having dinner in a restaurant or at a sports event. Saying “yes” to the digital world and “no” to real life is now common.

Your soulmate could be sitting a few seats over on the bus (or Eurail train), or at the diner counter, or in the doctor’s waiting room. However, you’re checking your social media to see if Bob’s vacationing in Aruba with Scarlett or if Farid got the new job and may now be making more money than you. Likely, your potential soulmate is probably doing the same.

Look around. Everyone is looking down at the screen in their hand, not up at each other.

We all know Facebook, Instagram, Twitter, Snapchat, et al. (even LinkedIn) don’t provide a very well-rounded picture of people’s lives. Most of what people post is cherry-picked to elicit self-affirming responses, such as likes, thumbs-up and hand-clapping emojis, retweets, shares and those coveted comments of “Congratulations!”, “Way to go!”, “You’re awesome!”, “Looking good!”

The Internet, especially its social media aspect, equates to “Look at me!”

Sometimes I wonder, if bragging and showing off were banned on social media sites, how much would posts decrease?

“Stop paying so much attention to how others around you are doing” was easy advice to follow pre-Internet (up to the late 90s). Back in the day, it would be only through the grapevine you were a part of that you found out if Bob was in Aruba with Scarlett and that would be without pictures. Evidence of how others are doing, strangers included, is pervasive because undeniably, most of us care about status. In 2021 how people are doing is in the palm of our hands, so we tend to give more time to the device we’re holding at the cost of neglecting the real life happenings within our immediate surroundings.

Social media has made us a restless, anxious bunch underappreciating the present moment. With lockdown restrictions lifting and more social activities taking place, people will be hunkering down on their smartphones more than before to see what others are doing. They’ll see the BBQ they weren’t invited to or people they consider to be friends having a few laughs on the local pub’s patio or camping or at the beach without them. Loneliness, questioning self-worth and depression will be the result.

Trading engaging with those around



Aldwin Chin Financial Advisor

3469 Kingston Rd
Markham Rd & Kingston Rd
Scarborough, ON M1M 1R4
Bus. 416-265-6902 Cell 647-525-6937
Fax 888-894-8814
aldwin.chin@edwardjones.com
www.edwardjones.ca

Edward Jones
MAKING SENSE OF INVESTING



CAMERON'S
PROPERTY MAINTENANCE

- GRASS CUTTING / YARD CLEAN-UP
- SODDING • TREE PRUNING
- SHRUB/HEDGE TRIMMING
- EAVESTROUGH CLEANING
- GARBAGE REMOVAL
- INTERLOCKING • FENCING
- TOP SOIL/ TRIPLE MIX
- SNOW REMOVAL • INSURED

416-402-8209
call Craig for free estimate

5 Signs of FOMO

- You frequently check your social media feeds, texts and emails.
- You compare your life and career success to others.
- You spend more time online than with family and friends.
- You use social media to escape "bad" emotions or to avoid engaging with your surroundings.
- You feel your mood is influenced by what you see others post.



NK
NICK KOSSOVAN

Social media’s irony is it has made us much less social. How Jesse and Celine meet (you’ll have to see the movie) and the resulting in-depth conversation they have as they gradually open up to each other, thus beginning a postmodern romance, wouldn’t have happened today. They’d be too preoccupied with their smartphones feeding their FOMO addiction to notice each other.

Social media will always nudge you to give it attention, but that doesn’t mean you have to oblige. Take it from me; there’s more to be had in enjoying life’s moments outside of social media.

You Could Be Missing Out...
Toronto Women Are Jumping To Get Their Hands On
This Popular Catalogue

In fact, your neighbor may already be one of the lucky few who already have access to the coveted pages...
Here are 3 reasons why you should get your hands on this subscription today...



- 1. The catalogue now carries products from well-known brands like Cucina, Fruits & Passions and The Face Shop (sometimes you can't find these in stores)
- 2. Into vegan products? They now carry a line of vegan skin care products, including a vegan sunscreen

3. They have a solid money back guarantee even through Covid-19 when most retailers were tightening their restrictions.
And as a bonus....
.... you can also order online and have your items shipped straight to your door. Some have even said that shipping is super-fast!
Want to get your hands on an AVON catalogue?
Then call or text Melissa at 647.983.2606 and you'll be added to the exclusive list of clients who never miss out on the latest trends.

What's On @ Guildwood Library



Guildwood Library
416-396-8872

Tuesday 12:30 – 8:30
Wednesday 10:00 – 6:00
Thursday 12:30 – 8:30
Friday 10:00 – 6:00
Saturday 9:00 – 5:00

Please go to www.tpl.ca for more information about our reopening plans and updates.

Online programs are available.
Please go to <https://www.tpl.ca/programs-and-classes/> for more information.

Recommended Books from Guildwood Staff

Matthew recommends: *Call Me Indian* by Fred Sasakamoose
Ruth recommends: *The Mystery of Mrs. Christie* by Marie Benedict
Kanta recommends: *The Lives of Others* by Neel Mukherjee
Regina recommends: *The Complete Tofu Cookbook: 170+ Delicious, Plant-Based Recipes from Around the World* by Camille Oger
Carolyn recommends: *How to Become an Accidental Genius* by Elizabeth MacLeod
Des'Ree recommends: *Rubyfruit Jungle* by Rita Mae Brown

Living & Working in Our Community



Louise MISKEW

BROKER

416-543-6544

LMISKEW@ROGERS.COM



www.GuildwoodHomes.info

11	C	H	I	L	E	E	12	W	A	R	8	S	9	A	10	P
15	R	E	B	E	L	E	16	E	T	S	17	G	H	E	E	E
18	Y	E	S	T	E	19	R	D	A	Y	20	S	N	E	W	S
23						21	A	Y	R		22	P	A	N	E	S
24	R	A	P	T	O	R					28	E	L	S	E	
29	A	D	V	I	S	E	30		A	W	S					
32	T	O	R	C	H	33	B	I	N	S	34		P	O	35	36
39	B	A	G		41					38	B	E	A			
44	I	N	A		45	A	R	T	E	46	H	O	R	S	E	
47	C	E	M	E	48		N	T		49	S	A	Y			
51		M	L	E	52	D	S	E	L	53		E	S	54	55	56
56	C	O	P	I	57	L	O	T		58	T	O	N	G	U	E
60	O	N	A	V	61	E	E			62	O	C	E	A	N	S
63	T	E	D	S	64		A	M		65	K	E	N			

12A - ELO - Electric Light Orchestra

16A - ETS - Extra Terrestrials

53A - EST - English as a Second Language

25D - PVR - Personal Video Recorder

38D - BTO - Badman Turner Overdrive

Crossword

	1	2	3	4		5	6	7		8	9	10	
11						12				13			14
15						16				17			
18						19				20			
						21				22			
23	24	25	26	27						28			
29							30	31					
32						33					34	35	36
						37				38			
39	40	41		42						43			
44				45						46			
47			48				49	50					
	51					52					53	54	55
56						57			58		59		
60				61					62				
63				64						65			

Across:

1. It could be "round"
5. Korean _____
8. Tree fluid
11. South American country
12. Band formed by Jeff Lynn in 1970 (abbrev)
13. Found on a list
15. "_____ Without a Cause", starred James Dean
16. Aliens (abbrev)
17. Clarified butter that originated in ancient India
18. Once popular, is now _____ (2 wds)
21. A community near Waterloo, Ont.

22. _____ of glass

23. Kyle Lowry is probably the best _____ ever
28. Alternative
29. To help someone decide
30. Chain _____
32. Pass the _____
33. Trash _____
34. According to folklore, once called the kettle black
37. Rowan Atkinson, aka Mr. _____
38. Type of market that is not good
39. Shopping _____
42. Tranquil
43. _____ out by the police
44. _____ Garten, host of Food Network show, Barefoot Contessa

45. Laugh-in's _____ Johnson

46. Mr. Ed was a talking _____
47. Unite firmly
49. "_____ it ain't so, Joe"
51. Merge or blend
52. The goal of a yard sale is to _____
53. A course for new immigrants (abbr)
56. Second in command in the sky
58. _____ twister
60. "_____ clear day..." (2 wds)
61. Ms. Arden
62. Rat Pack movie, _____ Eleven
63. _____ Williams or Nugent
64. Uncle _____
65. Barbie's beau

Down:

1. Biblical "you"
2. Spare _____
3. "_____ The Music Speak", sung by ABBA
4. Arguably, the GOAT soccer player
5. A neglected garden can be this
6. Table used for communion service
7. Cheerful and hopeful outlook
8. Turn _____
9. A European capital city
10. _____ Herman
11. Sob
14. Untidy state
19. A steak order

20. A volcano does this with lava
23. "You dirty _____", said Cagney
24. Much _____ about nothing
25. TV feature that allows commercial-free watching (abbrev)
26. Belongs with Tac and Toe
27. _____ Kosh B'Gosh
30. A breed of cat
31. Actress _____ Sothorn
33. Black _____
34. Bosc or Bartlett
35. They are mighty
36. One of 35D
37. Young Mr. Simpson
38. Canadian band (abbrev)
39. A disposable pen

40. Flowering plants in the buttercup family
41. A controller operated mainly by the thumbs
42. Prominent at birthdays
43. A character in Shakespeare's Merchant of Venice
48. _____ Whitney
50. High adult male singing voice
52. Plant stalk
53. Eddie _____, real life cop inspired French Connection
54. _____ worshipper
55. _____ Nesbitt, WKPR
56. Small bed
57. Egg cells in animals
59. Born as