



Rajesh Sammy /// Observer

Game of 'Bones'

Vanessa Emmons buys costumes for her pugs Lola and Sunni at Leaside's PetSmart. She and her boyfriend are dressing up as characters from the HBO series Game of Thrones — and her pugs will be the dragons.

OBITUARY

He loved planes, family and Cookie

Charles Kadin was a gentle family man and a passionate aviation artist

By SAMANTHA BRIDGES
The Observer

Ever since he was a child, Charles Kadin loved aviation. Growing up in Toronto, he found himself taking trips to the downtown airport where he would park on the side of the street, sit on the roof of his car and watch planes take off. He hated noise, but the noise from a plane he never seemed to mind.

Kadin, who died this fall at the age of 78, combined that passion for planes with a talent for drawing and turned out aviation art that's been exhibited and published throughout North America. He was one of the founders and the past-president of the Canadian Aviation Artists Association — and a member of its U.S. counterpart. A gallery of his work is at www.aviationartist-charleskadin.ca

Kadin was an only child born into a conservative Jewish family. His mother and father were cau-

tious of his passion for aviation. As a boy, Kadin wanted to become a pilot despite his mother's disapproval. He spent most of his time trying to understand planes and how they worked and would build his own model planes.

Kadin's daughter Marlene says her father loved sharing his passion for planes with her and her sister when they were growing up.

"He could spend hours and hours watching planes and when we were kids he would drive us out to Pearson and sit on the roof of the car and watch planes," Kadin said.

Kadin was an academic man and got into aviation through his love of history and his interest in the Second World War. That merged with his education; he went to Central Tech and enrolled in a unique commercial art program.

After graduating, Kadin's first big job came at Eaton's catalogue where he became art director.

"My father became successful because he understood the business side of things. He built relationships with other artists and made a reputation for himself," Kadin said.

It wasn't until Kadin's artwork was introduced to the dean of U.S



Photo courtesy of Marlene Kadin

Noted aviation artist and East Yorker Charles Kadin with best friend Cookie.

aviation art and one of the founders of the American Society of Aviation Artists (ASAA), Keith Ferris, that Kadin's life changed. He was assigned to create paintings for the U.S. Air Force Art Program.

William J. Wheeler, editor of the Canadian Aviation Historical Society, described Kadin's work and the passion he put into his paintings.

"Charlie was clever and did a lot of things well. He always could relate his backgrounds to his subject matter," Wheeler said.

Kadin will be remembered as a family man, who had a gentle and sensitive nature.

"Charlie was friendly and warm. He was a great guy to be around," Wheeler said.

TRANSPORTATION

A subway line by any other number...

Local routes lose names, acquire numbers to ease confusion for newcomers

By COREY SAVARD
The Observer

East Yorkers using the Bloor-Danforth subway line are in for a change... to No. 2.

The Toronto Transit Commission is planning to change the names of its subway lines to numbers.

The newly designated lines are being numbered according to their age. The change is meant to make travel easier for newcomers to the city and is part of the transit system's "Customer Charter."

East York is a popular destination for recent immigrants; according to 2006 data, 44 per cent of the population was not born in Canada.

Scott Jones, an expat from Australia who's now an East York resident, said he did not want to live downtown partly because he was confused by the public transit system already in place.

He said changing the names will only create bigger headaches for new residents.

"I think it's stupid," Jones said, "especially if they want to expand it in the future. It'll look like a mess and people will get lost if they're not used to subways like me."

The TTC says the change is part of its plan to modernize the subway and major cities like Paris and Madrid already have numbered systems in place.

TTC spokesperson Brad Ross said on Twitter the transition would be a smooth one for employees, as transit "already uses line numbers for the subway, just not in a public way."

According to the proposal, the Yonge-University-Spadina line will become 1, Bloor-Danforth will be 2, the Scarborough RT will be 3 and the Sheppard line will become 4.

The cost of the name change has yet to be announced.



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POLICE & FIRE

Man wanted for assault surrenders

Police at East York's 54 Division say that 19-year-old Nabil Sheik surrendered on Oct. 14, after they issued a public safety alert. Sheik has been charged with three counts of assault with a weapon, threatening death, threatening bodily harm, three counts of assault, criminal harassment, robbery and forcible confinement. The charges, police say, are "domestic-related."

Police warn seniors about latest scam

Police at East York's 53 Division are warning seniors to guard against recent fraudulent schemes targeting older people, especially those with grandchildren. Police say they've received calls from grandparents who have been telephoned by a person claiming to be one of their grandchildren. The caller claims to be in trouble and says he or she needs money immediately. The caller tells the grandparent not to tell anyone else about the call, because it might cause problems within the family and asks for the money through a wire-transfer service like Money Gram. Anyone with information about this scam is asked to contact police at 416-808-5406 or Crime Stoppers anonymously at 416-222-8477.

~ Rajesh Sammy



Sola DaSilva // Observer

Thinking ahead

Councillor Janet Davis of Ward 31/Beaches East York, along with city parks staff and Dawes Road residents, recently planted tulip bulbs at Dawes Crossing in anticipation of next spring.

Councillor calls for planning study

Fragedakis wants to develop 'vision' for Broadview Ave.

By LAUREN LIBETTI
The Observer

Increased pressure for redevelopment on Broadview Avenue has fueled Councillor Mary Fragedakis's request for a planning study.

"Broadview is going to be undergoing a change, an improvement essentially, and there's things that a planning study would help to frame," said Fragedakis, councillor for Ward 29/Toronto-Danforth. "It would frame context, a vision, priorities."

The study will focus on the portion of Broadview Avenue from Hillside Drive to Danforth Avenue. Toron-

to and East York Community Council adopted the recommendation. However, the study has not been fully approved. The study next moves to city council for a vote in November.

Fragedakis says she's received one application and multiple pre-application consultations for development in this area.

"There's going to be certain goals, objectives and priorities for the area," Fragedakis said. "Essentially, we're updating and modernizing the street, but in a local planning context that looks at the character of the neighbourhood, what already exists... and how to improve on that."

Fragedakis says community members have expressed concern over on-street parking, vehicular congestion, pedestrian

safety and protecting the street's character.

"I would like this development to take into consideration the whole neighbourhood, the realities of that neighbourhood," she said.

"How can we improve the public realm and make it more pedestrian friendly? Also, how are we going to deal with the increased volume of traffic in the neighbourhood? As you bring in new develop-

ment, you actually have to deal with that."

Fragedakis points out that Broadview has four bus routes, a streetcar and a subway station. Furthermore, she says there are many commuters who use Broadview Avenue as a shortcut to get downtown and avoid the Don Valley Parkway.

"I want to have a vision for Broadview that the community and planning department are all in sync about so that we're moving forward towards a common goal," Fragedakis said.

"We have a lot of very intelligent people and a lot of very engaged people in the community. And I'm interested in hearing what they have to say."

■ Fragedakis



Condo construction generates mixed reaction

Some residents think it's 'great,' others not so sure

By LARRY CHEUNG

The Carmelina condo near the corner of Woodbine and Danforth avenues is currently under construction, but not all area residents are happy.

In a quiet neighbourhood,

the noise and traffic the building site causes sticks out to some like a sore thumb.

Cracked garages, buckets swung under construction cranes over backyards and bent fences are among the complaints that have been raised during the initial phases of construction.

Diana Koo, 26, has lived in East York her entire life and notes the changed environment the construction is caus-

ing.

"I've walked up and down the Danforth so many times and it always seems so connected," Koo said. "With this construction, I feel like this condo will look so out of place and ruin the tightness of the area."

On the other hand, Fil Stojic, who has also lived in East York all his life, thinks it could help expand East York.

"I think it's great that

they're building more condos. It makes East York a bit more like downtown Toronto," Stojic said.

"I think it'll increase the land value in the area which is nice since I live in the area, and hopefully bring in more prominent restaurants and stores."

The Carmelina condo is just one of numerous condominiums being built in East York right now.

WHAT'S UP IN E.Y.

'Female of the Species' opens

The first production of the East Side Players' new season, 'The Female of the Species,' opened last night, Oct. 24, and will run until Nov. 9 at the Papermill Theatre at Todmorden Mills, 67 Pottery Rd. Tickets are \$22 for adults and \$15 for students. You can book online through Arts People or call the box office at 416-425-0917.

Northlea holds fall market

Artists, artisans and craft folk are selling their wares at the Northlea Fall Market tomorrow, Oct. 26 at Northlea United Church, 125 Brentcliffe Rd. There will also be child-friendly baked goods and used books for children. The market will be open from 9 a.m. to 1 p.m. and admission is free. For more information, call Becky White at 416-425-1160.

Potluck and garden talk

The Leaside Garden Society is holding its annual general meeting on Thursday, Nov. 14, at Leaside United Church, 822 Millwood Rd. The potluck dinner begins at 6:30 p.m. and is followed by the meeting at 7:30 p.m. You can RSVP by contacting Nora Campbell at 416-481-8919 to indicate what you would like to contribute: an appetizer, salad, entrée or dessert.

~ SeYoung Park



James Tessier /// Observer

The Thomas G. Elgie house has stood on Bessborough Drive for 115 years. Council will decide on Nov. 17 whether it will be officially designated as historical.

Preserving a piece of local history

Oldest farmhouse in Leaside 'deserves to be recognized,' city councillor says

By ANGELICA BOTTARO
The Observer

One of the oldest residential buildings in East York is finally scheduled for recognition under the Ontario Heritage Act.

The City of Toronto recently



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released a report stating the Thomas G. Elgie house, located at 262 Bessborough Dr. since 1898, will be designated because of its "cultural heritage value," enabling "staff to work with the owners to preserve the site's heritage values and attributes."

John Parker, city councillor for Ward 26, supported the

house's designation after finding out it hadn't yet been included on the list of applicable structures.

"I was surprised that it hadn't been designated yet. This is the oldest farmhouse in Leaside and I think that needs to be recognized," Parker said.

The history of East York represented by its oldest buildings

needs to be valued and Parker wouldn't want it any other way.

"In recent times all of us are aware of recognizing the importance of our past and evidence of our past and retaining structures," said Parker. "We've lost some magnificent buildings and links with our past by allowing them to be demolished. There's a value in maintaining that link."

The designation will go to a vote at city council, with the final decision made Nov. 17.

Fundraiser to be held for victims of fire

By ANGELICA BOTTARO
The Observer

The Toronto Firefighters Celtic Society is holding an East York fundraiser tomorrow, Oct. 26, with proceeds going to Camp Bucko, a summer camp for children who are victims of fire. Camp organizers hope the experience brings children together and makes them feel equal.

"The camp is a fantastic place for kids. Children can be mean to each other, especially if they have some sort of facial disfigurement and it's bad enough that they suffer through that but they also suffer through the ridicule of their own peers," said Kevin McGahon, the president of the association.

He has been in charge of events like this for 33 years because of what it does for the children.

"You can see them when they go to camp – they just forget about all their injuries. It's a good booster for them. I believe they need it and it's great," McGahon said.

Patrick Hayter has been volunteering as an ambassador with Camp Bucko for eight years and his reasons for being involved go beyond community charity.

"I've had an uncle pass away in a fire when I was just a kid. So I've always remembered that and once I went there I saw how important it is for the kids. Very positive things come out of Bucko, like confidence and a sense of belonging. It's more like a family," Hayter said.

The fundraiser runs from 7 p.m. to 1 a.m. at the Royal Canadian Legion 10 at 1083 Pape Ave, with an admission fee of \$10. There will also be a live band, dancing and a raffle.

"We're selling tickets for some really good prizes like a 40-inch TV, hockey sticks that are signed and various other prizes," McGahon said.

The prizes are just a way to get people interested in attending the fundraiser and according to McGahon, are just perks to having a fun night with good people and raising money for such a positive cause.

"We hope to have a lot of people show up," McGahon said.

More information on Camp Bucko can be found at www.campbucko.ca

For information on how to get involved with the Toronto Celtic Society, go to www.tpffcs.com

RATS! How to keep them from your door

By LINDA COTRINA
The Observer

Don't expect a local remake of the movie "Ben" anytime soon, but the rat population in East York is on a definite upswing, according to wildlife technician Derek Whyte.

"In East York, it's getting worse every day," he said.

Whyte works for Pro Pest, located on Springdale Boulevard. It's a company dealing with animal and pest removal from residential and commercial spaces.

Whyte says they've noticed a significant increase in the number of rats over the last five years.

"Every day, you get a lot more calls, easily over 100-plus inquiries per week, with actual calls going out on location up to two, three times a day, with dozens booked, ready to go," he said.

With residents beginning to

compost more, there's more for rats to feed on, Whyte said. He also attributes the rise to the city's sewer system and infrastructure starting to break down.

"I've been on jobs where rats were coming out of toilets. It's pretty bad with the sewer," he said.

Another reason, he said, is that people are less likely to let their cats roam outside nowadays. He said cats are natural hunters and help with killing up to two to three rats a day.

Eileen King, owner of Atlanta Pest Control, receives eight to 10 calls a day from East York residents.

She says as the weather gets cooler, mice and rats are looking for places to

go for the winter and once they find their way into a home, they set up nests and go back and forth.

"They don't just stay in the house. They go in and out through the autumn so often times people don't realize they have an infestation," she said.

Her company uses registered rodenticides that are anticoagulant because it's proven to be the most effective in resolving the problem.

"The minute you see them, it's better to start to deal with it," she said.

When Whyte is on a job, in order to get rid of a pest problem, the first step is to identify the centre of the infestation.

Once the source is found, it is cleaned up and cleared away. He said that if he sees one rat, it's an indication there could be 10-20 more.

"Once we do the math and get an idea of how many there could be, we start blocking holes and making sure they can't get into the house," he said.

In order to avoid infestation, Whyte recommends that residents keep garbage secured in clean, airtight containers.

Generally, food attracts pests, so it should be made inaccessible.

Finally, make sure your home doesn't have any holes around windows or doors, including garages.

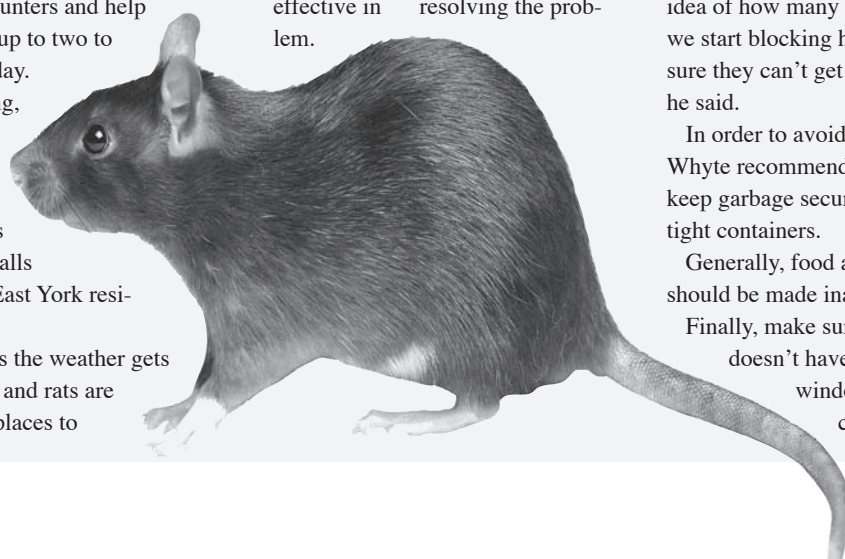
RAT PATROL

■ Early action is important in eliminating the problem, experts say.

■ Make sure all garbage is sealed away in clean, airtight containers.

■ Food should be properly stored and made inaccessible.

■ The exterior of your home should be cleared for holes, especially around windows and doors.





Moving the chains

The East York Goliaths high school football team hosted the Northern Red Knights in an ultimately losing effort on Oct. 18.

Clockwise from top left:

East York's quarterback breaks through for a first down.

East York's Chris Larsen powers through a tackle to get the extra yard.

Larsen lends a hand in bringing down Northern's running back.



Photos by James Tessier and Corey Savard /// Observer

Goliaths' star has big gridiron dreams

By JAMES TESSIER and COREY SAVARD
The Observer

When Chris Larsen steps onto the football field, he is a man among boys. At 6'2" and 220 lbs., Larsen looks to have all the tools a football star should have.

Larsen, 17, is a Grade 12 student at East York Collegiate and star player for the East York Goliaths varsity football team. He began his football career at East York, where he has developed into the prospect he is today.

"I started here in Grade 9," said Larsen. "It was my idea to come here and play football for the school. I played junior for two years and won a championship. In Grade 10, I moved on to rep football and played for the Scarborough Thunder. I learned a lot there and came back and progressed here."

Goliaths head coach Glenn Edwards admires how Larsen has become such a star in the TDSB football league.

"Chris is an extremely good athlete. His athleticism allowed him to get into football relatively easy and succeed," Edwards said.

Larsen plays multiple positions for the Go-



James Tessier /// Observer

Larsen listens intently to coach Glenn Edwards during halftime.

liaths including linebacker, kicker and splits time at quarterback.

With only a few years experience, Larsen believes his coaches have helped him become a well-rounded player, not just a good athlete.

"Mentally I have changed a lot. Before I had the physical attributes and not so much mental and coaches have told me different things from different aspects of coaching and I think I've taken them all in and combined

them as one and improved my mental game," Larsen said.

As for the future, Larsen is doing what any Grade 12 student strives to do — earn the grades to get into university.

He wants to play university football next year, and good grades to go along with his unquestionable talent will go a long way to making that a reality.

"I'm trying to raise my marks up, go to university of course. I'm looking to stay inside Ontario. U.S. is the dream for sure, but I'm staying in Ontario for now," Larsen said.

Larsen has yet to commit to a school, is considering all the schools in Ontario and has been approached by eight. He is in talks with the University of Windsor, Guelph, Toronto and others to determine his best option to play football.

University is the next step for Larsen, but as it stands right now, he has the ability to make his career much more than that.

"I think there is definitely a future in football for Chris going to university and hopefully beyond," Edwards said.



Kaitlin Clublely /// Observer

'EEK' was voted the best-carved pumpkin by members of the East York Garden Club.

Don't use fall as excuse to throw in the trowel

By KAITLIN CLUBLEY
The Observer

October may be a month of dying leaves, but according to Cristina da Silva, there is no reason you can't keep gardening.

The East York Garden Club had its monthly meeting on Oct. 17 at the Stan Wadlow Clubhouse, with da Silva sharing tips on fall gardening.

Da Silva, creator of The Real Gardener blog, encouraged club members to grow their own flower and vegetable gardens.

"One garden feeds your body and the other feeds your soul — you need both," da Silva said.

The East York Garden Club is getting cleaner with fruits and vegetables.

The Environmental Working Group has come up with two lists consisting of the cleanest

and most dirty foods you can grow.

The cleanest foods on the 'clean 15' list and the dirtiest on the 'dirty dozen' are commonly grown in home gardens.

Da Silva has a BSc and MSc in horticulture and says she's always loved to garden wherever she lived. She remembers her first time gardening as a child in Malawi, Africa.

"I started my own little plot at seven years old. I had my own beans and strawberries — I was hooked," da Silva said.

"My mom had the big yard and I begged her for some soil that nobody wanted. I got the beans; I loved picking them off the vines and stuff. I was successful right off the bat and so I had my first harvest at seven years old."

Barb Piercey, an active member of the East York Garden

Club, said she loved listening to da Silva's advice and learned something new as well.

"I've never grown vegetables before. I've always done plants and flowers," she said.

"So that gave me a bit of encouragement to actually try next year to plant a small vegetable garden with things I actually like and it will be interesting to grow."

Piercey, who has been a club member for five years, said she would consider growing things on the 'clean 15' list even if she didn't like them.

"She had a lot of research behind her talk," Piercey said.

"It does make sense to grow certain things yourself rather than buying them from the grocery store because then you know more about where they're coming from, from an organic point of view."

Halloween spirit takes over Leaside

By MADALYN HAMANN
The Observer

It's time to get spooky.

A contest for the best Halloween-themed house is taking place in Leaside. Whether styled as a traditional haunted house or a scene out of *The Walking Dead*, participants are free to get their creative juices flowing.

Local writer Karen Fraser created the concept after she was inspired by decorated homes around her neighborhood while she was out walking.

"I really appreciated it," Fraser said. "They were either traditional, or you could tell the kids did it... and some of them were just genius. So much effort had gone into them and I thought, we should give them credit for this!"

This is the first year that Leaside is holding a house-decorating contest. Fraser notes that Leaside used to be famous for its Christmas décor, but wants to bring that

reputation back using Halloween spirit instead.

Even though the contest is local, she has been receiving messages and images of decorated Halloween homes from around the world.

A panel of judges, including Fraser, will be marking the best-decked out homes.

Participants can submit either photos or videos to the website. Prizes include a pair Toronto Maple Leafs tickets, jewelry made by a local artist and pies from a local celebrity chef.

Moreover, Fraser hopes that the contest gets people out and about.

"So many people are so busy," she said. "You really don't even know your neighbours. I think people are going to be walking around, talking to each other, to look at the displays and compliment... I think it will get people talking."

The deadline for entries is midnight this coming Monday, Oct. 28. The results and names of winners will be posted online.



Madalyn Hamann /// Observer

Does your house have 'grave appeal'? The search is on for Leaside's scariest-looking home.

Swapping clothes good for the environment and your closet



Joanne Kaileh /// Observer

Joni Cohen looks through a rack of clothes at Evergreen Brick Works' Oct. 20 Community Clothing Swap. This was her second time attending the event.

Biannual event a chance to find new home for old outfit

By JOANNE KAILEH
The Observer

Joni Cohen was first in line. She came out early, book in hand, to donate her used garments for the Community Clothing Swap at Evergreen Brick Works on Oct. 20.

"I think it's worth coming early," she said. "I was the first one in to maximize my shopping time."

The clothing swap has been a biannual event for the past two years. It allows people to donate gently used clothes they no longer want and swap them for clothing other people have donated.

Ashley Wallas, community program co-ordinator at Evergreen Brick Works, says the goal is to promote sustainability.

"The purpose is to try and provide a venue for a sustainable activity. The clothing industry obviously uses a lot of resources and pesticides are used to farm cotton, so clothing swapping is an opportunity for people to keep clothes in use as opposed to having them move to the landfill," Wallas said. "It also provides clothing to people who may not otherwise be able to afford it."

Participants can donate up to 12 items of clothing. Then they are given a receipt with that amount of donated items and are able to take that many items in return. All additional items are \$1 each.

Kaitlyn Wood, a volunteer at the swap, says it is not only good for the environment, but also a cheap way of updating your wardrobe.

"It's an opportunity for people to retire items they no longer want and for people to pick up an item that is new to them that's cheaper than buy-

ing at the store," she said.

Cohen, who attended the clothing swap at Evergreen Brick Works last year, believes there is no need to produce new clothes because there is already so much to share.

"There's enough out there already, so if we just switch up what we have with each other then we really don't need anything new at this point," she said.

For Cohen, the event isn't so much about getting clothes for herself. It's more about making sure the clothing she is not using goes to someone who needs it.

"It's a great way to get rid of stuff I'm not using at home but other people might like, so at least it'll find a good home," she said. "I'm less concerned with getting stuff than giving stuff, so if I find something it's a bonus and I always do."

The next clothing swap at Evergreen Brick Works will be in April 2014.

■ EDITORIALS

The better way

Adding more green space is not only good for the environment, it also builds communities

There has been concern among East York residents about the lack of green space — places where people can go out and do things, as opposed to having concrete almost everywhere. The concern is warranted because green space is an essential part of any community. Everyone needs green space close by.

Councillor Mary Fragedakis, representing Ward 29/Toronto-Danforth, says she agrees with area residents and is continually working to both improve already-existing green space areas and to create more green space areas. So far this year, she says, more than a thousand trees have been planted, 300 of these in residential areas.

Good thing. Among other things, green space is essential for recreation, and that improves the overall health of area residents. It creates a better community too, because residents get a chance to meet each other. In areas where there is green space, people tend to have better communities and are happier and healthier.

According to the “Why protect urban green space” webpage of the Bodine Street Community Garden, a green space project in Philadelphia, studies have shown that residents living near green common spaces “had more social activities and more visitors, knew more about their neighbours, reported their neighbours were more concerned with helping and supporting one another and had stronger feelings of belonging.”

Most areas that have green spaces are the well-to-do areas and this is because they can lobby the government to do certain things. But every citizen has a right to green space. The lack of green space causes a lack of community. The standard of living goes down, social solidarity is lacking and people become strangers because there is nowhere to meet.

Councillor Fragedakis says green space is important because it is good for people’s health. They can go out for walks, which is good not only for the body but for mental health. Fragedakis points out that we live in an environment that is full of cement and asphalt. She believes green space is essential for any community. She points out that areas with tree-lined streets have a higher value because the standard of living goes up. She welcomes area residents who want to create more green space to contact her office and join the Ward 29 “tree canopy-working group.”

For things to begin to change, East Yorkers should let their voices be heard loud and clear. Residents should band together, because there is strength in numbers. Join community groups that are working to build better green space in East York.

~ Lucy Oneka

GMO diets for less

The Danforth health food store The Big Carrot recently held its free Thursday lecture in support of Non-GMO Month. Author Julie Daniluk explained the various rewards of avoiding genetically modified food to ensure good digestive health.

While nutritionists, authors and trainers strive to spread the message of “clean eating,” many people struggle with affording produce that is GMO-free or organic. This raises the question on the importance of the implementation: Will the stress of paying the grocery bills for such expensive produce take an even bigger toll on our health than if we eat GMO food every once in a while?

Although certain vegetables and fruits contain fewer pesticides, how can one avoid the hormones used to produce dairy and meat products or the chemicals used in our cleaning products? Is there really no getting away from it all? All these questions come to mind — but we can’t ignore the fact that the key to leading a long and fulfilling life is making as many healthy choices as we can.

Daniluk makes her case: “We’re studying the toxins on humans. We’re studying the toxins on animals. And we’re concerned about the animals. But... I’m sure you’ve heard it when you go online to search about GMOs: ‘There’s no studies proving it’s harmful to humans.’ So we’re all left going, ‘Well yeah, because you’re not running the experiments!’ I mean, where is Health Canada to step up and say, ‘It’s our job to keep the public safe?’”

It’s worth a thought to imagine what would happen if the general public demanded change and required healthier and more affordable options. From an environmental perspective, the air we breathe will be cleaner if pesticides are not used in our plants. And our water system would not get polluted as easily either.

This should be more than possible in the year 2013. Human beings deserve to eat the best to live the best life. Small steps will get us there. Choosing to attend local farmers’ markets and to buy sale items that are organic can coalesce to cause a dramatic shift in the marketplace. We should be done with hurting ourselves for a good price.

~ Arooj Yaquab

■ COLUMNS

Not judging the key when in new culture

It is 10 full months since I arrived in this city for the first time. Since then, I’ve noticed a tremendous change in myself.

I applied to several mass communication-related post-graduate programs in Canada.

“Unfortunately,” I ended up in journalism, the subject that demands the best knowledge and skills in language and culture; this, despite the fact that I’m such a newcomer, with a totally different background — literally from the other side of the planet.

So I decided to open up.

I benefit from a certain personality trait: I don’t judge. Whenever I’ve experienced a cultural shock, I just want to know about the things and their nature, admit their existence and move on, without deciding whether they are “good” or not. Sometimes I regard

this as a trick of my 20-something age, because this is not a time for me to philosophize, but to see and feel it as much as possible.

One of the main advantages of being a journalist is the opportunity to learn from the people you deal with.

Actually, looking back on it now, I was trapped in a rather desperate helplessness before. For example, recently there was an occasion when I was presented with a photo of some badly injured fire victims. It caught me off-guard. And I

felt paralyzed by it. But then I had an opportunity to interview a crime reporter, and I learned from her practice of unloading emotions from work before going home.

But what’s inspired me most recently is the interview with a mother whose son was shot dead, and the murderer has still not been found. I was assigned to ask her about the murderer.

Before I set up the question list, I tried to feel her feelings. I became so heartbroken that I actually started trembling. I felt anxious — even overwhelmed.

But on the morning before I conducted the interview, my teacher told me that what she had learned from the mother was that nothing could hurt her worse than losing her son. My interview would be trivial by comparison.

So after that, whenever I’ve faced my own difficulties or failures, I keep reminding myself that things could always be worse — much worse — and that I should just embrace the moment and make it better.



Sun Lingmeng

Mind your manners

When you spend a night out at the movies, a few things are constants.

You get to the theatre, purchase your ticket, grab a seat, and sit through the commercials and trailers for upcoming movies.

In recent times, a quick animation of movie misbehaviours have also started to air before the movie starts to remind the audience of what not to do during the movie.

We are very familiar with the person who saves an entire row of seats, the overly-enthusiastic movie-goer who comments after every scene, vomiting their opinion at their friend as the stench of this ill-advised commentary spreads.

Or my favorite, Tony text-a-lot, the person who uses their phone during the movie, the bright screen drawing your eyes to the

little phone and away from the big screen.

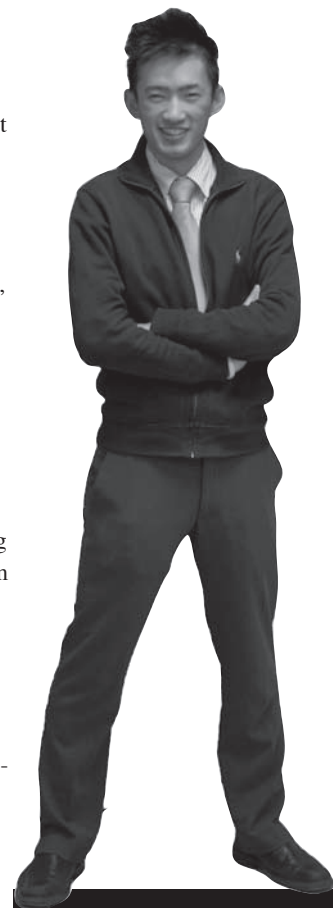
Tony text-a-lot made an appearance Tuesday night at a showing of Captain Phillips where I happened to be in attendance, and to make things worse, this person was sitting at the very front, gracing everyone with the presence of his shiny smart phone.

This person did not catch the hint after a few people yelled at him to turn it off; finally a woman two rows down from me (I was sitting four or five rows down from the back) walked down the stairs and confronted this ignorant moviegoer.

On behalf of movie-goers everywhere, I’d like to nominate this mystery woman for the title of Everyday Hero.

My respect and admiration goes out to her.

And may her actions be an inspiration to us all.



Larry Cheung



Alissa Heidman // Observer

Ontario Premier and Don Valley West MPP Kathleen Wynne congratulates Valley Park Middle School and the surrounding community on the start of Phase One construction of Valley Park Go Green Cricket Field.

A swing in the right direction

Valley Park Middle School kicks off Phase One construction of their community cricket field

By ALISSA HEIDMAN
The Observer

The start of Phase One construction of the Valley Park Go Green Cricket Field project has finally kicked off, with Valley Park Middle School hosting a celebration on Oct. 8. Excited supporters, donors, faculty, kids and families of Flemingdon Park and Thorncliffe Park participated in the event.

The project will eventually transform the school's yard into what will be known as the Valley Park Centre of Excellence. What is now underutilized land will turn into a large community cricket field that will also be used for soccer, baseball and other sports. Included on the school grounds will be a butterfly meadow, an outdoor amphitheatre, a vegetable garden and marsh.

Nick Stefanoff, Valley Park's principal and co-chair of the project, helped come up with the idea two

years ago and says getting to this point has not always been easy.

"We had a dream, a dream that we would one day have a go green sports field, a vibrant community space with sustainable environmental and educational features," he said. "There were many delays, legal issues, needing to secure grants and donations, at times it was disheartening and our dream became a nightmare."

Stefanoff got emotional while addressing the crowd and thanking the committee, supporters and sponsors, saying without their generosity and persistence the vision

would not have been possible. The project has raised over \$1 million so far.

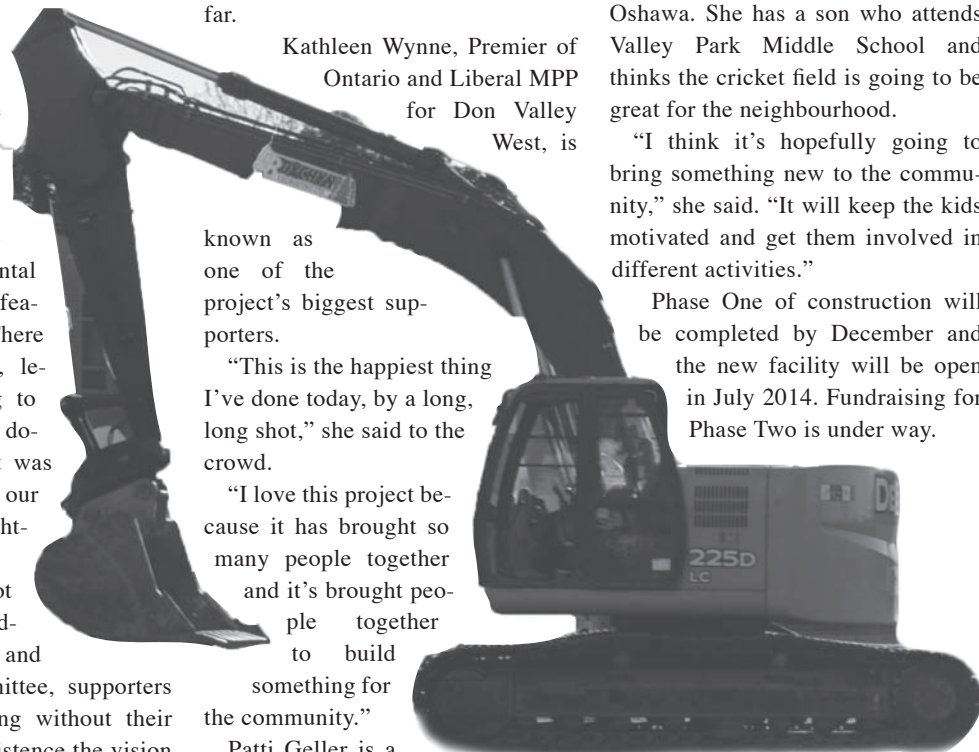
Kathleen Wynne, Premier of Ontario and Liberal MPP for Don Valley West, is

known as one of the project's biggest supporters.

"This is the happiest thing I've done today, by a long, long shot," she said to the crowd.

"I love this project because it has brought so many people together and it's brought people together to build something for the community."

Patti Geller is a



Trustee calls for review of bus rules

By AMIRUL ISLAM
The Observer

East York's trustee on the Toronto Catholic District School Board has proposed a wholesale review of the "exceptional circumstances" policy for providing school transportation.

Trustee Angela Kennedy said her intent is "a review of how we assign how we approve exceptional circumstances transportation."

Ordinarily, schools provide busing for children only if they live more than 1.5 km away from school.

But there are additional criteria and students who may not normally qualify may be bused under exceptional circumstances.

Those exceptions include inadequate parental supervision for students en route to or from

school, personal hardship, certain family circumstances and unusual hazards.

The problem, Kennedy said, is that the exceptional circumstances policy and its application aren't transparent enough.

"Do we grant the exceptional circumstances in a fair way?" she asked.

The incident prompting Kennedy to propose reform of the exceptional circumstances policy was reported at a Sept. 26 board meeting. According to the report, a parent approached the board expressing concern that her daughter wasn't receiving transportation to and from St. Brigid elementary school on Woodmount Avenue, just west of the intersections of Danforth and Woodbine avenues.

The parent requested that the board provide her daughter with school transportation under the exceptional circumstances policy. She was able to plead her case without attending a board meeting

and received transportation for her daughter.

Her situation is that she lives on the south side of Danforth Avenue and the child, who is eight years old, has to cross at Coxwell, a busy intersection.

She received exceptional circumstances accommodation on a small van used for special needs children.

"But the parent was upset with the application process of exceptional circumstances," Kennedy said. "She has to prove it in every single year and it is onerous for her."

Kennedy noted that the parent is a single mother who also looks after her own mother.



■ Kennedy

Get ready for flu season

By AROOJ YAQUB
The Observer

With flu season approaching, it is important that our medical practitioners take the same precautions as the public.

Dr. Michael Warner, 34, the director of the Intensive Care Unit (ICU) at Toronto East General Hospital (TEGH) received his flu shot on Oct 21.

"Influenza is a serious illness," he said. "It can cause severe sickness and even death. It's important that anybody who is safe to get immunized, gets immunized."

This year medical practitioners are giving the agriflu vaccine, recommended by the World Health Organization for the 2013 and 2014 season. One of the elements not in the vaccine the previous year is the B Massachusetts virus. Vaccinations last up to 12 months and start in late October.

"As a physician I care for patients in the ICU. We get patients with influenza that get very sick and died from influenza," Dr. Warner said. "I would absolutely recommend this to everybody."

Colleen Young, 48, is a registered practical nurse responsible for promoting and giving flu vaccinations to TEGH's community of healthcare workers.

"It is necessary to take the shot every year because our immune system needs a reminder," she explained. "Our bodies will be stimulated to build more antibodies against influenza in the coming year."

However, many people refuse to get immunized, year after year.

"The rumour that you get the flu from getting the shot; that's a fallacy. The virus that's injected into you is dead but your body can still recognize it," Young explains. "It can then build a defence against it. When it recognizes that virus again it's already built the defence. So you can't get sick from it, you can only get stronger."



Lucy Oneka/// Observer

The East Side Players opened their production of *The Female of the Species* last night, Oct. 24. The play is written by Australian playwright Joanna Murray-Smith, directed by Heather Roberts and produced by David August.

Female of the Species comes to life

By LUCY ONEKA
The Observer

The East Side Players are once again bringing to life the work of Joanna Murray-Smith with *The Female of the Species*, a funny and thought-provoking play exploring the many issues within feminism.

The play begins with Margot Mason (Christina Reynolds), an egocentric feminist writer who is under pressure from her publishers to meet a deadline for her next book. She is extremely frustrated because she is suffering from

writer's block.

Suddenly a young lady, Molly Rivers (A.K. Shand) enters the room and to Mason's surprise, Rivers tells her that she has travelled far to come see her. Mason is harsh with Rivers and wonders who she is and what she is doing at her residence. Rivers reveals to Mason that she was once a student of hers. Mason is still puzzled by Rivers's visit.

As the play unfolds, it becomes clear that Rivers has come with a purpose. Mason is now held accountable for her actions. She realizes for the first time how much she, as a writer, has had an

impact on the lives of her readers.

The play is produced by David August and directed by Heather Roberts, who says doing it was a unanimous decision by the play selection committee.

"The play is well-written. It's current, it's got something for everybody," Roberts says. She hopes the audience will leave the play talking about it or siding with one of the characters.

The play has a talented cast consisting of: Christina Reynolds (Margot Mason), Amanda Smith (Tess), A.K. Shand (Molly Rivers), Matt Austin (Bryan), Sean Killackey (Frank) and Daryl Tay-

lor (Theo). The audience will be able to feel the emotions the characters experience, with the actors bringing realism to the play that makes it extremely enjoyable.

The costumes the characters wear parallel their personalities. The set, designed by Jim Cole, adds to the play, reiterating the message behind the story.

The Female of the Species opened last night, Oct. 24, and runs until Nov. 9 at the Papermill Theatre, 64 Pottery Rd. For tickets, call 416-425-0917 or visit the online box office at www.eastsideplayers.ca.

Saying no to GMOs

By ALEXANDRA GATER
The Observer

Julie Daniluk was the guest speaker on Oct. 17 at the Big Carrot's free Thursday lecture for Non GMO Month. Daniluk, a nutritionist and author, shared the benefits of avoiding GMO food to ensure good digestive health.

GMO stands for Genetically Modified Organisms. They are plants and animals whose genetic material has been altered. According to Daniluk, GMOs are present in 75 per cent of packaged foods on the market today and result in nutritional deficiencies, antibiotic resistance and increased toxins in the body.

"(GMOs) are lurking in common processed foods... beverages, candy, cereals and condiments, in a lot of meat alternatives, soy products, canola products, in corn and cotton seed," she said.

Daniluk says eating genetically modified food can cause poor digestive health.

"When the GMO food is fed to a person, the junctures (in your gut) free up," Daniluk said. "It creates leaky gut, you can see the openings in the lining, and that allows unfortunate toxins and bacteria and food allergies to get in the blood."

"The gravest concern (about GMOs) you will hear over and over again from the great scientists... is antibiotic resistance," Daniluk said. "They actually use antibiotics in the processing of GMOs. So every single GMO is dipped in a bath of antibiotics... that are able to weather the storm of an antibiotic."

HOW TO DO IT

- Buy organic food.
- Look for the non-GMO label.
- Check out this list to find out which produce contains high or low levels of pesticide: www.ewg.org/foodnews/

A friendship bench to end bullying



Rajesh Sammy/// Observer

Kyla (left) and Kimm Prosser unveiled the Friendship Bench at the East York Community Centre on Tuesday.

Kill it with Kindness founders unveil a new friendship bench

By RAJESH SAMMY
The Observer

Cloaked in a blue nylon sheet, a bench within the East York Community Centre rested awaiting its release on Tuesday.

This is not just any bench, but a Friendship Bench with a lifelong mission to help put an end to bullying.

"Kids are bullied more than people think," Councillor Mary Fragedakis, Ward 29/Toronto-Danforth, said before unveiling the Friendship Bench.

She was joined by the Kill it with Kindness founders, sisters Kimm and Kyla Prosser. Kill it with Kindness is

the non-profit organization involved with importing the Friendship Bench idea from Australia.

"The Friendship Bench represents a safe zone for kids who are being bullied," Kyla said.

"They'll sit on it, and it alerts either teachers, volunteers or other kids that they need an assistance of someone to talk to."

The bench is made of 100-per-cent recycled plastic, and features a bright red heart in the centre.

The use of bright, rainbow-like colours makes the bench easy to spot for children in need, as well as those who are willing to help.

On the arms are small, heart-shaped plaques embedded with the location of the Friendship Bench.

Kill it with Kindness plans on unveiling more Friendship Benches at community centres across Toronto.



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