

The Scarborough
OBSERVER
Magazine
Vol. 2, No. 3 • Fall 2013

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CENTENNIAL

Have no fear,
no deadly snakes here
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tunes rock
the EAST

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touchdown in
new field

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HOW TO
OUTLIVE

THE UNDEAD

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Fall into winter

What to do and where to go in Scarborough...

Kristin Eliason and Vida Korhani

Whittamore's Farm

Until Oct. 31, those who feel like venturing just outside Scarborough's borders can enjoy pumpkins galore at Whittamore's Farm (8100 Steeles Ave. E.). Pumpkin patches, pumpkin pies and pumpkin cannon shows await, along with farm animals, corn mazes and hayrides, at the 220-acre farm.



Left; 19-month-old Neill Theunissen checks out the farm animals at Whittamore's, Above; 22-month-old Vihaan Vora picks out the perfect pumpkin with his grandmother, Nita Shah, 55.



Scarborough Museum

Visitors to the Scarborough Museum (1007 Brimley Rd.) on October weekends can enjoy scavenger hunts and pumpkin treats baked on-site. November events include November weekend activities and PA day camps. Plus tours during December's Festive Weekends.



Above; Lily Haynes and brother, Terrance, try pumpkin muffins with staff member, Bhim Pandya, at the Scarborough Museum.

Rouge Park

Rouge Park, known for its wildlife environment, offers guided walks and magnificent views. "You can enjoy the park any time of year (and in) any weather because the animals are always here," says Diana Smyth, trail coordinator. "You never know what you're going to find."



Right; members of the Harmony Showband perform at Sunday Serenades on Oct. 20. From left, Alexandra Schryer, Dan Douglas, Briar Boake, Kathleen Eyman.



Christmas markets

Meet Santa, participate in a silent auction or a raffle, buy some bake sale treats. Enjoy the season at a holiday-themed community fair!

- Guildwood Bazaar at Holy Trinity Guildwood Anglican Church, Nov. 2, 10 a.m.–1 p.m.
- SBUC Christmas Bazaar and Luncheon at Scarborough Bluffs United Church, Nov. 9, 11 a.m.–2 p.m.
- Christmas Bazaar at Christ Church Scarborough Village, Nov. 9, 9 a.m.–1 p.m.
- 5th Annual Holiday Bazaar at West Hill United Church, Nov. 16, 9 a.m.–2 p.m.
- Christmas Bazaar at St. Martin de Porres Church, Nov. 23, 9 a.m.–2 p.m.
- Holly Jolly Market at Bendale Acres Long Term Care Home, Nov. 23, 9 a.m.–2 p.m.

Right; The Gomez family poses with Santa Claus last December at Scarborough Town Centre. From left, Zeth, 8, Aeryn, 2 and Elijah, 5.



Ice skating

Once the temperature drops, it's time to break out those skates! Here's a sample of rinks where you can practise your moves.

Outdoor: Scarborough Civic Centre (150 Borough Dr.)
Indoor: Agincourt RC (31 Glen Watford Dr.); Birchmount CC (93 Birchmount Rd.); Centennial RC (1967 Ellesmere Rd.); Commander Park RC (140 Commander Blvd.); Don Montgomery CRC (2467 Eglinton Ave. E.); Heron Park CRC (292 Manse Rd.); Malvern CRC (30 Sewells Rd.); McGregor Park RC (2231 Lawrence Ave. E.); Scarborough Gardens (75 Birchmount R.); Scarborough Village RC (3600 Kingston Rd.)



Tobogganing

Two of the best hills in Toronto may just be in Adams Park and Thomas Memorial Park. Bundle up and head over with some good friends and a good toboggan.





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Theresa Spohn // Scarborough Observer

Riding public transit does not come without some risks, specifically late at night. Being aware of your surroundings is most important.

Assaults on TTC create concern

Nicolette Mendoza
& Tarah Bleier

Connie Kennedy takes the bus home late at night from her job as a daycare attendant. Usually, she has felt safe travelling by herself at that time.

But now she's more cautious as a number of attacks have taken place in Scarborough.

"There have been some strange people on the TTC but for the most part I mind my own business and try to sit away from them," Kennedy said. "The fact that people have been sexually assaulted is concerning."

Attacks this month include alleged sexual assaults on an elderly woman in her apartment, a woman on the bus and a woman at a TTC shelter. The attacks have some Scarborough commuters like Kennedy on edge.

Alex Poutiainen is forced to commute late at night due to his job. He works across the city in film and commercial production.

Sometimes his job will take him far out into the suburbs, downtown or even Etobicoke, resulting in him catching the last train or taking the night bus.

Although he has never felt threatened, Poutiainen has witnessed other dangers on the TTC.

"I've seen a theft right in front of me, literally on the bus," Poutiainen said. "Someone's smartphone was snatched out of their hands. And I've been around arguments between other people."

Safety resources are avail-



Theresa Spohn // Scarborough Observer

Attacks have been reported on the subway in the past month. Scarborough residents are exercising caution when taking public transit. Self-defence experts recommend screaming and bringing attention to yourself if attacked. They also suggest fighting back by hitting the attacker.

able to commuters should they require it.

"Always be aware of your surroundings and stay in well-lit areas," advised Guy Service, crime prevention officer at 43 Division.

"Know the route you are taking and let someone know your travel schedule. Sit near the driver and if any problems, utilize emergency alarms or equipment that is available to passengers."

When commuting late,

Poutiainen always observes how people are standing, what they're carrying and where their hands are, he said. He also makes sure to have full vision of everyone.

"I've never really been in situations where I worry about my personal safety, but [I'm] just paying attention to my belongings and wanting to avoid any theft or robbery," he said.

Dan Novak, owner and self-defence teacher of Elite

Martial Arts, has some advice for women.

The first thing they should do when in trouble is to keep screaming something embarrassing such as "pervert!"

"I recommend being very loud, screaming, that could draw attention to people in a situation," said Novak who was also a correctional officer for 13 years.

"If you're being attacked, go for stuff like the eyes, the groin, sensitive areas. Rip

at the Adam's apple...(and) hit the base of the skull. All those things are softer parts of the body that would inflict maximum damage."

Novak has learned that fighting is not the answer, but that it's important to defend yourself if a situation were to happen.

"And you fight as hard as you can, until the fight is over. And you worry about stuff like charges after," Novak said. "That's why if it's

something you can prevent, yell. Tell them, "Take it easy, I don't want to fight."

Service agrees that self-defence is lawful under certain circumstances.

But once the threat is over, you must disengage.

"Once the threat has stopped or the criminal has left, any further actions could result in criminal charges to a victim.... The amount of force must be reasonable given the situation," Service said.

Subway or LRT for Scarborough?

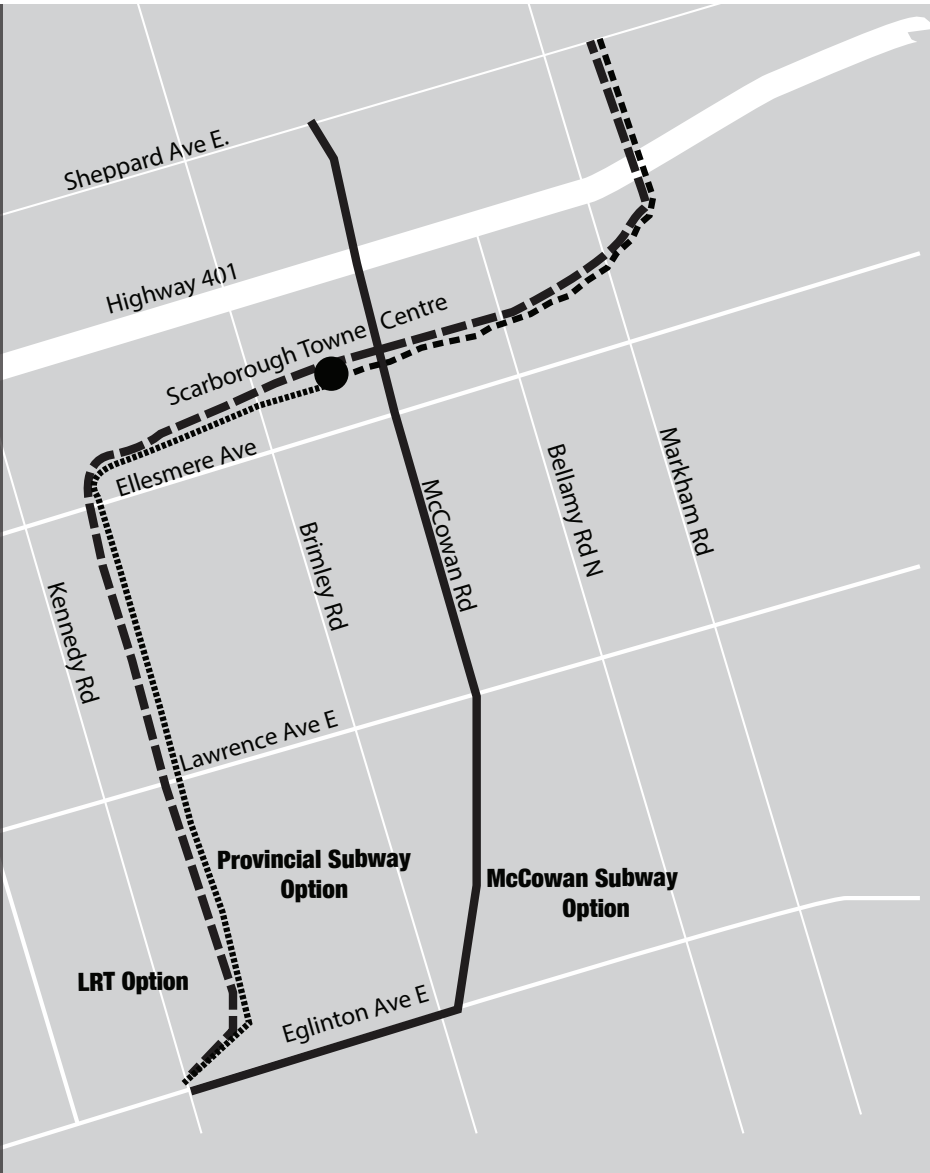
The LRT offers seven stops. Cost is \$1.8B and the province has publically pledged \$1.48 to date.

The provincial subway will have two stops in phase one and two more are planned for phase two. The cost for Phase One is \$1.4B for the first 6.4 km.

The full route will cost \$2.9B. The Kennedy Subway Station will also have to be rebuilt, just north and west of its current location.

The McCowan subway option has three stops. The route will cost \$25B.

Source: TTC report, Sept. 20



Commuters unconvinced new funding will help

Kenya Bruce & Nicolette Mendoza

Scarborough transit users are torn on the province's recently announced subway extension plan. On one hand, improved transit of any sort would be a welcome thing, but on the other, the proposed two-stop subway extension to Scarborough City Centre might not be enough.

"The Scarborough transit system sucks," said Bryan Haley, who lives downtown but commutes to Scarborough once or twice a week for work or social gatherings.

According to a Sept. 4 press release, Ontario proposed a 6.4-kilometre extension of the Bloor-Danforth subway from Kennedy Station.

"We are committing \$1.4 billion to extend the Bloor-Danforth subway line all the way to the Scarborough City Centre to make it easier for residents to travel, improve quality of life, generate jobs and bring investment to the area," Ontario Transportation Minister Glen Murray said in the release.

The planned extension — which would replace the aging Scarborough RT and its five stops — would be a step forward for Scarborough, Haley said.

"Buses are too packed," he said. "It takes a long time to get around. It's kind of like being in a remote area."

University of Toronto Scarborough student Ibiyemi Balogun agreed.

"[The] subway is just direct and fast. It's quick," she said. "If I could always take the subway, I would do it."

But some commuters worry the planned subway extension would come up short.

The new subway line is something that Scarborough needs but the plan should incorporate more stops, four-year Scarborough resident Shanthi Bojadla said.

"Right now we have three [stations], and I'm thinking how it's going to be helping people in Scarborough," she said. "The people who are taking Ellesmere station now, what are they going to do? ... We have to make some more stations."

The ideal subway extension would include a line that ends at the Toronto Zoo or at least Sheppard Avenue, Bojadla said.

"That was the better [plan] because you can go around the city wherever you want on the subway," Bojadla said.

Brett Muamba agreed. The York University, who takes Scarborough transit to get to school, said he is more concerned about the lost transit stops than the overall extension.

"It's just the people who have to get off at Midland, it's going to suck for them," Muamba said.

Scarborough would benefit more if the city worked together with the province when it comes to funding, Bojadla said.

"I totally agree with the province," she said. "They are supporting the subway. They are not asking money from Toronto."

"(Toronto Mayor Rob) Ford, what he said was that he was going to raise the taxes. Without that, the province is helping us build it."

Bojadla believes that Scarborough, and Toronto in general, is ready for this new subway line.

"The population is growing and the city is growing this way too," she said.

Subway means 1.6% tax hike

Hawwii Gudeta

Toronto city council voted on Oct. 9 to pay for its share of the proposed Scarborough subway extension with a 1.6-per cent property tax increase.

The increase is to be phased in over three years: 0.5 per cent in each of the first two years and 0.6 per cent in the third.

According to a report by city manager Joe Pennachetti, increases are vital for the subway. The hike will mean the average family can expect to

see a \$41-a-year increase on their property tax bill.

"I think this is totally unfair," Scarborough student and TTC commuter Eyoel Negaye said before city council's Oct. 8 vote. "The city shouldn't have to pay more taxes. We already pay enough. The government should find funding from other places instead."

Projects like this one will have some tax consequence, said Scarborough-Guildwood MP John McKay.

"There are no free rides in this world," he said be-

fore the city's decision. "You can't pay for subway lines with fairy dust."

On Sept. 23, the federal government agreed to give \$660 million to help build the city's planned subway extension from Kennedy to Sheppard Avenue.

The Ontario government, which has said the actual cost needed for this project is \$3 billion, announced funding for a Scarborough subway extension along a different route on Sept. 4.

"The city has to cover the cost of the subways and

province will have to put up the most money," McKay said. "Municipalities look to the province, the province looks to the feds, the feds looks to municipalities and municipalities look to the province again."

"It goes around in one big circle eventually landing in the lap of the province."

In 2012, the city implemented a 2.5 per cent property tax hike for residents, a 0.83 per cent increase for businesses and a 10-cent fair increase for TTC riders.



Commuters are unconvinced provincial funding will help with their daily trip home anytime soon.

Theresa Spohn // Scarborough Observer



● For more on the TTC, please visit us online at torontoobserver.ca

'What are you going to do?'

Project's neighbours resigned to noise in building townhouses

Erin Cassidy & Nicolette Mendoza

Imagine waking up early to the sounds of hammering or seeing men in white hats driving their bulldozers. These are just some of the things that the surrounding neighbourhoods of Victoria Park Ave. and Rowena Dr. have been experiencing.

For four years, developer Magnum Opus Group has been working on renovating an old housing unit full of graffiti and broken windows.

"When we took everything over, all the roofs had to be replaced; they were leaking, and they were rotten," Magnum

chairman Jeffrey Feldberg said. "There wasn't any insulation, so on a hot summer day and in the cold winter months it was not a great place to be living in."

The houses did not have hot water running, insulations on the walls or laundry units, only one washroom and there were safety hazards throughout the units, Feldberg said. The public common hallway of the maisonette houses was also a big problem, taking up potential room space and compromising the security of the complex.

"You don't know what you're going to get once you start going behind the dry walls," Feldberg said. "But we made a commitment to the

community that we would clean up the site right away when we took possession."

Alex Prasoulis, a real estate agent located at Delwood Dr., just off of Victoria Park Ave., questioned the need for the renovation.

"They should demolish all of it and build new because those are an eyesore," Prasoulis said. "The location is good, but those townhouses ... they look like subsidized housing-type development."

Feldberg said Magnum has to work with city planners carefully to get the proper units. The planning that goes into the project takes time, including the evacuation of the previous tenants.

Some neighbours are becoming impatient.

Ken Williams, whose house faces the site, said the redevelopment hasn't affected him directly, but the noise has.

"Sometimes, at late evenings, (there) is noise," Williams said. "Or early mornings, about five or six in the morning"

Fran Christou, whose backyard faces the construction, wasn't bothered by the site, but also commented on the noise factor.

"It's them working. I'm not a complainer, it's them working," Christou said. "If it's work, it's work, what are you going to do?"

Since the construction on the townhouses has been going on

for four years, Williams expressed his concerns on the slow process, much like other residents.

"I think that they had the intention of knocking it down," Williams said. "But now it's more feasible to do the repairs inside; but it's very, very slow."

Feldberg admits there have been complaints from the neighbourhood during construction, but says the company has responded to them.

Letters were distributed to houses in the neighbourhood to explain the lengthy process.

"Even though we are going to well exceed our budget and take much more time to do, let's do it properly the first time," Feldberg said.

Don't let the book bugs bite

Theresa Spohn

They're small and really tough to see. But they're a big problem.

"One is too many," said Patricia Eastman of the Toronto Public Library (TPL).

The Toronto Public Library budgets \$151,000 a year to deal with bed bugs at its branches.

Bed bugs were reported at the Cedarbrae and Kennedy-Eglinton libraries in September. According to Eastman, area manager for both locations, the TPL system takes all reported incidents seriously.

"We are on top of it and it is really important to us," she said.

The TPL budgets \$151,000 yearly to deal with the bed bug problem and has instituted a bedbug protocol.

It includes quarterly inspections, carpet and upholstery shampooing, along with daily cleaning.

If a staff member identifies bed bugs when an item is returned or shelved, the item is bagged and given to facilities within 24 hours. Inspection, cleaning and chemical treatment by a professional pest control company follows.

In 2012, 22 confirmed bed bug incidents were reported in the library system across the city, Eastman said. Library staff is encouraging visitors to inform them if they have bed bugs in their homes and to not use the drop-off chutes if that is the case.



Nicolette Mendoza, Scarborough Observer reporter, and Jeffrey Feldberg, chairman of Magnum Opus Group, observe the state of the townhouses that are currently being redone by Feldberg's construction company.

Erin Cassidy
// Scarborough
Observer



TD banking on education

Joshua Spence

It's not often a bank gives away money, but the Toronto Dominion bank presented the University of Toronto at Scarborough (UTSC) with a \$1-million corporate donation, ahead of a Rouge Park tree-planting to mark the occasion.

The event, which took place on Sept. 28, saw TD bank give the money to UTSC to support research in the field of urban forest conservation and biology, a press release stated.

TD Canada's senior vice president, Alec Morley, was on hand at the event to explain the reasoning behind the generous

donation.

"This gift ... underscores our ongoing commitment to not only urban forestry, it straddles all three of what we call our pillars of charitable giving," he said. "These are education, the environment and creating opportunities for young people and this is why we consider this partnership so appropriate."

UTSC Principal Franco Vaccarino, said the gift will help to continue building on an already strong environmental platform in place at the university.

"The gift we are celebrating today from the TD Friends of the Environment Foundation is building on some great strengths

of UTSC that precisely address these issues," he said. "Over the past few years we have seen tremendous growth of programs like biology, the environment and urban sustainability. This is a real platform of strength at this campus."

David Palmer, UTSC's vice president and chief advancement officer, considers the monetary gift as a sign of acknowledgment of the role the U of T has been playing in Canada. "This is a remarkable record of investment in higher education and recognition of the leadership that this university and its citizens provide to the future of this country," Palmer said.



Joshua Spence // Scarborough Observer
Principal Franco Vaccarino (left), TD Senior Vice President Alec Morley, (centre) and Vice-president David Palmer (right) start the celebratory tree planting.

Scarborough priest faces five new charges

Father Ioan Pop, 54, of the All Saints Romanian Orthodox Church.

Photo courtesy
of the Toronto
Police Services



Radina Vencheva

Police have announced a Scarborough pastor, already facing eight charges of sexual assault and one of forcible confinement, has been charged with five new sexual assault charges.

Ioan Pop, a 54-year-old priest

at All Saints Romanian Orthodox Church, turned himself in to police on Sept. 30 after the second set of the seven allegations surfaced.

Police allege Pop sexually assaulted women between the ages of 24 and 33 in the church and in their homes over a six-year period from 2005 to 2011.

"He turned himself in the morning of Sept. 30 at 41 Division, but didn't provide any comments," Const. Hilary Hawkins said. "We believe there are more victims and we are seeking the public's assistance if they know anything, as the investigation is ongoing."

The latest charges were laid after

new allegations came forward following Pop's initial arrest on Sept. 11 for an alleged sexual assault in the church a week earlier, police say.

Pop allegedly assaulted a woman on Sept. 3, police say, and was interrupted when a couple walked into the church, located in the Birchmount and Danforth Roads area.



Kids pose for a group photo with the zoo's panda mascot before the Cub Run.

Tamar Atik // Scarborough Observer

Kids run wild at zoo race

Annual race for youngsters raises funds for animal welfare

Tamar Atik

Arianna Dodds celebrated her ninth birthday in the rain.

It was her first time participating in the Cub Run with her younger brother, seven-year-old Colin.

Although the siblings had never completed the race before, they're not new to running, according to their mom, Cori Dodds.

"They used to come with me in the stroller and then I just signed them up for little races like this," She said.

Dodds, who placed 884 out of 2,364 runners in the Oasis Zoo Run's 10K race on Sept. 21 at the Toronto Zoo, said she's been running her entire life.

The Cub Run, which has been around since 2006, was one of three events at the Oasis Zoo Run, organized by the Canada Running Series Foundation (CRSF).

The CRSF is a not-for-profit branch of the Canada Running Series (CRS) and

was lead to fruition by CRSF president and run director Alan Brookes.

"The concept behind the zoo run was to create an exciting, fun family day at the zoo," he said.

The Cub Run is an important event for the charity, which promotes healthy living among young people, Brookes said. The 500-metre race was created specifically for children age two and up, but there were also

some strollers in the mix.

"I think that's all in the spirit of making the zoo a fun place to go and making fitness and healthy lifestyle a fun, fun thing to do," Brookes said.

Many of the younger children participating in the run had adults running with them.

"I couldn't believe all the children that came out and they were so keen," Brookes said. "There were one or

two in tears, but most of them were just thrilled."

After the run, Arianna said her favourite part was "just running and having fun."

According to the CRSF, funds raised from the Zoo Run went toward several projects at the Toronto Zoo, such as the Wildlife Nutrition Centre, Reproductive Physiology Research Program and the Animal Health Centre.



More than 100 people hiked along Scarborough's Highland Creek on Sept. 29 during the annual salmon run. They were there to see the spawning Chinook salmon and learn about conservation efforts.

Kenya Bruce // Scarborough Observer

Salmon run spawns interest

Residents are shocked to find them right in their own backyard

Kenya Bruce

Chinook salmon in Highland Creek? That a Scarborough creek carries the fish normally found in the Pacific came as news to Gary Carmichael.

"I had no idea that there were salmon in Highland Creek so I was surprised to hear that," the Scarborough resident said. Carmichael was one of more than 100 who came out to the annual Salmon Run on Sept. 29 to see the spawning Chinook salmon.

The two-hour guided walk took place at Morningside Park and was sponsored by the Toronto and Region Conservation Authority (TRCA).

Christine Tu, senior aquatic expert at the TRCA and the day's guide, showed the crowd where salmon spawn in the creek. She also explained the significance of the walk.

"It's really to bring community residents down to their local parks," Tu said, "and to learn about the ecology of the area, to learn about what they

can do if they're concerned about the quality of the river, to teach them a little bit about natural history, and teach them about the fish that come up through here."

The Ontario Ministry of Natural Resources stocks the Chinook salmon in the creek. The TRCA raises them in hatcheries.

Once they're in Highland Creek as young fish, they stay in the stream for less than a year heading out in Lake Ontario to finish their adult life cycle.

Toronto's elephants safe in California

Erin Cassidy

They're packed, trunks and all, and have headed south just ahead of winter.

It's a trip plenty of Canadians make every year. What's different this time, though, is the group of three making the trip was made up of the Toronto Zoo's three elephants.

"As far as elephants in North America, this facility is the closest you're going to get to an environment that meets their biological and behaviour needs," said Julie Woodyer, campaign director for Zoocheck Canada Inc.

The wildlife sanctuary in San Andreas, Cal. is home to many animals rescued from all over the world and will be a good home for the elephants, Woodyer said. That's why she approached PAWS founders Ed Stewart and Pat Derby about taking the elephants in, she said.

"I called up Ed Stewart and said: 'Hey look, Toronto Zoo is relocating their elephants. Would PAWS consider taking them in? Because you have those large 80-acre pads and you're in a nice moderate climate.'" Woodyer said. "And after much thought and deliberation, Ed and Pat — Pat who since has passed away — said, 'Yes.'

"It costs a lot of money to keep elephants and it's not easy to do, but they said, 'Yes, we'd be happy to help your elephants if that's what the council decides to do.'"

For the big journey ahead of them, the three elephants went through a long process of crate training before hitting the road last week, Woodyer said.





Deidter (The Soldier) Stadnyk and Dominic (The Butcher) Etynkowski run the Zombie Survival Camp near Orillia north of Toronto.

Aaron Niles
Scarborough Observer

THE UNDEAD SET TO INVAD

Zombie-mania continues to spread like a virus through the population. Are you ready?

Story & Photos by Aaron Niles

You can run, you can hide or you can fight but unless you are prepared for the long haul, you won't make it when the dead rise again.

Scarborough would be a nightmarish place to be during a zombie infestation. The high population density combined with the lack of easily defensible positions creates plenty of places for zombies to hide or launch a surprise attack.

But with tricks from survivalist gurus, you can tip the scales in your favour when it comes time to separate the zombie food from the zombie slayers.

Here is a definitive guide to surviving a zombie infestation in Scarborough.

STEP ONE – YOU NEED H₂O NOW

Run upstairs and fill your bathtub. During a global crisis, fresh water will become a commodity and your supply will be valuable. Otherwise forget water from the tap. Municipal workers are notorious for taking days off. Besides, they're trying to get away from the zombies too.

STEP TWO – HIDE UPSTAIRS, NOT DOWN

Take stock of your supplies and bring them upstairs. Now destroy the stairs. Zombies can't bite you if they can't reach you.

What's this? Your loved ones were downstairs when you destroyed the stairs? Too bad. You are a person of action. Indecision leads to zombification and there's no way you were going to wait.

STEP THREE – CAMP OUT, DON'T RUN

You have to stay upstairs for a week or two. Hopping in the car and fleeing the city is not an option.

The entire population of Toronto is already clogging every route. If you thought congestion was bad during rush hour, just imagine the traffic during a mass panic.

The roads will be one big zombie buffet and you will be glad you were not involved.

STEP FOUR – ESCAPE TO THE PARK

Now that the herd has been thinned, it's time to traverse the streets. But where do you go?

Scarborough's large population can be a problem, so getting away from other humans is a top priority, according to Che, the founder of the Ontario Prepper Survival Network.

"You would want to head northeast into Rouge Park, or any sort of park would be ideal," he said. "North of the 401, for sure. Find any sort of industrial factory. The train station north of Markham road is also good. Just get anywhere away from people."

STEP FIVE – GET ARMED, QUIETLY

So you're on the streets heading toward what you assume is a safe haven. You need weapons for the journey, preferably something that isn't noisy.

"Although a shotgun or rifle would be effective, it would create a lot of noise," Che said. "The best close-range weapon would be a ma-

chete."

He explained a spear or large bowie knife would also be good. The crossbow is the ideal weapon for long-range urban survival. These weapons can be found at Bass Pro Shops, according to Che.

STEP SIX – NO GOING TO THE MALL!

You decide the Scarborough Town Centre (STC) would be the best place to hole up, watch a movie and enjoy the last moments of your life. Well, you just got your wish.

Despite what movies like *Dawn of the Dead* or video games like *Dead Rising* would have you believe, a mall is not a very good place to hide out in. JP Richards, founder of the Running Dead 5K run, said there are logistical problems with trying to survive at STC.

"It's on a subway line where zombies can travel from. No fences. It's in a heavy industrial area," he said. "You would get slaughtered."

STEP SEVEN – DON'T BECOME DINNER

So now you're thinking about going to the Toronto Zoo. It's gated, relatively far from heavy residential areas and devoid of life. Wrong!

"Stay away from the Toronto Zoo," Richard says. "There are too many hungry animals. Who knows if they turn to zombies. A zombie lion? No thank you."

STEP EIGHT – BECOME A BLUFFS WARRIOR

Your whole life you have dreamt and fantasized about killing a very large zombie horde and walking away with not even a single bloodstain.

Well, the Scarborough Bluffs are the place to head to if your looking at not only surviving but thriving in a zombie-infested world.

For Peter (The Jedi) Lane, zombie survival camp enthusiast, you need to take the offensive by using the buffalo jump off trick to get rid of groups of them instead of just one at a time.

"So you hole up nearby the Scarborough bluffs, and whenever you come across a large zombie horde you just push them off," he said.

"As for how Scarborough Town Centre would fare in a zombie apocalypse, it doesn't look good, there are no defenses there. It's on a subway line where zombies can travel from, no fences; it's in a heavy residential area. It would get slaughtered."

— JP Richards





Above: The most important member of a survival group is the medic. Right: Enter Zombjitsu, or the art of deflecting zombie attacks. Below: Getting up close and personal with the walking dead.

RUNNING FOR YOUR LIFE!

Zombie survival camp teaches basics of living off the land and how to deal with an 'outbreak'

Zombie culture has exploded in recent years. The popularity of *The Walking Dead*, the box office smash *World War Z*, and an outbreak of zombie walks across the continent has shown the living dead craze is going strong.

Enter the Zombie Survival Camp, the newest addition to a long list of growing events based around the cult of the living dead.

Held in the wilderness near Orillia, the Zombie Survival Camp is a three-day event that teaches participants how to properly survive a zombie apocalypse. Dominic (The Butcher) Etynkowski, an instructor at the camp, talked about the things they teach.

"It's a series of workshops. We teach archery, hand-to-hand combat, field craft; so how to maneuver and survive in the wilderness tactically, how to

create a fire, and what kind of berries you can eat in the wilderness," Etynkowski said.

"We also teach weapon training, so how to create and use weapons against zombies; a seminar on bungle gear, essentially what kind of tools and gear can help you survive out in the wilderness for weeks on end."

Although the camp is zombie-focused, Etynkowski says these skills can be applied to any sort of disaster.

"We cater to the zombie crowds, though that is just the fun part, the fantasy of surviving. What we teach, however, can be used for any sort of disaster situation ranging from tornadoes, earthquakes, and tsunamis," Etynkowski said.

Now in its second year, the camp has grown substantially from where it started.

Deidter (The Soldier) Stadnyk, an instructor for the camp and five-year veteran in the Canadian Armed Forces, was just a university student when he came across the Zombie Survival Camp.

"I was doing a documentary for third-year university on zombie apocalypse culture. I did research on the Internet when I came across (the Zombie Survival Camp)," Deidter said.

"After I finished the documentary, I went up to them and said, 'This is a really cool idea,' I think I got some skills, and that's how I became an instructor for them."

Two new camps have popped up in Alberta and Saskatchewan, copying the Orillia camp model.

Scarborough residents wanting to take part or needing more information can visit the camp's website at zombiesurvivalcamp.ca.



New country, new kitten

Jamie Anderson

After moving from Barbados 12 years ago, Kimitra Lovell said learning how to own a cat in Canada was a big reality check.

Lovell was just one of the dozens of people who visited the PetSmart near Eglinton Avenue and Birchmount Road on Sept. 15 for the National Adoption Weekend featuring cats and dogs from Toronto Animal Services (TAS).

She said in Barbados, they do these things a lot differently.

"You just get a kitten from someone who has extras, you grab some sand from the beach and put it in the corner of your garden," Lovell said. "You leave a window cracked and ... you just know that the cat goes out and comes in."

The cost of adoption at the event — \$99.75 per cat — included nearly everything that a new pet owner needed to get started, store manager David Ross said.

"The pets themselves will be vaccinated, spayed or neutered, TAS microchips, they'll be in good health and what we include for the customer is a coupon book partnered with some of the vendors at the store," he said. "So, free products and services."

Lovell decided she wanted to adopt two kittens, litter mates Ninja and Sakura. The workers from TAS talked to her about transitioning them to different foods, what kind of litter to use and helped her through the forms that she had to fill out. "It's very thorough. It asks you, 'Why are you getting a pet? Do you think you can look after it? What are you going to do with this pet when you travel?'" Lovell said. "It makes sure you're a responsible parent."



Jamie Anderson // Scarborough Observer
Kimitra Lovell and the two kittens that she adopted at PetSmart's Adoption Weekend.

City Councillor Glenn De Baermaecker and the kids from Bendale Junior High School get ready to plant wildflowers in the new butterfly meadow.

Photo courtesy
Toronto Parks
People



New home for butterflies

Christian Boyer

Imagine being underneath a row of power lines and instead of seeing a desolate sea of brown and green tall grass along a hydro corridor, the scene is full of wildflowers and the wings of hundreds of butterflies struggling against the breeze. That could all soon be a possibility.

A new city initiative — the Scarborough Centre Butterfly Meadow — is a pilot project put together by the City of Toronto, Hydro One and the Toronto and Region Conservation Authority (TRCA) to make that vision a reality.

The meadow spreads out from McCowan Road to Scarborough Golf Club Road along 88 hectares of Scarborough's desolate hydro corridor, where the project overseers are looking

to naturalize and beautify the area for public use.

This is the first year in the meadow's life cycle and if all goes according to plan, both the City of Toronto and the TRCA will look at expanding the project.

Councillor Glenn De Baermaecker (Ward 38 Scarborough Centre) has been an advocate in making use of the empty hydro corridor space.

"I proposed the meadow three years ago," De Baermaecker said. "It's my hope that this is a first step to the re-naturalization of the rest of the hydro corridor. If we can prove with this pilot project that we can take 100 acres and make it beautiful and workable then why not expand."

The meadow will be cultivated over three years and while most of the planting and upkeep will be handled

by the TRCA and City of Toronto, local schools like Bendale Junior Public will assist in stewardship of the meadow.

"The first year we might not see a lot of colour, but so far there have been some nice blooms already. And next year is expected to be more active and colorful," De Baermaecker said.

Currently, plants are just starting to take root and spread.

"What the experts have told me is by year three, the meadow will be at its most colourful," De Baermaecker said. "If people could see hundreds of butterflies filling this space, then we would have reached the 'awestruck' vision that we planned for."

John Stille, a representative from the TRCA says the new butterfly meadow will set the bar for developing more of the city-wide hydro

corridor.

"Establishing a meadow like this in an urban environment like Toronto is unprecedented," Stille said. "A project like this is a great fit with hydro corridors because there are limitations to what you can plant there in terms of height so meadows are the perfect answer to using these types of spaces effectively."

The TRCA says the meadow, which sits southwest of Rouge Park, serves a multi-use purpose as a staging area for birds and small animals passing through.

"We have planted a variety of wildflowers, shrubs and grasses: swamp milkweed, dogwood and chokecherries to name a few," Stille said. "We aren't just interested in insects. We want to provide for local birds and animals as well that flock to Rouge Park."

Pirates take 'Scarrrrrrrrborough'

Tiny buccaneers get crash course in swashbuckling at local museum

Tarah Bleier

Secret maps. Buried treasure. Adventure.

These were just a few of the things a group of kids got to experience in September at the Scarborough Museum's Pirate School 101.

"(It) is a really important thing for pirates to learn how to 'Arrr!' and how to make treasure maps and how to hunt for buried treasure," said Devon Muhic, youth resource

lead for the museum. Pirate School 101 took place on three consecutive Saturdays from Sept. 7 to 21.

"Museums are more than just about early settlers," museum coordinator Elaine Savva said. "It's a place to have fun while at the same time learning something new."

The kids created their own maps and baked cookies on an open hearth. Among the pirate-themed treats the children cooked up were decoder cookies, which were then used to decode their treasure maps.

According to Savva, the museum always tries to include baking in its programs because the kids really love it.

The event wrapped up with a scavenger hunt through-

out the museum and some buried treasure at the end.

"We want our visitors, especially our youngest visitors, to look at coming here in a positive light," Savva said.

Pirate School 101 — which is based on the Scarborough Museum's themed birthday parties — was a success, museum organizers said.

Seventeen kids registered, two more than the planned maximum of 15.

Getting these kids involved at the museum early and in fun ways is a step in the right direction, according to Muhic.

"We believe if the person comes to the museum just once they become a visitor for life," Muhic said. "That's what our goal is."

Devon Muhic, youth resource leader for the Scarborough Museum, helps a little girl read a clue during Pirate School 101.

Tarah Bleier
// Scarborough
Observer



Young DJs help seniors in music memory program

Playing for residents in long-term care brings back old recollections

Bernard Toney

Music is like an unwritten diary we've all kept: there are always songs that remind us of those forgotten times.

That's the theory behind the music memory program at the Extencare Guildwood long-term care retirement home, says Sandy Griffin, who came up with the idea.

Griffin, resident program manager at the home in the Guildwood Parkway area of Scarborough, recalls when she first discussed the idea with Joseph Khargie, program director for the 4Life Foundation.

"He was talking about the talent that his youth brings, and together it was a wow-moment, like, 'Okay, let's do this,'" Griffin said.

4Life Foundation, whose aim is to encourage youth empowerment and community engagement, contributes to the music memory project by having young DJs come to the home and play music from the 1930s, '40s, and '50s for residents with dementia. The DJs are from nearby high schools and participate in the DJ4Life program.

"I've always wanted youth to interact with seniors, but not at Easter and not at Christmas," Khargie said. "We want to come in here and actually be committed."

The program, which started on Sept. 12, has been a great success with the residents who take part in it. Griffin and Khargie said they have seen an improvement in them.

"Actually, we had a resident with dementia who said, 'I like that,'" Griffin said. "Like he was in a deep sleep and all of a sudden he woke out of it and said, 'I like that song.'"

Many of the songs played help awaken long-term memories of the residents' school years or wherever they were at the time.

"The music just evokes a lot of memories from the past," Griffin said. "The same way it impacts us, it impacts them. It's no different, even though they have dementia."

Khargie and his young DJs also gained a new perspective while working on this project.

"That hit me and I was like, 'Wow, this is serious,'" Khargie said. "This music is actually doing something for them."

Griffin and Khargie said they want the music memory program to continue and expand to more patients. They said the program is not only helping the residents but also the youth, who stay engaged in the community and off the streets.

"You know that you made a difference," Griffin said. "Whatever you can do today to make a difference in someone's life, it's important that you do it."



Bernard Toney // Scarborough Observer

Joseph Khargie, program director at 4Life Foundation, and Sandy Griffin, resident program manager at Extencare Guildwood.

Amanda Rabey (left) seated with Mike Smith and Jen Fabico at the control panel in Phase One's recording studio.

Tamar Atik // Scarborough Observer



EAST Music Collective tuning up for second year of creative expression

Tryouts wrap up for eight-month youth program

Tamar Atik

The EAST Music Collective is back.

Auditions were recently underway for hopeful youth-16 to 24- looking to get a chance to express themselves musically in the hope of becoming recognized in the competitive music industry and perhaps start down the road to making it big.

The collective, in its second official year, is organized primarily by Scarborough Arts and Phase One Studios.

"I always like to tell our team: 'It's a "we" thing. There's no "I" in it,'" Scarborough Arts program director Jen Fabico said.

The collective was composed of 13 youth last year and Phase One's senior engineer Mike Smith said the group intends on sticking with the same number again.

"They have an amazing opportunity to work with industry pros, to try to get their feet wet," Smith said. "Now Scarborough Arts is giving them the means to experience this and hopefully once they get bitten, they can take it to the next level."

After applying, youth wait to be called in for an inter-

view, Smith said. Those who get selected become part of a team working on songs until it's time to perform concerts and launch an official CD.

Last year's CD, *Jazz Casino*, was launched in June 2013.

"It's an opportunity that they would not have otherwise," Fabico said.

The collective began six years ago on a much smaller scale and was originally aimed at giving an opportunity to youth, specifically from Scarborough's priority neighbourhoods.

"Scarborough has, I believe, six of the 11 priority neighbourhoods within Toronto," Fabico said. "That's quite a high number and it

became a question of providing an outlet for youth.

"We found that music was a primary vehicle... We started that way."

The collective has since grown and program assistant at Scarborough Arts Amanda Rabey says that's left an impression on her.

"The first time I walked in (Phase One) I was thinking: 'We're a little community program and we're working here. This is unbelievable,'" she said.

"Then with our end-of-year showcase, seeing everything come to life like that... Seeing everyone performing... Seeing their joy. Things like that just really step out."

Singing Pilgrims have faith in music

Age doesn't impact the voices of these men with a passion for song and religion

Thomas Morrison

It's early morning at the Salvation Army Citadel on Lawrence Avenue East when one-by-one, the men of the Singing Pilgrims choir make their way up the stage.

Each is carrying a binder of sheet music. It's a weekly ritual.

The group brings together a group of retired men who regularly travel across Ontario performing at seniors' homes and churches.

The idea for the Pilgrims came from retired Salvation Army Major Bill Davies.

"Davies had a strong interest in male choirs, so he got a group of us together, some from the Baptist church - including a couple of tenors - and that's where it started," said Stan Williams, who has conducted for 15 years.

Williams has been playing in the Salvation Army band for more than 65 years. He

said the Singing Pilgrims get a warm reception, especially at the Meighen Residence where the group has been performing regularly for the last 15 years and where they will next take the stage on Nov. 7.

Williams said.

"We always get a good reception," Smith said "And

"They'll book us right after the last concert is done," Williams said.

Jim Smith heard about the group through friends at the Salvation Army and has been a member for 15 years. He said singing at seniors' homes gives him a rewarding feeling.

"We always get a good reception," Smith said "And

I think we're really appreciated."

Roy Isherwood has been singing with the Pilgrims for over six years, but his music experience goes back 50.

"It's a strong way of supporting people's faith and also listening to music," Isherwood said. "We benefit from it as well as the people who listen to us."



Thomas Morrison // Scarborough Observer

Members of the Singing Pilgrims rehearse at the Salvation Army Citadel.

Scarborough author writes children's book about TTC

Barbara Ferreira makes transit fun in her book *Riding the Rocket*

Bernard Toney

Scarborough author Barbara Ferreira wrote a children's storybook that shows how the Toronto transit system can be a magical ride through a child's eyes. Her book, *Riding the Rocket*, features a little boy named Sean and his father who are taking the TTC to get back home. The story has illustrations by Katherine Bader, which allows the reader to see what she calls the real magic of the TTC.

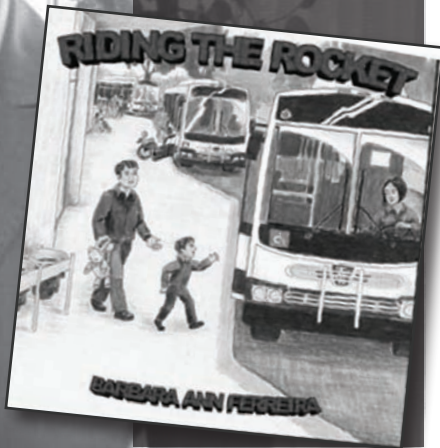
"I added in what kids are really fascinated with," about riding on the transit system, Ferreira said. "In the illustrations you'll see tons of diversity, tons of colour and tons of detail."

Originally, Ferreira was hoping to partner with the TTC when she released the book, but instead of work-



Photo courtesy of Barbara Ferreira

Barbara Ferreira (left) giving Karen Stintz a personal copy of her children's storybook *Riding The Rocket*. The book illustrates the fascination children have with the TTC.



ing together, they gave her a different answer.

"They said because we love the idea we're going to give you the permission to use images," she said.

"They gave me legal permission to use their images and logo within my book. That was pretty much how they supported me."

Ferreira spoke about how hard it is for new authors to get published. That didn't stop her from achieving this goal, as she decided to take the matters into her own hands.

"I thought that this was a big enough dream for me that it was worth publishing myself," she said. "I also

wanted it to be a Canadian company that would do it. I did my research and I found a company in Richmond Hill that published it for me."

Not only is Ferreira an author, she is also a mother of two little girls.

"My daughter, she's two and she absolutely loves the book," Ferreira said. "When

we're outside she'll say, 'Oh Mommy there's the bus from your book!' She can really relate to it but my other daughter is too young to read yet."

Another book might be in the works for the Scarborough author. She is hoping it will be released in a year or two.

Seniors pen their rich histories

Workshop emphasizes great writing

Jamie Anderson

At 78, Barbara Jamieson knew that she wanted to record her memoirs for her children; she just didn't know where to start.

On Sept. 26, Scarborough Arts launched its first Scarborough Seniors Write workshop at the Kennedy/Eglinton library branch.

Each week participating seniors work on developing their creative writing, poetry, story sharing and digital media skills.

Jamieson, who is an eager participant in the workshop, wants to learn how to organize her thoughts.

"I have a rich history," she said. "Sometimes I wish I

could show them (her children) my history and my work ethic, my accomplishments and my failures."

Being born five years after her siblings, she says she has a unique take on life that she would like to share.

"I have a birth certificate that says 'Born on or about Nov. 6,'" she said. "Right on my birth certificate! Is that interesting enough to write about?"

Jen Fabico, the program coordinator for Scarborough Arts, said the workshop is shaped on input from the community's seniors.

"If their interests are mostly in recording their memoirs, then that's what we're working on; if they're interested in doing lyric writing, then that's what we'll do. But it seems at the moment that most of it is memoirs and poetry," she said. "We do have some people who are also interested in story writing ... so we have quite an eclectic mix in there."

One thing instructor David Bester — an Amherst



David Bester poses with participant Barbara Jamieson, 78.

Writers and Artists (AWA) workshop leader — tries to create, is an environment where the participants have no fear of being judged or criticized.

"People in general are very hesitant to share their writing, [but] this group, right away everybody was willing to share their stuff," he said. "After they started getting into it, I could see that by the end, more people wanted to read then we had time for. That is very unusual in my experience."

After attending the first

class and presenting her work to the group, Barbara Jamieson said there is definitely an opportunity for her to learn how to properly organize herself and become a better writer. Dania Ansari, the program director for Scarborough Seniors Write, was excited to see that so many of the participants were getting involved in the discussions even if they were a little nervous.

"Everyone is so enthusiastic, and I know some of them feel very hesitant about sharing their work,

but after they've read it, after they've shared it, I don't see why they should be," she said. "Just now, one of the participants came up to me and he was like, 'It's a bit of a challenge for me because I had trouble at school so I'm not very good at it.' I don't see why they're scared."

The workshop runs until March 2014. In the winter semester another instructor, author Sarah Sheard, will take over the storytelling and audio recording portion of the workshop.

Hotspots celebrates culture and art

Bernard Toney

Scarborough will be undergoing a serious culture shock from a new project starting in the next year.

The Cultural Hotspots project will be running from May to Oct. 2014.

Nadira Pattison is the manager of arts services in the City of Toronto; she said the Hotspots project will be the representation of development in culture, arts and heritage throughout Scarborough.

"It's going to raise the community's profile," Pattison said. "And it's going to highlight the richness and diversity of the area."

The project aims to publicize and promote the many outstanding cultural events, museums, artists and businesses that exist in the Hotspots areas.

The Scarborough Museum, for instance, is brimming with the fascinating history of the city and will be a part of the tour.

Museum coordinator, Elaine Savva, is optimistic, since the Scarborough Museum has diverse events planned for the project.

"The museum itself tries to provide opportunities to showcase how multicultural Scarborough is," Savva said. "We always have a fabulous celebration on June 27, which is Canadian Multiculturalism Day, so we are looking into creating a really nice multicultural event."

The Hotspots project will plan to have lots of opportunities for youth involvement. Pattison hopes youth within the community will be excited to take part in the activities.

"The third thing we want to do is provide youth employment and mentoring opportunities," Pattison said. "Particularly local youth in underserved communities."

Pattison also spoke about the Lawrence Avenue project, a 5-km larger-than-life photography exhibit.

"It is going (to) work with local businesses and residents to be part of that project," Pattison said. "(It will) tell their stories."

Slithering in Scarborough

You won't find dangerous snakes here, experts say

Erika Marucci

Are snakes as dangerous as television and Hollywood would have us believe?

According to Karen Truong, owner of All Reptiles – an animal store located at 1911 Kennedy Rd. in Scarborough – snakes are not harmful, at least not the ones slithering around Toronto.

“Snakes are much more likely to run from you, just like most wildlife. They don't aim to attack people unless you were to step on one,” Truong said.

Toronto Wildlife executive director Nathalie Karvonen said indigenous snakes are nothing to fear, and it's important to keep their habitat intact.

“It is extremely important for people living in Scarborough and the GTA to understand that wild snakes



The friendly snake curls up in the hands of Karen Truong, owner of All Reptiles animal store at 1911 Kennedy Rd.

Erika Marucci // Scarborough Observer

and the native snakes that they'll see in their backyard are completely harmless,” Karvonen said.

Toronto's snakes are non-threatening and illusive animals that need to be protected the same as all

other wildlife, she said.

Truong compares the irrational fear of snakes to an avoidance of dogs, but with a twist.

“I think most people's reaction when they don't understand is to just run

away,” Truong said. “Snakes are the opposite. If you run away from that snake it's not going to chase you (like a dog might).”

Karvonen shared some tips on how to keep a snake-friendly habitat in

the city.

“It's always a good idea to allow part of your yard to just become wildlife habitat,” Karvonen said.

“The thing that doesn't help snakes or any wildlife in Scarborough or in To-

ronto is when you have a manicured grass lawn that you mow three times a week down to a quarter of an inch.

“That might as well be a desert as far as wildlife habitat goes.”

Hats off to top dogs

Jamie Anderson

Scarborough's best dog-trick winners, Russian poodles Sophie and Sugar, won by doing their favourite thing: chasing a yellow balloon.

On Oct. 6, city councillor Glenn De Baeremaeker held a Cutest Dog Contest at Thomson Memorial Park. Owners brought their dogs to compete in a few friendly competitions, including best trick.

Sophie's owner Joanne Pearce, who works at the University of Toronto, dis-

covered their trick when she was blowing up yellow balloons for a lab at the school's Scarborough campus.

“I blew the balloon up... (Sophie) started barking like crazy, so I tossed the balloon at her and she tossed it right back,” Pearce said. “So we took it outside and she just went crazy and bounced it around for five minutes.”

Winners were chosen by what De Baeremaeker called a “clap-o-meter” and they received a trophy as well as a \$50 gift card for the Scarborough Town Centre.

The local Global Pet

Foods franchise at Ellesmere and McCowan Roads was on hand and provided three \$50 gift cards for raffle winners, and everyone at the event got 15 per cent off purchases and as many dog biscuits as they wanted.

De Baeremaeker called the event as a “smash success.”

“People just laughed and laughed and laughed,” De Baeremaeker said. “People got to see people's big and small dogs, there was a dog dressed up as a spider... It was everything we wanted it to be.”



Ziggy and Kymba, participants of the Cutest Dog Contest at the Thomson Memorial Park.

Jamie Anderson // Scarborough Observer

Community housing issues take centre stage

Kristin Eliason

“Stop!” an audience member yells and the actor makes way for the spectator to join the action on stage.

This technique of active participation performance is called forum theatre, and it was used on Oct. 18 at Metro Hall on John Street, where six residents of the Kingston, Galloway and Orton Park neighbourhoods performed their show, *And Here We Dwell*.

The show is designed to explore community housing issues in these neighbourhoods and to promote participation.

Naomi Tessler, 30, is the co-creator and artistic director of *And Here We Dwell*.

“We do the play a second time through and the audience says, ‘Stop,’” Tessler said. “Then, (the audience member) steps into the action of the play to

make a change.”

The original actors can then decide how to respond to the offered solution and react accordingly.

Babli Nessa, 59, is one of the actors in the play. She says this type of interaction between the audience and the actors is important because it gives everyone the opportunity to see different perspectives on the same scene.

“The audience says, ‘Okay, if I am in a hard place, I would play this role differently,’” Nessa said. “I feel that this is the only platform where you can express your thoughts, your ideas about what you want to do, how you are looking at the problem, how you are going to solve the problem and how you are going to improve your commu-

nity.”

This can include residents identifying problems, determining a solution and improving the community.

Some of the scenes looked at the lack of responsiveness from superintendents, the feeling of isolation among residents and the discrimination they face.

Tessler says these topics were chosen because they were relevant to both the audience and the actors.

Tessler found the group discussed their concerns on a weekly basis as they met to prepare for their upcoming performances.

“So those are the issues we're tackling in the play in hopes that people will support us in... how we can make a change,” Tessler said.



For more on this story, visit us online at torontoobserver.ca

Wheelchair basketball program aims to keep talent at home

Academy to be housed at new facility in UTSC Pan Am Centre

Michael Baghel

For years Canada's best young wheelchair basketball players have left the country to pursue better opportunities.

Tyler Miller, Paralympic gold medal winner in 2012, has watched as friends and teammates depart in search of high-level training.

"I have teammates that played in collegiate systems in the United States or had to uproot their families overseas to pursue their basketball dreams," Miller, 29, said.

The Wheelchair Basketball Canada Academy — launched Oct. 1 — aims to keep elite Canadian athletes training at home. The academy operates full-time and year-round at the University of Toronto Scarborough. Next summer, the Toronto Pan Am Sports Centre will become the academy's permanent home.

Miller joins a group of 14 hand-picked athletes training at the academy, which will eventually support 24 players and act as a centralized training facility for Canada's national wheelchair basketball teams.

Former national team head coach Michael Frogley is the director and head coach of the academy. Frogley, 47, led Team Canada to back-to-back

Paralympic gold medals in 2000 and 2004, as well as a silver medal in 2008. He also played for Team Canada from 1989-1992, but lived south of the border at the same time.

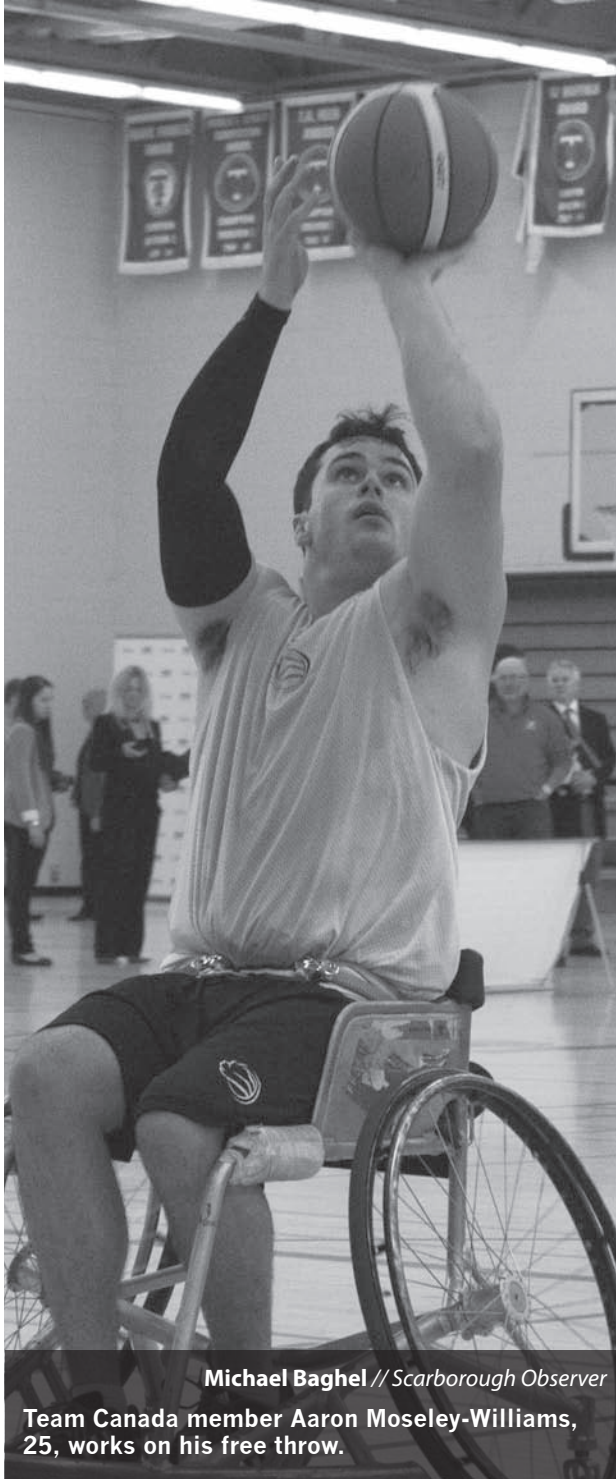
"I left Canada to go down to the States because it was the place where I could combine my academic aspirations with my athletic aspirations and grow as a person," Frogley said. "Canada's national wheelchair basketball teams regularly rank among the best in the world. In the past six Paralympic Games, the senior men's and women's teams have combined to take home eight medals, including six gold."

A goal of the academy is to contribute to continued success in international competitions, but that isn't all, he said.

"It's not just about being excellent," Frogley said. "It's about being excellent and then finding a way to lead and make the world better."

Frogley said he hopes the academy will inspire all Canadians.

"If our athletes can find new and better ways to do things, how can the average person on the street find a new and better way to do things?" he said. "How can they tap into the gifts they've got to be the best they can be?"



Michael Baghel // Scarborough Observer

Team Canada member Aaron Moseley-Williams, 25, works on his free throw.

Basketball legend Nash behind new program

Sinking baskets was first on the list in the skills and drills workshop.

Christian Boyer // Scarborough Observer



Christian Boyer

Canadian basketball legend Steve Nash has lent his name to a program at L'Amoreaux Community Recreation Centre to bring kids of all ages together to develop their skills and an appreciation for the sport.

The centre, at 2000 McNicoll Ave., will play host to the Steve Nash Youth Basketball program, a nine-week local pilot project launched by the City of Toronto in association with Canada Basketball.

The program focuses on Sport Canada's Long-Term Athlete Development principle, which hopes to see some of its youth reach Canada Basketball's senior men's national team. Nash is the gen-

eral manager of the national squad.

Ron Yeung, manager of domestic development for Canada Basketball, says he believes the kids' engagement and involvement in the program are the keys to its success.

"What we are trying to do is really get the kids engaged in their community," Yeung said.

"We've obviously had success before at the club level with other sports, so we want to build that same base for basketball in the community."

Rowan Barrett, assistant GM and executive VP of the senior men's program for Canada Basketball, says word is getting around quickly about the Nash program.

"The program is spreading," Barrett said.

NBA star Drexler glides into Scarborough

Hundreds gather to see Hall-of-Famer

Thomas Morrison

"The Raptors will make the playoffs this year."

When a champ — one the NBA has acknowledged as among the best of all time — speaks, crowds take notice. Especially when that champ is Clyde (The Glide) Drexler and he's talking about the hometown Toronto Raptors.

The NBA Hall-of-Famer and member of basketball's original 1992 U.S. Dream Team landed in Scarborough on Sept. 28 as a key draw of the NBA Big Tour. The tour's stop at Scarborough Town Centre also featured the NBA's Larry O'Brien Championship trophy and the Raptors' dance pack and mascot.

"People get more exposure, not only to the greats, but to the game," said Drexler, who signed autographs for fans. "They get to see players they see on TV and it enhances their love of the game."

Wheelchair basketball, a facet of the game not always showcased but equally as competitive, was also part of the event, something Drexler said he was happy to see.

"Everyone gets a chance to participate," he said. "It's all inclusive and that's what the NBA is about."

The NBA Big Tour has also visited other cities across Canada, including Calgary, Edmonton and Vancouver. With the Raptors holding their training camp in Halifax this year, Jonathan Chang, associate director of events and marketing for NBA Canada, said it was a good chance to bring the event to Scarborough.

"The Raptors do a great job of marketing the sport in the Greater Toronto Area and since the people of Nova Scotia were getting an NBA experience, we decided to go to another smaller market that would get to experience the NBA first hand," Chang said.

"Right now there is a lot of excitement about basketball in Canada, there is a greater familiarity with our stars."

The Scarborough stop comes at an exciting time for basketball in both Toronto, which was recently awarded the 2016 NBA All-Star Game, and across the country, he said.

"Right now there is a lot of excitement about basketball in Canada, there is a greater familiarity with our stars," Chang said.



Clyde Drexler

Thomas Morrison // Scarborough Observer



● For more on this story, please visit us online at torontoobserver.ca

Kids get kick from MMA training

Christian Boyer

The five traditional animal forms of Shaolin Kempo karate are the tiger, crane, snake, leopard and dragon.

Unless, of course, you count all the little animals that attend Team UMAC's Kids Martial Arts program.

Master Lou Milonas started United Martial Arts Canada — now called Team UMAC MMA & Fitness — in 1990 and has taught kids all the way up from little dragons to MMA-level contenders.



Milonas

Throughout his classes, Milonas focuses on physical training, but also bringing about the makings of a better person, he said.

“Real martial artists just don't teach you how to fight and kick and defend yourself,” he said. “Martial arts

is a way of life and there is something deeper to it.

“Last week I was teaching my kids about Martin Luther King Jr. and what he did. It has nothing to do with martial arts but it has everything to do with being a good person and doing good for more than just yourself but for others as well.”

Christine Bishop enrolled her daughter, Karma, in the UMAC kids program. The positive effect of the program on Karma is clear, she said.

“This is definitely a release for the kids,” Bishop said. “My little one, if she's had a bad day or anything like that, when we come here it seems to disappear and she relaxes more.”

The kids practise stances and strikes accompanied by loud bellows at the Team UMAC facility at 34 Golden

Students at Team UMAC MMA & Fitness learn how to deliver and protect against side-kicks.

Christian Boyer // Scarborough Observer



Gate Ct. in Scarborough. They learn how to handle encounters with strangers or help an injured person.

“I think the most redeeming quality of this program is when Lou talks to the

kids,” Bishop said. “I mean last week he was speaking about the importance of loyalty, how to be a leader and not a follower.

“He takes half an hour out of each class to discuss

and invite questions and he helps bring out their character to complement their fighting skills.”

After the kids' classes have ended and the evening starts to set in, the mixed martial arts

classes start and a whole new animal comes out to train.

“People used to come just to learn karate or taekwondo or hapkido,” Milonas said. “Today it's very different because of the UFC.”



The W.A Porter Blue Eagles get set to take on David and Mary Thomson Collegiate Institute's team in their first home game on the new field on Oct. 10. Argos GM Jim Barker (right) looks on as the Blue Eagles take the field. Below, from left, hall-of-famer Damon Allen, Argos CEO Chris Rudge, Ward 18 Trustee Elizabeth Moyer, Superintendent Nadira Persaud and Argos General Manager Jim Barker open the field.

Argos unveil new football field at W.A Porter

Robin Dhanju

The Toronto Argonauts kicked off a brand new football field at W.A. Porter with the help of the Blue Eagles.

The old field was used to recreate the infamous Mud Bowl of 1950, when due to bad conditions the final Grey Cup game was played on a muddy field. On Nov. 19, 2012 the game was recreated with two 25-minute

flag football games played on a muddy field.

Rona in partnership with the Argos resodded and refurbished the field this spring. In doing so, the Argos began a Legacy Project, beginning a legacy for the school and the community.

On Oct. 10, the Argos returned to the field featuring hall of famer Damon Allen, current Argos Jordan Younger, General Manager Jim Barker and Argos CEO Chris

Rudge for the grand opening of the field.

The afternoon affair began with speeches from school principal, George Mavraganis, Chris Rudge as well as other members of the Argos staff and faculty.

As the speakers riled up the crowd, Porter's football team the Blue Eagles marched onto the field and through the ribbon to usher in a new era of Eagles football and to continue the legacy.

Students and Argos kick off new field

■ Nov. 19, 2012 — 1950 Mudbowl recreated at school field with two 25-minute rounds of flag football played.

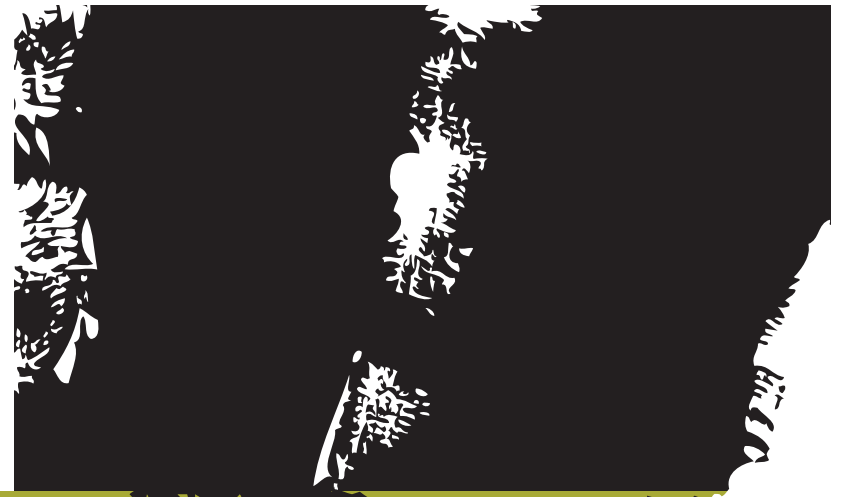
■ Spring 2013 — Field resodded and refurbished by the Argos in partnership with Rona.

■ Oct. 10, 2013 — Argos hall of famer Damon Allen helps unveil new field at ribbon cutting ceremony with other members of the Argos in attendance at W.A. Porter.

Photos by Robin Danju



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