



East York hospital 'ahead of game' on Ebola

By BRAD GARCIA
The Observer

While Toronto East General Hospital may not be on Ontario's list of designated Ebola treatment centres, it's been moving full-steam ahead on plans to tackle the deadly virus should it arrive here.

The East York hospital has been preparing its staff to deal with the virus since August, but recent scares have led it to refresh its policy and introduce new equipment, including air-purifying suits and N95 fit-tested respirators.

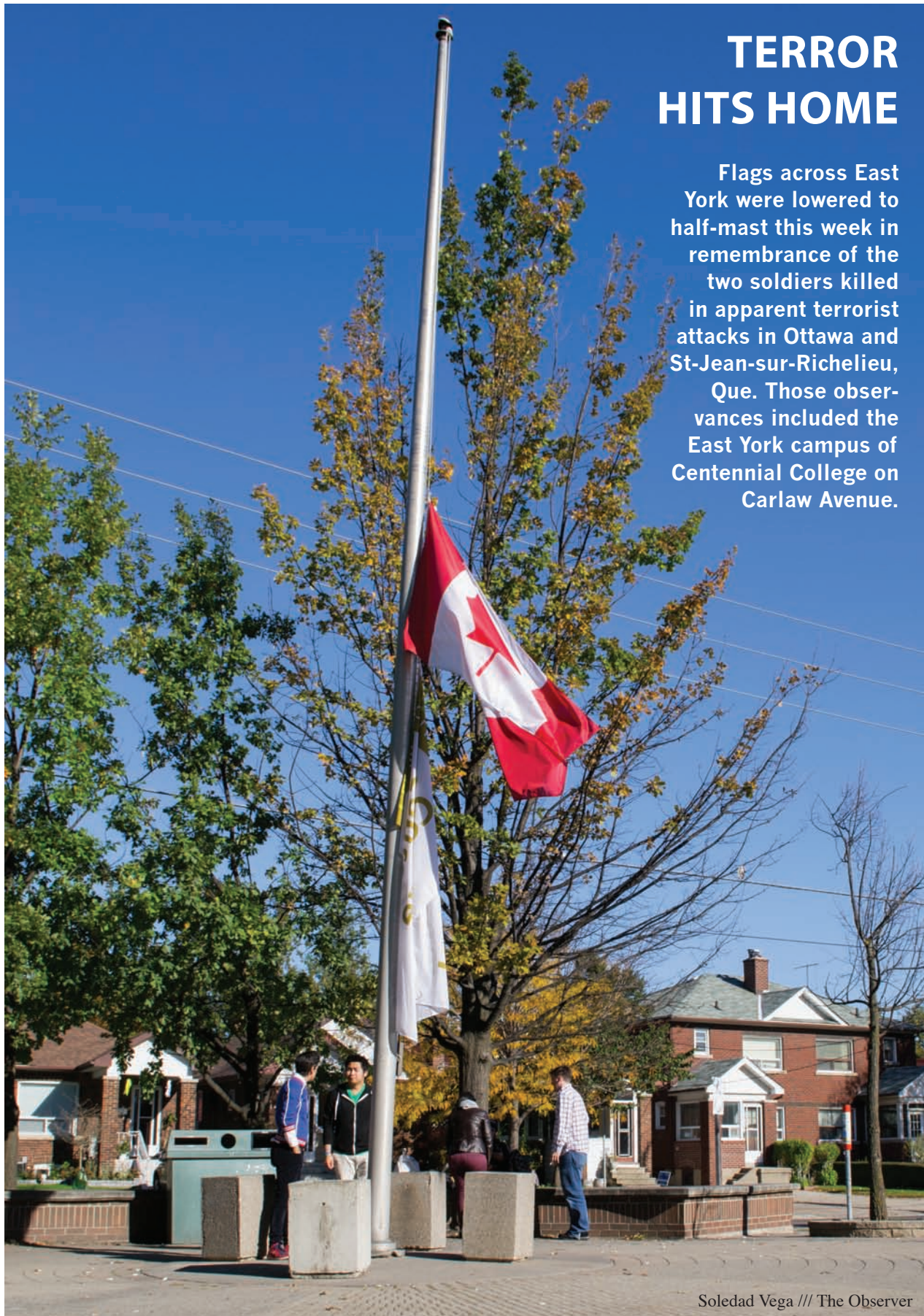
However, TEGH infection control specialist Amanda Stagg says this high-risk training isn't just for Ebola.

"It's high-risk precautions we would use for Ebola, we would use for SARS (and) H1N1," she explained. "It's re-educating with a tweak because Ebola is a bit different than SARS, since it's not airborne."

While these precautions may seem like a cause for alarm, there is no real need for people in Canada to worry too much at this point, Stagg says.

"The likelihood of getting this illness is very low because it's not easily contact with their body fluid."

■ See TEGH, page 7



TERROR HITS HOME

Flags across East York were lowered to half-mast this week in remembrance of the two soldiers killed in apparent terrorist attacks in Ottawa and St-Jean-sur-Richelieu, Que. Those observances included the East York campus of Centennial College on Carlaw Avenue.

Soledad Vega /// The Observer

Election in home stretch

Candidates make their final pushes

By NOLAN WHITE
The Observer

When it comes to pre-election debates, it's generally been the mayoral forums that have attracted the most public and media attention, followed by forums for ward council candidates.

But the candidates for school board trustee have been pitching their platforms in debates as well, including three strong contenders for the Toronto District School Board in Toronto-Danforth, who came together in a forum at Westwood Middle School on Carlaw Avenue on Oct. 15.

The race to become Toronto-Danforth's representative on the TDSB is one of the most-watched races in East York.

Incumbent Cathy Dandy is facing a significant challenge from the NDP-backed educational activist Jennifer Story. Well-credentialed Maria Saras-Voutsinas is also considered a serious contender, and there are two other candidates on the ballot: Robert Johnston and Sergio Otoy.

Dandy, Story and Saras-Voutsinas attended the Oct. 15 Westwood debate. Among the issues touched upon were

■ See FOUR, page 7

Media activist condemns war on Mexican journalists

By XUYUN ZENG
The Observer

Journalists in Mexico face issues that most first-world reporters never have to think about.

But after a visit from Patrick Timmons, journalism students at East York's Story Arts Centre will likely never forget the sacrifices made by their Mexican counterparts in their quest to expose corruption.

Timmons, a journalist and human rights investigator who works in Mexico, talked to the students Tuesday about the risk Mexican journalists face as a result of their reportage. Journalists become the target of their

subjects when their writing crosses an undefined line, he said, leading to murders and disappearances.

These murders or "enforced disappearances" subsequently go through the justice system, where before long the cases stall, languish and go cold, Timmons said.

"I walked into the state prosecutor's office in Veracruz asking this question: 'What are you doing?'" he said. "And I've never met such incompetence. It was obvious Veracruz authorities had no interest in pursuing the cases."

He added he did not feel safe after that incident and quickly left Veracruz on a plane.

News organizations in Mexico have responded to the threat to journalists' lives by self-censoring details such as locations of new murders and the bylines of reporters, Timmons said. He has seen this happen to *El Diario*, a newspaper published in the northern Mexican city of Juarez, which is situated in the heart of the "American drug war," as he puts it.

"The problem is that if you want to go to a particular mall in Juarez, you kind of want to know where the recent executions have occurred," he said. "The citizens of Juarez can't actually inform themselves about what are the danger spots and danger

zones of their society."

After the presentation, Timmons gave the audience a chance to ask questions.

"What are the solutions?" one student asked.

Timmons said the best way forward is the reverse of what the Mexican press is doing, as self-censorship imposed by news organizations defeats the purpose of the press in a democracy by preventing readers from building trust with the papers.

"The only way to protect journalists is to try to increase their profile," he said. "We have to understand that that issue of the editorial line of taking the journalist's name off (an arti-

cle) is to try and protect the organization; it's really not to protect the journalist."



■ TIMMONS

■ THEATRE

39 Steps, only a few steps away

Even in an early state, 39 Steps proves to be a promising show

By CHRISTOPHER LUM
The Observer

It was a dark and stormy night (it really was; my jacket was soaked through) when I arrived at the Papermill Theatre at Todmorden Mills.

The theatre certainly had an atmosphere of mystery, as well as that old-building smell that those of us who have visited Casa Loma would recognize.

I was there to attend a rehearsal for *The 39 Steps*, a play directed by Randy Pryce and written by Patrick Barlow in 2005. It opened last night (Oct. 23) and runs through Nov. 8.

What distinguishes this production from others is that its four performers play multiple roles, which means numerous quick changes are required to make such a small cast work.

Occasionally the same actor was called on to portray two different characters simultaneously, holding conversations with themselves (while keeping a straight face, no less).

This led to rapid costume changes, dresses under trench coats and flat caps for constable's helmets.

Each of these was exchanged in seconds with no break in the dialogue.

That dialogue, however, was broken in others ways, with actors calling out "line" frequently during the rehearsal.

Granted, the whole affair was unfinished. You may as well judge the



Steven Carrette and Daryn DeWalt of the East Side Players exchange dialogue during rehearsal.

quality of bread before it has finished baking.

A man saying "chase music, chase music, there is so much chase music right now" while accompanied by the chase scenes and sound effects was done in the same manner.

What music there was to accompany the scenes came from a beat-up old CD player. I'm pretty sure I heard Wagner's *Ride of the Valkyries* in there somewhere.

Additionally, the lighting effects weren't yet complete, so I assume

that in the final form it will be much more polished.

This was only the second play I've ever seen, but even without the experience my imagination had no trouble filling in the blanks.

Boxes became train seats, actors waving their hats became high winds and a pole with fake sheep attached became a bleating roadblock for a car made of four chairs.

Unlike a movie, with the special effects included on screen, this felt like a harkening back to playground games of make-believe.

In effect, it became an exercise in charm; the actors and I conspired to bring the story to life in our own little game of "let's pretend."

I believe this is the point of theatre: the audience isn't ancillary to the production but a part of the performance as well.

No matter how many times you watch a movie, it will progress the same as the last time. A play is a living, breathing thing, formed of the interaction between the audience and the actors, never quite the same each time.

After opening last night, *The 39 Steps* runs tonight and tomorrow (Friday and Saturday) at 8 p.m., and on Sunday at 2 p.m.

Next week, it runs Wednesday through Saturday evening and there's another Sunday matinee.

Finally, it runs Wednesday through Saturday, Nov. 5-8 — closing that Saturday night. Tickets are \$22 each, or \$15 for students.

Call the box office at 416-425-0917 or buy tickets online at eastside-players.ca.

POLICE & FIRE

Three men sought in Thorncliffe assault case

Police say they are looking for three men, described as "brown" and in their late teens, for assaulting a 58-year-old man during the early evening hours of Saturday, Oct. 11, at Overlea Boulevard and Thorncliffe Park Drive.

Police say the man was walking when three men approached him and attacked him, resulting in serious injuries.

Anyone with information should call the police at 416-808-5300 or Crime Stoppers anonymously at 416-222-TIPS (8477).

~ Xuyen Zeng

Out-of-boundary policy prompts debate at board

By XUETING ZHAO
The Observer

The September meeting of the Toronto Catholic District School Board saw a two-hour debate regarding the revised draft "Admission and Placement Policy" for elementary school students.

Loretta Notten, superintendent of governance of policy and strategic planning, made a recommendation for using the current full-day kindergarten boundaries as the attendance boundaries for elementary school pupils. Included in the recommendation was a provision that in-boundary students within those boundaries should be given first priority over siblings who may live out-of-boundary when enrolling in schools.

Ward 2 trustee Ann Andrachuk took issue with that, saying that siblings should always be prioritized regardless their residence situation.

But East York trustee Angela Kennedy said that previous board-wide consultations clearly show that parents and other stakeholders want res-

idents in-boundary to be given higher consideration when registering at school. She also indicated that many of the schools in her ward, Ward 11, are now over-capacity because of an increasing number of out-of-boundary students.

"If we are going to be consulting people, then we should listen to them," Kennedy said. "So that's why I voted against trustee Andrachuk's motion" to open the borders.

No final decision was reached during the meeting and the issue will be revisited in later meetings.

But the board did pass a motion put forward by Kennedy to check with elementary school administrations on the protocol of establishing the current full-day kindergarten boundaries as the final attendance boundaries for elementary school students.

If a school doesn't like the idea, more consultation will take place between trustees, the Catholic School Advisory Council and the neighbourhood church parish— to collaborate on a fixed boundary.

Catholics cursing cursive

School board to beef up emphasis on cursive writing in the classroom

By XUETING ZHAO
The Observer

When Angela Kennedy's grandson told her he couldn't read cursive writing, she found it to be "very disconcerting."

"I just had an experience with my grandson, who is in Grade 4," Kennedy, who represents Ward 11 with the Toronto Catholic District School Board, told her fellow trustees at a meeting last month.

"I handed him something I'd written (in cursive writing) and he said he couldn't read anything on the paper."

The school board is hoping to change that. After hearing from several trustees at the meeting, it passed a motion by a vote of 8-2 to beef up the emphasis on cursive writing.

Ward 2 trustee Ann Andrachuk made the recommendation to hold workshops on cursive writing and use evaluation tools to measure their success.

Cursive writing is currently taught in Grades 3 and 4 but lacks follow-up practice.

"The only way you can accomplish this skill is by practising," she said. "And the way to practise it is by using it."

Student trustees Christopher MacDonald and Hanna McGroarty also spoke in favour of the motion.

McGroarty said cursive writing skills can be helpful when taking notes, especially in the higher grades and post-secondary. As well, some classes do not allow stu-



Brittany Campbell /// The Observer
Trustee Angela Kennedy found it "disconcerting" when her grandson told her he couldn't read cursive writing.

dents to use technology.

"I know if I am assessed on something, I'm obviously going to work harder because I want a better mark," she said. "So an assessment for students like me will be a reason for us to practise and to actually put it into use."

Kennedy said students need to know how to read all forms of writing.

"There will be people living in different ages, and we need our children to be able to read what we write," she said.

Beaches-East York — Candidates for council

Janet Davis

At city hall, Janet Davis has been the leading voice for child care, after-school programs, libraries, and investment in water infrastructure. She is known for her communication, work ethic, public meetings and attendance at community events. She has pulled together groups to negotiate traffic improvements, amend development applications, mitigate construction impacts, improve apartment conditions, animate local parks, save our local police station, and secure a Mobile Crisis Intervention Team.

Toronto needs a financial plan that invests in the services we all value. Our infrastructure needs to be repaired. We need services to help people get jobs, keep active and healthy, integrate newcomers, and promote green, safe, and welcoming neighbourhoods. Janet has proven that she can deliver and we need to return her as our voice at city hall.



Brenda MacDonald

Brenda MacDonald is a music educator and singer who is politically active. She has been working for Ward 31 by staying informed and informing others. Brenda is running for councillor because of concerns for traffic, inappropriate development and inconsistent service from our council. Green space and parks, traffic, development, transit, core infrastructure, as well as public land, water and assets are all important. Citizens of Toronto should be better informed about upcoming development proposals and any changes to our parks, water infrastructure and public spaces.

"I put my good name forward to represent you, the taxpayers in Ward 31! This is a service I take very seriously, and with no party affiliation to cloud my judgment. Help restore political decorum and service to Ward 31."



George Papadakis

I've always believed in Plato's axiom: One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors. I'm not here for a career in politics. I'm here because it's a calling. A culture change is necessary at city hall and different thinking is required if we are truly going to affect change with solution-oriented politics.

Here are many of my platform positions: reduced taxes, term limits and transportation enhancements — including subways, electric buses, better roads and contra flow lanes. I'm also in favour of Taylor-Massey revitalization, and better child care and seniors services. Overall, I believe in community involvement and city hall decorum. I humbly seek your support to make this a reality. I'm highly motivated to be our Ward 31 city councillor.



Russell Rahman

I will work to create all-in-one community centres — to make many services, including libraries and daycare, accessible under one roof.

I want to install surveillance cameras along Danforth Avenue. For around \$100,000, the cost of a police officer for one year, we can equip most stores. As a businessman who has created jobs/businesses from scratch, I will continue to help generate employment and entrepreneurial opportunities — and help disadvantaged people.

I support John Tory in joining the Main Street station and Danforth GO Station as part of his SmartTrack plan. By privatizing east-end garbage collection, we can save the city over \$10 million a year. I also want to cut councillors' salaries by 40 per cent. As a long-time East Yorker, I am passionate to serve my community and city, cost-effectively.



Janet Sherbanowski

We suffer from a serious lack of dedicated leadership.

Residents are on social assistance; our infrastructure is crumbling.

The growth in poverty put us on the priority neighbourhood list. Emergency room visits by children are 12-per-cent higher than the Toronto average and the number of men on social assistance is 20-per-cent higher. We are a community in decline.

I will encourage businesses to hire locally and work with BIAs to invite taxpaying businesses to locate here. I will work with commercial owners and developers to gentrify our main streets and aggregate properties. I will ensure that we enforce property standards in apartments and protect tenants from retaliation by landlords. I will work to co-ordinate transit issues in Ward 31 and make optimum use of the employment lands across our ward.



Michael Sokovnin

My name is Michael Sokovnin: former East York C.I. and U of T graduate. I have lived in Ward 31 on and off for most of my life. I have seen East York deteriorate from being the jewel of Toronto to second-class status.

The incumbent has been in power for 12 years and has received a hefty salary, and what has she done?

Well, some streets have received speed bumps, one dog park, and some kind of art at the corner of Dawes and Victoria Park at the cost of \$350,000.

It's time to sweep out the incumbent. As a teacher of 33 years, I have vast experience working with young people and old. Money earmarked for various frivolous projects could be shifted to hiring young students.

On Oct. 27, make the right choice: Vote Sokovnin, Michael.



Mark Turnbull

Please visit my website, freecountrycanada.ca, for my platform. Here I will speak about just one issue: term limits.

Councillors of long tenure change from representing the people to representing the city. So if one's problem is with the city, people are left fighting their representative.

To stir an electorate, one must overcome the incumbent's advantages: name recognition, attentive media, connections, and the polish acquired from years of public appearances. Adding insult to injury, they also get two months off to campaign on the taxpayers' dime.

Incumbents should take their advantage to another ward or seek other office. If their ideas are sound, they will translate; if they are not, it will be exposed, and it levels the playing field.



Beaches-East York — Candidates for trustee

Sheila Cary-Meagher

I have the best job in the world. As trustee, I get to be involved in the growth/development of the next generation.

I have led or been part of the expansion of French programming. TDSB's solar roof project was developed by the environmental advisory committee (of which I am trustee chair). Upon completion, 11 of the ward's schools will be generating solar energy; monies saved will be used to repair school roofs.

But my best work, by far, has been the development of the "Model Schools for Inner Cities" program. This has made a huge difference to the well-being and academic development of students living in poverty.

In response to my demands, the board will be appointing an integrity commissioner. Every other elected body has one; we should too!



Marietta Fox

I'm a long-time resident and community activist in Beaches-East York. I'm a career French teacher and a mother of three boys who all went to TDSB schools. So I know a lot about students. I've seen them flourish in environments guided by the three Rs: respect, responsibility, and resourcefulness. Our school board must be governed by those same values. From recent reports, it doesn't seem to be. That's why I'm running: as a fresh voice with a clear vision for how a school trustee can best serve our students and our communities.

I'm proud to have the endorsement of Gail Nyberg, former chair and trustee of the East York Board of Education, first chair of TDSB, and an East York resident. With your support as well, I will deliver a new perspective to the TDSB. www.mariettafox.ca



Navarious Mombo

I understand your children's educational needs, as I have children of my own in the TDSB. I will work hard to represent and speak for your children and together we will make a positive change.

Issues I will advocate include special education, educational equity, the abandonment of portable classrooms, over-crowdedness of classrooms, allocation of French immersion space at East York Collegiate, student participation in civics, school closures, land severance to reduce taxes and community use of schools.

Shifting enrolments in the TDSB is a great concern that I will address, as well as security to prevent crimes in schools.

I believe in academic rigour and proper protocols to guide decorum at TDSB meetings.



Jen Sagar

My family and I have lived in Beaches/East York for many years. My three children have all attended local schools, and I am currently the school council chair at Glen Ames, where my youngest child is in Grade 8. A real estate salesperson by profession, my family and I have strong ties to the community and are very proud to call Toronto's East End our home.

There's work to be done, and I'm ready, willing and able to commit to the time and energy that is required to be a productive and effective trustee. My experiences as a parent, community member, and business professional will serve me well as I work toward renewing public confidence and getting our board back on track. I believe in our public school system and wholeheartedly support quality education for all. www.jensagar.ca



Editor's note:

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Toronto-Danforth — Candidates for council

Dave Andre

A loving husband and father, professional engineer and lifelong community volunteer, Dave lives in East York with his wife and two children and understands the growing concerns the community.

In his professional life, Dave works as a technical specialist in the construction of buildings ranging from downtown office towers to legacy facilities.

His proposals include “early bird” fares and implementing the Ward 29 bypass, which would see a connection built between Main Station and Danforth GO Station to allow



residents to either take an express train downtown, or to transfer to the subway line to avoid having to go to Union first.

Dave has always been committed to volunteerism. He has worked in development projects in Kenya and Guatemala and served weekly in a community kitchen on the downtown east side of Vancouver with marginalized people.

Mary Fragedakis

You know that by working together, our community has accomplished a lot in the past four years — despite the many challenges.

There is still much work to be done though, from transportation congestion to taking care of our seniors. We have to build new public transit infrastructure and improve day-to-day TTC service. We need to implement a complete streets program so roads are designed to meet the needs of all users — cyclists, pedestri-



ans, transit users, motorists, people with mobility issues, including seniors.

You can read more about my vision and accomplishments on my website: maryfragedakis.ca

I am running for re-election so we can continue to work together to build a prosperous, sustainable, caring Toronto.

John Papadakis

John Papadakis’ parents immigrated from Greece in 1960. Born and raised in East York, he is a first-generation Canadian successful in forging a “made-in-Canada” way of life.

John’s dedication to the people of this community, starting at age 15, has given him many opportunities to pursue his passion for people, to make a positive difference through his experience and to actively engage professionally and personally — with the



residents of his local Ward 29 Toronto/Danforth community, the City of Toronto, Ontario and Canada... with federal and provincial representatives, and captains of industry of all political colours.

Today John seeks your support to send him to city hall as your representative to use to continue city-building.

Ricardo Francis

I am Ricardo Francis, your friend and neighbour. I live in your community in Ward 29. Your concerns are my concerns. I respect and appreciate you.

I have been a paralegal since 2005. I graduated from York University in 1996 with a degree in political science. I have lived in Canada since 1986 and I live in Ward 29 with my wife, an elementary school teacher.

The taxpayers, voters and



residents of Ward 29 need a councillor who is informed, direct, committed, dedicated and accessible at all times.

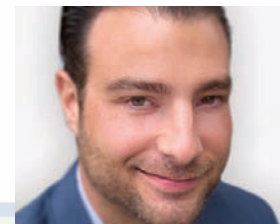
I have confidence in you and trust that you place the same confidence in me and vote for me to be your city councillor.

www.votercardofrancis.com

Jimmy Vlachos

My name is Jimmy Vlachos and I’m running for city council in Ward 29. Like my fellow constituents, I want to live in a city where councillors listen to the public, where councillors effectively respond to calls from their ward, and where elected representatives help people find remedies for their problems.

I believe there are more options than increasing taxes and cutting services. I believe we can learn from other



great cities on how to reduce costs, increase efficiency, and generate revenue. Toronto is a world-class city and it’s time our city council worked together to find world-class solutions.

Have a look at my website and check my campaign videos. This will help you understand who I am.

Toronto-Danforth — Candidates for trustee

Cathy Dandy

I am your TDSB trustee for Toronto-Danforth and running for re-election for a third term. I am the mother of three children, all educated in TDSB schools, and have lived in the ward for 14 years. I know firsthand the challenges faced in a large, bureaucratic school system and work hard to ensure your voices are heard.

I have made student mental health a primary focus of the TDSB, preserved and utilized our public buildings for



community good, and implemented the ground-breaking “late-start” program at Eastern Commerce.

I have always behaved respectfully, and I invite you to check my website for full disclosure of my expenses and contact me if you have questions. www.cathydandy.ca

Jennifer Story

I’m a working mom and community volunteer who believes that students and parents deserve a hard-working representative. In September, I unveiled my “Students First Pledge” to highlight three themes of my campaign:

First, I pledge to make every decision based on “what is best for students” after collaborating with students and parents to ensure they are informed and empowered. Second, I pledge to bring



integrity and accountability back to the dysfunctional TDSB and reinforce those standards with a TDSB ombudsman. Third, I commit myself to the simple idea that TDSB resources are public resources that should be used carefully in the best interests of our children.

Maria Saras-Voutsinas

My name is Maria Saras-Voutsinas and I am running to be your TDSB trustee for Toronto-Danforth. I am a mother of two young children in elementary school. Like all parents, I want what is best for my children; this means a good education and a safe environment go to school in.

Also like you, I am concerned about the waste and mismanagement within the board. This is why I am



running on issues that matter: transparency and accountability, equity and accessibility in our school system and the promotion of diversity and inclusion.

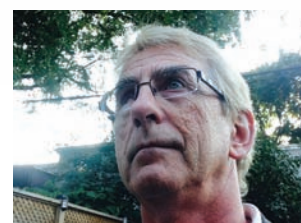
I will fight to ensure that students get the services and support they deserve. info@votemaria.ca, 647-725-3369

Robert Johnston

I have raised my children in this community. I have managed businesses and received accolades for my ability to affect positive change by implementing improvements.

The TDSB is an open-pursued political nightmare. Review the troubling facts in the Ernst & Young forensic audit of the TDSB.

It’s time as parents we stop these practices. Revenue can be found with responsible spending and new revenue streams.



The world is smaller thanks to technology. Our educational systems must allow children the tools needed to compete on global levels.

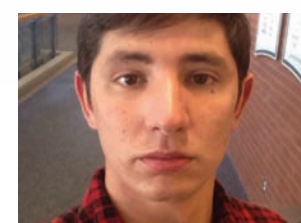
I will insist we stop closing schools and overcrowding classrooms to sell properties. I believe that working together we can reverse the downward spiral of education.

Sergio Otoya

Students call him “Mr. Otoya.” He holds a York degree in political science, as well as a Bachelors of Education from the University of Ottawa.

Mr. Otoya has been serving our children for several years, whether in various recreation positions with the City of Toronto or teaching and volunteering in several Ontario schools.

Not only is he an incredible educator, but he is determined to make a positive difference



in the lives of children. Under the leadership of Sergio Otoya, children come first.

Mr. Otoya is the front line when it comes to looking for your children’s interests.

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Don Valley West

Jon Burnside

My unique mix of experience in Ward 26 — as a former police officer, local business-owner and community leader — has helped me understand where we can do better.

Serving as a police officer in Ward 26 neighbourhoods for 10 years gave me special insight into the challenges, opportunities and people in our community. It also provided relationships and knowledge of police protocol that will allow me to work with the police to make our community safer.

I built four successful businesses in the competitive food



industry. I know the importance of accountability and ensuring best value. From “hands-on” to board-level volunteerism, I have committed my time and energy to projects throughout Ward 26. Whether it’s building better public transit, managing city finances or championing our ward’s diverse needs, I will be a passionate advocate for the community.

John Parker

The coming council term will determine the city we have for the next hundred years. It will confront great challenges that bring even greater opportunities, including: the opportunity to reinvent public housing; to chart a plan of TTC improvement; and to cure gridlock and design the livable city of the future.

Confronting these challenges and others has been my passion as councillor. They are why I look forward to continued service in that role.

Who do you trust to take on

Candidates for council



the enormous responsibility of running Canada’s largest city? Voters should trust a person with experience, a level head, and an understanding of the challenges we face and the opportunities that come with them.

No slogans; no attitude. Just a respected record of quality service.

Dimitre Popov

My name is Dimitre Popov. I have been a resident of Ward 26 for 20 years and married (with children) for 30 years.

There are too many issues we have to face today: issues that have not been dealt with and issues that stem from irresponsible decisions made by politicians and public servants whose salary and benefits we pay.

If we don’t elect the right people, the serious problems with transportation, traffic, infrastructure, employment, healthcare, social justice, the environment, food and access



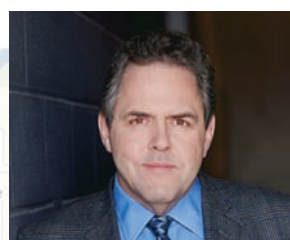
to the justice system will never be solved. Taking more of your money is our politicians’ solution.

I am ready and able to represent your interests and rights at city hall. Please visit www.DimitrePopov.ca

David Sparrow

My priority as councillor will be to stand with the people of Ward 26. There are many important local concerns to address — traffic infiltration, pedestrian safety, inappropriate development, landlord-tenant relations, crime, accessible green space. It’s time to think outside the “big box” to attract better-paying jobs to our employment lands.

My life and work experiences help me understand the



concerns of people from many backgrounds and to include their voices.

As head of ACTRA Toronto, representing film, I have lobbied governments in support of the CBC.

I pledge to bring that same level of advocacy to the people of our community.

Wassim Vania

My family and I have been residents of Ward 26 (Flemingdon-Thorncliffe) for over 35 years. I’ve seen the community grow, and this growth has brought challenges. With residents from all parts of the world, our diversity provides great talent and skills. But our community needs new and effective leadership that’s willing to give them a voice.

As an entrepreneur with over 25 years of business experience, I know the sig-



nificance of getting results. I’m ready to tackle key issues such as: traffic/congestion, expanding/improving transit, high youth unemployment, school board issues on youth extracurricular activities, expanding seniors’ services and working to ensure safer neighbourhoods.

Editor’s note:

Since February, the Observer has been covering the candidates in Monday’s municipal election. For this final pre-election issue, we asked them to give us statements reflecting their candidacy. In Don Valley West, only two candidates did not respond: Ishrath Velshi and Pushpa Mathanalingam. This page also covers the candidates for the East York-wide office of trustee on the Catholic school board. A reminder: Follow the East York returns on election night at www.torontoobserver.ca

Don Valley West

Candidates for trustee

Don Hendrick

I’m a retired secondary school teacher with 34 years of service with TDSB and over 30 years in the former schools of East York.

My goals are to: increase the accountability and transparency of the TDSB including full school board minutes and voting patterns; move to



abolish all school boundaries with full choice of schools for students and parents; close or reform programs in under-enrolled and under-performing

schools; discourage trustee interference in the daily work of staff; develop 450 independent “public” schools with different curriculum-delivery methods controlled by their principals, teachers, students and school communities; return a quarter of my net trustee salary to schools in the form of anonymous donations for school materials.

Gerri Gershon

It’s been an honour to represent Don Valley West on the TDSB. I have a wide variety of leadership experiences, like president of both the Ontario and Canadian School Boards Associations.

I initiated the formation of the curriculum on genocide being used across Ontario. I



saw the building of a 700-student kindergarten in Thorncliffe Park called Fraser Mustard Early Learning Academy. I need to have four more

years to bring about my ideas for the future. Although I meet often with parents, I believe that technology can improve parent and community consultation. It is also essential to examine ways of refurbishing our aging schools. I plan to enhance partnerships with businesses, agencies, unions and all level of governments.

Toronto Catholic District School Board candidates

Desmond Alvares

Desmond Alvares is an active member of Annunciation Church, working with the Eucharistic, Marriage Preparation and Altar Server ministries. He is a member of the Knight of Columbus and assisted disabled attendees at the World Youth Day in 2002. He has been an active member of the parents council for Senator O’Connor Catholic School and Our Lady of Wisdom Catholic School, serving as chair, safe school representative and on the fundraising committee. His wife and four children are also active in the church and school board.

He pledges to ensure that the interests of students come first and that Catholic values are encouraged through supporting special education, dealing with funding challenges, transparency and accountability.



Angela Kennedy

I was born and raised in the Beaches, work in East York and live in Don Valley East. It has been my privilege to serve as Catholic school trustee for the past 14 years, ensuring that students in Catholic schools receive the best education.

My commitment to you is: to preserve publicly funded Catholic education; to be responsible with taxpayer dollars; to adhere to good governance principles; to ensure a safe learning environment that is academically sound and spiritually fulfilling; and to listen to parents and advocate on their behalf.

I am a mother of seven boys and an RN at TEGH. I bring a passion to the role of trustee that comes from my love of children and my belief in publicly funded Catholic education. Please visit www.kennedyfortrustee.ca



Kevin Morrison

It’s time for fresh ideas at the TCDSB. Falling test scores have reached crisis level and we need immediate action to reverse the trend.

Only 53 per cent of Grade 6 students are meeting the minimum provincial standard in math. Many TCDSB schools are doing an amazing job at teaching math. I will make sure that success is replicated across the board by examining best practices and sharing ideas. I am a tireless advocate for Catholic education, student achievement and parental involvement. Before deciding to run for trustee I was an executive member of the Toronto Catholic Parent Involvement Committee I am also the past chair for both CSAC (parent council) and the safe schools committee at my children’s school.



Christmas Sy

If elected as your TCDSB trustee of Ward 11, I will ensure that I will accommodate the needs of the families, communities and students.

I will deliver change and be an advocate of our children’s safety within our schools by investing in awareness and technology. I will reach out to the students, teachers, families and communities and provide an open-door policy discussion of issues and gaps.

I will provide needed support especially for children with special needs.

I will promote partnerships between the communities, parents and parishes. I will work to increase the budget for more after-school programs. And I will ensure that school closure is not option.



■ ENDORSEMENTS

Tory's the smart pick

Sorry, Doug and Olivia. It looks like John's the man for Toronto for the next four years.

With just a weekend to go, the mayoral race is John Tory's to lose. And Torontonians should brace themselves, because Tory means business.

We like some aspects of Olivia Chow's platform — especially measures she proposes to bridge the divide between Toronto's haves and have-nots. Doug Ford, meanwhile, can't shake the albatross that is his brother. Of course, we wish Rob Ford well in his battle with cancer, but the Fords' dubious behaviour inside and outside city hall should disqualify them from voters' consideration.

During this race, it's Tory who has shown himself to be best-equipped for governance. He's used his campaign to highlight issues that are relevant to East York and the rest of Toronto.

And the number one issue is transit. Tory has proposed the SmartTrack plan, aimed at fixing transit and traffic congestion.

With this plan, 53 km of new subway lines will be built, with 22 new stations. Tory says it will take seven years and \$8 billion to complete. But he also says it will ultimately move many more people within a much shorter period of time. Ford, on the other hand, has a more ambitious subway plan — but no realistic way to pay for it. And Chow wants to expand transit with buses by investing \$15 million a year, but there's a catch. It will take 17 years to complete her plan. Why wait? Toronto needs change now.

Tory clearly understands time and money more than Chow and Ford — which means that Torontonians stand to gain more from Tory being elected.

The other set of candidates on ballots across East York are the people vying to be TCDSB's Ward 11 trustee... East York's representative on the Toronto Catholic District School Board.

Between Desmond Alvares, Kevin Morrison, Christmas Sy, and Angela Kennedy, there can only be one winner — and it should be Angela Kennedy. Kennedy has been the TCDSB trustee for Ward 11 for the past 14 years. Who better for the job than someone who has had many roles within the board, including two years as chair of the board and director of the Ontario Catholic School Trustee Association (OCSTA).

Kennedy has a clear voice when it comes to education. Since she was first elected as the trustee for Ward 11 in November 2000, her priorities have held firm. She still advocates for Catholic values, parental rights, good governance and transparency, fiscal accountability, high academic standards for students and safe healthy working environments for students and staff.

If elected, Kennedy will continue to move the TCDSB in the right direction.

~ Virginia Mashingaidze

Davis for Beaches-E.Y.

This has been a strange and wild campaign. A dramatic battle for Toronto's mayoralty is being fought. There's even a bit of a circus atmosphere, between the great Ford "Switcheroo" of September and fringe candidate Ari Goldkind's pop-ups at debates.

But while East Yorkers get their share of mayoral politicking, they also need to decide on the fate of their own backyard.

Residents of Ward 31/Beaches-East York have a lot of choice in the race for city councillor. Many residents are tired of the state that city council has been in for the past four years and they may be tempted to vote in fresh faces for a fresh start.

But that would be a rash choice in Ward 31. Many of the candidates have good agendas and laudable priorities, but residents should also vote on a candidate's experience — and the incumbent, Janet Davis, has that.

Davis has accomplished a great deal for the community, from lobbying for infrastructure upgrades in the TTC subway stations to park upgrades like an off-leash dog park and new playgrounds. Davis has worked to balance the interest of local residents and the rest of Toronto. She voted for the Scarborough LRT because as it can service more people due to the numerous stops it can make — as opposed to the three stops that the alternate subway proposal would mean.

Meanwhile, citizens often don't pay as much attention to the happenings at the Toronto District School Board (TDSB) as they should. The recent expense scandal should have more veins popping. The lack of transparency of expenses claimed by TDSB trustees has been an issue for a long time. Torontonians can only wonder what their local trustees are spending their tax money on.

But while trustees debated in the spring on how and when their expenses should be published online, the incumbent Sheila Cary-Meagher of Beaches-East York is the only one to publish her expenses of the past four years. Residents are lucky to have Cary-Meagher as their trustee. Not only is she a seasoned veteran, she is open to the public. Her presence will continue to be needed to advocate for more transparency in the TDSB, and residents of her ward would be wise to keep her on the board.

~ Henry Chang Li

■ ENDORSEMENTS

Don Valley West voters should stay the course

Don Valley West is a shining example of the diversity that makes Toronto an amazing place to live.

As a result, the residents of Don Valley West need voices on city council and on the school board that echo that diversity.

The incumbents, councillor John Parker and TDSB trustee Gerri Gershon, are the voices that the residents of Don Valley West need to represent them.

Ward 26 councillor Parker is running for his third consecutive term, and Gershon also seeks to continue serving the community, with years of experience behind her.

In fact, between them, they have more than a half-century of public service experience.

Currently, Parker serves as a member of many of the city's important boards, like the TTC, and the public works and infrastructure and audit committees.

Meanwhile, Gershon continues to serve as chair of the Citizen's Council in addition to her duties as a school board

trustee.

The Toronto Taxpayers Coalition, a group founded in 2010 to advocate for the responsible handling of taxpayer money, interviewed both Parker and Gershon.

When asked how to ease congestion and what needs to be changed in the current transit planning process, Parker suggested that "stable, predictable capital funding is a must. Transit projects should not be sprung by surprise in each provincial budget."

He continued: "Transit expansion policy must be developed in conjunction with transportation policy and with city planning policy generally. We are talking about billion-dollar investments that determine the shape of the city for centuries to come. We can't keep doing it by the seat of our pants."

And, he added: "Greater co-ordination/collaboration is needed. We need to settle on a transit growth strategy that fits with our urban planning goals so that policy in each area supports a comprehensive responsible vision. We talk about

these things; we need to do a better job of acting on them."

The Taxpayers Coalition also noted that the TDSB recently estimated it would cost over \$2.5 million to repair the roofs at schools.

Gershon was asked how she would ensure the repairs were completed under-budget. She said that the board is "striving so that the sale of our roofs for the use of solar panels pay for the repairs."

It's a brilliant solution to a costly situation.

Gershon has found herself on the wrong side of perceptions about trustee expense accounts, but we suspect that the negative publicity around her spending has taught the school trustee a lesson — and it doesn't negate her accomplishments in office.

Toronto needs experienced leaders who plan for the future and understand who needs what.

The residents of Don Valley West are in a position to help give Toronto exactly what it needs.

~ William Alcopra

The best pair for Ward 29: Andre and Saras-Voutsinas

For Ward 29/Toronto-Danforth councillor, the Observer endorses Dave Andre.

To begin with, Andre is a proven active supporter of the community

He is present at community functions and charitable events, showing support for his neighbours.

We also admire Andre's impressive educational background.

And we admire how passionate he is about the current issues in Toronto-Danforth and his proactiveness about being a voice for his community.

As a civil engineer and expert in construction and sustainable infrastructure, he could help devise ways to give Ward 29 the economic boost it so desperately needs.

We believe Andre is a committed candidate that will bring forth a plan to help

resolve the current transit and transportation congestion in East York, as well as addressing other public issues such as public safety and working on improvements for small business.

When we think of what we want in a city councillor, we think of someone who sees our diversity and embraces it. We see that Andre is a proud French-speaker and has been involved with several overseas communities, including the International Development Experience in Guatemala and Kenya.

Putting in the energy that Andre seems to have could really make the change for Toronto-Danforth and city hall that we much desire.

For public school trustee in Toronto-Danforth, we are endorsing Maria Saras-Voutsinas.

The 39-year-old mother of

two has lived in the Toronto-Danforth community for 18 years and served on her daughter's parent council. She knows the issues firsthand and insists that it's time for a change.

Saras-Voutsinas believes that in order to get things done, there needs to be better communication between school board and government.

"There is a time and place for government to use their expertise," she says, but Saras-Voutsinas adds that, "principals should be able to run their own schools."

Why would we endorse a first-time runner like Saras-Voutsinas?

She's also an avid believer in smaller classrooms and more one-on-one time with students with special needs.

~ Valerie McDermott

Letter to the editor

Water quality not main concern for councillor Davis

The Taylor Massey Project was very pleased to see the article "A clean creek cannot wait" in the Oct. 3 edition of the East York Observer.

Thank you to the Observer for keeping an eye on this important ecological vein that runs through the heart of East York and the western edge of Scarborough.

Whatever her intentions, the efforts of councillor Janet Davis deserve some comment.

First of all, while appealing to the interests of the whole community in water quality issues, Ms Davis' motion at city council is in fact focused on city-owned facilities and amenities in Taylor Creek Park and not on water quality.

In fact, when Janet Davis spoke to us, she said she was not interested in working with other councillors to address water quality, and just wanted trails, bridges, washrooms, and barbecues functioning in Taylor Creek Park — things already included in existing park plans.

Secondly, the wording she presented at the parks and environment committee not only misstates the name of the Toronto and Region Conservation Authority, it does not even accurately cite the names of City departments.

Perhaps this is why Ms Davis has suggested that she "cannot wait for the entire project to be lined up" and that an over-arching plan is a non-starter, as she apparently considers that learning the names and roles of the players might be an inconvenience.

In conclusion, while disagreeing with our statement that there are unfortunate gaps in the city's delivery of its commitment to watershed management, Ms Davis has in fact validated our perception.

She has also demonstrated exactly why inter-departmental and inter-agency co-operation is paramount in watershed management.

**For the board,
Andrew McCammon
Watershed Specialist**



Dennis Gonzales // The Observer

Rallying the ranks

Adrie Naylor, a representative for Workers United Local 154, gives a speech to striking WoodGreen Community Services workers. They were demonstrating in front of WoodGreen's Danforth Avenue location.

TEGH's standards strong enough to handle Ebola, infection expert says

Cont. from Page 1

With the high mortality rate associated with Ebola, it's easy to understand why some are calling it 'fear-bola.'

However, Stagg says the hospital's high standards around policy and practice are strong enough to contain a patient's illness.

"Our standards of PPE (personal protective equipment) are very high and we have been using things like these full-body Tyvek suits from the beginning," she said.

"So I think we are ahead of the game on that."

On top of all the hands-on training being done at TEGH, the hospital has also put to-

gether an online module that includes video instructions for staff, as well as the public.

"The hospital has been working very hard and very diligently to ensure that staff feels safe, because that's our ultimate goal," Stagg said.

"We want to ensure that the safety of staff is our number one priority, as well as a patient."

Four races to watch closely in East York

The pressure's on in Don Valley West, Toronto-Danforth

Cont. from Page 1

ways to meet the needs of students from all demographics, reliable funding for school essentials and maintaining strong relationships between teachers and students.

That latter point was something that Dandy, in particular, says is important.

"Working with the research around building effective relationships between teachers and students in order for teachers to get to know the students and build a curriculum relevant to them," she said.

Dandy is already a two-term trustee, and has made positive waves with innovative proposals, like the one for late-start high school to accommodate teenage "biorhythms."

But her former New Democratic allies, like Toronto-Danforth MPP Peter Tabuns, have defected to Story — even campaigning with the challenger.

And although municipal and party politics are supposed to be separate, the support of New Democrats can have a real impact, even in a civic vote, in an

NDP-orange constituency like Toronto-Danforth.

People who watch municipal politics in Toronto are keeping an especially keen eye on three other races in East York too.

Also in Toronto-Danforth, but in the city council race, challenger Dave Andre has run a high-profile campaign to unseat incumbent Mary Fragedakis.

In Ward 26/Don Valley West, city council incumbent John Parker and community activist Jon Burnside are replaying their 2010 contest — when Parker won by just 415 votes.

And also in Don Valley West, Gerri Gershon is campaigning to retain her seat in a three-candidate field, after a spate of unflattering news reports that she topped the list of TDSB trustee expense claims.

The results of those races and others should be known shortly after the polls close at 8 p.m. on Monday.

Reporters from the East York Observer will be fanning out in Toronto-Danforth, Don Valley West and Beaches-East York to cover the returns, and their election-night coverage will be posted on Monday and early Tuesday at www.torontoobserver.ca

That stone soup keeps on churning...

By BETH JARRELL
The Observer

Although the 26-degree weather was a little warm for hot soup, that didn't stop the Friends of Withrow Park from gathering for the second annual time to put on a classic event: stone soup.

The tradition of stone soup stems from the story of a beggar going door-to-door, unable to find food, who decides to make his own in the middle of the town square.

Eventually, members of the community join him, adding vegetables as they go, until there is enough soup to feed everyone. "That's exactly what happened today," said Julie Dabrusin, who co-ran the Sept. 20 event.

"We invited people to go up to the market and get vegetables so they could contribute to Withrow Park's own stone soup."

Dabrusin and the Friends of Withrow Park asked people from the community to bring a vegetable or make



Beth Jarrell // The Observer

Members of Friends of Withrow Park continue their tradition as they gather around a cauldron to add ingredients and drink stone soup.

a \$2 donation.

The extra vegetables and money gathered will go to the East View Community Centre food bank, located just west of the park.

"We're also helping out the community," she added. "It brings people together... and it's also important because we're helping other people who are in need."

Dabrusin added that special

events like these not only help bring together the community for a cause, but also help people get to know their neighbours.

"People are really excited about helping each other and

participating in events with each other," she said. "Right now we have people who don't know each other sitting at a table together, eating, chatting and just getting to know who lives around them."

Co-runner Leah Brooker agrees: "These events bring everyone out together. We've got the school involved and we've got the farmer's market involved," she said. "It's nice to reconnect with everyone after summer and enjoy beautiful weather"

The event also featured guest chef Alex Chong, who cooks at Café Fiorentina, located at the corner of Danforth Avenue and Pleyter Boulevard in East York. Café Fiorentina boasts local, organic food and has a strong reputation as being one of the best in the city. "Events like this are a really good cause," Chong said. "It's nice to get some sun and cook for all these nice people, plus I don't want to cook lunch every Saturday."

HEALTH

Sleep your way to a healthier, happier self

Eating less, exercising more may not be best way to lose weight, expert says

By VIRGINIA MASHINGAIDZE
The Observer

Sleep more and lose weight.

No, you're not dreaming and this isn't another late night infomercial. It's a dream diet tip that Kristen Gallagher shared with a crowd of about 20 people last month at a seminar at Carrot Common on Danforth Avenue.

Gallagher, a biomechanics specialist and health coach, says she once used to be a calorie counter and compulsive exerciser, but for all the wrong reasons.

"Unfortunately, I was first inspired to be healthy by wanting to become skinny," she said. "Then I realized that the better way to be skinny was to be healthy."

If you think eating less or exercising beyond your limit is the answer, Gallagher thinks you're wrong. She says eating less will make you lose weight, but not for the long term.

"To lose fat, you have to get your hormones in the right place. When people are losing weight, (it's) because they're restricting calories," she said. "They're losing some fat, but they're losing a lot of muscle, which is why it's hard to keep that weight off."

"A doughnut is very different to your body on four hours of sleep than it is on eight hours of sleep. Side note, don't eat doughnuts," Gallagher added, laughing.

Sleeping well isn't always easy, says Sharilyn Safir, who attended the event because she has noticed changes in her health.

"I've been taking care of my mother, who has Parkinson's, and I get up five or six times a night and I'm exhausted," she said. "I noticed that I've been putting on a lot of weight and I've been maintaining the same food intake and movement."

Zeny Rica Frente also attended the event because she wanted to change her sleeping habits.

"I need to learn more ways to regulate my sleep and increase my hours of sleep. I know all the theories, but the application is the challenge," she said.

Lack of sleep negatively impacts four hormones: ghrelin, leptin, insulin and cortisol, Gallagher explains.

Ghrelin, a hormone that makes you hungry, increases so you're hungrier with lack of sleep. Leptin makes you feel full and decreases with lack of sleep, which means you're less satisfied by what you eat.

Insulin puts fat into your fat stores, and increases so you're in fat-storing mode. This means you're going to have a hard time using fat for energy.

Cortisol, a stress hormone, increases with lack of sleep. It causes both blood sugar and insulin to rise, "which again compounds this fat-storing mode," Gallagher said.

Four things affect our quantity and quality of sleep, she says: too much artificial light, too many of the wrong carbs, too much caffeine and having a busy mind.

This is behaviour that people have adopted over the years, but "doing something as simple as meditating, going for walks or even journaling can have a positive impact on your sleeping habits," Gallagher said.

She believes sleep is very crucial to our health. Without it, she says, our mental health and quality of life is compromised, but so too are our bodies and our ability to maintain a healthy weight.

"Sleep is really important because it regulates your appetite. It changes how your body responds to food and exercise," Gallagher said. "You set yourself up better to eat right if you get your sleep in check."



■ GALLAGHER

On your mark, get set, pedal

Community bike-riding program teaches female newcomers how to ride

By KIMBERLY AGLIPAY
The Observer

Mez Rupani emigrated to Canada two years ago from India, where the streets are often too crowded to learn to ride a bike. So it wasn't until last month that she first got behind the handlebars as a participant in a local program aimed at helping female immigrants learn to ride.

"In summer, I'd see people riding bicycles. I always wondered how it is and how it feels," Rupani said at the session, which was held at the Evergreen Brick Works in East York. "Now I want to buy one. I'm very much happy. I feel like a kid."

Ali Hall, co-ordinator of the Learn to Ride a Bike Program at Evergreen Brick Works for newcomer women and other groups, says that feeling is one of her favourite things about teaching participants to ride bikes.

"Seeing people have the experience of being on a bike, they're always telling me, 'I felt like this when I was five years old and I never thought I'd feel this way again,'" she said. "That kind of joy that people get to have and share with me is so gratifying. And knowing that folks will then be able to use that skill for the rest of their lives."

Many of the women participating in the program have never ridden a bike before, Hall said. After a two-hour session, 75 per cent of the participants are able to move a



Kimberly Aglipay // The Observer

Abida Dilshad and Mez Rupani (rear) ride their bikes during the last session of the year for the Learn to Ride a Bike program for newcomer women.

bike forward while balancing on the pedals.

If they do not master it by the end of the session, they are welcome to participate in another. That was the case for Abida Dilshad, 58, who was there for her third lesson.

"I feel more confident and it's good exercise for the day," she said.

The program is jointly facilitated by Evergreen Brick Works and the South Riverdale Community Health Centre. It will be offered again next summer for the third straight year.

Diana Katgara, co-ordinator of the program for the South Riverdale Commu-

nity Health Centre, said her facility has always promoted cycling for good health and does work with newcomer communities in three East York neighbourhoods: Blake-Jones, Pape-Cosburn and Thorncliffe.

"As we were working in the neighbourhoods with the newcomer communities, we found there were a lot of adult women who hadn't ridden a bike, but would be interested in bicycle lessons," Katgara said.

Meanwhile, Rupani says she will recommend the program to other newcomer women.

"(It) gives us a chance to meet new people, to make friends," she said.

Patients will soon need less patience

East General aims to cut wait times using 'navigators'

By HASSAN MOHAMUD
The Observer

Patients at Toronto East General Hospital may be able to breathe a little bit easier knowing that wait-times for their respective diagnoses should become shorter with the hospital's recent introduction of new Diagnostic Assessment Units.

"What we're intending to do is to ensure that the cor-

rect timelines to treat cancer patients are met," said Marie Fulcher, head of the hospital's surgery health branch.

"The effectiveness is really based on metrics, with respect to the timeliness of guaranteeing that we have the proper tests done and that we are able to give our findings to patients in a well-timed manner."

Fulcher went on to explain how professional physicians who would normally be unfamiliar with interacting with one another due to the differences in their fields will instead get facilitation to better work together. That facilitator

is called a "navigator."

"The navigator, while not a new role, is a key figure within this process," Fulcher said.

"They're the main link for patients and they make sure that all the diagnostic tests are received in a timely manner in order to direct the patient through the system and advance their treatment plan based on their particular diagnosis."

Fulcher pointed out that many thyroid patients who were in need of surgery experienced a wait of up to six months from the time of the referral, but with the Diag-

nostic Assessment Units, or DAUs, it's become possible to cut that by half.

"The endocrinologist and surgeons seeing the patients within the same visit is a more beneficial route than the patients having to see them in two separate appointments, which could take weeks or months," she said.

"The main goals and objectives of the surgicentre, thyroid and breast DAU clinics remain the same — to coordinate those various services and get the overall analysis of the problem to the sufferer faster."



How does your garlic grow?

Margie Sumadh (left) and Snehlata Ghose plant garlic at the Kimbourne Park United Church community garden. Volunteers have been working on the garden since August, with the hope that mild weather will hold and it will grow enough food to donate a percentage to the local food bank.

Kimberly Aglipay // The Observer