

NO MORE TEARS

■ Kids now have nasal spray option for flu protection **Page 3**



REMEMBERING



Jeremy Bordonaro /// The Observer

Atten-shun!

The parade marshal shouts orders to signal the start of East York's annual Remembrance Day ceremony on Wednesday at the East York Civic Centre. For more Remembrance Day coverage, turn to pages 4 and 5.

Violent crime rate declines in 54 Division

Property crimes down as well, police superintendent tells local residents

By RYAN CHATTERJEE
The Observer

A top official of the Toronto police division covering most of East York says that there have been apparent significant drops in property and violent crime.

But police Supt. Mark Barkley told a police town hall on Monday night that neither his officers nor East York residents can rest on their laurels.

Residents gathered at the Harmony Hall Centre for Seniors on Gower Street at the invitation of the police, who billed this year's instalment of the annual event as a chance to discuss crime prevention and the importance of reporting criminal activity. The official sponsors were the Community Police Liaison Committee and the Toronto Police Service 54 Division.

Barkley told his audience that crime has dropped up to 40 per cent in 54 Division — with the biggest reductions coming under the violent and property crime categories. He said that the reasons for the decline are unclear, but he speculated that it may be a combination of improving social conditions in the area,

police education programs, and residents taking their own action.

It was that last point that Barkley emphasized in his presentation. He said that, despite the news of an apparent



■ BARKLEY

reduction in crime, it's important that East Yorkers be vigilant and report criminal or suspicious activity. He even pointed out that sometimes an apparent drop in the crime rate can be the result of a drop in public reporting of crime — a false signal that things are improving when they're really not.

"To say that our property crimes are going down is one thing; to be sure they are going down and not just the fact that people aren't reporting them or reporting less of it, that's what's very important in tonight's message," Barkley said.

Barkley went on to acknowledge that, conversely, the crime rate may increase if more people report crimi-

■ See CRIME, page 3

Marijuana merchants eager for a new era

Canadian pot-sellers hoping to become completely legitimate

By CAMERON AXFORD
The Observer

Walking into Weeds Glass and Gifts on the Danforth, one can see how attitudes to marijuana are changing.

A reporter views an elderly woman peering into the cannabis dispensary's main display. In front of her is a selection of both indicas,

marijuana with numbing sedative effects, and its cousin sativa, a mood-enhancing type used to treat depression and post-traumatic stress disorder (PTSD).

"Mom, make sure you get the right kind of medicine," the woman's middle-aged daughter says to her.

These kinds of average people are the ones using cannabis both medicinally and recreationally, and businesses are starting to try to find ways to serve them.

One of Justin Trudeau's election platform planks was the legalization and regulated trade of mari-

juana. This comes amid the global trend of softening attitudes towards cannabis use.

Over the past three years, four American states have legalized recreational consumption and established thriving legitimate industries. Those already involved in Canada's legally murky cannabis market are hoping to become completely legitimate.

Ash is the co-owner of the Danforth's Weeds, a dispensary franchise owned by Vancouver cannabis crusader Don Brier. Despite being part of a national franchise, he could not give his full name,

fearing for the safety of his family — "because a lot of the crime within the marijuana industries is robberies."

He said he would love to see new regulations allowing merchants like him to sell recreational cannabis.

"What we want to do is serve the neighbourhoods we have stores in and be good neighbours," Ash said. "At the end of the day, you are serving a legitimate need even if it's a recreational. People want to have access and it's, in my opinion, the least-harmful substance that could be ingested."

One of the major concerns of

people like Ash is that the cannabis market could be opened to just a few select growers and retailers, similar to Ontario's liquor laws.

This is the way the medical market currently operates. There are a few licensed producers allowed to operate under the Marijuana for Medical Purposes Regulation, set up by Health Canada. Ash believes that a free market is the best model for weed and would have many benefits.

He claims that product coming from licensed producers is

■ See CANNABIS, page 3

WHAT'S UP IN E.Y.

It's the most wonderful time of the year

St. Cuthbert's Anglican Church at 1399 Bayview Ave. is holding a Christmas fair tomorrow, Nov. 14, from 11 a.m. until 2 p.m. The fair will feature toys, books and home-baked goods for sale. All proceeds will go toward supporting the church and its outreach programs. For more information call 416-485-0329.

Bond with your little elves

Bamboo Bay is holding The Littlest Elf Christmas Workshops. The workshops, at 1515A Bayview Ave., Ste. 200W (near Millwood Road in Leaside) will feature fun, toddler-safe games and crafts for parent and child to bond over. The workshops started yesterday and run until Dec. 17. The cost of admission is \$230 for the full six weeks or \$45 for an individual day. For more information call 416-901-1255.

Celebrate 25 years of HypnoBirthing

Come celebrate the 25th anniversary of "HypnoBirthing" at 100 Bain Ave. tomorrow, Nov. 14. The free event is open to all expectant families, birth workers and hypnobirthing practitioners. It runs from 2:30-4:30 p.m. Please RSVP at info@hypnobirthinggta.com

~ Ryan Bakuska



A brush with art

The Don Valley Art Club is holding a show and sale from Wednesday, Nov. 25 until Sunday, Dec. 6. It's called "A Show Within a Show" and takes place at the Papermill Gallery at the Todmorden Mills Heritage Site, 67 Pottery Rd. The show is open Wednesdays through Fridays from noon until 4 p.m. and Saturdays and Sundays between noon and 5. There'll be a reception with an opportunity to meet the artists on opening day, Nov. 25, from 7-9 p.m.

Photo courtesy of the Don Valley Art Club

POLICE & FIRE

Arrest follows home invasion

On Oct. 26, at approximately 3 a.m., a 34-year-old woman woke up to find a man, armed with a knife, in her apartment in the Thorncliffe Park area. Police have now identified a suspect using security camera images. Muhammed Iqbal, 28, of Toronto was arrested on Nov. 4. He has been charged with break-and-enter, forcible confinement, possession of a weapon, intimidation and theft under \$5,000.

Man in Leaside charged with manslaughter

A man has been charged with manslaughter after a 23-year-old man was fatally shot in a Leaside home on Nov. 5. Police were called to the home on Rykert Crescent at 10:28 p.m. Police identified the victim as Campbell Smith. Conor Colangelo, 24, of Toronto was later charged with one count of manslaughter. Police urge anyone with information to contact them at 416-808-5300 or Crime Stoppers at 416-222-TIPS.

Apartment building fire

A fire broke out in a low-rise apartment building on Gamble Avenue near Donlands Road on Nov. 5. Fire services dispatched seven trucks to the building at 9:22 a.m. The fire took an hour to bring under control.

~ Akorede Amosun and Eric Pember

Caution needed on the roads

By NICOLE DAWE
The Observer

Toronto police are warning pedestrians and drivers to be extra cautious on roadways, now that daylight time has been replaced with standard time — and darkness is falling earlier and earlier.

"Traditionally, November is the deadliest month for pedestrians," police Const. Clinton Stibbe told the Observer last week.

Toronto police say that there were, on average, 140 pedestrian collisions per month in 2014, but during November the number was closer to 200. With 30 pedestrian fatalities already this year, police ran a weeklong pedestrian safety blitz last week.

"We are focusing on offences committed in or around crosswalks, intersections, school zones and midblock crossings," said Stibbe. "These are the areas where

collisions most often take place."

He said the risk of collision is even higher with the end of daylight time — meaning decreasing visibility for drivers — and a recent spate of mild weather prompting more people to be out and about.

"Drivers need to be on the lookout and pedestrians need to make sure they can easily be seen," he said.

One of those pedestrians, 21-year-old Hayley Taverner, said that she makes sure she's wearing bright clothing when going for an evening run along Pape Avenue.

But she also said that she "rarely" sees others taking the same precaution.

"So many people walk around black from head-to-toe," she said. "Just because you can see the car doesn't mean the driver can see you."

Stibbe also warned drivers to be on the lookout for older pedestrians who take longer to cross at intersections and

mid-blocks.

He said 17 of the 30 pedestrian fatalities to date have been seniors.

"Their reaction times are slower and it's hard for them to recover from traumatic injuries because their bodies aren't as strong as they once were," he said.

Phil, who works in the Greenwood and Danforth avenues area, said he worries for the older population of East York.

"There's been times where I've seen the midblock amber light stop flashing before they can even make it off the road," he said. "Drivers really need to keep their eyes open for them and follow the speed limit."

"Drivers should look both ways at intersections and pedestrians shouldn't start crossing until they see traffic come to a complete stop, regardless of the traffic lights," he said. "The only way to decrease the risk is to increase our alertness and work together to be safe."



Photo courtesy of the Hockey Hall of Fame

George Armstrong (above) was the captain of the 1969 Toronto Maple Leafs team, and winner of the Stanley Cup.

Honouring our athletes

By OBSERVER STAFF
The Observer

The community is invited to attend the induction ceremony for the Leaside Sports Hall of Fame on Friday, Nov. 20 at 7 p.m. at Leaside Memorial Gardens Arena.

The event honours athletes and builders in sport and is an opportunity for community members to celebrate volunteerism and athletic excellence in Leaside.

Former Hockey Night in Canada host and Peter Puck creator Brian McFarlane will be a guest speaker at the third annual event.

George Armstrong, captain of the 1967 Stanley Cup-winning Toronto Maple Leafs, is among five hall of fame inductees. The evening will also include a tribute to founding Leaside Sports Hall of Fame committee member David Stickney, who died earlier this year.

Tickets are available for \$25 at the Leaside Arena pro shop and office.

No needle? No more tears for kids

Parents excited about new alternative to flu vaccination

By RYAN BAKUSKA
The Observer

Jessica Sands, an East York resident, recently took her three young children for influenza shots, but there were no needles involved.

And no tears.

"This is the first year ... none of my baby girls cried after getting their vaccine," she said.

That's because the children received the serum via nasal spray.

This year, an anti-flu nasal spray is available for children aged two to 17 and will provide protection against the H1N1, H3N2, Massachusetts and Brisbane flu strains.

Independent pharmacist Hubert Bennet explained that this year, this type of vaccine administration will eliminate the fear and pain typically associated with the flu shot.

"No one enjoys getting their flu shot and this is especially true for children," Bennet said. "The spray will hopefully make the experience no longer frightening for kids, and also takes away the pain factor."

The spray is squirted into each nostril of the child by a pharmacist.

While still uncomfortable, it is, to some, a less intrusive means of vaccination.

Bennet added that the painless nasal application has an added benefit.

"By taking away the fear of needles, the hope is that more parents will bring their children to get the vaccination," he said. "The importance of getting your vaccination cannot be stressed enough."

Some parents are already considering the spray a success.

"I couldn't be happier," parent Jessica Sands said.

Parents will still have the option for their children to get the shot instead of the spray.

Adults can opt for the spray as well but will have to pay for the service as opposed to the free flu shot.



Image by Fotolia

Needles are no longer necessary for flu shots. This year, children between the ages of two and 17 have the option of a nasal spray.

Cannabis sellers already dreaming of expansion

Cont'd. from page 1

not always clean, and can have pesticides. Allowing for choice ensures people can make informed decisions.

"Products at our stores are all lab-tested the lab results," he said. "If there were any traces of contaminants, we wouldn't purchase it."

Also, too much bureaucracy could defeat the whole point of legalization.

"If you get into monopoly, there's no choice and the quality of the product will not dictate how the market is going to behave," Ash said. "You'll end up with a thriving black market, like in the United States, where regulation has driven prices to extreme highs so people are turning to the black market again."

One of these licensed producers is Tweed

Marijuana, the largest and first publicly traded Canadian cannabis grower.

The Smith Falls, Ont.-based business has been growing legal cannabis for patients since last year, and has become very profitable in the process.

According to communications manager Jordan Sinclair, dreams of expansion are on the horizon.

"We will become bigger, and likely pursue a recreational market if the law supports that," he said.

Sinclair is optimistic about the future of cannabis in Canada and doesn't share the same concerns as Ash from Weeds.

He said that Justin Trudeau has already addressed concerns of over-regulation and the danger that holds.

"There's already a lot of infrastructure producing marijuana illegally, presumably desperate to hold onto whatever market share they can," Sinclair said. "Overtaxation won't be a concern."

To him, association with Health Canada is something that should be looked on without any paranoia.

"Tweed facilities are up to the standards of the Marijuana for Medical Purposes Regulation," Sinclair said.

"In an industry with a lot of competitors, meeting the highest standard puts you in a good spot."

One Danforth cannabis business that refuses to take part in the small versus industrial scale debate is the Medical Marijuana Clinics Canada office.

The first East York dispensary, which opened last year, would only confirm a commitment to good product when asked who would be a better supplier, claiming, "Quality makes all the difference."

They think that the changed laws will encourage doctors to look more into cannabis as a medicine, something only a small group of doctors are doing now.

Currently, little has been said officially about the future of Canadian cannabis laws, except that change is coming. Ash from Weeds would like to have a say when the laws are drafted.

"I think it would be a fantastic thing," he said. "Not just myself, but people in my position that have this knowledge should probably be the people helping set up these programs and get regulation in place."



Jeremy Bordonaro /// The Observer

Getting crafty for Christmas

Link Tong (left) and Phoebe Vu sell their wares at Saturday's Christmas bazaar held at the Church of St. Barnabas on the Danforth.

COMMUNITY SAFETY

Crime Stoppers the best tool in crime prevention

Cont'd. from page 1

nal activity to the police. But that has an upside, he added, because citizen involvement helps residents feel "empowered."

"It's good we have more information about what is actually going on and if it means that there's an increase in a certain category, then so be it," Barkley said.

"It's far more important to be able to map that, track it and make the arrest and provide support for those victims."

Const. Martin Douglas from Crime Stoppers spoke about the non-profit program, run by community volunteers.

He walked through how to submit a tip and stressed that reporting a crime is anonymous.

According to Douglas, Crime Stoppers is the most successful tool in the world when it comes to solving and preventing crime.

"Their information is leading to solving crimes, preventing crime, tracking down want-

ed people and being effective in having us all live in a safe environment," Douglas said.

He explained how to claim the cash reward to those who submit tips. A tipster receives a code from the Crime Stoppers operator when he or she provides the tip and then the tipster uses that code to follow up with Crime Stoppers to know if the tip has led to an arrest. The operator will then issue a new code to the tipster to release the reward from a TD bank.

Douglas said that only 30 per cent of tipsters actually check back with Crime Stoppers.

"I would think that in general, for our city, most people are interested in stopping what's going on or preventing what's going on — and not so interested in the money itself," Douglas said.



For more East York stories, please check us out online at torontoobserver.ca

Canadian spent the war trying to serve

By **ANDREW WRIGHT**
The Observer

It was 1939 and Canada had declared war. Minoru Yatabe remembers Latin class at that moment. His teacher, Ms. Crawford, gathered the boys in her class. She explained she would be forced to return to Glasgow, Scotland, to take care of her elderly parents.

"I know many of you boys are going to come overseas in uniform," she had said, "so if you ever get to Glasgow, come and see me."

Ms. Crawford then shook hands with each boy and wished them luck. For most of her students, Ms. Crawford was right. They would be called upon or volunteer to serve within a year or two.

However, for Minoru Yatabe, a second-generation Japanese Canadian, enlistment would be delayed. After the bombing of Pearl Harbour in December 1941, Japanese Canadians were declared enemy aliens by their own government. They were sent to labour camps and



Sgt. Minoru Yatabe as a Canadian Army soldier in 1945, and as a 93-year-old veteran today.

interned. Yatabe was forced from his Vancouver home and sent to work on a farm in Ontario.

It wasn't until January 1945 that Japanese Canadians were allowed to enlist. Nevertheless, the day they opened the doors

to him, Yatabe waited in line to join the Canadian Army. For him, holding a grudge was short-sighted.

"We're suffering now but looking at it from a long-term point of view, this is our home," he said.



Evangelo Sipsas // The Observer

He would go on to become a sergeant in Canada's intelligence core. After Japan's surrender, he was sent to northern Thailand to interrogate POWs of the Japanese 15th Area Army. His job was to weed out any soldiers who had commit-

ted atrocities during the construction of the Burma-Siam railway.

Yatabe, now 93 and a member of the East York Legion, Todmorden Branch 10, recalled the day his commanding officer asked him to interrogate

an entire Japanese company at a nearby railway siding.

"Take the jeep," his superior told him. "You have your revolver and take the sub-machine gun."

"By myself?" Yatabe recalled asking.

When Sgt. Yatabe arrived and faced the enemy soldiers, the major in charge saluted him and explained the Japanese troops awaited his inspection.

"So, I stood on the jeep and the company, almost 80 of them, saluted me," Yatabe said. "I never expected anything like that."

After the war, in 1946, Yatabe was stationed in Yorkshire, England. It had been seven years since that handshake with Ms. Crawford, but he hadn't forgotten her.

"She had strengthened my desire to join up," Yatabe said. "I went up and met her, and she was so happy to see me. I was one of the very few that contacted her and I was one of the only ones who spent the day with her. She was so good to me."



Connor Atkinson // The Observer

War historian and Centennial College journalism Prof. Ted Barris (holding microphone) hosted Wednesday's Remembrance Day observance at the college's East York campus on Carlaw Avenue.



Jeremy Bordonaro // The Observer

Firefighters and other city staff helped make for an impressive display at the official East York Remembrance Day observance on Wednesday, held in the Memorial Gardens of the East York Civic Centre.

Nov. 11 a day to remember fallen friends

'In the army, you make your own friends and your own life,' says veteran Allan Dick

By **COLIN EDWARDS**
The Observer

Allan Dick helped liberate France with two wheels and a rifle.

"We had bicycles, airborne bicycles, but we didn't use them," he said. "We walked faster."

Dick, now 92, landed at Juno Beach on the Normandy coast on June 6, 1944. His

regiment, Hamilton Light Infantry (HLI), operated as a reserve brigade during the invasion. Nevertheless, he was wounded in the leg on June 17, 1944 and sent back to England for treatment; he spent five days in hospital and then re-joined his regiment to finish the war

Unlike Dick, not all of his friends survived the war.

"You saw your friends getting killed and they just put them in a blanket and took them to the cemetery," he said.

Allan Dick has been a regular participant in the Centennial College East York campus Remembrance Day event. One of the regular

flag bearers, he and his Royal Canadian Legion Branch 617 have provided colour party for the Centennial observance for 15 years.

Dick joined the HLI at 19, in 1943, trained in Canada and was transferred to Southampton, in England, to prepare for D-Day. When he came ashore on June 6, he said he had to exit a landing craft into hip-deep water with 60 pounds of ammunition over his shoulder and face a well-fortified enemy firing back.

For Allan Dick, Nov. 11 is a day to remember the friends he lost and the people who helped him along the way.

"In the army, you make your own friends and your own life," Dick said.



■ **ALLAN DICK**

Menonite honours veterans by working for peace

By SARAH SAMWEL
The Observer

On the night before Remembrance Day, it's a tradition in Tim Schumaker's house to tell his children the story of their ancestor.

"I would say, 'Here's another way to sacrifice; this is how we respond to enemies,'" he said.

Schumaker then tells the story of a Mennonite American Revolution soldier, led by a deep conviction of faith, who refuses to fight. Tried and convicted by a military court, he is executed for holding onto his principles of peace and non-violence.

An advocate for peace and justice, Schumaker has served with the Mennonite Centre Committee of Canada (MCC) for more than 16 years.

He also works at his wife's small grocery store in East York.

Historically, the Mennonites in Canada have refused to participate in the wars as conscientious objectors. Mennonites are a denomination of the Christian faith that believes in non-violence and peace building.

"One of the core teachings of Jesus is love your enemies," Schumaker said.

"As Christians, we believe that we follow Jesus' teachings in (our) daily life; we're a non-violent people who refuse to go to war."

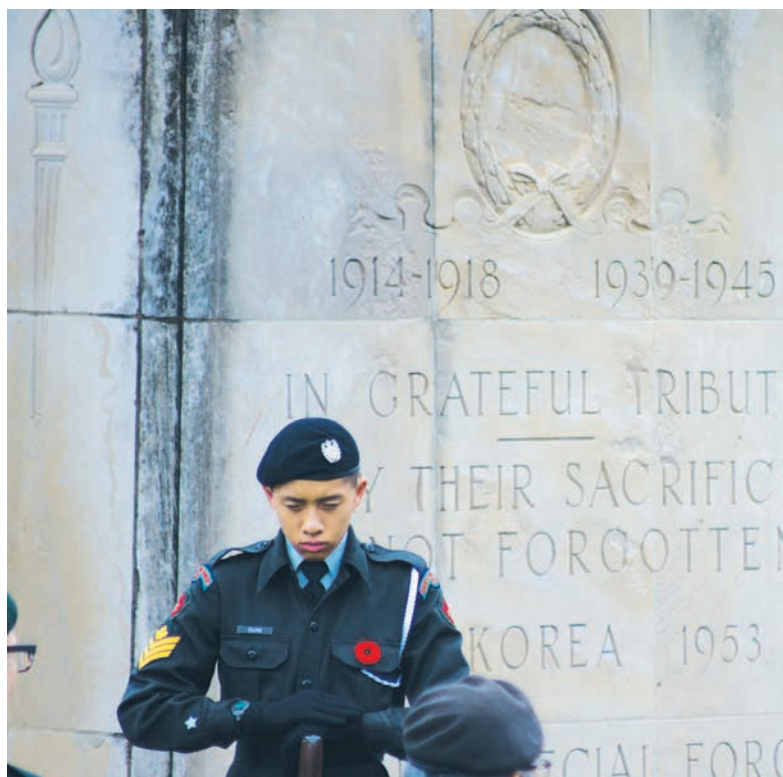
For Schumaker, Remembrance Day is always one of mixed feelings. His family has been Mennonite for more than 400 years.

It's why, in addition to wearing a poppy, he also wears a small red button that reads, 'To remember is to work for peace.'

Wearing the button is not to diminish the sacrifice of those who have served, he explained, but rather a way to engage others in what remembering means to him.

For 25 years, the Mennonite Centre Committee of Canada has been distributing these peace buttons as a way to start a conversation about what Remembrance Day means for those committed to peace and non-violence.

"What we want to say is (that) to truly remember the sacrifice of our veterans means that we will work for peace," Schumaker said.



Jeremy Bordonaro// The Observer

Honouring their sacrifice

Official Remembrance Day ceremonies were held at the Memorial Gardens outside the East York Civic Centre on Wednesday morning. They included a march-past salute (top and above right), a fly-past of Second World War aircraft and the placing of wreaths on the cenotaph (above left).

Veteran critical of government

It's a problem when 'people behind desks tell soldiers how to behave in battle'

By SCOTT DELL
The Observer

Paul Scully remembers his first day on active duty in the military.

"Your knees shake; your hands shake; your adrenalin pumps; your heart's pounding," he said.

Scully, in his mid-60s and a member of the Todmorden Royal Canadian Legion Branch 10 on Pape Avenue, served in the 3rd Battalion of the Royal Canadian Regiment in the 1970s.

Early in his deployment, Scully

remembers the regimental padre approaching him.

"Do you know the difference between courage and fear?" the padre asked, and then answered his own question. "The difference is, courage is just fear that said its prayers."

"I said my prayers," Scully said.

Forty years ago, Scully served in a peacekeeping force sent to Cypress, where Greek and Turkish citizens feuded openly.

"It was pretty scary," he said. "It wasn't a walk in the park."

Of his deployment on the Mediterranean island, he mostly remembers the children.

"You've got child soldiers. You've got boy soldiers. You've got a 13-year-old kid sitting behind a 30-calibre machine gun that's all rusted out. (It) has no right in the

world to work, but you know, if he pulls the trigger it's going to."

Scully points to the high suicide rates among soldiers. He feels it's because, "soldiers don't talk; they commit suicide."

The Veterans Affairs Canada (VAC) website suggests the federal department recognizes the problem.

"There is a wide range of mental health services, support and information for veterans and their families," the VAC site indicates.

Janice Summerby, media relations advisor for VAC, said that veterans also have a peer support system and a crisis hotline and that veterans experiencing mental distress can be assigned a case worker and should call 911 in an emergency.

Services or not, Scully thinks of his fellow soldiers first.

"We have peacekeepers that we sent to Bosnia, Afghanistan, Somalia," he said. "We sent them all over Palestine. You think those guys aren't dodging bullets?"

Scully is critical of the way government controls the actions of soldiers.

"The political attitude to the military has to change," he said. "When politicians and people behind desks tell soldiers how to behave in a battle zone," that endangers the lives of Canadian soldiers.

"You have relationships with men in a battle zone that put you closer than blood relatives. I can't explain it," he said.

He becomes visibly shaken. "And nobody understands that."

"This is a difficult time of year for me," he said finally.

■ EDITORIALS

Filling the gap

Thorncliffe Park's new health-care clinic is a step in the right direction for underserved residents

Canada is praised for a health-care system that supposedly allows its citizens access to basic medical procedures. In reality, however, many people fall through the cracks. Although simple needs are theoretically covered — at least paid for — that doesn't help if you don't have reasonable access to health services.

This is particularly a problem in the Thorncliffe Park community. Many of the people in this neighbourhood don't have a family doctor, and they're reluctant to use crowded walk-in clinics unless a serious issue arises.

Add to this the fact that Thorncliffe has a high number of immigrants who have recently arrived in Canada — often from countries where preventive health care was not available — as well as a high number of seniors living alone with serious medical conditions. It's a toxic mix. So these residents often end up in the hospital because they fall ill, they can't find a doctor and they avoid walk-ins — or the walk-in doctors whom they see have little or no knowledge of their health history.

Enter Health Access Thorncliffe Park — a small but significant step in the right direction. This clinic will bridge the health-care gap for at least some of this community's underserved residents. The new primary health facility will have a doctor, nurse, social worker, as well as a dietician, all in the same place.

But while this is progress, it doesn't change the fact that only 20 per cent of Thorncliffe residents have a regular doctor.

The new health clinic at Health Access Thorncliffe Park will definitely improve the situation. But it's only available for half-days on Fridays.

The new centre is replacing the previous pregnancy clinic that closed in August. The pregnancy clinic was experiencing low demand, despite the area's high birth rate. Some say the problem was that it wasn't integrated with any other services, and that might have made it harder to use. So the new clinic will try to avoid that pitfall, and have multiple services available in one place. Hopefully, that will make it much more useful.

For a neighbourhood with a population of 30,000, half a day once a week is hardly sufficient. But it's a start.

~ Radhika Bhardwaj

Because it's 2015

It's now official. And for many of us, there's an eerie sense of déjà vu as we simply speak the words:

Prime Minister Trudeau.

Last week, Justin Trudeau became Canada's 23rd prime minister. It's been 31 years since his father was prime minister, and 10 years since his party was in power in Ottawa.

To some, the Trudeau Liberal renaissance is a great thing. Others aren't so sure. That includes a few who think the new cabinet could have included more people from the GTA — maybe even East York. Don Valley West MP Rob Oliphant is a House of Commons veteran, after all (even if his tenure was interrupted for a term) and Nate Erskine-Smith and Julie Dabrusin are both intelligent and enthusiastic newcomers to Parliament.

But let's not nitpick. When Trudeau announced his cabinet last week, it was clear that the winds of welcome change are blowing through Ottawa. That included the prime minister carrying through on his promise to evenly split the cabinet between genders. Half of his ministers are men; the other half are women. When a reporter asked Trudeau why he went out of his way to ensure this gender balance, he gave quite the answer.

"Because it's 2015," he said with a shrug.

What seems like a big deal to some was actually not such a big deal to Trudeau himself and that's encouraging. He's right that women are ready, willing and able to take on more political power.

And on top of that near-tripling of female representation compared to the Harper cabinet, Trudeau also has two indigenous members on his ministerial team, as well as other visible minorities.

Between the unveiling of this cosmopolitan cabinet, the initial openness of the prime minister and his inner circle to the public — and the restoration of the census long form — the Trudeau government is off to a good start.

So when it comes to East York and Toronto representation on cabinet, maybe the correct response for now is a shrug of our own.

~ Deidre Barton

■ COLUMNS

When ice isn't nice

It's that time of year again: The leaves are falling, the temperature is dropping, summer clothes are being stored away for the winter... and some drivers are wondering if they should get a new set of winter tires.

While Quebec mandates that all vehicles be equipped with winter tires, that's not the case in Ontario. People are tasked with making their own judgment call on whether to put on the snows.

You might be surprised to learn that many government and city vehicles operate without winter tires; in fact, both TTC and Toronto police vehicles use all-season tires — and there are no immediate plans to change that. According to TTC spokesperson Brad Ross, the reason is that snow tires are only useful at high speeds, so it makes no sense for TTC vehicles to have them.

The Toronto Police Service uses all-season tires for the majority of its fleet because the city "does not get hit with many serious winter storms

and the streets are usually cleared within 24-48 hours," according to their spokesperson.

But as I look back at the past few winters in Toronto, there have been some snowstorms that took the city days to recover from.

On New Year's Eve in 2012, I was trapped in my house waiting for someone to clean the snow from the driveway — which didn't happen until three days after the storm.

Then there was December of 2013, when another major winter storm cut power to whole neighbourhoods in Toronto and paralyzed a large part of the city's transit system. (Note that I don't have to go back to 1999,

when then-may-

or Lastman called in the army to clear snow...)

Maybe it's time to admit the truth: we live in a city that has a very long, cold winter, and every winter there will be snowstorms that threaten our convenience, and even our safety. It's time to discuss if winter tires are necessary in Toronto, not only for individuals but also city services.

Perhaps it's time to make a change. Winter tires exist for a reason, so why not just have them if that means there's one more tool to help our vehicles move us through winter safely?

We've got a long winter ahead of us. So let's drop the excuses and take the winter tire plunge. Don't wait for the law to catch up. By then, an accident might already have caught up.



Xue Bo

A well-versed leader

I was glued to my TV on Thursday last week to see who will be the interim leader for the Conservative Party of Canada. And I got the result I wanted.

I'm thrilled Rona Ambrose has been chosen to temporarily lead the Conservatives until a permanent leader is chosen. She is capable of rebuilding the party and holding the new Liberal government accountable.

First of all, Ambrose has the experience. She has been an MP for more than 10 years, and during that time, she has served both in Opposition and in government.

That includes service as a senior cabinet minister with a long list of accomplishments.

As labour minister, she helped resolve strikes in Ottawa's public transit system and the Canadian

National Railway. During her time as minister of public works and government services, Ambrose helped with the decision to build the Royal Canadian Navy and Canadian Coast Guard fleets.

Under her leadership, she developed and implemented the National Shipbuilding Procurement Strategy, which ensured the \$33 billion in contracts were awarded fairly.

I also found Ambrose to be a successful minister for the status of women.

She played a key leadership role in Canada's call for the "International Day of the Girl" at the United Nations — to raise awareness of discrimination faced by girls and to help them succeed, with an annual observance on Oct. 11.

In her last position, as health minister, Ambrose secured \$36 million to protect women and children in Africa from preventable diseases. She also took the lead on the passage of "Vanessa's Law," which protects patients from unsafe therapeutic drugs by requiring drug companies to conduct more tests and revise labels to clearly indicate health risks.

Ambrose will need to bring this experience and leadership forward to rebuild the Conservative party. She will need to start fundraising and work toward getting back the 66 seats her party lost in last month's election, especially here in Toronto, where the Conservatives were wiped out.

Now do I agree with Ambrose on everything? No — especially when it comes to her stand against medical marijuana.

But I will never agree with everything an individual politician stands for anyway. The point here is that Ambrose is the right leader, who the Conservatives need right now, to be an effective leader of the Opposition.



Ryan Chatterjee

The East York

OBSERVER

CENTENNIAL COLLEGE

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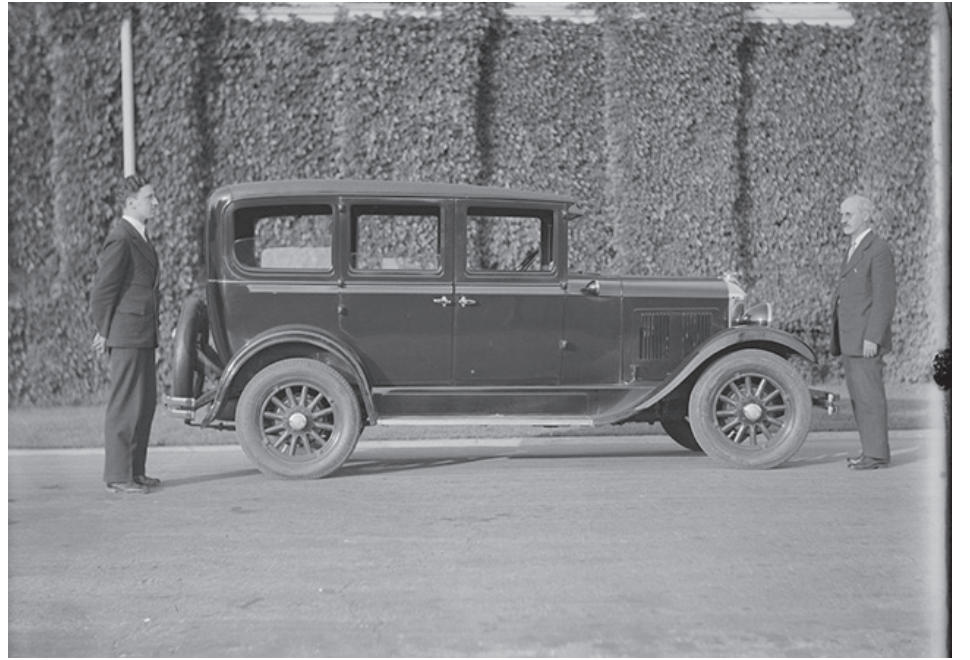
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Looking back on Leaside legacy



Courtesy of City of Toronto Archives

The Observer continues its look back on East York history through photographs from the City of Toronto Archives. These two pictures are a reminder of an almost-forgotten, but still-impressive industrial achievement of the 20th century. At left is an aerial photograph of Leaside taken in the early 1920s. The new electric power station is at the bottom of the picture. At the top is the factory of Durant Motors of Canada Ltd., an auto manufacturer operating in Leaside between 1921 and 1935. At its peak, Durant was Canada's third-largest domestic car-maker. The photo at right shows one of Durant's 1930 models, along with William James Sr. (right) and Norm James. Part of the Durant campus remains in place, at 150 Laird Dr., and just last month the city published a report supporting a proposal to designate it a heritage property.

■ EDUCATION

High school students take it to the board

New student trustees dedicated to making peers' voices heard

By **KELSEY CHENG**
The Observer

Direct student input into the proceedings of the Toronto District School Board is getting good reviews from East York stakeholders.

New student trustees Hamima Fattah and Sammy Al Rubaie attended their first school board meeting on Oct. 28 at the board headquarters, 5050 Yonge St.

"I hope to represent the voice of all TDSB students at the board," said Al Rubaie, who attends York Mills Collegiate Institute. "I hope throughout the year I can stay in contact with students and trustees."

Shams Mehdi goes to Leaside High School in East York, and is also the vice-chairperson of 'Student SuperCouncil,' a council that represents Toronto students from grades 8-12. He said the monthly board meeting is important to all students.

"Students should be informed on what topics are going on in their board," he said, "especially if they have a concern or complaint. Coming to the board meeting is a great way to get students interested in the issues that are arising in the school board."

SuperCouncil executives meet one week prior to every TDSB meeting for student trustees to compile reports to present to the board.

"Civics and career, as well as severe weather policies, were a big issue before," Mehdi said. "They were all addressed through student trustees bringing them up in previous board meetings."

Speaking to the board on Oct. 28, trustees Fattah and Al Rubaie introduced two projects the student body is currently work-



Kelsey Cheng /// The Observer

Sammy Al Rubaie (standing) and Hamima Fattah (to his left) speak to the Toronto District School Board during the student trustees' first TDSB meeting, on Oct. 28.

ing on: a provincial-wide student summit for mental health to be held next February in Ottawa; and STAMP (Students Taking Action Materializing Potential), which is an initiative that follows the participatory budget for students to apply and access additional funding from TDSB.

"This functions like a grant," Al Rubaie said. "For example, if students wanted to start a robotics club at school, they can apply for this funding to do that." Students would have to submit formal



■ **GERSHON**

proposals for the budget and results will be voted on by students. Both projects are currently still in the planning process, but Al Rubaie hopes to finalize the application process by December and have the first \$50,000 distributed to students by March of next year.

"There's a lot of talk about students not having the programs they want," Al Rubaie said. "There are a lot of things they wanted to do, but there's not enough funding."

One of East York's delegates to the TDSB, Ward 13/Don Valley West trustee Gerri Gershon, said parents always come to her about everything from policy budgets to the recent controversial sex education curriculum —

but she said she enjoys talking to students the most.

"I love hearing from the kids," Gershon said. "I talk to them about their career paths; sometimes I'll get a complaint against a teacher, and I teach them about the democratic process in civics class."

At the Oct. 28 meeting, the board also voted on a "scaled-down" version of a byelection to replace trustee and former chair Shaun Chen.

Chen was elected as Member of Parliament for Scarborough North during the recent federal election.

The byelection is expected to cost \$250,000, and will be held on Jan. 25.

Serbians kickin' it old school

Academy of Serbian Folk Dancing introduces old traditions to new crowd

By **NIK CVETKOVIC**
The Observer

When he dances in dark colours and his steps are fast-paced, Miroslav Marcetic thinks of the northern part of his Serbian heritage. When in bright colours and relaxed pace, he has the south in mind.

"Each dance has its own identity,"

Marcetic said. "It's extremely important in a country like Canada, with it being multicultural, to showcase your culture, not only to boast, but to make it a better country."

Toronto is home to the third largest population of Serbians — 26,000 people. Although they have adapted to their new home, they have also maintained their traditions and customs from their homeland. One of these traditions is folk dancing.

This year marks the 12th anniversary of the Academy of Serbian Folk Dancing, 'Miroslav Bata Marcetic,' a

folk dance group performing at locations all over Toronto. The academy's 300 dancers range in age from five to 30.

"Folk dancing is one of the best ways for us as parents to not only pass down our traditions to our children, but also to showcase it to the rest of the world," Marcetic said.

Serbian folk dancing is traditional and illustrates a strong element of Serbian culture. The dances show the way the Serbian community and its families come together on important days.

East York resident Mirko Miljevic, 25, has danced with the academy for almost 18 years.

"I first started out dancing because my parents forced me," he said. "Then I came to like it for the new friends I made, but most importantly it is so interesting to learn about different regions in not only Serbia, but former Yugoslavia through dance and culture."

Along with the ensembles for youth, Marcetic also holds dance classes for adults who want to learn how to folk dance or, the way

22-year-old Bogdan Stankovic sees it, just get in some exercise.

"I like to think of it as my cardio day," he said.

A bonus for the dancers is travelling and visiting new places. The dance troupe has performed all around the world, from Montreal to San Diego to Trebinje in Bosnia and Herzegovina.

To mark its 12th anniversary, the Academy of Serbian Folk Dancing is holding a season-ending special concert to showcase all six of ensembles, including the recreational group for adults.

A peek at autumn colours in Taylor Creek Park

Clockwise from top:

An unusual stillness hits the reeds during an abnormally windy fall day; a dead leaf holds onto a twig despite a stiff breeze; a thick branch off the walking path; the sun illumines an empty park bench.

Jeremy Bordonaro /// The Observer





FOCAL POINT

Jonathan Soveta /// Sports Observer



Nearly four months after one organization implemented drug tests for mental stimulants, professional gamers are still split on topic despite health risks and potential side effects

By **JONATHAN SOVETA**
Sports Observer

Anabolic steroids have tarnished an entire era in Major League Baseball, and now eSports is facing its own difficulties with a different kind of drug use.

After one Counter-Strike: Global Offensive player confessed in July that he had taken Adderall, a common drug used to treat attention deficit hyperactivity disorder, to better his chances at an Electronic Sports League (ESL) tournament, it left a black mark on the professional gaming scene.

In response, ESL became the first organization to introduce drug tests at its events, with other eSports competitions, such as New York-based Major League Gaming, looking to introduce their own testing in the future.

Electronic Sports League says its implementation was effective at deterring players from cheating through stimulant use.

"The tests we've performed at ESL One Cologne (in August) returned 100 per cent negative re-

sults," said Anna Rozwandowicz, the league's Director of Communications, in an email from Cologne, Germany. "Our next event, IEM San Jose (on November 21 and 22), will have doping testing (once) again."

How effective the drugs are in terms of bettering performance is still uncertain, but professional gamers and organizers have been quick to voice their opinion on the controversy.

"Using performance enhancers in competition I'm really against just because they're an aide to help you focus and perform better," said Joe Cribari, better known as Toronto Joe and one of Canada's top Super Smash Bros. players. "But those are skills you need to compete at a top level that you should have regardless of an outside practice."

"Nothing external should influence the level of your play."

Some competitors disagree.

Until drug tests are conducted universally by every professional gaming organization, some players see it as simply another opportunity in play for now.

"If a rule hasn't been put in

place and there hasn't been some sort of precedent, I don't see it any different than picking a top-tier character. It's an option that's available," said Nash Bussieres, a fellow Smash player who goes by Moosebones in the Toronto scene. "It's like an arbitrary road block that you put on yourself. But this is coming from someone who's never used them."

Adderall and Ritalin are just two of many substances designed to stimulate the central nervous system and are predominantly used to combat severe cases of attention deficit hyperactivity disorder (ADHD), as well as some instances of narcolepsy.

Both are available only through prescription in Canada, however according to a 2013 study by the American College Health Association, 3.7 per cent of 34,039 Canadian university students who answered the National College Health Assessment admitted to using stimulants without a prescription within the previous year.

Gabriela Butoi, a Toronto pharmacist, says that Adderall, specifically, can quickly become danger-

ous when taken irresponsibly.

"Because it is an amphetamine, it can cause a lot of heart issues," said Butoi. "There have been cases of something called sudden cardiac death, which is basically when your heart just stops, so there are potential dangers."

"There are also psychological issues, especially with younger people, where there are possibilities of hallucinations."

Although stimulants don't provide players with a physical advantage, the NFL has previously suspended athletes who tested positive for amphetamines, such as Aqib Talib, who featured for the Tampa Bay Buccaneers, and Haloti Ngata, at the time with the Baltimore Ravens, in 2012 and 2014 respectively.

Major League Baseball allows an exemption for drugs that fight ADHD if the player applies – a scenario that occurred with the Baltimore Orioles' Chris Davis this past season.

The National Hockey League, meanwhile, bans Adderall outright.

With strategy and mental focus playing a much larger role in eS-

ports, whether it's Counter-Strike, League of Legends, or Super Smash Bros., some believe the amphetamine has the potential to create an unfair, and unsafe, playing ground.

But with millions now available in prizes at various tournaments throughout the year, Bussieres believes competitors will do everything they can to ensure a top finish.

"eSports is getting bigger and people are talking about 'Oh now I can make a living on playing games' but that's not true, even for the elite," Bussieres said. "They're making essentially minimum wage unless they win those huge pots, so of course there's an absolutely massive incentive to win."

Cribari, though, doesn't feel a temporary mental boost is worth the potential harm.

"If you were feeling tired and you go to a tournament on no sleep, you pop a couple of Adderalls and you don't eat well ... the next morning, what's your solution then?" asked the Smash Bros. veteran.

A few jitters throughout the day might not be enough to sway the most defiant players.

PART of the FAMILY



Charles Warburton /// Charles Warburton Photography

By JESSICA PATTON
Sports Observer

The Shaw and von Richter families fell into the world of junior hockey billeting – and couldn't be happier they did.

Billet families are an integral part of the Ontario Hockey League and the Mississauga Steelheads, housing players on a long-term basis for the entirety of a season or short-term when they are trying out. The Steelheads have 14 families housing 16 players for the 2015-2016 season.

Owen Tippett is in his rookie season and has been staying with the Shaw family Dave, Barb and their daughter who have been billeting for 10 seasons after being somewhat tricked into joining the business.

"We actually did it by mistake," said Barb Shaw. "Our first player was Matt Caria and the billet family that he was with was having some issues I think with travelling a lot so he asked his uncle if he could look into a new billet family and he called us."

Her husband Dave had gone to school with Caria's uncle, who had originally thought to ask Dave's grandparents, but asked him and Barb instead.

Since their inaugural season in 2007, the Shaw family has seen the team change a few times from the Toronto St. Michael's Majors to the Mississauga St. Michael's Majors and now the Mississauga Steelheads and have had most-

ly positive experiences with their players.

A scary moment was in 2008 with Swedish player William Wallen who had begun to become disoriented and vomited during the Mississauga St. Majors' opener. At first glance it was thought to be a bad headache but doctors quickly realized that he was experiencing a brain aneurysm.

"William's injury was so bad that they didn't know if he was going to live or die for a long time," Shaw said. "They did two operations to try and unblock it and they didn't work. So they thought he was going to be a vegetable."

Wallen's mother was in town for the game and also stayed with the family while he was being treated in Canada. He recovered fully and was back with the Shaws and playing for the Steelheads by January.

For the family, the chance to be billets provides them the experience to watch their players grow up, especially when they get someone for multiple seasons like when they had Jordan Mayer.

"The fact that we're providing a service that's valuable for the kids and we get to watch them grow up," Shaw said. "It's kind of neat, I think, to see these kids, like with Jordan from when he was 16 with the exception of one year, all the way until he was 20."

"We had him for his entire career."

A veteran billet family like the Shaw's has taken notice of the exceptional job assistant manager Jan Egert has done this year managing

the program. A key aspect of the billeting process is communication between player and family but also between them and the Steelheads.

"I think Jan's communication has been terrific," Dave Shaw said. "There have been some issues in the past of people not really knowing what's going on, but they've definitely stepped up and addressed it, congratulations to them."

A preliminary phone interview is done to attain any pertinent information needed, an in-home inspection takes place where Egert can see if it is a good fit for the team and the final step is to match a player with the proper family.

"It becomes like a chemistry experiment at this point, trying to match players with families," Egert said. "For example, if a player lives on a farm at home, he typically prefers a busy environment. If a player is an only child coming from an urban centre, he may prefer a more quiet home."

For first time billet Dominique von Richter and her family, who house defencemen Stephen Gibson, pictured above, the process has been a smooth one. They had lots of billet families in the neighborhood and when she heard the Steelheads were looking for additional ones, she sat down with her husband and three children and quickly decided to do it.

"It's kind of strange when you go into it because you don't know who you're going to get, but we love Stephen, he's been amazing," Dominique von Richter said. "He's a very mature kid for his age, he's a wonderful guy, he's been amazing with the kids, he pretty much feels like

one of our kids by this point.

"He's got his head on right in terms of focus so that's been really nice for the kids to see someone who is going for that professional sport. He's been a great role model for them."

Gibson is in his second full season with the Steelheads and immediately felt like part of the family.

"Right from the start, they were great," Gibson said. "I guess a little bit of a feeling out process because it was their first time but we just went over what to do for meals, help around the house, expectations.

"We just talked first week and we're in a great routine now, I feel like part of the family now."

It has been a unique experience for the family, one that they are unsure they could repeat with a different player because of how attached they've gotten with Gibson.

"Now that we know him, as long as he'll be playing here, we would have him for sure," said von Richter. "Beyond that, I am not sure - you get attached to someone. I am not sure if we would be able to do it again."

Both families have become Steelheads fans and make it to most of the home games. When you have a relationship with one of the players on the team as they have with their billets; they develop a new outlook when watching.

"You're watching it from the perspective that you're actually interested in how someone is doing," said von Richter. "You're invested in wanting them to do well."



Jessica Patton /// Sports Observer

The von Richters, left, and the Shaws, right, are two of 14 families housing members of the OHL's Mississauga Steelheads this season. "The fact that we're providing a service that's valuable for the kids and we get to watch them grow up," Dave Shaw, far right, said. "It's kind of neat."



Rick Denham // Hamilton Bulldogs

Yordanov seizing every opportunity

By LEAH SMITH
Sports Observer

University of Toronto goalie Valencia Yordanov, never expected to have a shot at the starting job, but that didn't prevent the rookie from capitalizing on the chance when it came along.

Yordanov, 19, went 4-0 to open the season, with a miniscule 0.96 goals-against average, cementing her coach's choice.

Head coach Vicky Sunohara gave Yordanov the nod over third year goalie Katey Teekasingh and fellow first year Hailey Farrelly, and Yordanov is now a large reason for the Varsity Blues 7-0 record.

"Well coming in I didn't expect to play much because obviously we have Katey who is a veteran on the team and as a rookie I didn't think that I would play," Yordanov said after a 3-1 win over the UOIT Ridgebacks on Oct. 17. "But, I guess coach went with a gut feeling and I just took the chance and ran with it."

In all of her starts, Yordanov has been the star player on the ice, keeping the Varsity Blues in close games, especially in U of T's home opener against Queen's University on Oct. 16.

That game went all the way to a shootout that included the 18-year old Port Coquitlum, B.C. native killing off a penalty during the second overtime period as the Varsity Blues won 2-1.

Her play this season has made the choice of who to start a little easier for head coach Sunohara.

"She is very calm and confident, she is doing everything she needs to give us an opportunity to win [and] that is all we can ask, especially coming in her very first season she is doing some great things," Sunohara said.

"We've got Katey [Teekasingh] who has been very helpful and very positive and ready to go at any time, and Hailey [Farrelly] has played and done well, but it is hard to change things up when you are winning."

Yordanov's calm confidence in net comes

from where she was playing before she came to Toronto. During the 2013-2014 season, she played for the Fraser Valley Phantom, a major midget AAA girls team.

She started 17 regular season games and posted a record of 13-1-3 with a GAA of 0.88.

Last season, Yordanov joined a men's rep team, the juvenile Port Coquitlum Pirates, and switching back to the women's game has had its challenges.

"The level of play [in the CIS] is a little bit lower than what I'm used to, so the transition has actually been a bit difficult," Yordanov said. "The women's game is a bit trickier, you don't know what they are going to do, but I think I have adapted well so far."

Transitions and adapting have been a major theme for the Varsity Blues this season, who look very different from the team that finished fourth in the OUA last year. As sometimes happens when players have a five-year limit, a larger number than usual graduated last year leaving eight spots open for the 2015-2016 season.

"As a veteran, it is really fun to keep up with the young ones, it keeps me going, working hard," Jacqueline Scheffel, a forward and one of only four fifth years on the team, said. "Our team has got a lot of energy."

Scheffel has taken on more of a leadership role this season in helping all of the first years learn the ropes and has been impressed with Yordanov both on and off the ice.

"She is a great goalie, a great teammate and she is playing amazing for us right now," Scheffel said. "She has really taken on a lead herself in terms of keeping us in the game, we have a couple shifts in a row that aren't so good, but she is able to hold it down so we can bounce back."

With two first-years playing outstanding in between the pipes, coach Sunohara will have tough choices to make for the next few seasons.

"Katey and Hailey are doing a good job and being very supportive," said Sunohara. "Hopefully if and when they have the chance to play, they will go in and do a great job as well, but we are pretty happy with Valencia."

BITING BACK

The Hamilton Bulldogs continue to battle through adversity as they establish themselves in the OHL

By JAMIE MOUNTAIN
Sports Observer

When you're a franchise trying to establish major junior hockey in a long-time AHL city, injuries are the last thing you need.

Worst-case scenario became a reality for the Hamilton Bulldogs in an Oct. 4 game versus the Sault Ste. Marie Greyhounds.

Just two shifts into his first game as captain, Justin Lemcke was carried off the ice on a stretcher with a broken right fibula.

"Any time it's your captain out there just five minutes into his captaincy, you almost think it's a curse," Bulldogs forward Stephen Harper, pictured above (no relation to the former Prime Minister), said about the injury after the game. "It's unfortunate. It didn't look good, he knew it was broken, we all did and you feel for a guy like that."

The FirstOntario Centre crowd was left holding its collective breath one more time as Bulldogs forward Matt Luff was concussed after a blindside hit to the head from Greyhounds forward Keigan Goetz.

Being forced to push on without its captain and a key forward, Hamilton was in need of somebody to step up.

Harper did just that by burying the overtime winner that gave the team to a 3-2 win over the Soo. That goal was just a precursor of things to come, as the Burlington, Ont., native went on to record a point in each of the Bulldogs' first 11 games and currently leads the team in scoring with eight goals and nine assists.

"I want to perform my best obviously with being a local guy," Harper said. "But at the same time, if we win the game, that's the most important thing. It's nice to contribute but at the end of the day the win is the most important thing."

With the absence of Lemcke and a mostly inexperienced blue-line, head coach and GM George Burnett, who has coached at the AHL and NHL levels, knew the team needed a veteran player.

Little did he know at the time that 18-year-old defenceman Ben Gleason would become another saving grace for his squad.

Acquired from the London Knights on Oct. 7, he has filled in admirably in Lemcke's absence.

Through 13 games with the Bulldogs he has recorded four goals and

five assists while eating up minutes on the blue line.

"Ben's a very skilled player, very heavy player and I think he's getting an opportunity to play bigger minutes that he was accustomed to playing," Burnett said. "I'm sure he's learning how to deal with that, whether it's fitness, nutrition, just choices especially when you're tired. He's had some 27-28 minute games."

He may be playing a big role for the team right now, but Gleason admits his transition to the team wasn't an easy one.

"It was a tough couple of days, I got traded right away," Gleason, who is the cousin of Washington Capitals defenceman Tim Gleason, said. "The guys here are tremendous and helped me through everything. First game that I was here it was tough, but we battled through and we work hard every day."

Gleason only played two games for the Knights this season before he was dealt to Hamilton, so the trade was undoubtedly a shock to him.

But the Bulldogs welcomed him with open arms, especially a few of the team's leaders.

"Chucky [Charlie Graham] and Harps [Stephen Harper], they've helped me through a lot. Niki Petti has helped too, even when he was injured at the start," Gleason said. "These guys have been great even though we've had some tough games."

The leadership of Burnett coupled by the play of Harper and Gleason has led the Bulldogs to a 6-8-0 record thus far, but they'll need to play a full 60 minutes each game if they want to improve on that record.

In a game against the Barrie Colts on Oct. 31, Hamilton almost coughed up a 5-2 third period lead but were bailed out by the heroics of Charlie Graham in net, en route to a 6-5 win.

Coach Burnett wasn't happy about the effort after the game and had a fair assessment of what is needed from his squad moving forward.

"I wasn't very happy with things in the third period, the game's 5-2 and I think we struggled to buy into putting the puck into the right place," Burnett said. "If we're worried about points and individual accomplishments, there's nobody in our group that's probably going to make it in the National Hockey League because of the number of points they're scoring."

"You have to learn how to play the game the right way first."

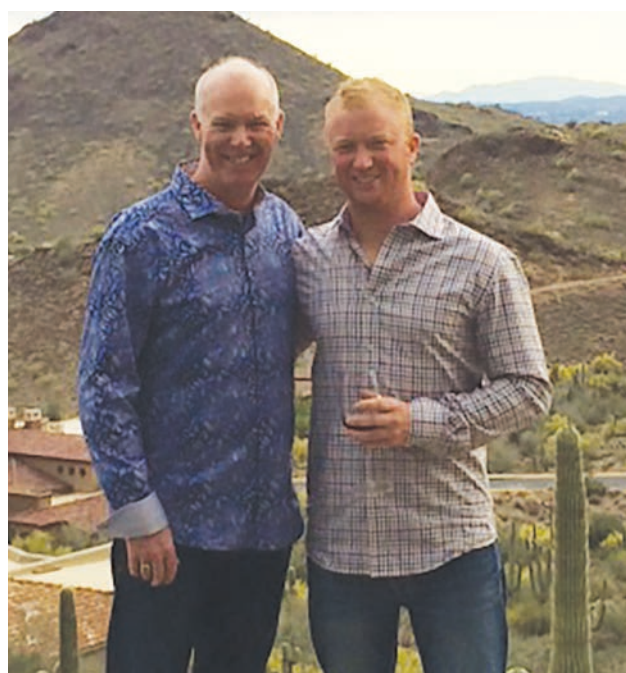
HOWARDS IN THE HOUSE

Two generations of Howards are sharing the same rink for the 2015-16 season



Photos courtesy of Glenn Howard

"I knew as my career went on, and my son started to come up and into the ranks, I thought it would be awesome to be able to play with him," Glenn Howard, far left, said. "All of a sudden this past year, he probably had the best year of his young career and then his team blew up."



By **CONNOR DORION**
Sports Observer

When Scott Howard steps on the ice with his new team, he doesn't call his skip by his name, he calls him dad.

Glenn Howard has a brand new look to his team this season, bringing back three-time world champion Wayne Middaugh out of retirement to play vice, moving Richard Hart from vice to second, and replacing Craig Savill with Scott on the front-end.

The veteran curler shared that the transition from father to teammate has been a smooth one through the first few events of the young season.

"I just treat him like a teammate and I try not to do the fatherly thing, and he treats me like a teammate," the four-time world champion said. "He's my son still and I'm his dad, but on the same token we're teammates and that's how I want it to be."

Playing with his boy has been a goal of Glenn's since he knew that Scott was going to make it his career.

Now that the time has finally come for the two to play together, it is exactly how Glenn imagined it.

"It's a cliché, but it really is a dream come true for me," Glenn said. "I'm at the twilight of my career, and the fact that I am going to be able to play with my son for the last two or three years of my career is just going to be a dream come true."

Like father, like son, as Scott

has the same feelings as his dad through the first two Grand Slam of Curling events.

"It's a dream come true for sure," Scott said over the phone. "To curl with arguably three of the best curlers in the world, it's pretty cool."

"The first couple events, and the first couple of shots, were a little different for me. It's definitely been a big change."

This is the fourth in a row that the 25-year-old will be playing with a new team.

Scott had been making a respectable career for himself during that time, competing in two Briers and one world championship, where he won gold as the spare for Team Howard.

"I knew as my career went on, and my son started to come up and into the ranks, I thought that it would be awesome to be able to play with him," Glenn said. "All of a sudden this past year, he probably had the best year of his young career and then his team blew up and all went their own way."

"That's when I realized that this is the time to jump ship, so to speak, with my team and form a new team with him on it."

Even though this is their first season as a team, Glenn explained that Middaugh and Hart are definitely not strangers to his family.

"They're virtually like second fathers to Scott," he said. "They were around when he was born, they watched him grow up, Scott has been a fifth man for the team when Rich played, been a fifth man when

Wayne played, right to the world championships, so they know him really well."

Playing with his father is something that Scott has wanted to accomplish his entire life, but now that the moment has finally happened, he can feel the weight being put on his shoulders.

"There is extra pressure in curling with my dad," he said. "There is a lot of pressure in being Glenn Howard's son and curling in the higher ranks, so I just have to put that aside and play my game and hopefully the outcome is what we expect."

This season is the first of three years leading up to the 2018 Olympic Games in PyeongChang, South Korea, where Team Howard hopes to participate.

Glenn has never competed in the Olympics through his

illustrious career, and being 53-years-old, he knows that this will be his last run at making the Games.

Although this will be his last attempt, Glenn shared that he still goes out with the same mentality every time he steps on the ice.

"I can honestly say nothing has really changed, it's still business as usual," the skip said. "If I start thinking of it as my last few years, putting pressure on myself that I have to do well, or get to the (Olympic) trials, that's not really the case."

"The truth of it all is that I just love to curl, I love to compete, and go out and travel all across Canada and around the world and enjoy the game that I love. The fact that I can do it with two of my best friends and my son, it's just incredible."



'THE RIGHT WAY'

The Northern Red Knights continue to have success under head coach Dan Domenico and his inclusive philosophy for the Toronto high school football powerhouse

By MITCH SANDERSON
Sports Observer

On a rainy September afternoon two days before the first game of the season, Northern Red Knights' head football coach Dan Domenico stood under a parking structure with a wet beat reporter and very candidly set his goal for the year.

"We expect to win a championship," Domenico said. "That's what we always shoot for."

Those were pretty strong words considering he had one returning offensive lineman, no returning starting receivers, and a quarterback who was undersized with half an exhibition game under his belt.

But Domenico's confidence doesn't stem from nothing. The veteran coach and Northern Secondary alumnus has had a winning philosophy and a winning program for over two decades. And it builds on a program that won for a generation before that.

"I think we've maintained an excellence in the program and I like to think we've done it the right way," Domenico said, who has had full control of the football program since 1992. "We've always maintained the attitude that we want to put 24 people on the field."

"We know we can probably be a little bit stronger if we put some athletes on the field going both ways, but it's kept our program strong because kids know there are at least 24 spots."

With his team finishing first in the Clarke Pulford division (TDSSAA Tier 1) with a first round bye in the playoffs for the second year in a row, success on the field is something Domenico's teams are accustomed to.

"I remember always having a good team, good coaching," Coulter Woodsmaney, a former Red Knight offensive lineman and future Guelph Griffon, said. "Always had a great environment as a team. Always a positive place to be."

Part of that great environment is Northern's inclusive philosophy to not cut students who come out for football. Students must be enrolled full-time (minimum 6 courses), attend all classes, demonstrate a respectful attitude towards all staff, and maintain passing grades or demonstrate a commitment to improvement to participate in sports, but they will not be cut for performance or athletic ability reasons.

Northern Secondary School principal Ron Felsen is very proud of his school's football program and has found the inclusive philosophy has translated positively on and off the field.

"We will teach you, you will train with

the team, you will become part of the family and part of the group," Felsen said. "I think the teachers and coaches see their roles as not only coaching a team, but also developing young people and developing character."

"I'm grateful that they have that double objective because, yes football season is only a couple of months, but building character, that's for life."

Domenico, a former teacher at Northern, understands that football can teach his players life lessons and strong character as well and knows that higher expectations forces his guys to make choices. He can only hope they're the right ones.

"I respect these kids a lot because of what we're asking from them, it's giving up an awful lot of their time, but if you're not prepared to put the time and effort in then you're not going to be successful," Domenico said. "We hate to hear excuses like 'I couldn't get my schoolwork done because I didn't have enough time'. No, you've got to learn how to time manage."

"If you plan to go forward you're going to have a lot of pressures on your time and you have to start making commitments."

Tom Europe, a former Red Knight and 11-year CFL defensive back, played just one season under legendary coach Clarke Pulford before taking off to a successful football and fitness career. Europe remembers a similar attitude as a grade 13 transfer from North Toronto Collegiate in the late 80's.

"He preached team first, he didn't expect anything but your best, and he challenged us all the time," Europe said, about his former coach. "I definitely have to thank Northern for helping me become a better player and get where I needed to be."

Europe, now an author, public speaker, personal trainer, TV personality, and owner of TOMMYEUROPE.TV in Vancouver, agrees that lessons learnt on the field can help with success after football.

"It can give you confidence and teach you how to push yourself to get better," Europe said. "It's a discipline and even when you continue life after football, you've got to be disciplined."

Northern Secondary, a school of 1,900 students, has produced a bevy of notable athletic alumni over the years including Europe, current Toronto Argonauts defensive end Matt Black, former CFL player and general manager Neil Lumsden, and current Toronto FC defender Ashtone Morgan.

It's also produced scores of players you've never heard of who used the experience to go on to success in life off the field.



CHANGING THE GAME



Photo courtesy of Jeffrey Fulgar

“People often say that motivation doesn’t last. Well, neither does bathing – that’s why we recommend it daily.”
— Zig Ziglar, Motivational Speaker

By **JOSE COLORADO**
Sports Observer

Jesse Asido lives his life by these words almost as if they were scripture. In some way, shape, or form he reiterates the meaning of it to himself every day.

But perhaps it should come as no surprise.

Motivation was what the Scarborough native, pictured top left, fought to regain as his schooling faltered. It’s what he continuously tried to maintain as his parents divorced and it’s what he knew would help him get through his toughest times in the Empringham public housing district.

And sure enough it has slowly been Asido’s uncanny ability to self-motivate that has carried him from his trying childhood into becoming one of Toronto’s most unlikely budding young sports entrepreneurs.

“I never let those odds wear against me,” Asido, co-founder of Megacity Basketball, said. “I definitely don’t come from the greatest background but I just felt like I was better than that.”

“I felt like I was destined to do something great with my life and I always had the belief that my life would make a positive impact on others - it just so happens to be with basketball at this moment.”

Growing up in the rugged Malvern area, Asido’s first developed a keenness for the game as an eager youngster watching the Chicago Bulls. Air Jordan was king, but Reggie Miller and Penny Hardaway were also able to capture the young Filipino’s atten-

tion on any given night.

And after thousands of late night hoop sessions and dreaming of the game’s possibilities, Asido wanted in to the basketball business. The only problem was the bank-worker lacked any formal business training or playing experience.

So he invented a way in.

“I’ve always been involved in basketball and to be frank basketball is the only time I enjoy working,” he said. “It’s what I wanted, and still want, to be doing for the rest of my life.”

And so in 2009 – as an upstart entrepreneur in the country’s hotbed of basketball and business – Asido, launched Megacity with the league hanging its hat on providing an unparalleled rec-league experience.

Traditionally in recreational sports leagues customers are driven by four simple desires: 1. Find a place to play. 2. Get some exercise. 3. Escape the day’s stress momentarily. 4. Get it all done in a timely fashion.

Asido envisioned something else.

In Megacity, consumers were provided with game-by-game and season statistics, all-star game selections and festivities, game summaries and heavy social media publicity.

The league was branded as a ‘professional experience’ – in essence a year-long fantasy to escape in, and the difference-maker for consumers said one of its most instrumental advocates, R.J Williams.

“Megacity Basketball set the new standard for recreational leagues in the city,” Williams, who was named commissioner in 2014, said. “Just like Uber is changing up the taxi industry, Megacity completely revamped the basket-

ball scene in Toronto.

“The professional experience we provided for the everyday person was the one thing that separated us from the rest. Before us, no one wanted to go the extra mile.”

Adidas, the Toronto Raptors, SportsChek and the Mill Street Brewery have all jumped on board and partnered with MegaCity in some form since its inception with Canadian basketball personalities, Akil Augustine and Duane Watson, openly endorsing the league.

Approximately 500 players across the GTA now make up five different divisions with players like Chad Bewley, Morgan Lewis, Den-

ny McDonald and Tamar Sutherland (to name a few) having all launched into their respective professional careers from the league’s top division.

“I only realized the full impact of the league when I went overseas and my coach mentioned that when he researched me one of the reasons he liked my game was from the highlights that Megacity put together,” Bewley, a former player who recently signed in Spain, said.

“Megacity is the best league in the city hands down.”

Where the next step for the budding league is remains to be seen.

The program launched a Youth

Basketball Academy last year in Scarborough to help provide a positive outlet for youngsters and it also recently partnered with Toronto-based, Onpoint Basketball, to provide another innovative recreational league experience complete with a draft, general managers and trades.

Wherever the ambitious entrepreneur embarks on next he knows he’ll be enjoying the ride as he pushes forward once more against the odds.

“Yeah, you get bad days, weeks, months and you want to give up – don’t get me wrong,” Asido said. “But this absolutely is worth it for me. I just have to keep motivating

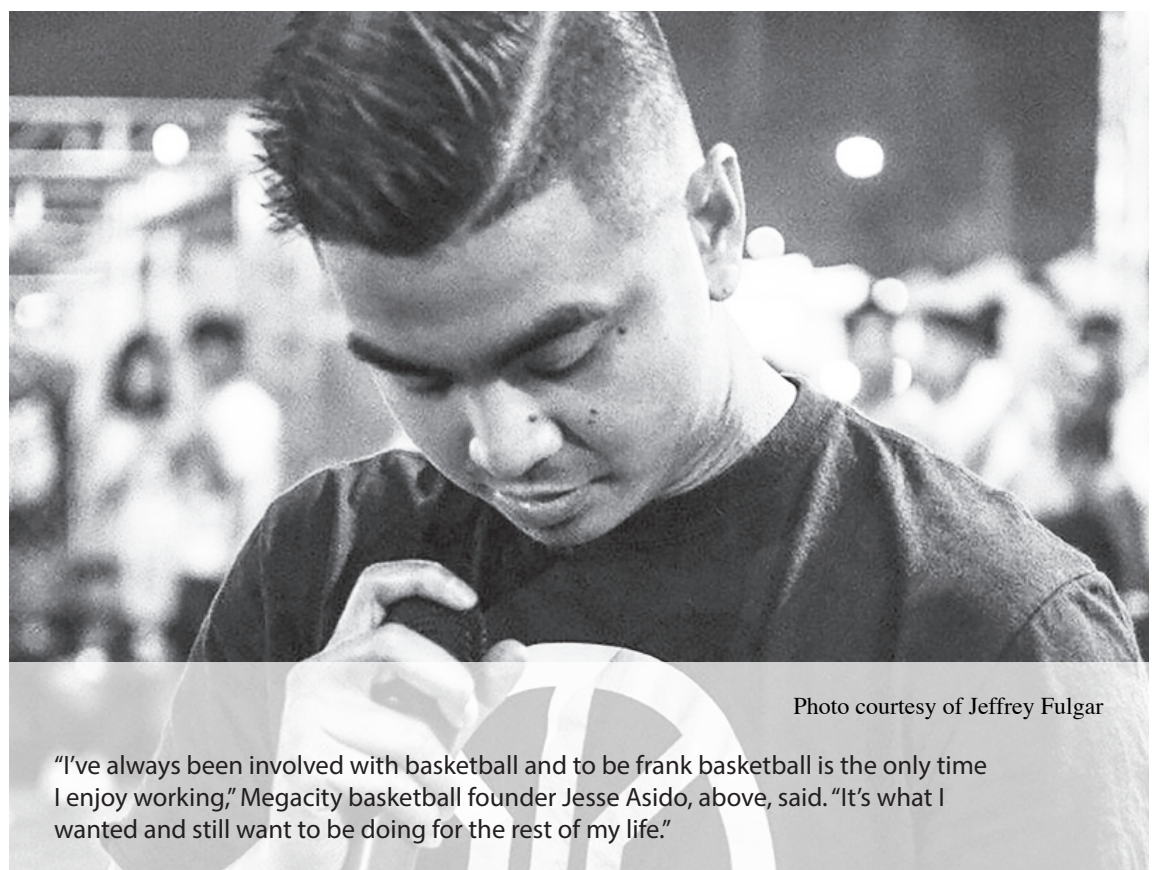


Photo courtesy of Jeffrey Fulgar

“I’ve always been involved with basketball and to be frank basketball is the only time I enjoy working,” Megacity basketball founder Jesse Asido, above, said. “It’s what I wanted and still want to be doing for the rest of my life.”

NOT OUT



Dan Russell // Toronto Observer

DOWN BUT

Sent to the Marlies in October, Richard Panik looks to return to the NHL and provide for his family at the same time

By DAN RUSSELL
Sports Observer

In a recent game against the Grand Rapids Griffins, Richard Panik was placed on a line with Josh Leivo and William Nylander. Leivo, a third round pick in 2011 is a late bloomer who's already had a cup of coffee with the Leafs in each of the last two seasons.

Nylander needs no introduction, as the eighth overall pick in the 2014 draft, and Marlies leader in points.

On their first shift of the game, Nylander sent the puck to Panik, who outmuscled Griffins defenceman Ryan Sproul down the wing, before centering to Nylander, with Leivo causing havoc in front.

It would be the first of four assists on the night for Panik, a breakout performance that caught the eye of his head coach, Sheldon Keefe.

"He just worked incredibly hard, he was on the puck today he made plays," Keefe said after the game. "He came to the rink today with a purpose, he was real good."

It was Oct. 6, when after claiming defenceman Frank Corrado off waivers, the Toronto Maple Leafs had to cut their roster down to 23 players.

They chose to send Richard Panik to the American League, and by putting him on waivers, every team in the NHL had the chance to pick up a player who had 11 goals and 17 points in 76 games last season.

Those aren't superstar numbers, but in limited action last year, the Slovakian forward showed he could play at the highest level. After going unclaimed, he has spent the last month showing what he can do in the AHL with the Toronto Marlies.

"I expect him to be a dominant player in everything that he does," Keefe said on Oct. 16. "Practice, a drill in practice, workout off the ice, shift in the game, he should stand out as a player that doesn't belong here if he wants to get back to the NHL. That's what he's going to need to do, so that's what we expect of him."

The Marlies are expected to be a contender this

year. They boast an array of forward prospects, with Nylander, Leivo, Kasper Kapanen, Nikita Soshnikov, Connor Brown, and Frederik Gauthier all 22 and under.

And there to help the kids is Panik, who at 24-years-old is hardly finished progressing as well.

"I'm the older guy here and I'm trying on the ice you know, to just play hard and motivate these young guys," he said after an afternoon practice.

Panik was part of one of the greatest AHL teams to ever play while on the 2011-2012 Norfolk Admirals, then affiliated with the Tampa Bay Lightning.

That group won 28 games in a row, a pro hockey record, and included current Lightning players Tyler Johnson and Ondrej Palat.

Leading the team with 80 points was Cory Conacher, and in second was former Marlie captain Trevor Smith, who played alongside Panik with the Leafs for much of last season.

"I was around with great leadership in the AHL," Panik said. "I think it's really good for a team, so I'm going to try that too."

One day he could be seen joking on the ice with Kapanen, who had been out with an illness.

"He's played in the show before and then he just leads by example and if there's something that I need to ask it doesn't even need to be like on the ice stuff, just off the ice tips you know, he's there to help us," said Kapanen, a day before making his regular season debut. "It's great to have him on the team."

On Oct. 20, and the Marlies came on to the ice in waves of eight at a time. There were no systems drills, but rather a large focus on skating and puck handling.

With the Marlies as deep as they are in talent, there's not always too many opportunities for Panik to prove himself on a team where developing the youngsters is the primary objective.

For now, the oft-underappreciated Panik waits patiently, hoping to get a chance to prove himself yet again. He's just not sure when that chance will arrive.

"I don't know the situation, hopefully soon," he said. "I will have to earn a spot there, (it) starts from here."

HYMAN TAKES PASSION OFF ICE

By STEVE GORDON
Sports Observer

Zach Hyman wants to be known as more than just a hockey player.

The Toronto Maple Leafs' prospect has a history degree from the University of Michigan and is the author of two children's books, *The Bambino and Me*, and *Hockey Hero*.

"I really enjoy it, so it's not really a job for me," the 23-year-old said. "It's more of a passion of mine and I'm going to continue to write."

"It kind of all came together spontaneously. In grade seven I wrote a short story that was a premise to *Hockey Hero* and it won a short story competition. So I kept working on that, worked on it throughout all of high school and then sent the script to different publishing companies and Random House really liked it."

Hyman has signed on with Random House for another two books set to be released in 2016 and 2017. *Magician's Secret* will be the next to be published and is about the adventures of a grandfather and his grandson.

The Toronto native tries to send a positive message to kids and hopes that his stories encourage them to follow their dreams.

"So all the books follow the theme of believing in yourself," Hyman said. "They're for children and they're meant to inspire kids and when I go and speak to kids and stuff that's one of the main points that I want them to take away from my book, if you believe in yourself and you give 100 per cent you can make your dreams come true. That's something that I always write about and I guess why I've written the books."

Hyman, drafted 123rd overall by the Florida Panthers in 2010, played four years with the University of Michigan Wolverines before making the jump to a pro career.

While hockey remains the primary focus of the young prospect, however, he believes it is important to have other interests, such as his passion for writing.

"I don't want to be just a hockey [player]," said Hyman. "You can't just put all your eggs in one basket, so I think doing a lot of different things is definitely helpful, but right now I'm focused on hockey and that's definitely number one."



George Redak /// Sports Observer

Technical Skating Specialist Tracy Tutton gives instructions to Oshawa Generals players during practice. Tutton is just one of the many members of the Generals' staff working to recapture the championship form of last season's squad.

PRICE OF WINNING

The Oshawa Generals have gone through a bit of a makeover since winning the franchise's fifth Memorial Cup and are now struggling to rediscover their winning ways

By **GEORGE REDAK**
Sports Observer

Reaching the pinnacle of junior hockey defines what a successful season truly means.

Last year, it was the Oshawa Generals who lifted the Memorial Cup for the fifth time in the storied franchise's history.

As always it came at a price.

Of the top 10 scorers for the Generals last season, only two returned. The roster turnover is even more staggering with 20 players leaving the team after last year's run, including the former captain and the starting goaltender.

"As much as winning the Memorial Cup was amazing, it's only a fond memory now and it has to be put in the back pocket," Michael Dal Colle, the new captain of the Generals, said. "It's a different year, and now I have to lead a young team here and show them how it's done."

The 2014-2015 Oshawa Generals were not only stacked with veteran talent, they were also led by a coach whose success at the junior level was rewarded with a job in the NHL.

After lifting the Memorial Cup in Quebec City, D.J. Smith was hired as an assistant coach with the Toronto Maple Leafs.

Enter new head coach Bob Jones.

In his first season with the Generals, Jones, whose club is 8-7-2-0, understands the challenges facing the defending Memorial Cup Champions. After all he was with the Windsor Spitfires when they won back-to-back championships in 2009 and 2010.

Jones' newly named captain has been struggling offensively this season after leading the team in points last year. It may not be a hangover, but the Memorial Cup clearly had an impact on the returning 19-year-old.

"I would be lying to you if I said I'm not concerned about his offensive numbers," Jones said about his struggling captain. "I think we have a couple of guys in that room that we rely on for offence and he is one of the guys. He has to pick his game up and show these young guys the way."

"I think winning the Memorial Cup, not having a long enough summer to train, it sets guys like that back."

But that is not always the case. This past January, general manager Roger Hunt decided to beef up his offence, acquiring Matt Mistele from the Plymouth Whalers in exchange for centre Ryan Moore and five draft picks.

The 20-year-old was stellar during Oshawa's playoff run, scoring 13

goals. He continues to shine on the offensive end, sitting second in team scoring with 16 points in 15 games.

"You usually need to use a number of draft picks in order to make some trades to strengthen your team to win," Hunt said about the decision to go for it.

"With this comes challenges of having a considerably younger team in the next year and the players that return may need to be moved in order to get some of your draft picks back."

The skill and talent may be there this year, but unlike last season, that veteran presence is not. Looking towards the future, Hunt recently traded assistant captain Stephen Desrocher to the Kingston Frontenacs in exchange for five draft picks.

"We have a lot of new faces here, and I want to make sure these guys are prepared and working hard," the coach said. "They have given that to me so far and if we play like that and work hard we will win a lot more games than we will lose."

So far this season the Generals have found it difficult to win games. The lack of scoring and defensive lapses have surfaced on more than one occasion, but thanks to their goaltender Jeremy Brodeur, a winning record may still be possible.

The 19-year-old goaltender leads the league with four shutouts this season and has an impressive 2.23 goals against average through 13 games.

"I really like the level of compete of our younger guys," Jones said about his young roster. "I think our blue line is sometimes exposed and making big mistakes on the defensive end. But it's a learning experience for the younger players."

There was no better evidence of the mistakes that emerge because of inexperience than a 5-1 loss to the North Bay Battalion on Oct. 15.

Entering the third period with a 1-0 lead, the Generals defence conceded five goals in the frame.

The next night the team returned to General Motors Centre, hosting the Erie Otters in a rematch of last year's OHL final. They lost 7-4 after allowing four goals in the second period.

"There is challenges for any team to play a full 60 minutes," Jones said. "When you play some of the best young players in Canada, it becomes a game of adjustments."

