

HUMBER HAPPENINGS

A COMMUNITY PUBLICATION BY THE HUMBER BAY SHORES CONDOMINIUM ASSOCIATION

SPRING 2024

HBSCA ANNUAL GOLF TOURNAMENT

Thursday, September 12
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Humber Bay Shores FARMER'S MARKET

Every Saturday 9am-2pm
June-October

Humber Bay Shores 27th Annual Waterfront Clean-up

Saturday, April 20, 2024
9am-12pm

Each year, our residents come together to help clean our beautiful parks and shorelines.

Participants meet at 8:45am in front of Eden Trattoria to pick-up gloves and bags.

For more information, please visit our website at hbzca.ca



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HUMBER HAPPENINGS

A Community Publication by the Humber Bay Shores Condominium Association

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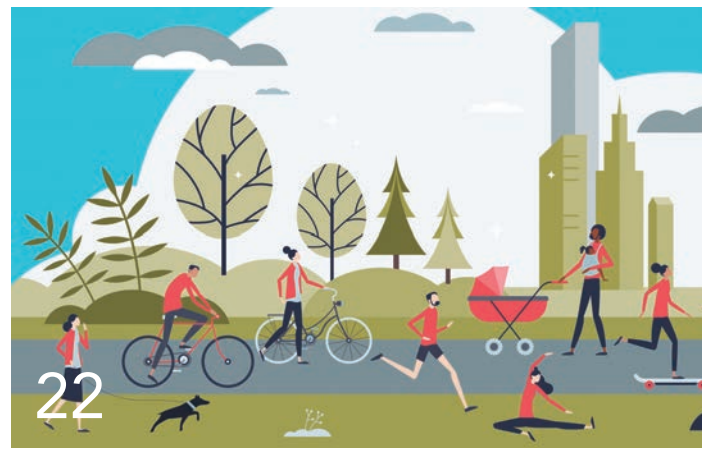
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COMMUNITY MATTERS

BY JIM REEKIE, HBSCA PRESIDENT



The Humber Bay Shores Condo Association (HBSCA) continues to be very busy with several projects and initiatives outlined in the previous issues of Humber Happenings. Some of these started in 2023 and continue into this year along with more starting in 2024.

Our annual cleanup will take place on Saturday, April 20th. I'm sure there will be lots of garbage left over from the winter. We can always use more help in this event, "it's your community come out and help keep it clean."

We continue to run the HBSCA Annual Farmer's Market. The Farmer's Market is a community favorite! Thank you to all our visitors for coming out and supporting our local vendors and we look forward to seeing you again this season.

Our HBSCA Waterfront Festival will be returning this year, celebrating its 14th season! Mark your calendars for Saturday, August 10th and come out and have some fun!

Our Annual Golf Tournament will be held in September 12th this year. We had a great turnout last year which included many new participants. We look forward to hosting this event again.

Below you will see an updated list of the current and ongoing project and initiatives that the HBSCA continues to work hard to complete. Throughout the year, with all that going on in our community, there is always a need for volunteers. If you would like to help us out, please contact us at the HBSCA office.

PROJECTS & INITIATIVES UPDATE

The HBSCA engages with a range of stakeholders on projects and initiatives that affect our community. We provide input which we believe represents what is in the best interest of our Humber Bay Shores Community.

PROJECTS:

- Jade Park facing Marine Parade Drive to be completed soon.
- The Humber Bay Park East project is ongoing until late 2024 or the spring of 2025.

INITIATIVES:

- Annual Farmers' Market 2024: obtaining permits, contacting farmers and vendors, set-up, and safety protocols for all our vendors.
- Annual Waterfront Festival: obtaining permits, contacting vendors, moving the farmers market, booking entertainers just to name a few.
- Publishing the Humber Happenings magazine, getting articles and advertisers to support our magazine.
- Presentations to new condominium Boards in the community inviting them to join HBSCA.
- Ongoing engagement with the Master Traffic Plan consultants regarding Park Lawn and Lake Shore Blvd.

We will continue working with our MP James Maloney, MPP Christine Hogarth, Councillor Amber Morley and Toronto Police regarding concerns expressed by residents in our community.

We recognize that each condominium in our HBS community can be affected differently by projects and initiatives. It is important that HBSCA membership is representative of our entire community. Membership strengthens the position of individual condominiums in formulating HBSCA views on projects and formulating community initiatives. Planned changes to the Humber Bay Shores community will spread existing densities over a larger area compounding existing concerns. These include, but are not restricted to:

- The proposed 13-storey boutique hotel at Lake Shore and Silver Moon Marlin Spring will be building a 56-storey condominium on the Esso property on the SE corner of Lake Shore and Park Lawn.

Future development effects a range of shared concerns of our HBS community:

- Traffic congestion.
- 25 more years of continuous construction impacts.

- Electricity grid impacts.
- Potable water supply issues.
- Sewage treatment capacity.
- Stormwater management.

TORONTO NOISE COALITION MEMBERS

The Toronto Noise Coalition (TNC) thanks you for your support over the years to develop a new 2019 Noise Bylaw and then to undertake its Review, which was delayed by Covid until 2023 and recently completed.

As you may recall, the TNC was established to help provide a voice for residents during this process. We met regularly with the city and noise makers to provide advice on the development of the new Bylaw. The TNC mandate in developing the new Noise Bylaw and in participating in its Review is now completed. But more must be done.

Therefore, the TNC is merging with No More Noise Toronto to continue the fight. Excessive noise remains a critical health issue and the Noise Bylaw must be further strengthened. As our city grows and changes, new issues arise that must be addressed. More must be done about noisy motorcycles and nighttime garbage collection, making regulations stronger and enforcement strengthened among other things.

No More Noise Toronto (NMNT) is a new organization. A couple of years ago, Ingrid Buday, its founder, started to collect sound level data with meters and noise reports through her crowdsourced “Not 311” Noise Report. This unique approach has attracted attention and a following which has brought about the formation of NMNT.

No More Noise Toronto has now developed into a group of over 1,000 individual members and is supported by organizations like the Federations of North and South Toronto Residents Associations. NMNT advocates for reducing noise across the city, whether from motor vehicles, amplified sound, 24/7 garbage truck collection and more. They collaborate with the University of Toronto and Toronto Metropolitan University (formerly Ryerson), have a social media presence and are actively engaged with city decision makers. The newsletter, Noise News, keeps people informed and engaged.

With our merger, TNC is sharing your email addresses with NMNT and you will be receiving their newsletter. The first one should arrive shortly. We encourage you to have a read through it and see how you can continue to help reduce noise in Toronto.

Continue to support making Toronto a quieter and better City to live, work and play.

TWO WAY STOP AT SILVER MOON AND MARINE PARADE DRIVE (MPD)

We have asked the Traffic and Transportation Department to install a two-way stop at MPD and Silver Moon. We were told it would take nine months, therefore we have asked Councillor Morley to support us to get this done faster. It’s a safety issue crossing at this intersection.

GARDINER EXPRESSWAY BEING REDUCED TO TWO LANES

The planned work represents phase two of the six-phase rehabilitation project, which was approved by Toronto City Council between 2014 and 2016.

According to a website for the project we pulled this information:

- “Starting as soon as late March 2024, depending on the weather, the Gardiner Expressway will be reduced to two lanes in each direction between Dufferin Street and Strachan Avenue.”
- This is going to affect traffic in Humber Bay Shores, going east and west bound.
- “The effects of age, heavy daily usage, weather and salt have made it necessary to undertake a major multi-year rehabilitation of the Expressway to keep it operational for the future.”
- “Because the Gardiner runs across several areas of the city, including established neighbourhoods, two river mouths and the city’s downtown core, a Strategic Rehabilitation Plan was created by the city to deal with this large, complex and important project.”

We will continue to bring the community updated information on this project. 

Have A Great Spring!



MARK YOUR 2024 CALENDAR WITH YOUR FAVOURITE HBSCA EVENTS



ANNUAL SPRING CLEAN UP APRIL 20TH



FARMERS MARKET JUNE 1ST TO OCTOBER 12TH



WATERFRONT FESTIVAL AUGUST 10TH



ANNUAL GOLF TOURNAMENT

HUMBER HAPPENINGS

SPRING 2024

VOLUME 28, ISSUE 1

ABOUT HBSCA: The Humber Bay Shores Condominium Association (HBSCA) was established and incorporated in 1997. HBSCA is a volunteer-based, not-for-profit corporation representing the interests of condominium corporations and their residents in the Humber Bay Shores community.

WHAT WE DO: We supply representation of the community to all levels of government for the enactment, amendment, or repeal of legislation dealing with, but not limited to, all aspects of condominium ownership, real estate development, and usage of real property in the area. In addition to the above we conduct research and provide awareness and education to our community on issues related to ownership, development, management, financing, and promotion of real estate property in the area.

MISSION STATEMENT: Provide strong leadership for the development, preservation and beautification of the vibrant, valued, sustainable condominium community in which we live, work, and play.

BOARD OF DIRECTORS

PRESIDENT: Jim Reekie, *Palace Place*

VICE-PRESIDENT: John Browne, *Palace Pier*

TREASURER: Michelle Lian, *Eau Du Soleil*

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Sunny Kim, *Grand Harbour A @ B* | Jean-Christophe Lamy, *Explorer*

Sharon Jazaar, *Newport Beach* | Ian Campbell, *Bal Harbour*

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CONTACT INFORMATION: email: hbsca@rogers.com

WEBSITE: www.hbsca.ca

Have ideas to share, feedback or wish to volunteer?

Reach us at hbsca@rogers.com or 416-792-4964



Waterfront Festival

CALL FOR ARTISANS!

Saturday August 10th, 2024
10am -7pm

This year's Waterfront Festival will be a great opportunity for you to showcase your products & services to the community!

Investment is only \$452, taxes included!
This fee includes a tent, table, and 2 chairs.

If you are interested in being part of our shared community [Artisans Tent](#), contact [Jim Reekie](mailto:Jim.Reekie@hbsca.com) at hbsca@rogers.com.

ARTISANS
MARKET



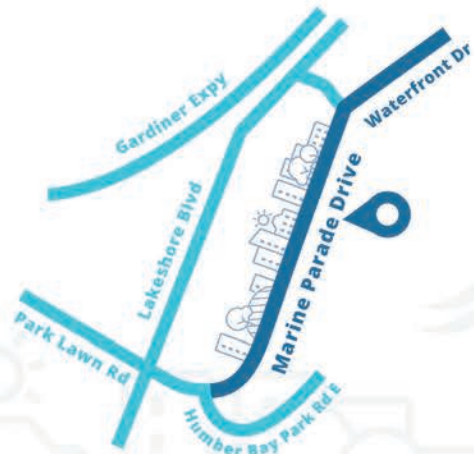
FARMERS
MARKET



KIDS ZONE



LIVE MUSIC





HBSCA FARMERS' MARKET IT'S THAT TIME OF YEAR AGAIN!

BY ZACHARIE WEINGARTEN

We are thrilled to announce our upcoming 12th season of the Humber Bay Shores Farmers' Market, set to kick off on June 1st and run each Saturday until October in the beautiful Humber Bay Park West. This season promises to be another great one, filled with fresh produce, delicious treats and a vibrant community atmosphere that truly sets us apart.

Our market has been a cornerstone of Humber Bay Shores for over a decade, offering a diverse array of goods from over 40 vendors. From juicy fruits to artisanal baked goods, locally sourced meats to freshly picked veggies, there's something to delight every palate. And let's not forget the delightful selection of wines, beers and pastries that add an extra touch of indulgence to our market

experience.

Amidst the backdrop of soaring food prices and growing discontent with large supermarket chains, it is important to recognize the impact our market has on the local economy. According to Farmers' Markets Ontario, for every dollar spent at a market, another two dollars ripple through the local economy. In Ontario alone, sales at farmers' markets total almost \$600 million, leading to an economic impact of an astounding \$1.8 billion. Our market plays a vital role in supporting local farmers and artisans, helping to sustain their livelihoods and keep money circulating within our community. Farmers' markets are also good for other businesses, with up to 70% of marketgoers visiting neighboring establishments on their way to and from

the market. This symbiotic relationship helps to create a thriving local ecosystem, where businesses support one another and contribute to the overall vitality of our neighborhood.

If you haven't yet experienced the charm of our market, I urge you to join over 2,000 of your neighbors who revel in the market experiences every summer weekend. Whether you're a longtime resident or a first-time visitor, there's always something new to discover and enjoy. Together, let's celebrate community, fresh produce and the vibrant spirit of Humber Bay Shores. See you at the market! ^{HB}

Zacharie Weingarten has been an organizer with the farmers' market for seven years. You can reach him at zweingarten@gmail.com



HUMBER BAY SHORES FARMERS' MARKET

12TH SEASON BEGINS JUNE 1

Every Saturday 9am-2pm
in Humber Bay Park West
June-October

TORONTO STAR
READERS' CHOICE
GOLD WINNER 2022
BEST FARMERS'
MARKET

A MESSAGE FROM THE HBSCA

BUILDING A BETTER COMMUNITY

IS OUR COMMUNITY CENTRE AROUND THE CORNER?



In Humber Bay Shores back when we were called the Motel Strip, the idea that getting the existing community together for a Waterfront Clean-Up planted a seed that led to the formation of the Humber Bay Shores Condominium Association.

Humber Bay Shores was and is very fortunate to have people who have the foresight to see that a community consisting of condominiums could bring people together to enjoy events and activities. The annual events that were established such as the Farmer's Market, the Street Festival and the Golf Tournament continue to foster community involvement. They are some of the features that define our community. Membership in the HBSCA assists in promoting these events but in addition, provides feedback from the community based on the wants, needs and interests of our community.

The HBSCA would like to diversify its opportunities for our community as the

member representatives continue to work towards the goal of providing opportunities to meet people who share common interests and promote community involvement. Having a Community Center in the future certainly is the goal, especially with the population that we have now and will have in the future. Studies have shown that having an accessible Community Center in your neighbourhood that offers social activities such as arts and craft activities, befriending activities, well-being primary programs, lectures and life-enriching programs provides a space to promote healthy lifestyles. A Community Center not only serves as a common meeting ground but is a physical symbol of community belonging.

The community is fortunate to have talented individuals who if given an opportunity to share their knowledge, would readily do so as demonstrated in past events and requests for feedback from the HBSCA.

If you have a background in a specific genre and interest in volunteering to instruct or would be interested in learning/attending a particular seminar, please let us know by contacting the HBSCA at hbsca@rogers.com.

Here are some topics proposed for seminars:

- Any art activity such as painting, music, choral singing, ceramic art
- Embroidery, knitting, crocheting, sewing and any other forms of needlework
- Bird watching, wildlife research, hiking, biking, gardening
- Historic interest in Humber Bay Shores including the Indigenous presence in the community
- Healthy lifestyles
- Organized field trips

Please note that this initiative is still in the early stages and some details such as location is still in the works. We will keep the community informed as details become confirmed. #H

HBSCA ANNUAL GOLF TOURNAMENT

GeorgeTown Golf Club

11742 Tenth Line, Georgetown, Ontario

THURSDAY SEPTEMBER 12, 2024

\$199 INCLUDES:

Golf, Power Cart, Range and Practice Area. Coffee and muffins. Hole in one Contest.

Singles and Foursomes are welcome — **BOOK EARLY!**

Sponsor a hole for \$300 or donate a prize in support of the Humber Bay Shores Condominium Association.

Free shuttle bus available for sixty people, pick up in Humber Bay Shores.



**FOR INFORMATION AND
REGISTRATION, PLEASE CONTACT:**

**JIM REEKIE - 416-357-3899 | hbsca@rogers.com
DARREN CLARK - darrentclark@me.com**

SCHEDULE

8:00am **Registration**

9:00am Tee Off

2:00pm BBQ Lunch



**HUMBER BAY SHORES
CONDOMINIUM ASSOCIATION**

GEORGETOWN
Golf Club | Est. 1958



A MESSAGE FROM THE HBSCA SAFETY REFORM IN CONDOMINIUM COMMUNITIES

The condominium concept has evolved over many centuries starting with the ancient Babylonians and then the ancient Romans who apparently built up to ten storeys of shared quarters. The word condominium is derived from the Latin terms cum and dominium meaning together and right of ownership which appropriately described what has evolved in today's world.

The first condominium projects in Ontario were built in the late sixties. Today we have approximately 1.7 million people living in condos in Ontario, with approximately 12,000 condo corporations. The Condo Act was passed in Ontario in 1967. Amendments and modifications have been made over time reflecting the identified needs that have evolved regarding building healthy and sustainable condominium communities.


Changes to the Condominium Act in Ontario occur when required. This includes safety reform in condominium communities governing the shared experience

of residents living in condominiums. Those who are involved in the condominium industry and other stakeholders, such as security and management companies, should always review the Condo Act offering suggestions gleaned from the experiences and challenges that came before us. The Humber Bay Shores Condominium Association is interested in also offering input from our members to assist in any future discussions that may take place regarding safety reform. Here are some suggestions that could be considered, for example:

- The shortage of trained property managers and security personnel in the province.
- An increase in training standards for management and security personnel.
- Increased training standards for security guards regarding emergency preparedness protocols while waiting for emergency responders.
- More resources to assist condo corporations regarding mediation resources.
- Budgeting for consultation by condo corporations for proper guidance from professional mediation services if required.
- Professional security reviews potentially budgeted in the Reserve Fund.

Owners of a condominium should always familiarize themselves with the Condominium Act and Rules and Regulations within their building, as well as changes that are implemented. Living in a shared residential property requires that we be aware of the meaning of terms like common elements and potential violations of rules and regulations.

Living in Humber Bay Shores is truly a beautiful experience. We are very fortunate to call HBS home. We all have the same goal, which is to be happy, healthy and safe. Our community works hard to achieve this.

Any suggested amendments or modifications can be made at hbsca@rogers.com or by speaking to your Humber Bay Shores Condominium Association representative. 

NOT ALL REALTORS ARE THE SAME



“

We've now worked with Selena 4+ times over the years and can say that each has been such a pleasure and positive experience. Selena is professional, knowledgeable about the market and is so good at what she does, but is also warm, compassionate and personable. During our recent home sale, Selena went above and beyond in terms of listing materials and videography, spent time really getting to know our neighbourhood, and ran a successful open house that had an insane amount of traffic. Her level of thoughtfulness both on a professional and personal level is unparalleled, from the beginning of the buying/selling journey right until the very end. We will absolutely work with Selena for years to come and cannot recommend her enough.

LAUREN N

”

Scan here for more Testimonials



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MARLIN SPRING

Building for You

Marlin Spring is a fully integrated real estate company that strategically acquires, develops, constructs and repositions Real Estate throughout North America with a mission to deliver exceptional value to all its stakeholders with an uncompromising adherence to its core values.

The award-winning company brings a fresh, innovative and vibrant energy to

the rapidly changing world of residential real estate. With a team of over 100 Real Estate Professionals, they produce truly inspiring, forward-thinking and imaginative communities

Marlin Spring has a diversified development portfolio of low, mid, high-rise and mixed-use projects in prime locations throughout the GTA. From

boutique condominiums to townhome developments in various locations across the city, Marlin Spring builds homes for people at every stage of life. Their current portfolio includes sought after communities located in Danforth Village/Upper Beaches, The Beach, Stockyards, The Junction, Humber Bay Shores, Vaughan, Oshawa, and Richmond Hill.

MARLINSRING.COM

PARLIAMENT HILL HIGHLIGHTS



FROM THE DESK OF JAMES MALONEY, MP



February was a busy time in Ottawa. Here are some of the highlights.



PHARMACARE

We tabled Bill C-64 — an historic framework towards the first phase of national universal pharmacare in Canada. It lays out our plan for universal, single-payer coverage for a range of contraception and diabetes medications. It will result in 3.7 million Canadians living with diabetes having access to the medication and resources they need.

ONLINE HARMS ACT

We also tabled the Online Harms Act, legislation that culminates years of expert and stakeholder consultation and fulfils a campaign promise from 2021. It proposes to hold social media and user-generated content platforms accountable to follow safety standards. It will greatly improve the ability of chil-

dren, and all Canadians, to safely explore and express themselves online and hold social media sites more accountable for the content they host.

What's in the bill?

- Platforms must fulfil three core duties: 1) Act responsibly; 2) Protect children; and 3) Remove content that sexually victimizes a child or revictimizes a survivor and intimate content shared without consent, including deepfakes.
- These duties apply to seven types of harms:
 - 1) Content that sexually victimizes a child or revictimizes a survivor;
 - 2) Intimate content communicated without consent, (so called “revenge porn”), including deepfakes;
 - 3) Content that incites violent extremism or terrorism;
 - 4) Content that incites violence;
 - 5) Content that incites hatred;
 - 6) Content that induces a child to harm themselves; and
 - 7) Content used to bully a child.
- Establishment of a Digital Safety Commission of Canada to enforce the rules and a Digital Safety Ombudsperson to support users and victims.
- Online content perpetrating harms 1 and 2 (Content that sexually victimizes a child or revictimizes a survivor and

intimate content communicated without consent) are required to be taken down from platforms upon being flagged by users or following a complaint to the Digital Safety Commission within 24 hours.

- For content perpetrating all other types of harms, users will have the ability to flag content related to these harms and to block other users. Platforms will need to develop their own policies to fulfil their duties in relation to these harms, which *could* include takedown. There is no legally required takedown.
- The bill does not apply to private communications. When consulted on this legislation, we heard from Canadians and experts that the government should not require platforms to monitor all private messages. If platforms want to introduce special age-appropriate messaging features to keep children safe, we commend them.



FIGHTING CRIME — AUTO THEFT

Auto theft is having a significant impact on the lives of many in our local community. On February 8th, we convened a National Summit on Combatting Auto Theft in Ottawa that brought together leaders from all areas that have a role to play in disrupting auto theft, to discuss solutions and ensure a coordinated response to this pressing issue.

The federal government recently announced a federal investment of \$15 million to support law enforcement

agencies' work to combat auto theft. \$9.1 million will be extended to provincial, territorial and municipal police forces through the Contribution Program to Combat Serious and Organized Crime (CPCSOC) to increase their capacity to take custody of detained stolen vehicles from the Canada Border Services Agency (CBSA).

In addition, to enhance information sharing and investigative tactics to identify and retrieve stolen vehicles and parts around the world, INTERPOL's joint transnational vehicle crime project will receive \$3.5 million.

The federal government will also continue to engage its domestic and international partners to ensure a coordinated response to this issue, supported through an investment of \$2.4 million.

This announcement is building on other recent actions. We are:

- Increasing the capacity of the Canada Border Services Agency by investing \$28 million, to detect and search shipping containers for stolen vehicles, as well as enhancing collaboration on intelligence sharing with partners across Canada and internationally to help identify those involved within the supply chain and arrest those who are perpetuating these crimes. This includes exploring detection technology solutions and the use of advanced analytical tools, such as artificial intelligence.
- Pursuing all avenues to ban devices used to steal vehicles by copying the wireless signals for remote keyless entry, such as the Flipper Zero, which would allow for the removal of those devices from the Canadian marketplace through collaboration with law enforcement agencies.
- Modernizing the Canadian Motor Vehicle Safety Standards to ensure they consider technological advance-


ments to deter and prevent auto theft.

- Examining potential amendments to the *Criminal Code* to further strengthen the legal framework related to auto theft, including by reviewing existing offences and penalties.
- Investing \$121 million to help prevent gun and gang violence in Ontario, including organized crime and auto theft, through the Initiative to Take Action Against Gun and Gang Violence (ITAAGGV).

In short, we are throwing our weight behind solving this issue.



POLISH HERITAGE MONTH

Last but not least, it was an honour to second my colleague MP Peter Fonseca's motion to designate May 3 of every year as Polish Constitution Day, and the month of May, every year, as Polish Heritage Month. I was delighted that the motion passed in the House of Commons on February 7th and I look forward to this May and the first Polish Heritage Month. 

James Maloney is the Member of Parliament for Etobicoke-Lakeshore and has been a resident in the constituency for over 42 years. Prior to becoming an MP, Mr. Maloney served as the city council for Ward 5 and practiced law full time.

CONTACT INFO: Ph. 416-251-5510 E-mail: james.maloney@parl.gc.ca

CIRQUE DU SOLEIL

ECHO™



OPENS MAY 8

TORONTO: LAKE SHORE BLVD WEST

PRESENTED BY



OFFICIAL PARTNERS



Hello Neighbours,

Cirque du Soleil is returning to Toronto and will be setting up its iconic Big Top at 2150, Lake Shore Boulevard West once again to present its newest creation ECHO starting May 8, 2024.

During our stay in Toronto, typically ECHO starts at 7:30 p.m. WED–SUN, with some afternoon performances FRI–SUN. As for all of our shows, the site will open to welcome guests one and a half hour before each performance and will close soon after the last show – around 10 p.m. during the week including Saturdays and at around 8:00 p.m. on Sundays.

We understand this may cause some inconvenience and we thank you for your collaboration. We would like to assure you that we are again working closely with local authorities to minimize our impact on the community and limit the noise outside of the Big Top. An updated traffic management plan has been shared with the city and local police, and we also are in communication with the TTC. To thank you for your support, we would like to offer you a 20% community discount valid for selected performances.

Cirque du Soleil brings modern and surprising twists under the Big Top with ECHO, a story of connection, intention, and the bond between humans and the animal kingdom. Packed with vibrant characters, inspiring music, contemporary costumes, astounding lighting and projections, and never-before-seen acrobatics, ECHO brings audiences on a journey through a universe of colour, wonder, and infinite possibilities.

Please visit www.cirquedusoleil.com/echo for a detailed schedule or to purchase tickets using the code SG20HBSCA to access the community discount. We truly hope you will enjoy ECHO as much as we do!

If you have any questions or comments, feel free to contact us at contact@cirquedusoleil.com. We look forward to getting to know you better!

The cast and crew of ECHO

ONTARIO DELIVERING CARE WHEN YOU NEED IT, WHERE YOU NEED IT



FROM THE DESK OF CHRISTINE HOGARTH, MPP, ETOBICOKE-LAKESHORE

As your MPP for Etobicoke-Lakeshore, I am proud to highlight that our government has made historic investments into our health care system while connecting communities with the right care, in the right place, at the right time.

Since 2018, we've added 10,400 new doctors and 80,000 new nurses to address the long-standing pressures on our public health care system. In 2023 alone, a record 17,000 nurses registered to work.

Currently, Ontario leads the country with 90% of people connected to primary care. But we know we can do more. Pushing towards our goal of primary care access for every Ontarian, we have invested \$110M to connect 328,000 more patients with primary care.

Meanwhile, in under one year, pharmacists have taken on 700,000 assessments of 19 common ailments to ensure patients don't need to go to community clinics and hospitals. Additionally, by expanding cataract surgeries, 18,000 more people have returned to their daily routines.

Just this past year, Ontario achieved the shortest surgical wait times among all provinces in Canada with nearly 80% of individuals getting their procedures done within targeted wait times.

We have taken decisive action to fix long-term care. Currently, there are over 18,000 new and redeveloped long-term care beds that are either completed, under construction or ready to move forward.


But we're not stopping there. Across Ontario, we have initiated the largest expansion of medical seats in 15 years, including adding 106 undergraduate training spots and 60 postgraduate positions, with plans for over 75 more in 2024. We are also investing in the future by building two new medical schools in the GTA and training more doctors in Northern Ontario.

We are expanding access to care closer to home. Fifty hospital development projects have been approved that will add over 3,000 new hospital beds in communities across the province. In our riding of Etobicoke-Lakeshore, the Queensway Health Centre is building a new 9-storey patient care tower with over 350 beds, and the Urgent Care is now open to provide community support for non-life-threatening illnesses and injuries. Additionally, the

Ontario government is investing more than \$1.2B to expand and redevelop St. Joseph's Health Centre.

Updated infrastructure, more hospital beds and timely access to care are key to our vision of creating a stronger, more resilient public health care system.

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Christine Hogarth is the MPP for the Ontario Riding of Etobicoke-Lakeshore.



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LIFE'S UNDERTAKING “FOUR WEDDINGS AND A FUNERAL”



BY BRAD JONES

Upon being asked whether a funeral qualifies as an event, one might initially hesitate. However, reflecting on the 1994 hit romantic comedy “Four Weddings and a Funeral”, starring Hugh Grant and Andie McDowell, can provide clarity. The title suggests that a funeral is an event, and drawing parallels between weddings and funerals highlights their shared purpose of celebrating life.

When I think of the similarities between Weddings and Funerals, I am struck by three common events both

share. Weddings and funerals involve speeches recognizing and celebrating individuals or an individual, creating moments of reflection and remembrance. Additionally, the presence of flowers and the act of sharing a meal as a community are common elements in both events. While weddings symbolize the beginning of a new journey, funerals provide an opportunity to honour the journey that has ended.

“Four Weddings and a Funeral” beautifully portrays the emotional


spectrum these two events encompass. Weddings evoke joy and celebration, while funerals elicit feelings of sorrow and reflection. Both events shape our lives profoundly, with weddings marking moments of happiness and hope and funerals offering a chance to say farewell and cherish memories.

A funeral is not merely a sad occasion but a celebration of a life lived. It allows friends and family to gather, share sad and funny stories and reflect on fond memories. It is a time for mourning and grieving but also for honouring the legacy of the departed and finding solace in the support of loved ones. A funeral allows us a chance to Celebrate a Life Lived.

Funeral directors play a pivotal role in facilitating the event, much like wedding planners. They provide a space for loved ones to gather, host receptions,

coordinate logistics, and handle all legal paperwork carefully. Their expertise and guidance help alleviate the burdens associated with planning such significant occasions.

Preparing for a funeral is undeniably one of the most important events in one's life. It requires careful planning to ensure that the wishes of the departed and their loved ones are honoured respectfully. It is a time to bid farewell with dignity, creating a meaningful tribute to a life well-lived.

A funeral is unequivocally an event—a significant and meaningful one that deserves recognition and respect. Just as “Four Weddings and a Funeral” illustrates the profound impact of both weddings and funerals on our lives, it emphasizes the importance of celebrating the moments that define our human experience, whether they be joyful or sorrowful. 



Brad Jones has been a funeral director in Etobicoke for over 30 years. He helps families celebrate lives well lived at Ridley Funeral Home in Mimico (3080 Lake Shore Blvd. W.) Brad can be reached at 416-259-3705 or BradJones@RidleyFuneralHome.com

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A MESSAGE FROM THE HBCSA

COURTESY ON THE TRAIL

The City of Toronto has set out the following rules and etiquette for the use of multi-use trails in City parks, such as the Waterfront Recreational Trail on the south side of Humber Bay Shores:

“All multi-use trail users have a responsibility to be considerate and respectful of all park and trail users. The following tips are provided to help ensure that all users have an enjoyable and safe experience:

- Trails are multi-use and bi-directional unless otherwise posted. Cyclists must yield to pedestrians — slow down, communicate, and be prepared to stop. Give trail users going uphill the right of way.
- Faster trail users should pass on the left and keep to the right when on the trail.
- Only pass when it is safe to do so and the trail is wide enough.
- When riding a bike, let people know you are approaching by ringing your bell or giving a friendly greeting.
- Dogs should be kept on a leash in parks, except on designated off-leash trails.
- Pick up after your pet. Don't allow your dog to disturb wildlife or trample vegetation.
- To protect the pathways and parks, stay on the trail and don't litter.
- According to the Parks Bylaw, trail users including cyclists and skateboarders should not exceed the speed of 20 kilometres per hour when travelling in a park.
- If the pathway is busy with pedestrians, consider walking instead of cycling, rollerblading or skateboarding. The trail will be signed to notify trail users that they must yield to pedestrians.”

Please be courteous to the other users of the trail and follow the City of Toronto's rules and etiquette for multi-use trails, whether you are a pedestrian, cyclist or other user.



MOTORIZED VEHICLES ON THE TRAIL

The City of Toronto's website states the following regarding the use of motorized vehicles on multi-use paths, such as the Waterfront Recreational Trail on the south side of Humber Bay Shores:

“Motorized vehicles (including power-assisted E-bikes) may not be used on park multi-use paths. If a motorized vehicle is used on a park path, the rider/driver may be fined \$305.00 by bylaw enforcement officers. The Waterfront Multi-use path, Don Valley and Humber Multi-use paths, are all considered parklands. The West Toronto Railpath and Hydro corridor trails are considered linear parks.”

However, there appears to be an exception for e-bikes requiring pedaling (“pedelecs”), where the power is cut to the motor when the rider stops pedaling, that are under 40 kg.

Please respect that the Waterfront Recreational Trail is primarily for recreational use, including cycling at speeds up to 20 kph. Although it can be used as a commuting route, motorized vehicles are generally excluded and speeds cannot exceed 20 kph.

ENJOY OUR TRAILS AND PLEASE REMEMBER TO BE SAFE & COURTEOUS! 

7 HEALTHY EATING TIPS FOR SENIORS



Nothing brings people together like good food! When it comes to the food we eat, today's older adults are knowledgeable, educated, well-traveled and sophisticated consumers. "They know their food, their coffee and their wine," says Sarah Wagner, Regional Manager, Culinary Services for Delmanor Retirement Communities. "They are tech-savvy and they truly understand the importance of nutrition, quality and what great food really is."

Wagner suggests a few healthy eating tips and smart food choices:

1. ENJOY HEARTY SOUPS AS OFTEN AS POSSIBLE. Good stocks and fresh, wholesome ingredients offer plenty of nourishment, and soups are comforting and easy to eat.

2. CHOOSE FRESH AND LOCAL AS OFTEN AS POSSIBLE. From fish and eggs to meat and poultry to vegetables and fruits, focus on what is seasonally

available and locally fresh and design menus around those foods.


3. GO FOR HOMEMADE. Foods made from scratch are always tastier and are cooked without preservatives. They usually use less trans-fat, sugar and sodium. If you do eat prepared foods, carefully look at labels.

4. USE A VARIETY OF NUTRIENTS. When preparing meals, aim for 4 to 5 ounces of protein (such as meat, fish, eggs, legumes, cheese), 3 ounces of vegetables or fruit, 2 ounces of carbohydrates (bread, rice, pasta or potatoes, for example), and 1 ounce of sauce. This is a standard healthy mix of food groups but particularly important for this age group.

5. DON'T SKIP DESSERT! People love their sweets and as we age, the sweet palate stays strong. Go for healthier options such as desserts with low or no sugar or smaller portions and fruit.

6. HAVE HEALTHY SNACKS AROUND.

Eat smaller portions and snack more often, be sure to keep a supply of grab-and-go fruit such as bananas, apples, pears, oranges and grapes, as well as dairy items like yogurts and cheese, to snack throughout the day.

7. DRINK PLENTY OF WATER. It's important to drink six to eight glasses of water a day, so a good tip is to have a jug of water handy, infused with fruits for flavour. 

For more information, visit www.DelmanorPrinceEdward.com or email us at ask@delmanor.com. Across the GTA, Delmanor offers an inspired retirement lifestyle with great locations, stunning amenities, choice of suite styles, first-class services and hand-picked staff. Discover the Delmanor difference. Call 416-233-0725 and join Delmanor Prince Edward for lunch and a tour.



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For the riding of Etobicoke-Lakeshore



WHERE THE WORLD INSPIRES



BY ANDREA FANJOY, HEAD OF SENIOR SCHOOL

Most adults reading this have a vivid image of high school. For those who've seen us at 2183 Lake Shore and imagined the KCS Senior School is similar to the one you recall, you may be in for a surprise.

Many features of the KCS Senior School experience go beyond the norm to make learning notably meaningful, healthy and memorable. We've shared multiple features already in previous issues of Humber Happenings, including regular offsite learning, whole-school engagement in student leadership and a signature program called Path that invites students to flex intrinsic motivation and curiosity. An additional feature that's a regular source of inspiration is our community of Learning Partners — external adults with lived experience and areas of expertise — who are part of every course and enrichment program. While we may all remember the occasional guest speaker from our school years, we've designed tools to notably scale up this rich source of learning. With guidance from their teachers, our students

have had the opportunity to learn from neuroscientists, authors, video game creators, primatologists, medical doctors, professional chefs, veterinarians, entrepreneurs, university professors, scientists, IT executives, social service providers, the communities who benefit from them and more.

What difference does this make? On top of the enriched learning and broad awareness of the world they offer, here's a student message I received after one Learning Partner, Janet Omstead of Red January Canada, spoke at our school:

"Running off the idea of Red January, and the importance of physical activity in relation to mental health, I was wondering if I could meet with you about an impact project that I might lead. With the problem of loneliness in our city, my idea is to create a workshop or gathering where people get the chance to dance and move.

I believe having this workshop will have a positive impact on our community. With the knowledge that we have the ability, opportunity, and connections to make a

difference, I don't see why we are waiting to make an impact."

Our students are challenged to take what they learn and apply it to make an authentic difference. Each year they meet dozens of Learning Partners who serve as role models and inspiration. They also have all the regular classes, exams, homework, clubs and teams that would be familiar to all. We're answering the perennial teen question "Why do we need to learn this?". At the KCS Senior School, students not only learn curriculum, but they also learn why it matters and how they can use their growing skills to make their own difference, right now. ^{HH}

Anyone wishing to learn more about the KCS Senior School is encouraged to visit our webpages and sign-up for the Senior School newsletter. Andrea Fanjoy, Head of Senior School, can be reached at afanjoy@kcs.on.ca and looks forward to getting to know residents and business owners in the exceptional HBS community. kcs.on.ca • kcs.on.ca/senior-school

PHOTO: PETER POWER PHOTOGRAPHY



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TOP ART GALLERIES IN SOUTHERN ONTARIO

Looking to connect with your inner art connoisseur, Destination Ontario has got you covered. They have put together an extensive list covering all notable Art Galleries in Ontario. Here we have featured the galleries/areas that are within a 2 hour drive or less. Explore the best of local, national and international art. For more information visit www.destinationontario.com



Art Gallery of Ontario (AGO)

One of the largest art museums in North America, the Art Gallery of Ontario is a cultural hub known for its diverse collection of over 120,000 artworks.

The AGO has a variety of historical and contemporary art in the styles of Canadian, Indigenous, African and European artists. The museum's permanent collection includes works by the Group of Seven, Indigenous artists and famous photographers. A regular schedule of temporary exhibitions features impressive works of art by established and emerging artists from around the world.

Tickets to the AGO cost \$30 for adults and are free for anyone 25 and under. Buy an AGO Annual Pass for \$35 and visit exhibitions for free for one year. You can also get free pre-booked tickets on Wednesdays from 6:00 to 9:00 p.m. 317 Dundas Street West, Toronto • ago.ca

Museum of Contemporary Art (MOCA)

As its name suggests, the Museum of

Contemporary Art specializes in curating and promoting art created in the 21st century. Ironically, the museum is located inside a historic 10-floor industrial building in Toronto's Junction Triangle neighbourhood.

Rotating exhibitions showcase the work of local and international artists, in diverse mediums including paintings, sculptures, installations, video, photography, performance art and more.

Admission is \$14 for adults, \$10 for seniors 65+ and students 19+. 158 Sterling Road #100, Toronto • moca.ca

McMichael Canadian Art Collection

The McMichael Canadian Art Collection is known for its extensive collection of artworks by the Group of Seven, a group of artists from the 19th century who became famous for their unique style of landscape and urban paintings. In addition, you'll find Canadian art made by many Indigenous artists, Inuit artists and contemporary Canadian artists.

The gallery is named after Robert and Signe McMichael, who bought four hectares of picturesque land in Kleinburg and collected Canadian art, particularly works by Tom Thomson and the Group of Seven. In 1965, the McMichaels donated their collection to the Province of Ontario, and the "McMichael Conservation Collection of Art" opened eight months later.

Visits to the McMichael Canadian Art Collection cost \$20 for adults, \$17 for seniors 65+ and \$7 for youth 25 and under. Admission is free on "Family Sundays", the third Sunday of each month. 10365 Islington Avenue, Kleinburg • mcmichael.com

The Robert McLaughlin Gallery

Popular in the vibrant arts community in the Oshawa and Durham region, the Robert McLaughlin Gallery is situated inside a beautiful, airy building designed by well-known Canadian architect Arthur Erickson. The museum is named after Robert McLaughlin, a Canadian industri-

alist and philanthropist who supported the arts.

Enjoy contemporary Canadian paintings, drawings, photographs and mixed media art works in various artistic styles and genres. The gallery has a special focus on the works of the Painters Eleven, a collective of Ontario abstract painters that were active in the 1950s.

Visits to the gallery are free, though suggested donations of five dollars can be made at the reception desk to support their programs and services. *72 Queen Street, Oshawa • rmg.on.ca*

Niagara Falls Art Gallery

The Niagara Falls Art Gallery was established in 1979 as a non-for-profit art gallery.

Its collection includes the works of William Kurelek, a renowned Canadian artist, as well as historical and contemporary art of the Niagara region. The gallery aims to inspire people of all ages to participate in the arts, with various community events and exhibitions throughout the year.

Admission is \$5 per person. Find visitor parking behind the building, which can be accessed along the gallery's right side. *8058 Oakwood Drive, Niagara Falls • niagarafallsartgallery.ca*

Art Gallery of Hamilton

One of the oldest and largest art galleries in Ontario, the Art Gallery of Hamilton is dedicated to collecting, exhibiting and promoting Canadian and international art.

It's a cultural landmark in the city, where locals and tourists alike can learn about artistic expression and appreciate the visual arts. The gallery building was designed by world-renowned architect Bruce Kuwabara and features spacious exhibition galleries, an art gift shop and a cozy café.

Explore over 10,000 works of art from different art periods, ranging from paintings and drawings to printmaking and installation art. The gallery offers a permanent art collection and rotating exhibitions

of works that feature specially curated shows and art by contemporary artists.

Tickets cost \$15 for adults, \$12 for seniors 65+ and free for students and children. You can also visit for free on Thursdays. *123 King Street West, Hamilton • artgalleryofhamilton.com*

Art Gallery of Burlington

Discover a diverse range of artwork across multiple mediums like photography, sculpture, ceramics, textiles and more at the Art Gallery of Burlington.

Housed in a spacious building in downtown Burlington, the gallery also serves as the city's community centre. It specializes in contemporary Canadian ceramics, with over 4,000 works that have been collected over the past 40 years. These incredible works range from highly functional to aesthetic sculptural installations.

All exhibitions are free for public viewing. Paid parking is available in the gallery's lot on Elgin Street. If the lot is full, look for metered street parking on Nelson Avenue. *1333 Lakeshore Road, Burlington • agb.life*

Kitchener-Waterloo Art Gallery

Experience nationally acclaimed exhibitions and programs at the Kitchener-Waterloo Art Gallery. Local and international artists regularly showcase individual and group exhibitions of their works, which include paintings, sculptures, video art, photography and more.

A variety of educational programs are offered for people of all ages. Whether you're interested in a guided tour of the gallery, attending an artist talk or a hands-on art workshop, there are plenty of ways for you to learn more about art and bring out your creative side.

Admission to the Kitchener-Waterloo Art Gallery is free for everyone. Find paid street parking on Otto Street or at the underground Civic District parking garage. *101 Queen Street North, Kitchener • kwag.ca*

Art Gallery of Guelph

With the goal of strengthening its artistic community, the Art Gallery of Guelph promotes historical and contemporary visual arts by hosting various all-ages programs for the community and exhibiting the creative works of diverse people in the art world.

Formerly known as the Macdonald Stewart Art Centre, it's located in a stately two-storey house beside a beautiful sculpture park.

A permanent collection of over 9,000 artworks such as art prints, photographs, paintings and sculptures showcase the cultural heritage of the Guelph region. Temporary exhibits showcase pieces by established and emerging artists from Canada and around the world.

Visit the gallery for free, although donations are appreciated. A limited number of free parking spots are available in the parking lot beside and behind the gallery. *358 Gordon Street, Guelph • artgalleryofguelph.ca*

MacLaren Art Centre

Located in the heart of downtown Barrie, the MacLaren Art Centre is a cultural hub that promotes and supports contemporary arts.

Explore a diverse range of exhibitions in numerous mediums, such as video, installation art, paintings and sculptures. Family-friendly events and workshops are hosted regularly.

The on-site Lazy Tulip Café offers a variety of healthy food options like golden milk latte, whole wheat focaccia bread or vegan carrot coconut ginger soup. Everything on the menu is made in-house.

Admission is a pay-what-you-can donation. You can find public parking areas within walking distance of the gallery. *Mulcaster Street, Barrie • maclarencentre.com*

ONTARIO
Yours to discover

A SPARKLING SPRING

BY TOD STEWART

Sparkling wine (aka “bubbly,” aka “fizz”) is a widely enjoyed but sometimes misunderstood style. For many, it’s all called “Champagne” and it’s always a celebration-centric sort of thing. First, there’s a saying: “All Champagne is sparkling wine, but not all sparkling wine is Champagne.” True Champagne can’t, legally, be labeled as such unless it’s produced in the Champagne region of France (a bit northeast of Paris). Remembering this will help you avoid being hauled off to the guillotine by Champagne producers. Secondly, it doesn’t have to be about celebration.

Almost every country that makes wine makes some form of sparkling wine, with different names and production methods. As an aperitif, with appetizers and hors d’oeuvres, even throughout the course of a meal, sparkling wines are extremely versatile. So without further ado, let’s get into some “fizzio-therapy.”

From France, **Veuve Du Vernay Brut** — Brut typically indicates the driest level of sparkling wine — delivers fresh aromas suggesting peach and subtle pear aromas. Light and crisp in the mouth, with fine bubbles and hint of peach on the finish. A great aperitif-style fizz.

Most of you with a passing interest in sparkling wine have had a glass or two of Prosecco spumante (sparkling) at some point (or have at least heard of it). It’s become extremely popular, even in France, where Champagne sales have declined as those of Prosecco have risen. Whether you’re new to the stuff or not, both **Fiol Prosecco DOC Extra Dry** and **Modello Prosecco DOC Brut** from **Masi** are worth considering.

Both are crisp and clean, with Fiol showing citrus, white flower blossom, candied almond and green apple, with fine bubbles and zippy, mineral and mild tropical fruit flavours. Modello doesn’t stray too far from the Fiol mold, with lightly floral aromas, a trace of mineral and a dash of nougat. Citrus and ripe apple in the mouth with a creamy texture and perhaps a bit more weight than the Fiol.

Before you down all your Prosecco, try a Select Spritz: dump together 3ozs Prosecco, 2ozs **Select Aperitif Liqueur** and 1oz soda water; serve over ice, garnished with a green olive. Nice.

Okay, let’s move onto some weightier numbers, including a few from Ontario.



“Niagara is an ideal spot for producing world-class sparkling wines,” Flat Rock Cellars’ Jacob Glantz recently told me. “First and foremost is our soil, particularly on the Niagara Escarpment Bench. The layers of ancient limestone are the ideal base to produce grapes destined for sparkling wines because of the naturally high pH and excellent drainage which forces the roots to go deep in search of moisture.” He also cited the benefits of a cool climate. “The combination of limestone soils and a cooler climate stress the vines perfectly, resulting in fruit with vibrant acidity that is the backbone for all great sparkling wines.”

I tried three Niagara bubbly from the 2017 vintage (a year that was almost a write-off due to summer rain but a glorious fall saved it, resulting in some fabulous wines). These included **Flat Rock Cellars “Riddled” Sparkling VQA 2017**, **Kew Vineyards Tradition VQA 2017** and **Jackson-Triggs Entourage “Grande Reserve” Blanc de Blanc VQA 2017**. I was pretty darn impressed.

All sported a deep, rich, golden colour. All had fine, persistent bubbles that streamed for hours. All had intense, biscuit/brioche/bread dough notes. The Entourage added in some green apple, stone fruit and complex minerality. The Kew featured toasted nuts, shortbread, tangerine and grapefruit. The “Riddled” offered up notable complexity, with rich, toasty/earthy/clove-spiced apple and “walking through a bakery” overtones leading to full, mature flavours. None were inexpensive (at least twice the price of Prosecco), and, unfortunately, none are likely available at your local liquor outlet. But they are available and I suggest you sleuth some out. They all give French Champagne a run for the money — at half the price.

Speaking of which (trumpet fanfare), **Henriot Brut Souverain** is about as good an introduction to the world’s most

famous sparkling wine as you are likely to get. I can vouch for its goodness, but here’s what *Wine Spectator* magazine had to say:

“A well-structured Champagne, with racy acidity and a smoke- and chalk-tinged minerally underpinning, this has a fine and creamy texture that becomes a lacy frame for flavors of fresh-cut apple, star fruit, salted almond and a pleasingly bitter hint of pink grapefruit pith.” Score — 91 points.

This wine is not available via the LCBO, but you can get it via the agent (Woodman Wines & Spirits).

And if you’ve extended “dry January” right into the spring, consider the new lineup of alcohol-free sparklers from **Ocean Spray**. Flavours include **Cranberry**, **Pink Cranberry**, **Cranberry Mango** and **Lite Cranberry**. None have any added sugar and all contain natural fruit juice (and the Cranberry Lite — my favourite — has only three grams of carbs per 340ml can).

From lively, light and fun, to rich, ripe and decadent, there’s a sparkling something for every palate (and pocketbook). So raise a glass and celebrate spring! 🍷



Todd Stewart has been a wine/food/travel writer as well as a wine @ spirits educator and consultant for over 40 years. He is currently Contributing Editor for *Quench* magazine and a staff writer for *The Grapevine* and *Beverage Master* magazines. He also conducts residential wine tastings and would be happy to conduct one in your condo or party room. He can be reached at: tstewart@bell.net





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