DECEMBER 2024

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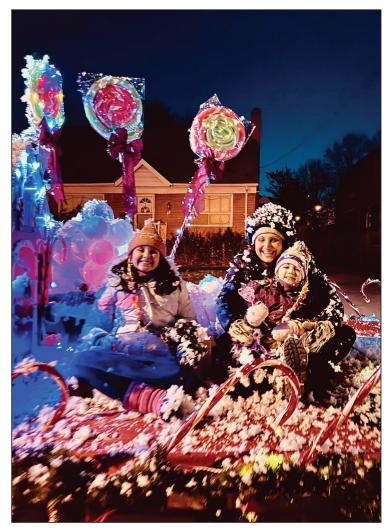
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Joy and jingles light up Emery Village: The fifth annual Humberlea Christmas Parade

BY SEAN DELANEY

The festive spirit was truly alive in Emery Village on a chilly Friday evening as the fifth annual Humberlea Christmas Parade rolled down the streets, starting at 6 p.m. from Yorkdale Crescent and ending in the welcoming arms of Strathburn Park.

This year's parade was not just a procession but a spectacular display of community and celebration. Houses along the route outshone the stars with their twinkling lights, creating a magical backdrop for an evening of festive cheer. Families gathered, faces pressed against windows, all eager to catch a glimpse of the parade's vibrant characters and floats.

Leading the parade were communi-

ty favourites, Brigette Contento and Michael Verrelli, whose energy and enthusiasm set the tone for a night of merriment. The parade was a showcase of creativity and local talent, featuring upside-down clowns, adorable piggies, cuddly bears, and delightful gingerbread characters, all brought to life by our talented children and dedicated volunteers.

A standout moment was The Grinch, mischievously riding a ruby-red electric scooter, bringing laughter to the crowd. But the highlight was undoubtedly the arrival of Santa, Mrs. Claus, and their charming snow princess, who, aboard their joyous float, danced and waved, spreading Christmas spirit to everyone in attendance.

This year's parade saw new entries that captivated the crowd, including the Emery Village Voice Audi adorned with a large Santa figure, making it a memorable spectacle. Thanks to the generous contributions from Tony Ferragine of the MTF Group for the floats and Nat Capalbo's music-laden pickup truck providing the perfect holiday soundtrack, the parade was a resounding success.

Special thanks also go to the 31 Division police, who participated with a vintage yellow cruiser, adding a touch of nostalgia and safety to the festivities. Additionally, heartfelt gratitude to Sandra Farina and the Emery Village BIA for providing Timbits and hot chocolate, warming hearts and

hands on a cold night.

As we wrap up another successful parade, we reflect on the strength and warmth of our community. The fifth annual Humberlea Christmas Parade was not just an event, it was a celebration of the season and a demonstration of the spirit that makes Emery Village a fantastic place to live, work, and celebrate.

Here's to keeping the festive spirit thriving in Emery Village. Until next year, may the joy of the season fill your homes and hearts.

> See Page 2 For more parade photos

POUR











BIA's annual food and toy drive

BY SEAN DELANEY

The festive season is upon us and the spirit of giving shines brightly in Emery Village, thanks to the collective efforts of our community and local businesses. The Emery Village BIA annual Food and Toy Drive, led by Executive Director Sandra Farina, and supported by Al Ruggero, has once again made a significant impact on families in need during this holiday season.

This year, heartfelt thanks go to the generous donors who have gone above and beyond to ensure that every child experiences the joy of the season and that families can gather around a festive meal. Special thanks to MVR Cash & Carry, Excelsior Foods, Fiera Foods, Accuplane Enterprises, August Group, Seaboard Transport Group of Companies, St. Basil-The-Great College, Gulfstream Public School, MAXX Liquidation, Coke Canada, Delta Bingo and Gam-

ing, and the caring residents of Humber River Black Creek.

Their contributions have filled this year's drive with an abundance of toys, food items, and much-needed cheer. Each donation, whether a toy for a child or food for a family meal, plays a crucial part in weaving the fabric of a tight-knit community.

"We are deeply grateful for the overwhelming support and generosity shown by all the donors," said Sandra Farina. "Your commitment empowers our community to thrive and ensures no one is left behind during the holiday season."

As we celebrate these acts of kindness, let's carry this generous spirit throughout the coming year. Wishing everyone in Emery Village a holiday season filled with love, health, and happiness. Your generosity has truly made a difference, and it is with your support that our community continues to shine brightly.

More parade photos

From Page 1

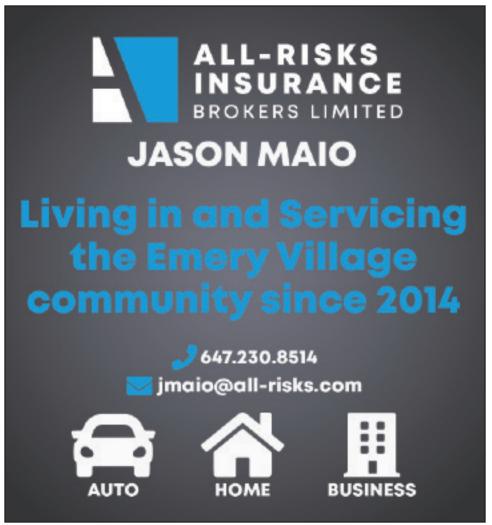


















BY SEAN DELANEY

This November, a spellbinding new eatery has opened its doors, bringing a touch of magic to our community—Enchanted Poutinerie. Co-owned by Vincenzo Cammisuli and Carmine Riossi, this establishment offers a unique dining experience that combines imaginative décor with an inventive menu, making it a must-visit destination for food enthusiasts.

From the moment you step inside, Enchanted Poutinerie transports you to a fantastical realm. The interior is adorned with vibrant colours, lush greenery, and whimsical elements that create an immersive, fairy-tale ambiance. The enchanting setting provides the perfect backdrop for enjoying their culinary creations.

At the heart of Enchanted Poutinerie is its diverse menu, featuring both classic and imaginative poutine offerings. Traditionalists will appreciate the Classic Poutine, a harmonious blend of crispy fries, authentic Quebec cheese curds, and rich, savoury gravy. For those looking for something different, the Jerk Chicken Poutine is a standout, with golden fries topped with Caribbean jerk chicken, onions, cheese curds, and a drizzle of perfectly spiced gravy.

One of their most talked-about items is the Unicorn Poutine. This vibrant and playful dish reinvents the traditional with rainbow-coloured cheese curds and multi-hued gravy, creating an eye-catching, Instagram-worthy plate that tastes just as magical as it



looks. Beyond poutine, their menu includes mouthwatering options like wings, cauliflower wings, and carnival-inspired nibblers. Each dish is crafted with care and creativity, offering something special for every taste.

Enchanted Poutinerie doesn't stop at food. They offer their own Enchanted Craft Beer (Available at the LCBO) to complement your meal, and elevating the dining experience into something truly special.

For those who can't make it to the restaurant, Enchanted Poutinerie makes it easy to enjoy their magic at home. You can order your favourite dishes online through Uber Eats or Skip the Dishes, bringing their unforgettable creations straight to your door.

Enchanted Poutinerie is more than a restaurant; it's a destination. The combination of whimsical décor, friendly staff, delicious poutine, and a curated beer, creates a space where diners can escape the ordinary and embrace the extraordinary. Whether you're dining in or ordering online, every bite is a journey into a world of culinary wonder.

Don't miss out on the magic, plan your visit today or place your order online and discover why Enchanted Poutinerie is capturing hearts and appetites across the community.



Toronto Mayor Olivia Chow, councillor Anthony Perruzza (BIA chair), Executive Director Sandra Farina, Board Member Jessica Gaglia, and Al Ruggero.

Emery Village BIA shines with community engagement excellence

BY SEAN DELANEY

Toronto's community spirit sparkled brighter than ever this year, thanks in large part to the dedication and hard work of the Emery Village Business Improvement Area (BIA). At the 2024 TABIA and City of Toronto BIA Recognition Awards Night, the Emery Village BIA received the coveted Community Engagement Award. This accolade celebrates outstanding efforts in energizing a community and fostering connections that not only benefit local businesses but also enhance the lives of area residents.

Held at the historic Palais Royale, the award ceremony was graced by Toronto Mayor Olivia Chow and local Councillors including Anthony Perruzza, who serves as the Chair of the Emery Village BIA. Together with Executive Director Sandra Farina, Board Member Jessica Gaglia, and Al Ruggero, they proudly represented Emery Village, receiving the award in a room filled with applause and admiration.

This award underscores the significant and often time-consuming efforts made by the BIA to engage with the community through various initiatives. Whether it's organizing job fairs that attract hundreds or creating

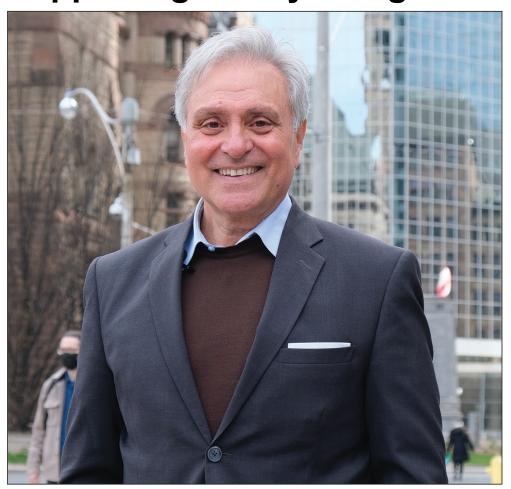
networking opportunities that spur economic growth, the BIA's work is a testament to its commitment and the palpable impact these efforts have on the Emery neighbourhood.

The journey to such an achievement is not without its challenges. Planning and executing community events and projects require immense dedication and hours of hard work. However, the results are profoundly rewarding. Not only do these initiatives provide essential services and support to residents in need, but they also shine a special light on the members and volunteers who pour their hearts into making each event a success.

To celebrate this win, let's remember the broader impact of the Emery Village BIA's work. It's about more than just business, it's about building a community that supports and uplifts its members. This award is a recognition of all that has been accomplished and a beacon of inspiration for what we can achieve together in the future.

Let's continue to support our BIA and contribute to these initiatives, ensuring that Emery Village remains a vibrant hub of community engagement and economic vitality. Together, we are building a better community for all.

A year in review with **Councillor Anthony Perruzza: Supporting Emery Village**



- Councillor Anthony

Perruzza

BY SEAN DELANEY

As 2024 comes to a close, we had the chance to sit down with Councillor Anthony Perruzza to reflect on the past year in Ward 7 - Humber River-Black Creek, which includes Emery Village. It's been a year of challenges and successes, and the Councillor shared insights on everything from affordability issues to exciting local projects.

One of the year's major victories was the reinstatement of windrow snow removal services, which had been cut from the preliminary 2024 or harder for people? budget.

"Cutting this service would have impacted 262,000 homes, many of them here in Ward 7," Perruzza said. "For seniors, especially

those with mobility issues, clearing the end of a driveway can be a big deal. We worked with the community, got petitions signed, and successfully fought to keep it in place for another year."

Perruzza said while this past winter wasn't particularly harsh, the service

remains critical for the community's well-being. He also discussed an expansion of the seniors' property tax cancellation program.

"Affordability is a real issue. We expanded the program's criteria to allow more seniors to qualify for rebates. This protects them from rising property taxes, which can be a big burden on a fixed income."

He highlighted his office's efforts to host clinics and assist res-We need to approach every idents with the nec-City decision with the lens essary applications. of affordability and ask, "We make sure people 'Does this make life easier know these resources are available and help them navigate the paperwork to get the support they need."

> Affordability was a recurring theme for Perruzza who empha-

sized that the rising cost of living is affecting everyone in the City. "Everything is going up housing, groceries, energy bills. We need to approach every City decision with the lens of affordability and ask, 'Does this make life easier or harder for people?' Every dollar saved can make a difference."

The Councillor also shared updates on some exciting local projects. Construction on the long-awaited West End Community Centre near St. Basil's is set to begin early in the new year. "After years of work and clearing hurdles with the Catholic School Board, we're finally ready to move forward. This Centre will be a game-changer for the community."

Another highlight is the upcoming music school at the Yorkwood Library Theatre. "We're finalizing details now, and soon, kids in our community will have access to free music and after-school programs," he said.

Perruzza also touched on the successful lease renewal for the Carmen Stefano Community Centre, ensuring residents will continue to have access to this vital space while the new community centre is being built. "It's been a long process, but we're committed to making sure there's no gap in services for the community."

Looking forward, the Finch West LRT is nearing completion, with trains expected to start running in early 2025. "It's been a long journey, but this project will transform transportation in the area, making it easier for people to get around."

He also discussed the pressures of development in key areas like Weston and Finch and Jane and Finch. Perruzza was clear about the need to balance redevelopment with maintaining the integrity of the community. "Our focus is on ensuring new developments fit into the neighbourhoods and provide real benefits to residents, rather than just adding density."

Reflecting on the year, Perruzza shared his pride in representing the community he has lived in for most of his life. "It's an honour to serve the neighbourhood I grew up in and still call home. Emery Village and the surrounding areas are special places, and I want to keep working to make them even better."

As the conversation wrapped up, the Councillor offered a warm message for the holiday season. "I want to wish everyone in Ward 7 a Merry Christmas, a safe holiday season, and a wonderful New Year. Thank you for trusting me to represent you."

With significant projects underway and a focus on tackling affordability, Councillor Perruzza is optimistic about what 2025 will bring for Emery Village and the entire ward.



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Councillor's Corner



Dear Resident,

again, the holidays are upon us, and it is time to reflect on another eventful year in Humber Riv-

er-Black Creek. As your Councillor, it is a pleasure to wish you all a happy and safe holiday season. For those of you celebrating, I wish you a Merry

Members

Anthony Perruzza Ward 7 Councillor **BIA Chair**

Carmela Serebryany Upper Crust BIA Vice-Chair

Anthony Tersigni

New Era Tool and Die BIA Secretary

Keresha Mothersill B.A. Law Office

Jessica Gaglia Seaboard Transport Group

Emery Village BIA

1885 Wilson Avenue, Suite 209

Toronto ON M9M 1A2

T: (416) 744-7242 F: (416) 744-7857

info@emeryvillagebia.com

www.emeryvillagebia.ca

Christmas, Chag Hanukkah Sameach, a joyous Kwanzaa and all the best for the upcoming New Year.

On December 7th, my office held our annual Toy Drive event in Oakdale Community Centre. It was a pleasure to celebrate this special season with residents and help connect local children with toys. We sang, caroled, danced, jingled and dashed to holiday rhythms played by a live DJ, shared yummy treats and received a surprise visit from Santa himself.

Thank you to all hardworking volunteers and generous donors for helping us make Christmas special for community youth once more.

Also, I recently had the pleasure of recognizing local Pastor Gaynel Eccles and congregant volunteer Olivia Wilks of the House of Praise Tabernacle on Arrow Road for starting a food bank, helping combat rising food insecurity. Though this hardworking team faced many obstacles in starting this program, they were ultimately able to secure enough donations to host biweekly giveaways, including turkeys so that families in need can have Christmas Dinner.

For those interested in donating to this heartwarming effort, please call (416) 741-2400.

Let's Connect!

If you still need to subscribe to my email updates to stay in the loop on City news, contact me at 416-338-5335 or councillor_perruzza@toronto.ca. My social media and website, www.anthonyperruzza.com, will also post this information. My constituency office is still conveniently located at 2350 Finch Avenue West (Weston and Finch) to serve you. I look forward to seeing you soon.

Yours truly,

City Councillor Anthony Perruzza Ward 7, Humber River-Black Creek





Emery Village BIA Executive Director's message

With the busy holiday season here and with 2024 soon coming to an end, I would like to take this opportunity to extend my deepest gratitude to all the Emery Village BIA businesses, their staff, clients, and Humber River Black Creek residents who contributed to this year's Emery Village Toy & Food Drive in support of:

- Weston Emergency Support & Food Bank
 - North York Harvest
- 31 Division's Annual Toy Drive.

Your ongoing support and generosity has made a significant difference in the lives of many families in our community during these very difficult times and helped put a smile on many children's faces.

On December 3, 2024, the BIA attended the TABIA & City of Toronto's Award Night where the Emery Village BIA was honoured to receive the "Community Spirit Award" for our Annual Toy & Food Drive.

This award would not have been possible without the ongoing support and generosity from the Emery BIA businesses and residents over the many, many years. It is with amazing and caring people such as yourselves that this community remains strong and in good heart, and why we share this "Community Spirit Award" with each one of you in the Emery BIA and the Humber River Black Creek community.

On behalf of the Emery BIA Board of Directors and our staff, we wish you, your families, and your staff a joyful holiday season and a happy, healthy, and prosperous New Year.

Sandra Farina Executive Director

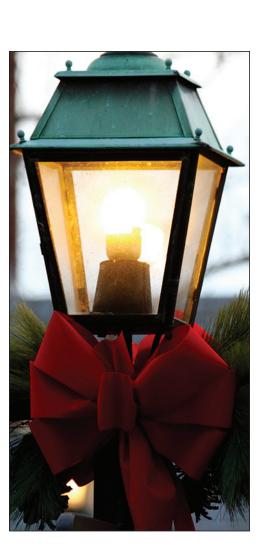


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Year of vision and community growth: Humber River - Black **Creek MP Judy Sgro reflects** on 2024



BY SEAN DELANEY

The year 2024 comes to a close, and Humber River-Black Creek MP Judy Sgro reflects on a year filled with legislative progress and significant community engagement.

A highlight was the passage of Bill C-284, which Sgro championed, establishing a nation-_

al eye care strategy. This groundbreaking ceived royal assent on er-Black Creek, I wish you preventative young age.

Sgro's focus on healthcare extended beyond eye care, as she discussed the

Plan in her community. Thousands of residents have benefitted from the plan, receiving essential dental services that were previously unaffordable for many.

ervone can thrive"

- MP Judy Sgro

"It's about creating access to necessary services that profoundly affect people's quality of life," she said.

Additionally, the MP touched on pharmacare reforms, particularly the provision of essential diabetic supplies at no cost. This initiative has been crucial for those with diabetes in the community, reducing financial burdens and improving health out-

____comes. She also hosted an eye clinic for "To all the residents and youths, highlighting initiative, which re- businesses in Humber Riv- her commitment to November 7th, aims a prosperous and fulfilling measures. The clinic to ensure Canadians new year. Let's continue to was so well-received have access to neces- support each other, foster- that plans are now in sary eye care from a ing a community where ev- place to extend these services to adults next Spring.

On public safety and community well-being, the Liberal MP

impact of the Canadian Dental Care spoke about the local crime challenges and the need for judicial reform. She emphasized the importance of provincial investment in the judicial system to prevent overcrowding and the premature release of offenders. New federal initiatives have been introduced to tighten bail rules for

repeat offenders and enhance border cal businesses, and enriching the lives security, which includes measures to curb gun smuggling.

In addition to health and safety, Sgro has been active in promoting economic initiatives that support local businesses. She highlighted the small business tax reduction and the home renovation tax credit, which have stimulated local economic activity.

"These measures help our businesses thrive and contribute to a vibrant community economy," she said.

Sgro also discussed the GST/HST holiday effective from December 14, 2024, to February 15, 2025, providing a tax break on many everyday essentials to ease financial pressures during the holiday season, benefiting both shoppers and businesses.

The MP also discussed environmental initiatives, such as the carbon tax refund, which has provided significant financial returns to local businesses, helping them navigate economic challenges while fostering a greener economy. This, she believes, is crucial for sustainable development.

As the interview wrapped up, Sgro shared her excitement about upcoming community projects and her ongoing commitment to enhance local services. She's particularly focused on continuing to secure funding for community programs, supporting loof seniors and families in her riding.

"To all the residents and businesses in Humber River-Black Creek, I wish you a prosperous and fulfilling new year. Let's continue to support each other, fostering a community where everyone can thrive," she said, "I'm looking forward to another year of service and community engagement."

Sgro remains dedicated to her constituents, aiming to bring more initiatives that will directly improve their lives and ensure that Humber River-Black Creek remains a great place to live and work.







Championing change in Humber River - Black Creek: A comprehensive year review with MPP Tom Rakocevic

BY SEAN DELANEY

The Emery Village Voice recently chatted with MPP Tom Rakocevic and got his thoughts on 2024 and representing the Humber River Black Creek riding provincially.

Emery Village Voice (EVV): We're reflecting on another bustling year in the legislature and within the community. Tom, could you expand on the variety of initiatives you've spearheaded this past year?

Tom Rakocevic: Certainly, Sean. Beyond tackling consumer protection with the lien ban, I've reintroduced legislation to end auto insurance postal code discrimination—a persistent issue that impacts many in our area with unfairly high premiums. This Bill aims to ensure that rates are based on individual driving records rather than postal codes, which can discriminate against residents in certain neighbourhoods.

This year, I've managed to bring over two dozen Motions and Bills to Queen's Park. I've been working very hard for the community I've lived in my whole life. One of the initiatives

I'm particularly proud of was a Bill to ban a specific type of lien that was severely affecting people across the Province. These liens were worth over a billion dollars and were in the hands of fraudsters and organized crime. They targeted particularly on things like HVAC equipment, exploiting primarily seniors. As these were installed, they would attach a lien to the home, which was then used to ransom people when they needed to remortgage. In some cases, these scams even aimed to steal homes outright. Fortunately, the Bill was passed unanimously and quickly, expiring all these liens across Ontario in one day-a billion dollars back to innocent people.

EVV: That's a significant focus on financial fairness. What other legislative actions have you taken to protect constituents?

Tom Rakocevic: We've also been active on several fronts including the fight against online gambling advertisements, ensuring our youth and vulnerable populations are not exploited by aggressive marketing tac-

tics. Additionally, my Bill, the Ontario Consumer Watchdog Act, seeks to establish a dedicated body to monitor and penalize unfair business practices, providing a stronger safeguard for consumers.

EVV: With such an active legislative agenda, how do you stay attuned to the needs of Humber River-Black Creek?

Tom Rakocevic: My team and I maintain an open-door policy at our office, and we're continually engaging with the community through town halls and various outreach efforts. This direct feedback loop informs our priorities and helps us address pressing local issues promptly.

EVV: As we near the end of 2024, what challenges and opportunities do you see on the horizon for the community?

Tom Rakocevic: The affordability crisis remains a major challenge, impacting everything from housing to everyday expenses. However, opportunities for improvement are abundant. For example, the Metrolinx Finch West LRT project will enhance local transit and connectivity once completed, despite the current disruptions it causes. We're working closely with the project's planners to minimize these impacts and expedite the work.

EVV: And looking towards next

year, what are some of the key initiatives you plan to champion?

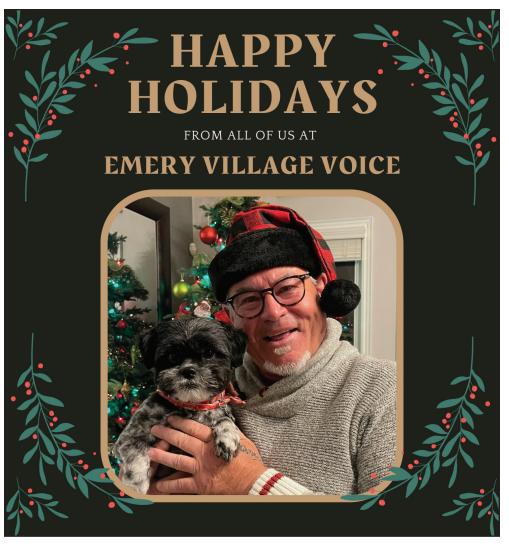
Tom Rakocevic: Next year, I'll be focusing heavily on healthcare and housing. We're advocating for more public long-term care homes and better healthcare facilities to accommodate our growing and aging population. The Affordable Home Heating Act, which I mentioned earlier, is part of this broader effort to ensure our seniors and less fortunate are not left behind.

EVV: With an election potentially on the horizon, how do you feel about hitting the campaign trail again?

Tom Rakocevic: It's always energizing. The chance to meet with residents, discuss their concerns, and share our vision directly is invaluable. Regardless of election timing, our commitment to community engagement continues unabated.

EVV: Before we conclude, any last words to share with the community?

Tom Rakocevic: Yes, thank you, Sean. I wish all the residents of Humber River-Black Creek joyous holidays and a prosperous New Year. It's a privilege to serve such a vibrant community, and I look forward to another year of making positive changes together.



Publisher comment: Help your neighbours access food, hope for the holidays and all year long

As the holiday season draws to a make 2025 a truly remarkable year close in Emery Village, it's a good time to reflect on what it means to be part of a caring, connected community. While many of us enjoy the warmth and comfort of the season, there are neighbours among us who face difficult challenges. Together, we can make a meaningful difference by supporting local food banks and participating in initiatives that bring hope to those in need. Many thanks to those who graciously donated this

For the recent food and toy drives on behalf of the Emery Village BIA, TPS 31 Division and ones undertaken by caring community members such as the Verrelli, Contento Red Bag Food Drive, a warm shout out to the organizers as well as the many selfless volunteers that help to make these programs a success.

The need in our community is significant. Every month, more than 30,000 individuals rely on the North York Harvest Food Bank.

Last year alone, 3,500 new families sought help, and one in three recipients of this support is a child. These numbers represent real people—our neighbours, friends, and their children.

In addition to seasonal food drives that are so important to keep the supply levels healthy, please consider supporting local food banks:

North York Harvest Food Bank

Address: 116 Industry Street, Toronto

Phone: 416-635-7771 Ext 0 Email: info@northyorkharvest.com

Weston Area Emergency Support (WAES)

Address: 1 King St. (Central United

Church's building), Weston Phone: 416-247-3737 Email: info@waes.ca

Your contributions, whether food, toys, time, or financial donations, help to provide not just essentials but hope and dignity to those who need

At the Emery Village Voice, we are reminded every year of the generosity of our community. Together, through initiatives like the Emery Village BIA Annual Toy and Food Drive and ongoing support for food banks, we can

for everyone in our community.

All the best for a successful and rewarding 2025.

Sean Delaney Publisher Emery Village Voice









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The clinic has up to date equipment All payment types accepted **CDCP** (Canadian Dental Care Patients) are welcome!







A new Fix in North York

BY SEAN DELANEY

On November 15th at the grand opening of Fix Auto North York, the atmosphere was brimming with celebration and pride. It wasn't just about a new name or a fresh brand—it was about honouring a family-run business that has been an integral part of Emery Village for decades. Congratulations were the order of the day, with scrolls, speeches, and heartfelt messages from community leaders, including Sandra Farina, Executive Director of the Emery Village BIA, Ward 7 Councillor Anthony Perruzza and MPP Tom Rakocevic.

The journey of Fix Auto North York began 30 years ago as J&E/Tokyo Auto Collision, founded by Roger Seochand. Seochand, present at the grand opening, beamed with pride as he reflected on the accomplishments of the business he built from scratch and its seamless transition into second-generation management under his son, Juremy Seochand as Senior Operations Manager . "My dad started out as a painter in another shop before opening his own in 2002," Juremy said. "He worked tirelessly, job by job, and built this business on trust. That trust is something we'll always stand by."

Rebranding as Fix Auto North York marks a major milestone for the business. Juremy explained that joining the Fix Auto network resolves a long-standing challenge for independent shops navigating the insurance-preferred shop system. "Now,

we can compete with preferred shops, making it easier for our customers to bring their cars here without the hassle. We're still a family business, but with Fix Auto's resources behind us, we've enhanced efficiency, quality, and the overall customer experience."

Fix Auto is a global leader in collision repair, with a strong presence across Canada and beyond. Known for their commitment to quality, innovation, and customer service, they provide their franchisees with access to advanced technology, training, and resources. This allows local shops like Fix Auto North York to offer faster, more efficient repairs while maintaining a strong connection to their community.

The partnership also provides access to cutting-edge technology, training, and discounts that benefit both the business and its clients.

"We can complete repairs faster, offer better pricing, and ensure a seamless process for every customer," Juremy added.

The event celebrated not only the rebranding but also the legacy of trust and excellence that Fix Auto North York has cultivated over the years. With support from local leaders and the community, the shop is poised for a bright future while remaining true to its family-run roots.

For more information, visit the Fix Auto national website or stop by the newly rebranded facility at 221 Toryork Dr.

Or call them at: 416-743-8888

Canada Dental Care plan expands to keep everyone smiling

BY STAFF REPORTER

grown. Launched for children under services/child-family-benefits/den-

12, the Plan now includes seniors, addressing a crucial gap in affordable dental care.

The expansion ensures seniors with a net annual family income of less than \$90,000 can access tax-free

payments to cover dental treatment. Whether it's routine cleanings, fillings, or other necessary procedures, the Canada Dental Care Plan helps.

Eligible seniors can receive tax-free payments of \$260, \$390, or \$650, depending on their income. Families with children under 12 can also still take advantage of the plan, receiving similar support for each eligible child.

The application process is simple, seniors and families must book a dental appointment before applying and provide the necessary details about the dentist and expected appointment

For full details and to check your

eligibility, visit the official website: The Canada Dental Care Plan has www.canada.ca/en/revenue-agency/

tal-benefit.html

Get out and visit an Emery dentist today.

Some trusted local options to consider:

Gazala Dentistry: 3457 Weston Rd. Unit C, 416-746-0303

Dr. Wilson Deborah: 4801 Steeles Ave. W., Unit 22, 416-740-8181

Chagger Dental: 5109 Steeles Ave. West Suite #10, 647-351-7860

A&E Dental: 3212 Weston Rd., 416-746-0005

Islington Dental Clinic: 2975 Islington Ave., 416-749-6631

Emery Village Dental: 39 Abraham Welsh Rd. Unit C4, 437-900-8266

Family Dentistry: 2437 Finch Ave West, Suite #2, 416-746-2470

Weston and Finch Dental Office: 2397 Finch Ave West, 416-742-6868 Weston/Finch Dental: 2300 Finch Ave West, Unit # 61, 416-745-5528





Emery Village seniors celebrate art and community

BY SEAN DELANEY

The holiday spirit was in full swing at the Carmine Stefano Community Centre, marking another successful conclusion to the Emery Seniors' art class and social gathering. This season's final session was a festive celebration complete with fun, coffee, and delightful treats, enjoyed under the watchful eyes of special guests Councillor Perruzza and MPP Tom Rakocevic, Amy Calderan from Judy Sgro's office, and TDSB School Trustee Matias de Dovitiis.

Every Wednesday, seniors gather to refine their painting skills under the guidance of Lucy Catania. The class caters to newcomers eager to learn and seasoned artists who have honed their craft over many sessions. More than just an art class, these gatherings forge strong social connections among participants.

"We are all fully vaccinated, and we adhere to all health protocols," Catania noted, emphasizing the safe and welcoming environment. "We are in harmony and joy, discussing everything under the sun with no filters, thanks to our rich life experiences."

Catania and the seniors expressed heartfelt gratitude for the community support, particularly appreciating the role of the Emery Village Voice in promoting their activities.

"We are very grateful to have this art class. Merry Christmas and Happy New Year," Catania said.

The sessions are free of charge and open to all, making art accessible to everyone in the community. They take place at the Carmine Stefano Community Centre (3100 Weston Rd.) every Wednesday at 10 a.m.

For those interested in joining the winter sessions, details about the start date in January will be available on the City of Toronto website. This initiative not only cultivates artistic talents but also strengthens community ties, making it a cherished part of the weekly schedule for many local seniors





Savour the City: Winterlicious 2025 heats up Toronto's culinary scene

BY SHANNON DELMARCO

Toronto's food enthusiasts are in for a treat as the City rolls out its annual Winterlicious program, running from January 31 to February 13, 2025. This culinary festival offers diners a unique opportunity to explore the City's gastronomic diversity without breaking the bank.

Winterlicious 2025 invites food lovers to indulge in three-course prix fixe menus offered by more than 220 participating restaurants.

Each venue crafts special menus that capture the essence of Toronto's culinary spirit, ranging from comforting local favourites to bold global cuisines. The prix fixe pricing for this event is as enticing as the meals, with lunch options are set between \$20 and \$55, and dinner menus range from \$25 to \$75.

This culinary celebration not only satisfies patrons' palates but also supports local eateries during the slower winter months, providing a significant boost to the restaurant industry. Diners are encouraged to make reservations starting January 16, as spots fill up quickly due to the event's popularity.

For those eager to partake in this cu-

linary journey, Winterlicious is more than just dining out. It's an exploration of flavours that encourages residents and visitors alike to embrace the City's vibrant food scene. From the aromatic spices of an Indian curry to the rich, comforting notes of a Canadian poutine, there's a dish to suit every taste.

Residents interested in participating can prepare for the Winterlicious festival by marking their calendars and planning their culinary routes around the City.

The complete list of participating restaurants and their specific menus are available directly from the festival's organisers through the City of Toronto website at: www.toronto.ca/explore-enjoy/festivals-events/winterlicious

As Toronto prepares to showcase its culinary delights, Winterlicious 2025 stands out as a significant cultural event.

It promises an array of dishes as diverse and dynamic as the City itself. Join in to discover new restaurants, revisit old favourites, and celebrate the incredible flavours that Toronto has to offer.



Part 2: Q&A with Superintendent Mandeep Mann – Continuing the Vision for 31 Division

BY SEAN DELANEY

In last month's edition of The Emery Village Voice, we introduced Superintendent Mandeep Mann, the new leader of 31 Division, and explored his thoughts on trust, community partnerships, and reframing police-community engagement. This month, we dive deeper into his perspectives on tackling key issues like gun violence, calls for service, officer wellness, and his personal connection to the community.

On addressing Gun Violence

When asked about one of the most pressing issues in the division, Superintendent Mann spoke candidly about the complexities of youth involvement in gun violence and gang activity.

"The factors driving youth towards gun violence and gang involvement are multifaceted, extending far beyond the scope of traditional policing. Addressing these complex community safety and well-being challenges requires a comprehensive, multi-sector approach. No single entity can effectively tackle these issues alone. Instead, success demands a coordinated effort, leveraging expertise from various sectors including City services,

health providers, and social support organizations, with active participation from all levels of government."

Superintendent Mann highlighted the Division's focus on collaboration with community agencies to foster safety and resilience.

"By fostering partnerships with community organizations and residents, we can work towards a safer, more cohesive Toronto where young people have alternatives to violence and crime. Together, we can address the root causes of youth gun crime while building stronger, more resilient neighbourhoods."

On Calls for Service

The growing demands placed on the Division were another focal point of our discussion. Mann acknowledged the challenges faced by 31 Division as the City grows.

"Calls for service, both emergency and non-emergency, have increased significantly. We are at a pivotal time, responding to the dynamic impacts of geopolitical events while managing an unprecedented number of protests and public events."

Despite these challenges, Superintendent Mann is committed to improving response times and maintaining high standards of service.

"In a growing City, where we are receiving more and more calls each year, including gun calls, we continue to make improvements in our response times for these top priority calls. However, an obvious challenge is that while the population has increased, the number of officers has decreased. This is an issue across our City, and we are working hard to address it."

On Officer Wellness

Superintendent Mann also touched on the importance of looking after the wellness of his officers, acknowledging the trauma and pressures of police work.

"Being a police officer is a tremendous honour, but it comes with exposure to trauma—it's not a matter of if but when. Our people's well-being is critical to our success as an organization. If they cannot be at their best, then their interaction with the public will not be the best it can or should be."

He emphasized creating a supportive environment for officers.

"It's vital that I create an environment where members are able to look after each other, recognize when a colleague needs help, and advocate for those colleagues when they cannot advocate for themselves."

On Connecting with the Community

When asked about his personal con-

nection to the community, Superintendent Mann reflected on his faith and upbringing.

"I have come to realize that my passion for policing is mirrored in my passion for my faith, Sikhism. Both contain three traits that are part of who I am: noble duty—protecting society in a fair and equitable manner; leadership—supporting and mentoring police officers; and community service—helping those who need it, particularly the marginalized and vulnerable."

Mann also shared how his family's immigrant story shaped his values.

"As a first-generation Canadian Sikh, my family has always been the centre of my life. My parents arrived in Canada with my one-year-old sister and \$9 in their pocket. Their perseverance and determination to succeed, particularly at a time when visible minorities had far fewer resources and support, continues to inspire me every day. They instilled in us the importance of hard work, optimism, and family. I attribute my successes to the support they have provided me over the years."

As we close this two-part series, The Emery Village Voice wishes Superintendent Mann and his family every success in his leadership of 31 Division. His dedication to trust, collaboration, and the well-being of both officers and community members signals a bright future for Emery Village.



Preparing for winter: The importance of winter tires



BY SEAN DELANEY

As winter approaches in Toronto, it's crucial to prepare for the unpredictable weather conditions that come with the season. Equipping your vehicle with winter tires is essential for safe driving during these months.

Why Winter Tires?

Winter tires are specifically designed to perform better than all-sea-

son tires in cold temperatures and on icy, snowy roads. Once the temperature drops below 7°C, all-season tires harden and lose traction, making them less effective. In contrast, winter tires remain flexible, offering better grip, handling, and shorter braking distances. They feature deeper treads that channel snow and slush away, reducing the risk of sliding. Additionally, small slits in the tread, called sipes, enhance traction by biting into snow and ice, improving acceleration and stopping power.

Identifying Certified Winter Tires

To ensure you're purchasing quality winter tires, look for the Three-Peak Mountain Snowflake (3PMSF) symbol. This certification guarantees that the tires meet snow traction performance standards set by the Rubber Association of Canada and the Rubber Manufacturers Association, ensuring they're suitable for severe

winter conditions.

Local Winter Tire Retailers in Emery Village

For your winter tire needs, consider visiting the following reputable retailers in Emery Village:

R.E. Tire Shop

Address: 172 Toryork Dr., Unit 4A

Phone: 647-778-8204

Description: Dealer offering a range

of tire services.
TIRE SPOT

Address: 89 Rivalda Road

Description: Provides tire and rim services with the latest technology.

City Tire & Rim Co.

Address: 166 Toryork Dr., Unit 3

Phone: 647-436-9475 Fast'n Tires & Auto Center Address: 2430 Finch Ave. W.

Phone: 416-746-2585 JK Auto Repair/Tires Address: 340 Garyray Dr. Phone: 416-742-4444 Signet Tires

Address: 1 High Meadow Place,

Unit 19/20

Phone: 416-748-8473 Star Tire Service Ltd. Address: 50 Rivalda Rd. Phone: 416-745-4644

Tire Canada

Address: 2300 Finch Ave. W., Units

16+17

Phone: 416-749-3104 Viking Tire & Auto Centre

Address: 1821 Wilson Ave., Toronto

Phone: 416-747-8500

For a comprehensive list of businesses in Emery Village, visit the Emery Village BIA directory at emeryvillagebia.ca and click on the directory tab.

Investing in winter tires not only enhances your safety but also contributes to the well-being of all road users during the challenging winter months.

Healthwise: Protecting seniors during flu and cold season

BY SHELLY HARRIS RN

As the winter months settle over Emery Village, the sounds of coughs, sneezes, and sniffles seem to grow louder. For our seniors, this season brings added health concerns, and it's

important to stay informed and prepared to navigate the risks of colds, flu, respiratory syncytial virus (RSV), and pneumonia. These illnesses can range from inconvenient to severe, making prevention and early care essential.

Coughs and colds are often the first signs that your body is fighting off an infection. While they're usually mild, they can linger and be uncomfortable. The flu, however, is much more than a bad cold. It's a serious illness that can hit seniors harder and lead to complications such as pneumonia, an infection that inflames the air sacs in the lungs.

Another concern is RSV, a virus that might sound unfamiliar to some but is becoming better understood in senior care. RSV often causes symptoms similar to a common cold, but in older adults, it can lead to severe lung infections like pneumonia or bronchiolitis. Pneumonia itself is a major risk during the winter months and one of the leading reasons for hospital visits among seniors. Protecting against it is

critical

Thankfully, there are effective ways to guard against these illnesses. Vaccinations remain a powerful tool. The annual flu shot continues to be one of the best defences against the flu,

and enhanced flu vaccines designed for older adults are now available, offering stronger protection. New this year is the RSV vaccine, recommended for adults 60 and older. It's worth asking your doctor about it. And don't forget

the pneumonia vaccine—keeping it up to date could make all the difference in staying healthy this season.

Even as COVID-19 fades from the spotlight, it hasn't disappeared. Booster shots tailored to new variants are still recommended, especially for seniors and those with health conditions. Combined with other vaccines, they add an extra layer of protection during the colder months.

Good health, however, isn't just about vaccines. Hygiene plays a key role in staying well. Washing your hands regularly with soap and water, using hand sanitizer when necessary, and cleaning high-touch surfaces can all help prevent the spread of germs. If you're feeling unwell, make sure to cover your mouth and nose with a tissue or your elbow when you cough

or sneeze.

Staying warm is another simple but important step. Keep your home heated to at least 18 to 21 degrees Celsius and wear layers to stay comfortable. Cold weather doesn't cause illness directly, but staying warm helps your body stay strong against infections.

A healthy diet is also key. Fresh fruits, vegetables, whole grains, and lean proteins can give your immune system a boost. Staying hydrated is equally important, even when the weather is cold—try to drink plenty of fluids throughout the day unless your doctor advises otherwise.

For those who enjoy being active in the community, it's smart to limit time in crowded spaces during the height of cold and flu season. Viruses spread quickly in enclosed areas, so avoiding peak times can reduce your risk. Regular visits to your healthcare provider are also important, as early check-ups can catch potential issues before they become serious.

Emery Village is fortunate to have local health resources that help keep our community safe and informed. Vaccine clinics and wellness services are great ways to stay on top of your health. Staying proactive about prevention is one of the best ways to enjoy this season with confidence.

By taking care of yourself and staying informed, you can avoid many of the challenges winter brings. Let's work together to protect our seniors and ensure that everyone in Emery Village has a healthy, happy winter.



Puzzles

SUDOKU

Like puzzles? Then you'll love sudoku.

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes.

To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

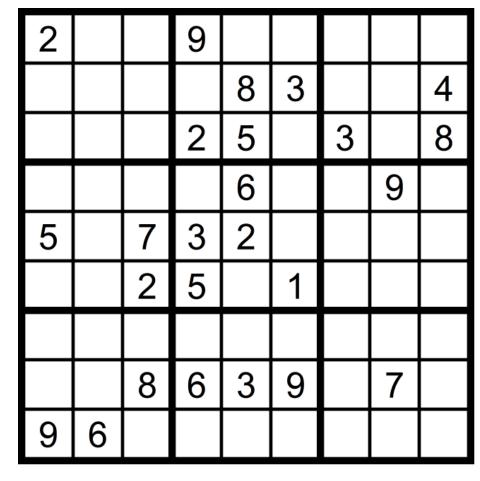
CROSSWORD

ACROSS

- 1 "The Circle Game" writer --- Mitchell
- 5 Features of old phones
- 10 Ran off the margin
- 14 Germany/Poland border river
- 15 Private movie maker, informally
- 16 Uncommon
- 17 She-bears
- 18 Bizet's "The Pearl Fishers" heroine 7 Score after deuce, sometimes
- 19 Bearded bloom
- 20 "48 --- " (1982 Nolte/Murphy movie)
- 21 Retreating
- 23 Significant Tombstone name
- 25 Falling off a log is as easy as this
- 26 Winner of the first Pulitzer Prize for 12 Obama attorney general ---
- 27 1995 Masters Tournament winner
- 32 Dumb cargo vessel
- 33 --- Vista, Mexican War battle
- 34 Self-esteem
- 35 "I'm --- here!"
- 36 Prohibition-era gangster Bugs ---
- 37 "Aw, gee!"
- 38 Powdery residue
- 39 In great shape
- 40 Military cap
- 41 Actress/singer Debbie
- 43 Stout box
- 44 "--- Daba Honeymoon", sung by 41 36 Sugar syrup
- 45 Food firm now merged with Heinz
- 46 Violently stormy
- 51 "A likely story!"
- 54 Frozen rain
- 55 Transmits
- 56 Group of three
- 57 Skin eruption
- 58 If hungry, --- Joe's
- 59 Substance
- 60 Opposite to 46 Down
- 61 Hazy
- 62 Encourage in wrongdoing

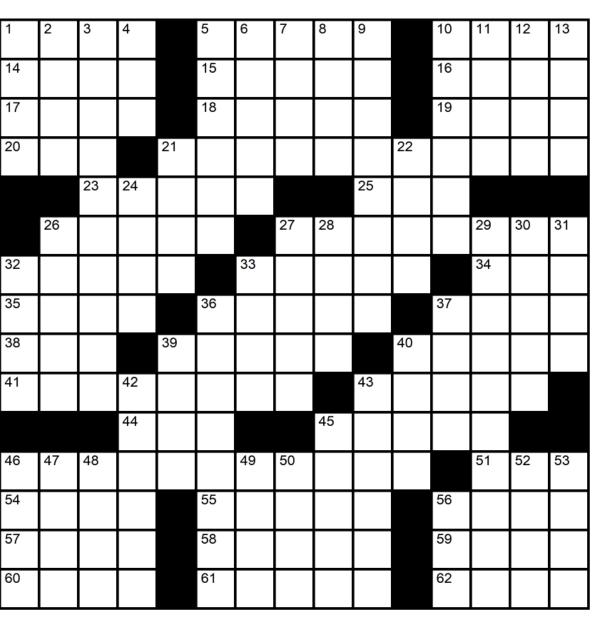
- 1 Tease amiably
- 2 Bad aroma
- 3 Of public interest
- 4 Collector who awaits your return
- 5 Make weaker
- 6 Lifeless

- 8 "Darling ---" (1970 Julie
- Andrews film)
- 9 "Milk" Best Actor Oscar win-
- 10 Kickbacks
- 11 "Doctor Zhivago" heroine
- 13 --- jockey, in the office
- 21 Yarn
- 22 Film's La Lollo
- 24 Hindu exercise method
- 26 Temporary stop
- 27 Makes better
- 28 Peruse
- 29 Teen idol
- 30 Give consent
- 31 "This --- hurt a bit"
- 32 Hog wild?
- 33 No foe
- 37 Like Gallaudet University
- students
- 39 "Hamlet" soliloquy opener
- 40 Burned by feminists, once
- 42 City at the foot of Vesuvius
- 43 Like a curmudgeon
- 45 Brownie maker
- 46 Yonder whatsit
- 47 Apiece
- 48 Revealing skirt
- 49 Side
- 50 " ... --- dust shalt thou return"
- 52 "West Wing" extra
- 53 "Della and the Dealer" singer
- 56 "Details forthcoming"



ENTER TO WIN

Send a picture of completed puzzles to: info@emery villagevoice.ca Correct puzzles will be entered into a monthly draw. This month's prize is a \$50 Tim Hortons gift card courtesy of Ralph Shepherd of the Rivalda Road and Sheppard Avenue Tim Hortons.





Humber Summit Library

January programs Did you know that the Presto Card is exclusive to Humber Summit Library in Emery? Community members can pick up a Presto Card at Humber Summit Library! The initial card purchase fee has been waived, and they only need to add money to the card to use it.

Toddler Time Join us for Stories, songs and finger rhymes for Toddlers from 19 months to 35 months with their parents or caregivers. Drop in. Wednesdays January 8, 15, 22, 29. 10:30 a.m.

Humber Summit Senior Social Join us every Thursday for an afternoon of games, BINGO and cards. Meet new people and have fun! Thursdays, January 9, 16, 23, 30. 1:30 to 2:30 p.m.

Fun with Snap Circuits Play with electricity and circuitry during this hands-on program! Turn on a light, spin a motor, and choose from hundreds of different projects, or try making your own circuits! For ages 6 to 12. A parent or guardian must attend with children. Tuesday, January 28.

4 to 5 p.m.

Fun with Dash Robot Explore the world of coding with Dash Robots. Have fun completing challenges. Ages 8 to 12 years. Registration required Tuesday, January 14 4 to 5 p.m.

Afterschool Fun with LEGO Join us as we have fun and create with LEGO! Tuesday, January 21, 4 to 5 p.m.

Coffee and Conversation Neighbourhood Meeting Hosted by TPS, Project Engage416 Join us as we talk about neighbourhood safety and other important issues.

Please come out and talk about what you and your organization are doing for the community. Thursday, January 23, 4 to 6 p.m.

Scrabble Night. Join us for an evening of fun with Scrabble. Test your word skills against your neighbours. Tuesday, January 21, 7 to 8 p.m. For hours and additional program

information visit: www.torontopubliclibrary.ca/hum bersummit/

Don't spend your week bored at Home. Get out to your closest Public Library, get active, meet a friend, and have fun!



Woodview Park Library

January programs

After-School Club Tuesdays, 4 p.m. to 5 p.m. Learn and create new things, make friends, and have fun, with STEM-centred crafts and activities! Drop in program for ages 6 to 12 years. Space is limited. Snacks will be provided. The program will not run during March Break.

LEAP After-School Program Wednesdays and Thursdays, 3 p.m. to 5 p.m.

Come to Woodview Park for two hours of physical activity, trivia and games while building independency skills. The program is facilitated by North York Community House LEAP staff and is intended for children aged 9 to 12 years. Snacks will be provided. Registration is required with LEAP online on their website. Space is limited.

Seniors Drop-In Wednesdays Noon to 1:30 p.m. This program provides seniors with an opportunity to socialize with one another in a safe and secure environment. Some of the recreational activities seniors may participate in include playing games, arts and crafts, and attending health and wellness workshops. Refreshments will be provided by the Northwood

Neighbourhood Services. First session in 2025 will be on Wednesday, January 22nd.

Woodview Park Library 16 Bradstock Rd. (Bradstock and Weston Rd.) (416) 395-5960 For hours and additional program information visit: www.torontopubliclibrary.ca



Congratulations!

Congratulations to Jason Ponerance for winning our puzzle contest. Jason will receive a \$50 Tim Horton's gift card courtesy of Ralph Shepherd and the Rivalda Road and Sheppard Avenue Tim Hortons.

Remember to email your completed puzzle page to: info@emeryvillagevoice.ca Completed puzzle pages must be received by October 20.





5	7	2	1	4	8	6	9	3
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6	9	4	5	2	3	7	8	1
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CMHA

OSP

ONTARIO STRUCTURED PSYCHOTHERAPY

ABOUT

OSP is a FREE program that offers
CBT (cognitive behavioural therapy)
and other evidence-based approaches
to manage mild to moderate
depression, anxiety, and anxietyrelated conditions.

ELIGIBILITY

Adults (18+) and youths (15+).



Learn more on our website **eknplc.ca/osp**

What can OSP help with?

 OSP is suitable for mild to moderate depression and anxiety-related problems.

Examples:

 Depression and low mood, generalized anxiety and worry, social anxiety and performance fears, unexpected panic attacks, health anxiety, obsessivecompulsive concerns, posttraumatic stress, and more.

Accessing the Program

- EKNPLC's social worker will screen you for eligibility and refer you to the program.
- Our social worker can also help connect you with other supports if OSP is not a good fit for you.



EMERY-KEELESDALE
NURSE PRACTITIONER-LED CLINIC
PHONE: 647-476-1351
EMAIL: INFO@EKNPLC.CA

