

SAHRA eBlast – Oct 27 2019

Fall fest on Upper Avenue

Our Businesses on Upper Avenue between Joicey and Roe put on a very enjoyable **Fall fest** – a fall-themed “open house” event to celebrate our vibrant Upper Avenue community on Saturday, October 19th. Councillor Colle and his Staff made a great piping hot minestrone soup. Good turnout and everyone enjoyed the events/giveaways/specials. We will be starting the planning soon for an even bigger and better event in 2020!

Supported by: Councillor Mike Colle, the Upper Avenue Community Association, the Bedford Park Residents Organization, the South Armour Heights Residents’ Association and the Ledbury Park Connects Group.

The cake offered by SAHRA and SAHRA Volunteers



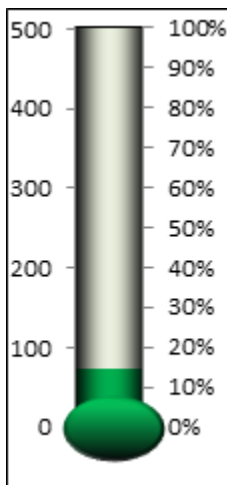
Request for a Study of Traffic Calming Measures for Upper Avenue Road Area

Councillor Mike Colle has submitted a Motion for City Council consideration on October 29, 2019 requesting that “Transportation Services undertake a study of the Upper Avenue Road area bounded by the 401 to the north, Brooke Avenue to the south, Clyde Avenue on the west to Elm Road on the east, to help calm and control traffic in the area resulting from significant traffic volume caused by the 401 access ramps at Avenue Road, which result in constant overflow of Highway 401 traffic onto local residential streets; such study should look at measures that would help slow down traffic and enhance pedestrian safety in the area.

SAHRA Email Address Campaign

SAHRA's Email Address Campaign started on **Sept 23rd**! The objective of the campaign is strictly to collect email addresses so that we can communicate more efficiently, electronically via eBlasts. Our volunteers are now covering our **21** blocks looking to obtain **502** email addresses between now and Nov 15th!

We're making progress – 73 email addresses have been collected!



If you would be able to volunteer to talk to the neighbours on your block, please contact us at info@sahrautoronto.com. Need help with Joicey, Brooke and Yonge Blvd. All help is most appreciated.

City Consultation on approaches to reduce single-use and takeaway items – Survey open until Nov 4

The City is undertaking consultation to help develop a strategy to reduce single-use and takeaway items. A single-use or takeaway item is any product designed for a single-use after which it is disposed of in the garbage, Blue Bin or Green Bin. You are invited to provide feedback through an online survey. The **Online Survey** will be available from Sept 25 to Nov 4,

2019 <https://s.cotsurvey.chkmt.com/?e=172047&h=7B9DA80D93F92FC&l=en>

Community Events

Mindfulness for Everyone – Join Mosaic & Armour Heights Presbyterian Church for a Community Café with Eleanor Silverberg. An interactive workshop on mindfulness as a coping technique with a series of exercises to experience the engaging version of mindful practice. **Tuesday, Oct 29 10:30-11:30 am.** RSVP by calling 416-485-4000.

Pianist David Chodoriwsky – Featuring works by Chopin, Debussy, Poulenc and Ravel. **Saturday, Nov 9 at 7pm** at Armour Heights Presbyterian Church, 105 Wilson.

Festive Light Lunch & Folk Dancing – A holiday festive light lunch featuring Karen Millyard teaching some English historical folk dancing. Lunch will be served after the dancing at 11:30 am. **Tuesday, Nov 26 10:30-11:30 am** at Armour Heights Presbyterian Church. RSVP by calling 416-485-4000.

Christmas Bazaar

Reserve the date for this annual Christmas Bazaar. Enjoy Armour Heights' famous homemade pies and baking, visit the spectacular artisans and get ready for the upcoming season!

Saturday, November 16th 10:00 am to 3:00 pm

Armour Heights Presbyterian Church (105 Wilson)

Fraud Alert Lunch & Learn

Learn about the most common frauds and scams, tips on how to keep yourself safe online and general home and personal safety tips. An interactive Lunch & Learn presentation with Constable Leslie Henry, Toronto Police.

Tuesday, November 19 Noon – 2:00 p.m. at Armour Heights Presbyterian Church, 105 Wilson

If you would like to attend, please contact Erin Stone the Church Administrator so that they can define the Lunch counts.

(416) 485-4000 estone@armourheights.org Office Hours: Monday-Friday: 9:00am - 2:00pm

Updates from the Community Police Liaison Committee

Two members from SAHRA attend the monthly meetings of the Community Police Liaison Committee (CPLC). Here is some info from the Sept and Oct meetings.

- 32 Division is dealing with the robberies of teens after they left McDonald's on Avenue Road. Councillor Colle has been on the radio/TV advising the public of the event and the police investigation. Apparently two arrests were made last week and the police are continuing with their follow-ups.
- From Oct 11-14, Operation Impact targeted distracted driving, use of cell phones by drivers and use of seatbelts.
- A back-to-school campaign was completed by the Traffic Group, primarily targeting school drop off in the morning.
- Shootings in 32 Division (as of Oct 16) have increased from 22 YTD in 2018 to 42 in 2019. However, there have been no homicides. The shootings have tended to be concentrated in certain geographic areas. Project Community Space has been raised which moves officers into these areas for higher visibility. This project will run until the end of October.
- It is expected that the provincial government will change a regulation in October which will allow the use of cameras to enforce speeding limits.
- Complaints against drivers can be made online at the [Citizen Online Report Entry \(CORE\) website](https://www.torontopolice.on.ca/core/) <https://www.torontopolice.on.ca/core/>.

Choose the "Driving Complaint" area at the bottom of the page to enter information about unlawful driver behaviour. Be prepared to provide info about the time, place and description of

the vehicle – it is best to have the vehicle’s licence plate number. A photo or video is even better. Even if the police cannot identify the driver, a letter will be sent to the vehicle owner explaining the complaint.

Exercise Programs at the Armour Heights Presbyterian Church

A number of exercise programs are starting up at the Church.

Breakthrough Workout for Parkinsons – this 8 week series integrates yoga, dancing, boxing moves while encouraging BIG movements and LOUD voices. Starts Wednesday, October 16th / 12:30 – 1:30 pm / \$95.00 for the 8 week series or \$15.00 drop in per class.

Yoga Dance Class – a 6 class series; Yoga Dance is an enjoyable workout that invites you to “get out of your head” and into your body. It integrates the benefits of yoga and dance done to fabulous music from a wide range of genres and cultures. Starts Thurs, October 17th / 6:30-7:30 p.m. / cost of \$75.00 or \$18.00 per class.

Friday Fitness Class – this 8 week low impact aerobic workout series is specifically designed to meet the fitness needs of those 50 years and older who are comfortable building cardiovascular endurance without the support of a chair. Starts October 18th / 11:30am to 12:25 pm. / \$5.00 per class at the door.

Yoga & Dancing in Chairs – this weekly class combines the benefits of yoga and dancing into a complete body, mind and spirit workout. Starts October 18th / 12:30 to 1:30 pm.

Contact Erin Stone 416-485-4000 or estone@armourheights.org for more information and to register.

Neighbourhood Watch Online

Neighbourhood Watch groups are being formed in the North, South-East and South-West areas within SAHRA boundaries. If you are interested in leading or participating in such a group, please send an email to info@sahratoronto.com and we can provide information.

New Stores/Services on Upper Avenue

Cactus Law is now operating at 1759 Avenue Road, just north of St. Germaine on the east side. Services provided are Wills & Estates, Real Estate, Civil Litigation and Corporate Law. Telephone 416-250-6400.