

SAHRA eBlast – June 11 2020

Alert – Sexual Assault

The Toronto Police Service would like to make the public aware of an arrest in a sexual assault investigation in the [Sheppard Avenue and Wilson Avenue](#) area.

It is alleged that:

- on Wednesday, May 20, 2020, between 6:15 p.m. and 7:30 p.m., a man approached two separate women and sexually assaulted them

- he was last seen fleeing southbound on Faywood Boulevard on a bicycle

Marlon Cornejo, 23, has been arrested. He is charged with:

1. Seven counts of Sexual Assault

He was released on bail on Friday, June 5, 2020.

Anyone with information is asked to contact police at 416-808-7474, Crime Stoppers anonymously at 416-222-TIPS (8477), online at www.222tips.com, text TOR and your message to CRIMES (274637), or [Leave A Tip on Facebook](#). Download the free Crime Stoppers Mobile App on iTunes, Google Play or Blackberry App World.

Cannabis Store Applications on Upper Avenue

Thanks to the many residents in the SAHRA, BPRO, and LPRO areas who submitted opinions on the 4 Cannabis Retail Store applications within an 8-block section of Upper Avenue to the Alcohol and Gaming Commission of Ontario (AGCO), Premier Doug Ford, Attorney General Downey, MPP Robin Martin, Mayor John Tory and Councillor Mike Colle. It appears that the decision now rests with the AGCO! We will certainly communicate their decision once it is released.

Councillor Mike Colle June 10th Update #13

View the update at <https://sahratoronto.com/2020/06/10/april-6-councillor-mike-colle-covid-19-update/>

Hon. Marco Mendicino June 5th COVID-19 Update

View the Update at <https://sahratoronto.com/2020/06/05/hon-marco-mendicino-covid-19-update-mendicino/>

MPP Robin Martin June 4th COVID-19 Update

View the Update at <https://sahratoronto.com/2020/06/04/mpp-robin-martin-april-16-covid-19-update/>

Jedburgh and Duplex – Active TO Street – ‘Quiet Street’

Jedburgh and Duplex from Brooke Avenue to Montgomery Avenue has been designed a Quiet Street as part of the ActiveTO program. Quiet Streets are shared space for drives, pedestrians and cyclists. Signs and temporary barricades have been positioned to encourage slow, local vehicle access only. The reduced traffic levels give more space for pedestrians and cyclists while respecting physical distancing.

CTV article – WHO has new advice for wearing masks and making your own

A link to the latest from WHO on facemasks. Also has demonstration videos.

<https://www.ctvnews.ca/health/coronavirus/the-who-has-new-advice-for-wearing-masks-and-making-your-own-1.4973311>

COVID-19 Website Page

In an effort to keep our Members informed on COVID-19, we are communicating via our **eBlasts**. We have now created a dedicated Page under Information on our **Website** for these posts. You can access the link/button to COVID-19 Information for COVID-19 articles at <http://sahratoronto.com/>. This will take you directly to the Information/COVID-19 page.

Support our Shops Update

The Bedford Park Residents Organization has updated their lists of Shops on Avenue Road and Yonge that are open for business as of May 2 (see attached). This list is also available on SAHRA’s website on the COVID-19 Page.

The Bedford Park Residents Organization has also published their May 2020 Newsletter. You can view it from our News page <https://sahratoronto.com/news/news-from-area-residents-associations/>.

New Stores and Services

Motorino Italian Takeaway is now open at 1775 Avenue Road between Melrose and St. Germaine (east side), providing Italian-style takeaway. 416-251-6686. Call to verify open hours.

Canada Chemists is now operating at 1975 Avenue Road, in the former Brown’s/Short Man’s Location. An independent pharmacy since 2005, it provides integrated services including compounding, pets’ prescriptions and home health care products such as CPAP supplies. 416-440-8008. Mon-Fri 10am-6pm, Sat 10am-3pm, Sun Closed.

Interesting Websites

A number of websites that you might find interesting to review various issues related to COVID-19.

Coronavirus mortality stats published by Johns Hopkins: <https://coronavirus.jhu.edu/data/mortality>

John Hopkins University: <https://coronavirus.jhu.edu/map.html>

Interesting blog by a rheumatologist: <https://rheuminfo.com>

Toronto data: <https://www.toronto.ca/home/covid-19/covid-19-latest-city-of-toronto-news/covid-19-status-of-cases-in-toronto/>.

Canada's website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Ontario's website: <https://www.ontario.ca/page/how-ontario-is-responding-covid-19>

Financial Times (free to view): <https://www.ft.com/content/a26fbf7e-48f8-11ea-aeb3-955839e06441>

Part way down the page is "Has your country's pandemic peaked?" with a link below it which goes to this page, which is also interesting: <https://ig.ft.com/coronavirus-chart/?areas=usa&areas=gbr&areasRegional=usny&areasRegional=usnj&cumulative=0&logScale=1&perMillion=0&values=deaths>.

Donations to the North York Harvest Food Bank / Armour Heights Church support

The North York Harvest Food Bank is in need of food and monetary donations. Here's how you can help:

- Drop off food items outside the office door of Armour Heights Church at 105 Wilson Ave (the office door is off the parking area on the east side of the Church on Wilson). The Church will ensure the items are collected each day and added to the food bank box. Once the box is full, Harvest Food collects the food. The most needed items are canned tomatoes, canned beans, canned fish, rice and household size oil.
- Or you can donate money to the Harvest Food Bank by [clicking here](#).

211 Toronto

211 Toronto connects people living in the GTA to over 4,000 programs and social services such as financial help, employment services, mental health, home care, housing, shelters, food and childcare. It offers a 24/7 confidential service in 150 languages, including online, text (21166) and chat services.

Better Living Website COVID-19 Updates

Better Living Health and Community Services actively updates their website to provide you with access to up-to-date and reputable sources of information and reference sources on COVID-19. They have a number of special support programs for Seniors. You can access their website here: <https://mybetterliving.ca/covid-19-resource-page/>

Helping Your Immune System (compliments of Todd Rietschin, Glendon Athletic Club)

Your immune system helps protect you from various infections and conditions, such as colds, influenza, or the new coronavirus, and is an important part of preventing allergies and cancers. In order to function properly, your immune system requires several nutrients that you can get from your diet every day. These nutrients include protein, vitamins A, C, and E, plus the minerals zinc and iron. Probiotics are friendly bacteria found in some foods and can help balance the flora in your digestive system. They're not nutrients, but they are also helpful. A balanced diet should provide all the nutrients and probiotics you need, but to be on the safe side, you can add these ten foods to your weekly meal plan. Each one is high in two or more of the nutrients needed to keep your immune system healthy.

1. Almonds

Almonds are easy to find in any grocery store. They're perfect as a healthy snack and can be added to salads and yogurt. Almonds are high in vitamin E that acts as an antioxidant in your body and helps immune system function. Almonds are also high in iron and protein that are also essential for your immune system.

2. Avocado

[Avocado](#) is best known for being a rich source of monounsaturated fatty acids, similar to olive oil, but it's also a good source of vitamin E, vitamin C, iron, and zinc. Add avocado slices to a sandwich, make guacamole, or top a healthy salad with cubes of avocado.

3. Kale

[Kale](#) is a cruciferous vegetable that's related to cauliflower, arugula, and broccoli. It's rich in so many nutrients including vitamin A, which is important for healthy skin and mucous membranes. Kale also has plenty of vitamins C and E, iron, and zinc.

4. Mango

Mangoes used to be a bit on the exotic side and weren't always easy to find in grocery stores. But, that's changed and today they're available in both the produce and freezer sections of most grocery stores. That's good because mangoes are loaded with both vitamins A and C, plus they offer vitamin E.

5. Red Sweet Peppers

Red sweet peppers are good for your immune system because they're high in both vitamins C and A. They also offer vitamin E. Red sweet peppers are also low in calories, so they make a great addition to any meal – add them to omelets or saute them as a side dish.

6. Sweet Potatoes

[Sweet potatoes](#) are rich in vitamin A, and they also offer quite a bit of vitamin C, vitamin E, and a bit of plant-based iron. Sweet potatoes can be baked in the microwave or conventional oven and served with a bit of butter or maple syrup.

7. Tuna

Tuna is best known as a good source of omega-3 fatty acids, but it's also high in zinc, selenium, and protein that are all essential for immune system function. Tuna is quite a versatile fish. It can be eaten raw, seared, or grilled, or you can keep a few cans of tuna on hand for sandwiches and salads.

8. Yogurt

[Yogurt](#) is probably the best-known dietary source of probiotics that can give your immune system a boost, but it's also high in protein. You'll also get a bit of vitamin A and zinc. Keep your yogurt nutritious by choosing plain yogurt and adding nuts, berries, and just a little honey.

Reference:

Lehman, S. (2019, July 22). Eat These 10 Foods for a Healthy Immune System. Retrieved April 23, 2020, from <https://www.verywellfit.com/foods-good-for-your-immune-system-2507173>

Membership Contribution Reminder

Like everything else in this pandemic year, our financial contribution drive has had to adapt. We are not delivering personal reminder letters to residents' doors, in order to reduce the risk of COVID-19 infection for both the deliverer and the recipient. Additionally, we have postponed both our Annual General Meeting and our Neighbours' Night Out event, where we often receive members' contributions. As a result, we are relying solely on electronic reminders such as this email.

Over the last four years, we have led appeals of Committee of Adjustment decisions to both the Ontario Municipal Board (OMB) and the Toronto Local Appeal Body (TLAB) eight times. For the three most important cases, we hired a planner and a lawyer and won each time, protecting our neighbourhood from runaway development. This year will bring another appeal likely in September and there is a chance for still another later in the year.

SAHRA's Board uses your contributions judiciously, and our planner and lawyer for these appeals provide good value. However, they do cost money. Over the last three years, your Board has decided to draw on our cash reserves and annual membership contributions rather than raise funds through a special fundraising programme. This year, we need your contributions to mount these appeals effectively in order to maintain the character of the neighbourhood, as well as to maintain our other activities such as various communication channels to you and other members.

SAHRA recognises that these are difficult times. We appreciate any contribution to help SAHRA maintain its activities. A Reminder / Membership renewal sheet is attached. Alternatively, contributions can be made online at <https://sahratoronto.com/membership/>.