

SAHRA eBlast – August 30 2020

Hon. Marco Mendicino COVID-19 Update Aug 28 2020

View the update at <https://mailchi.mp/parl/mendicino-july-7-2020-update-4411882?e=7234dd8274>

Highway 400 Scam

Ontario Provincial Police are warning drivers not to fall for a scam where fraudsters pose as stranded motorists and attempt to prey on the goodwill of others by asking to exchange fake gold jewelry for cash. In a news release issued Wednesday, the force said they've received numerous complaints from motorists who've stopped to assist drivers that appear to be stranded along the side of 400 series highways.

Scammers will often park on the shoulder of one of these highways, on a ramp or in parking lots, "seeking the goodwill and compassion from the motoring public."

Once a concerned Good Samaritan stops to offer help, the scammer then fabricates some kind of emergency scenario and claims to have had their wallet stolen. They often say they're from out of town and in need of funds for gas or vehicle repairs, and they then offer to hand over gold jewelry in exchange for the money they claim to so desperately need.

"These individuals are typically well dressed and well-spoken and are operating rental vehicles," the release notes. The jewelry these scammers offer in exchange for money, shockingly enough, is not real gold. The OPP says there have been several instances where well-meaning motorists have handed over significant funds, only to later discover that the jewelry is fake. And some people, according to the OPP, don't want to admit they fell for the scam and are too embarrassed to even come forward.

To avoid falling prey to one of these scams, the OPP is urging motorists not to stop on the side of the road to engage with these individuals. "The scammers pose safety concerns by parking their vehicles on the sides of busy highways and ramps," notes the provincial police force. "If you do encounter these scammers, offer to contact roadside assistance rather than exchange funds for jewelry, then leave the location."

Toronto Public Library Updates

Now more Library services are available as part of our Stage 3 reopening. We're excited to be welcoming you back into our branches. Our spaces and services might look a bit different – these changes have been made to keep you and our staff safe. [Library branches that are open](#) have regular operational hours but there is no Sunday Service.

[Pick up your holds without an appointment](#) and check them out yourself at most branches.

[Return your library materials](#) at most branch drop boxes

[Reserve a computer](#) to use at most library branches

Sign up for a [library card](#)

Browse and borrow items
Connect and use Wi-Fi
Work or study - please note that seating will be limited
Print, scan and photocopy
Access quick information services.

For in-depth research help, please call your branch for assistance.
We'll continue to re-introduce more adapted services throughout the fall, so stay tuned at tpl.ca for more information.

Dust from Residential Construction

A reminder of the new By-law 1088 that was implemented in 2018 to control dust from residential construction. This dust is a health hazard. The homeowner/ company must use one or a combination of dust control measures:

- Wetting the construction material
- Using a wet saw
- Using dustless saw technology
- Tarping or otherwise containing the source of dusty
- Installing wind fencing or a fence filer, or
- Using a vacuum attachment when cutting

If dust control measures are not followed, a 311 service request can be submitted asking for by-law enforcement. City information on dust from residential construction as well as the By-law 1088 are attached.

Tips to discourage raccoons and skunks from living in our area

In Toronto, we have an over-population of raccoons and skunks. The attached contains some information/tips on how to discourage the critters from visiting your property.

New Store on Avenue Road

L & M Art & Antiques has opened at 2074 Avenue Road (west side, north of Dunblaine). Contact Mohammad at 647-344-0777 or 647-869-6052 or email jafarpoormohammad440@gmail.com.

Front yard/back yard landscaping requirements and driveways

Planning on some driveway/front yard landscaping work this year? Here is info about Toronto's permit policies/procedures for driveways

<https://www.toronto.ca/311/knowledgebase/kb/docs/articles/transportation-services/district-transportation-services/right-of-way-management/permit-fees-permits-widen-paving-install-new-driveways-or-walkways-fees-on-city-property.html>

The City of Toronto has harmonized the requirements for the widths of driveways and the amount of landscaping in the front yards of small residential buildings in the City. See the attached document 'Driveway Widening Soft Landscaping' for explanations of the Landscaping and Soft Landscaping definitions as well as the General Rules for driveways and landscaping.

Circle of Care/Armour Heights Presbyterian Church – ZOOM Exercise Class

Circle of Care is now offering their exercise classes online through ZOOM. Circle of Care provides free exercise and falls prevention classes to older adults living in the community. Their Falls Prevention program is led by an Occupational Therapist and the Group Exercise Classes are led by trained fitness professionals. Classes are designed to help participants increase mobility, relieve pain and reduce the risk of falls by building strength and improving balances. Classes are funded by the Central Local Health Integration Network (CLIN) and are offered to eligible participants free of charge. If you have questions, please contact **Erin Stone** for details. Go to <https://www.circleofcare.com/exercise-and-falls-prevention/> to view the upcoming Schedule and to Register.

Construction Noise

Many Toronto residents are suffering from excessive construction noise during COVID-19 as the Province overruled the City of Toronto Act for the control of construction noise. The new rules allow any construction site (even single residential) to work Mon to Sun from 6:00 am to 10:00 pm. An article from the Toronto Noise Coalition on this issue <https://www.torontonoisecoalition.ca/single-post/2020/04/16/Suffering-from-excessive-construction-noise-during-COVID-19>. City Council has submitted a request to the Provincial government to rescind Limitation 2 to Ontario Regulation 130/20 but they are now recessed until Sept 13, 2020. In September we will be looking for public support in the form of sending letters or signing petitions to the Provincial government.

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.

Better Living Website Virtual Program 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/>.



**Better Living is Keeping You Staying Strong
and Healthy during COVID-19!**

VIRTUAL ACTIVE LIVING PROGRAMS

[CLICK HERE FOR THE AUGUST VIRTUAL PROGRAM GUIDE!](#)

Workouts to Eliminate Bloating (compliments of the Glendon Athletic Club)

Bloating can be rough. Whether you ate a little too much, or your stomach didn't quite like your last meal. The swollen, painful feeling is usually diet related and caused by eating too much of the wrong type of food, which causes gas buildup and problems with the muscles of the digestive system. Try these anti-bloat exercises to help promote circulation and blood flow to help eliminate bloating. First, do some cardio. Go for a run or a brisk walk! Physical activity such as this will help expel gas that causes pain and help move digestion along Aim for 30 minutes of mild to moderate exertion. Then do some yoga exercises!

Extended Triangle Pose: gentle stretching will help get things moving.

<https://www.yogajournal.com/poses/extended-triangle-pose>

Equipment needed: none

Stand straight with your feet together and arms down by your sides.

Step back 3-4 feet with your left foot, turning your left foot at a 90-degree angle and twisting your chest toward the left side of the room.

Keeping your legs extended, reach your right arm forward and your left arm backward with your palms facing down.

Hinging at the waist, bring your right hand to the floor, keeping your chest open and your left arm extended.

Bring your gaze to wherever it's comfortable – up toward your left arm or straight ahead. Hold this pose for 15 seconds, ensuring your breath is conscious and deep.

Repeat with the other side.

Sphinx Pose: stretching your torso also stretches your digestive organs, aiding in digestion.

<https://www.yogajournal.com/videos/sphinx-pose-cues>

Equipment needed: Mat

Start by lying face down on a mat with your elbows bent and palms next to your chest.

Bracing your core, begin to press up slowly by extending through your spine Keep your glutes relaxed and utilize your low back while maintaining a neutral neck.

Once you've reached a comfortable height, pause for a few seconds and lower back down to the starting position.

Repeat 5 times.

Cat-Cow: stretching and compressing your intestines will help promote movement.

<https://www.verywellfit.com/cat-cow-stretch-chakravakasana-3567178>

Equipment needed: Mat

Start on all fours with your hands directly under your shoulders and your knees directly under your hips. Your spine and neck should be neutral.

Engaging your core, start the upward phase of the movement: Exhale and push your spine toward the ceiling, allowing your back to round and your head to fall toward the floor in alignment with your spine.

Hold for 10 seconds.

Continuing to engage your core, move to the downward phase: Let your stomach fall toward the floor, arching your back the opposite way. Let your shoulders come together, keeping your neck neutral. Hold for 10 seconds.

Repeat 3 times for 1-minute total.

Extended Puppy Pose: when you've eaten too much, this pose will help you relax and your stomach.

<https://www.yogajournal.com/poses/extended-puppy-pose>

Equipment needed: Mat

Start on all fours with your hands stacked below your shoulders and your knees stacked below your hips. Walk your hands a few inches forward and curl the top of your toes to the floor.

Exhale and start to move your butt back while you drop your forehead to the floor and extend your arms with palms on the floor. Keep a slight bend in the back.

Hold for 30 seconds to 1 minute.

Tracking your diet, as well as cardio and yoga moves, will have you feeling better and back to yourself in no time.

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 there will be two additional appeals related to 3-storey applications.

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/>.