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Activity and sales have begun to pick up after a very sluggish end to 2023. We anticipate that the Spring market should be more robust as pent up demand, better weather, and likely the first of several small interest rate reductions, take effect.

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- ◆ Lytton Park - 181 Glenview Ave. - New Build **JUST COMPLETED**
- ◆ Forest Hill - 35 Ridge Hill Dr. - New Build
- ◆ Yonge/Lawrence - 72 Fairlawn Ave. - New Build
- ◆ Yonge/Lawrence - 172 Brookdale Ave. - New Build **JUST COMPLETED**
- ◆ Yonge/Lawrence - 87 Glenforest Rd. - New Build **JUST COMPLETED**
- ◆ Yonge/Lawrence - 267 Greer Rd. - Renovation/Addition
- ◆ Armour Heights - 87 Bideford Ave. - New Build **JUST COMPLETED**
- ◆ Yonge/Sheppard - 145 Avondale Ave. - New Build **JUST COMPLETED**
- ◆ Yonge/Sheppard - 107 Santa Barbara Rd. - New Build
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- ◆ Rosedale Golf Club - 249 Golfdale Ave. - Major Reno **JUST COMPLETED**
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- ◆ Yonge/Lawrence - 84 Ranleigh Ave. - New Build
- ◆ Yonge/Lawrence - 36 Bowood Ave. - New Build
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- ◆ Avenue Rd./Lawrence - 313 Fairlawn Ave. - New Build
- ◆ Cedarvale West - 33 Glenora Ave. - New Build
- ◆ Davenport/Avenue Rd. - 87 Boulton Dr. - New Build
- ◆ Yonge/Lawrence - 164 Brookdale Ave. - Addition
- ◆ Avenue Rd./Eglinton - 454 St Clements Ave. - Reno/Addition

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CITY

DO YOU KNOW T.O.?



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1. What team did the Maple Leafs beat to win its last Stanley Cup?

- A. Rangers
- B. Canadiens
- C. Bruins
- D. Red Wings

2. What is the name of Drake's clothing line?

- A. Six-y Styles
- B. Phat Farm
- C. October's Very Own
- D. Embassy

3. What was the name of the original Toronto Blue Jays mascot?

- A. Jay
- B. Bluetooth
- C. Stellar
- D. BJ

4. What type of animal was found in a T.O. IKEA, becoming a social media star?

- A. Monkey
- B. Capybara
- C. Raccoon
- D. Panther

ANSWERS: 1. B 2. C 3. D 4. A

POST INTERVIEW

Meet T.O.'s Arisa Cox the star of TV's Big Brother

Big Brother Canada is back this month premiering on March 5 on Global and StackTV. Along for another wild ride is legendary host and executive producer Arisa Cox. *Big Brother Canada* isolates individuals from the outside world and immerses them in a fully monitored house documenting their every action. It's a curiosity to some, a lifelong obsession to others, and to Arisa Cox it's better than Christmas.

What are your thoughts on the return?

It's better than Christmas, it's better than my birthday, it's better than New Year's. Very few things are more fun to me than knowing we've got an incredible season in store.

What makes the show click?

I think that it's without all the bells and whistles. You know, some people have described Big Brother as a couple of people having a conversation in their room. Even without the layer of the competition because we're dealing with

real people and all of their flaws and brilliance.

It never gets old?

I mean, if you're interested in game theory that's a whole level that the show exists on. If you're interested in romance, if you're interested in strategy, if you're interested in how humans make connections and why and how quickly and what the layers are, all of that stuff is so fascinating. It never gets old.

What are you most proud of in terms of your own work on the show?

I think I'm really proud of being part of a really exceptionally thought out social experiment that clearly has stood the test of time.

What makes you most excited about the new season?

I'm so thrilled by the number of absolute originals, who are absolutely going to be stars, whether you love them or hate them.

Is the show's audience still growing?

I don't think we've hit the ceiling. I think every year there's new people who just have never seen it. And yes, the hardcores can recall every detail back from season one right up until now. Then there are people who just dipped in and they're like, where has this been this whole time?

Any fave memorable moments?

One is the finale of season one, which was quite spectacular because of a voting mistake. It was a very, very dramatic ending because it was going to be a close five-four vote for the win. And someone we love to death Topaz [Brady] made a mistake when she voted for the wrong person.



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CITY



Finding a family doctor is becoming like a four-leaf clover

In praise of and search of family doctors

There are two things the provincial government has to get right without fail: education and health care. So why does it seem like there are always problems and chronic shortages?

Wait times are off the charts while the provincial government continues to waste time and resources pursuing privatization of the health-care system when studies continue to show it is more expensive and not needed.

Just recently, a report came out showing that there is unused operating room space throughout the Ontario hospital system while the government funds private hospitals to do the same work.

It's just one example. And given the track record of the current government and its close relationship with private businesses, one has to wonder what the end goal might be.

There are shortages across the board. We need more PSWs, and we are in dire need of family doctors. Remember those? The idea of continuity of care seems like the product of a bygone era. Most people seem unable to find one, relying on walk-in clinics and emergency room visits —

which is wrong on many levels.

When an entire and incredibly valuable sector is nickel-and-dimed to such a great extent, when it is disrespected by the government despite the courageous efforts through a global pandemic, it isn't a surprise that health-care professionals are reaching for the exit door en masse.

Who wouldn't love to have a family doctor who can provide a high level of health care throughout one's life, someone who understands family health history, provides convenient and comprehensive care?

Why is this such a huge ask of the government?

Literally, millions of Ontario residents are and will be without a family doctor. Four million by 2026, according to the most recent numbers. One has to question the government's priority when the big policy moves are saving people \$120 by cancelling vehicle permits while starving health care and short-changing taxpayers looking for something as simple as a family doctor.

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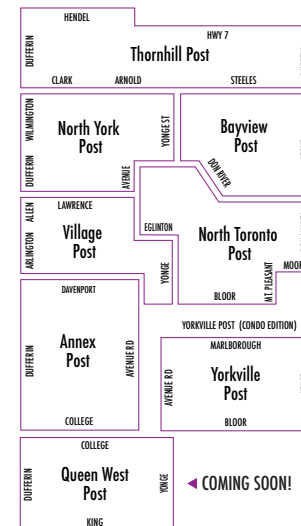
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NEWS

SECTION



Food banks overwhelmed in neighbourhoods across the city

Food banks are under pressure all over the city in Forest Hill and Rosedale where lineups have grown to hundreds of people every Wednesday and Thursday. Church of the Messiah on Avenue Road has a massive lineup every Wednesday for its food bank, which began in 2018 and now serves more than 500 people. In 2023, more than 120,000 individuals started using food bank

services for the first time, according to the Daily Bread Food Bank, contributing to the 2.53 million client visits to food banks – a 51 per cent increase compared to the year prior. If this trend continues, we will be seeing three million visits by the end of this calendar year. The easiest way to help is to make food donations... a lot.



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L-R: Councillor Jon Burnside, Toronto ferry, home on Toronto Island

Why are some Toronto homeowners paying less tax?

The average Torontonian pays more than \$3,500 in property tax to cover city services. It's a lot. And, more than anything, local residents want the system to be fair. But just how fair is it? As Toronto digests the latest budget and property tax increases, the issue of tax fairness across the city has come up. At the heart of this debate lies a fundamental question: are all areas of Toronto being taxed equally and should they be?

The recent unveiling of the new city budget revealed staggering financial pressures, driven primarily by growing demand for refugee claimant support and shelter spaces, coupled with decreased transit revenues.

In response, the city reported undertaking various measures, including finding efficiencies, and securing intergovernmental funding. However, these efforts weren't enough to stave off an eight per cent residential property tax increase, which translates to an additional \$285 annually for the average Toronto homeowner.

Amidst these fiscal challenges, one city councillor's attention has

turned to the issue of property tax disparities, particularly exemplified by the unique situation on Toronto Island.

Although the island's picturesque landscapes and car-free streets evoke tranquility, there exists a contrast in property tax rates compared to the rest of the city.

Residents of Toronto Island benefit from a unique structure in which property taxes are based solely on the assessed value of their homes, excluding the land's worth due to the lease arrangement with the city. This results in significantly lower tax bills for islanders, despite enjoying the same range of municipal services.

The proposed motion by councillors Jon Burnside and James Pasternak, titled Tax Fairness for All: An Equitable Approach to the Residential Property Tax Rate on Toronto Island, seeks to address this imbalance.

Burnside was first introduced to the issue at a committee meeting years ago, he explained. The focus shifted to the cost of emergency services, particularly for firefighters and EMS on the is-

land. Delving into the numbers, it became evident that the average cost of a call for the island's fire service is around \$3,000 across the city, but \$11,000 or \$12,000 on the island during peak activity times and ballooning to \$30,000 per call during the off-season.

This raised questions about property taxes, as it was discovered that while the average resident in

“People need to feel confident that everyone is treated fairly in the city.”

an area such as Flemingdon Park pays approximately \$4,200 annually in property taxes through their rent, islanders typically contribute around \$1,500.

“And, of course, the reason is that they don't, quote-unquote, own the land. Right?” said Burnside. “Of course, my argument is that an apartment dweller doesn't own either. So in my mind, there was a real loophole there. And I wanted to close it.”

The motion proposes an “area rating” tool, allowing for a customized tax rate reflective of the unique circumstances of living on Toronto Island.

“They should be paying what the average Torontonians pay, right?” said Burnside. “I think that's around \$3,500.”

One of the comments, via social media, critical of the proposal is that island residents must pay a considerable amount every year for the ferry. It is the only public transportation off the island.

“Hold on, you pay about \$1,000 a year for the ferry, which is heavily subsidized and for something you get right downtown,” Burnside explained. “Someone with a Metro Pass that wants to come down, they pay \$1,700 a year. Everywhere you turn it's advantage, it's privilege.”

And for a city with an equity lens as a priority, Burnside does not understand the pushback he has received from the proposal, which was referred to the executive committee for a late-February meeting.

Toronto Island Residential

Community Trust Corp. (TIRCTC/Trust) commented that it has issues with the initiative.

“The Trust is in favour of fair taxation for all Torontonians and we are working with the city councillor to address the inaccuracies in the motion and ensure that decision-makers are supported by accurate facts and a clear understanding of the unique legislation that governs Island properties,” Alison Rogers, chair of TIRCTC, wrote, in an emailed statement.

While the focus remains on Toronto Island, broader questions about tax fairness persist.

Should people choosing to live in areas of higher density be taxed at a lower rate based on service costs per household? For instance, in Toronto, residential and multi-residential areas each have different rates. In Halifax, proximity to public transit and the classification of your area as urban, suburban or rural also impact your rate.

“We need integrity in the system,” said Burnside. “People need to feel confident that everyone is treated fairly.” — Ron Johnson



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NEWS OPINION



It's nice to save a few bucks, but we've got much bigger issues

Ford cuts licence fees: no money for roads?

At a time when driving in the Greater Toronto Area has never been worse, Premier Ford wants to show people that he is looking out for them. Instead of adding to the cost of owning a car, the premier wants to make life easier and more affordable for those who drive cars.

That being said, I don't really know how to feel about the fact my plate will now get auto renewed since I didn't realize that renewing it was still a requirement. I am grateful that I am no longer subject to a \$5,000 fine because I also never knew that existed. I imagine more than a few MPPs would have gotten an earful after someone got that ticket.

Perhaps the ambiguity about my gratitude is because I still don't know how I feel about the fact that the government removed the requirement to pay a licence renewal fee in the first place. Given the sorry state of our roads and infrastructure, the money raised through that renewal process could have certainly been put to good use.

Ford is counting on our gratitude for implementing a ban on tolls that aren't there. Perhaps the strategy of the government is to get ahead of the issue that tolls in some circumstances make economic sense and re-

duce congestion. Since tolls are now illegal, the Ford government won't have to answer any policy-based questions about the utility of polls.

The good news is that the Toronto Regional Board of Trade has pulled together a panel of experts in transportation to provide recommendations to ease congestion.

Maybe the recommendations will include ways to get major infrastructure projects built in under a decade or suggestions to MetroLinx on how not to clog up the entire downtown core with idle construction equipment for an Ontario Line that won't open until perhaps 2031.

It will certainly include vague recommendations on investing in transit, which might be true but not helpful in the short term. Hopefully it doesn't conclude with bromides about how congestion is the byproduct of a healthy, growing city.

The important theme that is emerging is that the provincial government, the municipal government and the Toronto Regional Board of Trade care about people who drive cars. For that, I suppose we should be grateful.

KAREN STINTZ is a former city councillor and was a chair of the TTC.



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Toronto Police Chief Myron Demkiw

Crime is down, police budget is up?

Twelve million dollars is but a speck of sand in the city's operating budget of \$17 billion. Negligible. Almost unnoticeable. But to Toronto police Chief Myron Demkiw it was an insult, an attack on the safety of Torontonians, unconscionable.

The chief had recommended a budget of \$1.17 billion to the police board, adding an additional 300 officers and spending \$20 million more than in 2023. The three councillors on the board – Amber Morley, Lilly Cheng and John Burnside – asked many questions about the budget, but Demkiw brushed them aside and his budget request was approved by the board.

City staff suggested cutting \$12 million to that budget, still providing police with \$8 million more than in 2023. Mayor Olivia Chow agreed with city staff. Demkiw erupted in anger claiming the cut would make the city unsafe.

The police chief then began a serious lobbying campaign around this \$12 million. The Toronto Police Association distributed a flier throughout the city using the chief's information: that crime was rising sharply in Toronto and that it took police 22 minutes to respond to priority one calls, the most serious calls.

A group of two dozen busi-

nesses sponsored a full-page advertisement in the Toronto Star, citing the same data, urging city council to give the police the money. Reports came in that police officers were phoning in sick (job action) rather than reporting for duty to emphasize their displeasure.

Pressure on the mayor and councillors was intense and the mayor and city council overwhelmingly agreed to give the police the \$12 million. Here's the significance of the fight over \$12 million — this tiny bit of money in the larger picture.

Demkiw might have alleged that crime was significantly increasing in Toronto, but the data he presented at budget committee meetings does not support that. Since 2019, serious crime has gone down, except for auto thefts and theft over \$5,000. Break and enters, assaults, homicides, robberies were lower in 2023 than in 2019. Independent data not in police budget reports showed gunshots significantly decreased from 2022 to 2023. The chief got around that data by comparing 2023 with 2015, a year randomly selected by him to prove what he wanted to say. He was unnecessarily ratcheting up a fear of crime, not something a senior police officer should ever do.

The chief also stressed that it takes 22 minutes for police re-

sponse to priority one calls. If the call were a priority for police, surely they would have responded more quickly. Officers who are on random patrol — deemed by U of T criminologist Richard Ericson a waste of petrochemical and human energy — or some of the officers needlessly assigned to be two in a car after dark could easily be assigned to respond to these calls.

But the biggest take-away is that Demkiw decided that the best tactic was the one Toronto police have used on decision makers for decades: intimidation. Threaten to claim those who want to make change are soft on crime and tell their constituents to go after them. In 2000, they intimidated Chow who criticized police when a demonstration turned violent and she resigned from the police board.

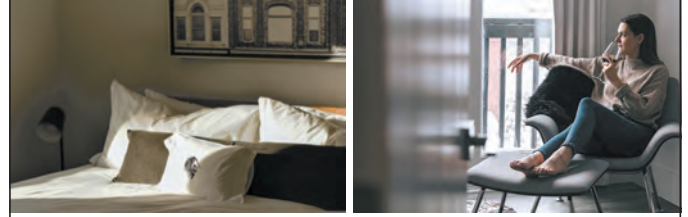
It is not surprising that Chief Demkiw relied on the same strategy: he has spent his whole working life with Toronto police, so he is immersed in the culture. It is very disappointing.

The police got their money, but the public will not see any of the needed changes and efficiencies in policing under Chief Demkiw.

JOHN SEWELL is a former mayor of Toronto.



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NEWS



Fairgrounds opening club near Yonge and St. Clair this summer

Pickleball set to take over north Toronto

Pickleball is the fastest growing sport in North America, and Toronto is jumping into the kitchen with both feet as another new club is set to open with a second in the Yonge and St. Clair neighbourhood close behind.

Fairgrounds Public Racket Club is the original pickleball club, having opened a temporary facility in midtown a few years ago, as well as a court at the Stackt marketplace.

Now, Fairgrounds is partnering with QuadReal Property Group (QuadReal) to meet Canada’s rapidly rising demand for pickleball as well as another fast-growing sport, padel.

The partnership will begin with two new club locations, including a location at Cloverdale Mall in Etobicoke that was scheduled to open on Feb. 16 with nine pickleball courts. A second location will open later in March in Vaughan. According to the Fairgrounds website, a third Toronto area location is set for this summer at Yonge Street and Rosehill Avenue.

“This partnership couldn’t have come at a better time and really benefits everyone,” said Fairgrounds co-founder Drummond Munro. “By work-

ing with QuadReal, we’re revitalizing unused spaces to become community-building destinations, like Cloverdale and Assembly Park. The whole idea is to make pickleball and padel more accessible to more people and keep up with the growing demand across the country. QuadReal is helping make that a reality.”

Fairgrounds democratizes racket sports by removing the exclusive membership and initiation fees of more traditional racquet clubs.

According to Fairgrounds, every public venue offers individuals of any age and skill level the opportunity to play pickleball and padel at an hourly rate, all while enjoying complimentary membership, thus ensuring inclusivity and accessibility for the entire community. In addition to the courts, the Fairgrounds amenities will feature a bar and restaurant, where patrons can also purchase branded merchandise.

QuadReal worked with Fairgrounds to create an immersive, community-focused environment at each location. Another new pickleball club, dubbed the Jar, opened in the Castlefield Design District last month. — Ron Johnson

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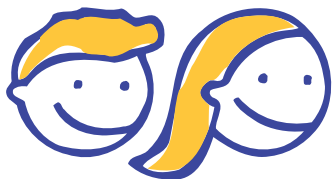
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L-R: Mike Colle, rendering of proposed building at 444 Eglinton Ave. W.

Eglinton Way's tallest tower ever

Some local residents in the Eglinton Avenue and Avenue Road area are expressing concerns regarding a proposed 19-storey condo development on a slice of the street that features mostly low-rise buildings and a "village" atmosphere.

One resident, lawyer Peter Danson, had received information about the development via email, and he described the proposal as "ridiculous" and emphasized concerns about the suitability of such a large building for the neighbourhood's infrastructure.

"I mean, 19 storeys is ridiculous, and I'm not opposed to density if it's appropriate," said Danson. "What do we want our city to look like? And be like? The concrete jungle they have at Yonge and Eglinton? That's a terrible situation."

Local residents have also started a petition against the development and other tall towers in the area. The petition requests the city enforce height limits on new developments along Eglinton Avenue West. The petition also contains information arguing that a proposed 19-storey condo would disrupt the predominantly two-storey streetscape, potentially paving the way for more oversized buildings. Advocates stress the importance of responsible development, urging

adherence to zoning regulations that cap building heights at eight storeys in order to maintain the area's historical charm.

The development is proposed by Arista Homes and is calling for the construction of a 19-storey mixed-use condominium at 444 Eglinton Ave. W. It would occupy a large portion of a block on the north side of the Eglinton Way strip, west of Avenue Road.

"Once you get a 19-storey building at the end of a street, that's it."

The site contains a number of small but well-known retailers, including Josephson's Opticians, Honey and a popular Starbucks. The design by Core Architects includes 185 residential units and amenities on the 13th floor. The development emphasizes pedestrian- and bicycle-friendly infrastructure. One of the more unique aspects of the proposal is the striking purple bricks used on the first six storeys.

"You see a lot of red and dark grey in Toronto," said Eslahjou, principal at Core Architects, of condo facades in Toronto. "I haven't seen a lot of purple — yet."

Danson said he has been attempting to engage with local authorities, including contacting his local city councillor Mike Colle and seeking involvement in consultation meetings regarding the development.

"According to the basic provincial planning rules, you can build whatever you want there," said Colle. "You're within 400 metres of a higher-order transit station so basically you can build what you want."

He expressed frustration over perceived "finger pointing" between provincial and city governments regarding responsibility for regulating such projects. But what concerns him most is the precedent that approval of this particular development might set for the rest of the area.

"Once you get a 19-storey building at the end of a street like Castle Knock [Road, the intersection the condo is proposed for], that's it," he said.

"They do all kinds of comparables, because there's been a slew of proposals that are either in process or even approved all along the Eglinton. And it's ugly."

The development proposed for 444 Eglinton Ave. W. was scheduled for a public meeting on Feb. 28.

— Ron Johnson



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NEWS



Midtown councillor Josh Matlow

Rare affordable rental collab for midtown

A private developer of a site at 267 Merton St., in midtown Toronto, has offered to the city an opportunity to collaborate on a housing proposal that will include affordable and market rentals and would incorporate the neighbouring offices of Toronto Water at 275 Merton St.

The site at 267 Merton St. is overly narrow for any meaningful project and is currently home to a single detached dwelling and an auto body shop. There is no development application submitted for the site, which is located on a street lined with mid-rise apartment buildings ranging up to approximately 14 storeys.

The proposal has emerged from discussions between CreateTO staff and the developer, who is looking to harness underutilized space to introduce purpose-built rental homes, with a core focus on delivering affordable housing options.

Josh Matlow, the city councillor in whose ward the development is located, is positive toward the plan.

“In the midst of a housing crisis, it’s refreshing to see a proposal that includes such a large number of affordable units. That’s what we need

more of,” he said. “We look forward to working with the applicant on a plan that leaves our community better and more affordable than they found it.”

The proposal involves the transfer of 267 Merton St. (554 square meters) to the City of Toronto to be merged with the city-owned 275 Merton St. property (2,211 square meters). This amalgamation would pave the way for a purpose-built rental development, secured through a 99-year land lease to the private developer.

The joint properties would undergo a rezoning process to attain the requisite height and density for the envisioned project. Under the terms of the proposal, the developer assumes responsibility for all entitlements, design and construction aspects of the development. Market rental units, affordable rental units and public realm enhancements are integral components of the project, with funding allocated for the off-site relocation of the Toronto Water offices.

The project will also align with the city’s goal of achieving a minimum target of 30 per cent affordable rental units.

— Ron Johnson



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Bayview Village Shopping Centre

Bayview Village sees food exodus

There is movement afoot at Bayview Village Shopping Centre as two key restaurants are leaving the venerable Wil- lowdale mall ahead of a major residential redevelopment. The doors of O&B's popular Café Grill were permanently shuttered as of Jan. 1.

"We are so grateful for our dedicated patrons, staff and vendors who have supported us, and we look forward to sharing our new culinary journey with you!" the company stated.

In addition, Pearl Chinese Cuisine is set to close its doors this month. For over a decade, Pearl has been a staple at Bayview Village Shopping Centre, launched by owners Jeffrey Mak and Kim Fung Mak in 2011. Their aim was to satisfy local demand, sparing customers the trek downtown. Now, it is moving to 305 York Mills Rd.

From seafood to noodles and its signature pan-fried "hockey pucks" (dumplings), Pearl promises a diverse array of delicious dishes that will undoubtedly continue at its new venue.

A representative of Pearl has confirmed the move is scheduled for March. Until then, patrons can indulge in one last serving of Pearl's renowned dim sum delights at Bayview Village, reminiscing over post-

shopping "hockey pucks" at this cherished spot.

But, according to a mall spokesperson, new plans are in the works.

"Bayview Village brings people together because of its amenities, fashion and food offerings, and we would like to thank Pearl and O&B for their contributions to the Bayview Village community," said Melissa Campisi, vice-president – retail national marketing for

"The move is scheduled for March."

the mall owners QuadReal. "Bayview Village is undergoing an exciting transformation, and we look forward to announcing new food and beverage partners who will offer the elevated experience expected by our visitors."

The transformation includes a comprehensive plan to redevelop the area surrounding the mall.

A plan for the site was originally proposed in 2017 and subsequently appealed and approved at the Local Planning Appeal Tribunal (LPAT) in 2020. The initial application outlined the development of two towers, 33 and 28 storeys

high, at the south of the property, situated at the northeast corner of Bayview Avenue and Sheppard Avenue East.

In addition, a 19-storey tower and two six-storey buildings were proposed to the north, alongside an above-grade parking garage and two public parks.

The revised proposal envisioned 30- and 29-storey towers at the southern end of the site, with the northern tower reaching 20 storeys. The proposed parkland also saw an increase.

Designed by Hariri Pontarini Architects and Dialog, renderings showcase adjustments to the articulation of the two towers and the podium, featuring a curvilinear exoskeleton leading to a reimagined crown.

Inset balconies and terraces now replace continuous wrap-around balconies on the tower and podium.

Minor adjustments to floor layouts have resulted in relocated amenity spaces and a slight reduction in the number of units from 687 to 685. In total, the development will include 1,030 units across the entire site.

It's an exciting vision and one that will surely cause some disruption in the neighbourhood and traffic to the mall.

— Ron Johnson

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What's good around the neighbourhood



A Brunello Cucinelli pop-up store has launched in Yorkdale

Gabby's is celebrating its 35th anniversary! The casual dining spot has locations all over Toronto, including midtown, the Danforth and King West. The restaurant was founded by a Toronto family in 1989 in the Yonge and Lawrence area, transforming into a neighbourhood hangout spot with events such as karaoke and trivia nights.

Brunello Cucinelli just launched a pop-up store in Yorkdale at 3401 Dufferin St., signaling its upcoming permanent location in the mall's new luxury wing. The luxury Italian clothing brand will be relocating in just a few months, but for now shoppers can visit the expansive 3,450-square-foot location — one of a few new stand-alone stores that will be coming to Canada.

Pala is bringing Roman-style pizza to Yorkville. While not much is known about the new

pizza spot, it will be moving into 148-150 Cumberland St. and will be serving up pizza alla pala, a Roman street food referring to pizza served on its namesake paddle.

Good Behaviour is opening a new location on Queen West this spring, bringing one-of-a-kind ice cream flavours and unbeatable sub sandwiches to the neighbourhood. The new location, at 335 Queen St. W., will offer the brand's simple and delicious menu, including ice cream flavours such as torta della nonna and subs such as the Spicy Meatball.

JDD & Co. Homeware and Furnishings is opening in the Lawrence Park neighbourhood. The homewares store is a product of Toronto interior designer Jillian Douglas. The new location, at 3333a Yonge St., is located just below the Jillian Douglas Design

studio and will likely give shoppers access to items that mirror Douglas's modern and sophisticated design style.

Bayside Medical Centre has officially opened at 1685 Bayview Ave. The combined family medicine clinic and pharmacy is offering a convenient new all-in-one location for your health-care needs, and is currently accepting requests for a family doctor.

Cineplex has launched its newest IMAX auditorium at the Cineplex Cinemas Yonge-Eglinton and VIP, and movie-goers in the neighbourhood will be able to enjoy immersive audio and crystal clear images on a larger curved screen for the upimate theatre experience! The theatre is also home to UltraAVX, D-BOX, VIP and RealD 3D experiences.

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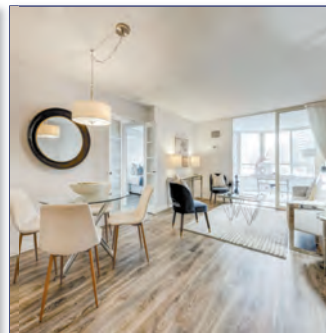
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	MASON BLVD. AND DE VERE GDNS.	12 A.M.
	AVENUE RD. AND DAVENPORT RD.	4 A.M.
	WILSON AVE. AND RICHELIEU RD.	11 P.M.
FEB. 2	TEFLEY RD. AND CARNEGIE CRT.	4 A.M.
	AVENUE RD. AND DUNBLAINE AVE.	5 A.M.
	AVENUE RD. AND JOICEY BLVD.	5 A.M.
	DAVENPORT RD. AND MCMURRICH ST.	12 P.M.
	BROADWAY AVE. AND REDPATH AVE.	2 P.M.
FEB. 3	BAYVIEW AVE. AND MANOR RD. E.	4 A.M.
	BATHURST ST. AND BAYCREST AVE.	5 A.M.
	CLARK AVE. AND DUDLEY AVE.	12 P.M.
	BATHURST ST. AND COCKSFIELD AVE.	6 P.M.
	MAQUES LN. AND THURMAN RD.	7 P.M.
	PINEVALE RD. AND GRANDVIEW AVE.	9 P.M.
FEB. 4	EGLINTON AVE. E. AND CARDIFF RD.	5 P.M.
	BATHURST ST. AND ST. GERMAIN AVE.	8 P.M.
FEB. 5	COLLEGE VIEW AVE. AND AVENUE RD.	3 A.M.
	BROADWAY AVE. AND LAIRD DR.	4 A.M.
	YONGE ST. AND DONWOODS DR.	9 P.M.
FEB. 6	YONGE ST. AND GLENFOREST RD.	4 A.M.
	SPADINA RD. AND KENDAL AVE.	5 A.M.
	YONGE ST. AND ST. GERMAIN AVE.	10 A.M.
	RYKERT CRES. AND BRENTCLIFFE RD.	4 P.M.
FEB. 7	SIMONSTON BLVD. AND DERSINGHAM CRES.	12 A.M.
	CAMPBELL CRES. AND OLD YONGE ST.	11 A.M.
	CLUNY DR. AND CLUNY AVE.	2 P.M.
FEB. 8	YONGE ST. AND MILLWOOD RD.	3 A.M.
	YONGE ST. AND DELISLE AVE.	5 A.M.
FEB. 9	GOULDING AVE. AND CROSSEN DR.	4 A.M.
	LAWRENCE AVE. E. AND ST. EDMUND'S DR.	4 P.M.
	FRANKLIN AVE. AND HEFHILL CRT.	6 P.M.
	MCKEE AVE. AND ESTELLE AVE.	7 P.M.
	LADYSLIPPER CRT. AND MULTIFLORA PL.	7 P.M.
FEB. 10	HOLLYWOOD AVE. AND KENNETH AVE.	9 P.M.
	CORTLEIGH AVE. AND ALEXANDRA WOOD	2 A.M.
	FOREST HILL RD. AND HILLHOLM RD.	4 A.M.
	N. PARK RD. AND DISERA DR.	6 P.M.
	EDMUND SEAGER DR. AND ROSE GREEN DR.	6 P.M.
	SPRING GATE BLVD. AND FAYE CRT.	8 P.M.



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L-R: Developer Brad Lamb, the condo market is seeing a mild recovery

Condo king says market is poised for rebound

Toronto's housing market is heading into a recovery with sales surging month-over-month and year-over-year. But after a year of record lows for new condo sales in the city, will the condo market fare the same? Top developer Brad Lamb gives us the scoop on when to buy and what's on the horizon for new builds.

The housing market finally started heating up in January. What about condos?

It has been a mild recovery. Right now, I would say there's an excessive supply and lack of real demand. Because interest rates have now more or less plateaued, I think most people feel that we're closer to the end of this than the beginning. Every month where interest rates stay where they are, it's a positive month for people's feelings of stability.

Once the rates start to fall, you're going to see a surge in real estate interest. People have been sitting on the fence because they're either afraid or they can't afford to, so there's about 125,000 excess buyers. They're looking for a sign that the pricing is the best it's going to be, and from here on out, it's going to get worse. When people realize that, you'll see a large rush of people in the market.

The new condo market in particular has suffered. What will change in the year ahead?

If you buy a new condominium today, you won't get the keys for five years because the

building is sold before all the design work and financing is approved and the permitting is obtained. What you saw being built up until about November of last year were buildings that sold early 2022 and earlier. There have really been no sales of consequence from March 2022 until now. So you're going to start to see — and we're already seeing it — less starts, less buildings breaking ground. Then you're going to see no buildings breaking ground. It'll literally be zero around summer or fall, and that's going to last about a year and a half to two years.

What does that mean for construction?

It's actually catastrophic because what's going to happen is this fall. Construction companies are going to get very desperate and start cutting prices. But there will be no one wanting to build, so they'll cut the prices even more. And once they've cut their prices to break even, they'll have to start laying off people, and the industry is going to shrink. The industry is going to rebound this year in sales, so this year will be maybe 18,000 sales, versus 13,000. And then in 2025, maybe 30,000 to 32,000 sales, an overcompensation.

In 2027 and 2028, we're going to want to build all these new buildings. But the construction industry will have shrunk, so construction prices will escalate dramatically. So all of this, this gerrymandering with interest rates, it's ultimately going to cause substantially higher pricing in the marketplace.

If someone wants to get ahead of rate cuts and buy a condo, where are the best pockets of value?

It's universally good in the city. If you want to buy in a building, in the Entertainment District, they're about 10 or 15 per cent below what they were two years ago. There are reductions in pricing everywhere, and it doesn't really matter where you look. It's not just condos — if you're looking to buy a house or an investment property, across the board in every city in Ontario, there are bargains to be had. The problem is that interest rates are higher, so the cost of owning through borrowing money is higher than the savings you achieve with lower prices.

Speaking of investment — do concerns over tenants ever stop potential investors from entering the market?

Everyone is going to have some vacancy and some bad tenancy over an arc of a lifetime of real estate. But if you're buying quality, new real estate that doesn't require updates or renovations, you'll get the best quality tenants. We've placed probably 1,000 tenants into condominiums in our office, and it's always the same — it's not a tenant market, it's a landlord market. We recently placed a tenant who had to make 15 offers to get a property. If you don't have a high credit score, a strong job at a known entity, if you aren't an ideal tenant, you're going to have to pay more. Landlords are able to pick away to find the best tenants.

Average condo prices per square foot, by building

\$763

Yonge & Sheppard
Residences of The Madison Centre, 100 Upper Madison Ave.
▲ **18.61 per cent increase**
in value over six months

\$887

Yonge & St. Clair
40 Rosehill Avenue Condos, 40 Rosehill Ave.
▲ **11.33 per cent increase**
in value over six months

\$1,070

King West
The Thompson Residences, 55 Stewart St.
▼ **6.90 per cent decline**
in value over six months

\$1,086

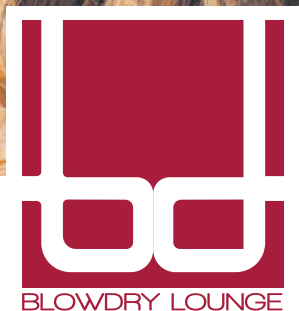
Bathurst & St. Clair
Rise Condos, 501 St. Clair Ave. W.
▼ **7.88 per cent decline**
in value over six months

\$1,229

Yonge & Eglinton
Art Shoppe Lofts + Condos, 5 Soudan Ave.
▼ **5.49 per cent decline**
in value over six months

\$1,371

Yorkville
Minto Yorkville Park, 88 Cumberland St.
▼ **14.17 per cent decline**
in value over six months



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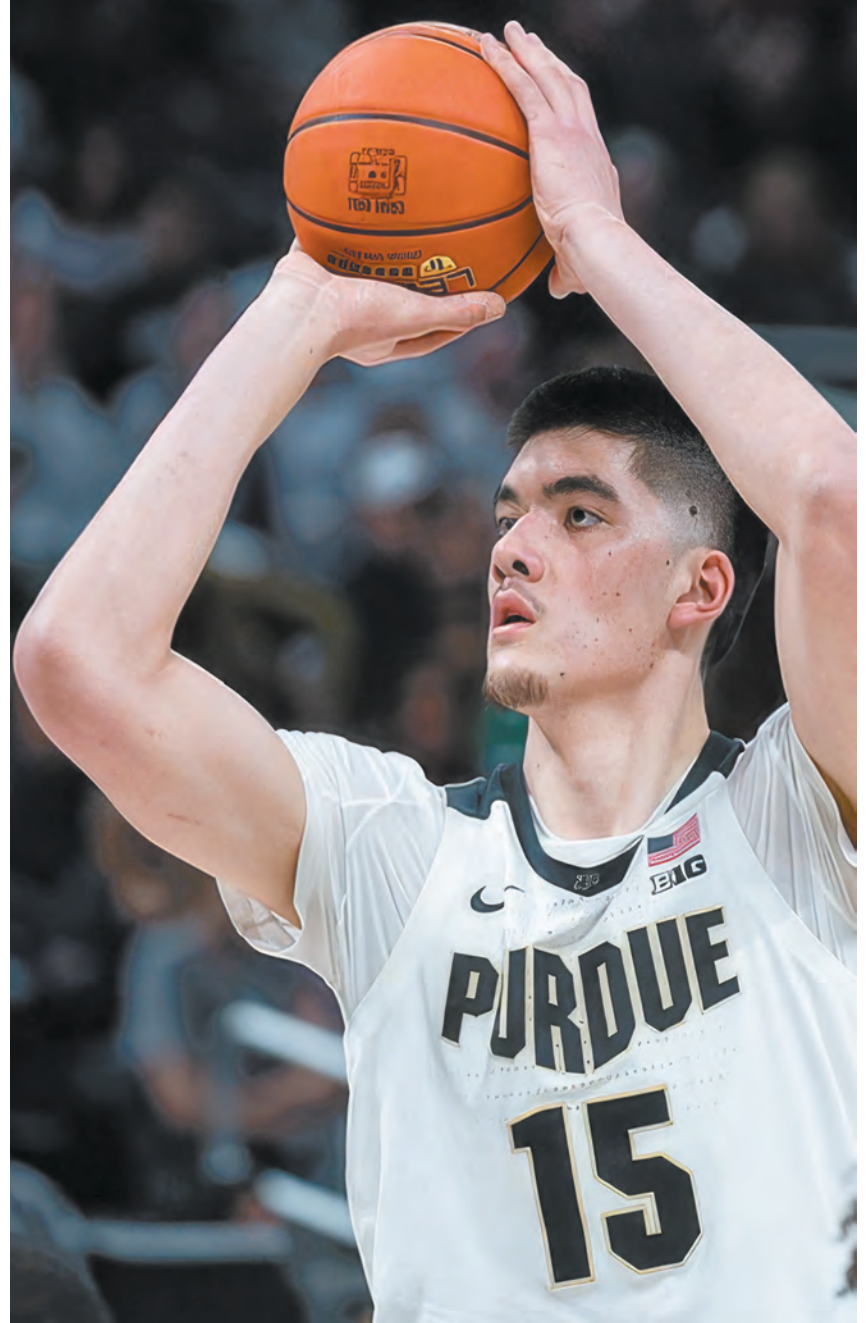
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CURRENTS

SECTION



L-R: Aaliyah Edwards, Zach Edey

Torontonians could dominate March Madness tourney

When the annual NCAA basketball tournament begins this month across the border, there's going to be a little bit of magic from the 6ix to light up the court! Last year, March Madness had a record number of 53 Canadians across the women's and men's league, and almost half of them were from the GTA. This year is shaping up to be another banner year for Toronto. Highlights include

Zach Edey, who plays for Purdue, favoured to win the entire tournament. Ryan Nembhard, with an older brother currently in the NBA, transferred teams this season and will be one to watch. Ontario's Aaliyah Edwards is on track for the 2024 WNBA draft, but not before vying for the trophy with UConn. Don't miss Selection Sunday on March 17 to root for the city's best!

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“Sevag went above and beyond to meet my needs. I am beyond impressed with the customer service I received and the level of involvement I was included in to make this deal happen. If I am in the market for another luxury watch in the future I will definitely be calling Arax to. Deal in confidence.”



“

“My best experience ever having jewellery restored!! Had my fiancés Grandfathers ring re set with a new garnet. Sevag was so pleasant over email when I inquired and gave a quote before I even made the drive up! Very personable and did an absolutely amazing job! Won't go anywhere else! Thank you Arax Jewellery!”



“

“I am very pleased with the courtesy, attention to detail, transparency and professionalism of Arax Jewellery. Definitely a great place in Toronto for watch sizing and adjustments. Plus, they carry a very underrated brand of watches (Ball). You should be in good hands here.”



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LEOPARD + GOLD + LEATHER, OH MY!

Draw inspiration from Connie Corleone and Carmela Soprano for the hottest look of the season! Jeanne Beker has selected all the trend essentials, from leopard print to gold hardware.

1. **LEOPARD DRESS**, *Reformation*, \$648, 87 Yorkville Ave., "This silk dress has such a classic shape, with a trendy twist, thanks to the leopard print."

2. **RED FRAMES**, *Zane*, \$119, *visitzane.com*, "I love these; they're so fun and make a great colour statement." **TUBE TOP**, *Thursdays*, \$695, 1130 Yonge St., **LEATHER SKIRT**, *TNT*, \$825, 2901 Bayview Ave.

3. **CHEETAH BELT**, *Good Neighbour*, \$79, 935 Queen St. E., **BUCKET BAG**, *Gucci*, \$1,560, 130 Bloor St. W., **KITTEN MULE**, *Reformation*, \$398, 87 Yorkville Ave., "I love the pattern and these look fun and sexy — almost like little foot jewelry."



4. **LEOPARD COAT**, *Guess*, \$180.60, 55 Colossus Dr., "You can never go wrong with leopard print, and this looks awfully cosy. What a statement piece!"

PATENT PANTS, *Hilary MacMillan*, \$125, *hilarymacmillan.com*, "These patent leather leggings are a trip! The shiny look is a step up from a classic leather legging."

5. **CIRCLE STUDS**, *Options for Her*, \$135, 163 Cumberland St., "I love what Biko does: these are going to give you just that right flash of gold." **CHAIN BRACELET**, *Leah Alexandra*, \$175, 188 University Ave., "It's kind of chunky, it's detailed, and it looks rich and a little over the top, perfect for the trend."

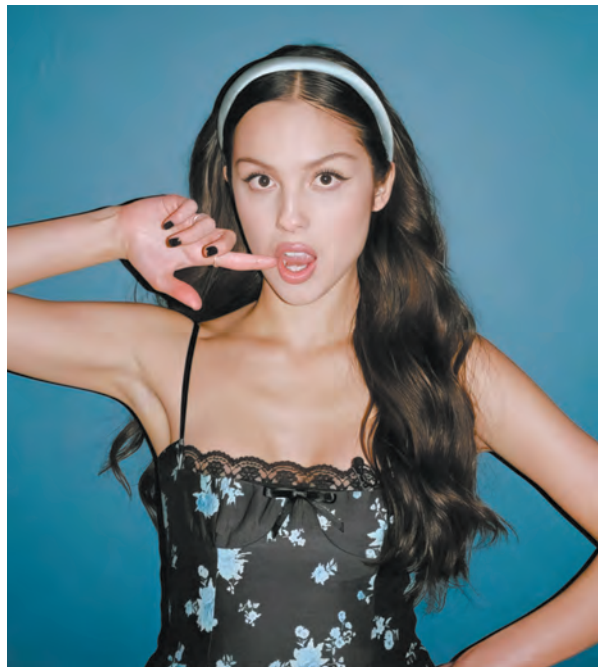
6. **STILETTO BOOT**, *La Canadienne*, \$312, 138 Cumberland St., "It's sexy, it's a little evil looking, and it's edgy, very appropriate for the trend!" **LEATHER GLOVES**, *Thursdays*, \$195, 1130 Yonge St., "These long leather gloves are fabulous; they make such an elegant statement."



Jeanne Beker | One of Canada's most trusted authorities on fashion, now watch her on TSC or tune in to her new podcast *Beyond Style Matters*.

THE BIG TICKET

THE BEST EVENTS IN TORONTO THIS MONTH



Olivia Rodrigo brings her GUTS tour to Toronto

Olivia Rodrigo, Comicon and more!

MUSIC 1. See Olivia Rodrigo

Olivia Rodrigo brings her world tour to Scotiabank Arena for two nights this month, March 29–30, in support of her new album *GUTS*. Rodrigo, a California native who went from starring in *High School Musical: The Musical: The Series* to becoming one of the world's biggest pop stars, is coming off of her Grammy-winning debut album *Sour* released in 2022.

Scotiabankarena.com

COMEDY 2. Go to Ali Wong

Comedian and actor Ali Wong arrives in Toronto to play three nights at Meridian Hall March 27–30. Wong, known for her hilarious Netflix comedy specials such as *Baby Cobra* (2016), *Hard Knock Wife* (2018) and *Don Wong* (2022), has been making waves in the entertainment industry. Notably, she's not only focused on

standup; she's also ventured into acting and production. At the Emmys, Wong earned the prestigious title of Outstanding Lead Actress in a Limited or Anthology Series or Movie for her remarkable performance in *Beef*. Adding to her list of achievements, Wong also received Best Actress awards at both the Golden Globes and the Critics Choice Awards for her stellar work in the same series.

TOLive.com

THEATRE 3. See Rosencrantz & Guildenstern Are Dead

The CAA Theatre in Toronto is set to host *Rosencrantz & Guildenstern Are Dead*, a modern comedic masterpiece that reimagines Shakespeare's *Hamlet*. What makes this production truly fascinating is the casting of Billy Boyd (*Pippin*) and Dominic Monaghan (*Merry*), known for

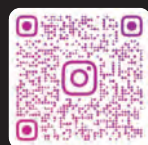
their roles as Hobbits in the Oscar-winning *The Lord of the Rings* trilogy. The production promises to deliver a captivating blend of wit, illusion and philosophical inquiry, inviting theatregoers to join Rosencrantz and Guildenstern on a journey of self-discovery and existential reflection. Mirvish.com

MUSIC 4. Go to Feist

The incomparable Feist plays Massey Hall on March 3 and 4 as part of the final leg of her stunning Multitudes tour that had its world premiere in Toronto during the pandemic. The 11-time Juno-winner's sixth complete album, *Multitudes*, marked her first release since the critically acclaimed *Pleasure* in 2017. It was launched on April 14, 2023, through Interscope Records.

Masseyhall.com

STORY CONTINUED AFTER SPECIAL PULLOUT SECTION



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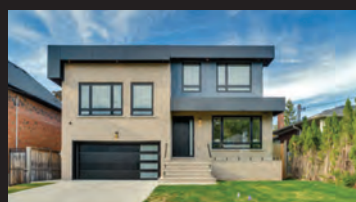
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11 SAGUENAY AVE



70 HARGRAVE LN, TH7



39 BURTON RD

TORONTO'S TOP DOCTORS

Special
Pullout
Guide

SECTION



Celebrating our city's top physicians

In a time when it's more difficult than ever to find a family doctor, we know what an important role our health-care professionals, led by Ontario doctors, play in our lives. In our third annual Top Doctors cover story, we highlight the most gifted physicians to call Toronto home. To create this list, we asked doctors across the city to nominate respected physicians they would recommend to pa-

tients and family. We're proud to share our 2024 list, featuring 410 doctors across 60 specialties! Our Top Doctors List is currently ranked number one on Google for both "Top doctors in Toronto" and "Best doctors in Toronto" showing it has become a trusted resource for many Torontonians. We want to thank the doctors who graciously nominated their peers for this guide.

410 doctors from 60 specialties

TORONTO'S TOP DOCTORS 2024

If the last few years have taught us anything,
it's that every Toronto doctor is deserving
of our thanks and recognition.
Post City is grateful to those physicians
who graciously nominated their peers
for this special edition.

ADDICTION MEDICINE

Dr. Iris Greenwald
Graduated: U of T, 1995
DriverCheck Inc.

Dr. Michelle Klaiman
Graduated: U of T, 2008
St. Michael's Hospital

ALLERGY IMMUNOLOGY

Dr. Amiirah Aujnarain
Graduated: U of Ottawa, 2014
Toronto Allergists

Dr. Stephen Betschel
Graduated: McMaster, 1998
Toronto Allergy Group

Dr. Wendy Michele Gould
Graduated: St. George's
University School of Medicine,
2006
Sussman Allergy

Dr. Eyal Grunebaum
Graduated: The Hebrew
University-Hadassah Medical
School, 1988
The Hospital For Sick Children

Dr. Sari Herman
Graduated: McMaster, 2004
North York Medical Group

Dr. Nina Jindal
Graduated: Kasturba Medical
College, 2009
St. Michael's Hospital

Dr. Tracy Pitt
Graduated: Howard U, 2004
Midtown Pediatrics

Dr. Christine Song
Graduated: UBC, 2008
St. Michael's Hospital

Dr. Gordon Sussman
Graduated: Schulich Sch., 1977
Sussman Allergy

Dr. Peter Vadas
Graduated: U of T, 1983
St. Michael's Hospital

ANESTHESIOLOGY

Dr. Asimul Alam
Graduated: U of T, 2007
North York General Hospital

Dr. Fahad Alam
Graduated: McMaster, 2008
Sunnybrook Health
Sciences Ctr.

Dr. Ahmad Alli
Graduated: U of the
Witwatersrand Faculty, 2002
St. Michael's Hospital

Dr. Benjamin Alman
Graduated: Thomas Jefferson
University, 1986
The Hospital For Sick Children

Dr. James Baker
Graduated: Queen's, 1995
St. Michael's Hospital

Dr. Bok Man Chan
Graduated: U of London, 1987
St. Michael's Hospital

Dr. Jeffrey Robert Dickson
Graduated: U of T, 1998
St. Michael's Hospital

Dr. Michael Hiscox
Graduated: UBC, 2005
Michael Garron Hospital

Dr. Christopher Idestrup
Graduated: U of T, 2000
Sunnybrook Health
Sciences Ctr.

Dr. Darryl Irwin
Graduated: Schulich Sch., 2000
North York General Hospital

Dr. Beverly Morningstar
Graduated: U of T, 1976
Sunnybrook Health
Sciences Ctr.

Dr. James Robertson
Graduated: U of T, 1997
The Hospital For Sick Children

Dr. Behnam Safa
Graduated: U of Ottawa, 1998
Sunnybrook Health
Sciences Ctr.

Dr. Michael Sklar
Graduated: McMaster, 2009
St. Michael's Hospital

CARDIOLOGY

Dr. Husam Abdel-Qadir
Graduated: U of T, 2007
Women's College Hospital

Dr. Shaheeda Ahmed
Graduated: McGill, 1996
Sunnybrook Health
Sciences Ctr.

Dr. Akshay Bagai
Graduated: U of T, 2003
St. Michael's Hospital

Dr. Ravi Bajaj
Graduated: U of T, 2010
Cardiac Care North York

Dr. Roland Beaulieu
Graduated: U of Alberta, 1978
Scarborough Health Network

Dr. Jason Burstein
Graduated: U of T, 1998
Scarborough Heart Health
Institute

Dr. Loretta Daniel
Graduated: McMaster, 1983
Toronto General Hospital

Dr. Diego H. Delgado
Graduated: Universidad del
Salvador, 1994
Toronto General Hospital

Dr. Paul Dorian
Graduated: McGill, 1976
St. Michael's Hospital

Dr. Vladimir Dzavik
Graduated: U of Alberta, 1983
Toronto General Hospital

Dr. John J. Graham
Graduated: U of Glasgow, 1995
St. Michael's Hospital

Dr. Andrew Ha
Graduated: U of Ottawa, 2002
Toronto General Hospital

Dr. John Janevski
Graduated: U of T, 1998
Toronto Western Hospital

Dr. Dennis Ko
Graduated: U of Ottawa, 1996
Sunnybrook Health
Sciences Ctr.

Dr. Ilan Lashevsky
Graduated: Tel Aviv U, 1989
Vaughan Heart Institute

Dr. Hanna Lee
Graduated: U of T, 2012
One Heart Care

Dr. Bhavanesh Mankanjee
Graduated: U of Natal, 1994
Scarborough Health Network
(SHN) Foundation

Dr. Luc Mertens
Graduated: Katholieke
Universiteit Leuven, 1992
The Hospital For Sick Children

Dr. Melitta Mezody
Graduated: U of Semmelweis,
1982
Toronto General Hospital

Dr. Kareem Morant
Graduated: U of Ottawa, 2010
Cardiac Care North York

Dr. Heather Ross
Graduated: Queen's, 2007
Toronto General Hospital

Dr. John Ross
Graduated: Queen's, 1972
Toronto General Hospital

Dr. Sheldon Singh
Graduated: U of T, 2001
Sunnybrook Health
Sciences Ctr.

Dr. Jacob Udell
Graduated: U of T, 2003
Women's College Hospital

CARDIOTHORACIC SURGERY

Dr. Shafqat Ahmed
Graduated: McGill, 1990
Toronto General Hospital

Dr. Robert Cusimano
Graduated: U of Calgary, 1983
Toronto General Hospital

Dr. Tirone David
Graduated: Universidade
Federal Do Parana, 1968
Toronto General Hospital

Dr. Marc de Perrot
Graduated: U of Geneva, 1994
Toronto General Hospital

Dr. Christopher Feindel
Graduated: McGill, 1976
Toronto General Hospital

Dr. Sayf Gazala
Graduated: U of Al-Mustansiri-
yah, 2004
Michael Garron Hospital

Dr. Anup K. Gupta
Graduated: Meerut Univ, 1979
Michael Garron Hospital

Dr. Osami Honjo
Graduated: Shimane
Ikadaigaku, 1997
The Hospital For Sick Children

Dr. Michael Ko
Graduated: Schulich Sch., 2000
St. Joseph's Health Centre

Dr. Fuad Moussa
Graduated: McGill, 1997
Sunnybrook Health
Sciences Ctr.

Dr. Maral Ouzounian
Graduated: McGill, 2003
UHN Toronto Western Hospital

Dr. Anthony Ralph-Edwards
Graduated: Queen's, 1987
Toronto General Hospital

Dr. Steve Singh
Graduated: Schulich Sch., 2009
Toronto General Hospital

Dr. Thomas Waddell
Graduated: U of Ottawa, 1987
Toronto General Hospital

Dr. Bobby Yanagawa
Graduated: U of T, 2008
St. Michael's Hospital

Dr. Kazuhiro Yasufuku
Graduated: Chiba Medical U,
1992
Toronto General Hospital

Dr. Jonathan Yeung
Graduated: U of T, 2005
Toronto General Hospital

COLON + RECTAL SURGERY

Dr. Shady Ashamalla
Graduated: U of T, 2005
Sunnybrook Health
Sciences Ctr.

Dr. Marisa Louridas
Graduated: U of Manitoba,
2010
St. Michael's Hospital

Dr. Ashlie Nadler
Graduated: U of T, 2010
Sunnybrook Health
Sciences Ctr.

Dr. Fayez Quereshy
Graduated: U of T, 2004
Toronto Western Hospital

Dr. Peter Stotland
Graduated: U of T, 2002
North York General Hospital

COSMETIC SURGERY

Dr. Jamil Asaria
Graduated: U of T, 2004
Face Toronto

Dr. David Boudana
Graduated: University of Lille
II, 2010
Dr. David Boudana Plastic &
Reconstructive Surgeon

Dr. Thomas Constantine
Graduated: McGill, 2008
Toronto Cosmetic Surgery
Institute

Dr. Steven Hanna
Graduated: Queen's, 2017
Ford Plastic Surgery

Dr. Martin Jugenburg
Graduated: U of T, 2001
Toronto Cosmetic Surgery
Institute

**Dr. Jacqueline Rose
Makerewich**
Graduated: Schulich Sch., 2011
Toronto Cosmetic Surgery
Institute

Dr. Mathew Aaron Plant
Graduated: Schulich Sch., 2008
Mathew A. Plant, MD

Dr. Philip Roland Solomon
Graduated: U of T, 1994
Solomon Facial Plastic

Dr. Roberto Tutino
Graduated: McMaster, 2008
Toronto Minor Surgery Center

CRITICAL CARE

Dr. Phil Shin
Graduated: U of T, 2001
North York General Hospital

Dr. Christie Lee
Graduated: U of T, 2004
Mount Sinai Hospital



Dr. Kaajal Abrol



Dr. Bobby Yanagawa



Dr. Andrea Furlan



Dr. Kunaal Jindal



Dr. Bianca Petrut



DR. ZAMEER PIRANI MD, FRCPC (Anesthesia) & FRCPC (Pain Medicine)
AFIYA SPINE AND PAIN INSTITUTE

As a double board-certified (anesthesia and pain medicine) physician it was a natural fit for Dr. Zameer Pirani to co-found the Afiya Spine & Pain Institute. He attended medical school in Ireland at the Royal College of Surgeons, then completed an anesthesia residency at Western University. Dr. Pirani then pursued a two-year chronic pain fellowship at the University of British Columbia. His passion for multidisciplinary pain management makes a meaningful difference to all his patients.

What is your proudest accomplishment as a physician?

Of the many proud moments in my young career, the proudest achievement is the opening of Afiya Clinic which just celebrated its one-year anniversary. Watching the clinic evolve has been incredible and I am humbled and delighted to be part of our patients' journey toward a pain-free life. Wait times to see specialists with the required training in pain medicine can take 1-2 years which is unacceptable when 1 in 5 Canadians suffer from chronic pain. The consequences chronic pain has on the patient, their families, and society in general can be devastating and we must strive to prevent this from happening. Our clinic was founded with a clear vision: to support and protect our patients in the fight against pain. All patients in pain should have access to multidisciplinary care along with image-guided pain interventions. We aim to provide rapid access to our specialists and believe that chronic pain should not be limiting your quality of life.

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TORONTO'S TOP DOCTORS 2024

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Dr. Renita Ahluwalia
Graduated: U of T, 2008
Canadian Dermatology &
Plastic Surgery Centre

Dr. Benjamin Barankin
Graduated: Schulich Sch., 2001
Toronto Dermatology Centre

Dr. Renée A. Beach
Graduated: McMaster, 2007
DermAtelier on Avenue

Dr. Paul Cohen
Graduated: U of T, 1995
Rosedale Dermatology Centre

Dr. M. Anne Curtis
Graduated: U of T, 1982
Dermatology on Bloor

Dr. Anatoli Freiman
Graduated: McGill, 2002
Toronto Dermatology Centre

Dr. Martie Sigrid Gidon
Graduated: McMaster, 1977
Gidon Aesthetics

Dr. Lisa Kellett
Graduated: U of T, 1992
DLK On Avenue

Dr. Roxana Mititelu
Graduated: McGill, 2016
Carlton Clinic

Dr. Kucy Pon
Graduated: U of
Saskatchewan, 1996
Sunnybrook Health
Sciences Ctr.

Dr. Gregory Pugen
Graduated: U of T, 1971
Dr. Gregory Pugen

Dr. Fara Redlick
Graduated: U of T, 2003
Compass Dermatology

Dr. Nathan Rosen
Graduated: McGill, 2000
Dermetics Cosmetic
Dermatology

Dr. Jennifer Salsberg
Graduated: U of Ottawa, 2007
Avenue MD

Dr. Daniel Schachter
Graduated: U of T, 1971
Dermatology On Bloor

Dr. Nowell Solish
Graduated: U of T, 1990
Dr. Nowell Solish Cosmetic
Dermatologist

DIAGNOSTIC RADIOLOGY

Dr. Robert R. Bleakney
Graduated: Queen's U Belfast,
1993
Mount Sinai Hospital

Dr. Petrina Causer
Graduated: U of T, 1995
York Radiology Consultants

Dr. Tae Bong Chung
Graduated: Schulich Sch., 1995
JDMI - Toronto General
Hospital

Dr. Benjamin Aaron Fine
Graduated: U of T, 2010
Trillium Health Partners

Dr. Leonard Grinblat
Graduated: McMaster, 2002
North York General Hospital

Dr. Derek Muradali
Graduated: McGill, 1988
St. Michael's Hospital

Dr. Amanda Murphy
Graduated: U of Ottawa, 2010
Community Hospital - North
York General Hospital

EMERGENCY MEDICINE

Dr. Alun Duncan Ackery
Graduated: U of T, 2008
St. Michael's Hospital

Dr. Bryan Lap-Yin Au
Graduated: U of T, 1997
St. Michael's Hospital

Dr. Emily Austin
Graduated: Queen's, 2011
The Hospital For Sick Children

Dr. Jennifer Marie Bryan
Graduated: Dalhousie, 2008
Toronto General Hospital

Dr. David Carr
Graduated: U of Ottawa, 2001
University Health Network

Dr. Timothy Dalseg
Graduated: Schulich Sch., 2009
Toronto General Hospital

Dr. Sara Gray
Graduated: Schulich Sch., 1999
Cleveland Clinic Canada

Dr. Walter Himmel
Graduated: U of T, 1976
North York General Hospital

Dr. Laurie J. Morrison
Graduated: McMaster, 1981
St. Michael's Hospital

ENDOCRINOLOGY

Dr. Alyse Goldberg
Graduated: U of T, 2010
Anova Fertility

Dr. Ilana Halperin
Graduated: Schulich Sch., 2007
Sunnybrook Health
Sciences Ctr.

Dr. Eva Kogan
Graduated: Schulich Sch., 2004
Oak Valley Health

Dr. Shoba Sujana Kumar
Graduated: Schulich Sch., 2003
Women's College Hospital

Dr. Bruce A. Perkins
Graduated: U of T, 1995
Mount Sinai Hospital

Dr. Oren Steen
Graduated: Schulich Sch., 2009
LMC Healthcare

Dr. Catherine Hil-Yen Yu
Graduated: U of T, 2002
St. Michael's Hospital

FAMILY MEDICINE

Dr. Alan Abelsohn
Graduated: U of Cape Town,
1974
Dalla Lana School Of Public
Health

Dr. Jeff Ashley
Graduated: Schulich Sch., 1988
William Osler Health Centre

Dr. Stacy Burton
Graduated: U of the West
Indies, 2012
Integra Health

Dr. Stephen Cord
Graduated: U of T, 1992
Uptown Health Centre

Dr. Alison Jane Culbert
Graduated: U of Ottawa, 2000
Sunnybrook Health
Sciences Ctr.

Dr. Sheana Desson
Graduated: U of Ireland, 2006
Generations Family Health
Centre

Dr. Cara Flamer
Graduated: Queen's, 2006
Dr. Cara Flamer

Dr. Noah Forman
Graduated: McMaster, 1984
North York General Hospital

Dr. Rajesh Girdhari
Graduated: McGill, 2008
St. Michael's Hospital - Sumac
Creek Health Centre

Dr. Kalesha Hack
Graduated: University College
Dublin School of Medicine,
2017
Sunnybrook Health
Sciences Ctr.

Dr. Farzana Haq
Graduated: U of T, 2007
Cleveland Clinic Canada

Dr. Liisa Jaakkimainen
Graduated: McMaster, 1995
Sunnybrook Health
Sciences Ctr.

Dr. Aarti Kapoor
Graduated: U of Ottawa, 2009
Magenta Health

Dr. Doug Kavanagh
Graduated: U of T, 2011
NT Medical Associates

Dr. Carol Kitai
Graduated: U of T, 1984
Women's College Hospital

Dr. Fok-Han Leung
Graduated: U of T, 2004
St. Michael's Hospital

Dr. Gillian Lindzon
Graduated: U of T, 2011
Glengrove Medical Centre



Dr. Isaac Bogoch



Dr. Reshma Amin



Dr. Ashlin Alexander



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TORONTO'S TOP DOCTORS 2024



DR. GURU KANDASAMY BSc, MD, DC, CCFP, Dip.Sport.Med.
INSTITUTE OF HUMAN MECHANICS, PHYSIOMED, UNIVERSITY OF TORONTO

Dr. Guru Kandasamy is a Sports Medicine Specialist in Toronto renowned for his integrative health approaches. After studying Kinesiology from the University of Waterloo & Acupuncture from McMaster University, he completed his medical training at Michigan State University with focused PGY-III Sports Medicine training. Holding the Diploma in Sports Medicine from CASEM, & licensed in Canada & the U.S., he treats professional athletes in leagues including the NHL, MLB, & CFL.

Why did you become a Sports Medicine Physician?

As a youth, I found myself drawn to the thrill of sports, intrigued by the interplay of athleticism, strategy, & camaraderie. Despite captaining several club & school sports teams, my journey took an unexpected turn with a severe knee injury that required ACL surgery. This period of heartbreak & vulnerability enabled me to recognize the compassion & expertise present in healthcare. At this pivotal time in my life, a determination to pursue a career in Sports Medicine was ignited within me. Following the study & exploration of various alternative therapies, I concluded my post-graduate medical training specializing in Sports Medicine. Today, as a Diplomate of the Canadian Academy of Sport & Exercise Medicine, I am honored to offer integrative health solutions to athletes of all ages. As a Lecturer at the University of Toronto, I find joy in teaching medical students, sharing the same passion for Sports Medicine that drives my own journey forward.

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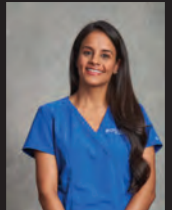
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Avenue Bloor Medical Group

Dr. Lew Pliamm

Graduated: U of T, 1992
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Graduated: McMaster, 2010
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Taddle Creek Family Health
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Graduated: McMaster, 2009
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2006
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St. Michael's Hospital

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Graduated: U of T, 2016
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Graduated: U of T, 2012
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Dr. Bianca Petrut

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Toronto East General Hospital

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Mount Sinai Hospital

Dr. Sharon Straus

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St. Michael's Hospital

Dr. Katina Tzanetos

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St. Michael's Hospital

Dr. Camilla Wong

Graduated: U of T, 2003
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Dr. Genevieve Bouchard-Fortier

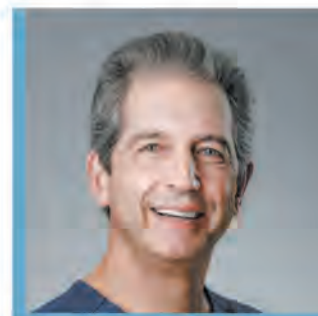
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Princess Margaret Cancer
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Graduated: Schulich Sch., 2001
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Sciences Ctr.

Dr. Taymaa May

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Graduated: U of T, 2004
St. Michael's Hospital

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strand, 1968
The Hospital For Sick Children

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St. Michael's Hospital

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Graduated: U of Sydney, 2008
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The Hospital For Sick Children

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Graduated: U of T, 2005
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Waypoint Centre for Mental
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St Michael's Hospital

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Graduated: U of T, 2020
Department Of Medicine -
University of Toronto

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Graduated: McMaster, 2002
Synergy Sports Medicine

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The Hospital For Sick Children

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Graduated: U of T, 2006
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Graduated: U of T, 1994
The Hospital For Sick Children

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Dr. Fara Redlick



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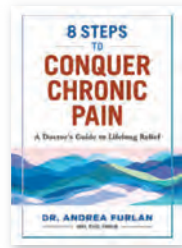


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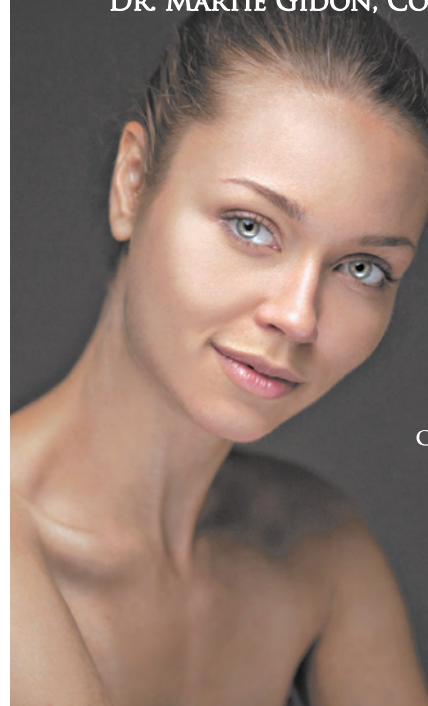
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Dr. Eskander is the Endocrine Surgery Lead at Michael Garron Hospital and is the Head and Neck Disease Site Lead at Sunnybrook Health Sciences Centre.

Dr. Antoine Eskander is a head and neck oncologist and reconstructive surgeon at Sunnybrook Health Sciences Centre, Head and Neck Disease Site Lead at the Odette Cancer Centre, and Chief of Otolaryngology – Head & Neck Surgery Michael Garron Hospital. He is an Associate Professor at the University of Toronto, Adjunct Scientist at ICES, and Associate Scientist at Sunnybrook Research Institute.

Dr. Eskander is an internationally recognized researcher in the areas of thyroid disease, head and neck cancers, skin cancers, health services research, clinical epidemiology, and quality improvement. He has extensively studied head and neck cancers and thyroid cancers in Ontario.

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Graduated: U of T, 2006
St. Michael's Hospital

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Graduated: U of Ottawa, 2007
U of T Department Of
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Graduated: U of T, 1962
Women's College Hospital

Dr. Modupe Tunde-Byass

Graduated: U of Ibadan, 1987
North York General Hospital

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Graduated: U of Calcutta, 1985
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Graduated: Manchester
Medical School, 2003
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Graduated: U of T, 1992
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Graduated: U of T, 2004
Oak Valley Health

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Graduated: U of T, 1990
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Dr. Neesha Dhani

Graduated: Schulich Sch., 2001
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Graduated: U of Ottawa, 1979
Mount Sinai Hospital

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Graduated: U of T, 2005
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Graduated: U of T, 1984
Toronto General Hospital

Dr. Armand Keating

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Graduated: Queen's, 1971
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Graduated: Nagpur U, 1989
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Toronto Eye Specialists And
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Graduated: McGill, 1983
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Graduated: Tamil Nadu Dr.
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Dr. Fatimah Gilani

Graduated: Royal College of
Surgeons in Ireland, 2011
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Bochner Eye Institute

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Graduated: U of T, 1982
Michael Garron Hospital

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Dr. Johnny Tak-Choy Lau

Graduated: U of T, 1994
Toronto Western Hospital

Dr. Stephen Reed

Graduated: U of Oxford, 1985
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Mackenzie Health

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1992
Toronto General Hospital

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Graduated: Schulich Sch., 2004
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Dr. Zameer Pirani

Graduated: U of Ireland, 2011
Afiya Spine & Pain Clinic

Dr. David Sussman

Graduated: U of T, 2011
St. Michael's Hospital



Dr. Jonathan Irish



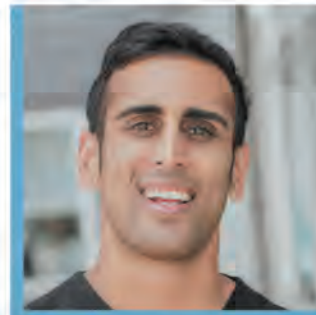
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Bobby Yanagawa is the Division Head, Cardiac Surgery, St. Michael's Hospital and the Program Director, Division of Cardiac Surgery, University of Toronto.

Diversity is a cornerstone of medicine but did you know that less than 10% of heart surgeons in Canada are women? Or that there are currently no Black and no Indigenous heart surgeons in Canada?

Dr. Yanagawa is passionate about advancing EDI initiatives to transform the landscape of medicine and in heart surgery for a more diverse and inclusive future.

Email:
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to learn more about his EDI initiatives or use the QR code to directly support these efforts.



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DR. SHARIFA HIMIDAN MD, MBA, FRCSC UNIVERSITY HOSPITALS - Cleveland OH

An Experienced pediatric surgeon and educator. Practiced at Humber River Health and SickKids in Toronto, where she helped launch and lead Community Pediatric Surgery. She chairs the Pediatric Surgery Exam Board, the Royal College of Physicians and Surgeons of Canada. She was recognized in Reader's Digest and Post City as a top doctor and received Canada 150 Commemorative Medal. Recently, she has joined University Hospitals in Cleveland OH.

Why was it important for you to launch Community Pediatric Surgery at Humber River Health ?

Even before Covid-19 pandemic, health care resources were strained. Surgical wait times are long. Children and families endure inconvenient travel and cost to get care far from home. The Community Pediatric Surgery Model at Humber River Health created Value Based Health Care. Through this program, we were able to deliver excellent, safe surgical care by pediatric specialists closer to their homes. Humber River Health is an ideal partner because of its visionary leadership and commitment to serving the community. In addition, HRH skilled personnel complemented pediatric surgeons to accomplish this mission. The efficiency and ability to safely perform routine pediatric surgery on healthy Children is impressive. This alignment of goal and host, were key to the success of this program. I feel fortunate and proud to have been among the team which launched this program.

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St. Michael's Hospital

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Dr. Dalal Assaad
Graduated: Alexandria U, 1971
Sunnybrook Health Sciences Ctr.

Dr. Adriana Krizova
Graduated: Univerzita Komenského, Bratislava, 2000
St. Michael's Hospital

PEDIATRICS

Dr. Zia Bismilla
Graduated: Schulich Sch., 2002
The Hospital for Sick Children

Dr. Sheila Jacobson
Graduated: U of the Witwatersrand, 1983
Clairhurst Pediatrics

Dr. Shoo Lee
Graduated: U of Singapore, 1980
Mount Sinai Hospital

Dr. Sanjay Mehta
Graduated: U of Calgary, 1997
Kindercare Pediatrics

Dr. Gidon Stern
Graduated: University College Hospital Med. School, 1999
Kidcrew

Dr. Carolyn Taylor
Graduated: U of T, 1999
Clairhurst Pediatrics

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Graduated: U of T, 1998
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Dr. Adelle Roberta Atkinson
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The Hospital For Sick Children

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Dr. Leland Nathan Benson
Graduated: Finch University of

Health Sciences, 1974
The Hospital For Sick Children

PEDIATRIC DERMATOLOGY

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Graduated: Dalhousie, 2004
Midtown Pediatrics

Dr. Elena Pope
Graduated: Institute Medicine, Pharmacy, Bucharest, 1990
The Hospital For Sick Children

Dr. Miriam Weinstein
Graduated: Queen's, 1996
The Hospital For Sick Children

PEDIATRIC ENDOCRINOLOGY

Dr. Rayzel Shulman
Graduated: McMaster, 2004
The Hospital for Sick Children

Dr. David Urbach
Graduated: U of T, 1993
Women's College Hospital

Dr. Katherine Verbeeten
Graduated: U of T, 2008
Kidcrew

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Dr. Yaron Avitzur
Graduated: Tel Aviv U, 1995
The Hospital for Sick Children

PEDIATRIC OTOLARYNGOLOGY

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Graduated: U of T, 2003
The Hospital for Sick Children

Dr. Evan Propst
Graduated: U of T, 2002
Hospital For Sick Children

Dr. Nikolaus Wolter
Graduated: U of T, 2009
Department Of Otolaryngology - Head & Neck Surgery - University of Toronto

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Graduated: U of T, 1986
Dept. Of Surgery - U of T

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The Hospital For Sick Children

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University Health Network

Dr. Jennifer Gordon
Graduated: McMaster, 2019
The Pain & Wellness Centre

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Graduated: Schulich Sch., 1999
West Park Healthcare Centre

Dr. Melody Nguyen
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Sunnybrook Health Sciences Ctr.

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Graduated: U of T, 1994
The Centre For Minor Surgery

Dr. Trevor M. Born
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Graduated: Schulich Sch., 1988
Toronto Plastic Surgery

Dr. Linda Dvali
Graduated: Schulich Sch., 1996
Michael Garron Hospital

Dr. Alexander Golger
Graduated: McMaster, 2003
Humber River Health

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Graduated: U of Manitoba, 2008
Studio Plastic Surgery

Dr. Mary-Helen Mahoney
Graduated: Schulich Sch., 2006
Dr. Mahoney Plastic Surgery

Dr. Dimitrios Motakis
Graduated: McGill, 2004
Dr. Dimitrios Motakis

Dr. Blake Murphy
Graduated: U of Ottawa, 2010
St. Michael's Hospital

Dr. Ron Somogyi
Graduated: U of T, 2008
FORM Face + Body

Dr. Michael Weinberg
Graduated: U of T, 1990
The Mississauga Cosmetic Surgery & Laser Clinic

Dr. Ronald Zuker
Graduated: U of T, 1969
The Hospital For Sick Children

PSYCHIATRY

Dr. Crystal Baluyut
Graduated: U of T, 2002
CAMH

Dr. Carole Cohen
Graduated: McGill, 1982
Sunnybrook Health Sciences Ctr.

Dr. Peter Giacobbe
Graduated: Schulich Sch., 2001
Sunnybrook Health Sciences Ctr.

Dr. Marshall Korenblum
Graduated: U of T, 1975
The SickKids Centre for Community Mental Health

Dr. Herbert Mark Lachmann
Graduated: UBC, 1996
Mount Sinai Hospital

Dr. Hilary Offman
Graduated: U of T, 1992
Dept. Of Psychiatry - U of T

Dr. Arielle Salama
Graduated: Queen's 2008
St. Michael's Hospital

Dr. Jose Silveira
Graduated: McMaster, 1993
St Joseph's Health Centre

Dr. John Teshima
Graduated: U of T, 1994
Sunnybrook Health Sciences Ctr.



Dr. Aarti Kapoor



Dr. Osami Honjo



Dr. Taymaa May



Dr. A. Hillary Steinhart



Dr. Talia Zenlea

TORONTO'S TOP DOCTORS 2024

PULMONOLOGY

Dr. David Dancey

Graduated: U of T, 1994
Oak Valley Health

Dr. Allen Greenwald

Graduated: Queen's, 2011
Oak Valley Health

Dr. David Andrew Hall

Graduated: U of T, 2000
St. Michael's Hospital

Dr. Margaret Herridge

Graduated: Queen's, 1990
Toronto General Hospital
MSICU

Dr. Marcus Kargel

Graduated: U of T, 1999
Michael Garron Hospital

Dr. Shane Shapera

Graduated: U of T, 2003
University Health Network

RADIATION ONCOLOGY

Dr. Rachel Glicksman

Graduated: Queen's, 2015
Dept. of Radiation
Oncology - U of T

Dr. Andrew Loblaw

Graduated: Queen's, 1995
Sunnybrook Health
Sciences Ctr.

Dr. Arjun Sahgal

Graduated: U of Ottawa, 2001
Sunnybrook Health
Sciences Ctr.

Dr. Padraig Warde

Graduated: U of Dublin, 1977
Princess Margaret Cancer
Centre

RADIOLOGY

Dr. Maneesh Gupta

Graduated: U of T, 2008
Ellesmere X-Ray Associates

Dr. Korosh Khalili

Graduated: U of Ottawa, 1994
Princess Margaret Cancer
Centre

Dr. Ryan Margau

Graduated: U of T, 2001
North York General Hospital

Dr. Linda Probyn

Graduated: Schulich Sch., 1999
Sunnybrook Health Sciences
Ctr.

Dr. Mia Skarpathiotakis

Graduated: U of T, 2006
Sunnybrook Health
Sciences Ctr.

REPRODUCTIVE ENDOCRINOLOGY + INFERTILITY

Dr. Kaajal Abrol

Graduated: McMaster, 2005
Trio Fertility

Dr. Vanessa Bacal

Graduated: McGill, 2013
Mount Sinai Fertility

Dr. Ari Y. Baratz

Graduated: Schulich Sch., 2001
CReATe Fertility Centre

Dr. Ken Cadesky

Graduated: U of T, 1978
Mount Sinai Hospital

Dr. Robert Casper

Graduated: Schulich Sch., 1973
TRIO Fertility

Dr. Marjorie Dixon

Graduated: McGill, 1997
Anova Fertility

Dr. Ellen Greenblatt

Graduated: McGill, 1982
Mount Sinai Fertility

Dr. Harmony Andrea Ho

Graduated: U of Calgary, 2005
Anova Fertility

Dr. Claire Jones

Graduated: Schulich Sch., 2007
Mount Sinai Hospital

Dr. Kimberly Liu

Graduated: Schulich Sch., 2001
Mount Sinai Fertility

Dr. Nigel Pereira

Graduated: Weill Cornell
Medical College, Qatar, 2010
Mount Sinai Hospital

Dr. Miguel Angel Russo

Graduated: McMaster, 2012
Mount Sinai Hospital

Dr. Heather Shapiro

Graduated: McMaster, 1983
Mount Sinai Fertility

Dr. Prati Sharma

Graduated: U of New Jersey,
2001
CReATe Fertility Centre

RHEUMATOLOGY

Dr. Lori Albert

Graduated: U of T, 1988
University Health Network

Dr. Mary Bell

McMaster University, 1979
Sunnybrook Health
Sciences Ctr.



DR. RON SOMOGYI

FORM FACE + BODY, NORTH YORK GENERAL, WOMEN'S COLLEGE HOSPITAL

Dr. Somogyi is a plastic surgeon with extensive training in both cosmetic and reconstructive surgery. In addition to founding FORM Face + Body, a full-service aesthetic clinic in North York, Dr. Somogyi is a full time staff member at North York General, maintains privileges at Women's College Hospital, and is active academically as an Assistant Professor at The University of Toronto. His research interest has led to published articles on oncoplastic, cosmetic, and reconstructive breast surgery.

How do you build trust with a patient in your care?

I believe we can achieve the best outcomes when patients are fully involved and empowered to make thoughtful decisions. I take as much time as needed with my patients to listen to their concerns and communicate all their options, using tools like example cases, 3D imaging, and results simulators to help them understand every aspect.

What are your favourite cosmetic procedures to perform?

I specialize in mommy makeovers and 'skin sculpting surgery' for patients left with loose skin after weight loss. These full-body procedures demand both an aesthetic eye and surgical skill, and are so rewarding because they have a huge impact on quality of life. As well as helping patients feel fantastic in their bodies, we can repair post-pregnancy muscle separation and reduce the serious discomfort of excess skin.

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FACE + BODY

Dr. Nathan Dostrovsky

Graduated: Schulich Sch., 2007
Ontario Rheumatology
Association

Dr. Dafna D. Gladman

Graduated: U of T, 1971
Krembil Research Institute

Dr. Bindee Kuriya

Graduated: U of T, 2003
Mount Sinai Hospital

**Dr. Medha Laichand
Soowamber**

Graduated: McGill, 2010
Mount Sinai Hospital

SLEEP MEDICINE**Dr. Reshma Amin**

Graduated: U of T, 2002
The Hospital For Sick Children

Dr. Douglas Bain

Graduated: Schulich Sch., 1988
Michael Garron Hospital

Dr. Roain Bayat

Graduated: Université de
Montréal, 2009
York Region Sleep Disorders
Centre

Dr. Victor Hoffstein

Graduated: U of Miami, 1975
North York Sleep &
Diagnostic Centre Inc.

Dr. David Klein

Graduated: U of T, 1999
St. Michael's Hospital

Dr. Anu Tandon

Graduated: U of T, 2001
Sunnybrook Health
Sciences Ctr.

SPINE SURGERY**Dr. Jeremie Larouche**

Graduated: Northern Ontario
School of Medicine, 2009
Sunnybrook Health
Sciences Ctr.

Dr. Stephen Joel Lewis

Graduated: McGill, 1990
Toronto Western Hospital

Dr. Yoga Rampersaud

Graduated: Schulich Sch., 1992
Toronto Western Hospital

Dr. Christopher Witiw

Graduated: U of Manitoba, 2012
St. Michael's Hospital

SPORTS MEDICINE**Dr. Michael Clarfield**

Graduated: U of T, 1980
Cleveland Clinic Canada

Dr. Guru Kandasamy

Graduated: American
University of Integrative
Sciences, 2017
The Institute Of Human
Mechanics

Dr. Timothy Rindlisbacher

Graduated: U of T, 1992
The Clinic Health Group Inc.

Dr. Douglas Stoddard

Graduated: U of T, 1989
Sports And Exercise Medicine
Inst.

SURGICAL ONCOLOGY**Dr. Tyler Ryan Chesney**

Graduated: McMaster, 2013
St. Michael's Hospital

Dr. Tulin Deniz Cil

Graduated: Schulich Sch., 2000
Princess Margaret Cancer
Centre

Dr. Paul Karanicolas

Graduated: Schulich Sch., 2003
Sunnybrook Health
Sciences Ctr.

Dr. Adena Sarah Scheer

Graduated: U of T, 2006
St. Michael's Hospital

Dr. Frances Wright

Graduated: U of T, 1996
Sunnybrook Health
Sciences Ctr.

UROLOGY**Dr. Dean Sol Elterman**

Graduated: U of T, 2006
University Urology Associates

Dr. Tony Finelli

Graduated: U of T, 1996
Toronto General Hospital

Dr. Ryan Jeffrey Groll

Graduated: U of T, 2002
Michael Garron Hospital

Dr. Robert J. Hamilton

Graduated: U of Alberta, 1979
Toronto General Hospital

Dr. Jason Y. Lee

Graduated: U of T, 2004
Toronto General Hospital

Dr. Kenneth Pace

Graduated: U of T, 1994
St. Michael's Hospital

Dr. Sidney Radomski

Graduated: U of T, 1984
Toronto Western Hospital

Dr. Rajiv Singal

Graduated: U of T, 1990
Michael Garron Hospital

VASCULAR SURGERY**Dr. Kerry Graybiel**

Graduated: McMaster, 2008
Humber River Regional
Hospital

Dr. Ahmed Kayssi

Graduated: Queen's, 2009
Sunnybrook Health
Sciences Ctr.

Dr. Mohammad Qadura

Graduated: McMaster, 2011
St. Michael's Hospital



Dr. Tony Finelli



Dr. Martie Sigrid Gidon



Dr. Jonathan Yeung



Dr. Frances Wright

Although this issue is dedicated to the city's top doctors, we realize that nurses are the backbone of the Canadian medical system. In recognition of Toronto's incredibly dedicated nurses we have made a donation to the following charities.

Canadian Nurses Foundation www.cnf-flic.ca
ON (Victorian Order of Nurses) www.von.ca/en

TOP DOCTORS: METHODOLOGY - To create the list, Post City contracted DataJoe Research to facilitate an online peer-voting process and Internet research process. DataJoe Research is a software and research company specializing in data collection and verification, and conducts various nominations across North America on behalf of publishers.

To create the list, we paired DataJoe Research's online peer-voting process with an Internet research process to identify success characteristics. DataJoe checked and confirmed that each published winner had, at time of review, a current, active licence status with the appropriate provincial regulatory board. If we were not able to find evidence of a doctor's current, active registration, that doctor was

excluded from the list. In addition, we checked available public sources to identify doctors disciplined for an infraction by the province. These entities were excluded from the list.

Finally, DataJoe presented the tallied result to the magazine for its final review and adjustments. We recognize that there are many good doctors who are not shown in this representative list. This is only a sampling of the huge array of talented professionals within the region. Inclusion in the list is based on the opinions of responding doctors in the region. We take time and energy to ensure fair voting, although we understand that the results of this survey nomination and Internet research campaign are not an

objective metric. We certainly do not discount the fact that, many good and effective doctors may not appear on the list.

Disclaimers: DataJoe uses best practices and exercises great care in assembling content for this list. DataJoe does not warrant that the data contained within the list are complete or accurate. DataJoe does not assume, and hereby disclaims, any liability to any person for any loss or damage caused by errors or omissions herein whether such errors or omissions result from negligence, accident, or any other cause. All rights reserved. No commercial use of the information in this list may be made without written permission from DataJoe.



DR. TREVOR M. BORN

TMB COSMETIC SURGERY

Dr. Trevor M. Born is a sought-after cosmetic surgeon who has been featured in the pages of Vogue, Elle, and Oprah magazines. His technique has been described as "effective minimalism," an approach which aims to achieve beautiful, natural-looking results. For nearly three decades, he has served patients at TMB Cosmetic Surgery, with locations in Toronto and the Upper East Side of Manhattan in New York City.

What major changes, including technological advances, have you witnessed in your field?

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TORONTO EAST HEALTH NETWORK

Director,
Division of Respiriology,
Michael Garron Hospital

Medical Director,
Respiratory Medicine Services,
Michael Garron Hospital

Lecturer,
Department of Medicine,
Division of Respiriology,
University of Toronto

Marcus J. Kargel

MD FRCPC FCCP



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THE BIG TICKET

THE BEST EVENTS IN TORONTO THIS MONTH



L-R: Toronto Comicon is back this month, and Tallboyz are part of TOsketchfest

8 of the city's best events (continued)

POP CULTURE 5. Go to Comicon

Nerd alert: Toronto Comicon is back March 15 to 17 at the Metro Toronto Convention Centre. Fans of sci-fi, horror, anime and gaming are eagerly preparing for this annual immersive experience. Among the anticipated highlights are the appearances of esteemed celebrity guests who will be on hand to engage with fans through Q & A sessions, autograph signings and more. In addition, attendees can immerse themselves in a wide range of activities, including cosplay showcases, panel discussions and opportunities to meet legendary comic creators in a massive celebration of pop culture. comicontoronto.com

MUSIC 6. Go to Damian and Stephen Marley

Celebrating the timeless legacy of reggae music, the Traffic Jam Tour 2024, featuring Damian and Stephen Marley, promises to be an unforgettable evening filled with rhythm, melody and the unmistakable Marley vibes. Set to take place on March 25 at History, the concert is poised

to captivate audiences of all ages at an event where the spirit of reggae runs deep. As the sons of the iconic Bob Marley, Damian and Stephen Marley inherited a musical heritage that has touched hearts and inspired generations worldwide. Their upcoming performance coincides with the release of the new biopic, *Bob Marley: One Love*, adding an extra layer of significance to the event. historytoronto.com

THEATRE

7. See The Inheritance

Canadian Stage is presenting the highly anticipated Canadian premiere of *The Inheritance: Parts 1 & 2*, running from March 22 to April 14. This groundbreaking epic, directed by Canadian Stage's artistic director Brendan Healy, promises an unforgettable experience that transcends boundaries and captivates audiences. Led by renowned Canadian talents Daniel MacIvor and Louise Pitre, alongside Hollywood Jade, Salvatore Antonio and rising star Stephen Jackman-Torkoff, this production brings together a blend of seasoned

veterans and emerging talents. canadianstage.com

COMEDY 8. Go to TOsketchfest

The 19th Annual Toronto Sketch Comedy Festival is set to make a grand return from March 6 to 17. Hosted at the Theatre Centre and Comedy Bar Bloor in Toronto, this beloved event promises a captivating array of live programming. Featuring a stellar lineup comprising more than 60 sketch comedy troupes hailing from across North America, TOsketchfest will captivate audiences with over 50 dynamic showcases and the 7th annual TOsketchfest Film Festival.

Among the anticipated highlights are Scott Thompson, renowned for his role in *The Kids in the Hall*, embodying Buddy Cole in the production of *King*. Additionally, audiences eagerly await the long-anticipated return of TallBoyz and the uproarious performance of Sex T-Rex in their acclaimed production *SwordPlay* (recipient of the Just For Laughs Best Comedy Award). torontosketchfest.com



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LOVE LIFE AGAIN



L-R: Owner Joy Zubair, interior of Boho Chachkies

New Kensington spot is a time portal to the '70s

A new vintage clothing and home goods store has opened in Kensington Market, and it's a bohemian time portal to a '70s marketplace, complete with 28 local vendors. At Boho Chachkies, you can find everything from clothes to plants, home decor, jewelry, books and handmade goods.

Joy Zubair, the owner of the Kensington shop, is a first-time business owner who left a lifetime career behind for a life of selling vintage. Her new love for second-hand clothes and home goods manifested in the form of a brick-and-mortar shop. She had held onto the hope that, when COVID finally passed, she'd be able to find a space on Queen Street or in Kensington Market, where bohemian and vintage shops have long found a home. "That was the big dream," she says.

In October 2023, she came across a Kijiji

listing for a space on Nassau Street. "It felt too good to be true," Zubair says. "I really thought, 'No way.'"

But she went to see it and immediately fell in love, opting to sign the lease the next day. With hopes of opening in December for the Christmas retail push, she rushed to get the store together in three weeks.

She knew she couldn't source enough inventory on such short notice, at least not without help, but she was well-connected in the vintage community.

"I messaged a bunch of people to say, 'Hey, listen, I'm opening up a big store. Do you want to be a part of it?'" Zubair says. She filled the store in two days, with 28 vendors.

Boho Chachkies officially opened on Dec. 1, and the impressive list of vendors includes shops like Plants and Things, Judy Jean Vintage, Decorative Book Bundles,

Pachi Handmade Designs and Vintage Wax Works candle shop.

It's hard to believe that this all began from Zubair selling off items that she was no longer using on Facebook marketplace — eventually turning to thrift stores to source more items in her bohemian aesthetic niche when she saw how fast items sold.

Zubair launched the Boho Chachkies Instagram and Etsy shop in 2020, eventually quitting her job to sell vintage full-time. She also made her presence known in Toronto's vintage market scene, serving as a pop-up vendor at Hippy Market and the Welcome Market — all of which served as the perfect foundation for a physical Boho Chachkies shop becoming a permanent place for second-hand sellers to reach customers. The store is open Wednesday to Sunday from 11 a.m. to 5 p.m. —*Emma Johnston-Wheeler*

L.A. brand Anine Bing comes to Yorkville

Los Angeles-based fashion brand Anine Bing will be taking over some coveted retail space in Yorkville this spring. The new location, the brand's second in Canada after opening in Yorkdale just a few months back, will be at the Four Seasons Hotel.

The corner storefront at Bay and Scollard streets may be just outside the main Yorkville shopping strip, but there's no doubt that the shop will become a new favourite in the area. Anine Bing, founded by a former fashion blogger of the same name in 2012, has been worn by the likes of Gigi Hadid, Kate Upton and Meghan Markle. The brand is influenced by both Scandinavian and American style, and with collections of mix-and-match, minimalist pieces, the new shop will likely be a go-to spot for shoppers looking to try out the '90s revival or office siren trends. Key pieces in the 2024 collection

include relaxed trousers, Princess Diana-inspired blazers and a variety of tops fit for any neutral lover. The brand is also known for its accessories, bags — there are a few woven totes for sale in the new collection in time for the warmer seasons — and a minimal selection of shoes.

The new shop puts Toronto on the map alongside a few other fashion-forward cities the brand has chosen for international locations, including London, Paris, Berlin and Melbourne.

Anine Bing is just one of a few luxury brands that have chosen the Bloor-Yorkville area for a new location this year — Saint Laurent and French brand Anne Fontaine are both set to open on Bloor West this year, on the heels of recent luxury openings, including Ferragamo, Bonpoint and Alexander Wang. —*Julia Mastroianni*

5 denim trends and where to shop for them

1. '90s straight leg

Take it back to the '90s with the straight leg jean, perfect for a model-off-duty look — they're a Kendall Jenner fave for a reason. *Where to buy:* Honey, 460 Eglinton Ave. W.

2. Dark wash

This trend of indigo washes and midnight blues is multi-purpose — sneak a pair into your office wear and no one will notice. *Where to buy:* 7 For All Mankind, 1 Bass Pro Mills Dr.

3. Barrel leg

Also known as the horseshoe, these jeans have been all over the runway this season. Search for pants that go wide in the middle and tapered at the end. *Where to buy:* TNT, 2901 Bayview Ave.

4. Big cuffs

The most DIY-friendly of the list, just turn up the bottoms of your favourite wide or straight leg jean for a 2024-approved cuffed look. *Where to buy:* Over the Rainbow, 55 Bloor St. W.

5. Extra baggy

Go extra long, extra wide and extra loose — the baggy look is mixing high fashion (see: Loewe, Valentino, Toteme) with high comfort. *Where to buy:* Blue Button Shop, 1499 Dundas St. W.



Over the Rainbow's cuffed jeans 45

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CURRENTS ENVIRONMENT



A logged forest in Northern Ontario

Ontario's forests are getting logged too fast

Canada is regarded as a country of spectacular nature, with magnificent forests. The boreal forest alone makes up 55 per cent of Canada's land mass. In Ontario, 66 per cent of the land is made up of forests. The government wants you to think our forest management practices are beyond reproach. They aren't.

New research confirms that industrial logging isn't ecologically sustainable. Rather, it's rapidly degrading forest habitats and threatening species.

A study by Brendan Mackey and colleagues, from Griffith University in Australia, looked at forestry in Ontario and Quebec and found, "The Canadian Government claims that its forests have been managed according to the principles of sustainable forest management for many years, yet this notion of sustainability is tied mainly to maximizing wood production and ensuring the regeneration of commercially desirable tree species following logging."

In Ontario (where 20 per cent of Canada's forests are found), the rotation age of forests — the age they reach before they're logged — is usually 80 to 100 years, while the period between wildfires is 114 to 262 years.

Where can one learn about logging's cumulative impacts?

Not, it turns out, from the federal government. It uses carefully curated statistics to perpetuate Canada's image as a sustainable forestry leader.

A coalition of national and regional conservation organizations, including the David Suzuki Foundation, wrote a report called "The State of the Forest in Canada: Seeing Through the Spin." It points to the lack of information in Natural Resources Canada's report on the negative impacts of logging infrastructure on forest regeneration, population declines of key iconic forest-dependent species and logging's greenhouse gas emissions. It also highlights a failure to assess the alignment between logging practices and Indigenous rights.

Forests are critical for all life. They help regulate the planet's climate, provide habitat, give sustenance to people, supply oxygen. Industrial development is putting all of that at risk, which puts us at risk.

It's past time to put words into action and do better at protecting forests. Having honest conversations about the state of the forests is a good place to start.

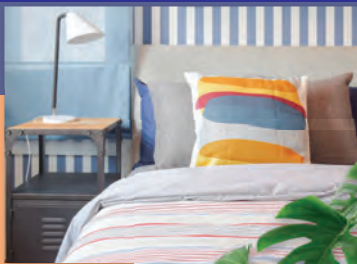
DAVID SUZUKI with files from boreal project manager Rachel Plotkin.



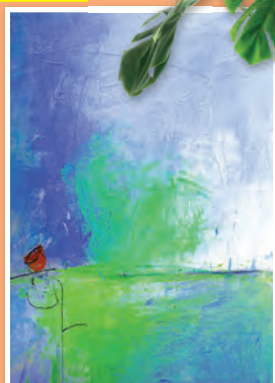
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Dear Sangita: My parents love my boyfriend more than me

Dear Sangita: *I think my parents love my boyfriend more than me. They've only known him for two years, and they often try to hang out just with him. It makes me feel like they don't love me. What should I do?* — *Fourth wheel*

Dear Fourth Wheel: It's kind of weird that they only want to hang out with him and not you, and it's wrong for them to say that he's too good for you — that's the wrong message. They may just be joking, but if you're sensitive to it, you should acknowledge it. I think your parents may just be on a high that you found someone so special. A lot of in-laws don't get along with the partner, and you're in a special place where you're not even married and your parents are in love with your partner. It took a long time for my dad to say, "You're good enough for my daughter!" So this is not necessarily a bad thing. To embrace this situation, organize something



that you like to do and invite both your parents and your boyfriend so you feel like you're in charge of the environment. If you have a bit more control, you'll be part of the narrative again.

Dear Sangita: *My husband is pretty good at doing his part at home. He cooks, cleans, grocery shops, all of that. But every time we visit his parents, he becomes lazy*

and expects me to do everything the way his dad expects his mom to do everything. How do I bring this up with him? — *Woe is wife*

Dear Woe: A parent-child relationship is so complicated. Parents are growing and learning as they're raising their child. There are going to be mistakes. But it depends what this mistake is. I don't know how severe it is, but

I'll say that, for my parents, I don't ask them for apologies because they speak their apologies in different ways. It's more about showing up and giving me a hug.

Most people who are asking someone to say sorry, they want them to take ownership of it. You might be holding onto the term "sorry," rather than what you really need — for your parent to acknowledge what happened. Your parent showing that they acknowledge what happened to you is way more important than that "sorry." If they apologize but they don't mean it, what's the point?

If, as you say, you know your parent is not the type to apologize, then maybe you need to focus on that acknowledgement and ownership instead. Hopefully that will be what you need to help you heal.

Dear Sangita: *I've been dating my partner for two years now, and I don't like her friends. They're over-*

bearing with her and judgmental of her life decisions. I want to be honest with her, but I don't think she'll want to hear it. What should I do? — *Best friends for never*

Dear Best: My husband has his own life, I have my own life, and then we have a life together, which means respecting each other's spaces and friends. I don't like the fact that they are treating her in a negative way, but she's been friends with these women for so long, so maybe they have a sibling-type relationship where they're just honest with each other in a way that someone on the outside would perceive as being rude. If you feel uncomfortable hanging out with them, then don't! But you need to respect her relationship with her friends, even if you don't understand it.

SANGITA PATEL is our advice columnist and was previously a host on ET Canada.



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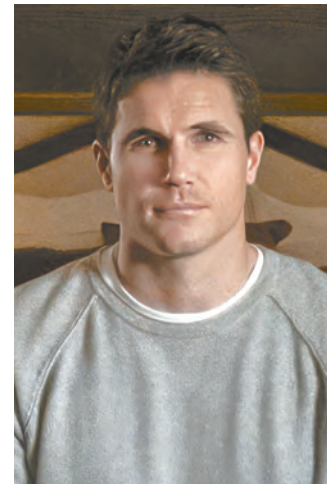
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CURRENTS GROWING UP T.O.



FAST FACTS

NAME:

Robbie Amell

HIGH SCHOOL:

Lawrence Park Collegiate

FAVE T.O. MEMORY:

Growing up in his Armour Heights apartment

FAVE RESTAURANT:

Pai

FAVE LOCAL ACTOR:

Greg Bryk

Robbie Amell is starring in 'Code 8: Part II'

Netflix backs T.O. star's passion project

When Toronto's Robbie Amell first helped fund and star in a sci-fi short film passion project in 2016 called *Code 8*, he didn't anticipate that the resulting movie would catch the eye of Netflix.

But the streaming giant was certainly interested after fans raised \$2.4 million to help Amell, his cousin Stephen Amell and director Jeff Chan fund the original film in 2019. The sequel, the newly released *Code 8: Part II*, was quickly backed by Netflix.

It's an amazing accomplishment for someone who, he says, "fell ass-backwards" into acting. "I did commercials and print work as a kid, but then I was playing hockey seven days a week, and I didn't have time," he says. But then, the summer before Grade 11 at Lawrence Park Collegiate, Amell got an audition for *Cheaper By the Dozen 2*.

"I booked it and shot for two months over the summer, and it was totally life changing," he says.

Having an acting credit with Eugene Levy and Steve Martin as scene partners was enough to kick-start his career — Amell landed recurring roles on a few teen shows, a superhero stint on *The Flash*, and in 2020, he landed the lead in comedy series *Upload*.

Code 8 was a chance for Amell

to create something of his own as both producer and actor.

"We were just trying to make our version of a grounded, gritty superpowers movie. We wanted to take something that people can relate to and add the powers and the visual effects to make it a little more entertaining," he says.

Aside from the superpowers, the movie is set in a world quite like our own — and for good reason, considering it was filmed in Toronto (at one point, the news plays in the background and the channel on the TV resembles a dystopian CP24).

"In the first movie, we had two total Americans. In the sequel, we have zero," Amell shares. You'll recognize some of the faces on screen as fellow Torontonians, including Aaron Abrams, Alex Mallari Jr. and Jean Yoon.

Local talent is a common theme for Amell — the romantic drama he produced that was released in February, *Float*, featured *Kim's Convenience's* Andrea Bang as his co-star, Toronto's Sherren Lee as director and was filmed in Vancouver.

He filmed *Float* and *Code 8: Part II* back-to-back, swapping locations — and genres. "I like doing all of it. I'm less interested in the genre and more interested in the story and the people involved." —Julia Mastroianni



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DF23-37

National Ballet dancers on their fairy-tale wedding

Hailing from Boston and Tokyo, on opposite sides of the world, it was fate that Brenna Flaherty and Kota Sato met in Toronto as professional dancers in the National Ballet of Canada. Now, the soloists will have the chance to demonstrate their synchronicity in not only love but onstage in the upcoming performance of *Alice's Adventures in Wonderland*, running from March 5 to 17. Here, the couple share the story of how they met and their fairy-tale wedding in Japan.



Brenna Flaherty and Kota Sato were married in Japan

How they met

Brenna: We met at work at the National Ballet of Canada in 2016. I was an apprentice with the company, and Kota was on his third year in the company.

Kota: I thought she was the cute new girl.

cracker, so she wasn't around, but I saw her waiting to check in for the party, and I was right behind her, so I started talking to her. After that, we just sort of hit it off. That was our first date — I asked her to have a drink after the show, and we just kept talking.

and I didn't know at the time that she was such a sleepy mouse. So the first movie we saw together, on our second date, she fell asleep! But to me, that was a good sign that she could get comfortable next to me.

The proposal

Kota: I proposed to her with a surprise on June 12 of 2022. We were doing *Swan Lake*, and secretly, I was talking to her friends

and family, and they all organized a flight into Toronto. I surprised her at the rooftop bar at Broadview Hotel. She thought she was having a girls' night and then we were all there. It was a cloudy day all day, and suddenly the sun came out right as I proposed.

Dancing together

Brenna: During COVID, the company paired us together for a new work that was going to be premiering soon. That was our first time working together, and I think any couple who dances together can tell you that it's not the easiest thing to work with your partner. But when we dance together, it's always really rewarding when we perform. Getting to share the moments and the eye contact onstage are some of my favourite memories.

my immediate family all came to Tokyo, and they got to experience Japan and get to know Kota's family, which doesn't happen very often because they're so far away. We didn't do a traditional Japanese wedding, but they do have different customs and traditions, and it was the best day of our life. I wouldn't change one thing.

Shared interests

Brenna: We both really love musical theatre, and we're both big foodies, which is another huge reason why we're together — Imanishi is our favourite spot.

The secret to success

Brenna: We agree on a lot of things, but I think our ability to compromise when we don't agree is something that we've acquired over our seven plus years together.

The first date

Kota: We got very close during the company Christmas party. She was injured during *The Nut-*

The courtship

Kota: Our actual second date, we decided to go see a movie, *La La Land*. It was a late night show,

The wedding

Brenna: We were married on Jan. 6, 2024, and we got married in Tokyo. It was very special because

The future together

Kota: I'm hoping to build a happy family with a lot of joy and singing and dancing.



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Jasmine Daya
Lawyer & Entrepreneur



Jasmine Daya & Co.
 2 St. Clair Ave. W., Suite #1012, Toronto
416-967-9100 • www.jdlawyers.ca

Jasmine Daya has a B.Sc. in Economics, B.B.A. in Finance, LL.B., LL.M. and various other certificates from well-known institutions.

Jasmine is an established personal injury lawyer, published author of Law Girl's Bump in the Road, published author of the Indian cookbook series, JD in the Kitchen, podcast host of Law Girl, entrepreneur involved in various business ventures and she has a portfolio of real estate for which she

provides property management services. She is the sole owner of Pravda Vodka Bar and Bar 244, two iconic venues in downtown Toronto. During the pandemic, Jasmine purchased Cake nightclub which many thought was a "risky move", rebranded it as Angel's Den and then built the business back up before selling it last year.

Jasmine resides in the City of Toronto with her three children, ages 11, 14 and 18. She hopes to inspire women to realize their full potential in work and at home while enjoying life as she does. According to Jasmine, "Nobody said you could only do one thing in life so I'm doing it all and truly enjoying the ride."



Dr. Niosha Daneshvar
Dentist



D on E Dental
 20 Eglinton Ave. W. Suite 1100
416-486-8644 • dentistoneglinton.com

Dr. Niosha Daneshvar's commitment to providing the best patient experience, comprehensive individualized care and making quality dentistry affordable to the community underscores her dedication to inclusive and accessible healthcare. At her three dental offices in Toronto, Dr. Daneshvar prioritizes an environment where every patient feels valued and supported. With a focus on the patient's comfort and well-being, her clinics offer a welcoming atmosphere, ensuring

that each patient receives personalized attention and care tailored to their unique needs and concerns.

Moreover, Dr. Daneshvar is committed to making high-quality dentistry accessible to all members of the community, regardless of financial constraints. Through innovative approaches and financing options she ensures that excellent dental care remains affordable and within reach. By offering flexible payment plans and cost-effective solutions without compromising on quality, Dr. Daneshvar's clinics empower patients to prioritize their oral health without the burden of financial stress. Her commitment to affordability, combined with her dedication to delivering comprehensive and individualized care, exemplifies Dr. Daneshvar's vision of excellence in dental healthcare, where every individual can achieve their best smile and overall well-being.



Aimée Finlay
Business Owner



Beestung Lingerie
 2624 Yonge Street
416-481-4829 • beestunglingerie.com

Beestung owner Aimée Finlay first opened the doors to her store in the uptown Yonge Street community back in 2006. This year she is thrilled to be celebrating her 18th year in business. Her continued success is in large part due to her incredible staff and their excellent customer service and bra fittings, as well as her partnership with the very best lingerie and swim collections. Since she first opened her doors 18 years ago, the local community has become so much

more aware of the importance of shopping locally and supporting independent retailers and are now more conscious of the positive impact their choices can have on the overall well-being of their community. When asked what we can look forward to this season Aimée says "Classic nightwear silhouettes are reimagined in eco-friendly textiles made from renewable resources like beech wood and recycled fibers. In lingerie, pretty wearable neutrals dominate and wire-free bralettes are still in high-demand. We are excited to offer an excellent selection of luxury swim and lingerie from lines including SHAN, Eberjey, Simone Perele, Marie Jo and more." Head over to Beestung at 2624 Yonge Street and get ready to find that perfect piece!



Elli Davis
Real Estate Sales Representative



1867 Yonge St., Toronto
416-402-0787 • ellidavis.com



Elli Davis' journey into real estate began in the summer of 1983, marked by the swift sale of her first condominium at the esteemed 'Granite Place' in the area of Yonge and St. Clair. It was a moment that ignited her passion for the industry, leading her to devote countless hours following up on leads, conducting open houses, and showing properties during evenings and weekends. Her unwavering dedication yielded results, as listings flooded in and sales

swiftly ensued.

Elli has consistently ranked among the nation's top realtors; a testament to her relentless drive and exceptional reputation. With more than four decades of expertise, focusing on the real estate market in central Toronto, Elli offers an unparalleled level of knowledge in many neighbourhoods within the city. Specializing in the marketing of condominiums and houses across various price ranges, Elli's secret to success lies in her hands-on approach, proven negotiation skills and commitment to providing the highest quality of service to her clients. Her proudest achievement is her ability to ensure every transaction runs smoothly and every client is satisfied. Beyond her professional endeavours, Elli sees Toronto not just as a place of business, but as her home.



Dr. Shelley McMain, Ph.D., C.Psych and Dr. Shari Geller, Ph.D., C. Psych
Clinical Psychologists



505 Eglinton Ave. West, Ste. 200
 centreformindbodyhealth@gmail.com
416-855-2624 • www.cmbh.space

Dr. Shelley McMain and Dr. Shari Geller have been on a shared passion in psychotherapy, psychotherapy training and clinical research for many years. Their clinic, The Centre for Mind-Body Health, has been a beacon for mental health services in Toronto for thousands of people since 2014. Recognized nationally and internationally for their expertise in Dialectical Behavior Therapy, Emotion Focused Therapy, Self-Compassion, Trauma and other Mindfulness-based therapies, Shelley

and Shari support a group of exceptional Psychologists, Social Workers and Registered Psychotherapists.

The Centre for MindBody Health is an oasis of support when you are struggling and your mental health or that of a loved one is compromised. Shelley, Shari and their clinical team provide services in a beautifully designed clinic, on-line via secure screen sessions, or both.

Shelley and Shari's secret to success is their enduring focus on the skills and well-being of their team. This mirrors their commitment to their clients' well-being. Their attention to excellence in mental health services is unwavering. They invest time and attention to their team's skills, ensuring excellence in individual, couple, family and group therapies. They also invest in local, national and international clinical skill-building through exceptional training and workshops.



Lydia Abbott
Partner, Senior Art Specialist



Cowley Abbott Fine Art Auctioneers
 326 Dundas St. West, Toronto
416-479-9703 • www.cowleyabbott.ca

Lydia Abbott earned a Master of Arts degree in historical and contemporary Canadian Art from the University of Toronto and an Honours B.A. in Art History from McGill University. In 2013, following a decade of art industry experience in Montreal and Toronto, Lydia struck out on her own with fellow Art Specialist, Rob Cowley, to form Cowley Abbott Fine Art Auctioneers.

Cowley Abbott has experienced tremendous growth

featuring Canadian and international artists with online sales, live auctions and private sales. The firm's reach has expanded, including clients from across Canada, the United States, Europe and Asia.

2023 was a banner year for Lydia, when Cowley Abbott secured the most valuable Private Collection of Canadian Art ever sold at auction for \$36.6million. Lydia also became an Adjunct Professor at University of Toronto developing and teaching 'The Business of Art.' Lydia sits on the Advisory Board for a major exhibition set to open in the spring in Venice and she was recently nominated for RBC Women's Entrepreneur Award.

Lydia attributes her success to working in a field that continues to challenge and intrigue her, surrounding herself with an amazing team of professionals and being blessed with a supportive husband and two wonderful boys.

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Nelly Aguilera Spanish Teacher

holanelly.com
info@holanelly.com
647-522-5003 • www.holanelly.com

Nelly Aguilera, the proud owner of Hola Nelly, hails from Tabasco, Mexico, and her passion for her language and culture has been the driving force behind her thriving business. Previously a certified instructor at the Spanish Centre in Toronto, as well as a Spanish teacher with Duolingo, Nelly now offers her own classes to help others engage with the language and culture she holds so dear.

Nelly offers private, semi-private, and group online

Spanish classes via Zoom, tailoring each session to suit the specific needs and interests of her students. Going beyond language instruction, she will even infuse cultural elements into her teaching, sometimes even preparing tamales and tres leches cake for the more studious of her pupils!

Nelly's lighthearted approach, characterized by her keen sense of humour and willingness to poke fun at herself, creates a relaxed and trusting atmosphere for her students. This unique blend of professionalism and warmth sets the stage for an enriching journey toward mastering the Spanish language. *"It's exercising one's brain, and keeping it fit,"* Nelly says, *"Speaking in two languages is like having another life in another wonderful world!"*



Dina Constantinou Insurance Agency Owner



Dina Constantinou Insurance and Financial Services Inc., a Desjardins Insurance Agency
1695 Avenue Road
416-792-8997 • dinaconst.com

In addition to being a spouse and mother of three, Dina has been providing insurance and financial services from her Avenue Road location for 6+ years, with 30 years of industry experience serving the communities in and around Toronto. An alumnus of the University of Toronto, Dina holds an undergrad degree in Criminology, a certified HR leadership designation, and the requisite insurance licenses to run her agency.

Her career in insurance evolved from a passion for helping people; with her background in criminology, she had a desire to work where she could apply her expertise in investigations. As such, prior to opening her own firm, Dina held roles in both internal investigations and Special Investigations at Desjardins Corp Offices.

As the owner of an award-winning agency, Dina takes pride in protecting clients from the unexpected and ensuring families are properly covered. Dina emphasizes the importance of an elevated level of service to customers, as well as contributing to the community by way of giving back and getting involved.

The ongoing reputation her team has built within her local and cultural communities is one of her greatest professional successes. Her agency has become a highly sought-after insurance provider in Toronto and for this, she is grateful.



Diana Sideris Restaurateur



Tabulè Middle Eastern Cuisine
2009 Yonge St. + 810 Queen St. E.
416-483-3747 + 416 465 2500 • www.tabule.ca

Diana Sideris and husband Rony Goriachy planned to open a middle eastern restaurant. In 2006, they opened the doors to Tabulè & rave reviews followed.

They don't aim to be edgy, they go the traditional route making sure the food is always fresh, delicious and served by friendly staff. They doubled the size of the Yonge location and added a successful delivery, catering and wholesale division. The 2nd location at 810 Queen St East

opened in May 2013 and it was one of the most anticipated openings of the year. They kept their original menus but added more gluten free options, vegan selections and a refined cocktail list. Their 3rd location in the Canary District opened July 2016 and their 4th location in Bayview Village Shopping Mall in late Fall of the same year. They believe they achieved success by developing relationships with their clientele and the high quality of their food and service. "People keep coming back and telling others and that is success to me" says Rony. Tabule has been voted Best Middle Eastern Restaurant by several magazines, voted Best World Cuisine, Top 100 Restaurants 2010 by Joanne Kates - Post City Magazines, Best of Toronto -Toronto Life and has a rating of Excellent in Zagat.

FOOD

SECTION



Clockwise from top left: Wendel Clark (right); Tim Hortons; Kevin O'Leary, Mitch Marner, Nick Di Donato

A history of Toronto hockey heroes turned foodies

While some may shy away from the restaurant industry, hockey players—particularly Maple Leafs players—have confidently transitioned from ice stars to kitchen kings. Love it or not, Tim Hortons stands as a Canadian icon. Opening his first donut shop in Hamilton in 1964, Horton's legacy thrived posthumously, expanding into a multi-billion dollar franchise. Former Leafs captain Wendel

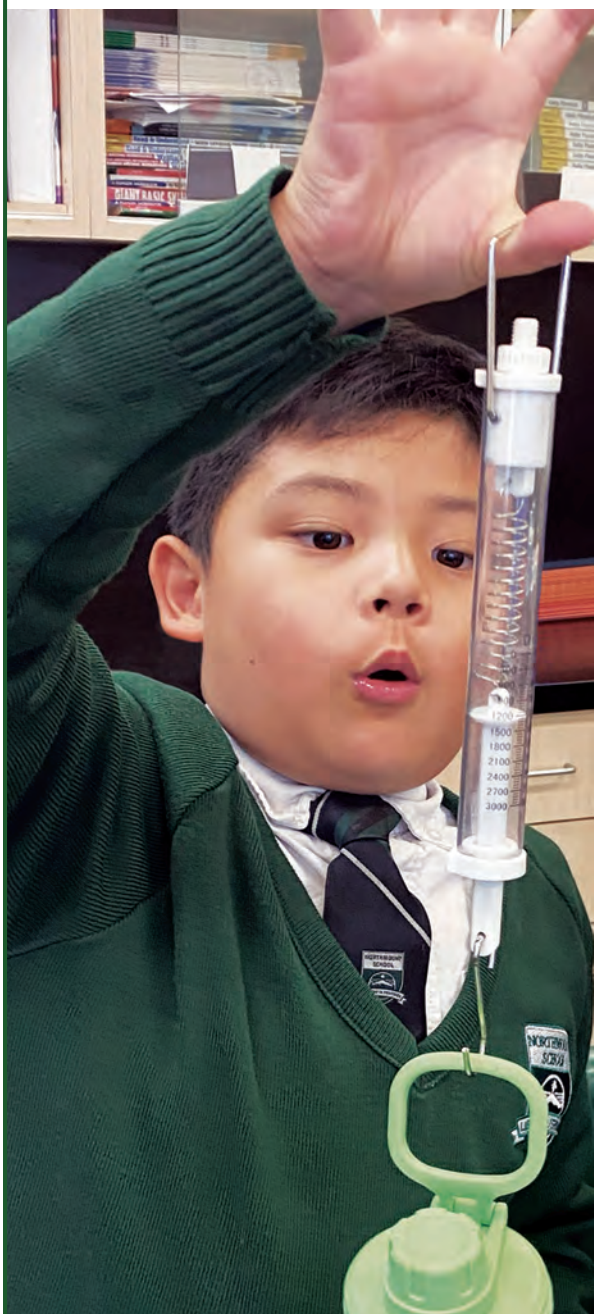
Clark, launched Wendel Clark's Classic Grill and Bar in 1997. The chain expanded to multiple locations, offering Canadian cuisine in a hockey-themed setting. Leafs right winger Mitch Marner recently entered the restaurant scene, collaborating with Nick Di Donato and Kevin O'Leary to launch the upscale Blue Bovine Steak and Sushi House at Union Station.

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AMORE AT FIRST BITE

"I love this crusty bun — you don't want your meatball sandwich to fall apart or get soggy, which can happen when the bun is too soft. The meat is nice and juicy, and there's a good amount of sauce." *Papamio's*
934 Manning Ave., \$12.75

1st



FLAVOUR BOMB

"I like the flavours. The sandwich is a little bit spicy, but I like some heat. The meatballs are nice and juicy, and there's a lot of cheese."
California Sandwiches,
3701 Chesswood Dr.,
North York, \$15.75

2nd



MAMMA MIA!

"The meatballs are OK but I think they need some more flavour — something is missing. But overall it's not a bad sandwich."
Boccone Deli & Pizza,
1384 Yonge St., \$10

THAT'S A SPICY MEATBALL!

"The flavours here are very strong — a little too much garlic for my taste. The meatball is moist, and I like the fresh basil and provolone."
Good Behaviour,
342 Westmoreland Ave. N., \$17

5th



4th



Herb-infused extravaganza

SAUCY SENSATION

"The bun is perfect, and the sauce you can tell it's homemade. There's also a nice amount of meat — the balls are not too big like some of the others."
Nino D'Aversa, 7287 Yonge St., Thornhill, \$13.95

Signature meaty bites 3rd



MEAT ME ON THE FLIPSIDE

"I love lots of toppings on my meatball sandwich, so I like the roasted red peppers here. The tomato sauce has a nice flavour too."
Stock T.C., 2388 Yonge St., \$14

6th



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1



2



3



4

T.O.'S BIGGEST TREND: LITTLE THAI RESTAURANTS

Despite Toronto's small Thai population, their restaurants dominate the city's culinary scene.

While big names like Pai have long been prominent, it's the cozy, bespoke eateries with 30 to 50 seats that are stealing the spotlight.

1

NANA

Nana's cosy 60-seat setup mirrors Bangkok's street eateries, boasting shared tables and colourful plastic stools. Diners can sample an array of dishes inspired by Thailand's street food culture, creating a lively and enjoyable dining atmosphere reminiscent of various regions across Thailand. "Nana" is the part of Bangkok where people meet to dine and socialize, and although many of the dishes at this Queen West eatery are for the more adventurous, either in their flavour profiles, lesser-known ingredients or spice level, there are plenty of options for even the most discerning palates.

785 Queen St. W.

2

SOM TUM JINDA

Although it arrives Michelin recommended from Thailand, among Toronto's array of Thai restaurants, it had much to prove — and prove itself it did! Although it has only been open for under a year, the unassuming basement-level restaurant aims to offer Torontonians a unique Thai experience. Specializing in northeastern Thai dishes, the restaurant is best known for Som tum, a zesty papaya salad prepared using a mortar and pestle. In its cosy intimacy, an open-concept kitchen is at the heart of the restaurant, adding to the overall ambience.

76 Gerrard St. E.

3

FAVORITES THAI BBQ

A Bib Gourmand recipient, this Trinity-Bellwoods establishment, owned by Jonathan Poon (of Khao San Road and Paris Paris fame), opened to acclaim in 2019. The cosy 40-seat restaurant occupies the rear part of the storefront, with Sam James Coffee anchoring the front. Like Jonathan Poon's other Toronto eateries, it encourages diners to enjoy the company and atmosphere as much as the food. Breaking tradition, it focuses on Thai-inspired salads and grilled dishes using local ingredients. Chef Ronnie Sue ensures each dish, from salads to grills, bursts with spicy umami and smoky tones.

141 Ossington Ave.

4

MAYA BAY

Step into Maya Bay, and you'll feel like you've been whisked away to Thailand, not Cabbagetown. The late-night Thai snack bar, from the mind behind Koh Lipe, draws its name from the iconic island featured in *The Beach*, starring Leonardo DiCaprio. The small 40-seat venue is embellished with artwork by Thai artist Aoe Girard, and the menu bears the mark of Iron Chef for Chef Prasopchok "Art" Trakulphat, renowned for his modern interpretation of traditional Thai cuisine. Try the flavours of the tom yum linguine and the leng saap, a Thai spicy pork bone soup.

252 Carlton St.



L-R: Chef and owner Gerry Quintero, a dish from Ficoa's tasting menu

Little Italy eatery has a 16-course tasting menu

It has been a dream for decades, and Gerry Quintero, one of the owners of the local grocery store and café Alma + Gil, has finally realized it. Raised originally as a vegetarian, Quintero learned to cook with meat upon immigrating to Canada and has since harboured the vision of opening his own restaurant.

Now, that dream is a reality. Taking over the space formerly occupied by the popular Italian restaurant Il Covo, Quintero is bringing Ficoa to Toronto, offering a new tasting menu experience to the city.

In contemplating a name for the space, Quintero originally considered honouring his investor's late brother. However, a deeper desire to pay homage eventually led to the birth of Ficoa. The name draws inspiration from the cultural tapestry of Ambato, Ecuador, the hometown of the restaurant's pas-

sionate investor.

Ficoa's design honours to the natural beauty of Ambato, incorporating hints of greenery and a mandarin orange-themed colour scheme. An immersive mural, adorned with green tones and mandarins, invites guests into the heart of the restaurant's inspiration.

"I like the idea of being able to provide an experience where guests aren't just sitting there and eating — they're also enjoying the room and the vibe," says Quintero. "In particular, the smell of the restaurant was huge for us, so we also have certain scents like mandarin throughout the space."

Ficoa stands out not only for its name and design, but also for its distinctive culinary approach. Quintero's culinary journey, shaped by diverse influences over the years, culminates in Ficoa's commitment to con-

temporary Canadian cuisine.

Stepping away from à la carte offerings, the tasting menu will be priced at \$250 and promises 16 dishes, which Quintero notes will be an ever-changing seasonal menu that showcases signature dishes.

Patrons can enjoy a succulent barbecue duck — which Quintero has been perfecting since 2013 — along with other dishes like smoked fish, wagyu and even pasta. And although the menu will boast a contemporary selection, Quintero isn't hesitant to also infuse some Mexican flavours and other spices in certain dishes.

This creativity extends to beverage pairings, with options for wine or chef cocktail pairings, skillfully curated by the all-bar-tender front-of-house team.

Ficoa is located at 585 College St.

—*Jennifer Schembri*

OG Pickle Barrel closes in North York

In 1971, the culinary journey began for the Pickle Barrel, an 85-seat Jewish deli located on Leslie Street in North York. The restaurant aimed at offering high-quality deli fare at affordable prices, and from this modest start, the Pickle Barrel blossomed into a household name, with multiple locations across the GTA. Unfortunately, this original location recently closed its doors, marking the end of an era.

A sign posted on the door of the Pickle Barrel on Leslie Street conveys a heartfelt message: "...The time has come for the Pickle Barrel on Leslie Street to close its doors after almost 60 years of serving you. We would like to thank each of you for your patronage and friendship over the last five decades, welcoming our team into your community and into your lives."

Maintaining a consistent style across its locations, the Pickle Barrel is recognized for its expansive, vibrant leather booths, hanging blown glass lights and chic decor. Presently, the Pickle Barrel has a footprint in seven locations across Ontario, including London, Waterloo, Bramalea and three GTA locations.

This is yet another closure in recent years for the Pickle Barrel chain. In 2020, the downtown Toronto location in the Atrium on Bay closed its doors after a four-decade run, citing challenges from the COVID-19 pandemic, a decline in downtown foot traffic and the lack of an outdoor dining patio. Adding to this, in September 2022, the Pickle Barrel at Sherway Gardens in Etobicoke permanently closed its doors.

B.C. chef opens Glass Kitchen in Thornhill

Accomplished chef Keith Pears has opened his first restaurant in Thornhill. Glass Kitchen, an Asian-fusion eatery, combines innovation, tradition and cherished childhood memories.

Growing up in Vancouver, surrounded by a family of chefs, Pears discovered his passion for cooking early on. His grandma's Chinese-Western café was where he absorbed the love, flavours and traditions that made her food exceptional.

Serving both brunch and dinner, Glass Kitchen's menu will take you on a "global gastronomic journey with internationally inspired menu offerings." Brunch includes dishes like cured hibachi, Jakarta lamb skewers, mini lobster rolls and cheeseburger empanadas.

Dinner at Glass Kitchen features delicious options like Hokkaido scallop risotto and burrata alla Norma. For dessert, guests can savour fusion treats such as raspberry lychee baked Alaska and ube custard cake.

Chef Pears's culinary journey is a testament to passion and skill. His achievements include wins at Best of the West, Chopped Canada and securing a spot to represent Canada in the 2025 Bocuse d'Or Finals in Lyon, often referred to as the "culinary Olympics."

Glass Kitchen is located at 505 Hwy. 7 in Thornhill. —*JS*



Glass Kitchen's lobster rolls



Diavola's pizza toppings reflect the owner's Brazilian-Italian roots

Roman pizzeria comes to Yonge & Eg

Diavola Pizza might be a newcomer to midtown, but it has already made itself at home in the neighbourhood and has big plans for the future.

Serving Roman-style pizza with all dough, sauce and toppings made in-house, the takeout joint is a "passion project" between two local entrepreneurs who have already found success in the neighbourhood on differing ventures.

Aldi Cibuku of Slayer Burger and Fabiana Del Bianco of Padaria's Bakery have come together for the new adven-

ture focused on the one food item that can unite us all.

"Pizza is my favourite food on the planet, and I think it's a very versatile food," says Del Bianco. "You can have it for lunch or for dinner; for a warm meal or just a snack — whatever you want."

As to why they chose to serve the focaccia-style pizza characterized by square slices? Del Bianco suggests that Roman-style pizza, more than any other, offers more opportunities for experimentation.

Alongside classic pizzas, available by

the slice or whole, such as pepperoni and margherita, Diavola offers unique options that complement Del Bianco's Brazilian-Italian roots. One standout is the chicken and cream cheese pizza, frequently featured on Diavola's rotating specials list.

"Brazilians put cream cheese everywhere," Del Bianco jokes. "It's one thing we have to be doing, and we have a lot of Italians in Brazil, so pizza is one of Brazil's favourite foods as well."

Del Bianco's namesake pizza features

zucchini and goat cheese, while the Diavola pie, named after the Italian word for "devil," is a spicy delight with nduja (a southern Italian spicy pork sausage), pepperoncini and chili flakes. In the short time since its opening, the Diavola has become one of the most sought-after menu items.

Can't decide on just one? Diavola encourages slice experimentation. With the purchase of a party box, customers can choose between six or eight slices, mixing and matching as they please.

With its close proximity to Slayer Burger right next door, the two venues have teamed up to open a private bar space above Slayer called Stranger Bar. Accommodating groups of up to 50, the venue offers a comprehensive menu, featuring burgers, pizza and beer, ideal for events and parties.

Diavola will debut an updated summer menu coinciding with the opening of the patio space. The refreshed menu will feature expanded dessert options, including ice cream, along with offerings beyond pizza such as salads and sandwiches.

In the more distant future, Del Bianco hopes to collaborate with other businesses to bring their unique touches to Diavola's special pizza offerings.

"In the midtown area, we have a very diverse neighbourhood, so we have a lot of Lebanese, Japanese, Chinese restaurants," she says. "We're wanting to do some collaborations with them, so the business can make a pizza that highlights what they offer."

Diavola is located at 3 Glebe Rd E.

—Megan Gallant

Australian-themed bar is one of the city's hottest openings

Ever crave a taste of Australia but can't hop on a plane? Well, the wait is over — Electric Bill has just set up shop at 866 Bloor St. W., and it's bringing the laid-back, cheeky Aussie vibes right to your doorstep.

Born and raised in Orange, Australia, co-owner Casey Ryan made the move to Toronto in 2010 to refine his bartending skills, culminating in his role as the head bartender at Civil Liberties. Following a recent visit to his hometown, Ryan was inspired to transport the best elements of the Australian bar scene to Canada. This vision took shape alongside Civil Liberties owners Nick Kennedy and Dave Huynh, giving birth to the concept of Electric Bill.

"I love Toronto, but there's a certain Aussie vibe I've been missing. Electric Bill is my way of sharing that cheeky, relaxed atmosphere with this amazing city," says

Ryan. "It's more than just cocktails and dishes. It's about embracing the very essence of Australia's food and beverage scene, Aussie slang included."

Electric Bill doesn't boast pretentiousness. Instead, it offers a casual, friendly environment, inviting patrons to savour a deliciously curated menu inspired by the land down under. The venue's name pays homage to Australia's iconic platypus and its "electric" sixth sense used for hunting. The venue houses a 60-seat bar adorned with a menu that celebrates everything Oz. Cocktails like Banana Bender, Budgie Smuggler and Whiskey Apple, each with a nod to Aussie culture, steal the spotlight. The alcohol-free options cater to all preferences.

The snack menu is a mélange of Aussie classics and inventive bites — from Australian hand pies and beef

sausage rolls to grilled napa cabbage and mushroom scallops.

"Our menu is flavour and ingredient driven. We juice fresh fruits for our cocktails, like the apples for the Whiskey Apple, and we change up our offerings seasonally to align with local produce," says Ryan. "Our goal is to transport and captivate taste buds, while also being conscious of our environmental impact."

Adding to the charm is the design collaboration with Werribee Workshop, a Canadian-Australian design firm. Far from the clichéd Australian stereotypes, Electric Bill is an esthetic blend of warm minimalism, chic wallpaper featuring native fauna, and an eclectic vibe that mirrors the best bars in Sydney and Melbourne.

Electric Bill is open daily from 6 p.m. until 2 a.m.

—Jennifer Schembri

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FOOD



The chef poses with his line of pantry staples

Matty Matheson wants to get into your kitchen

As if his multitude of restaurants and role on the highly successful show *The Bear* (of which he's also a producer) weren't impressive enough, Matty Matheson is now aiming to bring his culinary expertise directly into your kitchen.

The acclaimed chef has recently launched a new line of salad dressings and barbecue sauces under the Matheson Food Company umbrella. The Pantry Staples by Matty Matheson collection offers classic flavours, including Greek, Balsamic, Green Olive and Italian for salad dressings, alongside barbecue sauce flavours like Maple, Maple Molasses and Heater.

This venture into pantry staples expands Matheson's reach into the home goods category, following his successful foray into cookware with the Matheson cookware line in 2020.

"I always felt we needed to have sauces and dressings that taste the way I cook. I wanted people anywhere and everywhere to have my big, punchy flavours in their homes," reads a statement from Matheson on his website. "I tested so many

batches before landing on the tastiest ones for you."

Available at various independent retailers across Canada, including Farm Boy, Indigo and the Cheese Boutique, the website features recipes linked to Matheson's YouTube channel, allowing you to cook along with him and recreate dishes like BBQ chicken legs and a giant meatball salad.

If you're not ready to commit your taste buds just yet, Matheson also runs a merch store featuring all things Matty Matheson. The products include tattoo bib aprons, Matty Hands oven mitts, T-shirts, hoodies, mugs and trucker hats.

As we eagerly await what Matheson will introduce to the pantry next, with promises of more products "to come," anticipation runs high. Could it be a line of tomato sauce, mustard or perhaps his own churned butter? Whatever it may be, it's not difficult to imagine people flocking to it, much like they've done with everything else he has done.

—Jennifer Schembri

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After decades one of Toronto's top diners is being forced out



Flo's was well-known for its '50s diner decor

Flo's Diner, a beloved Yorkville establishment for 33 years, will sadly close its doors at the end of March, marking the end of an era for Toronto diners. Located at 70 Yorkville Ave., Flo's is known for its welcoming vibe and classic diner fare.

Co-owners Pierre Hamel and Peter Lau expressed hopes of relocating within Yorkville but face uncertainty due to an ongoing legal dispute with their landlord. Despite their efforts, the owners were denied a lease extension or renewal offer.

"This legal challenge means we're losing 15 valued staff members and hundreds of cherished patrons," says Hamel. "We're devastated and hopeful that the landlord will reconsider its decision not to renew our lease."

Entering Flo's was like stepping into a time capsule, marked by its classic decor and cosy atmosphere. The diner's remarkable staff retention echoed its strong sense of camaraderie and collaboration.

"Once you worked at Flo's, you stayed at Flo's," says veteran line cook Suresh, who has been crafting burgers and grilled cheese sandwiches for over a decade.

Serving an array of all-day breakfast options, including their renowned eggs Benedict, Flo's regulars often stumbled upon hidden menu gems. Families frequented the diner for its simple yet delicious dishes and accommo-

dating hospitality.

In 1988, Hamel embarked on a journey from Quebec City to Toronto with one sole aim.

"I arrived with the goal of improving my English and found myself working as a busboy at 4'D Diner, which later evolved into Flo's Diner in 1990 under the ownership of Bersani and Carlevale," he says.

In 1994, Hamel became a partner in the renowned brunch spot located at 10 Bellair Ave. By 2000, Flo's had transitioned to its current location at 70 Yorkville Ave., boasting a fun rooftop patio and lineups extending out the door.

Flo's isn't the first long-running diner to close in recent months. At the end of December, another Toronto stalwart, the Rosedale Diner, shut its doors after more than 60 years in business.

As patrons bid farewell to Flo's, they reflect on the countless memories made within its walls — from first dates to family milestones.

"Our patrons are like family to us, and we are endlessly grateful for the vibrant memories and shared experiences," says Hamel. "Each person who dined here was — and still is — part of the Flo's Family."

Flo's Diner will officially close its doors on March 24.

The Avenue Diner, located nearby, is still open but is slated for eventual construction, so you can still grab your diner fix in the area. —Jennifer Schembri

THE A-LIST

Celebrities and political figures, from mayors to prime ministers, frequented the diner.

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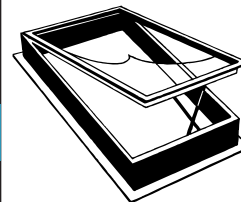
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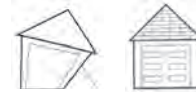
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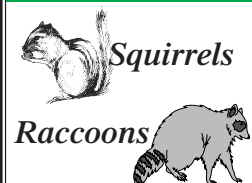
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LOOKING BACK

With March break travel close at hand, we take a trip back to less-stressful flight times

MARCH 2024 EDITION



Flight team members show off new uniforms in 1970 in front of an Air Canada DC-9



First class was more than a pod on Air Canada in 1971



Checking in was so easy



Remember all the room for families?

Remember when air travel wasn't a 24-hour panic attack?

Air Canada remembers, people might as well, that period of time in the not-too-distant past when air travel was a luxurious and rarefied experience. As students are home for March break this month and family trips are booked, the experience of heading to Pearson hoping for a flight that departs on time, doesn't run out of food and isn't a germ-fest is about all one can hope for. We yearn for the elegance and ease of yesteryears, when March break meant embarking on adventures with anticipation, not trepidation. Families would dress in nice

clothes for the rare experience. Boarding passes were tickets to luxury, promising spacious cabins with leg room as ample as a country acreage and cushioned comfort that didn't require a load of Advil afterwards. The air was filled not with the cacophony of frustrated travellers, but with the clinking of glasses and the scent of actual food. Alas, as we navigate the cramped confines and lackluster offerings of modern air travel, we fondly reminisce about those golden days, where the journey was almost as enchanting as the destination itself. Bon voyage!



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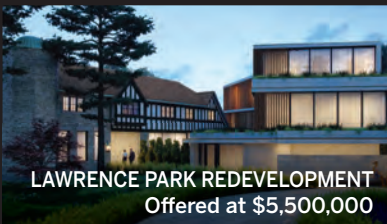
Rare 47' wide lot. Cut stone exterior. Chef's kitchen open to family room. Secluded primary w/spa-like ensuite.



Open concept, Zen-inspired design. Magazine worthy kitchen. Lower level w/rec room, walk-out & nanny suite.



French Chateau-inspired centre hall home w/well proportioned principal rooms. Sprawling primary suite.



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Permit ready. Rare 75' x 273' ravine lot. Build new up to 7,000 sq.ft. above grade. Richard Wengle design.



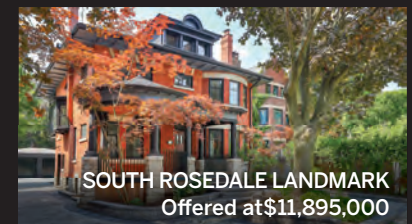
6,700 sq.ft. of living space. Designer palette. Built in 2019. Bright lower level w/rec rm, bar, gym & home theatre.



6,600 sq.ft. of living space. 4 bdrms w/ensuites. Main floor library w/wine cellar. Large Chef's kitchen w/servery.



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