

Guildwood News & Views

Fall 2006

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Bring Country to the City

Guildwood Junior Public School hosted its second annual Fall Fest on Saturday, September 23. The day was filled with fun and adventure for everyone. The toddlers loved farmland and took turns milking the cow and picking apples from the tree. Adults enjoyed the many attractions and fair games including ring toss and mini-putt.

The dunk tank was a great addition to this year's Fall Fest. Adults and students lined up to sink the Principal, Pauline Tetley, who was a great sport and braved the cold water on several occasions.

A fun new event at the festival was the Jell-o Eating Contest, where everyone was given a bowl of jell-o and a straw to eat. Even the local police couldn't resist participating in this fun event. Everyone was a winner.

The food was wonderful; the homemade chili and corn on the cob were

fabulous, and the children devoured the hotdogs, candy floss, and popcorn. The baked goods were scrumptious.

Our pie baking contest was once again a tremendous success. Councillor David Soknacki and Councillor Paul Ainslie (Ward 41) were pleased to have the honour of tasting all the fabulous pies. Congratulations to all the contestants.

The teamwork and commitment from the many volunteers including parents, neighbours, students and family members was the best bar none.

The Fall Fest Committee would like to thank everyone for all their hard work. The excitement and enthusiasm demonstrated at Fall Fest 2006 reinforces that the people of Guildwood are a great team.

*Anne Marie Sherk
Fall Fest Coordinator*



Community residents enjoy the various activities provided at Fall Fest 2006.
Photo by Gerry Izzard



Executive Committee

GVCA Websitewww.guildwood.on.ca	
GVCA Infoline416 410 2755
PresidentMichele Ade	.416 410 2755
Vice-PresidentJohn Harris	.416 265 5999
TreasurerDavid Tumber	.416 264 6016
SecretaryKathleen Wolfe	.416 410 2755
Past PresidentHarry Spindel	.416 410 2755

Coordinators and Members at Large

WebmastersRoss Armitage416 269 4584
Andrew Macklin	webmaster@guildwood.on.ca
Advertising CoordinatorTimo Puhakka416 283 6893
MembershipJudy-Anne Tumber416 264 6016
Distribution CoordinatorCarol McGran416 410 2755
Community SafetyLori Metcalfe416 266 7092
News & ViewsDeborah Cameron416 410 2755
Guildwood DayVacant	
Members at LargeReg Wolfe	
Bruce Villeneuve	
Donna Milovanovic	

Community Volunteers for Specific Activities

SignsVolunteer Needed	
"Your Community Needs You"	
Membership ListDavid Tumber	
Guildwood Day ParadeJoyce De Souza	
Environment/Clean TeamJudy MacLeod	
Shoreline Clean UpGisela Bach	
News & Views LayoutJudy Baribeau	

The GVCA reserves the right to refrain from printing unsigned letters and/or those that contain defamatory statements or content that would otherwise be considered inappropriate to print in a community newsletter.

The Guildwood *News & Views* is published four times a year, with occasional special editions. Submissions are welcome and must be received by the following dates:

- Winter Edition – January 31**
- Spring Edition – March 15**
- Summer Edition – May 31**
- Fall Edition – September 15**

Please include a stamped, self-addressed envelope with any submissions you wish returned.

Mail to:

Guildwood *News & Views*
 Box 11001
 97 Guildwood Parkway
 Scarborough, Ontario M1E 5G5

Email to:

newsandviews@guildwood.on.ca

Did you know...that the Guildwood Village Community Association has its own hotline?

If you have any questions you would like answered or any issues you would like to bring to our attention, this is the number to call and leave a message any time. The messages are checked on a regular basis:

416 410 2755



Guildwood Village Community Association Membership Application

Name _____

Address _____

Email _____ Phone _____

Would anyone in your household be interested in volunteering in any of the following ways?

- | | | |
|--|--|---|
| <input type="checkbox"/> Canvassing for membership | <input type="checkbox"/> Distribution of <i>News & Views</i> | <input type="checkbox"/> Contributions to <i>News & Views</i> |
| <input type="checkbox"/> Help on Guildwood Day | <input type="checkbox"/> Become involved in the Executive | <input type="checkbox"/> Other: _____ |

Membership can be purchased at **East Scarborough Physiotherapy**, 84 Dearham Wood, or

Return application along with payment of \$15.00 to: Box 11001, 97 Guildwood Parkway, Scarborough, ON M1E 5G5



President's Message

On behalf of our community I would like to extend a very big thank you to David Soknacki and his team for all their past efforts during his term(s) as City Councillor for Ward 43 including Guildwood Village. Regrettably, David has chosen not to run for re-election.

David has represented the Guildwood community not only with his gracious style, tact and diplomacy but also been able to direct our community concerns towards positive results and the betterment of our community. Most would think of his work on the Guild Inn; however, some of David's accomplishments as City Councillor from the 2003 to 2006 term (reference Soknacki's website) include the following:

Public Finance

- Responsible for the presentation and approval of three operating and capital budgets that kept tax increases closely aligned to the inflation rate, while protecting core services and enhancing our quality of life

- Together with the Mayor successfully negotiated for the City's interests with the Government of Ontario to achieve funding for Toronto's operations and infrastructure, including transit

- Responsible for the presentation and approval of an improved financial planning and budget process that has won the Government Finance Officer Association's Award for Excellence in Government Finance.

Job Creation

- Responsible for the presentation and approval of the City's property tax reform for business and tenants, and for

the establishment of the Mayor's Economic Competitiveness Advisory Panel.

Governance

Requested by the Mayor and confirmed by Council to assist in

- Hiring the first Integrity Commissioner

- Designing a new political structure for Council

- Developing procedures so that Council will function efficiently and effectively

Environmental Stewardship

- As Chair of the Toronto Atmospheric Fund, responsible for the establishment of Toronto's largest endowment for the environment on solid financial, legislative and political foundations. As Chair of the Investment Committee established a group of expert citizens who have achieved rates of return for environmental programs 5% above the rate of inflation

Culture

- Responsible for the presentation and approval of projects from the Poet Laureate and the group Friends of the Poet Laureate

- Obtained Council approval for the creation of a Sculpture Park and \$7.5m of cultural precinct enhancements at the Guild Inn and Gardens

Public Safety

- Responsible for allocating the funding to build and operate Police Division 43 in eastern Scarborough

- Established 396-GANG (416 396 4264) as a citywide service to report graffiti vandalism

Ward Responsibilities

- Implemented a customer service satisfaction program whereby 94.4% of residents are 'satisfied' or 'very satisfied' with our constituency services

- Attended monthly meetings of all community associations in the ward (with his trusty note book in hand)

Participated in a scheduled 'Meet & Greet' programs on weekends throughout the ward

- Established a monthly eNews newsletter on local and City issues that was distributed to hundreds of residents Supported environmental concerns pertaining to the bluffs.

I am aware that many residents in Guildwood have extended their thanks to David. However, I encourage you to drop him a line at councillor_soknacki@toronto.ca to wish him well in his future endeavours. I encourage you to understand the platforms of the candidates for Ward 43 and vote on November 13.

Other Issues

Turning to other issues, recent editorials in the *News & Views* pertaining to parents and their children versus dog owners and their dogs has sparked great debate in the community. Please be aware that no further articles will be published regarding this matter in the immediate future. We all need to live harmoniously in this community, therefore, please be respectful and aware of each others concerns. As an aside, regardless of the content, anonymous letters to the editor or to myself will not be published.

Continued on Page 4



President's Message

Continued from Page 3

On an unrelated matter, it seems that parking enforcement enforcing a city by-law has also stirred some controversy on our local streets (street parking greater than three hours has resulted in many parking tickets). This city by-law comes up from time to time, but please do not falsely accuse your neighbours for making a call to parking enforcement.

In speaking with parking enforcement an entire street will be monitored versus focusing on a few specific cars. Personally, it would be appreciated as

the weather conditions change and daylight hours are limited for those who are able to park their vehicles in their driveways to be considerate of those driving in the neighbourhood to park in their driveways as much as possible. With colder weather approaching, I would also like to remind everyone about the Idling By-law which also concerns many area residents.

Please keep in mind that the GVCA is not in a position to act as a mediator on dispute/resolution matters. It's time to

get along and be respectful, and be appreciative of the values and traditions that have made Guildwood a great place to live. As the year is coming to an end, I am thankful to all of those who volunteer their time and energy in our community this past year.

Much appreciated.

Michele Ade



East Scarborough Physiotherapy

Post Surgical Rehabilitation

After discharge from hospital, many patients (see below) should be referred to a rehabilitation hospital or clinic to regain strength and return to independent functioning. We have noticed that recently this is not always happening. It is very important that Physiotherapy begin as soon as possible after surgery.

In our clinic we see patients after many types of orthopedic surgeries, such as rotator cuff tears, Anterior cruciate ligament repairs, total and partial knee and hip replacements, back, foot, and hand surgeries, etc. Appointments are usually available in a day or two.

Our Physiotherapists follow standard treatment protocols or work closely with the surgeon's specific protocol for recovery. Passive exercises and gentle mobilization techniques are used first, and exercises are later introduced to gradually strengthen and return full function. The exercise program is gradually increased based on the healing time of that particular surgery. We find that using modalities such as laser, ultrasound and

Electro-Accuscope help to heal the repair/wound faster with less pain. Our treatments typically last from 45 minutes to 1-1/2 hours, depending on the condition being treated.

New! Hot stone & Shi Tao (shiatsu+hot stone) Massage

We welcome our **New Massage Therapists**, Carl Pinter RMT, and Kimberly Rideout-Milewski RMT.

No Doctor Referral Required !

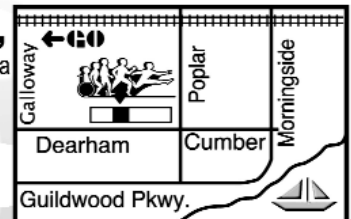
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From David Soknacki...

Since this is probably my last article for the *News & Views* as your Councillor, I wish to thank you for your support over the years. It has been my privilege to serve.

Guild Inn Update

At September's meeting, Council approved the unamended recommendations to allow continued negotiations with Windmill until January 31, 2007, at which time staff must show "a level of progress and commitment to the successful completion of the project".

Last week I spoke at length with Bill Green of the Windmill Consortium about the prospects for revitalization of the Guild Inn. Windmill was hoping to choose among a number of hotel operators who would be willing to invest in the site. The challenge remains to find such a qualified partner who has experience in the niche and sees a viable return on this project. Windmill hopes to have positive news in the next four to six weeks, but states that having an operator committed to the Guild Inn is a condition precedent. Both sides recognize that if this hurdle is overcome, there is a basis of a workable deal.

Also at its September meeting, Council approved to enter into a transfer-of-ownership agreement with the Ontario Heritage Trust so that the City will retain ownership of the Spencer and Rosa Clark collection. One of the recommendations is that "the City of Toronto respect the Clarks' wish that the collection be displayed on the Guild property whenever possible and appropriate". The report outlining the nature of the impressive collection is a surprisingly enjoyable read. It can be found on the City's website: <http://www.toronto.ca/legdocs/2006/agendas/committees/ed/pdp060912/it017.pdf>.

Fall Fest

I was really touched by the community spirit I saw at Guildwood Jr. Public School on their fundraising day in late September. Of course, I expected to see children participating in events, and parents giving their support. But it is rare to see the entire community out – old and young alike – to support such a community project. One example among many is Gerard Baribeau who built the miniature golf course as a volunteer. Congratulations to all, and well done.

Municipal Elections

Of course I must say a few words about the upcoming municipal elections. Thanks to the Internet it is now much easier to find out about candidates. The vast majority of those seeking office have posted websites, so if you miss their visit or flyers, you can find out about them from their websites, which I've listed below. I've also provided their email addresses so you can write to candidates directly if you wish.

Guildwood Villagers will find seven names on the ballot for Councillor. They are:

- Ainslie, Paul www.paulainslie.com
email paulainslie@paulainslie.com
- Chhabra, Amarjeet www.amarjeet.to
email amarjeet@amarjeet.to
- Khan, Mujeeb www.mujeebkhan.ca
email info@mujeebkhan.ca
- Kitchen, Glenn www.glennkitchen.ca
email info@glennkitchen.ca
- Laforet, John www.johnlaforet.ca
email campaign@johnlaforet.ca
- Patel, Abdul www.electpatel.com
email abdul@electpatel.com
- Robb, Jim www.electjimrobb.ca
(under construction) email jim@electjimrobb.ca

I expect that most residents will choose between David Miller and Jane

Pitfield for mayor. Their web information is:

- Miller, David www.millerformayor.ca
email info@millerformayor.ca
- Pitfield, Jane www.janepitfieldformayor.com
email jane@janepitfieldformayor.com

Finally, we've just tabulated our summer 2006 customer satisfaction survey. This is our annual questionnaire to everyone who has contacted our office in the past year. We ask a series of questions on how well we performed and compile the data to improve our customer service. We can report that 75.4% returned their surveys, of which 87% said they were satisfied or very satisfied with our service. This level of satisfaction is in line with other surveys this term.

In closing

As always I welcome your comments on any municipal matter and the opportunity to be of service. My regularly updated website at www.soknacki.com contains information on local organizations, news and events at City Hall. You can also communicate by email at councillor_soknacki@toronto.ca, phone me at 416 396 7222 or send a fax to 416 392 4006. Alternatively you can visit Joan Bannister, my full time Constituency Assistant located on the second floor of the Scarborough Civic Centre. ♦



Village District Girl Guides

Village District Girl Guides is off to another great year. We have increased our membership by 34 girls this year and we are still looking to grow.

Girl Guides is a great atmosphere for girls and women from the age of 5. It's a great organization, an excellent way to make friends, do exciting activities such as camping, hiking, rock climbing, crafts, games and so much more. Why not give us a try?

We have six great units this year.

■ **Sparks** (Ages 5-6) meet on Monday nights at Elizabeth Simcoe Public School, or on Tuesday nights at Scarborough Village Rec Centre. There is still room in the Tuesday night group, so sign up today.

■ **Brownies** – (Ages 7-8) meet on Monday nights at the Guildwood Presbyterian Church.

■ **Guides** – (Ages 9-11) Meet on Tuesday nights at the Washington United Church, or Wednesday nights at Elizabeth Simcoe.

■ **Pathfinders** – (Ages 12-15) meet on Tuesday nights at the Scarborough Village Rec Centre.

You may have seen our girls at the Great Canadian Shoreline Cleanup at the Guild Inn on September 16, our girls helped with cleaning up your shoreline as part of the community service portion of their program.

Most of our girls attended the Africa Day Challenge, where we joined approximately 300 Girl Guides from around the Eastern Part of Scarborough at Thompson Park for a picnic lunch, games, crafts, dance and song on September 30.

We have a lot of great activities coming this year. At the end of November we are having a "Secret Agent" Camp for all the girls, and in

2006 TD Canada Trust Great Canadian Shoreline Cleanup

In Canada more than 40,000 participants headed to their beaches and shorelines in September and removed shoreline litter that would have otherwise hurt wild and domestic animals that live in or visit these areas.

In Guildwood, we removed very large amounts of litter from environmentally sensitive areas, the shorelines of our Scarborough Bluffs. The amount of garbage we collected is astonishing, over 100 garbage bags filled with miscellaneous litter. Most collected items include cigarette butts, straws, plastic bottles, styrofoam pieces, cans, several hundred Tim Horton coffee cups with and without plastic lids, shopping carts, and more trash.

Helpful participants included over 90 Grade 9 students from the Sir Wilfrid Laurier Collegiate and teacher Susan Taylor, the Scarborough Village District Girl Guides and their leaders, as well as many neighbours who volunteered their help with the cleanup.

The hiking trail from Morningside Avenue, leading to the beach below has been cleaned and we removed a sofa, shopping carts, computer parts, a motor-bike frame and other trash from the path.

City Councillors David Soknacki and Paul Ainslie provided the muscle to move heavy items to the collection area.

To read about the action, view the pictures and a short film from the cleanup, please visit my new blog: <http://guildwood.blogspot.com/> (September 2006).

Guildwood Shoreline Cleanup short film is now online

See our volunteers in action.(63mb, 10 minutes in mpeg format)http://movies.tino.ca/cleanup2006_1.mpg

Thanks to all of you, we are proud to leave behind a cleaner environment for everyone to enjoy. See you next year.

Gisela H. Bach

March we will be sleeping over at the Science Centre. Stay tuned for more exciting events.

Watch for our girls around the neighbourhood selling Girl Guide Cookies, this is our main fundraiser, please support us.

We still have plenty of room, if you would like more information about Girl Guides or would like to register, please e-mail torontoguides@yahoo.ca or call me at 416-567-6730

Yours in the community,

Erika van Putten

Co-Village District Commissioner

Christmas Celebration

As with last year, due to a number of factors we have decided to forgo our annual Christmas Celebration this year. We anticipate that once the Guild Inn has been restored, we will be able to bring back the Christmas carols in a much cheerier setting.

Please refer to the neighbourhood and area churches which are listed on our website to pursue celebratory activities with them.

Message from Mary Anne Chambers

Member of Provincial Parliament for Scarborough East

New Ontario Trillium Foundation Small Capital Grants

The Ontario Trillium Foundation has created a new Simplified Application Process for Small Capital Grants. In response to feedback from individuals, organizations and MPPs from across Ontario, the simplified process was designed for not-for-profit and charitable organizations seeking small capital grants up to a maximum of \$15,000. The new process includes a streamlined application with fewer required attachments. Capital funding is used for repairs, renovations or improvements to land or buildings or to purchase equipment to support program activities. Application forms and program guidelines are available on the Ontario Trillium Foundation website: www.trilliumfoundation.org.

Port Union Waterfront Park

Phase 1 of the Port Union Waterfront Improvement Project was opened to the public on September 24, 2006. This project stretches from Highland Creek in the west to the Rouge River in the east. Highlights of this project include shoreline protection, the creation of a cobble beach, waterfront trail connections and the regeneration and protection of natural habitat. Funding for this project is being provided by the municipal, provincial and federal governments through the Toronto Waterfront Revitalization Corporation. The new park can be accessed through the tunnel at Port Union Village Common Park, located at the foot of Port Union Road. Implementation of Phase 2 from Chesterton Shores to Rouge Beach is scheduled to start in 2007.

Breaking Down Barriers for Newcomers and Protecting Homeowners

This fall's Legislative agenda includes:

■ Fair Access to Regulated Professions Act, 2006

If passed, the Fair Access to Regulated Professions Act, 2006, would break down barriers so that more internationally trained professionals can work in their field. The proposed legislation, the first of its kind in Canada, would require Ontario's 34 regulated professions to ensure their licensing process is fair, clear and open. They would also be required to assess credentials more quickly. The proposed legislation also includes the appointment of a Fair Registration Practices Commissioner who would assess the registration practices of regulated professions and monitor the regulatory bodies' compliance with the legislation; as well as a new Access Centre for Internationally Trained Individuals, to help those trained outside Ontario get the information and referrals they need to work in their profession.

■ Protection from Real Estate Fraud

If passed, the proposed legislation would ensure that ownership of a property cannot be lost as a result of the registration of a falsified mortgage, fraudulent sale or a counterfeit power of attorney. Instead, an innocent homeowner's title will be restored to them and the fraudulent document will be nullified. The proposed legislation will also introduce new safeguards for suspending and revoking the accounts of fraudsters so that

they cannot register documents; and raise existing fines for real estate fraud related offences from \$1,000 to \$50,000. The existing Land Titles Assurance Fund was created to compensate consumers for errors in the system and fraud. Consumers can also discuss with their lawyers and advisers alternative methods to protect themselves, including the merits of purchasing title insurance. The electronic land registration system has also enhanced the security of the land registry by imposing increased identification requirements. Since the spring, your provincial government has brought together police, financial institutions, lawyers, surveyors and real estate professionals to develop tactics to combat real estate fraud; sought leave to intervene in a real estate fraud case before the Ontario Court of Appeal in support of an Ontario homeowner who was defrauded of her home; and initiated a program, through the Ministry of Transportation to make drivers' licences more secure and much more difficult to counterfeit.

If I can be of any assistance to you, please contact my Community Office at 4630 Kingston Road, Unit 20, Scarborough ON M1E 4Z4, by phone at 416-281-2787, by fax 416-281-2360, or by e-mail at machambers.mpp.co@liberal.ola.org.

Guildwood

Dental

Dr. Christopher Yeung
 Dr. Que Linh Banh

101 Guildwood Parkway
 Scarborough, Ontario
 M1E 1P1

Tel: 416.261.4333
 Fax: 416.261.1740



Whether the Weather?

(Or – will there be skating at the Guild)

In December 2001 there was an effort by a few volunteers to have skating at the Guild Inn. Thanks to the efforts of Recreation and Parks and Councillor Soknacki's office, an all-weather tap was installed in Building 191. The non-winter of 2001 was not cold enough to make ice (is this winter an echo of the past). The thought was to have recreational skating in the area between the smoke house and the road east of 191.

We tried again this past winter. From mid-December there was a hearty group of volunteers led by Anne Marie and

Lorne Sherk (who brought us Fall Fest at Guildwood Jr. Public School), Andrew and Tammy Macklin, Bruce Villeneuve, and Bill (a villager who has helped us with the hose connections).

We tried on the few cold afternoons/nights to flood the area west of the Smoke House with little success because of the uneven surface and warm temperatures. But we did achieve an excellent rink for a few days of the New Year using the tennis court.

This season (winter) when it gets colder, the flooding will happen again on

both areas when the ground is frozen. The probability of success is greater on the court, but it will take more time and effort to get ice in the area west of the Smoke House. If you would like to be part of this activity this year, please contact Gerard (gandjbaribeau@rogers.com) or (416 264 4527). The more people available for the work the easier it is and greater the fun of enjoying our efforts.

Let us all hope we will be able to skate at the Guild this winter, whether permitting.

Gerard Baribeau

Guildwood Day Trips – a Division of Parkway Travel

Last Day Trip for this Season

Friday Nov. 17 – High Society at Shaw Festival

Includes Coach Transportation, Lunch, Ticket for Matinee Performance
and Free Time in Niagara on the Lake – Taxes included

for \$109.00!! Call to see if we still have seats

416 264-3211

New – Escorted Group Departure for 2007

Cruise the Panama Canal on Holland America's Volendam

Fly to San Diego, and board your ship on October 02, 2007,
for your 15 Day Sailing, including stops at Cabo San Lucas, Puerto Vallarta,
Acapulco, Costa Rica, Transit of the Panama Canal, Cartagena, and more,
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What's Running on your Computer?

It's on almost everyone's computer and they probably don't know it. It can be responsible for minor annoyances such as delivering pop-up ads and slowing your system down to full-scale catastrophes including: invasion of your privacy; loss of your documents and pictures as well as outright theft of your banking access; credit and identity. These programs fall under the general names of "adware", "spyware" and "malware".

Adware – Spyware – Malware

Adware is any program that runs in the background to deliver either banner or "pop-up" advertisements. It can run on a web page or, to the detriment of the user, install itself on a computer and then download and display ads whenever the system is connected to the Internet. Some adware will display ads even when the user is not online and others may even be deliberately designed to look like a warning from the operating system to fool the user into clicking on it. Of the more deceitful types, some will permanently install themselves and constantly give a false notification that the system is infected with spyware and encourage the user to click on the message to pay for and download a program to resolve the issue. The downloaded program itself is of questionable quality and often only removes the false notice without fixing any actual problems.

Spyware is a greater threat. Certain types merely track your progress on the Internet while others try to steal information about your accounts and passwords. "Key logger" programs, if installed on your system, can record every single keystroke you make and then covertly send that information to the program's creator. Others will redirect you to a page that appears to be your genuine banking sign-in page, for example, but actually records your bank

account or credit card number and password, then directs you to the original page you wanted. This is often a seamless transition and the victim is unaware of anything unusual occurring.

Malware is a general term for "malicious software" and is used to describe any program that deliberately interferes with or degrades a computer's performance. Most viruses fall under this category and the symptoms these programs cause are usually more apparent to the average computer user. Some types of viruses, adware and spyware can also download more malicious programs and some can also re-install themselves even when you think you've deleted them.

How do these things get on your computer in the first place? There are many ways, but the most common are "drive-by-downloads", in which a website takes advantage of a security weakness in your web browser (such as Internet Explorer), or installing a friendly program with a hidden "payload" of a virus or spyware. The hidden virus is often inserted into pirated software.

Recommendations to avoid Infection

In spite of all that, there's no need to despair. Following these recommendations can help to greatly reduce your chances of being infected:

- Avoid unknown or suspicious web sites.
- Be suspicious of email attachments, even from contacts you know and trust, as their email addresses can be "spoofed" to appear as if it is from them, even though it's from a spammer. Have the attachment scanned by your antivirus program.
- Do not trust unsolicited email from any company, especially if it requests personal information. Remember that a company's email address can be

"spoofed" and crooks can assemble an email that looks like it's from a genuine company.

- Look for the padlock symbol (also known as an "icon") usually located in the lower right-hand corner of your browser to ensure that you're using a secure page when entering account and password information when online.

- Use a browser other than Internet Explorer as it is unfortunately frequently exploited by hackers. Firefox and Opera are good alternatives.

- Use a firewall. Windows XP has one, but it offers limited protection. Consider getting a more robust firewall program.

- Have a good antivirus program and a good antispyware program on your computer, with the ability to detect and remove rootkits. Make sure those programs are updated regularly and use them to scan your computer once a week.

- Download and install all critical updates for your operating system as soon as they become available.

- If you have a wireless network, ensure you have enabled wireless security such as having an encrypted network.

- Change your passwords (both on your computer and online) on a regular basis; avoid using easy-to-guess passwords; avoid using the same password on multiple sites and accounts.

- Don't let other people install unknown programs or web-based applications without your knowledge and permission. Consider setting up a "limited account" (a feature available in Windows XP) if you have children or visitors who use your computer.

If you think your system has been compromised by a malicious program, disconnect it from the Internet immediately and scan the system with your antivirus and antispyware programs. If

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Guildwood Junior Public School Launches School Ground Greening Program

Guildwood Junior Public School is pleased to announce that through the national Toyota Evergreen Learning Grounds Program, it has been awarded \$2000 to help launch its school ground greening program. This funding will help Guildwood Junior turn its school property into an inviting space and natural learning environment for its students. In the spring, eight native trees and a teaching garden were planted. Each student had the opportunity to plant either a native wildflower or grass. The efforts of the school community have been recognized in that GJPS is a TDSB ECO-Gold school and a 2006 City of Toronto Clean and Beautiful City Appreciation Award winner. The residents of Guildwood are invited to visit and enjoy the gardens and green space at Guildwood Junior Public School.

Guildwood Village Calendars for 2007

Once again, calendars featuring 8"x10" colour photographs taken in Guildwood Village are planned for the year 2007. It is expected that the price will again be \$15 each. As in the past, Parkway Travel and Cruise in the Guildwood Plaza has agreed to carry a supply available for sale. Notices regarding the availability of the calendars and any other points of sale will be posted in local stores and on both sides of the Bulletin Board located between the Cornerstone Bakery Café and Valu-Mart, on the Guildwood Plaza, so please make a point of checking in November.

I am also hoping to be able to have calendars available during the local churches' pre-Christmas bazaars.

John Mitchell

What's running on your computer?

Continued from Page 9

you're still uncertain whether or not you've eliminated the problem or your computer is still behaving strangely, contact a computer technician (you can reach me at the email address below) for advice on what to do next. Remember that having an antivirus and antispyware program is a good start, but it doesn't make a system immune from infection. Common sense and diligent scanning of your computer can help ensure your computer experiences are all pleasant ones. Happy computing.

Murray Martin is a computer technician with several years experience. He owns and operates Guildwood Computer Services and would be happy to answer any questions you might have by contacting him at murray@guildwoodcomputer.com or by visiting his web site at www.guildwoodcomputer.com. ♦

Guildwood Hair Design

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The Oeno-Files

The Red Wine Grapes

Cabernet Sauvignon (Cab-er-nay So-veen-yawn)

This is the “work horse” of red wine grapes. It is one of the most widely planted varieties in the world. The “left bank” of the Gironde River in Bordeaux France has estates that produce some of the most profound (and expensive) wines in the world, using mostly Cabernet Sauvignon grapes. California has become another producer of very expensive, incredibly good wines based on this grape.

Cabernet Sauvignon makes age worthy wines, with aromas of black fruit (berries and currants), spices, and cigar boxes. These wines often taste of dark ripe fruit like cassis, chocolate, oak and spices. Australian Cabernets often bring a bit of eucalyptus to your taste buds. The less expensive Cabs from South America, the US and Canada often taste a bit too herbaceous to my liking. Other grape varieties are often blended with Cabs to round out flavors and aroma.

Pinot Noir (PeeNo-Nwar)

If the Cabernet Sauvignon is a “work horse” then the Pinot Noir grape is a “Diva”, Temperamental, but oh, it can sing. The Pinot Noir grape is difficult to grow, and, in my experience, makes for wonderful or awful wines, there’s no middle ground. The best pinots are from Burgundy in France, California, Oregon, and, of late, New Zealand. Pinot Noir’s aroma is characteristically black cherry and strawberry. The taste goes to black cherry, strawberry and even a hint of ripe tomato. The Burgundy wines often have

what’s referred to as barnyard, very funky, earthiness. The new world versions are usually more floral and spicy, and higher in alcohol (which adds a tiny bit of sweetness). The best Pinot’s are memorable.

Merlot (Mur-low)

Miles cursed the Merlot grape in the movie “Sideways”. However it is still a very popular wine grape variety. Merlot, most often, makes for very easy to drink, smooth, fruity wines with little complexity and lots of up front flavours. It’s easier to grow than other grapes and is therefore grown all over the world. Because it is so “soft”, Merlot is often mixed with other, harsher, more complex juices like Cabernet Sauvignon, to round out the final wine product. Merlot wines display aromas of black fruit like plums, currants and sometimes the smell of the inside of a cigar box. Tastes are from the same black fruits, adding some spices and sometimes the vegetal tastes of green peppers, if the grapes were not fully ripe.

With all this said however, leave it to the French to create one of the world’s most expensive and greatest wines from this grape. Chateau Petrus is made from over 80% Merlot, and sells for over \$1000, when you can get the current vintage, and much more for older vintages. Stick to Bordeaux wines from St. Emilion or Pomerol and look for bargains from Washington State and California at the LCBO if you want good Merlot.



Shiraz (Syrah)

Same grape, different locale. Syrah in France, Shiraz in pretty much the rest of the world. This is a powerhouse of a grape for wine making. The Rhone Valley in France produces some great wines based on the Syrah grape. However, Shiraz has really put Australia on the wine map. With all the sun available in much of the Aussie wine growing regions, there seem only to be better years, no bad years, to grow grapes. If you are looking for a red wine that will come up to the top of the glass and grab you by your nostrils, taste buds and mouth, then look for a good Aussie Shiraz. Higher in alcohol (14-15%) and loaded with dark fruit aromas and flavors, along with some not too subtle touches of leather, pepper and, of course, some eucalyptus.

Top picks for this edition

Try a new world Pinot Noir that won’t break the bank:

CONO SUR, PINOT NOIR LCBO #341602, \$10.95 from Chile

... and after my last column, I was asked where to find a white wine made from the Viognier grape. Here you go: Kressman, “SOLO” VIOGNIER LCBO #619304, \$11.95 from France.

Cheers.

Harry Spindel




50th Anniversary Plaque

In response to our Summer Edition requesting donations towards a commemorative plaque which will honour Guildwood Village's 50 years since its inception, the following residents have graciously provided financial support towards this initiative:

- M. McCullough\$25
- Don and Phyllis Banks\$25
- Donna and Dean Kavanaugh in memory of her father
 Dan Warnholtz and grandfather Walter Warnholtz\$50

The GVCA has actively pursued a variety of government contributors; however, with not too much success to date. Likely, the bulk of the cost, in conjunction with the GVCA, will be required from Guildwood residents. Anyone wishing to contribute may send their donation to PO Box 11001, 97 Guildwood Parkway, Scarborough, Ontario, M1E 5G5. Again, acknowledgements will be printed in the newsletter. If you do not wish to be acknowledged, please let us know.



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