



E-Newsletter April 7, 2020

<https://lpro.wordpress.com>

## GREAT NEWS...YARD WASTE PICKUP TO TEMPORARILY RESUME IN TORONTO



### YARD WASTE

- Place yard waste out before 7 a.m. on your regularly scheduled garbage/yard-waste collection day between April 6<sup>th</sup> and April 17th
- The City has asked that we be patient as crews make their way across the city. If yard waste is not picked up on the scheduled day, leave it out and it will be picked up in the following days (do not call 311)
- To ensure health and safety, please only use yard waste bags

More information is available on the City's website - [click here](#).

## CROSTOWN OPEN HOUSE

Metrolinx is hosting a **virtual open house** regarding the **Eglinton Crosstown** line, covering stations and stops from Yonge to Don Mills. It is on Tuesday, April 14, from 7pm onward. More information, including renderings and a list of questions submitted to date, is [online](#).

See link for shops and services open for business: <http://facebook.com/uptownyonge>

## GOING ON A BEAR HUNT!!



*#randomactsofcommunity*

Join the fun! If you'd like to participate, simply place a stuffed bear in a window of your home so when families go for car rides or walks during this self-isolation time, they can hunt for bears. Communities around the nation are participating in bear hunts for the little ones to enjoy. Have some fun with your family while you practice physical distancing.

## GOOD NEIGHBOUR PROJECT

Are you someone who is in isolation, elderly, a single parent, a person living with a disability and you require delivery assistance for supplies and groceries with no one to help? A task force of volunteers with the Good Neighbour Project are on standby to offer you assistance. Please call 647-873-2230 between 8:00am-8:00pm daily or visit their website [HERE](#).

## 211 TORONTO

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

## Call to Action: SPRINT Senior Care's Meals on Wheels

SPRINT Senior Care's Meals on Wheels (MOW) program is volunteer-based and delivers tasty, nutritious meals directly to seniors' doors seven days a week, 365 days a year. MOW volunteers also perform security checks when delivering meals, to ensure seniors' safety.

Volunteers are the foundation of many of SPRINT Senior Care's services and we could not care for our seniors without support from over 300 volunteers annually. Due to the impact of COVID-19, we anticipate being in need of more volunteers to help us deliver Meals on Wheels.

If you are interested in finding out more about how you can help, please contact our Volunteer Services and Human Resources Department at 416-481-0669, ext. 8723, or [volunteer@sprintseniorcare.org](mailto:volunteer@sprintseniorcare.org). Visit us at [www.sprintseniorcare.org](http://www.sprintseniorcare.org) to learn more about our services and programs.

## ACCESSING SUPPORT THROUGH MUNICIPAL BENEFITS

The COVID-19 pandemic will have an economic impact on everyone's livelihood. That is why the City of Toronto has identified a list of municipal resources that can be used to help minimize those impacts and help get you back on your feet. Click [HERE](#) to learn more.

## MENTAL HEALTH CONTACTS & SUPPORT DURING COVID-19

Following are links to some resources for weathering the storm.

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief> \ An article that may help to explain some of the emotional reactions we have noticed in ourselves and others

<https://www.virusanxiety.com/> A great resource especially designed for youth (but appropriate for adults) for coping with mental health aspects of COVID-19

<https://kidshelpphone.ca> Phone, text and live chat for youth needing support

<https://bouncebackontario.ca> Online support through CMHA for adults and youth 15+ to help build skills to manage anxiety and depression

<https://www.bigwhitewall.com/?lang=en-ca&from=ca/>

Online peer support for people living with anxiety and mild-moderate depression

<https://www.anxietycanada.com>

Tools and resources to help manage anxiety, including resources for children and youth

Online supports for people with substance use issues:

AA <http://aa-intergroup.org/directory.php>

NA [www.na.org/meetingsearch/](http://www.na.org/meetingsearch/)

CA [www.ca-online.org](http://www.ca-online.org)

SMART recovery [www.smartrecovery.org/community/](http://www.smartrecovery.org/community/)

In the Rooms – [www.intherooms.com](http://www.intherooms.com) Offers 130 weekly meetings and an online community of support using a variety of 12-step and non-12-step traditions

<https://www.connexontario.ca> Ontario's centralized access point for addiction, mental health and problem gambling resources

When we are struggling ourselves it can be helpful to help others. Please see the message below for one small way to assist people who are especially vulnerable:

There is a large population of Torontonians without access to a phone, which is preventing them from safely accessing services and support! If you have access to an old unbroken phone that you would like to donate, please email [covid19phonedrive@gmail.com](mailto:covid19phonedrive@gmail.com) so we can communicate about picking that up from you. Please forward this call for old phones to your professional networks to help us spread the word!

## SUPPORT FOR LOCAL HOSPITALS

Local hospitals are requesting donations:

- Michael Garron Hospital (formerly Toronto East General): **personal protective equipment, financial donations**
- Sunnybrook Hospital: **personal protective equipment, financial donations**

In addition, Michael Garron Hospital has asked whether the community can make **1,000 fabric masks** every week. Instructions for making the masks and drop-off details are available **online**.

## GREAT TIME for COVID VICTORY GARDENS!

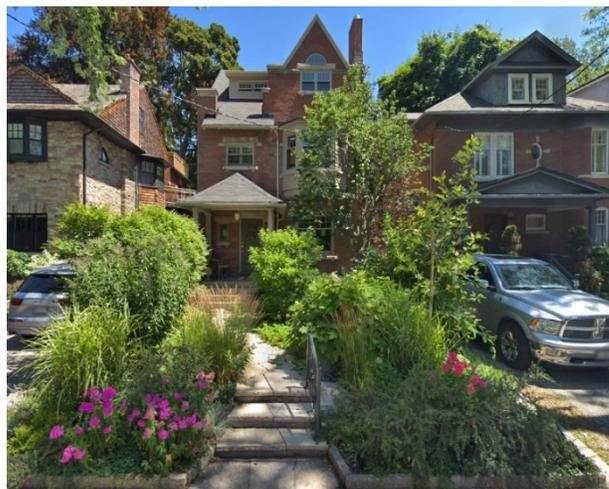
**'Almost therapeutic': COVID-19 pandemic has many people turning to their gardens'**

CBC News, April 5, 2020

"While so much of the province has shut down due to COVID-19, businesses like the Ontario Seed Company and garden centres are busier than ever as the pandemic has many people turning to growing their own food. Some say it's a trend reminiscent of the "victory gardens" that sprang up during the world wars." CBC News [Go to article](#)

### Why Not Convert Your Lawn to a Garden?

Lawns are unsustainable. For all its demands of water and mowing energy, grass gives very little in return. Space that could be used for growing food, or even simple wildflowers, is dedicated instead to endlessly demanding, non-native grass. Think of all the homes with a sprinkler system for irrigation and at least one machine for manicuring the lawn. Think of the households that sprinkle their lawns with chemical fertilizers that wash into the broader environment.



So how can lawns be converted into something simply more useful and sustainable?

Consider removing the grass and planting a vegetable garden or a pollinator-friendly garden. The attached link explains how to set up a vegetable garden: [Starting a Food Garden](#) and the following link shows how to create a pollinator, butterfly-friendly garden: [Tips to Create a Pollinator Garden, City of Toronto.](#)

### **The Origins of Lawns**

Just how did society end up infatuated with lawns?

- Late 12<sup>th</sup> and early 13<sup>th</sup> century - turf grass was used for sports.
- In England and Europe, they removed trees and created grass-filled areas around castles to make it easier for watchmen to scan for intruders.
- “Bowling greens”, the forerunner of current turfgrass lawns, were used for tennis & croquet courts, and for putting greens.
- By the 16th century, elites had large elaborate formal gardens.
- During and after the 16<sup>th</sup> century, wealthy landowners used much of their grassland for livestock production with the lawns surrounding their homes maintained by servants with hand scythes. Lawns become associated with great wealth.
- By 1890, mass production of mechanical mowers made them affordable for the public. Lawns became middle-class status symbols.
- For the last few centuries, turf grass lawns have been a status symbol. Industry marketing has convinced the public that lawns are important.

Isn't it time to disrupt this archaic thinking? Is it time to shift our views and reduce our lawns?

### **Lawn Care for Climate Change**

Lawn care is associated with carbon emissions...think of those gas-powered mowers and leaf blowers used to make lawns look pristine. Using a push mower and rake is better for the environment and requires a bit more exercise which is perhaps a good thing! Did you know that leaf blowers are banned or being phased out in many cities in North America due to the harmful noise, high GHG emissions and very fine particulate they push into the air and our lungs? Perhaps health concerns provide us with yet another reason to abandon our view of lawns and to embrace sustainable gardens.

**Articles so you can learn more:**

- [Grass Lawns are an Ecological Catastrophe, ONE TEAM, OCT 2018](#)
- [Why Native Plants Matter, National Audubon Society](#)
- [Toronto Urban Bee Growers](#)
- [Butterflies of Toronto](#)
- [Artificial Turf & Toronto's Bylaw, CBC, July 2019](#)
- [California Cities and State Regulators Are Coming for Your Gas-Powered Leaf Blower, Reason, 2020](#)
- [Washington, D.C., Enacts a Phaseout of Gas-Powered Leaf Blowers, The Atlantic, March 2019](#)
- [How Leaf Blowers Are Trying to Kill Us , Canadian Audiologist, 2019](#)

## CYCLING IN MIDTOWN

The current COVID19 Pandemic has completely upended our lives, including how we are getting around the city. As it turns out, cycling is still one of the safest, healthiest and efficient ways to get around. It is also fun, something that has been harder to come by lately. Bike Repair/Sales shops have also been deemed an essential service and are required to remain open for the public [*Vehicle and equipment repair and essential maintenance and vehicle and equipment rental services*]. Following the guidelines of Public Health is always best advice, but if you must travel and now that spring is here, you may wish to consider taking the bike!

Despite this major disruption to our lives, we are still determined to continue our advocacy whenever and whenever possible. Cycle Toronto Midtown held a special strategy meeting in February and focused on determining priorities for the coming year. There are so many things for us to work on, but the following three projects rose to the top of the list:

1. **Eglinton Connects** is our number one priority as, when completed, it will represent the longest bike lane in Canada at 19 km! Our task is to lobby all three levels of government to make sure funding is in place so that the bike lanes can be completed as planned.
2. **Midtown in Focus** is a study the city is undertaking to determine how to move people most efficiently north/south and through Midtown. Avenue Road, Yonge Street, Mount Pleasant and Bayview Avenue will be the focus and cycling lanes will be an important consideration. We feel that Yonge Street is the natural choice, as it forms the spine of the city and connects with several east/west routes.
3. **Yonge-Eglinton Construction Hub** was created to reduce the risk to vulnerable road users and our group will be working closely with the Hub Coordinator to ensure our voices are heard and, more importantly, that our safety needs are met.

Toronto Midtown is the city's second most densely populated community with many people living in multi-unit dwellings. During this Current COVID19 crisis, we have been told to stay home and to be socially responsible when it is essential to go outside, whether for food, exercise, work etc., and to keep a minimum of 6 feet (2 metres) apart from one another. Given the amount of sidewalk space allotted us, it just can't be done safely.

Cycle Toronto Midtown and the Lytton Park Residents' Organization have asked the City to consider increasing the pedestrian and cycling space on Yonge Street and other viable streets while decreasing the amount of street space for traffic. Traffic is at a minimum during this time, and the intersection at Yonge and Eglinton has been reduced to two lanes for quite some time now.

This reallocation of space would be more equitable and should be a win for residents' health.

If you love to ride, consider joining the local Cycle TO Midtown group: contact [tworrall67@gmail.com](mailto:tworrall67@gmail.com)

City dwellers need room to breathe on the streets. Why is that so hard in Toronto? - Globe and Mail, April 3, 2020- [Click to read article](#)

**FINALLY....JUST TO MAKE YOU LAUGH...**

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infinity

**THEY SAID A MASK  
AND GLOVES WERE  
ENOUGH TO GO TO  
THE GROCERY STORE**

**THEY LIED,  
EVERYBODY ELSE  
HAD CLOTHES ON**

sun-gazing.com  
AMEN

**FOR THOSE WEDDINGS THAT  
HAVE BEEN CANCELLED  
YOU WERE GIVEN A SECOND  
CHANCE TO RETHINK IT**

sun-gazing.com  
infinity

**NOW THAT WE HAVE  
EVERYONE WASHING THEIR  
HANDS CORRECTLY.**

**NEXT WEEK: TURN SIGNALS!!!**

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infinity

**GAS IS FINALLY  
AFFORDABLE  
AND WE CAN'T  
GO ANYWHERE!**

**Lytton Park Residents' Organization**  
**Annual Membership \$30.00 per household**  
**Join or Renew For 2020!**

We encourage you to become a member or to renew your membership with Lytton Park Residents' Organization, especially if you care about protecting and advancing the community's interests and fostering a sense of neighbourhood in our area.

LPRO's membership year extends from January to December, so it is time to renew your membership for 2020. Your support helps us vigorously represent our shared neighbourhood interests. Our collective voice has impressive impact and effectiveness in matters affecting our community. Thank you for your continued membership support. It is pivotal for our representative credibility and funding needs. There are approximately 3,000 households in the Lytton Park area. Thank you in advance for supporting your community.

**Ways to Join or Renew: 1) MAKE CHEQUES PAYABLE TO:** Lytton Park Residents' Organization Inc. and mail it with the completed form below to "Lytton Park Residents' Organization Inc., Box 45031, 2482 Yonge St., Toronto, ON M4P 3E3", **2) or even easier** - donate via **Credit Card/PayPal:** visit <https://lpro.wordpress.com> & select "**MEMBERSHIP**". **3) Cheques** with this form can also be dropped off at **235 Glenview Avenue.**

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**2020 Membership Form - Membership Type: New / Renewal**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_

**Email Address 1:** \_\_\_\_\_ **Other Phone:** \_\_\_\_\_

**Email Address 2:** \_\_\_\_\_

**I would like more information about the LPRO: Yes/No**   **I am available as a community volunteer: Yes/No**

**I would like to help in the following areas:** \_\_\_\_\_

**Comments:** \_\_\_\_\_

**Questions? Email us at [lyttonparkresidentsorg@gmail.com](mailto:lyttonparkresidentsorg@gmail.com)**

**Together, we **DO** make a difference!**