

NYGH staffers on virtual hike across Canada

If you see North York General Hospital staffers hoofing it around the Leslie Street and Sheppard Avenue neighbourhood, rest assured that they haven't gone on strike! In fact they're taking part in a wellness challenge that involves staff, physicians

and volunteers doing a 'virtual' cross-Canada tour.

The walking is meant to keep staffers healthy on the job. Their routes include five-, 20-, 30- and 60-minute walks along the Betty Sutherland Trail, the Villaways Park Trail and even near

the hospital grounds' gazebo and pond. The walkers are using step counters and as of last week more than 800 walkers had travelled nearly 35,000 kilometres.

The walkers have divided up into five teams, with names that include Catch Us-If-U-Can, Georgina's Gazelles and Maniacs in Motion.

Hospital president and CEO Bonnie Adamson congratulated participants, who in the hospital deal with some of life's most difficult situations everyday. The jobs they perform depend on them being healthy.

A special North Yorker will take part in the Cheerios Heart and Stroke Walk for Heart (previously known as the mother-daughter walk) set for Sunday, Sept. 24 at Woodbine Park at Lake Shore Boulevard near Coxwell Avenue at 1 p.m.

Aviva Cohen, 21, who lives at Yonge Street and York Mills Road, was born with a heart condition called tetralogy of fallot with pulmonary atresia. It's a complex condition that results in poor blood flow to the lungs and reduced oxygen levels to the body.

She has not been able to participate in the normal physical activities associated with childhood and has under-

gone several heart-related procedures over the years. She will undergo another major surgery in January to attempt to increase blood circulation and oxygen levels.

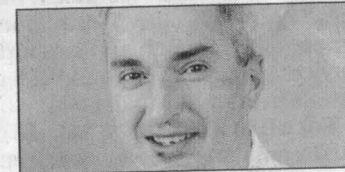
Cohen is optimistic about her upcoming surgery, and said she hopes that after she recovers, she'll be able to have fun with friends and family and not be restricted in certain activities. Cohen moves into residence at Humber College this fall, where she will study public relations. She volunteers with the PR department at the Heart and Stroke Foundation of Ontario.

Want to help the Heart and Stroke Foundation, too? Registration for the walk, which raises needed funds for treatment, takes place up until the day of the event. You can register online until Sept. 22 at www.heartandstroke.ca/walk or by phone at 1-888-HSF-INFO.

A new Comedy Room is opening at Yonge Street and Sheppard Avenue. "The Last Laugh" at Xaviers Lounge, 3 Elmhurst Ave., will be bringing some of Toronto's best and funniest comics to play Fridays at 8:30 p.m., starting Sept. 8.

"This is such a great place to live, but I was frustrated by the

PEOPLE



BERNIE O'NEILL

lack of accessible, affordable live entertainment" says comedian and local resident Martha O'Neill (now there's a great last name).

"So I approached Tony Xavier, owner and chef of Xaviers Restaurant about using his downstairs lounge for a weekly comedy show, and he agreed. Since then, I've been inviting comedians to come up and play, and the response has been amazing."

The first show will feature improv by The Challengers, standup by Jason Blanchard, Xerxes Cortez, Richard Ryder and special guests.

Tickets will be \$8 or two for \$15. Reservations are recommended by contacting reservations@lastlaughtoronto.com.

If you have 'people news' to share with North York readers, send an e-mail to nym@insidetoronto.com.

York Region

The Regional Municipality of York

NOTICE OF COMPLETION

CLASS ENVIRONMENTAL ASSESSMENT

Dufferin Street from South of Steeles Avenue West to
Glen Shields Avenue (North)
City of Vaughan

The Regional Municipality of York has completed a Class Environmental Assessment for the widening of Dufferin Street, from south of Steeles Avenue West to Glen Shields Avenue (North).

The study has been conducted in accordance with **Schedule C** of the *Municipal Class Environmental Assessment* (June 2000) under the *Ontario Environmental Assessment Act*.

Subject to the comments received as a result of this Notice and the receipt of other approvals as necessary, The Regional Municipality of York intends to proceed with the detailed design and construction of this project.

A **Schedule C** Environmental Study Report (ESR) has been prepared for this project. The Report describes the problem, the assessment of alternatives and the preferred solution, as well as the public and agency consultation program conducted during the Study. The preferred design as noted in the ESR includes the proposed widening of Dufferin Street within the study limits to six lanes with on-street bike lanes, enhanced streetscape features and raised centre-medians with landscaped medians.