



L.B.P.A. NEWSLETTER

Letter from the President

Welcome (once again) to the Leaside Business Park Association Newsletter! After a very long hiatus (more than seven years!) we have decided that this Newsletter is one of the best ways to share important issues with all of the members of the LBPA.

The purpose of the Newsletter is to inform members, and non-members, of all sorts of issues and events that affect our community and surrounding areas. This may include new City by-laws, amendments to the Official Plan, construction projects, traffic issues, the new Eglinton subway/LRT, new businesses moving into the Park, environmental proposals, community events and much, much more.

The Leaside Business Park is bounded by Eglinton Avenue, Laird Drive, Overlea Boulevard and the Seton Park ravine to the east. Over the years there have been many changes to both the businesses within the park and those on the periphery. As the City grows we expect to see many more changes and proposals, many which will affect the Park. The LBPA will continue to work closely with the City to make sure that such changes are well thought out and take into consideration the needs and desires of its members.

In creating this Newsletter I would especially like to thank Tracey North from All Canadian Self-Storage for all her help in writing and editing. We hope you will find this Newsletter of interest.

On behalf of the Board I would like to wish all of you a wonderful year.

Yours Sincerely,

Dag Enhorning
President LPBA

Traffic in Leaside

3:00pm-7:00pm Monday-Friday is the time of day that many Torontonians dread. Traffic has increased in Toronto with new developments, construction, and with people driving home from their jobs.

Already residents and businesses are frustrated with the amount of traffic and it is only getting worse. Putting in more lights and medians along Laird is obviously not the solution.

The question that everyone is asking is how all of this additional traffic will be dealt with, without grinding all commuters to halt. And there is likely to be more traffic coming to our neighbourhood, not less. With additional retail being developed by Smart Centres along Wicksteed, a possible multi-story senior's residence on Laird and Costco considering a new store on Overlea Boulevard, just to mention a few projects, traffic will become a bigger and bigger issue for both businesses and residents alike. Many proposals have been made including more lanes, fewer restrictions on turns into various neighbourhoods, extending Redway Road to the Bayview Extension and more light (is that even possible) along Laird.

Given the number of proposals and potential options a \$300,000 comprehensive traffic study has been approved by City Council to better understand these flows and how they can be alleviated. It is anticipated that the study will be completed by early 2015.

We as a community hope this is the right idea and will create better transportation in the future.

IMPORTANT:

Please advise our office if any change in your business address, contact person or if you have any questions or comments about the L.B.P.A. Newsletter.

W: www.leasidebusinesspark.com
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Leaside Arena

What better way to spend our winter months than playing hockey or skating? Late last year the Leaside Memorial Community Gardens opened its brand new ice pad, the first indoor rink build in Toronto in over 40 years. Having been a part of the Leaside community for almost 60 years, it is great that the arena we all love is finally open again and has been very busy over this past winter. One wonders how Leaside managed without it.

Leaside Arena is open seven days a week with 2 single-pad ice rinks, a curling rink, an indoor swimming pool, and a large auditorium. "The Leaside Arena gave new opportunities in creating community building; hockey and figure skating programs help improved physical skills, discipline, develop social skills, teach patience, and encourage teamwork."

(<http://www.leasidearena.com/about.html>)

A special thank you to our community for raising \$3.5 Million to build this wonderful arena that all of us can enjoy.

Eglinton Crosstown

What is the Crosstown?

The Eglinton Crosstown is a 19 kilometer light rail transit (LRT) line that will run along Eglinton Avenue, with an underground central section. The line will connect Mount Dennis and Kennedy Station, and the new service will be up to 60% faster than bus service today.

Launch Shaft at Brentcliffe Road

Launch shafts are deep excavations that provide access points for tunnel boring machines (TBMs). Two TBMs will begin tunneling at Brentcliffe Road and work their way west toward Yonge Street.

Preliminary launch shaft construction work, including utility relocation, has begun. At the end of June, construction crews will begin to widen the north side of Eglinton Avenue, east of Brentcliffe, to shift the roadway to the north. The south lanes will be occupied by the construction site for the next few years.

Headwall Construction at Laird Drive

Headwalls are support walls for future underground stations. Headwall construction has begun along Eglinton Avenue East. To install the headwalls, drill rigs and other equipment will be used, similar to what is seen on condominium foundation construction around the city.

In June, construction crews relocated a watermain for the construction of the east headwall for the future Laird Station. Construction work will last the fall of 2014. Just west of Brentcliffe Road, traffic will be reduced to one lane in each direction on the south side of Eglinton. Parking will be restricted in this construction zone. There will be a temporary closure of the pedestrian sidewalk on the north side of Eglinton Avenue East between Brentcliffe Road and Don Avon Drive.

For more information about the Eglinton Crosstown, please visit www.thecrosstown.ca



*"EVERY PERSON IS
DEFINED BY THE
COMMUNITY THEY
BELONG TO."*





Health & Performance In The Workplace –

Barry H. Samuel
"Is Sitting The New Smoking?"

Our health has progressed to chronic levels in a world rife with high stress, quick messaging, multi-tasking, and, fast living.

This is due in large part to the age of IT. Now, more than ever, we need to heed the call toward sensible prevention with physical movement in order to maintain good individual health, and, to abate inefficient-unsustainable performance.

Inherently, this type of occupational living has been borne out of a typically, sedentary posture. This behaviour has fast become one of the largest determinants to poor health--almost as equally powerful, it would appear, as awareness to the infinite smoking cessation health promotion campaign's back in the 1990's. The sobering reality is that excessive sitting may be increasingly responsible for individual mortality rates! In fact, sedentary jobs may well be to blame as the single most contributors to poor health in North America. Not only do these jobs limit our physical activity (check out [IT Sedentary Living Article](#)) but they also enable us to form unhealthy habits.

Here are (5) achievable Workplace Wellness habits to ensure health & performance-

1. Set an alert on your phone as a reminder to stretch and move.

This can be as little as standing in your space and stretching or maybe doing some office walking in place! Start with stretching your arms overhead and add some alternating heel taps as you bring your hands together over head, to modify eliminate the arm movement or lightly hold onto the back of your chair.

2. Go for a walk on your break and improve body'n brain power.

After a prolonged period of sitting the brain receives a message to take a nap! Even a 10 minute walk will help to re-energize your day, increase your focus, blow off steam, burn calories and boost metabolism. Before you know it your mind and body will crave the fresh air and movement.

3. Stay hydrated!

Take a BPA free water bottle to work with you and fill it with water. Having a water bottle at your desk will help you get your recommended H2O and having to fill the bottle a few times through the day will add to your physical activity. Staying hydrated also helps you focus throughout the day. Remember for every cup of coffee drink an 8 oz. glass of water for every cup of coffee you drink.

4. Make an eating plan.

Prepare healthy to-go foods and lunches. Cut up enough carrots, bell peppers, cucumbers, celery, broccoli, etc. to be used in salads and as snacks for the whole week. Package individual containers of low-calorie salad dressing, humus or yogurt based dips to accompany salads and snacks.

5. Remember to breathe.

Practice, strategically mindful, deliberate breaths in response to (or, to prevent) anxiety and stress. Simply take three deep, long, filling breaths and notice your lungs and chest gradually undulate. Perform once during morning, afternoon and evening times.

If you incorporate this mindful routine as a part of daily tasks you will notice instant improvements to focus, mood, productivity and attention capacity. If you're going to spend eight hours a day — and probably more — at the office, make them enjoyable and productive. Furthermore, you will improve your waist line; help with a solid work culture that can contribute to the company bottom line! Of note, other critical benefits are: reduced absenteeism, reduced WSIB claims, lowered health insurance costs, fewer sick days added to increased performance! In the end you will end up with a more vital and dynamic contributor and wind up with a much more fulfilling job.

It's win-win for all!

Barry H. Samuel is an accredited Goals & Performance Coach. He specializes in facilitating individuals and teams to realize its full potential. For more information contact barry@insideoutstudio.ca on Laird Drive in Leaside!



“Everything’s a possibility. I do believe that we’re put on this earth to think big and dream big and not limiting ourselves”
 – Jon Jones



M1 and M2 Zoning

Toronto is continuously growing and is expected to add more 100,000 new residents per year. This has huge implications for both Leaside residents and businesses. As more condominiums and retail stores are added to Toronto the importance of maintaining employment lands becomes more and more evident.

People need good paying jobs and the Leaside Business Park offers many such opportunities. The LBP is also ideally situated within Toronto as a good place to conduct business with reliable utilities and nearby highways for easy transport. It is no wonder that part of the LBPA's

“A community is made up of intimate relationships, among diversified types of individuals – a kind group, a local group, a neighbourhood, a village, a large family.”

– Carroll Quigley



Featuring your Business!

The LBP has many great businesses both new and old. We want to feature your business in our Newsletter. Every issue of this newsletter will have a “Featuring your Business” column with one or two different businesses featured.

This is a great opportunity to let our Community know about upcoming events, new promotions, new products, or just news you would your fellow LBP members know about.

Leaside is a growing neighbourhood with growing companies; big and small. There are so many businesses connected with LBPA and we want to showcase as many as we can.

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“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it was the only thing that ever has.”

– Margaret Mead



Feature your Business – Summerhill

Summerhill www.summerhill.com is a Canadian-owned energy efficiency service company that designs and implements energy conservation programs and engagement strategies for utilities, retailers, property management groups, corporations and industry associations. Summerhill interacts with participants using innovative approaches that achieve measurable results. Our goal is to bring enthusiasm, insight, and innovation to help our clients engage their customers in order to build stronger relationships and encourage better energy choices.

We are leaders in creating innovative community based marketing initiatives that enhance customer experience and change behavior. We provide program management and subject matter knowledge and experience to our clients.

Summerhill is a certified B-Corp, and was named one of *Canada's Best Workplaces* three years running, and continues to win awards for its culture, people, and numerous energy efficiency and environmental programs. The company is based in Toronto, Ontario with offices in Halifax, Nova Scotia; Regina, Saskatchewan; as well as Washington, D.C. We have forty five (45) full time employees and over 600 contractors working as auditors, energy managers and in-field representatives.

Summerhill's clientele include more than 40 utilities, 70 retailers and 18 manufacturers, as well as industry associations, educational institutions, government agencies, and not-for-profit organizations.

Summerhill outgrew its Yonge and Summerhill, where it was founded almost 20 years ago, and relocated to the Leaside Business Park area three years ago for more spacious offices and a dedicated building.



**“BUSINESS
AND
INDUSTRY
WORKING
TOGETHER
FOR
GROWTH”**



The Board of Directors 2014

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**JOIN THE
LEASIDE BUSINESS PARK ASSOCIATION!**
*Only \$75/yr for businesses with less than
20,000 sq ft and \$200 for larger businesses*

**Please send application to:
Leaside Business Park
Assoc.,
C/O: Del Equipment Ltd.,
Attn: Paul Martin,
139 Laird Drive,
Toronto, Ont. M4G 3V6**

We're on the Web!

See us at:
www.leasidebusinesspark.com

Company: _____

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