

Ahimsa Yoga



Adam, Aiden, Lyla and Nevo visited Ahimsa Yoga. Here, JP is doing a lightning bolt.



This is the tree pose. JP taught us yoga. We are doing a 'Forest of Trees'.

Adam, Aiden, Nevo and Lyla went to Ahimsa Yoga, owned by J.P. Tamblyn. He showed us the "Lightning Bolt" handstand. Then, we did a yoga pose called the "Forest of Trees". J.P. taught us about the rules in his studio. One of them is don't hurt or harm people. He drew out his new logo for us. It was exciting, we had so much fun.

Journalist's name: Nevo

What inspired you to create this business?

JP wanted to create something different in the neighborhood.

What skills or training did you have?

He trained to be a yoga teacher. He learned new things along the way.

Journalist's name: Aiden

Were there any obstacles you faced?

I didn't know how to run a business. I had to find people to work here and be a good manager.

Did you have to learn new things?

I had to manage a team of people.

Why is it called Ahimsa?

It means non-harming and that is important to me.

Journalist's name: Adam

What kind of emotions do you feel about your business?

I have a lot of love and happiness because for six years I have been open in the neighborhood.

How do you support or help the local community?

Two times a week there is a class where we donate the money. They are a neighborhood spot where grown-ups get to be together.

Did the business get passed on did you start it?

It started with two other people. We didn't know how to run a business. Then the other two people left and I took over.

Journalist's name: Lyla

Do you have any rules that you need to follow?

I have a lot of rules I have to follow like paying taxes for the government. The other rule is always be good to other people.

What are some of your responsibilities?

I have to take care of my staff.



We took a picture of me and my friends. This is our new friend, JP.



At Ahimsa Yoga, they have yoga words on their wall.

Crepes a Go-Go



Noa L., Tal, Alex, and Eitan are at Crêpes à Go-Go. We are interviewing Veronique. She is telling us about her job.



We are at Crêpes à Go-Go with Veronique. She is showing us how you make a crepe.

Alex, Eitan, Noa L. and Tal went to Crêpes à Go-Go to interview Veronique, the owner, about her job. They wanted to interview her for our local community newspaper because she is a dreamer who made her dream come true. When they went there it was very fascinating because Veronique knew her business so well. For example, she can close her eyes and tell you exactly where all of her ingredients are located. Also, she told the kids that she always has good stress because she wants to make her business better and better. It was exciting, fantastic and fascinating to learn about Veronique's business.

Journalist's name: Noa L.

What inspired you to create this business?

Veronique was in Paris and she liked crêpes. She came to Toronto and the crêpes were not good, so she opened a crepe shop.

What skills or training did you have?

Veronique did not have any training. She learned from her grandmother and her mother in Spain and Morocco. She also learned from a master crepe maker. She is now an honorary crepe master.

Journalist's name: Eitan

Were there any obstacles you faced?

Veronique didn't have advertising. She had to go to people and say, come to my restaurant. It is hard to figure out fair prices.

Did you have to learn new things?

Veronique learned how to clean and be organized. She also learned a lot of math so she can buy and sell things.

Journalist's name: Alex

What kind of emotions do you feel about your business?

Veronique feels excited because she loves her job. She gets to make new recipes and try new foods.

How do you support or help the local community?

She smiles and says, "bonjour" to everyone to spread happiness in the local community. She cleans the sidewalk every day to keep her local community clean.

Journalist's name: Tal

Do you have any rules that you need to follow?

Veronique has many rules. For example, Veronique needs a diploma because she needs to keep her food fresh and clean. She also has timers to change her water because she needs to keep the water clean.

What are some of your responsibilities?

Veronique's responsibilities are to order food, to keep everything fresh, to give the right amount of change, to train her staff and to open on time.



We are at Crêpes à Go-Go. We saw toppings like chocolate and strawberries.



Tal, Alex, Eitan, Noa L., Morah Lori, and Veronique are at Crêpes à Go-Go having so much fun.

By the Way Cafe



**Aaron, Oren, Stella, Raffy, Amir and Morah
Erin are standing in front of the mural
wall in the restaurant.**



**We are at By The Way Café. We are
standing outside By The Way Café.**

Four Grade One kids from the Paul Penna Downtown Jewish Day School, Aaron, Oren, Raffy, and Stella went to By The Way Café for their community walk. They went on May 9th. They walked to By The Way Café, which was on Bloor Street near the school. Grade One has been learning about local dreamers and interviewing them for their newspaper. They interviewed Amir, a local dreamer and the owner of By The Way Café. They felt awesome doing the interview and loved the mural in the cafe.

Journalist's name: Raffy

What inspired you to create this business?

My family started a business called By The Way Café.

What skills or training did you have?

I had no skills when I started this business. I have learned more skills.

Journalist's name: Aaron

Where there any obstacles you faced?

When things break I have to fix them.

Did you have to learn new things?

I learn new things every day like working with people.

Journalist's name: Stella

What kind of emotions do you feel about your business?

I feel like it is my child. I watched it grow up.

How do you support or help the local community?

I support the local community because By The Way Café is a gathering place. I also donate food and gifts to places.

Journalist's name: Oren

Do you have any rules that you need to follow (even if it is your business)?

Every person in the restaurant has a job like cleaning, organizing, and even bringing wipes to the table.

What are some of your responsibilities?

My responsibilities are to make sure people are doing their job.



We went to By the Way Café.



**Welcome to the By the Way Café where
all your dreams come true. They sell**

Harbord Bakery



Julia, Kalil and Jackson are at Harbord Bakery with Susan.



This is Morah Lori, Jackson, Julia and Kalil.

Julia, Sam, Jackson and Kalil walked to Harbord Bakery because they were doing a project for our unit on local dreamers. It was part of the whole school project for the Gala theme "If you will it, it is no dream—" *אם תרצו אין זו חלום* " They asked Susan, the owner, questions to learn about how her bakery started. Susan showed them the back of the bakery where they actually bake bread. Then she showed them the humongous baking ovens and refrigerators. They were very excited to learn about her business and create their project.

Journalist's name: Kalil

What inspired you to create this business?

Susan's father, Albert Kosower, in 1945 bought the shop from the owner, Mr. Eliashvitz. Albert was originally a baker in Poland.

What skills or training did you have?

Susan was originally a preschool teacher. She lived on top of her father's bakery and learned how to work in a bakery from her brother and parents.

Journalist's name: Sam

Were there any obstacles you faced?

Yes. It is a very bad problem if the oven breaks because they can't bake. Another problem is if a baker is sick and other people do not know the recipe that person was supposed to do.

Did you have to learn new things?

Susan learns new things every day. She tries new recipes that she created or people from the local community created.

Journalist's name: Jackson

What kind of emotions do you feel about your business?

Susan is very happy. She gets to try new foods. She feels very emotional. She thinks her work is fun. She gets to meet lots of new people.

How do you support or help the local community?

Susan gives food to the local churches and shuls. She supports the local music industry with food at intermissions. Sometimes she gives free food to poor customers.

Journalist's name: Julia

Do you have any rules that you need to follow?

Susan follows special rules like using a recipe. Also, she has to keep her bakery clean.

What are some of your responsibilities?

Susan has to pay the staff. She has to make sure there's enough staff. She has to make sure her staff follow the health rules.



This is a picture of a baker washing his hands before he makes the dough.



Jackson, Kalil and Julia are in Harbord Bakery. Susan is showing them the baked food.

Home Hardware



This is Max, Nathan, Hudson and Amitai with Marty at Home Hardware!



We have a photo of all of us at Home Hardware. This is me Max, Hudson, Amitai, Nathan. We are looking for household items.

Amitai, Hudson, Max and Nathan visited Marty at Home Hardware, the place his grandfather started in 1922. They were researching about the community we live in and its local dreamers. They took pictures around the store of things like safety equipment and other things you may need or want. They each interviewed Marty to find out how the business was started and the kinds of things he needs to know and learn to run the business. They were surprised with some of his answers. It was awesome. Next time they go there, they want to buy something from the store.

Journalist's name: Max

What inspired you to create this business?

In 1922 the business Marty's grandfather started began! Marty worked there and liked working with his dad.

What skills or training did you have?

You have to have good listening to hear staff that are important for working! You also need to learn new things.

Journalist's name: Amitai

Were there any obstacles you faced?

The hardest thing for Marty is filling out forms he thinks are silly for the government.

Did you have to learn new things?

He's always learning new things. He's learning how to use a computer. He uses it to make paint and order new supplies.

Journalist's name: Nathan

What kind of emotions do you feel about your business?

Marty feel proud because the business has been in his family for 94 years.

How do you support or help the local community?

Marty donates money. He also donates gloves and bags for the community clean-up.

Journalist's name: Hudson

Do you have any rules that you need to follow?

Marty needs to keep the prices as high as other hardware stores and follow government rules.

What are some of your responsibilities?

Marty has to open on time. He also has to pay his staff. He has to order supplies on time. He also has to make sure his staff are doing the right thing.



We are at Home Hardware with Marty! We are looking at safety stuff.



We are looking at a picture of how Home Hardware used to look like.

Jaya Wellness



Doctor Jill is in her office with us.



This is me and my friends at Jaya Wellness in the medicine room.

We went to Jaya Wellness and saw Dr. Jill Kelner. We asked lots of questions and learned that she can't give you medicine unless she knows what's wrong. Jill makes her own medicine and she showed us her medicine room. Dr. Jill introduced us to her business partner, Morah Ellen, her sister, showed us the Naturopathic Doctor's Oath. It was an awesome experience and an interesting place.

Journalist's name: Leo

What inspired you to create this business?

Old mistakes from my old business and I wanted to start a new business.

What skills or training did you have?

Jill went to school for four years to be a Naturopathic doctor.

Journalist's name: Joel

Where there any obstacles you faced?

I faced obstacles. One of them was that I could not help people if I did not know how to. When I don't know how to help my customers I say I don't have all the answers today.

Did you have to learn new things?

I have to learn new things all the time, every hour.

Journalist's name: Noa A.

What kind of emotions do you feel about your business?

My heart is full and I am excited to be a teacher and a doctor.

How do you support or help the local community?

In the Bloor Street Festival I educate people.

Journalist's name: Loni

Do you have any rules that you need to follow (even if it is your business)?

She has lots of rules about being a Doctor. She has to keep things private. If she doesn't know what is wrong she can't give you any medicine.

What are some of your responsibilities?

She has to do no harm and to teach people how to live healthy.

What does the name Jaya mean?

Jaya means to rejoice. In Sanskrit, it means heart.



Doctor Jill is talking to us about her office.



We are visiting Doctor Jill. This is her medicine room.