

# The Villager

THE VOICE OF THE HIGHLAND CREEK COMMUNITY SINCE 1976

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THE VILLAGER XLVI No. IV

SPRING EDITION

APRIL 2022

## THE HIGHLAND CREEK HERITAGE FESTIVAL IS BACK!

### JUNE 18<sup>TH</sup>, 2022

In March 2020, Highland Creek Heritage Festival (HCHF) volunteers made the heart-breaking decision to postpone a sold out 2020 'I ♥ Highland Creek Dinner Dance' and the Annual Heritage Festival. At the time this group of local volunteers never thought years would pass before seeing our beloved festival return.

A few months ago, some of these same volunteers, and some new committee members, jumped into action to start planning for the 35th Annual Highland Creek Heritage Festival. It will be held on Saturday, June 18th, 2022.

During the 2019 event, over 3000 people visited the Highland Creek Community Park at 3500 Ellesmere Road for our annual neighbourhood festival.

Currently in its 35th year, our festival celebrates one of the earliest settlements in the Scarborough

community with a fun-filled day of music, food and entertainment for the whole family!

The Highland Creek Heritage Festival is a place people gather to cultivate a sense of belonging and to celebrate their local community.

The festival began in 1986, when local community member and business owner Terry Woods brought the idea to life. We are continuing in our predecessors footsteps all the way from 1986 to now! It's our intent to keep the Highland Creek Heritage Festival alive and thriving for many years to come!

Become part of something great!

If you wish to participate in the festival as a volunteer, vendor or food truck visit our website —

[HCHF.ca](http://HCHF.ca) or email

[festivalhighlandcreek@gmail.com](mailto:festivalhighlandcreek@gmail.com)

*Details continue on page 12*



**ANNUAL GENERAL MEETING  
&  
ELECTION OF NEW BOARD**

**APRIL 27, 2022  
7:00 P.M. – 9:00 P.M.**

**R.C. LEGION BRANCH 258  
45 LAWSON ROAD**

**\*MUST BE A MEMBER OF THE  
HCCA TO ATTEND AND VOTE  
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MEMBERSHIP AT THE DOOR**

**PLEASE ARRIVE EARLY TO DO SO**



## HIGHLAND CREEK COMMUNITY

# EARTH DAY CLEAN-UP

**SATURDAY, APRIL 23<sup>RD</sup> @ 9:00 A.M.**



On Saturday, April 23rd, all neighbours are invited to join and pitch in, helping to clean up our earth, and our neighbourhood.

Meet us at 9:00 a.m. by the Wesleyan Cemetery in the Village for a community clean-up of our shared spaces. Supplies will be provided.

To sign up prior to the 23<sup>rd</sup>, call Blair at 416-282-9792 or email: [highlandcreekvillager@gmail.com](mailto:highlandcreekvillager@gmail.com)



## VIJAY THANIGASALAM

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Dear readers,

We have much and more to look forward to as we move through April and head into warmer months. How I will spend my summer days occupies much of my mind, but for the time being every day above 0°C is golden.

Many city events are returning to the streets of Toronto, such as Caribana, the CNE, Taste of the Danforth and Pride Parade. Here in Highland Creek, a couple of events are also been resurrected this year.

The first is the Annual General Meeting (AGM), to be held in-person in April, where the HCCA provides an

update on its activities over the past year, and a general election takes place to appoint the HCCA Board of Directors for 2022-23. Whether you would like to stand for election or simply vote, the only requirement is an HCCA membership, obtainable through the HCCA website or in-person at the AGM. Feel free to find more info on the front page.

The second event returning to Highland Creek is the Heritage Festival in June. Traditionally held on Old Kingston Road, it was moved to the Highland Creek Community Park on Ellesmere Road for the first time in 2019, and will now resume there for 2022. It's a great place to meet local residents, check out vendors, enjoy street food and even play on some inflatable rides.

The paper is brimming with material relevant to you and Highland Creek, so I won't hold you any longer. Please dive in and enjoy the swim!

Best regards,

Annoj Thavalingam  
Editor, *The Villager*

Any questions, comments or concerns may be addressed to [highlandcreekvillager@gmail.com](mailto:highlandcreekvillager@gmail.com).



**Highland Creek Community Association**

**Board of Directors:**

- President:** David Adamson
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 Instagram: [highlandcreekvillager](https://www.instagram.com/highlandcreekvillager)

The Villager is published and distributed 5 times per year by local volunteers of the Highland Creek Community Association. Our newspaper is available free of charge, with 5,200 copies distributed to Highland Creek households and businesses.

**Content Submissions:**

Editor — Annoj Thavalingam, [HighlandCreekVillager@gmail.com](mailto:HighlandCreekVillager@gmail.com)

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 Highland Creek, Ontario  
 M1C 2L0

**Our Elected Officials—Scarborough-Rouge Park:**

**Member of Parliament:**

Gary Anandasangaree  
 416-283-1414

**Member of the Provincial Parliament:**

Vijay Thanigasalam  
 416-283-8448

**City of Toronto Councillor:**

Jennifer McKelvie  
 416-338-3771

For up-to-date information on current issues, please add your email to our mailing list by visiting our website or check out the Reader Board in the Highland Creek Village.

**2022 Editions**

- Heritage Festival /June
- Fall
- Festival of Lights

**Submission Deadlines**

- May 20th
- August 20th
- November 4th

**Please Note:**

While every effort is made to review the content of each article prior to publication, the Board of Directors want it to be known that the comments published are that of the authors and do not necessarily represent that of the Highland Creek Community Association.

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## HCCA President's Report

It had been the best of times prior to March 2020 and the worst of times since then, and hopefully we will have better times in the future. As a community we have been isolated due to COVID-19 and faced many challenges. We have lost loved ones, experienced group gathering restrictions, virtual learning for school children, limitations in visiting residents in retirement and long-term care facilities, financial impacts on local businesses, and the list goes on. All the while, our front-line health care providers such as physicians, nurses, PSWs, paramedics, and our military, have stood firm in providing necessary treatment and support.

Restrictions have gradually been removed whereby we can now have group gatherings, patronize our local businesses and children can return to in-class learning. Getting vaccinated certainly was a major contributing factor leading to these improvements.

Globally, we are faced with another serious situation. Namely, the invasion of Ukraine by Russia. Seeing the televised destruction that has occurred, death and injury to innocent young children and adults, the lack of food and provisions is heart breaking. Let us pray that this does not extend beyond the borders of Ukraine and that the world leaders have the good sense to use good judgment. As Einstein once said, "if there is a 3rd world war, the next one would be fought with sticks and stones".

Our HCCA board and committee members continue to hold monthly meetings to discuss and address various resident and community issues. Updated details on our involvement are contained in reports of this Villager.

It has been confirmed – there will be a Heritage Day Festival this year. It will be held on Saturday, June 18, 2022, at the Highland Creek Community Park on Ellesmere Road starting at 10:00 a.m. I am sure volunteers will be required to assist as we expect a good turnout. More details can be found on the festival website—HCHF.ca.

The HCCA Annual General Meeting will be held on Wednesday, April 27, 2022, at the R.C.L. Branch 258 when elections will be held for our Board of Directors. Doors will be open at 6:00 p.m. and the meeting will commence promptly at 7:00 p.m. All paid-up members by the time the meeting commences are invited to attend. New memberships may also be purchased at the door.

In partnership with other community associations, an all-candidates meeting for the upcoming Provincial election will be held in May, leading up to the election on June 2, 2022. The exact date and time is to be confirmed.

The Royal Canadian Legion Branch 258 at 45 Lawson Road is now open for all to attend. Hours of operation are from 1:00 p.m. to 6:00 p.m. Wednesday to Sunday. Work continues at the Legion's new location – 305 Morrish Road. Work has been delayed due to COVID-19.

The Tony Stacey Centre for Veterans Care recently received good news that its application for redevelopment has been approved. As well, the Centre will receive an additional 60 beds applied for – bringing the total to 160. This will then allow the Centre to move forward with its plans.

Once again, I must express my thanks to all HCCA board, committee members, and volunteers for their support, hard work, commitment, and the many hours spent dealing with issues in the best interest of our residents and community. It has been a challenging time for all of us especially during the pandemic. We look forward when we can soon again meet with our residents to hold face-to-face community meetings and participate in local festivities.

Should you wish to contact me on any items in this report I can be reached at email: [dw.adamson@rogers.com](mailto:dw.adamson@rogers.com) or telephone (416) 281-7758.

**David Adamson, President**  
Highland Creek Community Association



## THANK YOU SO MUCH!

Thank you to the Highland Creek community for your invaluable submissions to our newsletter. Your stories, poetry, events, community reports and news are of continued interest to our readers.

A special thank you to our regular contributors: Brian Blakeley, Rick Schofield, Joy Loewen, Vienna Bombardieri, LT, Dr. Karm Hans, David Adamson, Doug & Marja Phillips, Anna Tsirakidis MP Gary Anandasangree, MPP Vijay Thanigasalam, Councillor Jennifer McKelvie, TDSB Trustee Dr. Anu Sriskandarajah, TCDSB Trustee Garry Tanuan, Ms. Halabi & HCPS, Mrs Fernandes's Gr 3/4 class from Cardinal Leger and the Toronto Zoo .

### THANK YOU TO OUR DEDICATED DISTRIBUTION VOLUNTEERS!

Sue Grout, Liz Hills, Samuel Jacob, Rick Jamieson, Susan Lamb, Bozena Mathlin, Manny Mattam, Alan Maynes, John McCall, Doug & Marja Phillips, Sujeev Ruban, Randy Sefton, Elma Todkill, Sonja Vrbanic, Lydia Lampers-Wallner, Billy Yarn, Christine Yip, John Yip, Nancy Yue, Anna Tsirakidis, Brian Blakeley, David Atlas, Joy Loewen, Ekua Bamfo, Eric Lin, Maria Boccardi, Patricia Kelly, Neil Jaikaran, David Adamson, Josh Allen, Blair Anderson, Sandi Burden, Lynn & Roy Findlay, Chris Goethel, Marg & Dave High.

***IT WOULD NOT BE POSSIBLE WITHOUT YOU!***

## City of Toronto 2022 Budget & Local Investments

Dear Neighbours,

In February, Toronto City Council approved the 2022 City Budget. The budget includes a residential tax increase of 2.9 percent, as well as an increase to the City Building Levy of 1.5 percent, for a total of 4.4 percent, resulting in an additional \$141 per average household. We continue to have budget constraints as a result of the COVID-19 pandemic. This was largely as a result of reduced transit revenue due to decreased ridership, which had only reached 48% of pre-pandemic levels at the end of 2021.

As the Vice-Chair of the Budget Committee, I believe that this budget maintains fiscal responsibility, while ensuring that we make the necessary investments in our community. This year will be a busy one for local investments.

### Investment in Local Recreation Opportunities

Funding is included for construction of the North-East Scarborough Community Recreation and Child Care Centre on Sheppard Avenue East at Conlins Road. This new facility will be net zero and will avoid 277 tonnes/year of greenhouse gas emissions. The community centre will feature a gymnasium with an indoor cricket and running track, a pool and multi-purpose spaces. You can learn more at [toronto.ca/northeastscarborough](https://toronto.ca/northeastscarborough).

Thanks to funding from the Investing in Canada Infrastructure Program, trails in the Highland Creek Ravine behind UTSC will undergo repair. This year, the Port Union Waterfront Trail will also undergo repair thanks to co-funding from the Disaster Mitigation and Adaptation Fund.

### Investing in Road Safety

The Vision Zero Road Safety Plan program continues to focus on reducing traffic-related fatalities and serious injuries on Toronto's streets. In 2022, school safety zones are planned for instal-



*Thank you to the incredible volunteers at Feed Scarborough for their dedication to improving food security in Eastern Scarborough.*

**JENNIFER MCKELVIE**

Toronto City Councillor  
Scarborough - Rouge Park

*Happy Earth Day!*



[www.jennifermckelvie.ca](http://www.jennifermckelvie.ca) | @McKelvieWard25  
[councillor\\_mckelvie@toronto.ca](mailto:councillor_mckelvie@toronto.ca) | 416-338-3771

lation at eight schools in Scarborough – Rouge Park, including Highland Creek Public School.

The City Budget also includes funding allocated to the widening of Port Union Road in 2022-2023. The project involves the addition of a second northbound lane, complete sidewalks on both sides, raised cycling lanes and centre-turn lanes in some locations. Construction is planned to begin this Spring. You can learn more at [toronto.ca/portunion](https://toronto.ca/portunion).

### Welcome Feed Scarborough:

It was a pleasure to welcome the new Feed Scarborough Food Bank to 4630 Kingston Road in February. Feed Scarborough operates several accessible and barrier-free community food banks, which allow guests to select foods that align with their dietary, cultural, and personal preferences. A huge thank you to founder, Chef Suman Roy, and a talented team of local staff and volunteers that made this happen. Learn more at [scarboroughfoodsecurityinitiative.com](https://scarboroughfoodsecurityinitiative.com).

We're here to work for you. You can reach us at:

[councillor\\_mckelvie@toronto.ca](mailto:councillor_mckelvie@toronto.ca).

To stay in touch, please sign up for my e-newsletter at [jennifermckelvie.ca](https://jennifermckelvie.ca) or follow me on social media @McKelvieWard25.

## DEVELOPMENT UPDATE:

# Beautification of the Highland Creek Village along Old Kingston Road

Annoj Thavalingam

A project dear to the HCCA is the beautification of the Highland Creek Village along Old Kingston Road. The first phase in this endeavour involves the purchase of a 15-foot street clock, for placement just east of the Wesleyan Cemetery. Though the funds for it have not been secured, one option would be the use of benefits from Section 37 of the City of Toronto’s Planning Act.

This idea goes back to negotiations in 2021, between Altree Developments, the City of Toronto and HCCA, when the condo proposal from Altree was under review. The construction proposal was ultimately approved, but the City and HCCA were able to secure

At this point, any proposed use of the Section 37 funds would be brought to City Council in the form of a motion. Hence the funding of the street clock has some hurdles to overcome, but use of the Section 37 benefits from Altree for its construction would be fitting, given it will be installed within a kilometre of the proposed condos, in the heart of the Village.

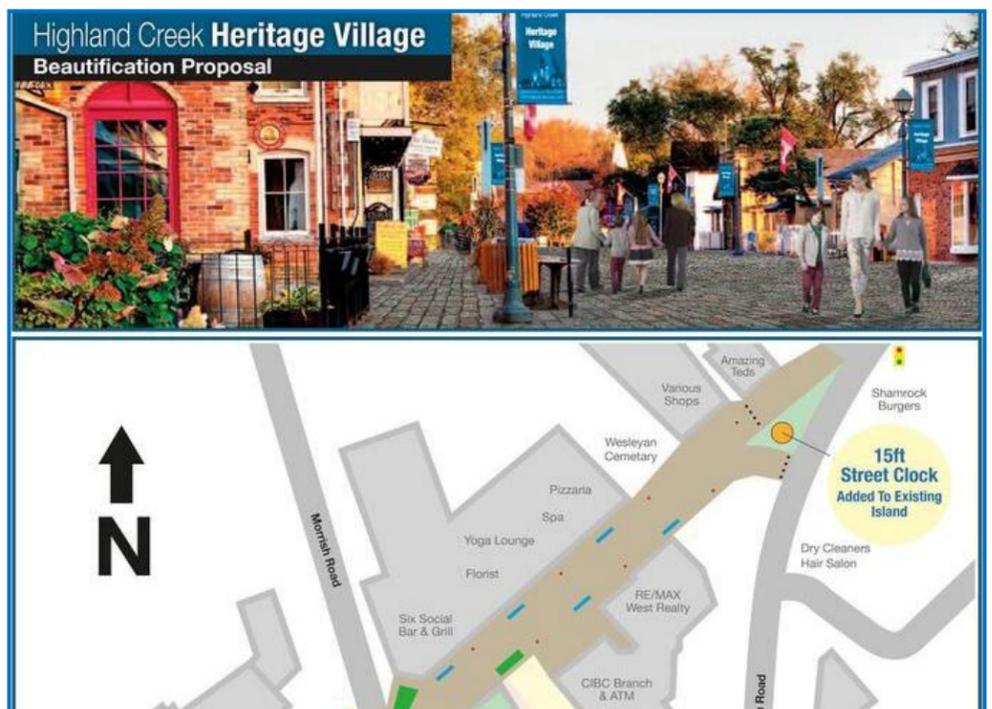
**Right:** An example of a street clock. The exact clock image for Highland Creek will be published at a later date.

**Below:** A portion of the Highland Creek Heritage Village beautification proposal, indicating the potential location for a street clock.



*...1.35 million dollars in Section 37 Benefits, which are funds from Altree to support public services such as park improvements, streetscape and heritage preservation.*

The monies are designated for Ward 25 as a whole, but the funds cannot be accessed until Altree has submitted its building permit.



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# Miller Lash House

Mark your calendar for our upcoming events:

**Mothers Day Brunch (May 8, 2022)**

**Pub at the House (June 2, 2022)**

[millerlashhouse.ca](http://millerlashhouse.ca)

[info@millerlashhouse.ca](mailto:info@millerlashhouse.ca)

(416) 287 - 7000



**miller lash house**



## Guildwood Physiotherapy

### Post Surgical Recovery

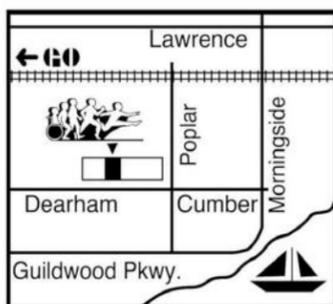
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After discharge from hospital, many patients should be referred to a rehabilitation hospital or clinic to regain strength and return to independent functioning. It is very important that Physiotherapy begin as soon as possible after surgery to ensure a prompt recovery.

In our clinic we see patients after various types of orthopaedic 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 and repair the wound faster with less pain. Our treatments typically last from 45 minutes to 1-1/2 hours, depending on the condition being treated.



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# GARY ANANDASANGAREE

MEMBER OF PARLIAMENT  
SCARBOROUGH-ROUGE PARK



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**416.283.1414**  
**GARY.ANAND@PARL.GC.CA**

### Constituency Office

3- 3600 Ellesmere Road,  
Scarborough  
ON M1C 4Y8

#### Easing Travel Measures:

As part of our gradual approach to ease travel measures and re-open Canada to the world, we will remove the pre-entry test requirement for fully vaccinated travellers as of April 1. To identify and track potential variants, we will continue random testing upon arrival but with no quarantine for travellers awaiting test results. This lowering of entry requirements was only possible thanks to the hard work and day-to-day sacrifices of Canadians fighting COVID-19. This return to normalcy is great news for Canada's many tourism and hospitality businesses, and our economy.

#### Investing in our Small Businesses:

From mom-and-pop stores to local restaurants, small businesses are at the heart of our community and crucial to our economic growth. This is why our government launched the Canada Digital Adoption Program (CDAP) to help small- and medium-sized firms access e-commerce opportunities, adopt digital tools, and grow their online presence. The program will offer grants and loans in two streams:

1. The Grow Your Business Online grant will help up to 90,000 small businesses acquire e-commerce capabilities through a micro-grant of up to \$2,400 and a support network of e-commerce advisors.
2. The Boost Your Business Technology grant will help small to medium-sized businesses pay for advisors to create a digital adoption plan tailored to their needs. Each plan can then be implemented with the help of interest-free loans of up to \$100,000.

By helping businesses thrive in an increasingly digital landscape, the CDAP will create good-paying jobs and give our

economy a competitive edge. I highly recommend all business owners and entrepreneurs explore this opportunity by visiting Innovation, Science and Economic Development Canada's website or calling 1-800-328-6189.

#### Solidarity with Ukraine:

On March 15, I was honoured to attend an historic address in the House of Commons by Ukrainian President Volodymyr Zelenskyy. Like many Canadians, I was deeply moved by President Zelenskyy's courage and the bravery shown by all Ukrainians as they defend their homeland against a brutal Russian invasion.

Canada recognizes the importance of equipping Ukraine with the tools it needs to defend itself, including \$25 million in protective equipment, lethal weapon systems, and real-time satellite surveillance. I am proud of the Canadian Armed Forces personnel operating in Europe to reinforce our NATO Allies and deter further aggression as part of Operation Reassurance.

Canada, in tandem with our allies, has launched coordinated and crippling sanctions targeting members of President Putin's inner circle, Russian oligarchs, and financial institutions like the Russian Central Bank. To further empty Russia's war chest, we have banned Russian oil imports, halted all export permits, and severed several Russian banks from the SWIFT payment system.

Canada condemns the devastation being unleashed on Ukraine's proud cities and is doing its part to address the growing humanitarian crisis in Ukraine. Already, we have committed to matching up to \$30 million in individual Canadian donations to the Canadian Red Cross. We have also provided \$50 million in humanitarian aid in addition to \$120 million in sovereign loans recently offered to Ukraine. This aid is being utilized to provide essential life-saving services such as emergency health care, water, food, and shelter. We have also introduced new immigration streams for Ukrainians who want to come to Canada temporarily or permanently.



*Members of Parliament, Senators and invited guests giving President Volodymyr Zelenskyy a standing ovation in the House of Commons*

I am touched by the kindness and generosity of residents in Scarborough-Rouge Park who never shy away when people are in need. In their hour of need, Canada shall continue to stand with Ukraine, its people, and the Ukrainian-Canadian community.

# Food Donation Update

David Atlas & LT

Local resident Billy Yarn, VP of the Highland Creek Community Association, continues to coordinate a supply of food donations to the Daily Bread Food Bank.

The food supply comes from ITALPASTA, with delivery charges paid for by MITEK Industries, and transportation logistics managed by Fast-Links Transportation.

Over January, February and March, 159,000 lbs of much needed food reached the tables of our community members.

Throughout 2021, the HCCA in conjunction with various assisting partners, brought over 500,000 lbs of food to the Daily Bread Food Bank Terminal, from where the food is distributed to areas of need.

March — 35,000 lbs.  
 February — 85,000 lbs.  
 January — 39,000 lbs.



Yarn is committed to continuing the coordination of a steady supply of food donations to the Daily Bread Food Bank,

“As a Torontonian growing up having experienced food insecurity, I understand the critical role Daily Bread plays. As a business owner, I want to give back to our community, our neighbours who need it most now.”

-Billy Yarn

**Need Food for yourself or your family?**

**Below is a list of food banks or meal programs near Highland Creek:**

[Rouge Park Food Bank](#)  
 4630 Kingston Road, Unit 16, Toronto

[Food Pantry at Morningside](#)  
 90 Mornelle Court, Toronto

[West Hill Community Food Bank](#)  
 4205 Lawrence Avenue East, Toronto

[Staff of Life Food Bank](#)  
 65 Grand Marshall Drive, Toronto

[Scarborough Centre for Healthy Communities](#)  
 4100 Lawrence Avenue East, Toronto

[St. Stephen's Presbyterian Church](#)  
 3817 Lawrence Avenue East, Toronto

[Malvern Food Bank](#)  
 20 Sewells Road, Toronto

~ Thank you to our partners who enable these donations to happen ~



Mike Marchese



Dave Cattapan



Billy Yarn



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# Durham-Scarborough Bus Rapid Transit: Destructive or Beneficial?

Amaan Jabbar

Durham-Scarborough Bus Rapid Transit (DSBRT). Have you heard about it? In this article, I will provide two sides of a coin. The first will be the viewpoint of Metrolinx and their views on this new proposed project. The second will be a perspective on the project from the communities who will be impacted most by it. Specifically, Highland Creek. This article will make getting around easier.

To enhance this transit, Metrolinx wants to have dedicated bus lanes to have shorter travel times and more frequent service. Regarding frequent service, Metrolinx has high ambition because they want to provide a bus every 5 minutes during peak travel times. Furthermore, Metrolinx hopes to provide priority to buses at intersections to make their transit more reliable. The expected daily ridership is estimated to be 38,400 by 2041. The overall objective is to connect major destinations like the Scarborough and Pickering Town Centres, University of Toronto Scarborough, Centennial College, and the Ontario Technology University. Buses will be separated from general traffic and there are supposed to be better connections to TTC, Durham Transit, and GO services.

After reading the above, a reader may ponder, what sorts of impacts could this have

on communities where this project will take place. The Highland Creek Community Association says to Metrolinx — “Find a better way. One that does not destroy our community.”

The Highland Creek community has started a campaign to stop the Metrolinx Bus Rapid Transit on Ellesmere Road. The community members want to save Highland Creek from years of construction and destruction. Highland Creek residents are strongly opposed to this project and have started a petition to halt any plans to implement these changes in their community.

The residents feel that the dedicated bus lanes in the middle of Ellesmere will have a negative impact on their community. There will be no left turns allowed for a lot of homes located on Ellesmere and other locations forever. The left turn and U-turn locations will be significantly decreased and accessing homes will be inconvenient as residents will have to pass their house and circle back to get home. The residents also strongly disagree with the removal of 300 mature trees along Ellesmere Road. They are against expropriation of properties to widen the road for the dedicated bus lane.

The TTC is still going to be running in the curb lane and the residents in Highland

Creek feel like they get no benefits out of this project.

One member of the Highland Creek community voiced her concerns about this project by mentioning that these constant buses will create more noise and air pollution, more disruption and traffic congestion, and the land expropriation is unwelcomed.

As this is a single family, residential neighbourhood, these major changes and removal of infrastructure and long construction times are very undesirable and Highland Creek is not for it at all.

To summarise this, the petition to stop this project says “The minimal time savings for riders on this section of Ellesmere with this proposal vs. buses in mixed traffic does not warrant the significant negative impact to the residents that live here and that will have to deal with this forever.”

So I leave this matter to the reader. What do you think of this project?

Do the cons outweigh the benefits? If you are against it, sign the petition:

<https://www.myhighlandcreek.org/brt-developments.html#/> If you have any thoughts of concern or questions, send an email to [DSBRT@metrolinx.com](mailto:DSBRT@metrolinx.com).



## Spring Refresh—Prioritizing YOU

Dr. Karm Hans ND

Change of season is a powerful time to reflect on the past months and a great time to set intentions for the months ahead. For many of us we feel an increase in mood with longer days and signs of winter being replaced with spring. The concept of spring cleaning comes to mind. This does not have to only apply to your living space but also your health and wellness.

- ◆ **Set intentions:** Intentions are often associated with the start of the year but they can be made at any time. Think about the things you would like to accomplish. Create a vision and put it in a place where you can see it. It can also include positive words and statements for inspiration.
- ◆ **Make changes step by step:** Often with change our desire is for it to happen right away. It is natural to get discouraged if we are not achieving our goals. For this reason I suggest breaking down our intentions and goals into baby steps. Work on making a small change and celebrate the accomplishment. Not only does this help us to keep focussed on our goals but it also helps reinforce the wins.

- ◆ **Forgive yourself:** We all have an inner voice and thoughts throughout the day. For many of us, that inner voice can be very critical. We often feel bad or guilty for not doing the things we know we should be doing. What I mean by this is to acknowledge the thoughts we are having but also forgive ourselves for what we feel we have not been able to do. Think about the next day as being a new day with a new start.
- ◆ **Be grateful:** Human nature is often to focus on the negative and ignore the positive. Gratitude is a practice where we think about 1-5 things we are grateful for. Start or end your day with this activity to help give you a new perspective. You will be amazed at how something so small can create more joy in our lives.
- ◆ We often forget to take care of ourselves and actually prioritize our needs. You are important and the only person who can take care of you is YOU.

*Dr. Karm Hans is a Doctor of Naturopathic Medicine at Equilibria Health Centre . You can also connect with Karm via phone at 647-497-8338 or via email at [karmhans@gmail.com](mailto:karmhans@gmail.com).*



## Exercise Move of the Month

By Kristi & Matt  
[www.highlandfit.com](http://www.highlandfit.com)

### The Squat

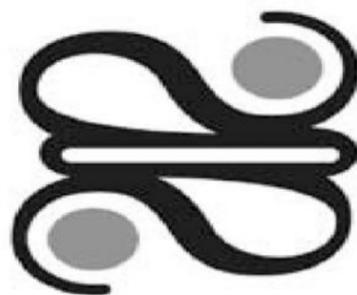
This movement is a foundation for so many things in daily life — getting up from sitting, bending to pick things up, and lowering oneself from standing.

To do this movement properly;

1. Start with feet shoulder width apart, turn feet slightly outward by rotating your hips, not the knees.
2. Begin to lower your body towards the floor, allowing ankles to bend and the angle from knee-to-ankle to be diagonal. Go as low as you can, keeping both feet flat on the floor. Rise back to standing by pushing from feet, heels, calves and backs of legs, with a gentle squeeze of your backside at the top.



Try to work 5 of these into your daily routine as a start and increase the number each week.



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Calling out to our Highland Creek neighbours to help us put on the best festival for our community!

Come volunteer with us!

Volunteers are needed for Saturday, June 18th — 9:00 a.m. to 5:00p.m. Highland Creek Community Park, 3500 Ellesmere Road

We need volunteers like you!

“Volunteers don’t necessarily have the time — they just have the heart!”

If you would like to help out, you can reach us at

[festivalhighlandcreek@gmail.com](mailto:festivalhighlandcreek@gmail.com)

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**GO TO [www.change.org/HighlandCreek-BRT](http://www.change.org/HighlandCreek-BRT) TO SIGN!**

More info: [www.myhighlandcreek.org/brt-developments](http://www.myhighlandcreek.org/brt-developments)

## Durham-Scarborough Bus Rapid Transit - A New Spring Campaign

Doug Phillips

In April, we plan to start a new campaign with lawn signs and banners. If you still have a lawn sign in your garage from last summer, join us and place it on your lawn. Send us an email at [myhighlandcreekcommunity@gmail.com](mailto:myhighlandcreekcommunity@gmail.com) if your lawn sign bracket is broken and we will work to replace it.

The HCCA – DSBRT Committee submitted a report recently to the Minister of the Environment in response to the Metrolinx – Transit Project Assessment Process report.

The full Metrolinx report is available online on our website at [www.myhighlandcreek.org](http://www.myhighlandcreek.org). A copy of the report can also be viewed at the Highland Creek branch of the Toronto Public Library.

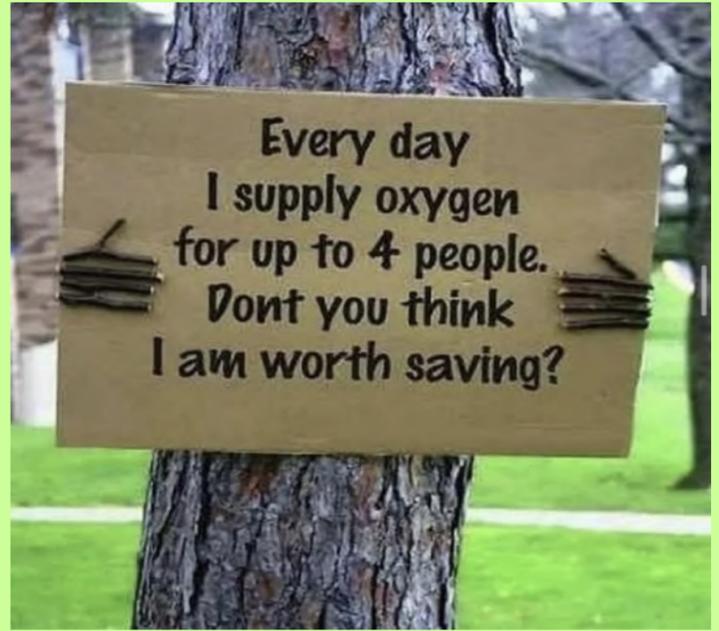
The following are abbreviated excerpts from the Highland Creek Community Association’s report submitted on February 22nd, to the Minister of the Environment for review. It emphasizes the HCCA’s and the community’s opposition to the DSBRT along Ellesmere Road. Excerpts from the Arborist Report are also included.

We highlighted that Highland Creek is strictly a residential area. Homes are purchased for the idyllic feel, its safe and clean environment and the mature tree-lined streets. The trees are home to a large variety of birds, and in the conservation area on Ellesmere Road there are several species of wildlife. Our residents expressed concerns over the impact that the proposed DSBRT will have on their community, and in particular on Ellesmere Road. Over 300 hundred lawn signs were displayed that promoted the “Stop the Durham/ Scarborough Bus Rapid Transit”.

The DSBRT-proposed centre median transit lanes on Ellesmere Road in Highland Creek will:

- ◆ divide the community,
- ◆ result in residents being unable to make left-hand turns into or out of their driveways,
- ◆ side roads will have the same turning restrictions and suffer an increase in traffic,
- ◆ provides little, if any, improvement to the transit needs of Highland Creek residents
- ◆ duplicates existing TTC services that will have to be retained,
- ◆ may only save one minute of travel time between Kingston Road and Military Trail / UTSC, and,
- ◆ have buses (Pulse and TTC) passing every minute or two in each direction thereby creating unsafe situations for pedestrians crossing Ellesmere Road.

Reviewing the submission by Metrolinx, the HCCA considers the two most important issues related to be climate change and the removal of trees, many of which are on private property.



### Climate Change —The Impact of Tree Removal

The DSBRT route is 36 km long:

- ◆ Trees to be removed — 3,278, plus 618 impacted or injured by construction
- ◆ Total — 3,896 or 108 trees/km
- ◆ In Highland Creek on Ellesmere Road (2.8 km), 271 trees will be removed, plus 49 impacted or injured
- ◆ TOTAL — 320 in Highland Creek, or 106 trees/km

The loss of these trees will have a huge impact on the health and wellbeing of all residents along the DSBRT route. The City of Toronto Council, in 2012, adopted a goal of 40% tree canopy. Toronto's urban forest provides \$55 million in environmental benefits every year including improved air quality through pollution removal.

Through shade and transpiration, increasing urban tree cover can mitigate exposure to extreme heat events. A higher density of trees in a neighbourhood has been shown to significantly improve physical and mental health, such as reducing blood pressure and stress levels and promoting physical activity. Trees also make urban environments aesthetically more pleasing which raises property values.

## THE HCCA

Highland Creek Community Association is made up of Highland Creek residents who support in various ways for the betterment of the entire community.

### MEMBERSHIP SUPPORTS YOU

Annual membership is \$10 (or \$20 for 2 years), which allows you to advocate on your behalf. The HCCA represents the interests of residents in bringing local issues to all levels of government. Issues include: development, traffic, zoning, property standards and other issues of importance to you.

Members coordinate annual events, bringing the community together to enhance our community and sense of belonging. The HCCA is working for the beautification and restoration of the Highland Creek area and also provides a range of shared spaces, such as the Highland Cemetery, and community gardens. Highland Creek Villagers parks. HCCA volunteers also deliver The Villager newspaper — and manage the website, social media and provide residents local engagement.

For more information on the HCCA, or to join, visit:

[HIGHLANDCREEK.ORG](http://www.HIGHLANDCREEK.ORG)



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### HIGHLAND CREEK COMMUNITY EARTH DAY CLEAN-UP

**SATURDAY,  
APRIL 23RD  
@ 9:00 A.M.**

On Saturday, April 23rd, all neighbours are invited to join in and pitch in, helping to clean up our earth, our neighbourhood.

Meet us for 9:00 a.m. at the Wesleyan Cemetery in the Village for a community clean-up of our shared spaces. Supplies provided.

To sign up prior to the 23rd call Blair at 416-282-9792 or email [highlandcreekvillager@gmail.com](mailto:highlandcreekvillager@gmail.com)



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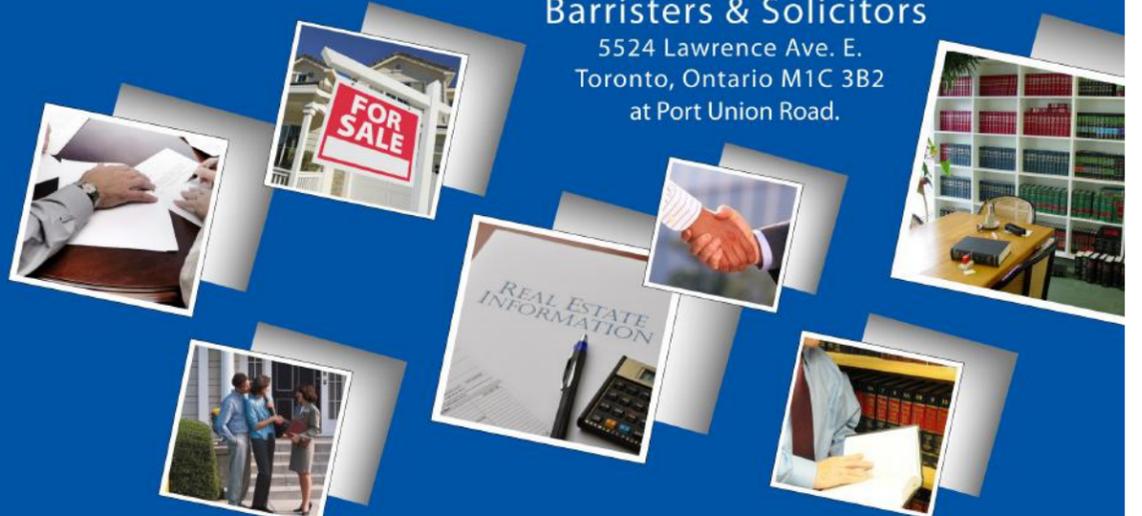
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# SINGLE-USE AND TAKEAWAY ITEMS REDUCTION STRATEGY

City of Toronto encourages residents and businesses to reduce the use of single-use and takeaway items



In 2018, Toronto City Council directed Solid Waste Management Services (SWMS) staff to develop a Single-Use and Takeaway Items Reduction Strategy.

A single-use or takeaway item is any product designed to be used once and then disposed of in the garbage, Blue Bin (recycling) or Green Bin (organics). Typically, these products are not designed for durability or reuse.

The City of Toronto conducted consultations with stakeholders and the general public in 2018 and 2019 to help identify which single-use items to reduce and which approaches to use to restrict these items. Plans to present a final recommended reduction strategy to City Council in 2019/2020 were put on hold as the City focused its efforts on response to the COVID-19 pandemic.

On June 9, 2021, Toronto City Council approved the [Single-Use and Takeaway Items Reduction Strategy – Stage 1](#).

Reducing single-use and takeaway items supports recommendations in the City’s

[Long Term Waste Management Strategy](#) and will help the City of Toronto become a zero waste and circular city.

As part of Stage 2 of the reduction strategy, SWMS conducted a final round of consultations from February 14 through March 6, 2022 that included an online survey, interviews with businesses, and virtual meetings with stakeholders and the general public.

The objective of these consultations were to seek feedback on the proposed timing of implementation of the reduction of items recommended in previous consultations (straws, utensils, hot & cold beverage cups, bags and foam takeout containers), the timing of implementing mandatory measures, additional single-use and takeaway items to be addressed through the reduction strategy and the fee amounts associated with some mandatory measures.

The information gathered through the consultations will inform a Committee/Council Report that will be considered by the Environment Committee and City Council in Spring 2022. The report will include a final proposed reduction strategy with mandatory measures and implementation timelines.

Our community can start taking action now by choosing to reduce single-use and takeaway items like eating utensils, straws, stir

sticks, condiment packages, and beverage takeout trays, whenever possible. These and other single-use and takeaway items required valuable resources and energy to produce, collect, and process and dispose of, but are not used for long. As a result, they create more waste and litter, and can be an unnecessary cost for businesses.

There are some easy ways to reduce your use of single-use and takeaway items. Here are some suggested actions you can take:

- ◆ choose reusable bags, bottles and mugs instead of disposable when you're on the go;
- ◆ say “No, thank you” to single-use items you don't need whether in-store or online, such as napkins, condiments and plastic cutlery;
- ◆ bring food storage containers when dining out in case you have leftovers, and ask for a reusable cup or dish when dining in; and,
- ◆ ask businesses if they offer discounts or other incentives when you bring your own reusable bag or tote box.

The City encourages residents and businesses to actively take measures in their own communities to reduce the use of single-use and takeaway items. To learn more, visit [toronto.ca/single-use](https://toronto.ca/single-use).

## Lawn Wizard

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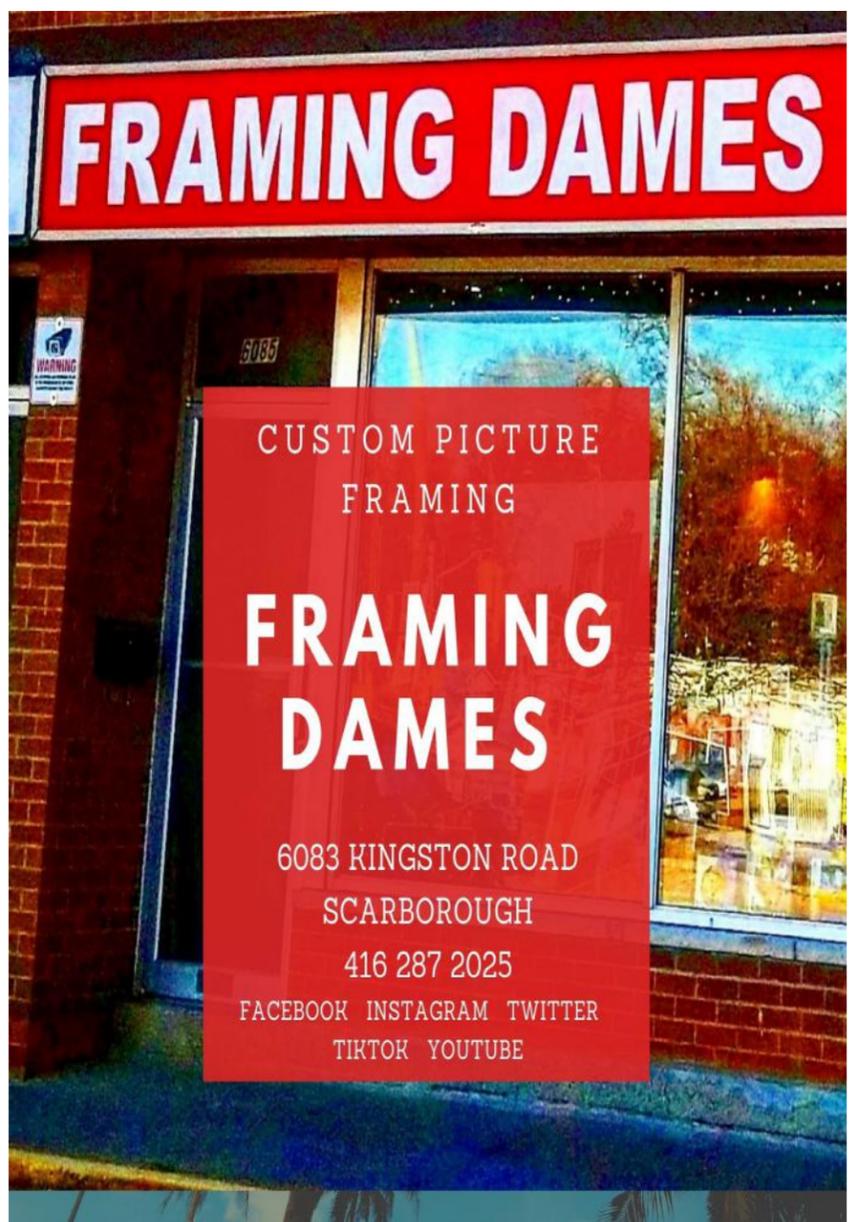
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Dear Highland Creek residents,

I hope you and your family are keeping well!

Please note that the below information might have changed since the time of writing. Please feel free to reach me by email at [vijay.thanigasalam@pc.ola.org](mailto:vijay.thanigasalam@pc.ola.org) or by phone at 416-283-8448 for the most up-to-date information.

### First-ever Medical School in Scarborough

The Ontario government has announced that the new University of Toronto Scarborough Academy of Medicine and Integrated Health will receive 30 undergraduate seats and 45 post-graduate positions. We are significantly expanding medical school education in Ontario, adding 295 postgraduate positions and 160 undergraduate seats over the next five years. This is the largest expansion of undergraduate and postgraduate medical education in over 10 years. Scarborough's new medical school will give students of today the opportunity to become the skilled doctors serving our community tomorrow that will improve access and quality of care for all Scarborough residents. This expansion will increase access to family and specialty physicians and other health-care professionals in every corner of Scarborough to ensure that residents can access the health care they need, when they need it.

### Investing in Long-Term Care in Scarborough-Rouge Park

I am proud to announce that our government is investing nearly \$4 million for long-term care homes in Scarborough-Rouge Park to ensure that long-term care residents receive - on average - four hours of direct care per day by 2024 - 2025.

Altamont Care Community will receive up to \$1,142,508 for additional staffing this year to increase the hours of direct care for residents.

Extendicare - Rouge Valley will receive up to \$1,674,504 for additional staffing this year to increase the hours of direct care for residents.

Tony Stacey Centre for Veterans Care will receive up to \$872,136 for additional staffing this year to increase the hours of direct care for residents.

Ehatare Nursing Home will receive up to \$261,648 for additional staffing this year to increase the hours of direct care for residents.

### Ontario Signs Child Care Agreement - \$13.2 Billion Child Care Deal Will Lower Fees for Families

The Premier of Ontario and the Minister of Education announced that the governments of Ontario and Canada have signed a better child care deal for your family.

We have signed a historic \$13.2 billion agreement that will reduce child care costs immediately. Families will immediately save 25%, retroactive to April 1<sup>st</sup>, and by 50% on average by December of 2022 – which represents on average roughly \$4,000 per child this year.

Here are some highlights of what this agreement includes:

Reduction of child care fees, through four steps of reduction, to an average of \$10 a day per child five years old and younger.

Parent rebates, retroactive to April 1<sup>st</sup>, to parents will begin in May.

Creation of approximately 86,000 new, high-quality child care spaces for children five years old and younger.

We are getting it done for families!

Thank you for taking the time to read my update to the Highland Creek community. If you would like to sign up for our weekly e-newsletter, please let our office know.

My office and I are always here to help with any provincial matters. If you have any questions or concerns, please reach out to my office via email at [vijay.thanigasalam@pc.ola.org](mailto:vijay.thanigasalam@pc.ola.org) or call 416-283-8448.



I am proud to announce the first ever medical school in Scarborough!

# Community Police Liaison Report



Joy Loewen, Director, HCCA

## Multi-tenant—Rooming House update

Dear Highland Creek Community,

On Feb 22, 2022, Councillor Jennifer McKelvie hosted a meeting concerning Expanding Housing Options in Neighbourhoods (EHON). The presentation, delivered by city planners, discussed how the City’s vision for affordable housing will impact the GTA in the next 10 years and beyond.

EHON encompasses many different housing options, and within this plan multi-tenant/rooming houses are included. It seems to be the cheapest form of housing at city planners’ disposal, and although the City is determined on including this into all communities, this has to be dealt with very carefully and with care. The City claims to have added a few more bylaw officers to police and investigate illegal rooming houses thanks to an increased budget. However, we need to address the illegal rooming houses currently operating before we can move forward with the legalization of new ones.

How City Council plans on voting on this without addressing the current issues shows no concern for the neighbourhoods they represent or the impact it will have. The City’s own goals, motives and gains are being won at the expense of their constituents, all in the name of growth at any cost.

Rooming houses are still illegal in Scarborough, so if you see any suspicious activity on your streets please contact 311 or Councillor McKelvie’s office at 416-338-3771.

Stay safe and be watchful.

Thank you,  
Anna Tsirakidis,  
Director, HCCA

### Break and Enters

Vehicle robberies are up. Please ensure your car is locked and keep the interior clean and free of clutter. Very few robberies have involved forced entry. If anyone attempts a break in of your home or car, please report it to the police at the non-emergency number 416-808-2222, even if you accidentally leave your car or home unlocked.

### Robberies

There has been an increase in personal robberies where the robbers target people looking to purchase high end items on platforms like Kijiji and Facebook Marketplace. The criminals pretend to sell items like high end iPhones, running shoes and jackets and then rob the prospective buyer. Choose well lit, public areas to meet the seller including the police station parking lot. Be aware of sellers changing the location at the last moment.

### Report Suspicious Activity

The reporting to the non-emergency line 416-808-2222 allows the police to link crime.

You can reach out to me at [joyloewen.cplc@gmail.com](mailto:joyloewen.cplc@gmail.com) if there are any community issues you would like brought to the attention of 43 Division.

To get the latest data on all major crimes, visit:

[data.torontopolice.on.ca](http://data.torontopolice.on.ca) and click on Data Analytics and Major Crime Indicators.

There is a lot of great information on the site that is available to all.

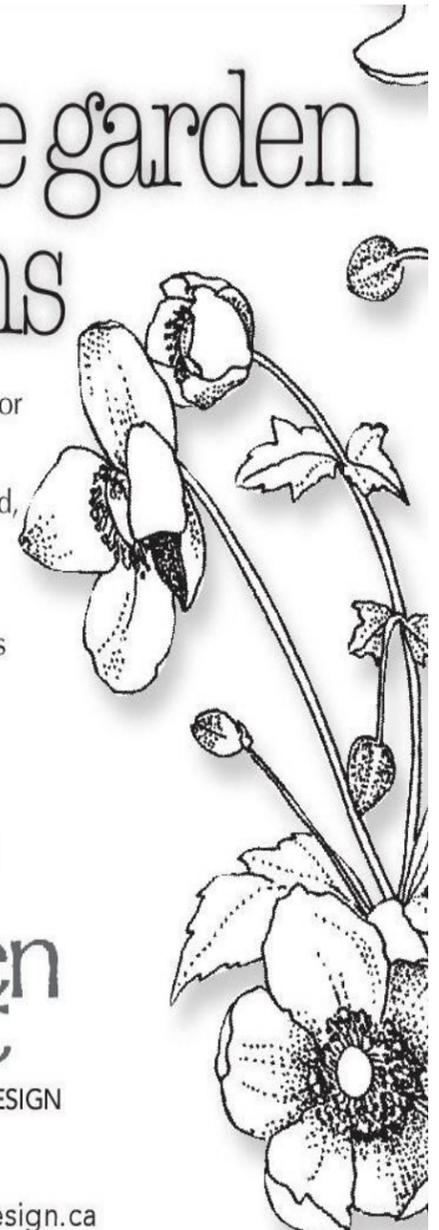
As always, you can reach out to me at the email above with any issues or concerns.

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# Highland Creek Public School



Ms. May Halabi, Principal

Highland Creek Public School is buzzing with activity! As COVID-19 measures are gradually being lifted, students are participating in numerous clubs and sports activities such as Leadership club, Forest of Reading, Math Games, Sports, to name a few. Eco Club organized an informative waste management virtual assembly and are in the process of holding a clothing drive. Our Equity club is preparing for a fundraiser to support families in the Ukraine. We are excited to see the active participation in all events.

We are also gearing up to more activities in the Spring, such as Jump Rope for Heart, Arts club and outdoor sports. We are grateful for our staff who were quick to take on the added responsibility and dedicate their time to support students and provide them with engaging, meaningful and fun events!

Our School Council is also active, and we are thankful for their continuous support and willingness to assist in any endeavour we undertake. Our collaborative efforts in bringing the community and school together supports us and our students in numerous ways. For that, we are truly grateful.

Preparations for our Grade 8 graduation ceremony are underway. We are so proud of all the accomplishments of our students including leadership and academic achievement. We wish all of our Graduates good luck in their future endeavours.

As students transition to high school, we prepare for our new Kindergarten arrivals. Our 'Welcome to Kindergarten' date will take place early in June. If you have registered at our school, you will receive your invitation closer to the time.

We welcome Spring and the warm weather it brings. We hope it offers a renewed sense of hope and brighter days ahead.

**From our Student Reporters (V.A. and A.M. — Gr7/8 Ext. Fr.):**

Many different things have changed in our lifetime, but we can all agree that the COVID-19 pandemic has been one of the most unexpected and sudden changes to our lives. It showed us several different ways to entertain ourselves by taking up hobbies we probably wouldn't have even thought of trying. We also

built new relationships and became closer with people while at the same time, distancing ourselves for safety.

Schools were impacted in many ways. We were able to adjust to a new way of life. Fast-forward to now, and things have improved so much, however, two-and-a-half years ago we would've never anticipated any of this to happen.

In 2022, we have started a new chapter, a new beginning in our lives. Now with the vaccine and the booster being available, and with traveling and malls opening, things are starting to look up. At school, we've recently been able to start clubs and the mask mandate may even be lifted soon! Highland Creek P.S has started to bring back our extra curricular activities like the "Leadership Club" and the "Sports Club." These clubs have been amazing for students, and I think the staff at our school have been seeing very positive responses by restarting these activities. Joining the leadership club means that students help organize fundraisers and host different events to keep our peers entertained. Although opening a few clubs is a small step back to normal, a step forward is better than staying in the same place. In leadership we're taught how to organize, plan, assemble events and fundraise any school functions that are being held. As leaders, we support the younger students and are there to assist them with any tricky tasks. Leadership helps you develop many learning skills, and I think everyone who has joined the club will agree with us when we say that this club is of great benefit to all of us.

These past few years have most definitely been tough, and restarting school in person has made such a beneficial impact on our mental and physical health. In person, we are more engaged in our learning and we are so grateful to be able to return to school and continue our education. We have noticed that while students have had a tough time adjusting at the beginning of this pandemic, they are now getting used to a new routine and willingly have done their part in keeping our school a safe place to be.

Nothing says friendship, sympathy, or love quite like fresh flowers. From birthdays to Mother's Day to get well flowers, you can trust Lavender Rose Flowers, Inc. to have just the right bouquet for any occasion.



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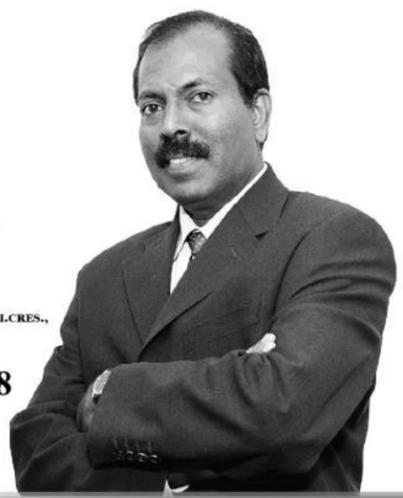
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Here at your Toronto Zoo, we are excited to welcome some wonderful new members to our Zoo family!

As the snow melts away and we welcome the first signs of Spring it feels like a time for new beginnings, and nothing says new beginnings like cute animal babies!

Here at your Toronto Zoo, we are excited to welcome some wonderful new members to our Zoo family!

January started the baby craze with three fluffy cheetah cubs, born Monday January 24th. This was the first litter for new mom, Emarah, and she took to her motherly duties almost immediately. Now eight weeks old, the cubs weigh between 7.5 and 8.5 pounds, and we can confirm we have two males and a female. Until they are fully vaccinated they will remain cozy in their indoor habitat. As they grow and get stronger, they will be introduced to their behind-the-scenes outdoor habitats, and eventually to the main cheetah habitat where you will see them later this Spring!

February was a month of anticipation as we awaited the arrival of our expected

giraffe calf. Our patience was rewarded on Thursday February 24, when Masai giraffe Mstari gave birth to a six-foot male calf! This is the second offspring for both mother Mstari, born at the Zoo in 2013, and father Kiko, a nine-year-old male. Mstari's first calf, Amani, now 22 months old, is curious about this newest addition but has accepted him into her daily family routine.

This beautiful male calf arrived at the same time as the horrific events were escalating in Ukraine, which caused us to reflect and consider how this birth could connect with those facing challenges beyond our imagination. We made the decision to call him Matumaini, which means Hope in Swahili.

Our twenty-nine-year-old Sumatran orangutan Sekali is due to give birth any day now!

Orangutan pregnancies are a little shorter than in humans, averaging about 8 months.

The babies are much smaller than human infants, generally only 3-5 pounds at birth. While you can see a baby bump if you look really closely, it is amazing that mother orangutans gain less than 10 lbs during pregnancy!

Some of the most common questions we are asked pertain to pairings and how family dynamics work here at the Zoo. For example, why do males and females in many of our species live separately? The answers to these types of questions are rooted in our participation in the Species Survival Plan (SSP) program, which is run through the Association of Zoos and Aquariums. It ensures every animal in our care is genetically healthy and is a vital step in helping to fight extinction in at-risk species. Our baby cheetahs, giraffe, and orangutan are all a result of the pairings recommended by the SSP program and bring us one step closer in our conservation efforts in saving these incredible endangered species.

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OUR SERVICES

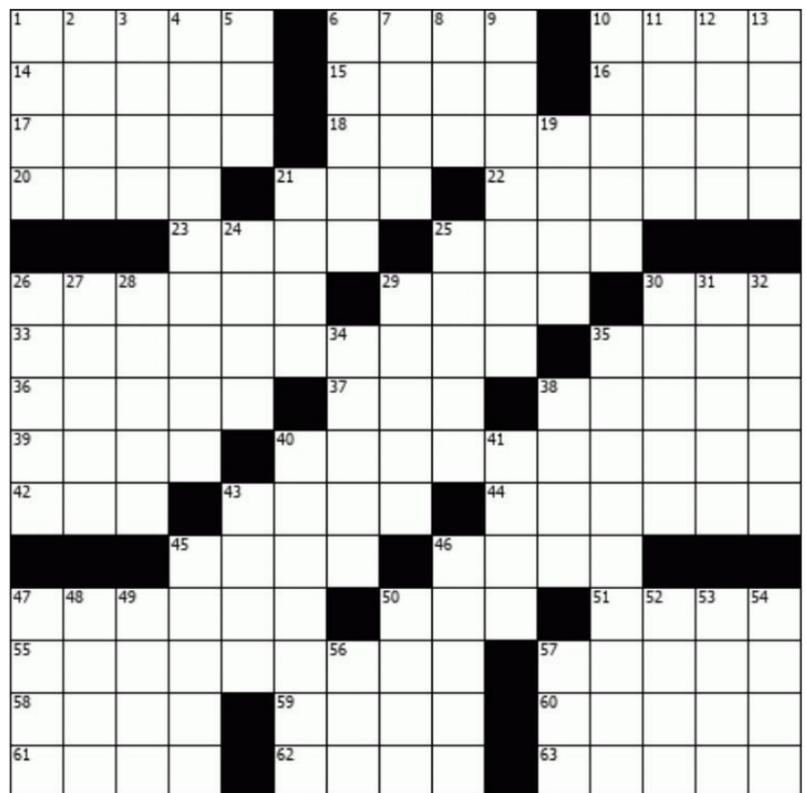
- Skin Care - Facials
- Makeup
- Manicure
- Pedicure
- Hair Removal - Wax, Laser, Threading
- Massage - RMT
- Naturopathy

# POETRY & PUZZLES

**Across**

- 1. Rascal
- 6. Painter Salvador \_\_\_\_
- 10. Profess
- 14. Sound
- 15. Balanced
- 16. Sub store
- 17. Endure
- 18. Wetted
- 20. Large truck
- 21. \_\_\_\_ voyage!
- 22. Walk cautiously
- 23. Whirled
- 25. Shipped
- 26. Moon feature
- 29. Medical "at once!"
- 30. Watery expanse
- 33. Slept through winter
- 35. Amtrak stops (abbr.)
- 36. Separated
- 37. Buzzing insect
- 38. Bucks
- 39. Gels
- 40. Philanthropic
- 42. WSW's opposite
- 43. Trick
- 44. Get-go
- 45. Not far
- 46. Inner \_\_\_\_
- 47. Sci-fi weapons
- 50. Juan's "two"
- 51. Trigonometry, e.g.
- 55. \_\_\_\_ span
- 57. Weird
- 58. Female student
- 59. Common skin problem
- 60. Look of contempt
- 61. Television award
- 62. Permits
- 63. Gape

## Crossword



**Down**

- 1. Fresh talk
- 2. Attractive
- 3. Eve's guy
- 4. Pastors
- 5. Pea capsule
- 6. Evil spirit
- 7. Stratford-on-\_\_\_\_
- 8. Hawaiian necklace
- 9. As an alternative
- 10. Highly skilled
- 11. Air opening
- 12. Bread topping
- 13. Broad
- 19. Hue
- 21. Scorch
- 24. Sassy
- 25. Navigate
- 26. Run after
- 27. Mature
- 28. Ease up
- 29. Burglarize
- 30. Pierces
- 31. National bird
- 32. Resource
- 34. Detest
- 35. Declaration
- 38. Toe trauma
- 40. Of the seashore
- 41. Certain debts
- 43. Feathery plant
- 45. In want
- 46. Hues
- 47. Lingerie edging
- 48. Molecule part
- 49. Flower stalk
- 50. Stop that!
- 52. Locale
- 53. Row
- 54. At this location
- 56. Hockey surface
- 57. Road curve

**I Will Never Be Blue**

I see a world in dire need of rose colored glasses  
 though the earth has memorized the cradle of my form  
 I have yet to find the fitted shape of my reality;  
 Looking around me I see scared people living in fear  
 crucially masked they long for, yesterday's dream;  
 The elongated hope that has stretched our living days  
 is coming to an end. It is time for positive change...  
 One day soon you will see my pupils once again  
 and I will blind you with the sight of my smile !  
 You will feel my hug, and when we touch again  
 the cornerstone of our free world  
 will pierce through past illusions  
 and you will see me as the girl you once knew  
 I will be happy all the time and I will never be blue.



art by  
Victor  
Lehkodukh

Written by: Mystic Rose

## Sudoku

The classic game Sudoku consists of a grid divided into nine large squares, each containing nine cells. The rules of the game are as follows: Fill in numbers 1-9 into each cell, but each number can only appear once in any given row, column or larger square. Each puzzle has only one correct solution.

Good luck!

	4		6					
		2	7	4			1	
6				9	5	7		
					8			7
1		4				8		5
7			4					
		3	5	7				6
	6			3	4	2		
					9		3	

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Word Search

Blooming into Spring



R	R	M	I	T	E	H	E	G	A	R	D	E	N
T	E	I	N	S	I	C	I	S	U	M	U	U	G
S	N	A	N	H	E	U	U	A	S	G	E	S	L
R	L	M	R	I	G	G	R	E	E	N	I	R	U
O	B	U	H	R	I	C	P	E	S	I	C	I	F
O	I	B	B	T	B	S	I	S	U	X	T	A	E
D	K	D	A	H	L	U	C	E	N	A	I	N	C
T	I	E	U	R	X	R	N	H	S	L	D	G	A
U	N	C	D	M	B	C	I	F	H	E	B	C	E
O	G	M	L	S	D	E	C	E	I	R	B	P	P
A	U	I	T	I	N	E	C	G	N	H	I	K	E
S	R	E	W	O	L	F	N	U	E	B	S	S	E
Y	T	R	E	I	R	B	R	E	E	Z	Y	E	A
S	L	A	D	N	A	S	E	S	S	A	R	G	N

- |          |        |          |         |
|----------|--------|----------|---------|
| RELAXING | MUSIC  | OUTDOORS | FLOWERS |
| BARBECUE | GREEN  | GARDEN   | PICNIC  |
| HIKE     | MUD    | GRASS    | BIKING  |
| SUNSHINE | BREEZY | PEACEFUL | SANDALS |
| TSHIRT   |        |          |         |

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(check out a sermon or two!)

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Dr. Anu Sriskandarajah, Trustee

**Combatting Hate and Racism – Student Learning Strategy**

Hate and racism in any form has no place in schools and workplaces and we are committed to interrupting and confronting racism, discrimination and hate, in all of its forms when we see or hear it.

Every day, there is an incredible amount of work happening in classrooms and schools every day to support this commitment through professional learning, curriculum resources, encouraging and supporting critical conversations and building connections with each other as well as community organizations to support this important work.

[Learn more about our strategy.](https://www.tdsb.on.ca/About-Us/Equity-Anti-Racism-and-Anti-Oppression/Combating-Hate-and-Racism-Student-Learning-Strategy)  
<https://www.tdsb.on.ca/About-Us/Equity-Anti-Racism-and-Anti-Oppression/Combating-Hate-and-Racism-Student-Learning-Strategy>

**Backpack and School Supplies Drive**

All students should have access to backpacks and school supplies to help them get the most out of their school experience – and you and/or your business can help our students and families in need with a donation to the TDSB’s Backpacks & School Supplies Drive!

This year’s Backpacks & School Supplies Drive will run from March 1, 2022 to the end of September 2022. Individual donors and companies can help our students by making a monetary donation and/or a donation of **new** backpacks and school supplies. Tax receipts are available for these donations.

[Learn more: https://www.tdsb.on.ca/About-Us/Partnership-Opportunities/Business-Development/Backpack-and-School-Supplies-Drive](https://www.tdsb.on.ca/About-Us/Partnership-Opportunities/Business-Development/Backpack-and-School-Supplies-Drive)

**Free Employment Services for Job Seekers in the GTA**

For free, job seekers can access employment services and resources to get a job; secure the training you need for a new career; and so much more. The TDSB’s Community Services Unit operates seven convenient Next-Steps Employment Centres across the GTA. Visit [www.next-steps.ca](http://www.next-steps.ca) to learn more.

**Free Enhanced Language Training for Newcomers**

Continue your professional career in Canada! Internationally Experienced/Educated Professionals new to Canada can sign up for the Community Services’ Enhanced Language Training (ELT) program. Trainees receive in-class instruction on their sectors and gain the opportunity to secure work placement in their related industry. Learn more at [www.elt4employment.ca](http://www.elt4employment.ca).

**Learn4Life Adult General Interest Program**

Learn a new skill or take up a hobby this spring with courses in art, computers, food, languages, fitness and much more! Both in-person and online classes are available. Registration is now open. [View our online brochure](#) for more information.

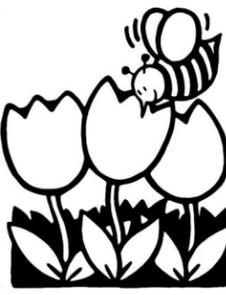
**Adult ESL Program**

Adult learners will have an opportunity to improve their English in-person and online with the TDSB. A broad range of English as a Second Language classes will be available, from beginner to advanced levels. Learn more by [visiting our program website](#).

**Environment, Energy and Climate Action**

The Toronto District School Board is dedicated to preparing young people for their future and recognizes its obligation to respond to the escalating climate crisis with education, action and leadership.

[Learn more](#) about the history of climate action and sustainability at the TDSB. <https://www.tdsb.on.ca/environment/>





Garry Tanuan, TCDSB Trustee

As we celebrate the Lenten Season from Ash Wednesday to Good Friday, we prepare ourselves through prayer, fasting, and alms giving for the holiest Christian time of the year, the Easter Triduum! It is a time when we are given the opportunity to ponder and reflect on all that is currently happening around us. On one hand, we are heartened that the pandemic restrictions are being lifted and a sense of hope to normalcy is finally upon us, while on the other hand, we're anxious about the eminent threats to our freedom in society as terrible events unfold. We can unite our own pain, and sadness with the sufferings of Christ. Many of our TCDSB families have deep connections to Ukraine and have been profoundly affected by recent events. Let us pause to reflect and ready our hearts as a family, offering our prayers, relief in all forms and providing the much needed comfort and support.

On March 3, 2022, at the *Student Achievement & Well-Being Board Meeting*, the *TCDSB Board of Trustees* passed a motion to stand in solidarity and support **#StandWithUkraine** by declaring March 10, 2022 as *'Blue and Yellow Day'*.

A Ceremony and Flag Raising was held at the Catholic Education Centre as a symbol of our ongoing support and hope for peace. Schools throughout the Board participated in recognizing *"Blue and Yellow Day"* as *toonies were donated. Funds raised will go directly to the Ukraine Humanitarian Appeal.*

**Apply for the Playground & Schoolyard Revitalization Fund - \$100,000 per ward available!**

School communities are invited to submit applications via their Principal for funding their outdoor improvement projects. This includes playgrounds, sports, or outdoor learning projects. For questions, contact [play.ground@tcdsb.org](mailto:play.ground@tcdsb.org). Application deadline is April 5, 2022.



Olympic Swimmer and St. Brendan Graduate Kayla Sanchez – an Inspirational Message of Love and Courage

Kayla Sanchez, St. Brendan Catholic School graduate and alumni is a Canadian Olympic Level swimmer. As a member of the Canadian National Team, she has represented Canada at the Olympic and World championship level and is a two-time Olympic medalist. She is one of Canada's most prominent Filipino Canadian Athletes.

*"Be humble and wish others well. Have courage to overcome obstacles. If you face challenges, keep doing what you love. Be your strongest supporter and remember your family and friends love and support you."* After overcoming a shoulder injury and surgery in 2020, Kayla Sanchez worked extraordinarily hard to win at the Olympics during the summer of 2021.

Congratulations and well-done Kayla! Mabuhay!

**FAQs**

<https://www.tcdsb.org/FORSTUDENTS/back-to-school/Pages/faq.aspx>

**Questions?**

Contact: Trustee Garry Tanuan (416) 512-3408 or (416) 222-8282 ext. 2659

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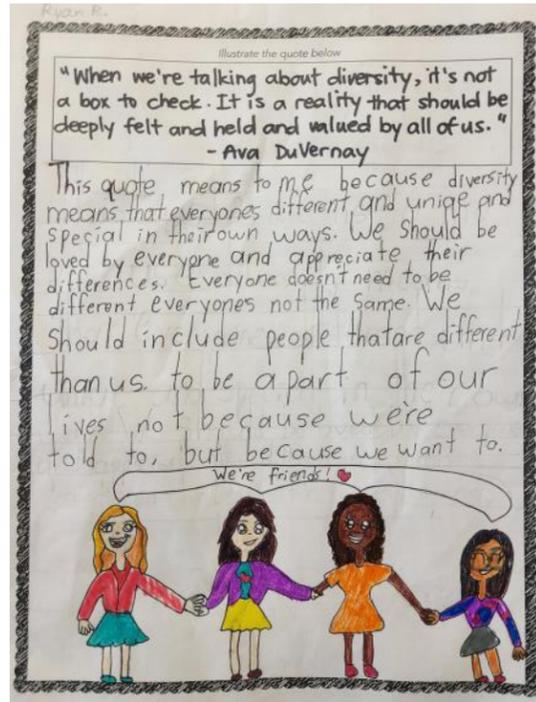
# Cardinal Leger Catholic School

Mrs. Shantelle Fernandes's Gr. 3/4 class

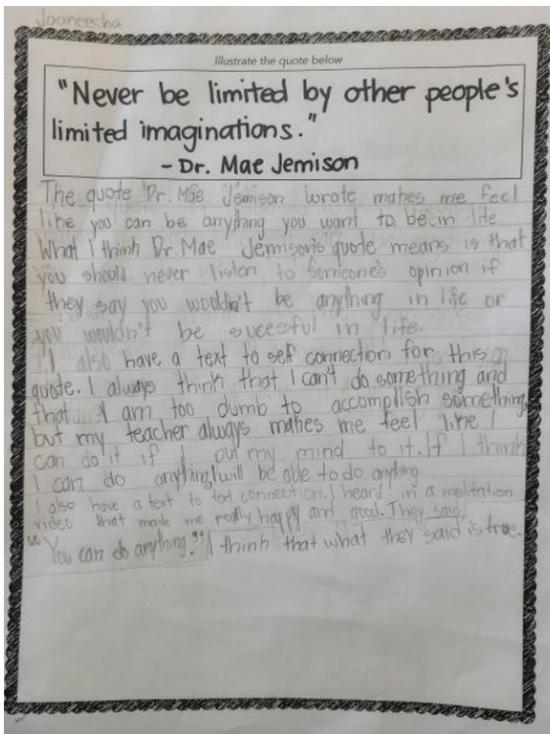


At Cardinal Leger Catholic School, Mrs. Fernandes' Gr. 3/4 class have been working hard throughout the year to understand representation, advocacy, and social justice issues while celebrating the continued influences of racialized leaders in our daily lives.

In addition to various learning experiences, students had the opportunity to deconstruct famous quotes and discuss their understanding of each, to promote healthy racial and social identity development year-round. Students also got their creative juices flowing when recreating masks by Lois Mailou Jones - a former textile designer turned influential fine arts contributor, who faced strong racial prejudice not only as a woman but as a racialized woman in the Arts. Lois (as well as many other activists, scientists, designers, etc.) exhibited bravery, resilience, determination, and stories of truth that we continue to admire and unpack beyond February.



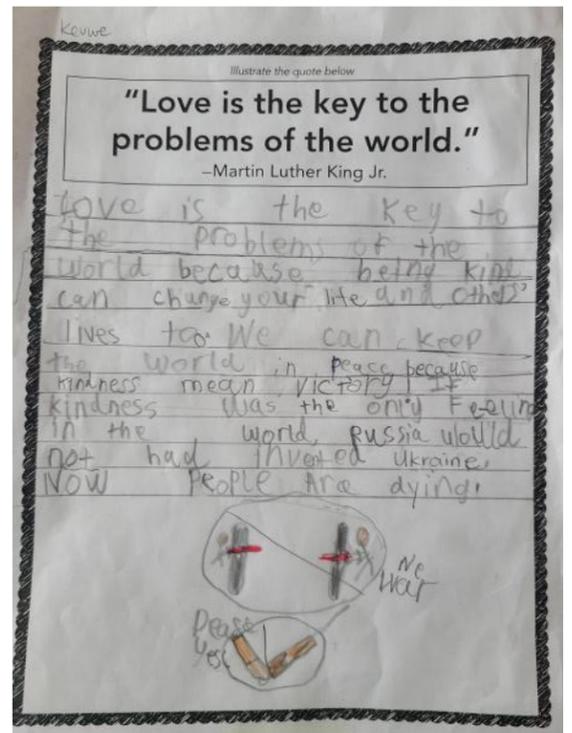
Ryan Romin  
(Ava DuVernay quote)



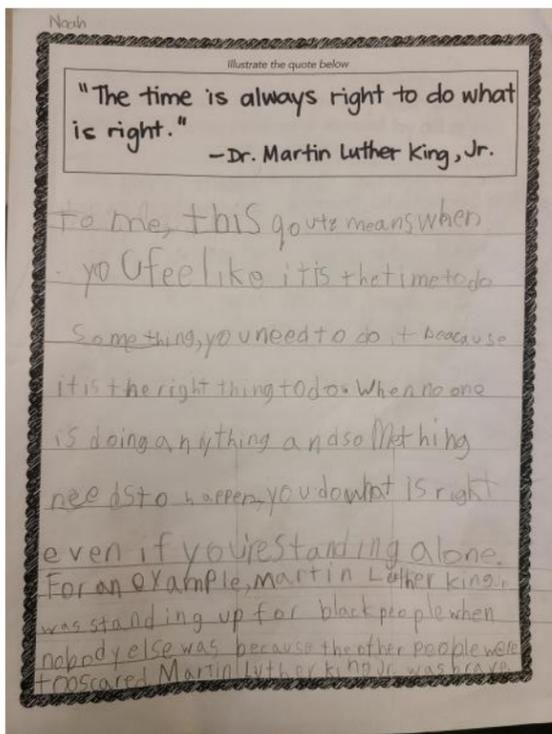
Jaaneesha Navanathan  
(Dr. Mae Jemison quote)



Emily Manapul  
(pink, purple, and blue mask)



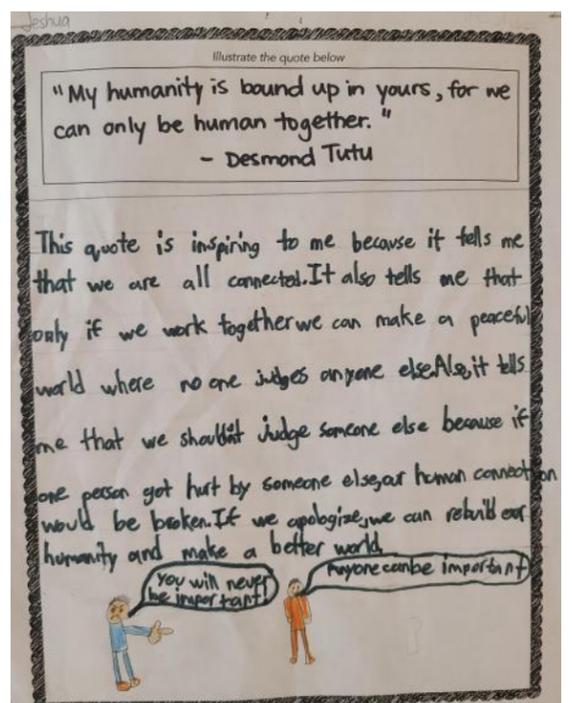
Oghenekevwe "Kevwe" Iruvwe  
(Martin Luther King Jr. quote)



Noah Wooling  
("The time is always right..."  
Dr. Martin Luther King Jr. quote)



Karissa Kalladeen  
(green, white, and orange mask)



Jeshua Biju  
(Desmond Tutu quote)

**HIGHLAND CREEK COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING**  
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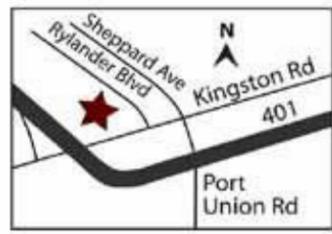
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