The Voice of the Highland Creek Community



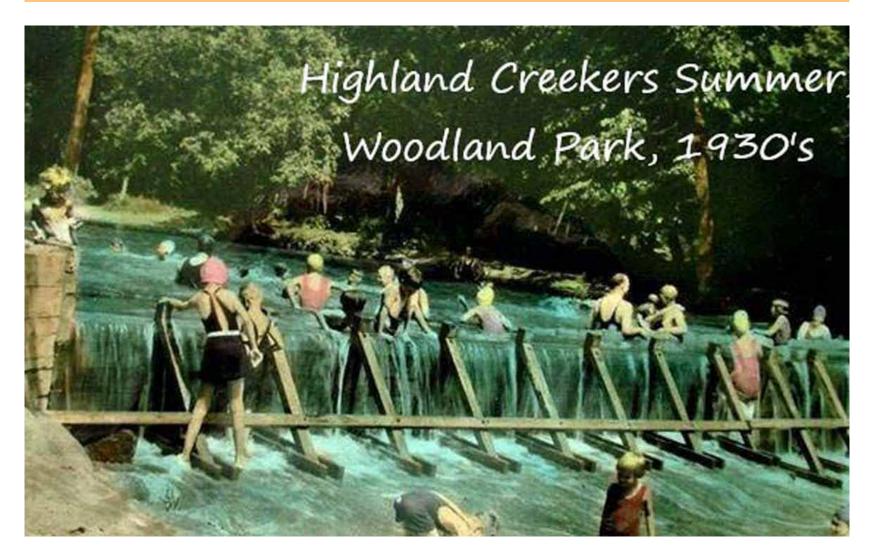


The Villager XLIII No. V

SUMMER IN THE CREEK EDITION

July/August 2019

Highland Creek 'Village News' Board on Old Kingston Rd. Showcasing Past, Present and Future Highland Creek events. Submit local happenings to HighlandCreekVillager@gmail.com For more information see page 16





"As the Mayor John Tory moved about the 34th Highland Creek Heritage Festival he was followed by a crowd of people wanting a picture with our fabulous Mayor and his famous Toronto Raptors Blazer!" Festival highlights and story on Page 10/11



HighlandCreekVillager@gmail.com

Summer In The Creek Edition

David Adamson, President Highland Community Association



area.



Plant.

Advertise in the Villager News

The Villager News not-for-profit *Advertising can be paid by cheque, cash newspaper is published by The Highland Creek Community Association and distributed to 5200 homes and businesses throughout Highland Creek. Our intention is to showcase life in Highland Creek, sharing news and updates from our community. Contributors are local people. Volunteers deliver the paper to your door. The Villager News is published five times per year. Advertisers are local or neighbours to Highland Creek. Advertising costs are located at www.myhighlandcreek. org.

Article Submissions

Local editorial content submissions are always welcome, including topics such as: poetry, short story, lifestyle, recipes, gardening, local interest, local events, photos, book reviews, public events, student life, nature, history, health and fitness.

Thank you to the volunteer writers/contributors to this edition: Elma Todkill, Lora Tomasino, Vienna Bombardieri, Chris Goethel, David Adamson, Dianna-Lynne Robinson, Eric Schnaider RO., Dr. Karm Hans

If you would like to contribute, email highlandcreekvillager@gmail.com

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Submission Deadlines

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MP Gary Anandasangaree Scarborough-Rouge Park

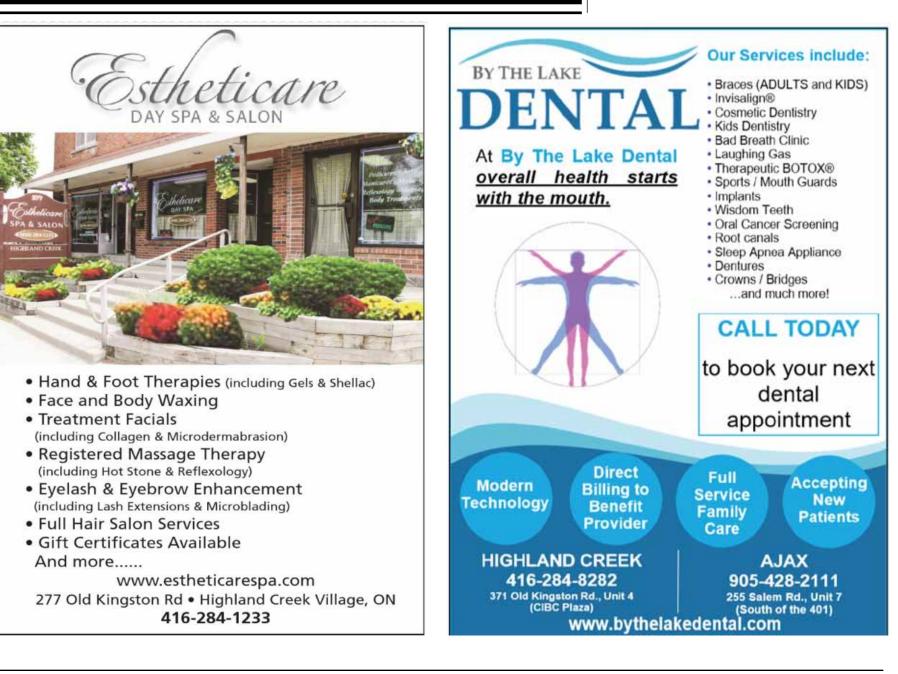
MPP Vijay Thanigasalam Scarborough-Rouge Park

Councillor Jennifer McKelvie Ward 25 (Scarborough-Rouge Park)

TDSB Trustee Anu Sriskandarajah Ward 22 (Scarborough-Rouge Park) **TCDSB** Trustee Garry Tanuan Ward 8 Scarborough

PLEASE NOTE

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





been involved with:

I attended 43 House on June 1st. There were lots of activities and the

Police Officers who serve and protect our

I then went on the Highland Creek Public School's fund raising Fun Day.

On June 6th, the 75th Anniversary of D-Day, a flag raising ceremony was held in the Wesleyan Cemetery. We were proud to have the RCL Branch 258 Colour Guard present with Lt. Cliff Ferguson, a veteran, having the honour of raising the Canadian flag. Many thanks to Blair and James for their assistance.

Next I was at the 43 Division Community Police committee meeting. The police officers will be assigned from zone to neighborhood policing based upon crime scene areas. Fortunately, the crime rate in our area has remained low.

I then went to the Duffin Creek Pollution Control Plant in Pickering. I got to see the fluid Bed Biosolids Incinerators at the York/ Durham Region Duffin Creek Wastewater

Thanks to all the volunteers and committee members who contributed to making this a successful day in the park.

Treatment Plant. These incinerators use the same technology as those to be installed at the Highland Creek Wastewater Treatment

June 14th, 2019. Really Big Day! 50th Wedding Anniversary.

34th Annual Heritage Festival was held for the first time at the Highland Creek Community Park on June 15th. Over 3,200 people attended. Mayor John Tory attended and read the Proclamation along with MP

Here are some of Gary Anandasangaree, MPP Vijay Thanithe activities I have gasalam and Councillor Jennifer McKelvie.

My wife, Barbara, was pleasantly surprised when we were presented with acknowledging our 50th Anniversary.

Thanks to all the volunteers and interesting family committee members who contributed to David Adamson, HCCA President making this a successful day in the park. I can be reached at 416 281 7758 or opportunity for residents to meet with the A special thanks to Robert Guy and his dw.adamson@rogers.com

stafffrom the Scarborough Parks and Recreation for their co-operation in having the park in such immaculate condition.

There was a Canada Day celebration on Division's Open certificates from each of the dignitaries July 1st at RCL Branch 258 featuring a short parade and other activities



Mayor John Tory, Councillor Jennifer McKelvie, MPP Gary Anandasangaree and MP Vijay Thanigasalam each presented the couple with special words and gifts.

Highland Creek Elders David and Barbara Adamson celebrate 50 years of marriage

*With so many years of dedication to the community of Highland Creek, a list of accomplishments a mile long: Chair of the Highland Creek Heritage Festival and President of The Highland Creek Community Association, Mr. Adamson and his wife Barbara demonstrate community, family and making meaning of what a village is: giving support to one another, through the tough times and the good times.

Your HCCA Membership Supports Hig Events HCCA Membership Form \$10 Annual Membership Complete this form, then drop in box with yo annual household fee of \$10.	www.myhighlandcreek.org
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Check all applicable I would like to join or renew my and I enclose payment for \$10 (1) I support the work of HCCA & have \$ Total amount enclo	nual HCCA membership. year) \$20 (2 years) e added my donation for

New Highland Creek Hot Spot: "Six Social"

By Chris Goethel

Welcome to Six Social Lounge and Grill. This new Highland Creek restaurant lounge is located at 360 Old Kingston Rd in the Highland Creek Village. Recently, I had the pleasure of meeting with Vick Pathmanathan, one of the four owners of this new venue, who explained his vision for the new eatery.

In essence, he notes that Scarborough is a cross section of the world with many different cultures living here and this is his ode to Scarborough. The menu offers a selection of foods from around the world, from Spanish Paella to Greek Gyros to Indian Butter Chicken and beyond.

His father and one of the other partners are trained chefs with experience in a number of kitchens. A quick tour of the kitchen showed me that they can deliver the flavour goods. Vick is at the front of the house and one can sense his pride as he seats customers. The décor is smart without being overbearing and allows for a casual conversation, which is the "Social" part of the name. Vick is looking to create a nice

easy going restaurant with an ambiance and atmosphere which is relaxing and engenders good conversation. They do have a TV which may be set to a sporting event but, barring playoff runs, the sound is usually off and quiet



background music playing.

They are open at lunch with daily lunch specials and complimentary coffee for that business deal or that book club lunch. However, come dinner time, this may just be the place to go in Highland Creek for you and that special

The menu offers a selection of foods from around the world, from **Spanish Paella** to Greek Gyros to Indian Butter Chicken and beyond.

Page 4

someone to have a romantic tête-àtête. They have a well-stocked bar for cocktails and a surprisingly good wine list. The fragrances from the kitchen cannot be ignored.

I should note as well if you are looking for a place to host a fund-

raiser or similar group event, speak to Vick as I'm sure he would be interested in hosting and planning the event.

You can find them online at http://www. thesixsocial.com/





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July/August 2019

myhighlandcreek.org

day-to-day decision

making at City Hall.

long-term planning

will take into account

the resilience strategy

can act and implement

city that works in the

future. In the long

term, the Resilience

Strategy will help

mitigate the effects of

flooding, heat waves,

and climate change in

So happy to represent a tight-knit community like Highland Creek!

I had so much fun seeing so many of you at the Highland Creek Heritage Festival! It was such a fun and positive event with great energy attended by so many committed community members, residents, businesses, and leaders. Mayor Tory dropped by and was very popular with the crowd. It was also great to see MP Gary Anandasangaree and MPP Vijay Thanigasalam. I want to thank Meridian Credit Union for being a gold sponsor, Altree Developments for being a double silver sponsor of the event, and everyone else who supported it and volunteered their time to put the event on. I was reminded of how privileged I am to represent this community!

I want to provide Highland Creek residents with a transit update on changes to local TTC bus services. On June 12th, I submitted a motion to the TTC Board to push the TTC to investigate and report back on the possibility of providing express TTC bus service to residents of the Highland Creek community. Some of the potential positive changes to services could be improving transfer alignments at Military Trail and Ellesmere, introducing express service on the 116 route, and a route extension of the 905 Eglinton East route. The TTC Board adopted the motion unanimously. I look forward to a staff report by the end of the year. Don't forget



Mayor Tory joined me at the Highland Creek Heritage Festival! to sign up to my newsletter for updates on my website www.jennifermckelvie.ca.

There has been lots of excitement at City Hall! I'm very happy and proud to report that I helped to launch Toronto's first Resilience Strategy on climate change. This is a very comprehensive and detailed plan to prepare the city for the climate challenges of the 21st century, and to address the social and financial inequalities that are straining our social fabric. I worked closely with my colleague Councillor Pasternak to successfully pass a

motion at City Council that will institutionalize the Resilience Strategy into Highland Creek. You can learn more about the strategy at www.toronto.ca/resilience.

I also had the pleasure of engaging with Father Oliver of St. Joseph's Church several weeks ago. We had a great meeting, and I loved his passion and pride in talking about the huge and committed community of worshipers at his church, and the community engagement and leadership that is being nurtured. Check out my website at www.jennifermckelvie.ca, follow me on Facebook, Instagram and Twitter with the handle @McKelvieWard25, and call my constituency office at 416-338-3771 if you need help with any local issues.

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Scratchboard stars of liquid light pouring in like rain beneath the cupola of heaven one sentinel of night

A solitary figure stilled by the mutany of a willful hoot his head is bowed as he listens, pressed to the dark

A Universal ensemble of nightly vocation, owlish wise he knows not to disturb the hour as he turns right on time

Earthly vibrations of the lowest kind everyone is sleeping but not everyone is blind. Head bowed he listens insiped in velvet with browny eyes of amber flame n' light beneath the humdrum moments of nocturnal sweep

The owl breathes where no man has yet trespassed the owl heeds, through ebons of nocturnal-delights

Scratchboard stars of liquid light pouring in like rain, beneath the cupola of heaven, the Sentinal of night.

Return of the Kangaroo Walk-Thru

new situations.

ough!

tball games at the Toronto Pan Am Sports enter at the University of Toronto Scarbor- gh Campus. Supporting engagement in sports and aletic prowess is important to me. As such, comoting access to sports for people with sabilities is of paramount importance, as it heres to our Canadian values of inclusivity,	Minister Carol
VIJAY THANIGASALAM MPP, Scarborough-Rouge Park	acceptar stantial e proud of and wom teams an the best the 201 Americ in Lima
CONSTITUENCY OFFICE 8130 Sheppard Ave. East, Unit 105, Scarborough, Ontario M1B 3W3 (416) 283-8448 vijay.thanigasalamco@pc.ola.org HOW WE CAN HELP YOU	2020 Pa Tokyo. I h attended summer where opportur
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y/August 2019	

New Appointment as the Parliamentary Assistant to the Minister of Transportation.

Dear constituents,

I am delighted to write to you about the many wonderful events that have happened in our riding over this past summer. These are a few of them that I wish to highlight.

MPP Vijay Thanigasalam

In June, I hosted my first annual Community BBQ at Adams Park. We had a great number of constituents join us from across the riding to enjoy food, music, and activities. I want to thank the many organizations and vendors that helped make this event possible. Thank you for all those who came and I hope to see you all next year!

This past summer, I was appointed as the Parliamentary Assistant to the Minister of Transportation. This file has been very close to my heart as I find it profoundly important to advocate for a quality transit system that is sustainable, efficient and affordable. I believe that transit is of utmost importance for our riding of Scarborough-Rouge Park and Ontario as a whole.

In June, I had the pleasure of attending a couple of Team Canada's wheelchair basketba Cente ough

Su athlet prom disab adhei



oline Mulroney and Associate Minister Surma.

ance and subequality. I am of both men's men's national and wish them st of luck for)19 Parapan can games a and for the

ts, discussed government ecent policy cements, and enjoyed one any hot dogs. these events, o highlight the ision Police

en House, Sincerely, 4th Annual ge Festival and Union Waterestival.

On Canada Day, I attended the Honour Guard parade after which I had the pleasure of taking part in the Royal Canadian Legion Branch 258 Canada Day ceremony. We owe the brave men and women in uniform the utmost respect for the sacrifices they have made to ensure our safety, freedom and home. As I admired the flags held by the Colour Guard, I was reminded of how our service members put aralympics in their lives at risk so that our way of life may endure and so that our children may inherit this have also province and country better off than when we ed numerous received it. I also want to take a moment to er festivals thank all the strong families who have loved I had the ones overseas protecting our country and unity to meet keeping the peace. Furthermore, we remain any of my con- eternally thankful for all those who have given the ultimate sacrifice.

I would like to sign off by mentioning that my staff and I are always here to help. The

Constituency Office is located at 105 – 8130 Sheppard Avenue East. Feel free to drop by during our office hours, or give us a call to book an appointment with me. Contacted at 416-283-8448 or vijay.thanigasalamco@pc.ola.org.

myhighlandcreek.org

Vijay Thanigasalam and Creek MPP, Scarborough–Rouge Park

The Toronto Zoo

The Toronto Zoo is hopping into summer by announcing the much-loved Kangaroo Walk-Thru is reopening in July 2019! The walk-thru exhibit was temporarily closed to the public in 2013 for the opening of the Giant Panda Experience, and will reopen with the return of western grey kangaroos, as well as Bennett's and swamp wallabies too. The return of the Kangaroo Walk-Thru at the Zoo this summer provides the perfect opportunity to shine the spotlight on these charismatic animals that live in groups called "mobs."

At the Zoo's Australasia Pavilion, our current mob of western grey kangaroos is comprised of twelve members: five males and seven females. Keepers have a tradition of naming baby kangaroos born in Toronto after places in Australasia. Alongside Jeff and Josie (two of our oldest kangaroos at 17 & 19 years of age, respectively), we have Tully, Foster Penong, Meribah, Mudgee, Alice Springs, Bunbury, Victoria (Tori), and Sydney. Many of the kangaroos have ear tags as a form of individual identification, but each kangaroo has its own distinct appearance: see if you can spot Jeff, with his slightly shorter ears and droopy eyes, or Penong, who is the leanest of the males and who has an irregular edge to his left ear. The kangaroos also have different temperaments: Foster and Alice, for instance, are very curious, while on the other end of the spectrum Mudgee tends to be more nervous in

With the return of the Kangaroo Walk-Thru outside of the Australasia Pavilion, construction crews have been busy building a new pathway through the kangaroo's habitat as well as creating new entrance point to improve flow and, most importantly, ensure that it is an experience that is accessible to all.

Keepers at the Zoo work closely with the kangaroos to help ensure that they are comfortable with husbandry procedures - like shifting on and off exhibit on cue, or even accepting injections. As a result, our kangaroos are quite used to being around people, and don't seem to mind when strangers enter their habitat, so long as everyone stays on the designated pathway. Allowing the kangaroos to predict where guests will be helps to ensure that they are not impacted by the experience - and they are more likely to come closer to the pathway if everyone observes the rules. The best times to visit the kangaroos are early in the morning and late in the afternoon. This is naturally when kangaroos are the most active, and, because there tend to be fewer people around, they are more likely to be near the pathway. If a kangaroo is close, be calm and quiet, and stay on the path – you'll be rewarded with an intimate, up-close look at one of Australasia's most iconic species - right here in Scarbor-



If a kangaroo is close, be calm and quiet, and stay on the path – you'll be rewarded with an intimate, up-close look at one of Australasia's most iconic species

toronto

Opening Times May 4 to September 2

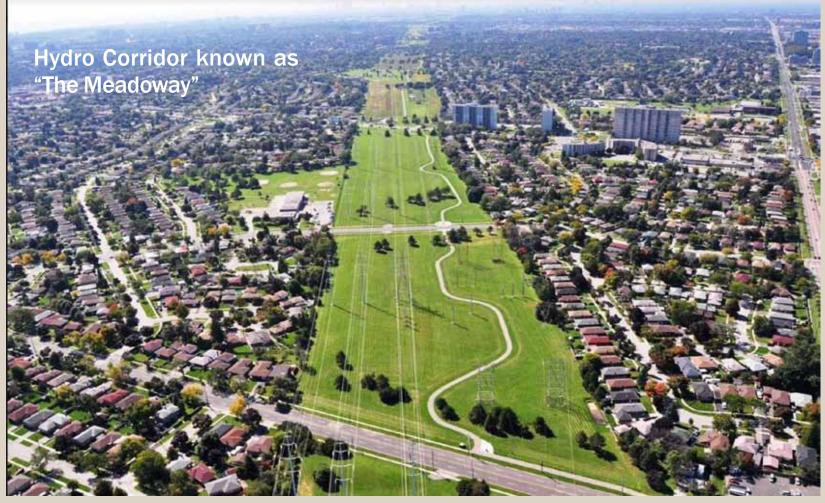
9:00am to 7:00pm daily *Last admission one hou before Zoo closes

There is so much to ZOO this summer! NEW for 2019 – Toronto Zoo's NEW Brew at the Zoo! The Zoo is holding its first-ever Craft Beer and Wine Event in the unique setting of the Zoo's African Savanna on Saturday, August 31, 2019.

Check out torontozoo.com for full details on upcoming events. Be sure to follow us on Facebook and Twitter @ TheTorontoZoo for all the latest news.*

*Events subject to change

16km Meadoway Project connects downtown Toronto to Rouge National Urban Park.



The main focus of The Meadoway is the celebrate the area as a greenspace meadowlands that will also contain a multi-use trail network. A hydro corridor in Scarborough is being transformed Meadoway vision will continue to enhance 16 km of hydro into green space and Meadowlands. Stretching 16km across corridor over the next several years, to be transformed in to the city through parks, and neighbourhoods; starting from downtown all the way to the Rouge National Urban Park. . The project is being led by Toronto and Region Conservation

Authority (TRCA) in partnership with The City of Toronto, Hydro One and the W. Garfield Weston Foundation, The one of Canada's largest urban linear parks" To learn more about The Meadoway check out https://themeadoway.ca





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I want to begin by thanking the Highland Creek Community Association for organizing yet another successful Highland Creek Heritage Festival for the residents of our community! Now in its 34 th year, the Highland Creek Heritage Festival showcases the strong ties of our community, exemplifying the very best of Canadian diversity and multiculturalism. As always, my office was delighted to join so many residents in Highland Creek Park and enjoy the music, entertainment and delicious food!

Canada Day

It was wonderful to celebrate Canada's 152 nd birthday with the residents of Scarborough – Rouge Park! From the Canada Day parade at the Royal Canadian Legion Branch 258 to backyard parties here in Highland Creek, this Canada Day was full of warm memories, great friends, and an unmistakeable sense of pride in our terrific country!



MP Gary Anandasangaree

Celebrating Canada's 152nd birthday

Highland Creek Heritage Festival

Canada Summer Jobs

In order for our country and our economy to be successful long -term, young Canadians require access to supports and opportunities which allow them to achieve their true potential. Thanks to the Canada Summer Jobs program, over 300 youth between the ages of 15-30 will have an opportunity to access meaningful employment this summer in Scarborough-Rouge Park. From modernizing records



MP Gary Anandasangaree joins residents of the Highland Creek Community for the Royal Canadian Legion Branch 258 **Canada Day Celebration**

and resources at the Scarborough Historical Society, to creating new and exciting summer camp activities for children at the University of Toronto Scarborough, local youth are making connections, developing critical skills and working towards a lasting and fulfilling career. services, or to simply stop by for a visit

4 th Annual Community BBQ

On a final note, I would like to thank the



My office is here to help you navigate the services offered by the Federal government.



Constituency Office 3- 3600 Ellesmere Road

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416.283.1414 | Gary.Anand@parl.gc.ca · → @Gary_SRP| **f** /GaryForSRP

members of the Highland Creek Community who attended our 4th Annual Community BBQ at Joyce Trimmer Park. It was wonderful to meet so many new members of our community and to reconnect with some familiar faces. **Our Community** BBQ is not only a great summer tradition, but also a wonderful way to promote the various services offered by local community organizations and our constituency office. Thank you to all those who made our BBQ an outstanding success!

As always, my office is eager to speak with you and hear your ideas about how we can make our community and country a better place for everyone. For more information about upcoming events, assistance with federal

I encourage you to contact my Scarborough office at (416) 283-1414 or via email at Gary.Anand@parl.gc.ca.

Have a great summer, Highland Creek! Yours truly,

Gary Anandasangaree



The Villager XLIII No. V

Page **10**

Highlights of The 34th Highland Creek Heritage Festival



On June 15th 3200+ Filled The Highland Creek Community Park

By Lora Tomasino

on behalf of the 2019 Highland Creek Gala and Heritage Festival Volunteer Committee

he 34th Highland Creek Heritage Festival in the Highland Creek Community Park was a 'home run for Highland Creek' kinda day --As a committee we knew it was coming together on our end but the thousands of people of the neighbourhood brought it all together with their laughter and joy! It was so great to see little ones kick off Heritage Festival. their shoes; running and playing with so many blue lips and teeth from the free candy floss!

Changing the location of this year's festival proved to be a success. The decision to move the festival from its Old Kingston Rd location was made with thoughtful consideration. The intention was to save our annual community gathering; the funds had dried up. 2019 was the year to replenish and restore the festival to its former grandeur and most importantly to raise community spirit and pride for our special east Toronto neighbourhood. The Highland Creek Community Park was a natural choice as it is filled with trees and surrounded by Highland Creek homes. This year 'The Festival' hosted a community pancake breakfast, rides for all ages, 60 plus vendors, opening ceremony with dignitaries, lots of great food and entertainment! Mayor John Tory's presence was a highlight. As the Mayor moved about the festival he was followed by a crowd of people wanting a picture with our fabulous Mayor and his famous Toronto Raptors Blazer!

The Highland Creek Gala and Heritage Festival committee (hchf.ca) had loads of fun organising the annual fundraiser gala and our neighbourhood heritage celebration. Our common goal

July/August 2019

was to bring our community together as Highland Creekers to celebrate and enjoy Highland Creek life together. We were able to raise some much needed funds for the Tony Stacey Senior Centre, raise awareness and volunteers working to beautify Highland Creek. We welcomed back returning sponsor Meridian Credit Union and this year brought on Altree Developments and the Toronto Zoo as sponsors. From thoughtful feedback we can see a renewed pride for the Highland Creek

Every September a new volunteer HCHF committee is formed. The next Highland Creek Heritage Festival meeting is scheduled for September 18th, 7pm, Legion Branch 258. Jump aboard the 35th Annual Highland Creek Heritage Festival committee. www.hchf.ca

See you next year!

Thank you Amazing Highland Creek! Thank you First Nations Elder, Kim Wheatley for blessings of unity, Thank you sponsors for much needed financial support: "Gold Sponsor Meridian Credit Union" "Double Silver Sponsor: Altree Developments" "Bronze Sponsors: Toronto Zoo, Marshall Denny, Highland Creek Community Association"

Thank You Mayor John Tory, MPP Gary Anandasangaree, MP Vijay Thanigasalam, with Special Thank you to Ward 25 Councillor Jennifer McKelvie, and her staff John and Brett! Thank you Market Path Vendors, Thank You Amigo's Restaurant Pancake Breakfast, Thank you performers, entertainers, interactive classes, Thank You Thank You Families, Friends, Neighbours, Thank You Children's Laughter, Thank You Sunshine, Thank You Food, THANK YOU VOLUNTEERS, THANK YOU DEDICATED HCHF COMMITTEE

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ZOO

Meridian













Stay in touch, see more heritage festival photos insta: myhighlandcreekto



Seniors Euchre Club

by Vienna Bombardieri

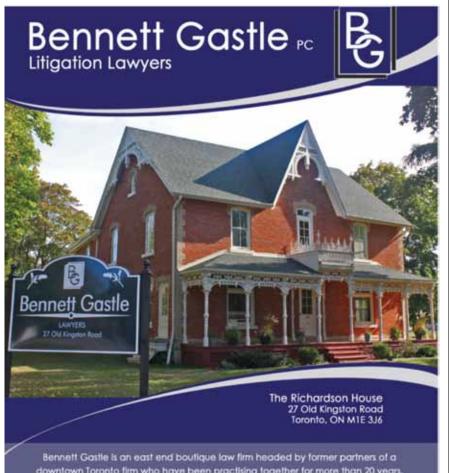
On Wednesday June 26th, St. Dunstans of Canterbury Seniors Euchre Club celebrated Canada Day with style! Scarborough MP Gary Anandasangaree, who visits the group each year had a previous engagement, so David many years. Turnbull his loyal assistant / photographer

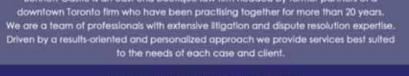
attended instead; bringing with him pins and friendly bunch at St. Dunstan of Canterbury flags for all the seniors.

with volunteer support of Aldo Bombardieri the euchre group has been active at St. Dunstans of Canterbury Anglican church for Lawson Rd. across from Branch 258 Legion

If you are interested please join this

Church. The Euchre Seniors Club meets Under the leadership of Jean Lamacraft every Wednesday afternoon at 1pm. Coffee and cookies are served after the game. --- St Dunstan of Canterbury church is located on in Highland Creek





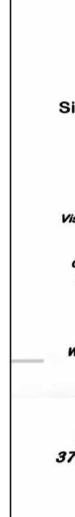




Local Euchre Senior Club Celebrates Canada Day







Health and Wellness Series by Dr. Karm Hans ND How Naturopathic Medicine Can Improve Fertility



By Dr. Karm Hans MSC, ND

more couples dealing with fertility issues. Many times, by the time I see these couples they have already gone to the fertility clinics. Generally they end up in front of me with the terms this means there is no reason why this couple should not be able to conceive naturally **Diet** but yet here they are in front of me, sometimes after years of trying. Often they have already tried some conventional treatments such as IUI (intrauterine insemination - a process in which sperm are placed directly inside the woman's uterus to help to encourage fertilization and pregnancy). Some couples have already done IVF (in vitro fertilization - a process in which an already fertilized embryo is placed directly into the woman's uterus). The common thread that ties all of these couples together can be broken down to a few words - discouraged, tired, stressed and confused.

Before I get into the details of how Naturopathic Medicine can help to improve fertility I want to say there is HOPE. Our bodies are To push this a bit marvels of nature. Pregnancy only occurs further it is also

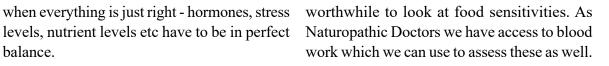
levels, nutrient levels etc have to be in perfect balance.

Blood work

Firstly, get the appropriate blood work. For women, some blood work is specific to time of your cycle. Initially, I like to see a female hormone panel done on Day 3 of your menstrual cycle (FSH, LH, estrogen, progesterone, testosterone, AMH, SHBG, DHEA, prolactin). In clinical practice I am seeing more and I also like to see a full work up to evaluate the Thyroid (TSH, T3, T4, rT3, anti-TPO and anti-TG). Imbalances in thyroid hormones have been linked with miscarriages. For men, we can also help to optimize their hormone levels diagnosis of unexplained infertility. In layman's and also the quality and number of sperm.

The old adage of "We are what we eat" is completely true. Generally speaking, we karmhans.com.

want to make sure we have a healthy diet. Common considerations is to eliminate processed and refined foods/ sugars. This will include food which comes in a box/ package as well as white flours and products made from these foods.



Stress

This is a big one. Stress is common in our lives and can be generally difficult to manage. If you add fertility into the mix I find that most couples are experiencing stress at a very high level. Bottom line, stress impairs ovulation, causes imbalances in hormone levels, decreases sperm count and much more. Stressed bodies do not become pregnant. Stress is an area in which Naturopathic Medicine shines.

If any of these points resonate consult Naturopathic Medicine.

Dr. Karm Hans is a Naturopathic Doctor working in the area.

She can be reached 647.497.8338 or karm@



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Through the eyes of Our Grade 8

Highland Creek Public School had an incredible journey this year filled with all of our classmates for when they move diverse experiences for students, staff on in their future schools and we hope and community members. These experi- that the next step in their lives will be an ences can be best highlighted 'through experience that they will never forget' the eyes of our Grade 8 graduates:

"Highland Creek is an amazing school, and it was a terrific experience for us. Many of us began our school experience in Kindergarten. We made some amazing friends who are all graduating this year.".

"Our times together included: Going on field trips, participating TDSB Creates, joining a variety of clubs and sports teams such as Folk Dance, Forest of Reading, Lego-League Robotics, Holiday Concerts, Track & Field, Cross Country, Volleyball; Basketball, Leadership Committee, and STEM. These clubs kept us involved in the school and encouraged engagement by helping us find new interests while also having fun.".

"We wouldn't be here today if it wasn't for the incredible teachers, staff, principal and community at Highland Creek to help us along our educational journey. We also can't forget to thank our amazing parents who also supported us unconditionally. We would like to show our gratitude for all your hard work and supporting us no matter what.".

"We feel that we have built strong and positive relationships with each other. We also included newcomer students who have only been with us for 1 or 2 years. One could say that we could be considered as a second family. We know it is going to be tough to say goodbye to all of our friends here."

"We want to wish the best of luck to

Thank you ... Grade 8 Graduates (R.H. and W.G.)

On behalf of all the staff at Highland Creek, we wish our entire community a safe and happy summer. We look forward to a fresh, new start in September 2019.

May Halabi, Principal



Spring Fair Fun, June 1st, 2019, Highland Creek Public School

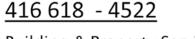


Page **14**









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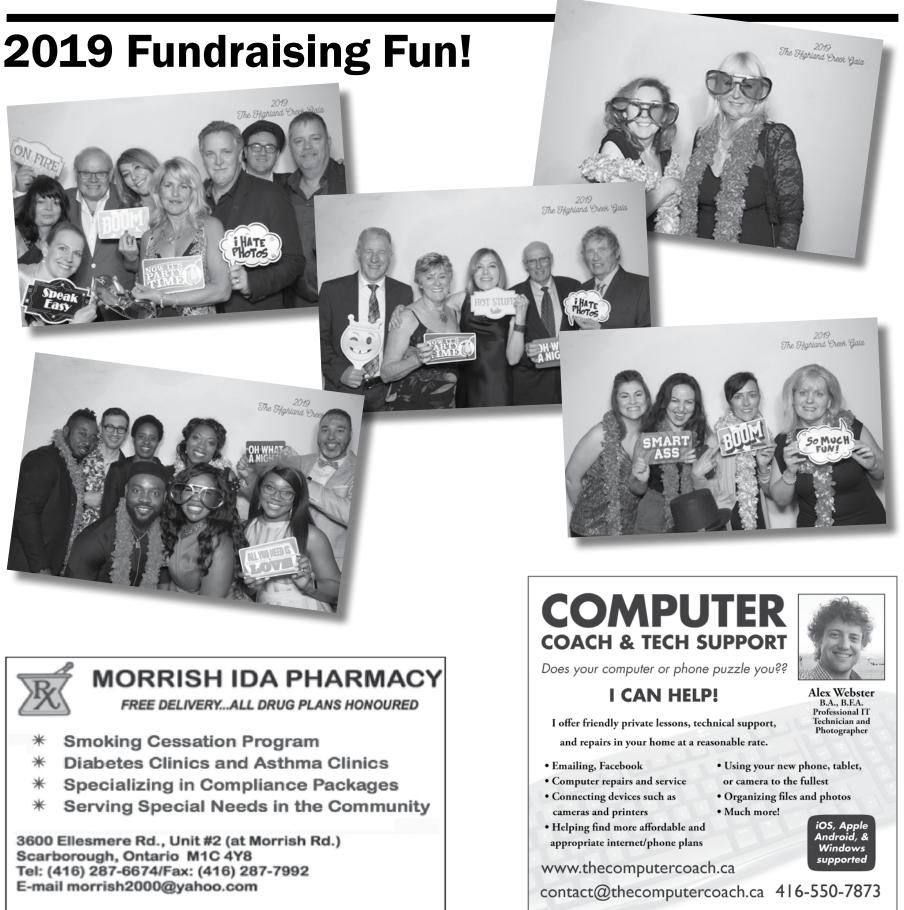
Collect Stickers Over the Summer!

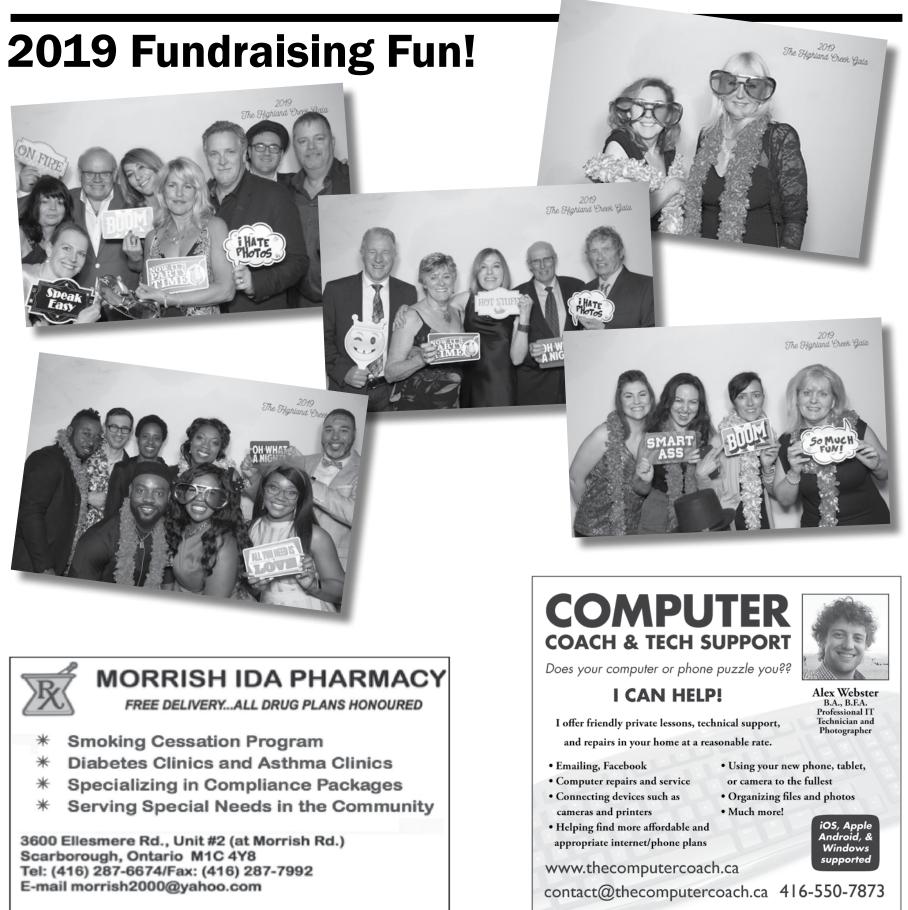


Photo Credit: Scarborough Historical Society









Highland Creek Branch / Toronto Public Library

Highland Creek Library late 1960. 277 Old Kingston Road, south side just east of Watson. The building still exists today.

By Debbie Maunder, Branch Head

Summer has started and so has the TD Summer Reading Club at the library!

Children can register at any library to receive a booklet for keeping track of the books they read, a web access sticker to enjoy all the online fun, a colourful Summer Wonder button, and a folding Fortune Teller. As children read over the summer they can collect stickers for every book read. There will also be Summer Wonder challenges each week at the branch for the whole family to participate.

At Highland Creek Branch we will be hosting programs each week for children on Wednesday and Thursday afternoons at 2-3 pm. Some of the programs will feature the Toronto Zoo, and Bentastic the Magician. The programs are drop-in and open to all ages. For more information on the programs please check the tpl.ca website under Highland Creek programs or call the branch at 416-396-8876.

Come and join the fun, escape the heat, and read some interesting books at the library!





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HIGHLAND CREEK COMMUNITY ASSOCIATION **"VILLAGE NEWS" MESSAGE BOARD** POLICY

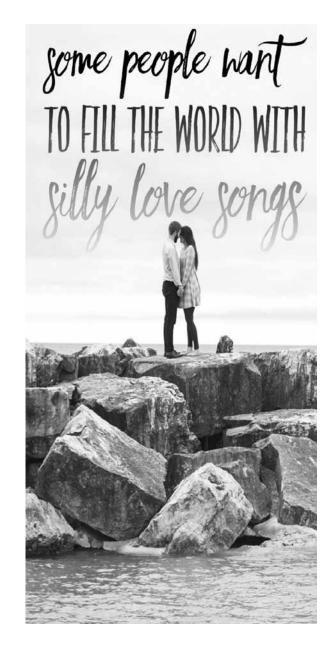
The purpose of the Highland Creek Community Association's (HCCA) "Village News" message board is to provide a place for local not-for-profit organizations to display notices to promote awareness of events of interest to the community. We welcome local notfor-profit organizations, groups and individuals to submit content for display.

GENERAL GUIDELINES

- 1. Notices and flyers must be presented to the HCCA for approval and will be posted on a first come, first served basis. Preferred size is 8 ¹/₂" x 11".
- 2. Photos of community events may be displayed.
- 3. The "Village News" message board may not be used to advertise items or services for sale, promote political candidates, solicit business or post legal notices or information that could be interpreted as being detrimental to the community.
- 4. Any displayed material is subject to removal at the discretion of the keeper of the "Village News" message board. Upon removal all notices will be disposed of. Photos can be returned.
- 5. The "Village News" message board should be providing visual information to the community on a continuous basis.

Contact Blair Anderson at 416 282 9792 for submissions.

*Approved by the Board of Directors of the Highland Creek Community Association.





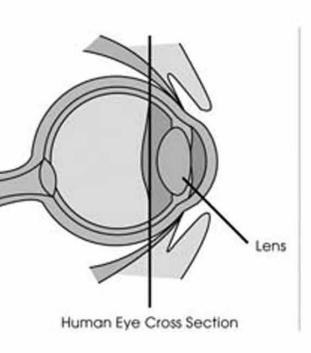


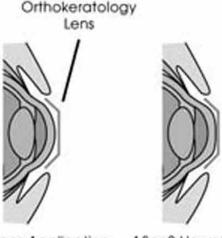






Non-Surgical Vision Correction





Lens Application After 8 Hours Wear



◙ Created by **EVEDOCS**

by Eric Schnaider RO.

There is now an alternative to laser eye surgery for vision correction. A new treatment known as Ortho-Keratology for the right candidate. Ortho-K treats and controls which is a progressive ocular disease.

Individuals with myopia require glasses to see in the distance and many will experience a yearly increase in their prescription. A recent study found that more than 30% of young Canadian children have myopia and with numbers reaching 1.89 billion people myopia, also known as nearsightedness, affected worldwide, myopia has reached epidemic levels throughout the world. If left

The treatment is overnight corneal reshaping with specialty lenses that you wear only when you sleep at night.

untreated, for many, myopia will affect a child's ability to learn, play sports and go about their daily lives. Eventually, myopia can cause serious health issues such as glaucoma, detached retina and premature cataracts.

The treatment is overnight corneal reshaping with specialty lenses that you wear only when you sleep at night. In the morning, the lenses are removed and you go about your day with 20/20 vision. The treatment is non-surgical, non-invasive and the treatment will also prevent your child's prescription from going any higher than it is now.

Consult a medical professional to learn more about Ortho-Keratology. Local 'Metroptical' offer this ground breaking treatment.

Ads and Articles Submissions for the next **Highland Creek Villager Newspaper** "Harvest Edition" Due: August 30th E. HighlandCreekVillager@gmail.com



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Page 18

Certified Service Dogs

By Dianna-Lynne Robinson

Service Dogs are becoming more and more important and visible in today's society. Most of us associate Service Dogs as being for the blind. Service dogs are trained to assist fire / arson, search & rescue, as police and military trained dogs. As well there are

many more needs service dogs can provide such as for visual assistance, medical alert, hearing, autism, seizure, diabetic alert and many more conditions can be greatly improved with a service dog skills.

These service dogs provide their owners a more independent lifestyle, something we all take for granted. There are a few providers in



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Canada of certified service dogs, one of which is "National Service Dogs". In 1996, after helping a mother of a three-year-old child desperately searching for a service dog that could help her son with autism, National Service Dogs (NSD) successfully matched the child with a quiet, sensitive black lab. The incredible success brought the attention of the media and the Geneva Centre for Autism.

The dedication of the NSD founders, Heather and Chris Fowler and Danielle Forbes led to the development of the first Certified Service Dog for Autism program of its kind in the world. Pioneering the program of breeding, training, and placing certified service dogs with children with autism, NSD has graduated over 350 Certified Dog Teams.

National Service Dogs also certifies service dogs for post traumatic stress disorder and canine assisted intervention, matching dogs with professionals to work as partners in their therapy. They also established the "Companion Dog Services": a program founded in 2002 placing service dogs with children with various disabilities."

NSD Provides all their dogs Free to approved clients and receives no government funding; relying entirely on support from the general public, corporate sponsors, local community members, and service clubs. Certified Service Dogs value \$30,000, Canine Assisted Intervention Dogs value \$10,000 and Companion Dogs value \$5,000

Do's and Dont's regarding Service Dogs

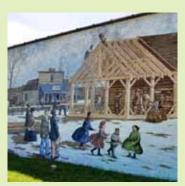
- Do speak to the owner/ handler rather than
- **Do** keep your dog away from the service dog unless first asking permission
- **Do** treat the owner/handler with respect & sensitivity
- **Do** inform the owner if the dog approaches, sniffs or nudges you, resist the urge to respond
- **Don't** touch the dog without first asking permission
- **Don't** offer food to the dog, it distracts & could jeopardize the job

Don't assume a sleeping dog is not working **Don't** assume a service dog never gets to be a dog, when out of their work clothes they behave like any other dog

Community Corner

Highland Creek Community Association volunteers continue to beautify the neighbourhood

Mural Restoration





The mural restoration project was completed in June The mural in Wesleyan Cemetery restored

Heritage Festival



HCCA booth at the Highland Creek Festival

Starting early, Suri from Amigo's was on hand setting up and then making pancakes. When you purchased your pancake ticket, there was also the opportunity to join the Highland Creek Community Association at no charge. A number of people became new members and had the opportunity to win one of two gift baskets. **Villager News Board**



Village News Board to showcase past, present and future community information. The Highland Creek Community Association welcomes your local postings.

D Day Ceremony



Featured in this photo is David Adamson, President of The Highland Creek Community Association. Mr. Adamson is sharing a piece of Canada's History during this intimate gathering.



on as a result.

On June 6, at 6pm many Highland Creekers came together in Wesleyan Cemetery to 'Raise The Canadian Flag' to commemorate the 75th Anniversary of D-Day, June 6, 1944. A day sparking the beginning of liberation of Western Europe. HCCA President David Adamson spoke before the flag was raised. The Royal Canadian Legion Branch 258 Colour Guard alongside WW2

Veteran Cliff Ferguson had the honour of raising the Canadian flag on our newly installed flag pole.

This was followed by a wine and cheese in Highland Harvest.

Village Beautification



The three raised flower beds in the Remay parking lot

the cemetery. Next Blair added 2 trailer loads of soil and we were ready to start planting. Susan and Elma brought plants from home and then mulched the beds. Now Blair and John have taken on the task of watering. Have a look. It's quite an improvement!

Canada Day





Canada Day Celebrations at Legion Branch 258.

A gathering of locals stood by as The Honour Guard marches to the sounds of bagpipes. Councillor Jennifer McKelvie speaks on Canada. Cutting the cake; HCCA President David Adamson with MPP Vijay Thanigasalam and

Congratulations to winners: Donna Row and Prasanna Pathiraja.

A special thank you to Amigo's for supplying so many pancakes! P-DAYPO

Highland Creeker Remembering. This man lost his Uncle to WW2.

WW2, Shaping so many lives. This ceremony was in Honour of those who died and those who lived Remax parking lot.

Recently, a small group of volunteers has worked on the three raised flower beds in the Remax parking lot. The weeds had grown tall over the years.

Marilyn and John spent a Sunday pulling the weeds and James came along to help. They filled 18 yard waste bags and relocated a couple of baby bunnies to Canada Day celebrators

HIGHLAND CREEK

July/August 2019

myhighlandcreek.org