

Annual General Meeting

April 25, 2019
7 pm to 9 pm

University of Toronto
Scarborough Campus
Administrative Building Room
AA160
Free Parking in lots G and H

In addition we would also like
to remind you of the upcoming
Highland Creek Clean-up Day
On April 27, 2019
starting at 9 am

We ask that you meet us at the
Wesleyan Cemetery in the village.

HIGHLAND CREEK COMMUNITY ASSOCIATION

P R E S E N T S

Gala Fundraiser

I heard it through the grapevine...

*34th Annual Heritage Day Festival is June 15th
at The Highland Creek Community Park!*

Tickets now available for the Gala Fundraiser ~ May 25th.

*A volunteer committee of neighbors is raising funds and awareness to three causes:
Our Free Community Festival, Support for Canadian Veterans Seniors
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Beloved Highland Creek Village!*

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From the editor



By Chris Goethel

In this issue, you will find that we have found some new writers and some new features. One of the new features I really hope you will make use of is a Classified Section, intended to advertise things such as upcoming Church, Mosque or Temple activities or personal requests. Our next issue is the May/June issue so if you wish to use this feature please send the information to the email address noted at the top of the section by the end of April. The timing of the paper is such that you should only include events taking place from May 21st onward. This is a free service of the Villager.

Also thank you to the new writers who have provided me with excellent material. This is our community newspaper and we need a steady flow of articles of interest to the community so that you keep reading. And, yes, one of the new writers is one of my daughters who consented (she may say yielded to pressure) to provide me with a timely article about the benefits of volunteering. All the other writers provided their work freely (literally, they're not getting paid) and from their hearts, and for this I thank them. Should you have a story to tell, an experience to share or know someone else who may, please provide the article to me at highlandcreekvillager@gmail.com.

There is a federal election coming in October and, as with the recent municipal election, I urge you to look at all the issues and make a positive choice. The key is to VOTE. By not voting you leave the choice to others and may find yourself with a Government making choices for you which you disagree with. Every candidate deserves to be heard and assessed on their own merits.

Finally, it is time to renew or simply to buy your membership in the Highland Creek Community Association (HCCA). That small \$10 donation helps fund some of the work we do to ensure Highland Creek remains a community in the true sense of the word -- a place where we look out for one another. I also invite you, on behalf of the Board, to join us for one of our meetings to see if maybe the HCCA is a place you can volunteer an hour, two hours or whatever to make your community better. If this is of interest to you, simply contact one of the Board members or the Villager email.

I would note here that with the reduced City Council, all the Councillors have indicated that they will be looking to work with the local community associations regarding upcoming City decisions. Being part of a community organization, such as the Highland Creek Community Association, makes our voice stronger.



HCCA Board Members

David Adamson, President
Bill Yam, Vice President
Elma Todkill, Secretary Treasurer
Chris Goethel, Editor, The Villager
Josh Allen
Blair Anderson
Neil Jaikaran
Eric Guangyu Lin
Lydia Lampers-Wallner
Sujev Ruhan

Our Elected Officials

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.

David Adamson, President Highland Community Association



Welcome Spring! As a community organization we continue to be active in local activities and in taking steps in improving upon our voluntary services.

In 2018 examples include: at our annual April general meeting motions were made and accepted to increase the number of Board of Directors and to have the term of office increased from 1 to 2 years; participation and financial donation to the Highland Creek Heritage Festival in June; delegation of specific responsibilities to Board of Director members with emphases on increasing membership, streamlining the Villager, updating our website and face book; ongoing quarterly meetings with the Presidents representing Highland Creek, Centennial and West Rouge that included a joint donation to purchase bed equipment for the Tony Stacey Centre for Veterans Care and participation in the first Pumpkin Parade initiated by West Rouge; participation at the Waterfront Trail held at Rouge Beach Park named in honour of the late Councillor Ron Moeser; and the annual Christmas Tree Lighting in the Highland Creek Village with Santa and Mrs. Claus present. Wishing every success to Councilor Jennifer McKelvie, successful candidate representing newly formed Ward 25. We

will work closely with her regarding any resident concerns brought to our attention.

During 2019, it is the intention of the HCCA to build upon our 2018 initiatives and become more involved with community interests and concerns. To reach this objective, we need more residents to become members of the HCCA. We welcome any suggestions you may have.

Rental housing, as an example, continues to be a significant concern to some residents and as I understand the City has worked to address this matter. I am pleased to report that Councillor McKelvie attended our January 9, 2019 board meeting and was helpful in providing updated information pertaining to multi-tenant dwellings. The following was provided:


"There are currently a number of housing-related studies and initiatives underway that involve various divisions across the City. These initiatives are part of a broader housing strategy; Housing Opportunities Toronto led by the Affordable Housing Office, which will be presented to City Council in Fall 2019 (based on the framework approved by Council in July 2018). The strategy will address issues and challenges across the housing continuum, including rooming houses. The work undertaken and feedback received through the multi-tenant housing consultations held by MLS is being integrated into this work. As a result, the proposed regulatory pilot

project will not be advanced at this time".

I was subsequently contacted by Stephen Casselman representing the CD Farquharson Community Association informing me that other community associations in their area (3 in total) had rental housing concerns and would like to meet with the HCCA board. We met on February 6, that included Stephen; Rhoda Potter, President, Agincourt Village Community Association; Randy MacDougall, Vice President, AVCA; Alura Moores, President, Rosewood Ratepayers Association; and Gary Loughlin, President, CD Farquharson Community Association. The sharing of information/concerns was enlightening and productive. We concluded the 3 community associations would prepare and forward a letter to their respective Councillors and following their review, a meeting would be arranged to include the HCCA with Councillors Jennifer McKelvie, Cynthia Lai and Jim Karygiannis to discuss this matter further.

In closing, we wish you all a pleasant Spring. I look forward to receiving any written submissions you wish to make to The Villager News. Certainly, if you wish to contact me personally, I would be pleased to hear from you.

David Adamson, President
Highland Community Association
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The Business Corner

By Chris Goethel

As this is intended to be a regular feature I thought I'd try a common title for this feature. This edition is about cars, a topic I know very little about. I'm an A to B guy when it comes to cars – if they get me from A to B at an economical price with minimal hassles then that's the car for me. However, as an economist I am greatly interested in entrepreneurs. Today, it is such a story.

Recall, last month I wrote about Rosa's Pasta, located at the corner of Old Kingston Road and Military Trail. Just south of there, on the east side of Military Trail changes are occurring. For some time it was a locked up lot with a run-down building, looking truly sad. However, in the past few months, the gates have been opened, the building cleaned up and activity has been taking place. Time for a look-see.

Welcome to Klassick's Auto Hub. This garage and used car dealership is owned and operated by Katherine Hubbard, a 30 something young lady with a dream and a wrench. Katherine tells me her passion for cars started as a child in her mom's Supra. She followed this passion to school where she completed 4 years of Automotive Technology training. She also followed that up with a 1 year refresher at The Automotive Training Centre. I may not know much about repairing cars, but I recognize drive and

passion and Katherine has that in spades. It was clearly evident as she showed me around the 2 bay garage and told me about her plans for the future.

Katherine was an OMVIC licensed sales representative for some 5 years working with other dealerships, but her love of cars caused her to finally pursue her dream of opening her own dealership. As a local girl (as she puts it) she had seen this location and decided if the price were right this was her location. Lots

of elbow grease and hard work later the location became noticeable, not as an eyesore, but as a work in progress.

Katherine likes older upscale vehicles, evident by the Audi's and Acura's on her lot. She gets them into running order in her garage, with the help of two other mechanics who work for her, and sells them. To help cover expenses she also does regular car repairs and maintenance for customers, including a contract with Uber to maintain the vehicles their drivers use.

The last non-dealer garage I personally used was an old Scotsman named Ian when I lived in the west- end. Katherine gives me the same vibe as Ian used to of someone who will just fix what is wrong with the car and not overcharge with unneeded tinkering. I drive a 6 month old Camry Hybrid with all sorts of warranty left, so I will not be able to use Katherine's services for some time, but it may be worth your while to drop in and speak with Katherine.

Conlins Road Repaving

At the March 6th meeting of the Highland Creek Community Association Board, representatives of the City of Toronto Planning Department made a presentation regarding this summer's repaving of Conlins Road north from Ellesmere. They informed the Board that they are looking at options for upgrading the current bike lanes and the HCCA Board is the first stop in the public consultation process.

The consultations are part of the ongoing City mandate to increase the Toronto Cycling Network. The Conlins Road bridge is the City's preferred routing for having the bicycle network cross the 401, connecting bicycle paths along the Gatineau Hydro Corridor Trail (I never knew that the high tension hydro lines had a formal name, but there it is).

Board members listened intently and asked a number of good questions. The city staff listened to the Boards comments and ideas taking back at least one possible amendment to their proposals for further review. It is up to the homeowners living on or near the affected area of Conlins Road to ensure that they get out to the upcoming meeting and make their voices heard. As we all know, Canada has two seasons – winter and construction. Here is a positive sign that construction season is soon upon us.

The City will be contacting all the affected homes along Conlins Road north of Ellesmere as well as those homes where Conlins is the natural routing to Ellesmere sometime in late March, with an invitation to a public forum in early to mid-April. The precise time and location is not available to this scribbler at this time. Please consider this your notification to look for a City flyer in your mailbox or on your doorstep soon and please take the time to attend the meeting.

We're ready to serve Scarborough-Rouge Park

JenniferMcKelvie, Councillor
Scarborough-Rouge Park

- Conservation Authority
- Toronto Zoo Board of Management
- The Atmospheric Fund Board of Directors

In December, I was sworn in as Councillor for the new Ward 25: Scarborough-Rouge Park. Our first order of business on December 5th was to modify the composition of committees and boards in order to accommodate the reduction to 25 councillors. The number of councillors that now sit on most boards and agencies has been reduced, allowing for a greater number of citizens to participate. To learn more about the City of Toronto boards and agencies, and to investigate open public appointments, please visit www.toronto.ca/public-appointments.

I'm delighted to announce that I will serve as Vice-Chair for Scarborough Community council. I have also been appointed to the following committees and boards:

- Budget Special Committee
- Infrastructure and Environment Standing Committee
- Toronto Transit Commission Board
- Executive Member, Toronto and Region

My committee assignments are well aligned to my professional expertise as an environmental scientist, and will also allow me to continue my advocacy for investment in Scarborough, particularly for transit.

I am very pleased that at our first meeting, Toronto City Council unanimously decided to accelerate the Vision Zero Road Safety Plan to ensure the implementation of school safety zones by the end of 2019. This investment of \$21.6 million will accelerate and expand the Road Safety Plan through the 2019 Budget Process. I look forward to keeping you informed about the roll-out of the program to schools in Centennial.

While serving as President of Renew Scarborough, I advocated for the return of municipal jobs to Scarborough, and for revitalization of this important landmark. To show leadership in this area, we have opened our Constituency Office at the Scarborough Civic Centre. As needed, I am also happy to meet with



Councillor Jennifer McKelvie and Mayor John Tory after swearing-in ceremony at City Hall on December 4.

residents at their homes, or local community centres, to ensure I remain accessible.

If you have a concern we can help you with, or to sign-up for our e-newsletter, please email us at councillor_mckelvie@toronto.ca, or phone us at 416-338-3771.

Find Inspiration



Highland Creek Stylist, Christina Ricci with 'Head to Toe Salon' shares an inspiring story....For 2 years her young client, Shannon asks "has my hair grown long enough?"

This local youngster wanted to share her beautiful healthy hair with someone who has lost theirs. Its a process that requires your hair to free of dye and other chemicals, which makes this youth's hair ideal for donation. Ricci tells us she has been cutting hair for donation purposes for over 10 years now, she offers her professional advice and services to this donation process. Shannon donated her hair to "Angel Hair for Kids, A Childs Voice Foundation"

Thank You Shannon! **you are an inspiration**

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“Pecan Ville”

A Short Story by Vienna Bombardieri



There once was a little town named Pecan Ville. It was named after the Sherriff who kept a jail full of delinquents and you guessed it, Pecans.

Every year Sheriff George would run a pecan pie eating contest and give the winner a custom made gold watch from Switzerland. The women lovingly amassed their pecans each year and produced the tastiest pies on earth. Secret recipes were exchanged late at night through phone calls, in hushed tones as husbands snored in their beds.

The big day arrived and the front table was set. Sheriff George arrived in a wheel barrel car. Decorated with dried pecans that had seen better days. "Welcome to the pecan festival my fellow pecaneers!!!" One young man who wasn't the sharpest tool in the shed asked, "What is in those barrels Sheriff?" He points to a large expanse by the lake. Everyone gasps in unified fashion as George yanks his collar and puts him aside. "Son, if you ever peak inside them barrels, you are gonna die a happy man with a belly full of pecans."

The boy went pale then quiet as a mouse went over to join the other spectators. They all knew what happened when someone broke the rule. They were slam dunked in jail. The rumor ruffians spread the word like jelly on butter. " Psst, he force feeds them Pecans until they burst. Then stuffs them in wheel barrels and rolls them out to the lake. Every night he drives over there and smokes a big fat cigar and tells them jokes until the moon has had enough and the sun is ready to burst in the face of dawn. Whatever you do fellow readers, if you visit Pecan Ville, for the love of God, do not peek inside the barrels. Aside from that enjoy the town folks. Go ahead have a few pecans. They are the best in town, or so I hear.

The End



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Happy March Constituents!

By Vijay Thanigasalam, MPP
Scarborough-Rouge Park

With the Legislature returning to session in mid-February, I've once again had to divide my time between Queen's Park and Scarborough-Rouge Park, however, I'm excited to continue to advocate for my constituents at the Provincial Parliament. Nonetheless, the last couple of months in the riding have been energizing and eventful and I do want to share a few highlights.

Hat-Trick for Humanity 2019

I had the opportunity to attend the 3rd annual Hat-Trick for Humanity fundraiser. Hosted by Allied Technical Solutions (ATS), this event raised funds towards the construction of a new SickKids Toronto Hospital. It was amazing to see hundreds of people brave the cold for some friendly competition supporting this incredible cause. For those not playing hockey there was food (Beaver Tails), drinks, exciting promotional draws, and great conversation. ATS graciously offered me the opportunity to tour their beautiful facility. It was remarkable to hear that they employ about 120 individuals both in manufacturing and technology development right here in Scarborough-Rouge Park. ATS is a great example of how businesses play a vital role in benefiting the community not only with job creation but also through philanthropy for important local causes.

Healthcare in Ontario

I continue to hear from constituents concerned with healthcare in Ontario and specifically in Scarborough-Rouge Park. In our community, I have heard many stories from residents about long wait times at hospitals and long-term care homes: this is a pressing issue that requires immediate attention. Our Government is committed to ending hallway healthcare and, as you may already know, we've committed the funding for 6,000 new long-term care beds in Ontario of which 353 will be in Scarborough with an additional 129 to be redeveloped. This is just the first step and the government plans for 15,000 total new beds over the next five years and

30,000 over the next ten years.

Over the past couple months, I had the opportunity to participate in a couple of roundtables of note concerning healthcare. In December, I joined with my colleagues Ministers Peter Bethlenfalvy and Rod Phillips, and many local service providers to discuss mental health services in Scarborough and Durham region. Then in February I joined with Parliamentary Assistant to the Minister of Health and Long-Term Care Robin Martin, and my colleague MPP Aris Babikian at Centenary Hospital for a roundtable discussion on mental health and addiction with local service providers. I am proud that Ontario's Minister of Health, Christine Elliot, has promised more beds in hospitals for patients suffering from mental health issues. Additionally, our Government has committed to \$1.9 billion in funding towards mental health which has been matched by the federal government. We are investing in urgently needed mental health and addiction services and engaging with health care leaders, front line staff, and people with lived experiences to address the critical gaps in the province's mental health services. The first wave of direct funding includes adding more than 50 new mental health beds at 12 hospitals across Ontario. This immediate investment will help lower wait times for those in need of inpatient mental health and addictions treatment.

I have also heard from many constituents on how we can modernize health care services to deliver the help that so many Ontarians with mental health and addiction issues need. My take away from both these discussions was that we have numerous people in the community and at the table ready to engage in dialogue and implement strategies that aim to improve the quality of life for Ontarians. It is important to educate people who do not take this topic seriously, work towards eliminating the stigma surrounding it, and create meaningful and effective change. As someone who knows people who suffer from mental health and addiction, I want to iterate my commitment to improving how we assist those in need.




Vijay Thanigasalam attended the third annual Hat-Trick for Humanity, which raised funds for the construction of the new SickKids Hospital.

Black History Month

This past February, Ontario celebrated Black History Month and the accomplishments of Black Canadians to the cultural and economic growth of our province. It is a time to acknowledge and celebrate important contributions of the Black community in shaping the cultural, economic, and political fabric of the province. Black History Month also serves as a reminder of the struggles of Black Canadians. Black History Month gives us all an opportunity to celebrate and educate future generations about Black Canadians contribution to Ontario's rich history.

There are a couple other noteworthy things I would like to mention. Our government concluded the consultation on auto insurance on February 15th. Here in Scarborough we have some of the highest auto insurance rates and I look forward to seeing changes implemented to make life more affordable for Ontarians and specifically our community. Additionally, Statistics Canada recently announced that employment in Ontario increased by 41,400 jobs in January 2019. Our Government was elected on the promise that we would create an environment where businesses can thrive, grow, and create good jobs: we are doing just that.



VIJAY THANIGASALAM
MPP, Scarborough-Rouge Park

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Spring and sunshine are just around the corner!

By Gary Anandasangaree, MP
Scarborough-Rouge Park

Black History Month

I would like to begin by thanking all the members of the Highland Creek community who joined my team and I for our 4th Annual Black History Month Celebration. This year's celebration, "Black Youth: Boundless. Rooted. Proud." focused on the important role Black youth play in the development of our community and country, and the numerous barriers Black youth encounter as a result of racism and discrimination.

Over the past year in my role as Parliamentary Secretary to the Minister of Canadian Heritage and Multiculturalism, I have had the privilege of working closely with racialized communities across our country in order to help develop Canada's first ever National Anti-Racism Strategy.

The National Anti-Racism Strategy will look to understand racism in Canada as it relates to employment and income supports, social participation and justice. By identifying the issues which relate to racism, our government can generate a meaningful, long-term Anti-Racism Strategy which can be used to address the root causes of racism in Canada from coast to coast to coast.

Climate Action Incentive

Our government understands that by putting a price on the things Canadians don't want- pollution, Canadians will get more of what they do want- climate action that helps protect our environment.

Starting this year, Ontario residents will receive the Climate Action Incentive payment along with their tax-returns. The Climate Action Incentive encourages clean growth and a more sustainable future while at the same time empowering choice among consumers.

All revenues raised through the Climate Action Incentive will go directly back into the province from which they were raised. Here in Ontario, a family of four will receive \$307 through the Climate Action Incentive this year. Eight out of ten families will receive more money through the Climate Action Incentive than they paid. By working together to stop the harmful effects of climate change, our actions will help ensure a healthier planet and safer world for everyone.

Bill C-91: An Act Respecting Indigenous Languages

In 2015, our government committed to implementing all 94 calls to action of the Truth and Reconciliation Commission. Calls to action 13, 14 and 15 require the entrenchment of legislation and a framework that will ensure the protection, preservation and revitalization of indigenous languages.

We cannot change the past. However, we can and must change the course of the future. Our Prime Minister affirmed that Canada




Co-developed with First Nations, Métis and Inuit peoples, the Indigenous Languages Act will help ensure the preservation, protection and promotion of Indigenous Languages in Canada.

would move forward on a relationship that is nation to nation, Inuit to Crown and government to government, all based on the recognition of the rights framework. Bill C-91, An Act Respecting Indigenous Languages does this, and this year, as we mark the United Nations Year of Indigenous Languages, we bring Bill-C91 forward to change the trajectory of indigenous languages once and for all.

As the Parliamentary Secretary to the Minister of Canadian Heritage and Multiculturalism, I was proud to rise in the House of Commons and reiterate our government's commitment to ensuring the long-term protection, preservation and revitalization of these languages.

For those of you who have yet to meet with my team and I, I encourage you to contact my office at (416) 283-1414 or Gary. Anand@parl.gc.ca. We are always eager to hear your ideas, assist you with federal services, answer your questions and notify you about our upcoming events in the community!



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New Season, New Volunteer Goals

by Lauren Goethel

With Spring upon us, I often find myself reflecting on previous years (as do many others) to better understand my journey and to set my next goals. Spring is frequently associated with a fresh start, a new beginning, and what better way to motivate for 2019 than to set out thoughtful resolutions? Volunteering often comes to mind during these times of reflection (and importantly so) for a number of reasons.

I am thankful to have grown up in the beautiful and considerate community of Highland Creek. As a Highland Creek Public School (HCPS) Alumni, the idea of caring for neighbours and volunteering time was instilled from an early age. I can proudly chalk up many incredible and fulfilling experiences I've had to the volunteer work I've been involved with over the years, and hopefully will continue that trend into 2019 and beyond. I follow a few simple rules when it comes to volunteering, which I'm happy to share below.

1. Think outside the box to broaden your horizons (and networks)

Volunteering comes in all shapes and sizes. I often try to find placements that intrigue and challenge me – they do not have to fit any stereotypical volunteer role. Of course, volunteering at a local hospital or food bank



are crucially important to the community, but think of other organizations within your area too, i.e. youth programs, political volunteer opportunities, or community groups. A great feature of volunteering is that it can provide a glimpse of something new without major commitment – an easy way to incorporate some variety into your schedule.

2. Never underestimate your volunteer connections

Personally, I find that volunteering in various capacities not only helps me gain and develop valuable experience for other areas of my life, but it furthers my network reach and strength of those connections. Use the experience to your full advantage! Any connections made while volunteering could (and hopefully will) lead to new friends in broadened circles, and

even future volunteer or work opportunities. Don't hesitate to reach out outside of your volunteer realm for coffee chats or mentoring meetings if you find a connection with shared interests.

3. There's no such thing as "not enough time" to volunteer

As a past volunteer coordinator, I understand the constraints of hectic schedules that seem all too normal nowadays. But whether its an hour here, or forty-five minutes there, any time you can commit is valuable! Try to volunteer with a friend so you can catch up together while both helping a good cause. I always enjoyed canvassing for political candidates because I was able to meet neighbours, walk my community, and work toward achieving my personal fitness goals. And just on that note – there's an upcoming federal election this year, so it's a great idea to get to know local representatives. Perhaps you might also enjoy canvassing in the summer and fall months?

Finally, its important to keep in mind that goals can absolutely (and should) be tailored to be achievable! I find the best method to easily achieve my goals is setting smaller milestones to better track those weekly, monthly, and quarterly successes. Remember – Rome wasn't built in a day.

With that being said, let's hope that 2019 will be a year that we all give more time and thought into volunteering within our community.

UTSC Students Present and Perform for the Community

Students in the Department of Arts, Culture and Media at the University of Toronto Scarborough (UTSC) will present their final projects and performances in three major events at the end of March and start of April at UTSC (1265 Military Trail).

The first event is a production from the senior Theatre and Performance Studies students, performing **The Shell**, written and directed by Nikki Shaffeeullah, and based on the story

Message in a Bottle by Nalo Hopkinson. The show runs from March 14-16 and 21-23 at 8:00PM in the Leigha Lee Browne Theatre. Purchase your tickets at utsc-theshell.eventbrite.ca.

The Spring Awakening Music Concert featuring the UTSC Concert Choir, Concert Band, and String Orchestra will perform on Sat, April 6 at 7:00PM in UTSC's Academic Resource Centre, room AC223. Free admission. Light refreshments will be served.

Poetry Corner

Butterfly Whispers

By Vienna Bombardieri Poet & Writer

The golden sun of yesterday
played out in fields of gold
inside the tarping memory of father, handling LIFE
the joyful whistles that he fluted pruned
alongside vines
and mothers pumping heart of song lauding in
loud and STRONG
No treason yet no aging bridge no tented hope
just morning glories,
a baby breath away from here
and all the sunlight we'd afford
inside a little yard of sweet explore,
I see,
the lonely eyes of a young girl longing for a friend
a hand held jar for fireflies or butterflies in toe
Pebbles rolled beneath unpaved paths as
dear together raw as butterflies we scabbed our
knees
with swivel, in the morning breeze
Like BUTTERFLIES prelude dawn with shiant
colors bold,
the summer sun of yesterday played out in fields
of gold;
Inside my hiding place a youthful carefree life
still lingers in my heart's enfold,
without the memory, of growing old.

The senior Studio students will present their artworks at the **Doris McCarthy Gallery** and will hold an opening reception on Friday, April 12 at 7:00PM. Free admission. Light refreshments will be served.

Special thanks to our UofT affinity partners MBNA, Manulife Financial, and TD Insurance for their generous support. Discover the benefits of affinity products here: affinity.utoronto.ca

For more information, please contact: Department of Arts, Culture and Media at the University of Toronto Scarborough www.uoft.me/acm

416-208-4769 or at acmconnects@utsc.utoronto.ca

1265 Military Trail, Scarborough, ON, M1C 1A4



The Shell

WRITTEN AND DIRECTED BY NIKKI SHAFFEEULLAH
BASED ON THE STORY MESSAGE IN A BOTTLE BY NALO HOPKINSON

MARCH 14-16 & 21-23 | 8PM

Leigha Lee Browne Theatre
University of Toronto Scarborough
(1265 Military Trail)

Tickets: utsc-theshell.eventbrite.ca

Spring Awakening

FEATURING THE UTSC CONCERT CHOIR,
STRING ORCHESTRA AND CONCERT BAND

SAT, APRIL 6 | 7-9PM

AC223 (Academic Resource Centre)
University of Toronto Scarborough
(1265 Military Trail)

Free Admission

Senior Studio Exhibition

FRI, APRIL 12 | 7PM

Doris McCarthy Gallery
University of Toronto Scarborough
(1265 Military Trail)

Free Admission

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Highland Creek Heritage Festival June 15th



The Highland Creek Heritage Festival is a place where people gather together, cultivate a sense of belonging and invest in their local community!

Our popular annual community event celebrates one of the earliest settlements in the Scarborough. The neighborhood known as Highland Creek was originally built around The Highland Creek running south into Lake Ontario. Highland Creek remains the only area of Toronto that is still identifiable as a historical village, with buildings, dating back to 1890 and 1918. As a hamlet of East Toronto, our neighborhood provides access to Toronto's Rouge Forest, Lake Ontario, The University of Toronto Scarborough Campus, Esteemed Miller Lash House, Toronto Zoo, Centennial College, The Toronto Pan Am Sports Complex, The Rouge Valley Hospital, and more. Highland Creek is nestled within the The Rouge Forest, where the forest meets Lake Ontario. In the center of our neighborhood is Highland Creek Village, with a small-town feel, surrounded by homes on large lots, an abundance of green space and a community inclusive to all with access to many parks, great walking, biking and hiking trails.



For 34 years running a committee of neighbors gather efforts to organize a festival to celebrate our unique landscape of people and place. Highland Creek Village is where for many years a parade marched down Old Kingston Rd, while the community cheered from the side lines. The parade started to fade in numbers of attendees and thus a street festival of entertainment, food and marketplace, and so on began to take shape. This year, due to increased costs of operating a street style festival, Highland Creek Heritage Festival is moving to The Highland Creek Community Park on June 15th, 2019 for a 'feet on the grass' park festival!

The Highland Creek Heritage Festival is a big fun-filled event

that includes a bunch of summer themed activities including a pancake breakfast, kids rides & entertainment, food trucks, marketplace, local musicians and artists, crafter market, farmer's market, plus so much more! We are excited to put together an event with lots of Free activities for people of all ages. This year is expected to be our biggest festival yet, with over 3000+ expected to attend!

We are currently taking applications now for Vendors, Volunteers, Sponsors, Performers and Musical Entertainment. For More Information or to apply to be a part of the Festival see our website www.hchf.ca

Be a part of Something Great!



Want to Perform on The Big Stage? Volunteer June 15? Showcase your hand crafted goods?

We are currently seeking Local Performers & Musicians of all ages PLUS Festival Volunteers, Artisans, Food Trucks & Marketplace Vendors of all kind

Our little hamlet in East TO is hosting our 34th Annual Heritage Day Festival on June 15th, at 'The Highland Creek Community Park'. Our Festival offers summer themed entertainment for families and kids, food trucks, pancake breakfast, rides, games, activities, marketplace of artisan vendors offering hand crafted locally made goods, farmers market, showcasing local business and bringing local people together for a fun filled park festival!

Connect with us!

Website: www.hchf.ca

Highland Creek Heritage Gala & Festival Committee

[instagram.com/myhighlandcreekto](https://www.instagram.com/myhighlandcreekto)

[facebook.com/HighlandCreekHeritageFestival](https://www.facebook.com/HighlandCreekHeritageFestival)

Join the Highland Creek Villager & Community Association
Email list myhighlandcreekcommunity@gmail.com

HIGHLAND CREEK COMMUNITY ASSOCIATION

P R E S E N T S

Gala Fundraiser

The annual Gala Fundraiser is our main way of fund raising. With support of sponsors, live and silent auction donations, tickets sales, proceeds from our fundraising efforts are going to three causes: Our Free Community Festival, support for veteran seniors living within the Tony Stacey Center and to raise awareness and funding for The Beautification of Highland Creek Village.

On May 25th, our esteemed Miller Lash House will host The Highland Creek Gala within their garden tent. Tickets to the Gala are available at 'The Framing Dames' located at 362 Old Kingston Rd. Tickets are \$120.



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FEATURING



Stroke Recovery (the good, the bad, and the “ugly”)

By Suse*

“Moderation in all things”, my mother told me. So, like the obedient daughter I was... I did the exact opposite and finally paid the inevitable price of stroking out. Why are mothers always right (love you, Mom). Here's my story and it's very “real”; I hope you can learn a few things from it and at the

very least, have the odd giggle (good). I'm a bit irreverent (bad) and sometimes controlling, competitive and stubborn (ugly), but I'm working on these personality flaws.

Why did this happen? I worked far too hard and long on a daily basis, and to reward myself, I played a bit too hard also (I blame the “demon rum”). Truly, I thought I was invincible, yet, the signs were there: very

high blood pressure, elevated stress levels, not enough sleep, and I rarely ate properly. I laughed about these things (good?), I thought I had all the answers (bad) and then the “ugly” took me down, literally.

The Big Event (i.e., Stroke) - What IS a stroke? Simply put, blood flow to part(s) of the brain stops. Unfortunately, I had two, back to back extensive ones. Thankfully, I was rushed by ambulance, sirens blaring, to Sunnybrook Emergency just in time to receive TPA medication (a tissue plasminogen activator). In medical terms, this is a thrombolytic agent which is a clot busting drug and it saved me from paralysis and possibly death; I was pretty sure I was a “gonner”.

Spending five long days and nights, semi-conscious, all I can remember is that it was touch and go. My beautiful, loving family was devastated, and took turns sleeping next to me on the floor (praying and worrying). My poor mother was beside herself and I was sure I was going to get a spanking. (Instead, she's grounded me for a year and continues to feed me soup.)

What you might like (or need) to know:

- The Wake-Up Call – It's time. It truly is time to take good care of YOU! If you don't, it's a slippery slide into what can become a perilous habit of consistently helping ONLY others and NOT taking care of yourself. You are worthy; love yourself; you need and deserve your best life.
- Hope - I've been blessed royally with an abundance of medical miracles (according to my many excellent doctors, nurses, therapists and hospital staff). Was it my numerous guardian angels protecting me? I hope so, but for whatever the reasons, I wanted you to know that I was given a second chance at life to recover (almost fully) and behave myself. Now, I have hope.... I hope this little article opens your heart to the possibilities. I hope that I can help others find their way through challenging life changes (physical, mental and perhaps spiritual).
- Faith – Well? I'm alive and well, and living proof that “only the good die young” (thank you for those words Billy Joel, great song, questionable meaning). I thought I was a good girl, on my way to “heaven”. Apparently not, I had some bad habits to atone for and lessons to learn. I've been so bad, I'll probably live to be 93.
- Love – when you don't have it, go and get it. It's out there. You'll find it in a kind word or even an unexpected smile from a total stranger. You deserve to be loved and to love in return. Without it, there's no point really. Actions and words of love, compassion and kindness will strengthen your heart, body and soul.

So, join me in “old age” and let's live as long as we have time. If you'd like to know more about a stroke, send your replies to the Villager editor and they'll forward your message to me.

**The writer asked the Villager not to include her last name.*



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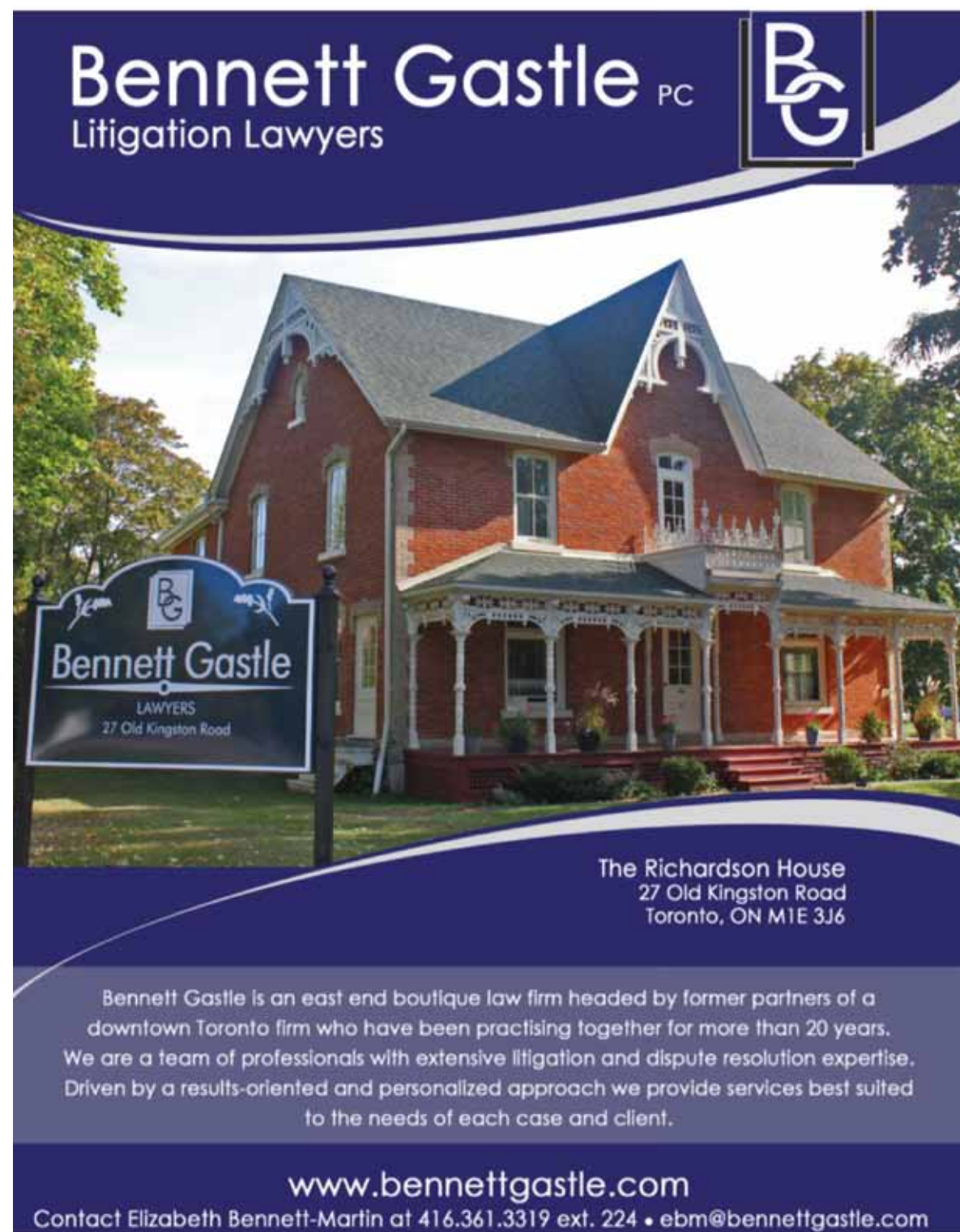
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Health and Wellness Series

What is Naturopathic Medicine?



Dr. Karm Hans ND

I think the best way to answer this question is to explain how I got introduced to Naturopathic Medicine. When I was a graduate student studying Organic Chemistry, the focus of my research was studying a natural compound for anti-cancer properties. Through this process I was introduced to the pharmaceutical industry and its focus on symptom based treatment. At the same time my mother started to see a Naturopathic Doctor to get treatment for debilitating migraines she had for over 20 years. Her Naturopath was curious about her symptoms but also asked her about her stresses, diet, hormonal imbalances and so on. This showed me a different way of approaching her symptoms. This new process also astonished me with her progress. Within a month of treatment the intensity and frequency of my mother's migraines decreased. Today, 15 years later, my mother has a migraine only once every 2 or 3 years and, more importantly, she understands what triggers them.

There are a few fundamental principles of Naturopathic Medicine I wanted to inform you of:

1. **The Healing Power of Nature** Naturopathic medicine is based on the belief that your body can heal itself through natural means.
2. **Identify and Treat the Causes** The intake process assesses the underlying causes of illness, with an objective of removing the cause versus suppressing the symptoms.
3. **Doctor as Teacher** Naturopathic doctors also educate the patient and empower them in their own health.
4. **Treat the Whole Person** Physical, mental, emotional, genetic, environ-

mental and social factors all play a role.

Much of the power of naturopathic medicine is rooted in these principles. This process is extremely collaborative. I see myself as a health detective. I put together all the information we gather in the initial visit and come up with a plan based

on my experience and research I do. We work together to get the desired results.

Education

In order to become a Naturopathic Doctor you need to complete a 4 year program after your undergraduate degree. The process is quite intensive, focusing on pathology, physical examinations, pharmacology as well as the naturopathic modalities: acupuncture, traditional chinese medicine, botanical herbs, supplementation, homeopathy, hydrotherapy, diet/lifestyle counselling and mental/emotional counselling.

Conditions treated?

As primary care physicians we can treat many conditions, ranging from acute to chronic. Below is a general list of conditions Naturopathic Doctors can help with.

Chronic Conditions

Chronic pain
Cancer
Migraines and Headaches
Arthritis
Allergies
Acne, Eczema and Psoriasis
Fibromyalgia
Lupus and Autoimmune disorders
Thyroid disorders
Diabetes
Insomnia
Depression and Anxiety

Digestive Conditions

Constipation and Diarrhoea
IBS, Crohn's, Colitis and Celiac disease
Gallbladder disease
Bloating and Gas
Food sensitivities/intolerances
Cardiovascular disease
High blood pressure
High cholesterol
Angina

Women's Health

PMS
Menopause
Fibroids
Infertility
Pregnancy

Men's Health

BPH and Prostate health
Erectile dysfunction

Children's Health

Asthma
Eczema
ADD/ADHD
Autism
Down's syndrome
Ear infections
Constipation

Dr. Karm Hans ND is a Naturopathic Doctor at Equilibria Health Centre proudly serving Scarborough. You can connect with Dr. Hans via email at karm@karmhans.com or 647.497.8338. For more information go to equilibriahe.com and karmhans.com.



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When did you last visit the Toronto Zoo?



By Dolf DeJong, Toronto Zoo's Chief Executive Officer.

Do you remember your first visit to the Zoo? Do you have vivid images of your first encounters with animals and the friends and family you shared those experiences with? I certainly do, and that early animal based encounter was one of the key moments that propelled me into a career in the conservation field. In my case, I was in grade 3 and clearly remember seeing an Amur tiger for the first time.

Based on this early experience, you could imagine my excitement when I received the call this past August that I would be joining the Toronto Zoo as their Chief Executive Officer. The opportunity to return to Toronto to work in this amazing conservation organization and connect over 1 million people per year to the natural world was a dream come true.

Our Zoo is a recognized leader in many areas including wildlife health, animal nutrition, reproductive physiology and in the protection of several endangered Canadian species. We are a great place to visit year-round to build awareness AND actively ensuring we are protecting species for future generations. All of this would not be possible without your support.

This year we are going to be asking for your support and your voice as we update our strategic plan. There are many questions we would like to explore with you. Questions including what changes do you want to see in our Zoo over the next 5-years? Where are the greatest opportunities to positively impact wildlife conservation? How do we ensure our staff reflects our community? How do we improve our accessibility? If you are

... watch for our new wild encounters programs starting May 18. You will be able to visit areas where our world class Wildlife Care staff work and have an experience with giraffes, tigers, polar bears, penguins and more!

interested in participating as part of our community consultation process please write us at tzwebmaster@torontozoo.ca. Be sure to mark your calendars to set aside time to visit the Zoo this year. You will not want to miss our feature exhibit, Washed Ashore – Art to Save the Sea. This installation opens for the May long weekend and includes sculptures of animals built completely out of marine debris that has washed ashore. It is sad and terrifying to consider garbage patches the size of the Province of Quebec in our oceans and the

enormous jellyfish, penguin and swordfish are a powerful way to help people understand the scope of the issue and steps you can take to help address the problem. Be sure to see it before it closes in November.

For those of you who have been waiting for the chance to see behind the scenes and get up close to the animals in our care, watch for our new wild encounters programs starting May 18. You will be able to visit areas where our world class Wildlife Care staff work and have an experience with giraffes, tigers, polar bears, penguins and more! These exciting opportunities will offer a unique learning opportunity and provide memories that will last a lifetime.

Thank you for your ongoing support! For more information be sure to follow us on our social media channels and I look forward to seeing you at the Zoo soon.

The Toronto Zoo is open 364 days a year. We're only closed on December 25th.

Date Hours*

October 9 to December 31 9:30am to 4:30pm daily

March 9 to March 17

March Break Hours 9:30am to 6:00pm daily

March 18 to May 3 9:30am to 4:30pm weekdays 9:30am to 6:00pm weekends/holidays

May 4 to September 2 9:00am to 7:00pm daily

September 3 to October 14 9:30am to 4:30pm weekdays

9:30am to 6:00pm weekends/holidays

October 15 to December 31 2019 9:30am to 4:30pm daily

*Last admission one hour before Zoo closes



Scarborough Historical Society

Programme Calendar

Upcoming Programs:

26 March 2019 19:30

Canada's World Wonders, Take a journey across Canada to visit our world-renowned natural and historic landmarks.

Presented by *Ron Brown, author/historian.*

23 April 2019 19:30

The Archaeology of the Iroquoian Occupations of Toronto, 1200-1650 AD, For ten thousand years Toronto was part of the meeting point of land and water routes, with trails running northward from the shoreline, along the Don, Humber and

Rouge rivers, linking the lower and upper Great Lakes. The archaeological remains of the ancient settlement sites established by the Indigenous communities of the region provide a rich record of their lives and cultures. The focus will be on the Late Woodland period, between circa 1200 and 1650 AD, when the Toronto area was occupied primarily by the ancestral Huron-Wendat, living in complexly organized villages surrounded by their agricultural fields.

Presented by: *David Robertson, Archaeologist/Director - Planning Assessment Division at ASI (Archaeology Services Inc.)*

A Message from Highland Creek Public School



We had an action-packed few months at Highland Creek! In November, our staff and students put on a memorable Remembrance Day assembly to honour veterans. Thank you to the families who joined us for this important event.

In December our school put on a Holiday Variety Show that was an incredible success! The intermediate students were responsible for running the show and all classes presented a variety of performances. Our School Council's dedicated team of volunteers were very active in supporting the school through fundraising initiatives. As always, the bake sale was a delicious hit and the holiday sale brought smiles to the faces of ours students as they shopped for gifts to give to their family and friends. In addition, Highland Creek hosted the Scholastic Book Fair. We would like to thank the families and staff for its successful run. We enjoyed a Pizza Lunch and a Holiday Dance to bid everyone a farewell before the Winter Break.

I would like to take this opportunity to thank our dedicated staff for running the special events, which helps make Highland Creek an exciting and engaging place to be. Our student reporters are excited to share the following special events that took place at our school.

Best wishes to all the families this Holiday season!

M. Halabi, Principal

From Our Student Reporters:

Highland Creek Public School has been a busy place in the past couple of months. A lot has been accomplished in a few short days. The school has been buzzing with extra-curricular activities and preparations for school performances.

On Remembrance Day, the school came together to honour the soldiers and Indigenous people who sacrificed for our country. We had a variety of presentations that stirred everyone's

emotions. Each class made a unique wreath that was in the gym during the assembly. It was an excellent assembly led by Mme. Kings.

During parent teacher interviews, the School Council held a clothing drive where the school collected gently used clothes like shirts, sweaters, shorts, and pants and sold them to Value Village to raise money for the school supplies and educational trips for students.

The students' sporting events this fall included the Girls' Basketball team. The grade 8 girls competed in a one-day tournament and won both of their games. In the morning, they practised their skills by doing four warm ups. The games took place in the afternoon which included a game called 'bump'. The girls were given an opportunity to meet other girls and build relationships to demonstrate sportsmanship. Under the leadership of Mr. Alexiou, the students had a lot of fun and they were very proud of their first place in that tournament. Our Girls Basketball team's leader had this to say about the tournament, "It was really fun, it was a good experience and it was nice meeting new girls and compete with them."

The Grade 5 boys participated in a volleyball tournament. They learned new skills, and most importantly learned how to cooperate with each other. Ms. Hanna led the team to a victory win.

Our commitment to sports continues with our very successful basketball house league in Grades 6-8. It is a lot of fun. We learn a lot

of skills and techniques from these games. We also learn about teamwork and how to be competitive but to also cooperate at the same time.

Another exciting robotics activity held here is the FIRST LegoLeague. Ms. Nadeau led the team to an area competition with 24 other teams. We were so proud to place in the top 10! The students worked hard by completing missions, conducting research and solutions to world issues.

Our talented Grade 5 students were involved in a Ballroom Dance program called 'Dancing Classrooms'. They learned dance moves to the Tango, Swing, Waltz, Merengue, Fox Trot, Rumba and Polka. They were so skilled by the end of the 10 week program that they held a performance for their parents and the school. The focus of the program was on respect and trust for others. In May, there will be a competition in which 12 students will be chosen to compete against other schools. It was an amazing experience for the staff and students!

The staff and students performed an incredible Variety Show for the holidays. For the third year in a row, the Grade 7 and 8 students ran the show as a collaborative class project. The concert responsibilities were divided amongst the students in the areas of art, script writing, lighting, props, music, technology, stage management, and performing. Each class also prepared performances which included a variety of songs, dances and scripts. The show lead, Ms. Joyner, had this to say about the concert, "It was a very exciting night and it was evident that all of the students were well prepared for their stage performances. The audience was very enthusiastic and receptive. Ms. Nadeau and I were very proud of our class as they ran the show with amazing professionalism and commitment. They really understood the meaning of teamwork. This was a spectacular night."

Once again, Holiday Sale was a great success! The School Council organized the sale. It was a great way to provide students the opportunity to engage in the holiday spirit of giving.

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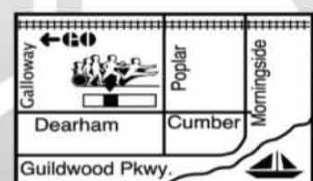


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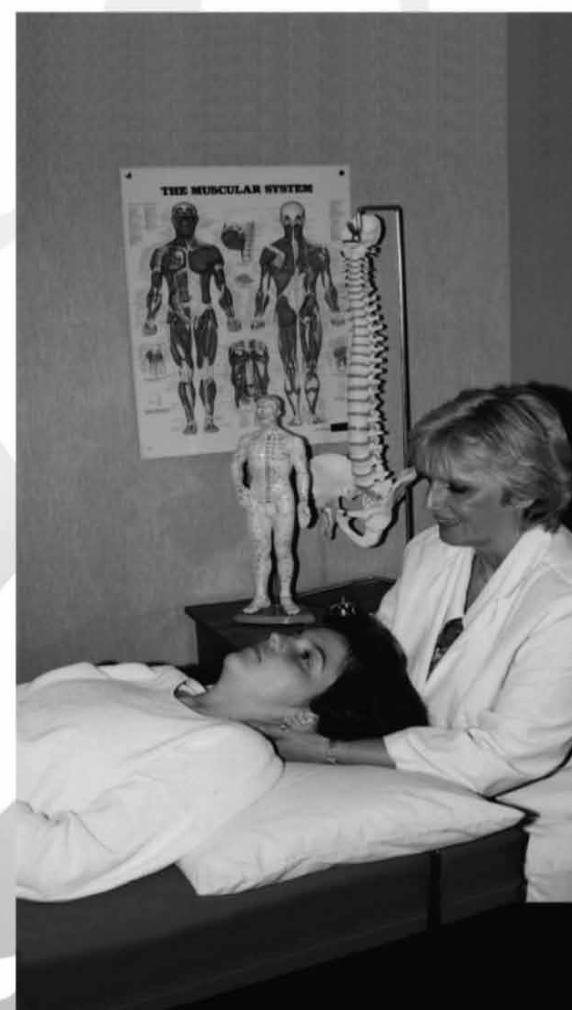
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Arthritis



Highland Creek Beautification Vision*

The beginnings of our neighbourhood, Highland Creek, dates back to 1796. Pioneers from the United States and British Isles built homes with the first Mill erected on the Creek in the Highlands, with the township incorporation taking place in 1850.

Shortly after the incorporation, The Highland Creek and its village centre became the largest residential and business centre in the former Township of Scarborough. In 1852, Highland Creek was officially recognized as a community.

**“It is Our vision to restore
vibrancy and beauty to what
was once the meeting place
of East Toronto”**

Billy Yarn

Vice President, Urban Planning HCCA

Advisory Chair HCHF

We inspire to create an identity for Highland Creek, to showcase our past, to create a legacy for future generations by creating a place where community meets.



Beautification of Highland Creek Village main street from Morrish Road along Old Kingston Rd to Kingston Rd, just East of the Wesleyan Cemetery.

- Cobble Stone Main street (Pedestrians only no vehicle traffic) Fifteen Foot
- double face street clock
- Gas lite street lights
- Steel benches
- Village Reader Board (community news, past ,present and future)
- Concrete Planters housing plants and Ten foot trees.
- Fourteen foot, Two tear circular water fountain.

* This a proposed beautification project and is still subject to the approval of the city.



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Highland Creek Community Corner

As promised, here is our new community corner which is intended for not for profit events. These can include an event hosted by a place of worship, a street organized garage/yard sale, or an individual. The price is very affordable (FREE) but, as the unfortunate happenings of this issue show, please give lots of time from the intended publishing dates. For instance, our next publishing date should be roughly the first week of May, so please do not plan to advertise an event occurring before May 15th.



HCCA Village News Board Benefactors Billy Yarn & Lora Tomasino are providing The Highland Creek Village & Highland Creek Community Association with our proposed Villager Reader Board. This is a physical space to post community news. We are finalizing the details and the location of the news board. Once we do, The HCCA will announce where to connect to post your notices.

Chess! We have a senior seeking to connect with other chess players. However, in the interest of all possible chess enthusiasts, please send your name, phone number, estimate of ability level to HighlandCreekVillager@gmail.com with CHESS in the subject line. In sending this info I am implying consent to share this info with other chess enthusiasts so you can connect. I will put together a spreadsheet and send it out to all who respond.

Want to Perform on The Big Stage? Volunteer June 15? Showcase your hand crafted goods?

We are currently seeking Local Performers & Musicians of all ages PLUS Festival Volunteers, Artisans, Food Trucks & Marketplace Vendors of all kind. Our little hamlet in East TO is hosting our 34th Annual Heritage Day Festival on June 15th, at 'The Highland Creek Community Park'. Our Festival offers summer themed entertainment for families and kids, food trucks, pancake breakfast, rides, games, activities, marketplace of artisan vendors offering hand crafted locally made goods, farmers market, showcasing local business and bringing local people together for a fun filled park festival! **Contact** festivalhighlandcreek@gmail.com

Saving Salmon One Classroom at a Time

By Mary Kate Whibbs, Aqua-Links Coordinator at the Toronto Zoo

Have you been to the Highland Creek Salmon Festival? This annual fall event held at Morningside Park offers a glimpse at migrating salmon making their way upstream to spawn. Activities and guided hikes present opportunities to learn more about this vibrant urban watershed. Staff from Toronto Zoo's salmon-centered Aqua-Links Program attended the Salmon Festival in 2018 and are already looking forward to the 2019 salmon season!

2019 is an exciting year for the Aqua-Links Program marking a decade of Atlantic salmon stewardship. Since 2009 over 15,000 Atlantic salmon fry have been released into local waterways by participating students and their teachers through the Aqua-Links program. Salmon eggs are delivered to schools in January each year and placed in a classroom hatchery which incubates the salmon eggs at a chilly 4°C. Students make daily observations of the salmon while they emerge from their eggs as alevin and develop into tiny salmon fry ready to be released into the wild in May. This up-close and personal experience is not only memorable for the students, but is also a platform for them to make a tangible contribution to ongoing conservation activities.

Toronto Zoo's Aqua-Links Program is part of a greater initiative to restore a self-



Students participating in the Aqua-Links program watch the incubator as salmon eggs develop into tiny salmon. Photo courtesy of Toronto Zoo

sustaining population of Atlantic salmon in Lake Ontario called Bring Back the Salmon or the Lake Ontario Atlantic Salmon Restoration Program (LOASRP). Aqua-Links works with partners at the Ontario Federation of Anglers and Hunters (OFAH), Ontario Streams and the Ministry of Natural Resources and Forestry (MNRF) to release tens of thousands of Atlantic salmon into tributaries of Lake Ontario each year and to raise awareness of the ecological and cultural significance of this native species.

The Highland Creek watershed is rich in aquatic biodiversity and provides lots of opportunities to connect with and experience local wildlife. It doesn't take much to help

keep the watershed healthy—you can help by minimizing waste and by reporting sightings of invasive species through the Invading Species Hotline 1-800-563-7711 or the EDDMapS Ontario app. Learn more about your watershed by attending local events, like the Highland Creek Salmon Festival, will keep you motivated and inspired to

protect nature. Get the latest updates on Atlantic salmon restoration progress, and find opportunities to get involved in tree plantings and other activities by following @ontariosalmon on Twitter or Lake Ontario Atlantic Salmon Restoration Program on Facebook.

Learn more about the Aqua-Links Program and how you can get involved with local aquatic conservation through the Toronto Zoo at <http://www.torontozoo.com/conservation/GreatLakesConservation.asp> or follow us on Twitter at @greatlakesprgm.



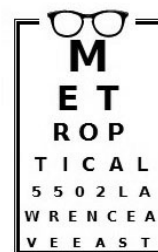
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For July/August issue In by July 10,
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Highland Creek Community Association Membership Renewal

Name:

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The annual membership fee is \$10 and can be mailed to:

Highland Creek Community Association
P.O. Box 97501, 364 Old Kingston Road
Highland Creek, Ontario M1C 4Z1

You can also e-mail us and someone will come to your door to pick it up. Finally, we hope to have PayPal up and running soon (if it is not already) so check us out on-line.

March/April 2018

myhighlandcreek.org