

The Villager



The Villager XLIII No. IV



HERITAGE FESTIVAL EDITION

May/June 2019

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Festival Happenings Page 17



"Welcome to the 34th Highland Creek Heritage Festival!"

In 1986; I never imagined 34 years later the festival would still be running!

I'm very happy that my friends and family, all the creekers and new comers can go out to the park and be part of an awesome community and event!

Creekers Rule!

Terry Woods PROUD CREEKER AND FOUNDER

Find more Heritage Festival History & Photo's <https://www.hchf.ca/festival-history>

"A History, Written Over Time" by Highland Creek Heritage Festival Founder, Terry Woods, Former Chair for many years, Clancy Delbarre and David Adamson 2019 Chair

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Our not for profit newsletter is distributed to 5200 homes and business throughout Highland Creek. We are a Volunteer run community organization. Our Intention is to showcase Highland Creek life and share news and updates from our community. Advertisers are usually local or connected to Highland Creek. We aim to share The Villager Newsletter 5 times per year, offering low rates with large distribution.

Submission Deadlines for upcoming Villager Newsletters

June 30 July /August "Summer in The Creek Edition"

August 30 September /October "Harvest Edition"

October 30 November/December "Winter Festival of Lights Edition"

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Submission Deadline end of June/First

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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



Spring has finally arrived. The board members of the HCCA have been active on behalf of our membership and the residents of Highland Creek. This report summarizes The HCCA, Annual General Meeting on April 25th, held at the University of Toronto, Scarborough Campus.

University Presentation

Professor Wisdom Tettey, the newly appointed Vice President and Principal of the Scarborough Campus, greeted those in attendance and stressed the importance of maintaining a good relationship and partnership within the community.

Andrew Arifuzzaman, Chief Administration Officer, provided an update on projects involving the Scarborough Campus. A new Instructional Centre IT building is planned for in the north-east parking lot close to the Pan Am Centre and will contain a new U of T bookstore and loading dock; which will be connected to other buildings by tunnel. The student residence planned for on Ellesmere Road has not progressed due to the higher costs of building and difficulty in getting a contractor. The community will be consulted on any further progress. An Indigenous House will be built on the top of the ravine and have floor to ceiling glass on the second floor. It will house offices, a communal kitchen and a large gathering hall. All built with local materials. There is a new Arts Centre in the plans; which can be used by the community. A Medical Academy is also planned which will focus on suburban health issues and culturally specific illnesses will be established. An Earth District vertical farm is being developed in partnership with Centennial College.

HCCA Presentation

Multi-Tenant dwelling continues to be an issue of concern to many residents not only in Highland Creek but other communities as well. The HCCA was contacted by association Presidents representing Agincourt, Rosewood and Farquharson and attended our board meeting to express their concerns. They were informed that the multi-dwelling report was completed and it will be part of a bigger city-wide study coming out in the fall. These associations intend to pursue the matter with their respective Councillors and will keep us updated.

A City of Toronto public consultation meeting was held on April 9, 2019 at the Morrish Public School regarding plans to upgrade the existing bike lanes on Conlins

Road and options were presented. This involves the bike lanes from Ellesmere Road to Sheppard Avenue East on Conlins Road. There was indeed active participation from the residents on Conlins Road and of particular concern was the lack of parking that would be made available along with safety concerns. Further review will be undertaken taking into consideration input received.

The financial statements for the year ending March 31, 2019 were presented by the Treasurer, Elma Todkill that were moved, seconded and carried.

April 27th, Highland Creek Spring Clean Up: despite chilly conditions, many residents showed up and cleaned up various areas of Highland Creek. Thank you to all participants.

An Indigenous House will be built on the top of the ravine and have floor to ceiling glass on the second floor. It will house offices, a communal kitchen and a large gathering hall and built with local materials. A new Arts Centre is planned which can be used by the community.

Highland Creek Gala Fundraiser dinner/dance to be held on Saturday, May 25, 2019 at the Miller Lash House. Thanks to Bill Yarn and Gala Committee for organizing this event. Thank you to the Miller Lash staff for their assistance and co-operation. Funds raised will go towards the Heritage Festival, beautification initiatives in the Highland Creek Village and the Tony Stacey Centre for Veterans Care. The 34th annual Heritage Day Festival

will be held in the Highland Creek Community Park this year. The park is located on the north side of Ellesmere Road, west of Morrish Road. The park offers a large grassy and treed area with a children's playground. A pancake breakfast will be featured sponsored by Amigos, along with kids rides, entertainment and vendors of all kinds. We look forward to all residents and community members attending this family friendly event. The Presidents of the community associations in the new Ward 25, HCCA, CCRA, WRCA and Guildwood continue to meet on a quarterly basis. This allows us to share ideas and opinions and to support one another in our respective community initiatives. Councillors Jennifer McKelvie and Paul Ainsley have been invited guests to our meetings and have provided information pertaining to our respective concerns.

The Tony Stacey Centre for Veterans Care is presently addressing a number of challenges. Most importantly, the Centre has until 2025 to meet the required standards for a long term facility. The Board of Directors has had meetings with our local elected officials for their support and direction in meeting our date line commitment. Thanks to Vito Greto, board member for leading this initiative and the many hours spent putting this important project together.

The other matter we are dealing with is a fund raising effort to cover the costs for improvements required to the arthritic pool. Tax receipts will be provided for a donation. Contact Diana Hilge, Director of Public Relations & Communications, tel.# (416) 284-3333 for donations to the Centre.

PRESIDENT'S MESSAGE
CONTINUED ON PAGE 6

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Local BBQ Joint

By Chris Goethel

If you have been in the Village lately, you may have noticed a faint trace of wood smoke and barbequing meat in the air. I followed my nose to discover a new eatery in the Village.

Welcome to Northern Smokes. As they describe themselves “We have a passion for smoking meat and finding the perfect blend of wood chips and spices to ... bring you the experience of a Southern style BBQ with a Northern touch.”

They are owned by siblings Imran and Rahima Ali. Imran started barbequing in his backyard and soon friends and neighbours were clamouring for more of his delicious BBQ. I’m happy they did, because they decided to look into starting Northern Smokes. Good fortune (for us) led them to locate in the space that Lou’s Souvlaki used to occupy at the south end of the plaza between Kingston Road and Morrish Road, near the Remax storefront.

They specialize in brisket, tri tip, beef back ribs, jerk chicken, and (occasionally) lamb.

I tried the brisket and it is as good as I have had anywhere (I have had BBQ in both Carolina’s, Tennessee and Oklahoma as well as a number of the local BBQ joints). My son had the jerk chicken, which he agreed was very good with a solid spice bite to it. If you are into barbequed pork, you will be disappointed as they are a halal restaurant. But with beef and chicken this good and this

close I am not complaining. I should note that they have “burnt ends” as a special order – let them know 4 days in advance if you wish to try this amazing BBQ taste treat.

I encourage you pay a visit to Northern Smokes and to help plan your visit check out their website at <https://northernsmokes.com>. Bon appetite!



OBITUARY EVELYN DEMPSEY

A long time local resident, Evelyn Dempsey, passed away on April 7 in Winnipeg, Manitoba. She had turned 99 on March 7, 2019. Evelyn was the wife of the late William Dempsey who was well-known for his community activities in our area. Bill was a founding member of the CCRA, a trustee of Centennial-Rouge United Church (now closed) and participant in Heritage Day. The couple moved back to Carberry, Manitoba about a dozen years ago to be closer to family. Evelyn was very active with Centennial-Rouge Church and the Women’s Auxiliary as well as being a strong supporter of Bill’s many community activities.

It’s busy in Highland Creek and interesting at City Hall

By Jennifer McKelvie, Councillor, Ward 25 Scarborough–Rouge Park

I’m enjoying connecting with the community. A few weeks ago, my team and I held our first Community Environment Day at the Malvern Community Recreation Centre. The Mayor attended, and the event was a success. I’d like to remind all Villager readers that I’ll be hosting a second Community Environment Day event at Colonel Danforth Park on Thursday, June 20th from 4pm to 8pm at 73 Colonel Danforth Trail. This is a popular and excellent opportunity for residents to donate a wide variety of items for reuse in the community. Arts and crafts supplies, books, clothes, and small household items are just a few of the categories open for donation. You can also pick up free compost while supplies last and buy kitchen containers for \$5. I look forward to seeing you all at this event, and I encourage you to please spread the word!

These are interesting times at City Hall. As many of you know, there have been major discussions and debates on a number of important issues, from public transit to health care. The province has reduced funding to Toronto Public Health (TPH), which will prompt a



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

wide ranging discussion and action plan on Council on how to respond and manage resources. There are 23 breakfast programs, 22 child care inspection programs, 27 immunization programs, and four long term care centres with food inspection and infection control in our Ward.

As a Member of the Board of Health, I will be doing what I can to work with colleagues

of all political stripes to manage these funding changes and to preserve TPH services in our Ward and the Highland Creek community. I hold the view that the best way for the province to achieve its stated goal of ‘Ending Hallway Healthcare’ is to invest in the kinds of health-care services that have huge returns on investment and that save the system resources in the medium to long term. Those services, such as immunization, vaccination, student nutrition and family health, are the bread and butter of the TPH.

As many of you know, the Highland Creek Heritage Festival will be taking place on June 15th at 3500 Ellesmere Road at the Highland Creek Community Park from 9am to 3pm. This is a great opportunity to celebrate the community and to celebrate 31 years of hosting the festival. It is a volunteer run event that is sponsored by the community and attended by thousands. I am looking forward to attending the event and engaging with Highland Creek residents.

As always, please don’t hesitate to reach my team and I at 416-338-3771. You can visit our website at www.jennifermckelvie.ca, and follow me on Twitter and Instagram at @McKelvieWard25.



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Ocean Speaks

A Poem by Vienna Bombardieri

The volupt of her great charms is never lost on me she has roars that no lion can ever compete with watering me with her refresh she unhinges earth and gives my soul an oblivion view of eternity ;



As far as my eye can see there is none else but her beneath the water’s surface the niggling breath of an uncaptured fish. Running from earth’s shallow, she deepens my senses and immortalizes me

She is the Queen Ocean, she always re-pleases bequeathing us with the life force of her great water she is like a wild lion, she knows the power of her roar when Ocean speaks I listen, then I am no more.

Not Interested....a short story

By Liz Cogger Hills


Hooray, the spring issue of the Villager is finally here and ready for distribution.

As I walk on icy sidewalks, I can’t help but admire pride of ownership reflected in well kept properties. It’s good to know people care in our neighbourhood.

Only a few copies left to be distributed. A new neighbour on Romac Dr. is just exiting from his car. I extend a copy of the Villager...”NO” he says. Dumbfounded, “I tell him that it’s not a flyer, it’s local news”...”NO, NOT INTERESTED”. I mumble something like “it’s a shame, have a good day”. He walks away.

Never ever has this happened to me in all the years of delivering the paper. The irony is the refused issue containing proposals for beautification of our village and increased awareness of our history... NOT INTERESTED??? I feel sad for this neighbour.

A rare occurrence in a neighbourhood of welcoming hands and friendly smiles.

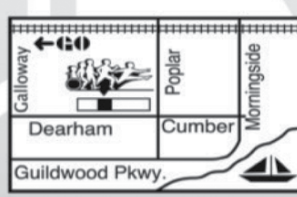


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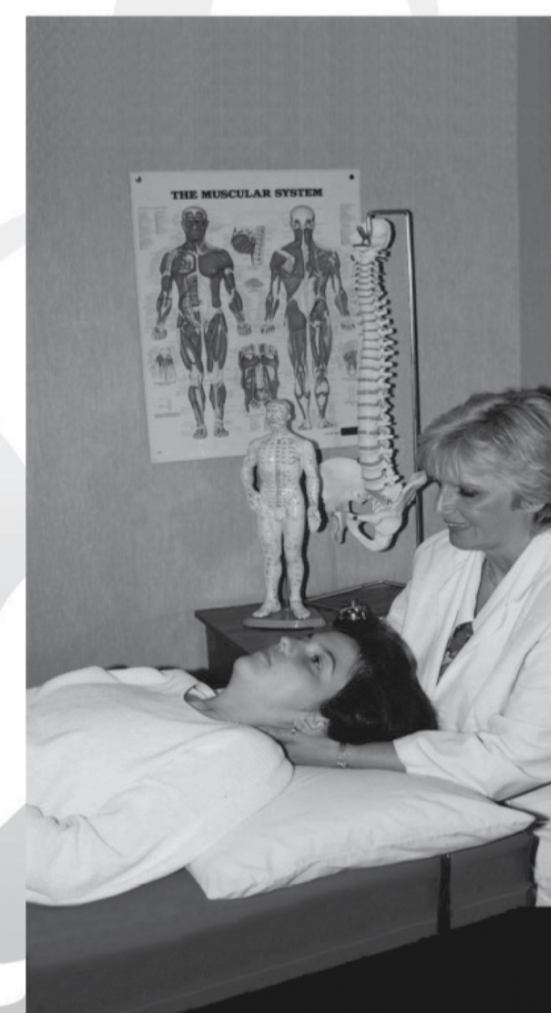
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Supporting the environment

By Vijay Thanigasalam, MPP
Scarborough–Rouge Park

With the weather getting better, there was a lot of outdoor events I had the pleasure of attending this past few months. I will be hosting Vijay's Community BBQ on June 23rd 2019 11:30am – 2:00pm at Adams Park Picnic Area A. All are welcome and this event is free for all constituents. I hope to see you there!

Earth Day 2019 in Scarborough–Rouge Park:

In celebration of Earth Day, I hosted a Shoreline Cleanup aimed at keeping our waterfront here in Scarborough–Rouge Park clean of litter and beautiful for the summer months. We had many residents from all ages join us on a sunny Saturday afternoon to clean up our beaches and waterfront trails.

Highway 401 Rehab Project

I joined MPP Peter Bethlenfalvy to announce that the government, led by the Minister of Transportation, is putting people first by investing in road improvements connecting Scarborough and Pickering to improve road safety. Our government is investing in improving transit by resurfacing Highway 401 from Neilson Road to Whites Road, HWY 2A, and other local projects. These projects will help create jobs for Ontario's construction industry and help keep our highways reliable

so that our province has a transportation network that is safe, and encourages job creation, investment, and trade in every region of the province.

2019 BUDGET HIGHLIGHTS INCLUDE:

- Projecting a deficit of \$11.7 billion in 2018–19, a \$3.3 billion improvement from the deficit of \$15 billion inherited from the previous government.
- Charting a responsible path back to balanced budgets by 2023–24 while creating jobs and protecting what matters most.
- Tackling the \$343,000,000,000 public debt with a responsible debt burden reduction strategy that will restore fiscal health, preserve critical services and lower Ontario's net debt-to-GDP ratio by 2022–23 to less than the 40.8 per cent inherited from the previous government.
- Proposing a new Ontario Childcare Access and Relief from Expenses (CARE) tax credit. It would provide about 300,000 families with up to 75 per cent of their eligible child care expenses and allow families to access a broad



Pleased to join MPP Fedeli for a Budget Breakfast event in Scarborough alongside my colleagues

range of child care options, including care in centres, homes and camps.

These highlights will put money back in the pockets of Ontarians while protecting the essential services we rely on. For more information about the budget please visit: <http://budget.ontario.ca/2019/>.

I look forward to working with each and every one of you during the coming months and years to ensure our community continues to grow and prosper. My staff and I are always available to help. We can be contacted at 416-283-8448 or vijay.thanigasalamco@pc.ola.org and the Constituency Office is located at 105 – 8130 Sheppard Ave. East.

Sincerely,
Vijay Thanigasalam, MPP
Scarborough–Rouge Park

PRESIDENT'S MESSAGE CONTINUED FROM PAGE 3

Addendum - Police Update

I attended my first 43 Division Community Police Liaison Committee Meeting on May 9, 2019. I thought it important to obtain and share information as it pertains to the Highland Creek area. I was introduced to Superintendent F. Barredo who recently took over his duties at 43 Division. In addition, I had an opportunity to speak with Constable Julie Campbell who assured me if there were any issues involving police matters brought to my attention, I could contact her direct.

An overhead presentation was given outlining the major crime areas in Scarborough and I was pleased to learn that Highland Creek was one of the lowest. Break and entry is down for 2019 although commercial businesses are a prime area source and it was suggested that signs be put up indicating no cash funds on the premises at the end of the day. As far as residents are concerned, it was suggested that one should be aware of their surroundings especially when talking on cell

phones and that no expensive jewelry be worn. Seniors are prone to fraud and should be mindful of door to door salespersons along with telephone calls asking for personal information.

I discussed speeding concerns particularly along Military Trail and the police are involved in dealing with this matter. I also pointed out that the Highland Creek Heritage Festival would be held on June 15, 2019 at the Highland Creek Community Park so that the police were aware of this along with others present at the meeting.

The 43 Division, opened in 2006; is hosting holding an annual open house picnic on June 1, 2019

David Adamson,
President Highland Creek
Community Association

Contact me on any items in this report or any other matters; I can be reached at email: dw.adamson@rogers.com or telephone (416) 281-7758.

Cute Alert: We Have Babies!

Spring can be such an exciting time at the Zoo – especially when we have important births to celebrate. Over the past few months the Toronto Zoo has welcomed significant births to our Zoo family – including A Grevy's zebra foal, two red river hoglets and an endangered African penguin chick!

Grevy's Zebra Foal

Tori, an eight-year-old female Grevy's zebra (*Equus grevyi*), gave birth to a male foal in the early morning hours on Wednesday, February 13, 2019. The zebra foal was named "Obi", in keeping with the Star Wars-themed names for zebra foals born at the Zoo, including Luke, Leia and Rey. This birth is important for Grevy's zebra conservation as the species is currently listed as Endangered on the International Union for Conservation of Nature (IUCN) Red List of Threatened Species. Grevy's zebras were first put on the IUCN list in 1986 after their population began to decline due to overhunting in the late 1970s. Today, Grevy's zebras are primarily found in Kenya and Ethiopia and over the past 30 years their global population, currently only at 2,800, has declined by approximately 70%. Loss of grazing habitat and reduced access to available water sources, competition for resources, hunting, and disease are the major threats facing Grevy's zebras in the wild.

Zoo guests will be able to see Obi on exhibit in the African Savanna this spring. Stay tuned for details on his debut!

Red River Hoglets

Tisa, an eight-year-old female red river hog (*Potamochoerus porcus*), gave birth to a litter of two female hoglets, Hazel and Ginger, on Sunday, February 17, 2019. This is the first litter for Tisa and Sir Philip Pigglesworth III, father and eight-year-old male, and the third litter of red river hogs born in Toronto Zoo's history. The Zoo's Wildlife Care Team say that Tisa continues to be a great first-time mom, very trusting and comfortable with Keepers. Dad, Sir Philip Pigglesworth III, is a very involved dad and the hoglets enjoy spending time snuggling with him on exhibit. The curious hoglets are nursing well and continue to eagerly explore their habitat in the African Rainforest Pavilion.

Zoo guests can visit Hazel, Ginger and the whole red river hog family on exhibit daily in the African Rainforest Pavilion.

Endangered African Penguin Chick

An endangered African penguin chick (*Spheniscus demersus*) successfully hatched on Friday, March 1, 2019! The egg was laid by penguin pair, Ellie and Chupa, who were recommended to breed by the Species Survival Plan (SSP). This is the third chick for this pair, who are fairly inexperienced parents, having only raised one chick themselves. While raising their first chick, Ellie and



Opening Times

May 4 to September 2

9:00am to 7:00pm daily

*Last admission one hour

before Zoo closes

June 15th 9am to 3pm

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The 34th Annual
Highland Creek
Heritage Festival!

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sharing Animal
Education and visit a Live
Animal from The Toronto
Zoo!

Check www.hchf.ca for
schedule



Chupa encountered a few parenting difficulties; so this time around Wildlife Care made the decision to call upon veteran penguin parents, Flap and Shaker, to help out. After allowing Ellie and Chupa to incubate for the first couple weeks, the egg was pulled and given to penguin pair, Flap and Shaker, who finished incubation and continued raising the chick after it hatched.

Penguin chicks grow very fast, and

Ellie and Chupa encountered a few parenting difficulties; so this time around Wildlife Care made the decision to call upon veteran penguin parents, Flap and Shaker, to help out.

therefore become independent of their parents at a fairly young age. At day 21, Wildlife Care Keepers traditionally remove the chick from the parents to begin the hand-rearing process. By this point, the chick is quite large and mobile enough for the Keepers to care for

them. African penguins do not show sexual dimorphism, so until bloodwork is performed by our Wildlife Health Team, we won't know the gender!

The arrival of this endangered African penguin chick signifies a great achievement for these penguin parents and the African Savanna Wildlife Care staff. Of the 18 penguin species around the world, the African penguin is one of the most endangered. Over the past century, the population size of wild African penguins has dropped by more than 97%. Factors still affecting their decline include lack of food (due to climate change and over-fishing), disease, predation, and pollution (mainly oil spills). Recent estimates suggest, there could be as few as 25,000 breeding pairs left in the wild.

Zoo guests will be able to see the endangered African penguin chick on exhibit in the African Savanna come spring. Stay tuned for details on the chick's debut!

Check out torontozoo.com for updates on our latest Zoo additions and be sure to follow us on Facebook and Twitter @TheTorontoZoo for all the latest news.



The Founding of Highland Creek

By Rick Schofield,
Scarboroughh Archivist

Although the Thomson family can arguably be considered the first family to settle in the old Township, and the first post office was opened at Scarborough Village, the first true “community” to be established was at Highland Creek. Prior to any settlement, Elizabeth Simcoe, in describing the Township of Glasgow (as Scarborough was first called), referred to “the high lands of Toronto”. The river flowing through the area became known as the highland creek. William Knowles, emigrating from New Jersey in 1802, was forced to stop near what is now Grimsby where his wife gave birth to their eighth child. Knowles moved on ahead and in October, 1802 bought a 200 acre lot from Joseph Ketchum who had settled in the area of Highland Creek a few years earlier. Family stories handed down through generations indicate Knowles was expecting a house with the land but found only a roofless log shanty. His first days in Scarborough may well have been spent under the tall pines.

Knowles was a blacksmith and built the Township’s first smithy, making the nails for the first frame barn in Scarborough and planting one of the first orchards. His son Daniel kept the first store in Highland Creek, was a Commissioner for the straightening of Kingston Road in 1837 and was a prominent member of the Scarborough,

Markham and Pickering Wharf

Company which did an excellent business in shipping grain, timber and



cord wood.

Because the Kingston Road, the old Danforth Road and the Highland Creek came together in one location, the village grew rapidly in the early 19th century. Saw millers, grist millers, cobblers, merchants, coopers, tanners, blacksmiths, ship builders, and a host of other tradesmen helped build the community and in time it boasted churches from all major denominations including the first Roman Catholic and first Anglican churches in Scarborough. In July, 1852, a post office was granted to William Chamberlain and the name Highland Creek became officially recognized as an alternative to the all-encompassing Scarborough name.



Above: Knowles General Store (now the empty lot on the SE corner of Old Kingston and Morrish) Left: One of the early business' Highland Creek Boot, a Harness shop in the valley

In 1856, Scarborough’s first railway was built along the lake passing through the southern part of the Highland Creek community.

New roads were built to Markham and Unionville and new crossroad communities were established. Highland Creek remained the largest of the local communities until 1879. The western half became West Hill with a new post office in John Richardson’s home. The east side of the valley remaining as Highland Creek.

However, a new frame school, built in the valley in 1870, continued to serve both communities until 1918 when the present Highland Creek Public School was erected. That school celebrated its Centennial last year.

Price on carbon helps to fight climate change

By Gary Anandasangaree, MP
Scarborough–Rouge Park

I would like to begin by thanking members of the Highland Creek community for their commendable efforts to help Clean Up the Highland Creek Village on Saturday, April 27th! My daughter Bairavi and I had a terrific time connecting with local residents and members of the Highland Creek Community Association, and I look forward to the continued beautification of the Highland Creek Village in the weeks, months and years to come!

Connecting with Scarborough – Rouge Park

Over the past month, my team and I have had a number of opportunities to connect with the residents of Scarborough – Rouge Park. I was honoured to celebrate the 47th Anniversary of the Canadian Charter of Rights and Freedoms with the Grade 5 students in Mrs. Cooper and Mr. Douglas’ class at Morrish Public School, thrilled to connect hundreds of youth age 16 – 30 with local employers at the Malvern Methodist Church for our Youth Job Fair, delighted to enjoy a brisk Spring Walk in the Rouge National Urban Park, proud to welcome 45 of Canada’s newest citizens to our community during our Scarborough – Rouge Park Citizenship Reception, and happy listen to the questions and comments of our community during our successful Sip n’ Chat Open House event at our constituency office.

Price on Pollution and Climate Action Incentive

As of April 1st 2019, it is no longer free to pollute in Canada. Our government introduced a national price on carbon pollution in order to protect the health of our environment and to ensure that big polluters begin paying their fare share. Instituting a price on pollution will not only help Canada meet our international commitments as outlined by the the 2015 Paris Climate Agreement, but will help keep our environment safe for future generations.

A recent study published by Environment Canada indicates that Canada is, on average, warming at twice the rate of the rest of the world. Even more troubling is the fact that Northern Canada is currently warming at a rate of almost three times the global average. Global warming has had devastating consequences across the country, including the enhancement of forest fires in Western Canada, severe flooding in Central and Atlantic Canada and the depletion of the Canadian Arctic in Northern Canada.

How does the price on pollution work? It’s simple; the more someone pollutes, the more they are required to pay. Here in Ontario, all money collected from the price on pollution will, by law, be returned back to Ontarians. 90% of that revenue will be returned through a tax rebate called the Climate Action Incentive.



Classroom Time with Member of Parliament, Gary Anandasangaree

The remaining 10% of revenues collected will go towards schools, hospitals and businesses in Ontario in order to help them become more energy efficient.

The Climate Action Incentive will leave 8 out of 10 Ontario families better off, with the average family of four receiving a Climate Action Incentive payment of \$307 upon successfully filing their taxes. Putting a price on carbon pollution is part of our government’s ambitious plan to fight climate change, protect our environment and grow our economy.

For more information about our government’s Climate Action plan, I encourage you to visit: www.canada.ca/climate-action or contact my constituency office at (416) 283-1414 or Gary.Anand@parl.gc.ca.

On a final note, I would like to take this opportunity to invite you and your family to join my team on Saturday July 6th from 1:00 PM to 4:00 PM at Joyce Trimmer Park for my Annual Summer Barbecue. Our summer barbecue is a highlight on our constituency office calendar and promises to be a fun filled afternoon full of delicious food, exciting games and fun activities for the whole family!

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Gala Fundraiser



Billy Yarn Gala Chair, VP HCCA with David Adamson President HCCA

COMING TOGETHER, BUILDING COMMUNITY!

2019 Gala Fundraiser May 25th,
Miller Lash Garden Tent

"As Gala Chair it is my pleasure to Thank you for supporting Highland Creek. We are pleased that a portion of this evenings proceeds have gone to The Highland Creek Village Beautification, The Tony Stacey Centre for Veterans Care and The Highland

Creek Heritage Festival. This evenings success is thanks to our *Sponsors, Contributors, Miller Lash House, our Gala Committee and, of course, all of the attendees of this evening!

Billy Yarn, Gala Chair, VP HCCA

Thank you Highland Creek Community, Friends and Neighbours who came out. Oh what a night!

The 'Highland Creek Gala' took place on May 25th at the Miller Lash House. We auctioned, we photobooted, we dined and we danced! We raised our glasses to care of our shared community, people and place. Thhe evening was fabulous fun, the rain and stormy conditions bringing out the best in everyone!

**Special Thank You to the Tireless! Dedicated! Gala Volunteers! David Atlas, Maria Boccardi, Ekua Bamfo, Joy Loewen and Billy Yarn for bringing together a wonderful evening in support of Highland Creek!

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Bill Yarn & Lora Tomasino, Highland Creek

Highland Creek Community Association Beautification Updates



of Old Kingston Rd.; near the gates of Wesleyan. Showcasing local events and happenings, past & present! Spring Summer 2019



A new flagpole has been erected in the Highland Creek Wesleyan cemetery. Blair Anderson purchased it, James of Highland Harvest raised it and MP Gary Anandasangaree supplied the Canadian flag. Drop by and have a look!

At the same time, James and his dad removed the tall stump which was rotten and displacing the cement under the fence. They took apart the fence, removed the stump, formed new concrete and smoothed out the soil. Now we have a new spot for some pollinator plants!

Find the new **HCCA Membership Box** in Highland Harvest Café.

Head down to Highland Harvest, grab a coffee, sit down and fill out your membership with fee & place it in the box, fun & easy!

During the Summer 2019

The History of Highland Creek Wall Mural in Wesleyan is to receive needed attention.

Village News Reader Board



June 6th, 2019, commemorates the 75th Anniversary of D Day. Canadian, British and American forces landed on the Normandy coast. It was the greatest seaborne invasion in history, sparking the beginning of the liberation of France and Western Europe. The Royal Canadian Branch 258 Colour Guard will be present alongside Veteran Cliff Ferguson, having the honour of raising the Canadian Flag.

installed on the walking route



Highland Creek Clean-up Day 2019

A brave group showed up to work on April 27 despite the cold, windy, grey day. Thank you all for your efforts. We had our local politicians: Councillor Jennifer McKelvie, MP Gary Anandasangaree and MPP Vijay Thanigasalam came out with their helpers and a number of other local residents. Here are the helpers: Gary's daughter, Bill Yarn, Don Allen, David Adamson, Susan Lamb,

John McCall, Marilyn Stackaruk, Joy, David Atlas, Blair Anderson, Lora Tomasino, Brett, John, Doug Phillips, David Turnbull, Elma Todkill, Karin and Maurice Gallagher and the Shouldice's. Crews picked up trash in the Wm. Dempsey Echo Park, Bramber Woods Park, Old Kingston Road in the valley and around the Highland Creek Bridge and the Kingston Road bridge.

A special thank you is extended to those who cleared up the leaves and gardens in the Highland Creek Wesleyan Cemetery and to James, in Highland Harvest who supplied coffee.

Hope to see you all in November for our fall clean-up.



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To Detox or Not to Detox?



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As a Naturopathic Doctor I have patients ask me about doing a detox on a regular basis. If you have ever been interested in a detox but not really sure what it is or how to do it please keep reading.

What is detox?

In simple terms detox (or detoxification) is the way our body gets rid of toxins. Detoxification is not something you are consciously doing; your body detoxes continuously, 24 hours a day. This is necessary as we are constantly exposed through the environment (eg. environmental toxins such as car exhaust, pesticides/food preservatives and additives, chemicals in body care products etc.). Our body generally does a great job but over time the main detoxification pathways can get backed up or overburdened. When this happens your body still wants to get rid of toxins but the less preferred pathways get used and/or toxins get stored in the body and this results in symptoms. There are many symptoms that may arise to indicate that the common detox pathways need some help. Common symptoms include (but are not limited to):

1. fatigue/muscle aches
2. headaches
3. bloating/abdominal pain
4. constipation/diarrhea
5. weight gain/difficulty losing weight
6. acid reflux/heartburn/GERD
7. acne/rosacea
8. mood swings/depression/anxiety
9. brain fog/poor memory
10. PMS/decreased libido
11. sleep apnea/snoring
12. high cholesterol/high blood pressure
13. hypoglycemia
14. frequent colds/flu/sinus infections
15. excessive sweating/body odour

What is a detox program?

A program set up to help you detox can be varied. The objective for any detox program

is to help unburden the body's detoxification pathways. The foundation to any detox program is diet. Clean eating is a focus on eating foods that are unrefined, unprocessed, free of chemicals and sugar.

Some detox programs may also incorporate supplements and herbs to help enhance the detoxification pathways (mainly focused on the liver, kidney and bowels). If choosing to incorporate additional supplements/herbs remember to consult with a Naturopathic Doctor or another healthcare professional to see if it is right for your body and that there are no contraindications to existing health concerns.

What to expect?

When you initially start a detox program you can go through 'withdrawal reactions'. Examples of withdrawal reactions include headaches, irritability, moodiness, fatigue etc. The extent of the 'withdrawal reactions' vary from individual to individual and can typically occur in the first 3-5 days of a detox. You might be wondering why you would ever do a detox, if you are going to feel worse. When your detoxification pathways are overburdened and toxins are not being eliminated properly, the 'withdrawal reactions' represent that detoxification pathway getting kick started. Sometimes to get to the good you have to go through the bad. If you suffer from strong 'withdrawal reactions', each time you detox the reactions will be get less and less indicat-

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ing that your body is functioning better and not harbouring toxins. As the detox proceeds into the second week most individuals feel more energy, less bloating, clearer thinking, weight loss (despite no caloric restriction), improved skin, regular bowel movements, etc.

When to do a detox program?

The general rule of thumb is to do a detox 1-2 times per year. Change of season is always a great time (eg. winter to spring and summer to fall).

How long to detox?

There is no limit to how long you can do a food-based detox. My recommendation if you have never done a detox before is a minimum of 2 weeks. Some people opt to start with a week and then re-evaluate to see if they would like to continue. Once you have done a detox once you will get a better idea of how your body functions. You may choose to repeat for shorter periods of time for a tune-up or longer period of time when you feel like your body really needs it.

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Highland Creek Public School

Highland Creek Public School continues to buzz with activity! Students have enjoyed participating in numerous clubs and sports activities such as Chess, Forest of Reading, Math Games, Lego, House League, to name a few. Eco Club is holding a litterless lunch event and we hope to see it widespread.

We are fortunate to have a very active School Council. We thank the dedicated members for organizing several activities from Movie Nights to Pancake Breakfast, and Clothing Drives. Their collaborative efforts in bringing the community together and fundraising to support school programing, allows us to invest in technology for learning and cover programs such as Scientists in Schools.

Our annual Poetry Slam continues to engage our kids and the TEDx-style TDSB Talks continues to be very successful. Students from all grades worked on original speeches and each class chose representatives to present in front of the school. Our judges selected one student from the Junior division and one from the Intermediate division to participate in the LN15, 16 & 28 competition taking place at UTSC. Good luck to our speakers!

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

On behalf of Highland Creek Public School staff and students, I'd like to wish you a very safe and happy summer holiday.

We hope that we get warmer weather!

May Halabi - Principal



Highland Creek Public School Grade 7/8s performing at the Toronto Centre for the Arts

Highland Creek Public School: Student Reporters:

The staff and students at Highland Creek P.S. are enjoying some better weather after many months of dealing with the cold and ice that covered the school yard. The New Year brought a lot of bad weather and snow storms including our first snow day in over ten years! With the weather slowly getting warmer, and the ice in the school yard melting, all the kids and staff are now able to get out and safely enjoy outdoor activities again!

This spring, the staff and students have been involved in many clubs and classroom activities. Our School Council has continued to work diligently on raising money for our classrooms and trips.

This year the grade 7/8's and The School Council have been raising money towards our class trip to Ottawa. The students have been planning pizza lunches and dances to help raise money. Our School Council co-chair, Jen Husain, has helped us out a lot by planning 'Server Nights' at Boston Pizza. On the server nights, the students are paired up with servers and we get to help out by taking orders and

serving the food. It is a lot of fun to help serve the families but it is also hard work because you have to fill the trays with all of the food and drinks without dropping or spilling them!

Our Intermediate students were also involved in training sessions at the Pan Am Centre. We have had the opportunity to learn Health related theory in-class and physical training in the gym. We have learned a lot about the equipment and how to stay healthy. In the training sessions we did activities such as squats, push-ups and chin-ups. In class, we learned about eating with healthy choices in mind and ensuring that we get the right amount of sleep. We now know that we need 8-10 hours of sleep. The coaches were kind, supportive and knowledgeable.

Some of our students also went to the annual Stem Conference at Centennial College to display our class science projects. Our theme was about Water. Each student was divided into two groups and they each went to learn new information from other groups and other projects. We also listened to public speakers at the Conference. We were even able to send a message to our Canadian astronaut, David Saint-Jacques, who is currently on a space mission.

Mr. Alexiou has been very busy coaching a lot of sports at our school including basketball for junior and intermediate boys and girls. Daily, he runs House League games at lunch for Grades 3-8. He is currently preparing for our Track and Field event which is being held on May 3rd. Shortly, he will be begin the Track and Field tryouts to determine who will be moving on to compete at Birchmount.

Ms. Woo and Madame Kings are once again preparing our students for the Folk Dance Jamboree which will be taking place June 11th, 2019 at Cedarbrae C.I. The team practices at lunch and are learning a lot of new dances. Some students have been participating for many years and they are the leaders for the

HIGHLAND CREEK PS
CONTINUED FROM PAGE 14

younger students. It is a really fun event, with many other schools participating.

On March 7th, 2019 the Grade 7/8's competed in a Spoken Word and dance performance with the help of Ms. Joyner and Ms. Nadeau. They also received mentorship from professional Spoken Word and Dance artists including, Paulina O'Kieffe and Merideth Thompson. With their hard work and dedication that they have given us, we created a soul touching piece called "Bullies have Many Faces". The theme of the piece is that everyone can be a bully at different times and that we should all consider how our actions affect the emotions of others. A bully can be the nicest person to one person but they could also be a terrible person to someone else. We were so proud to find out that we were once again chosen to perform in the final showcase at the Toronto Centre for Performing Arts on April 25th, 2010. This is an amazing honour as only 20 groups were chosen from the entire TDSB.

Each year the parent council organizes a Fun Fair to raise money for the school. This year it will be on Saturday, June 1st, 2019. The Fair has many activities such as Bouncy Castles and slides, toilet toss (throw toilet paper into a real toilet!), water gun attack, the donut eating contest and many more. We encourage everyone to come out as it is a really fun community event!

Highland Creek P.S. is a fun and busy place to be. Our Grade 8 students will miss the amazing learning, activities and events that we have been a part of over the years. We look forward to graduation on June 26th, 2019 but it will be sad to see them leave the staff and students of Highland Creek!

By: C. G., A. P., K. M. - Gr. 7/8 Students

Military Trail STOP SIGN Petition:

Highland Creek P.S. along with concerned families in our community have been advocating for the instillation of 3-Way Stop signs at the intersection of Bobmar Road and Military Trail. This will allow students the means to cross safely when walking to and from school. Please consider participating in the signage of the Stop Sign petition put together by one of our concerned families.

You may forward the petition to those you feel may have a vested interest in our concerns. <https://www.thepetitionsite.com/5,17/751/731/3-way-stop-signage/>

Tidy Up Trish



It's that time of year again, Spring has sprung! And with it comes the "Spring Cleaning" that most of us dread and (a few) others can't wait to start. In general, it seems that we all have more stuff these days - and clutter starts to collect in the various nooks and crannies of our home. If you know you need to get organized, but not sure how to get started, here are some tips to help you through the process.

First off, everything you own should have value, either because of function or because you love it for a very special reason, not just because "it was a gift." The rest is inconsequential and shouldn't be taking up space in your home. There's no reason to be surrounded by things that don't work, or you don't need, or even like!

Second, just like the humans and pets, every item in your house needs a place to 'live.' Ask yourself these questions: where does your mail live? Where do your keys live? If you don't know, pick a spot that makes sense. Some solutions are as easy as a bowl where the keys will go; or a basket at the front door - for hats and mitts in the winter and sunscreen and beach toys in the summer.

Third, focus on one room or area of your home at a time. Give it the four corner wipe down it deserves. As you work your way around the room, deal with all the little piles of stuff AS you see them - then and there! Don't move it to another pile of stuff; or dust it off and promise to deal with it next time. Stop, put down the duster and take a good look at what it is. Then decide if it has a place in your home. If it does, put it there, if it doesn't - toss it in the donate/recycle box.

Decluttering requires attention and decision making, and it doesn't need to take a lot of time.

This should get you started.

By Trish Deluca
tidyuptoronto@gmail.com.

Port Union Waterfront Festival

The 12th Annual Waterfront Festival is
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Port Union Village Common Park, Port Union south of Lawrence

Fun for the whole family. Enjoy the **kiddie rides**, climb the **rock wall**, free **McDonalds coffee**, BBQ. An all-day ride bracelet will cost \$5 meet your neighbours, and neighbourhood businesses & have fun!

For info, or to volunteer, register at: www.waterfrontpark.ca

For details and or to register for the 5 & 10K Walk/Run, sponsored by the West Hill—Highland Creek Lions Club, Please visit: www.waterfrontpark.ca

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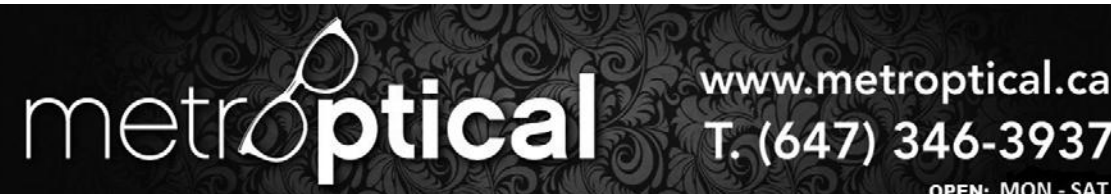
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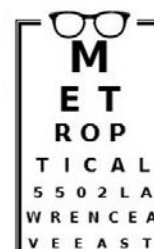
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Highland Creek Public Library

Spring is here and so are the exciting Spring programs at the Highland Creek Library!

In May the library is hosting a Pop Up Learning Lab which will feature programs for kids such as: Robotics, Makey Makey, Coding with Scratch, and Digital Drawing.

For teens and adults there will be digital music with a Drum Machine, Virtual Reality, Gravit Designer, and Audio Editing with Reaper. There will also be 3 D Printing demonstrations.

Other Library programs include Sophie's Studio: Creating Instant Fiction with author Dirk MacLean. This is a writing workshop for children ages 8-12 years. Programs for Adults will feature an introduction to Online Health information and highlighting the library's health resources.

In June, there will be a Personal Finance program called Protect Your Money, presented by an Ontario Securities Commission representative.

More information about any of these programs, and others offered by the library, can be found on the Toronto Public library's website at tpl.ca.

Enjoy the nice weather and hopefully we'll see you at the library!

Submitted by Debbie Maunder, Branch Head
Highland Creek Branch, Toronto Public
Library 416-396-8730

June 15

Heritage Festival

Happenings

- 9am to 3pm - Highland Creek Community Park

Festival Headquarters: Info, First Aid, \$5 Ride Wrist Band, Sign up Free HCCA Membership & Enter Draw

All Day: Entertainment, Food, Market Path Vendors, Sponsors, Local Biz, Kids Rides & Games, Prize Draws, Costume Characters, Face Painting, Balloon Art, Henna, Clay Painting with Clay Emporium,

Scheduled Activities: Blessings, Amigo's Pancake Breakfast, Yoga, Toronto Zoo Live Animal Experience, Opening Ceremony, Pop Up Acupuncture Clinic, Fitness Bootcamp, Zumba, Reggaecise, Live Bands

Stages: Live bands, Dj Blazer, Dance Performance, Youth Theatre, Interactive Zumba & Reggaecise, Honour Guard, Bagpipes, Rock and Roll, Pop, Country, Dukes of Harmony Quartet, Folk, 70's Bohemian, Down East Fiddle

*Parking allowed on side streets *Parking not allowed on Ellesmere *Bus Stop nearby

9am	Blessing by First Nations Elder Kim Wheatley STAGE
9am-10:30am	Amigo's Pancake Breakfast, FAMILY STYLE SEATING AREA (8:30/9am start)
9:15am-10am	Yoga In The Park with Joanne Picot, The Lab TO (bring mat) GRASS
10-10:20am	Tamil Classic Dance Performance, STAGE
10:20-10:50am	Zumba with Nilo, Latin Dance Workout, Interactive, STAGE
10am-10:30am	Fitness Club Bootcamp: register for mini workout & coaching session Damien Wilmot, Owner, The Lab TO GRASS
10:50-11:15am	Opening Ceremony, Honour Guard, Bagpipes, Sponsors, Dignitaries, STAGE
11:15-11:45am	Brazilian Dance Performance, STAGE
12:00-1:00pm	Toronto Zoo Live Animal Experience, BOOTH
11:45-12:15pm	Zumba with Aleya, Latin Dance Workout, Interactive, STAGE
12-1:30pm	Pop Up Acupuncture Clinic: Dr. Karm Hans, Equilibria Health Centre, Sign up at BOOTH
12:15-12:45pm	Raggedy Andy's Band STAGE
12:45-1pm	Writer's Block Skit, Spotlight Children's Charity Theatre, Interactive, STAGE
1pm-1:30pm	Fitness Club Bootcamp: register for mini workout & coaching session with Damien Wilmot, GRASS
1pm-1:30pm	Mosaic Band, STAGE
1:30-2pm	Moon Junk Band, STAGE Basket Draw, STAGE
2-2:30pm	Reggaecise with Founder David Smith, Interactive, STAGE
2:30-3pm	Dukes of Harmony Quartet, Closing, STAGE

*Bring fold up chairs *times may change *check www.hchf.ca for updates insta:myhighlandcreekto



John Funnell

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The Catholic Women's League
of St. Joseph Highland Creek
welcomes everyone to their
HERITAGE DAY
BAZAAR

Saturday, June 15, 2019
9:30 a.m. - 2:00 p.m.

St. Joseph's Church
200 Morrish Road
Scarborough, ON

For more info, text/call
Kim - 416.206-6341
Marla - 416.209-8659



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PUB
AT THE HOUSE
THURSDAY NIGHTS - STARTING MAY 29

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**Come on out for
a day of fun at the
Highland Creek
Public School Spring Fair!
Saturday, June 1st
10 a.m. until 2 p.m.
– rain or shine!
(1410 Military Trail)**

Some of the exciting events
and activities include:

- A giant inflatable obstacle course and slide
- Super soaker! – a chance to soak your favourite grade 7/8s, teachers and the principal!
- Candy Bar
- Photo Booth
- Games – with great prizes
- Lots of great food and entertainment as well!

We look forward to seeing you!

Camp U of T Scarborough 2019

The University of Toronto Scarborough will be once again welcoming campers for its 8-week summer day camp during July and August. The camp provides multi-faceted programming for children ages 6–12 that include indoor and outdoor recreational activities as well as arts and sciences sessions. With a new focus this year, we are offering themed camps featuring Cooking (July 2-5), Urban Planning (July 15-19), Sports (July 22-26), Magic Science (July 29-Aug 2), Arts and Crafts (Aug 6-9), Urban Farm Adventure (Aug 12-16) and Dramatic Theatre (Aug 19-23). The new Themed weeks will provide a flexible programming schedule in the mornings around the theme, with an afternoon of mini University Sessions.

There is also a program for teens ages 13-16 that provides them with a 2-week

character building leadership experience that combines recreational activities with leadership-themed workshops, professional development sessions and team building excursions. One popular excursion is the overnight camping trip to the Toronto Zoo. Each teen receives a Certificate of Accomplishment at the end of the 2-week program.

Last summer we had over 700 campers attend camp over the 8 weeks, which also included a group of high school students from



China who attended the teen Leadership camp. These students are a part of ongoing programs offered each summer by the U of T department of Internal Academic Programs and Initiatives designed to give students a glimpse of academic life.

This Summer the campers will enjoy programming around Indigenous culture, Arts in partnership with the Doris McCarthy Gallery, history, sports, active living, nutrition, and personal well-being. UTSC Elder-in-Residence, Wendy Philips and Elder Mark Philips welcomed the campers with traditional Indigenous teachings through storytelling and drumming.

We currently have some spaces left for campers this summer! Please visit our website for more information.

www.utscc.utoronto.ca/camputsc

**U of T Scarborough
Farmers Market**
LAUNCHES WEDNESDAY MAY 29
2:30PM - 6:30PM
CORNER MILITARY TRAIL & ELLESMERE
utscc.utoronto.ca/farmersmarket



**Dr. Jessica Hall, Optometrist
and Associate**

Family Eye Care

May is Vision Health Month

Now is a great time to book your eye exam to maintain healthy eyes and vision. Early detection of eye conditions allows for sooner treatment and better outcomes.

Children 19 and under, and seniors 65 and over, are covered yearly for an eye exam with a valid health card in Ontario. Adults between the ages of 20 and 64 should be seen every 1 to 2 years.



Open House


Saturday, June 15, 2019
11 am - 2 pm

Join us in celebrating the 34th Annual
Highland Creek Heritage Day Festival!

371 Old Kingston Rd, Unit 8
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Phone: (416) 724-9393
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Councillor Jennifer McKelvie and City of Toronto

COMMUNITY ENVIRONMENT DAY

Thursday, June 20, 2019 | 4 p.m. – 8 p.m.
Colonel Danforth Park | 73 Colonel Danforth Trail

Reuse, Recycle and Safely Dispose of unwanted items at a Community Environment Day!

Safely Dispose:

 Cell phones & small electronics	 Household hazardous waste	 Paints, solvents, glue	 Unused medications	 Batteries
 E-cigarettes	 Propane tanks	 Pesticides & fertilizers	 Fluorescent bulbs	 Used cooking oil

Bring it, Toronto!

Donate items in good condition for reuse:

- Sporting goods
- Arts and crafts supplies
- Books (excluding textbooks)
- Cameras, CDs, DVDs, Blu-Rays
- Dress-up clothing and costume jewelry
- Clothing, linens, etc.
- Small household items
- Musical instruments, board games
- Eyeglasses, walking aids, hearing aids, etc.
- Non-perishable foods

Contact Councillor McKelvie:

- Councillor_McKelvie@toronto.ca
- www.JenniferMcKelvie.ca

For more information on waste disposal, download the TOwaste app at toronto.ca/wasteapp

Pick up for free:

- Leaf compost: *New for 2019 - compost will come in 15 kg bags (limit of two bags per household, while supplies last)

Products available:


- Kitchen Container (\$5 each)

Visit the Toronto Water info tent to learn more about programs that will help you use water wisely in and around your home!

Please do not bring: ink cartridges or toner, construction waste, air conditioners, garbage, wood, cassette and videotapes, commercial/industrial hazardous waste and scrap metal.

In partnership with:





Call **311**

toronto.ca/environment_days

